

NCHS PULSE

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Narayana College of Health Sciences

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Between Chaos and Care

Youth is not measured by age, but by courage, conviction, and the willingness to serve. **National Youth Day** reminds us that true strength lies not in power, but in purpose. As paramedic students at Narayana College of Health Sciences, our uniforms represent readiness—readiness to act in uncertainty, to remain calm in chaos, and to place humanity above hesitation.



Inspired by the ideals of Swami Vivekananda, we believe that service is the highest form of leadership. The role of a paramedic perfectly merges with this vision: we are often the first hope a patient sees, the steady hands in critical moments, and the bridge between life and survival. Youth fuels our energy; discipline shapes our skill; compassion defines our identity.

*As young paramedics, we do not merely respond to emergencies—we stand for resilience, responsibility, and a future where healthcare is driven by empathy as much as expertise. As said by Swami Vivekananda, **"Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea."***

Yashwanth.D
III B.Sc. ETCT

Breaking Stereotypes: The Youth Perspective



Young people are questioning gender roles, challenging social expectations, and choosing authenticity over approval. They believe that leadership has no gender and dreams do not need permission. The real strength of today's youth lies in their courage to question outdated norms.

They challenge stereotypes about success, mental health, career paths, and personal identity. By breaking stereotypes around men and women, careers, and emotions, youth are creating space for equality, respect, and individuality.

Society has long been shaped by rigid gender roles and stereotypes that restrict individual freedom and potential. In recent years, however, the youth have played a key role in challenging these norms, driving change toward a more inclusive and equal society.

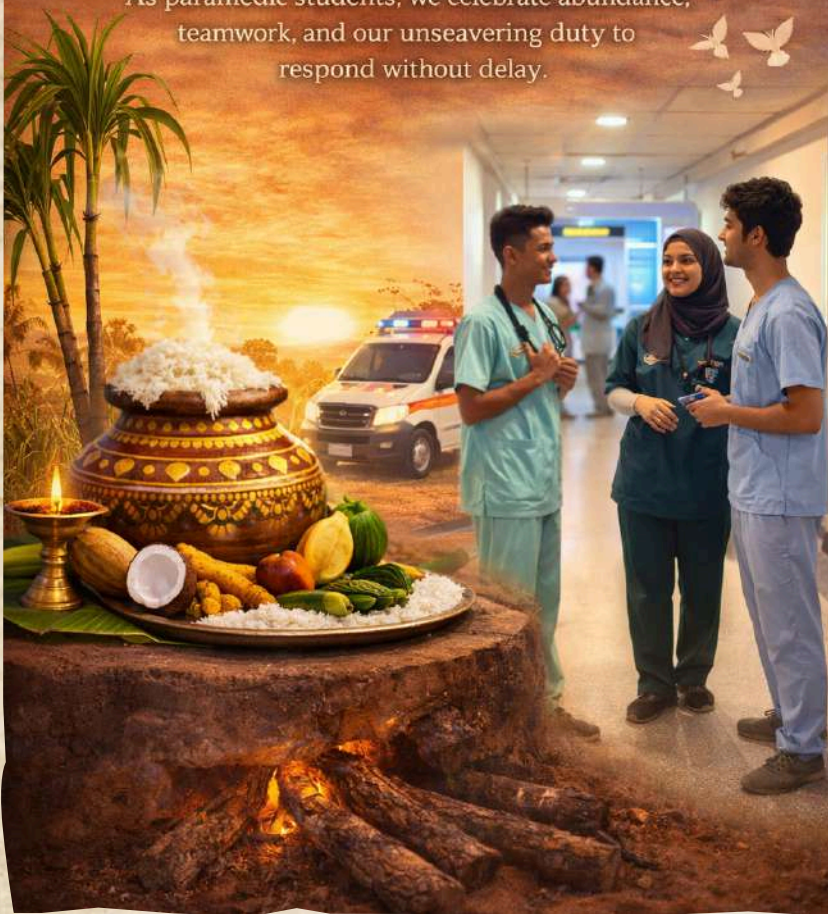
On Youth Day, we celebrate more than age—we celebrate mindset. The true power of youth lies in the courage to think differently and act boldly. When stereotypes are broken by young minds, society doesn't just change—it evolves.

Jeena Mandanna
II BPT

PONGAL: Where Gratitude Meets the First Response

Celebrating Pongal: Honoring Life, Resilience, and Swift Response

As paramedic students, we celebrate abundance, teamwork, and our unsevering duty to respond without delay.



Pongal is a celebration of abundance—not just of overflowing rice, but of gratitude, perseverance, and life itself. As the pot rises with warmth and patience, it reflects a simple truth: abundance is born from care and consistency. This spirit deeply resonates with emergency paramedics, for whom each shift mirrors vigilance, discipline, and readiness. Like farmers protecting their harvest before dawn, paramedics respond before fear settles, standing between crisis and hope.

In emergency care, gratitude is lived—in every stabilized breath and relieved family. As paramedic student, we celebrate Pongal by honoring life, resilience, teamwork, and the unwavering duty to respond without delay.

VARSHA.G

III B.Sc. ETCT

Lamp Lighting Ceremony at NCHS



The programme was graced by MS. Ameya Shetty, Manager-Operations, Narayana Hrudayalaya Foundations, Dr. Robbie K. George, Head and Consultant Vascular & Endovascular Surgeon, and Dr. Muralidhar Kanchi, Director of Academics and Senior Consultant in Anesthesiology.

The Lamp Lighting Ceremony of the first-year BSc Nursing and GNM students of NCHS Bangalore and 4th batch of B.Sc. Nursing students of NCHS, Mysore was conducted on 22nd January 2026 at the Harold Varmus Auditorium.



On this significant day, the students took the Oath and formally pledged their commitment to the nursing profession. This marked their official induction into the nursing profession.



Fresher's Day - "ZESTORIA"



The NCHS Mysore campus welcomed the new students of NHF College of Nursing and the NHF Institute of Allied Health Sciences on 17th January with a vibrant Fresher's Day celebration titled **"ZESTORIA."**

The event reflected warmth, enthusiasm, and togetherness as seniors warmly received their juniors.

The freshers enthusiastically showcased their talents and participated in games and activities with great energy. The celebration concluded with the announcement of Mr. Fresher and Ms. Fresher, ending the day on a joyful and memorable note.



From the Artist Lens'

