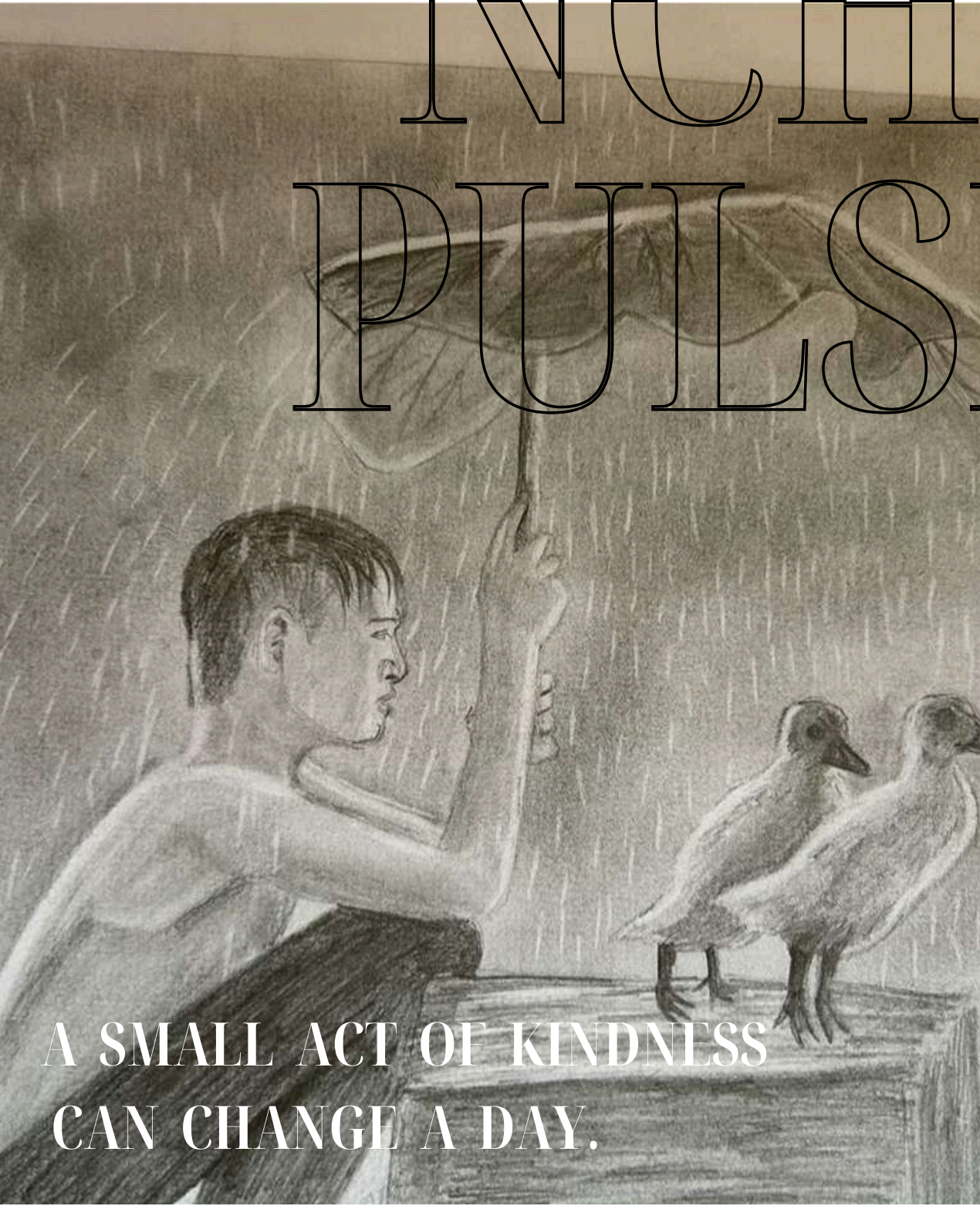


# NCHS PULSE



A SMALL ACT OF KINDNESS  
CAN CHANGE A DAY.

NHFCOLLEGES.IN



## Kindness is Punk Rock

To write about kindness, I first had to understand it. So, like every young adult, I picked up my dictionary. In the Cambridge Dictionary, being kind is defined as “being generous, helpful, and thinking about other people’s feelings” or “not causing harm or damage.” It is the act of avoiding harm to yourself, others, or the environment. This is the foundation of healthcare itself, broken down into simple words.

Humans, in essence, have always been animals. And animals, whether big or small, believe in the survival of the fittest. However, we humans go against our very nature to bring comfort to another human being for no particular gain. We offer to bear the weight of a child when a mother’s arm tires, bring food to our neighbor, and treat a patient who might potentially put us at risk.

And we, especially as future healthcare professionals, are going to see a world that adjusts itself to the harsh demands of our social and environmental structures. We all share this same world, the same air, the same water, and therefore we share a common duty to be kind, to be understanding of mistakes made by ourselves or by others, to avoid harming the earth, people, animals, and most importantly, ourselves, and to accommodate those who fall behind.

We come from dust, and we shall return to dust once again. In the short time we are given to breathe, try. Try to be kind. Try to be punk rock.

*Andrea Mariya Gibee*  
5<sup>th</sup> Sem, Nursing NCHS- Mysore

## Kindness: The Lifeline beyond Treatment

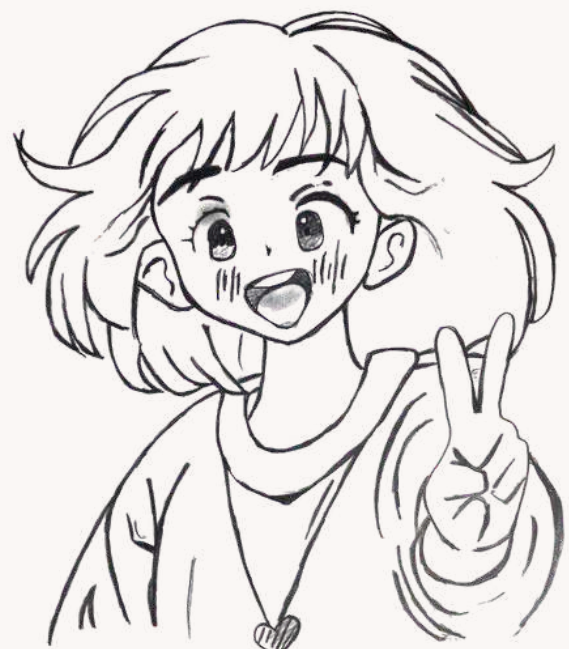
Kindness is one of the essential qualities that a paramedic must carry. Beyond clinical skills, compassion and empathy represent the true spirit of emergency care. A paramedic reaches the patient during severe pain, accidents, fear, and distress. In such situations, an act of kindness can bring hope and emotional strength to the patient.

Kindness in paramedic practice is shown through simple actions such as holding the patient’s hand gently and proper communication. This gives comfort to the patient and improves positive cooperation during procedures. Speaking calmly to the patient’s family and explaining procedures clearly and respectfully can reduce their anxiety.

Patients may not always remember the procedures, but they will remember how they were treated. Being a paramedic is a high-pressure work. Even in stressful situations, we must carry our humanity, as it reflects true professionalism.

Healing means not only treating the body but also caring for the heart.

*MAHALAKSHMI.V*  
2<sup>nd</sup> year ETCT-NCHS Bangalore



## Beyond the noise

The world runs loud in flashing light,  
days blur past in endless swipes,  
voices rise, then disappear,  
like echoes no one stops to hear.

Because between the chaos, noise, and rush,  
between the pressure, doubt, and hush  
one simple act, soft and kind,  
can change a day or change a mind.

Like sparks that travel without a flame,  
soft tides turning without a name,  
the smallest moments drift and grow,  
farther than we'll ever know.

No one stops to mark the change,  
no headline writes it, bold or strange,  
but circles widen, slow and true,  
like calm moving water through and through

And long after the moment's gone,  
its echo keeps the daylight on.

- Ann Elizabeth Binu  
7<sup>th</sup> Sem, NCHS-Mysore.



# Peer Learning in Action: Building Competence, Inspiring Confidence

We proudly recognize our third year Emergency Paramedic students for conducting a **peer-led BLS session** for their juniors on 10<sup>th</sup> February. This initiative highlights the value of peer learning an approach that strengthens understanding, enhances skill retention, and encourages active participation. Learning from near-peers fosters openness, curiosity, and confidence, creating a supportive environment for mastering lifesaving techniques. Seniors refine leadership and teaching capabilities, while juniors gain practical insights with greater ease. Such collaborative experiences nurture professionalism, empathy, and teamwork qualities essential in emergency care.

The “**Each One Teach One**” philosophy embodies our mission, empowering learners to lead, inspire, and deliver excellence when it matters most.

*Department of Emergency Medicine  
Narayana Health City.*



## Unlocking Insights, Improving Outcomes – A Step Towards Nursing Excellence

A one-day workshop titled “**Unlocking Insights, Improving Outcomes – Statistics for Nursing Excellence**” was successfully conducted on 10<sup>th</sup> February. The workshop was formally inaugurated in the presence of Dr. Nisha P. Nair, Principal; Dr. Kavya K N, Organizing Secretary; and the esteemed Resource Person, Dr. Vasantha Lakshmi MS, Associate Professor in Biostatistics at All India Institute of Speech and Hearing, Mysore,

Dr. Vasantha Lakshmi MS, delivered an engaging and practical presentation, simplifying complex statistical concepts and providing hands-on training to the students. The interactive approach and real-time examples enabled participants to gain clarity and confidence in applying statistical methods in nursing research and practice. Overall, the workshop significantly strengthened the participants’ confidence and enhanced their understanding of statistics for professional excellence.



# Awareness Program on the Impact of Drug Abuse

An Awareness Program on the **Impact of Drug Abuse** was conducted on 11<sup>th</sup> February at the Harold Varmus Auditorium, MSMC, for first-year NCHS students. The initiative aimed to educate students about substance abuse, its consequences, and preventive strategies to promote a healthy, **drug-free** campus.

Dr. Diwakar inaugurated the session, highlighting the importance of early awareness. Dr. Aishwarya discussed the types of substance abuse and contributing factors, while Dr. Akash explained the addiction pathway and its physical and mental health implications. Ms. Neelam addressed behavioral addictions, and Ms. Shreyaa emphasized self-management and intervention strategies. The program concluded with Dr. Manjula B outlining prevention through a life skills approach.

The interactive session reinforced the importance of making responsible choices and promoting a drug-free campus environment.



# Nurturing Mind and Body: A Faculty Yoga Session

The **Academic Development and Research Committee** organized a **rejuvenating yoga session** on 14<sup>th</sup> February for faculty members. The session was led by Dr. Praveen (MPT, PG Dip. in Yoga) from the Department of Physiotherapy.

It focused on stress relief, breathing techniques, and mindfulness practices to enhance physical and mental well-being. Faculty members actively participated and benefitted from various yoga methods, reporting improved focus and reduced stress levels.

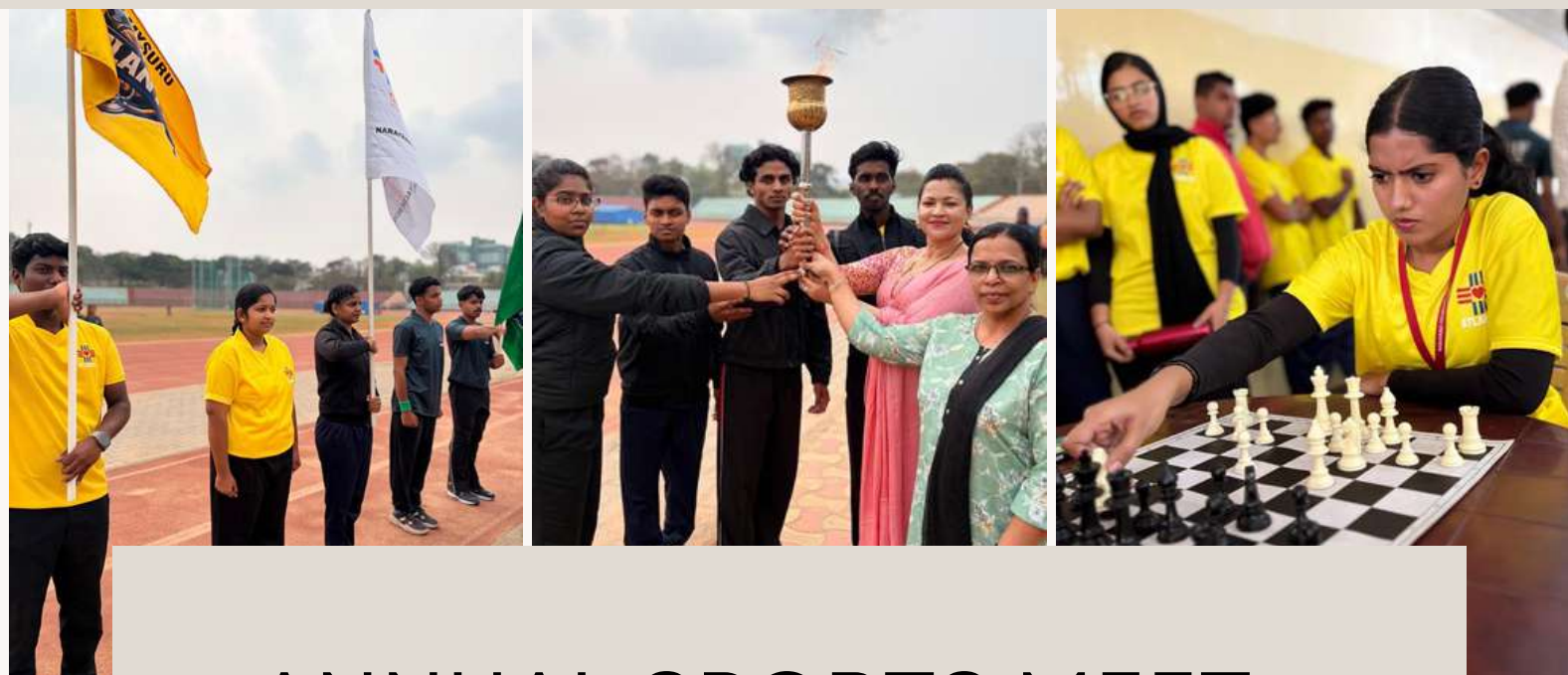
The session fostered relaxation, positivity, and a strong sense of community among participants, making it a refreshing and enriching experience for all.

# Learning Why Children Crash After Cardiac Surgery

Master of Physiotherapy students participated in a multidisciplinary grand round conducted by Dr. Riyan S Shetty, Head of Extracorporeal Life Support (ECLS) and Director & Senior Consultant, Paediatric Intensive Care on 20th February .

Dr. Riyan S Shetty discussed critical postoperative challenges, hemodynamic instability, and early recognition of complications in pediatric cardiac patients.

The grand round encouraged active participation from multiple specialties and was intended to enhance cross-disciplinary learning, strengthen collaborative decision-making, and improve overall clinical practice and patient outcomes.



# ANNUAL SPORTS MEET – IGNITIA 2026

The first **Annual Sports Meet** of NCHS, Mysuru, held from 21<sup>st</sup> to 27<sup>th</sup> February 2026, was a vibrant celebration of energy, teamwork, and sportsmanship. The event began with indoor games on 21<sup>st</sup> and 23<sup>rd</sup> February, followed by thrilling outdoor games and athletic events on **27<sup>th</sup> February**.

Arctic and Atlantic houses competed with great determination and team spirit. The highlight of the meet was the impressive march past and oath-taking ceremony, setting the tone for fair and spirited competition.

After an exciting series of events, Atlantic House emerged as the Overall Champions of **IGNITIA 2026**. The meet concluded on a high note, thanks to the dedicated efforts of the organizers, staff, and enthusiastic participants.



## Visit to SOS Children's Village

In association with the **NSS Unit** and the **Child Health Nursing Department**, V Semester B.Sc. Nursing and M.Sc. Nursing students visited **SOS Children's Village** Bannerghatta on 21<sup>st</sup> February 2026.

The Director warmly welcomed the students and provided an orientation about the organization's mission and family-based care system through a video presentation. Students interacted with the mothers and caregivers and were guided on a tour of one of the village homes to understand the living conditions and support services provided to the children.

As a token of care, fruit baskets were distributed to the mothers for the children. The visit was a meaningful experience that enhanced students' understanding of compassionate childcare and community service.



# Seminar on LAQSHYA Guidelines

A seminar on **LAQSHYA Guidelines** was conducted on 24<sup>th</sup> February for VII Semester Nursing students to enhance their understanding of quality improvement in **maternal healthcare**.

Ms. Ambika delivered an informative session on **Labor Room Quality** Improvement under the LAQSHYA program, emphasizing quality standards, respectful maternity care, infection prevention, and improved maternal and neonatal outcomes.

The seminar provided valuable insights into national guidelines and strengthened students' awareness and professional competence in ensuring safe and quality maternal care practices.



# Health Education Program on Deworming and Personal Hygiene

The students of 7<sup>th</sup> semester nursing conducted a **National Deworming Day** awareness program at Government School, Kachanakanahalli on 26<sup>th</sup> February. The objective of the program was to educate school children about worm infestation, preventive measures, and the importance of regular deworming.

Students were taught personal hygiene practices such as hand washing, wearing footwear, and maintaining cleanliness to prevent infections. The session was interactive and informative, encouraging active participation from the children.

The program successfully promoted health awareness and reinforced the importance of hygiene and regular deworming for better growth and overall well-being.



# Children's Mental Health Week Awareness Program

On 27<sup>th</sup> February 2026, II GNM and II PBBS Sc Nursing students conducted an awareness program at Yashashwini Mahila Mandal on the occasion of **Children's Mental Health Week**.

The program aimed to promote emotional well-being and create awareness about the importance of mental health among children and young people.

The students presented a role play and an informative poster highlighting common psychosocial issues, early identification, and preventive measures.

The session concluded with a motivational talk and an interactive discussion, encouraging participants to express their thoughts and feelings openly.



## Advancing Clinical Competence

As part of **RVPGCN 2026**, Master of Physiotherapy students of Narayana Hrudayalaya College of Physiotherapy actively participated in a series of hands-on workshops conducted on Friday, 27<sup>th</sup> February. The programs were designed to provide experiential learning and enhance students' clinical confidence across specialized physiotherapy domains.

The workshop on “**Embracing Changes in Vestibular Rehabilitation**”, delivered by Dr. Karthik Babu S, Professor and Principal of KMCH College of Physiotherapy, focused on contemporary vestibular assessment, canalith repositioning maneuvers, gaze stabilization exercises, and acute vestibular management. The session strengthened clinical reasoning through practical demonstrations and interactive discussions.

Simultaneously, “**Running: The Ultimate Skill – Science of Running Gait Analysis & Assessment – Driven Training**” was conducted at Sanjay Gandhi Institute of Trauma & Orthopaedics by Dr. Vinod Kumar K.C. from Dayananda Sagar University. Students gained hands-on experience in **biomechanical analysis**, **2D running gait** assessment, and objective **kinematic evaluation** using **Kinovea** software.

Another key session on “**CPET Interpretation & Exercise Prescription for Cardiopulmonary Rehabilitation**”, held at D. A. Pandu Memorial RV Dental College, was led by Dr. R. Dhilip Kumar. It emphasized CPET interpretation and individualized exercise prescription.

Collectively, these workshops enhanced students' competence across vestibular, sports, musculoskeletal, and cardiopulmonary physiotherapy domains.

## Congratulations on Proud Achievement!

Congratulations to **Ms. Uma Valli**, Associate Professor, NHCON, for securing the **First Prize** during the Pre-Conference Workshop titled “**Skill Training and Capacity Building for Forensic Nurses**” held on 12<sup>th</sup> February at PSG College of Nursing, Coimbatore. She actively participated as a delegate and presented a poster on **Forensic Nursing** and a scientific paper on “**Current Scenario and Future Directions of Forensic Nursing in India.**”

This achievement highlights her commitment to advancing knowledge in forensic nursing and reflects her dedication to research, professional development, and academic excellence.



## A Proud Moment of Academic Excellence!

Heartiest congratulations to **Ms. Jenifer Salomi**, Lecturer NHCON, on the proud achievement of securing a **Gold Medal** from Tamil Nadu Dr. M.G.R. Medical University for her outstanding **academic excellence.**

This remarkable accomplishment reflects her dedication, perseverance, and passion for excellence in nursing education and healthcare. Her success brings immense pride to the institution and stands as a true inspiration to students and colleagues alike. We wish her many more milestones and continued success in her professional journey.

