
NCHS PULSE



RECOGNIZING CONTRIBUTIONS THAT LEAD WITH PURPOSE, INSPIRE GROWTH, AND CREATE LASTING IMPACT.



Being a woman is not easy; it is waking up every day with strength you didn't know you had, carrying responsibilities, emotions, and expectations while still choosing to smile. A woman is often told to adjust, to sacrifice, and to stay strong, but rarely is she told how incredible she already is. Society has long labeled women as weak, as fragile, as less capable—but the truth is far from it. A woman's strength may not always be loud, but it is constant, unshakable, and deeply powerful. Behind every strong woman is a story that was never easy, yet she rises again and again. She may be tired, hurt, or feel unheard, but she never stops moving forward—and that is her power. This Women's Day, let's not just celebrate achievements, but celebrate existence, the courage it takes to simply be a woman in a world that constantly tests her. Because being a woman is not just hard—it is powerful, resilient, and above all, beautiful.

-Jeena Mandanna
II BPT (NHIP Bengaluru)

NOT EASY—YET
BEAUTIFUL



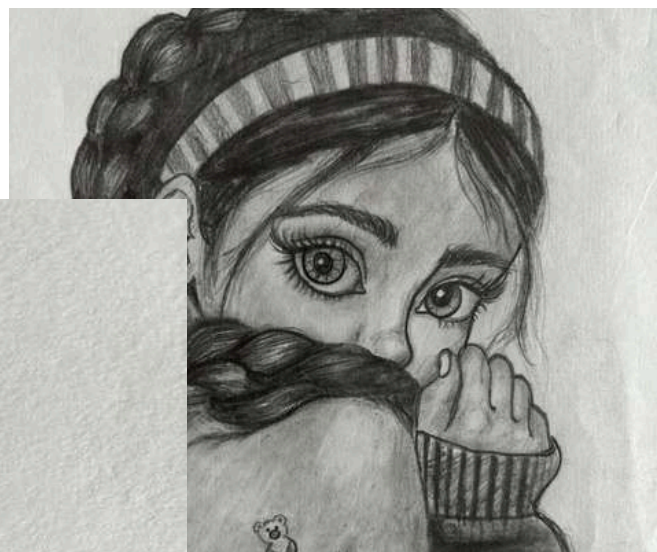
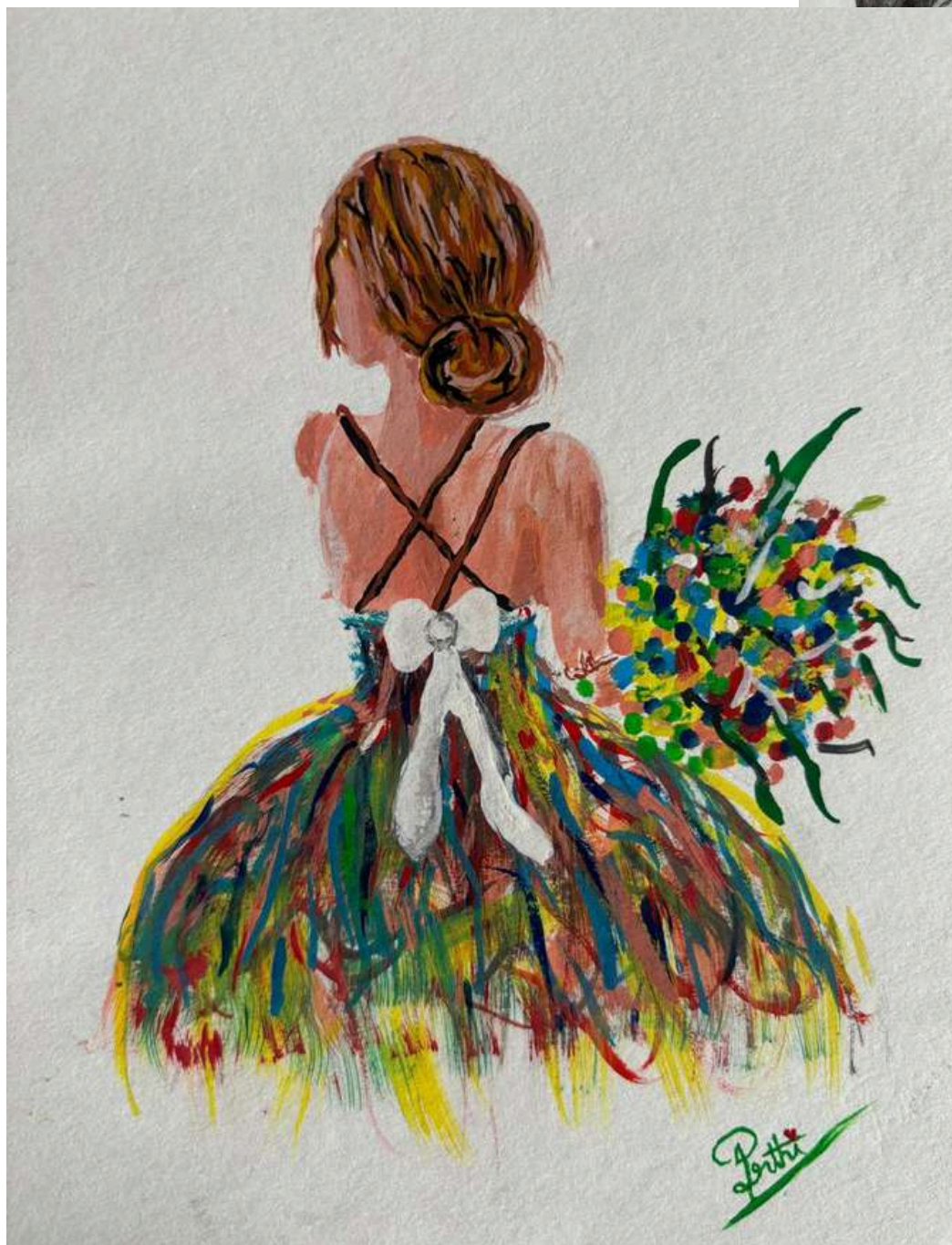
EQUALITY THAT LOOKS RIGHT, BUT FEELS WRONG

Equality today is often visible. It appears in policies, opportunities and representation. Women are present in classrooms, workplaces, and leadership spaces more than ever before. At a glance, everything seems balanced. And yet something feels incomplete. Because equality in structure does not always mean equality in experience. A woman may have the same role or opportunity but the way she is heard, judged or valued can still differ in subtle ways. It shows up quietly, when ideas are acknowledged only after repetition, when confidence is admired in some but questioned in others when presence is accepted but not fully embraced. Nothing is openly denied yet nothing feels entirely equal. This is what makes it difficult to address. When everything looks right it is easy to believe that it is right. But real equality goes beyond appearance. It is not just about access but about acceptance. Not just about inclusion but about belonging without hesitation. True equality should feel natural not something that needs to be constantly proven or adjusted to. And that is where change begins.

In recognizing that what looks right is not always enough and choosing to create spaces where equality is not just seen but truly felt.

-Asmi Goswami
I BPT(NHIP, Bengaluru)

NOT JUST A DAY – A MOVEMENT



It is a moment to acknowledge historical struggles against inequity while envisioning a future grounded in parity, dignity, and opportunity. From pioneering scientists to compassionate caregivers, women continually redefine excellence in multifaceted roles. Yet, systemic barriers persist, necessitating collective advocacy and enlightened policy reforms. Education, economic independence, and societal respect remain pivotal catalysts for transformation. As we commemorate this day, let us transcend tokenism and commit to sustained action, fostering an inclusive world where every woman's potential is recognized, nurtured, and celebrated without constraint fully.

Shaik Shameem
I BSC CCT
NHFIAHS, Mysuru

IN SERVICE OF LIFE:



Nursing students of Narayana Hrudayalaya College of Nursing actively participated in a **Blood Donation Camp** held on March 4, at Christ Academy College Block, Ullahalli, Bengaluru. Organized in collaboration with NHF Blood Bank and coordinated by the Nursing Foundation Department under the NSS Unit, the camp showcased students' dedication and teamwork.

Students were involved in **donor health assessment**, assisting in investigations, and supporting blood collection and storage procedures. The camp highlighted their commitment to community service and the promotion of voluntary blood donation.

INNOVATION THROUGH COLLABORATION: A REMARKABLE CONFERENCE EXPERIENCE



The students of Allied Health Sciences attended a **National Conference** held at Acharya Institute of Health Sciences on 7th March, centered on the theme “**Innovation Through Collaborative Learning.**” The conference featured keynote sessions, panel discussions, and research presentations, promoting knowledge exchange and interdisciplinary collaboration.

The students actively participated in the quiz competition, demonstrating enthusiasm and strong subject knowledge. The activity helped enhance their confidence, teamwork, and critical thinking skills. The RCT students performed exceptionally well, demonstrating strong knowledge and teamwork against many reputed institutions. In the poster presentation, Ms. Srivini, Fadalulla, Pavitra T, and Vindhiya V won 1st prize, while Mr. Jaishakthi P, Yashaswini, Preetha, and Krishnashree Angelly secured 2nd prize. The 1st prize in the quiz competition was led by Mr. Jai Shakthi (3rd Year).

NCHS faculty members Ms. Imsha and Ms. Moumita Chakraborty presented a paper titled “**Evaluating Machine Learning Algorithms for the Detection of Patient Ventilator Asynchrony in Hypoxemic Respiratory Failure Patients.**” The presentation provided an excellent platform to share research work and received constructive feedback from experts in the field.

Overall, the conference proved to be a highly enriching experience. It strengthened students’ academic understanding, exposed them to emerging trends, and bridged the gap between theoretical learning and practical application.

AWAKENING AWARENESS: A STEP TOWARDS KIDNEY HEALTH



World Kidney Day was observed on 12th March at MSH, under the theme “**Kidney Health for All – Caring for People, Protecting the Planet.**” The event was coordinated by Dr. Nithin J, and Dr.Limesh, in collaboration with the Department of Medical-Surgical Nursing and MSMC’s Renal Unit.

Visitors were educated about kidney diseases, preventive measures, lifestyle changes, and the importance of regular check-ups. Informative charts and stalls enhanced understanding, emphasizing that early detection and healthy habits can help prevent and manage kidney disease effectively.

A series of engaging activities, including quizzes, puzzles, mime, and dance performances, were conducted to raise awareness about kidney health. Third-semester Nursing students presented a **mime on organ donation**, while PBBSc and RDT students organized educational stalls highlighting kidney anatomy, diseases, and preventive measures. RDT students actively engaged visitors through interactive displays.

The chief guest, **Dr. Devi Prasad Shetty**, emphasized the rising burden of kidney diseases and the need for healthy lifestyle practices.

The event effectively promoted awareness on early detection, regular screening, and prevention of kidney diseases through education and community engagement.

WHERE WATER FLOWS, EQUALITY GROWS



The V semester Nursing students, under the guidance of The Department of Child Health Nursing, conducted a program on **World Water Day** on 14th March at V.K. Public School, Hale Chandapura. The program began with a health assessment of school children and focused on **creating awareness about water conservation**. Students actively engaged the audience through role play, dance, and video presentations. Highlighting the theme “**Water and Gender,**” the activities conveyed the message “**Where water flows, equality grows,**” promoting the importance of sustainable water use and gender equality.

ETCT STUDENTS SHINE AT SRM PRACON 2.0



Students of **Emergency and Trauma Care Technology** showcased excellent performance at **SRM PRACON 2.0**, Chennai on 14th and 15th March , securing top positions in multiple events. They won prizes in **Case Presentation, Sim War, Quiz, and Code Breaker**, demonstrating strong clinical knowledge, teamwork, and problem-solving skills. Their achievements highlight dedication, confidence, and academic excellence in emergency care practice. The participation provided valuable exposure and enhanced their professional competence, bringing pride and recognition to the institution and inspiring peers to strive for success.

CARING BEYOND CLASSROOMS : OLD AGE HOME VISIT BY NURSING STUDENTS



The **Department of Medical-Surgical Nursing**, in collaboration with **NSS**, organized a visit to **Sipani Seva Sadan Old Age Home, Marsur, Anekal**, with III Semester students and faculty members on 16th March. Students shared heartfelt conversations and joyful moments with residents through engaging activities. Laughter and warmth filled the day as snacks and essential medicines were distributed. The visit concluded with sincere gratitude to the staff and residents for their kindness, support, and memorable hospitality.

PROMOTING IMMUNIZATION: VACCINATION DAY PROGRAM



As part of the NSS program, **National Vaccination Day** was observed on 18th March at **JiganiPHC, Bengaluru** by the **Nursing Foundation Department** under the NSS Unit of Narayana Hrudayalaya College of Nursing.

Nursing students actively participated by educating the mothers who brought their children for immunization about the vaccination schedule, the importance of adherence, and **post-vaccination care**. To encourage participation, refreshments such as dates, oranges, and rattles for children were distributed.

The program was successfully conducted, promoting awareness and the importance of timely immunization.

SHOWCASING SKILLS: NUTRITION PRACTICAL PRESENTATION



The **Nutrition Practical Presentation** for I PBBS_c students was conducted on 18th March in the NCHS Nutrition Laboratory. The session provided an excellent platform for students to showcase their knowledge and practical competencies in nutrition.

Students delivered presentations on key topics such as **nutritional concepts, dietary planning, and therapeutic diets**, emphasizing the importance of balanced nutrition and its clinical relevance. The program was evaluated by **Dr. Jessy Jacob** (Principal), **Dr. Madhusheela** (Vice Principal), along with faculty members. Their valuable feedback contributed to enhancing the students' learning experience and professional growth.