



Editorial Board

From the Editors Desk

Chief Editor:

Prof. Devi Nanjappan

Deputy Editor:

Mr. Sandeep Wesley

Greetings and a warm welcome to ‘The Pulse’.

We couldn't be more excited to have made it to this point. We are honored to share the work of so many dedicated and thoughtful people. This academic year has been the year of excellence of many curricular and extra-curricular activities. Our Bulletin gives the readers a glimpse of all the activities of the academic year 2020-21.

“College life is known as one of the most memorable years of one’s life. It is entirely different from school life. College life exposes us to new experiences and things that we were not familiar with earlier. For some people, college life means enjoying life to the fullest and partying hard. While for others, it is time to get serious about their career and study thoroughly for a brighter future”

SNA CORNER

SNA ELECTION - 2020

Smt.Nagarathamma School and College of Nursing witnessed SNA election which was conducted for students for the years 20-21 on 28th of November 2020 through online between 11:30 am – 12:30 pm. students were shared Google link to vote for their suitable candidate for the various post under SNA (Vice President (UG/GNM), Secretary, Joint Secretary, Treasurer, Sports Secretary & Cultural Secretary. Which later one has to carry out their responsibility in full fledge. Over all 21 students were nominated Out of which 7 were elected based on the vote response sent by students through Google forms and winners were finalized and names were announced.



Graduation & Investiture Ceremony for the year 2020

Graduation Ceremony for the year 2020 was held at Smt.Nagarathamma School & College of Nursing Auditorium on 23rd of December 2020 at 11:30 am. Programme was conducted through SNA team taking strict Covid 19 precautions. Graduating students & organizing committee were given instructing to abide for the protocol framed by Covid task force team. Online platform was provided for students to take part in the event restricting to only out going batch and SNA team. Programme was presided by Principal Mrs. Devi Nanjappan. Followed by welcome song. Valedictorian speech was presented by Ms.Anjana final year Bsc nursing student and Ms.Diksha from final year Gnm students. Students were awarded for their overall performances in their academics by issuing certificates. The Investiture ceremony was done, where all the new elected SNA council members were bestowed the badges to the office bearers by Principal Mrs. Devi Nanjappan The council members were congratulated on their new post and wished success and victory in all their endeavors. Programme was concluded with vote of thanks and cake cutting followed by Photo session with final year students.



SMT. NAGARATHNAMMA JAYANTHI - 2021

The programme started with Worshipping the Lord and Smt.Nagarathnamma by offering traditional puja by Dr. Bheemaraju. T. S, followed by cake cutting ceremony by Prof. Devi Nanjappan Principal and Dr. Manish Paul, Campus Director of Acharya Institutes. Briefing about Smt. Nagarathnamma's Vision for the nursing college. Principal, faculty and 50 students of first and final year GNM students by our Principal. Team visited Narayana Dhama, Thammenahalli village, Bengaluru. Programme started with welcome speech by Dr. Bheemaraju T S. Followed by bajan and religious address by the Swamiji. Followed by various cultural programme and religious session. Programme concluded by handing over of Stationeries and groceries to the Narayana Dhama.



NURSING DEDICATION DECREMONY – 2020 – 21

Smt. Nagarathnamma School & College of Nursing observed the Nursing Dedication Ceremony of the 18th batch of GNM & Bsc. Nursing Novice nurses on the 30th January 2021. The Programme was coordinated by Mrs. Kapu Manjula, Mrs. Gincy Samuel and Mrs. Nagammal. This auspicious occasion was graced by Mrs. Ramai, Professor at Sri Siddhartha college of Nursing, Tumkur and Mr.Vishesh Chandrasekhar, Director, CPRD, Acharya Institutes. The Programme started by invoking almighty's blessing and lighting the inaugural lamp by the dignitaries. Theme for the year was "Let Your Light Shine" which was unfolded by the Principal. She enlightened the audience on the theme and the logo. The students sang the prayer song, took their oath and sang their dedication song as a mark of committing and dedicating oneself to the profession as budding nurses. Presidential address was given by Prof. Devi Nanjappan highlighting on the road map of the college for the academic year 2019-20 and emphasizing on certain achievements of the institution in the last academic year. Chief Guest Mrs. Ramai P spoke on the importance and future of nursing profession. Mrs. Vishesh Chandrasekhar has enlightened about few inspirational words for the budding nurses. The ceremony came to an end by singing the national anthem.



Nurses Day 2021

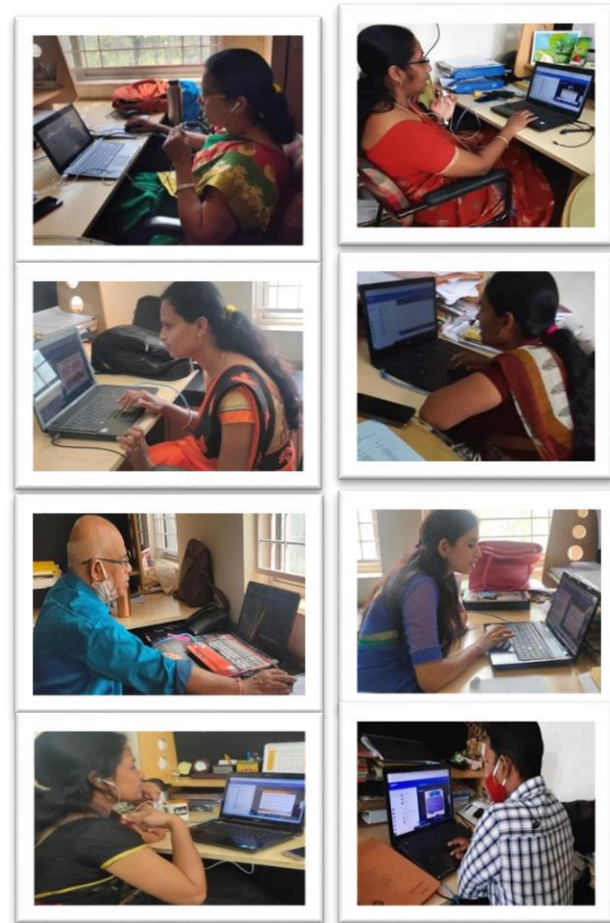
“A Voice to Lead-A Vision for Future Healthcare”

Nurse’s day had been celebrated through online Due to pandemic by students through the guidance of SNA coordinator Mr.N.Sandeep Wesley. All students actively participated by sharing their sketches and painting with a message stating “Nurse a Real Hero and a slogan of “We are proud to be a Nurse”. SNA team members encouraged and guided students to make Nurses day a great success.



INDUCTION PROGRAMME 2020-2021

Induction program is an initiative to groom the overall personality of students and make them acquainted with the culture of the institution. The first online induction program for the students of First Year B.Sc. Post basic B.Sc & GNM. Nursing was held from 2nd November 2020 to 12th November 2020. The Induction program is organized by the Class Coordinators of B.Sc. Nursing 1st Year i.e. Mrs. Kapu Manjula (Assistant Professor), GNM Nursing i.e.Mrs. Nagammal (Lecturer) and Post basic B.Sc. Nursing i.e Mrs. Elaiyarasi (Assistant professor) through online. The aim of the program is to provide a bird’s eye view about various dimensions of nursing and the career opportunities for the students and to acquaint them with the system and proceeding of the college. Different committees and activities of the college were described to the students in a spreading it across for 10days. Student handbook, rules and regulations of the college was also briefed.



International Webinar

AN EXCELLENCE CARE OF NEW BORN

The department of Pediatrics Nursing and Psychiatric Nursing from Smt. Nagarathnamma College of Nursing Acharya Institutes have planning to organize international webinar on the theme of “AN EXCELLENCE CARE OF NEW BORN DURING COVID 19 “ It is highly stressful and challenging for both Maternal & Child and Family members particularly in the Covid Pandemic Period. Also, In view of New Born Care week , The department has decided to share the experience in collaboration with Khoula Hospital. Ministry of Health Pediatric Department and Oman College of Health Sciences. Muscat, Sultanate OMAN. In regard to care and management of New Born. **The Highlights of the Webinar** is Promote an excellence care of New Born and integrate in the clinical health care practice & Create an awareness towards immediate care New Born and safety measures **International Speakers** - Mrs.Maya AL Siyabi Director of Nursing Affairs Khoula Hospital Muscat, Mrs. Shoorq .Supervisor In – Charge of NICU & A&E Khoula Hospital, Dr. Amal Al Baloushi, Lecturer. MOH, Oman College of Health Sciences, Dr. Warda Al Amri, Lecturer. MOH, Oman College of Health Sciences, Dr.Lakshmi Ranganathan, Lecturer. MOH, Oman College of Health Sciences.



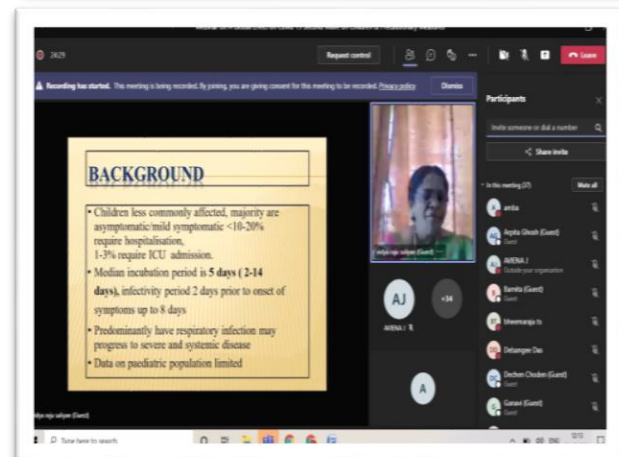
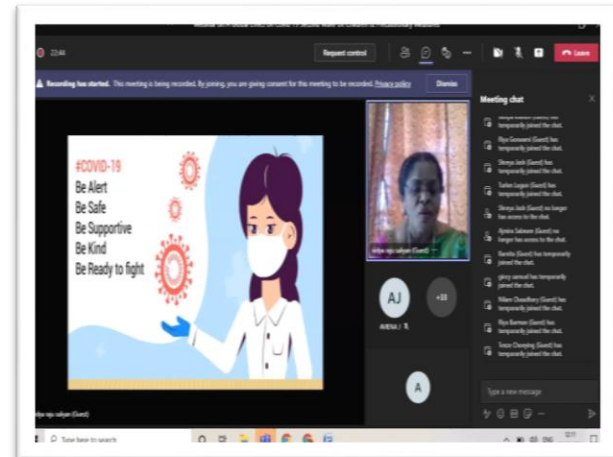
WORLD IMMUNIZATION DAY 2020

Department of Pediatric Nursing successfully conducted the Health Education campaign on the occasion of World Immunization Day 2020. The Health Education was aimed at improving the knowledge of family members and people in the community on importance of immunizing the children. On 13.11.2020 Our IV year Bsc students (41) educated the family Members, Children and parents at Sub centers and also public in their respective native place during the lockdown period. Students used health Education charts and videos to educate the people. The people were enthusiastic to know about immunization and its importance.



WEBINAR ON A Global Effect of Covid -19 Second wave on Children and Precautionary Measures

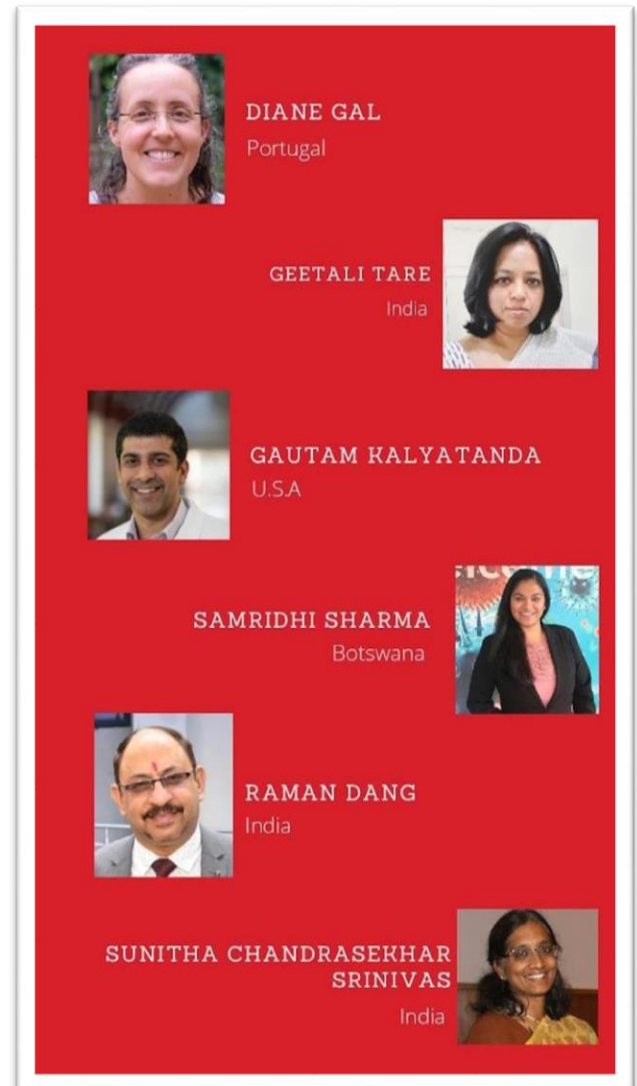
The webinar was held on 30th June 2021, on Microsoft teams, online platform. The session started at 12 PM with the Welcome address by Mrs. Amba, Assoc. Prof. Dept of Pediatric Nursing. The session started by a brief introduction of the Guest Speaker Dr. Vidya Raju Salian, Principal-Bowring & Lady Curzon school of Nursing Bengaluru, Karnataka followed by the scientific session. Contents of the lecture were on the global effect of Covid-19 Second wave on children with its signs and symptoms and preventive measures. Case definition, Clinical phenotypes of Covid -19 in children. As per WHO surveillance guidelines, Signs and symptoms of mild, moderate and severe form of Covid-19 in children, Indications for home care and hospitalization, Management and treatment of ARDS, Drug regimen for Covid -19 positive children, Health tips for parents, Diet therapy for the Child during Covid positive and positive and negative impact of Covid-19 on children and preventive measures of Covid -19. The session ended with the vote of thanks by Mrs. Amba, Ass Professor, Dept of Pediatric Nursing.



Department of Medical Surgical Nursing –

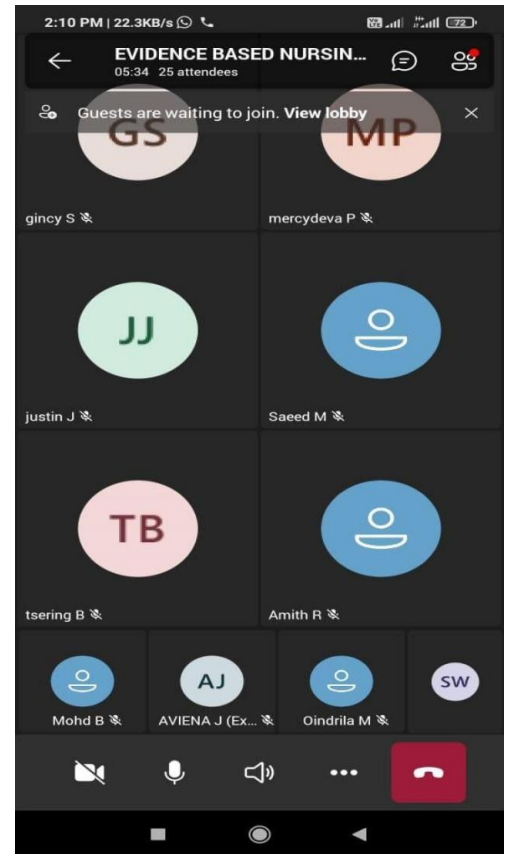
World heart day

The webinar on World heart day 2020 conducted on 29th Sep in collaboration with Pharmacy department was facilitated and supported by Acharya Institutes. The theme for this year is '*Use Heart to Beat CVD*'. Programme started at 4pm, which was hosted by Dr. Maneesh Paul. The session begin with Dr. Diane Gal, Pharmabridge programme coordinator; explaining about how to improve heart health. The second session by Ms. Geetali Tare, Financial Advisor, National Health Authority; regarding the health schemes by Govt. for low income groups. Third session by Dr. Gautam Kalyatanda, university of Florida, USA; presented Covid-19 and heart disease case reports. Fourth Session by Ms. Samridhi Sharma, Rhodes University, South Africa; regarding health literacy and its role in improving heart health. The session continued by Prof. Dr. Raman Dang and Prof. Sunitha Chandrasekhar Srinivas; regarding workplace health promotion in promoting and improving heart health. Webinar on World Heart Day was helpful to the participants to get the information regarding health improvement and health related scheme by Govt. for low income group also different case file related with Covid-19 and heart diseases was useful.



EVIDENCE BASED NURSING PRACTICE

The webinar on Evidence Based Nursing Practice was conducted on **12th June 2021** as MSN Departmental webinar. The session started at 2pm with welcome address by Mrs. Kapu Manjula, Assistant Professor, Smt. Nagarathnamma College of nursing, moderator of this webinar and followed by the scientific session. The webinar speaker was Dr.Vathana pazhanivelu ,Assistant Professor , Kind Saudbin Abdullaziz University of Health Sciences, Saudi Arabia. Contents of the lecture was Introduction, Definition, History, need, Goals, importance, Steps ,Skills required for nurses, Areas where EBP is necessary, models ,Impact of EBP, advantages and disadvantages, Barriers, Application of EBP in management, opportunities and challenges of EBP in nursing, skills and how to apply EBP in work place and benefits in nursing practice areas. By the end of this session, participants was able to Attain knowledge on clinical evidence and its impacts and Augment culture of clinical evidence in advancing nursing practice in real scenarios.



Webinar on Complementary and Alternative Medicine

The session started at 12pm with the Welcome address by Mrs. Gincy Samuel, Asst. Prof. Dept of Medical Surgical Nursing .The session started by a brief introduction of the Guest Speake (Dr. S. LAKSHMI PRABHA, Professor/H.O.D, Department of Medical Surgical Nursing, Vinayaka Missions Annapoorana College of Nursing, Salem) followed by the session. On completion of the webinar the participants were able to identify the benefits of the complementary and alternative medicine also categorize and analyse the complementary and alternative medicine.



WORLD ASTHMA DAY

To create awareness programme on the world asthma day as we all are under lockdown, so medical surgical Nursing department faculty members of Smt.Nagarathamma school and college of Nursing selected some students and given The guidelines about the theme of Asthma and told them to create awareness between the family members regarding the misconceptions of Asthma and it was effectively done by the students.



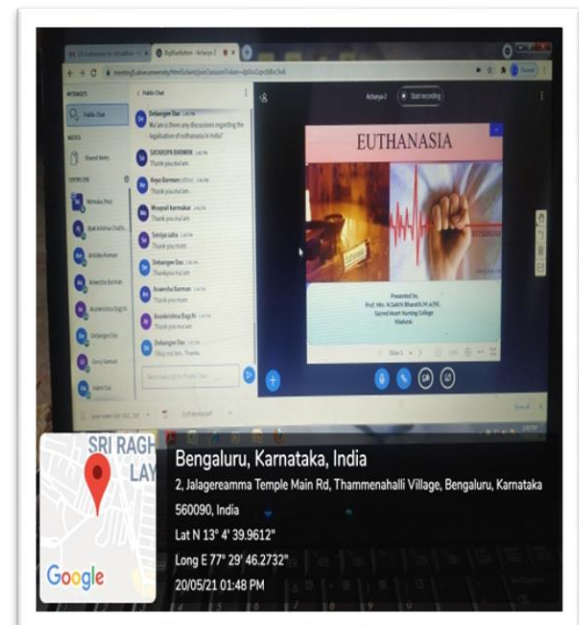
WORLD KIDNEY DAY

Students of Bsc nursing III year from Smt. Nagarathamma College of Nursing delivered awareness on world kidney day by using pamphlets to create awareness among public people. Topics included in the awareness on world kidney day, introduction , risk factors, causes, warning signs & symptoms, preventive measures. Impact of the programme was People with different age group got benefitted by awareness about world kidney day.



DEPARTMENTAL SEMINAR ON EUTHENESIA

The event was organized by Medical Surgical Nursing department of Smt. Nagarathamma College of nursing on 20/05/2021 through Acharya live. The resource person for the seminar was Prof. Mrs. N.Sakthi Bharathi, M.sc (N), has rich and varied experience of over 20 years in Nursing. The session was about euthanasia and discussed briefly about history of euthanasia means when they have adopted and which are all the countries have accepted euthanasia. Discussed laws adopted by the world and briefly explained about types in different situation what are all the types were used for the patient in different critical situations. Impact of the seminar was that the budding nurses gained knowledge of how to build a prospective career in India and Abroad.

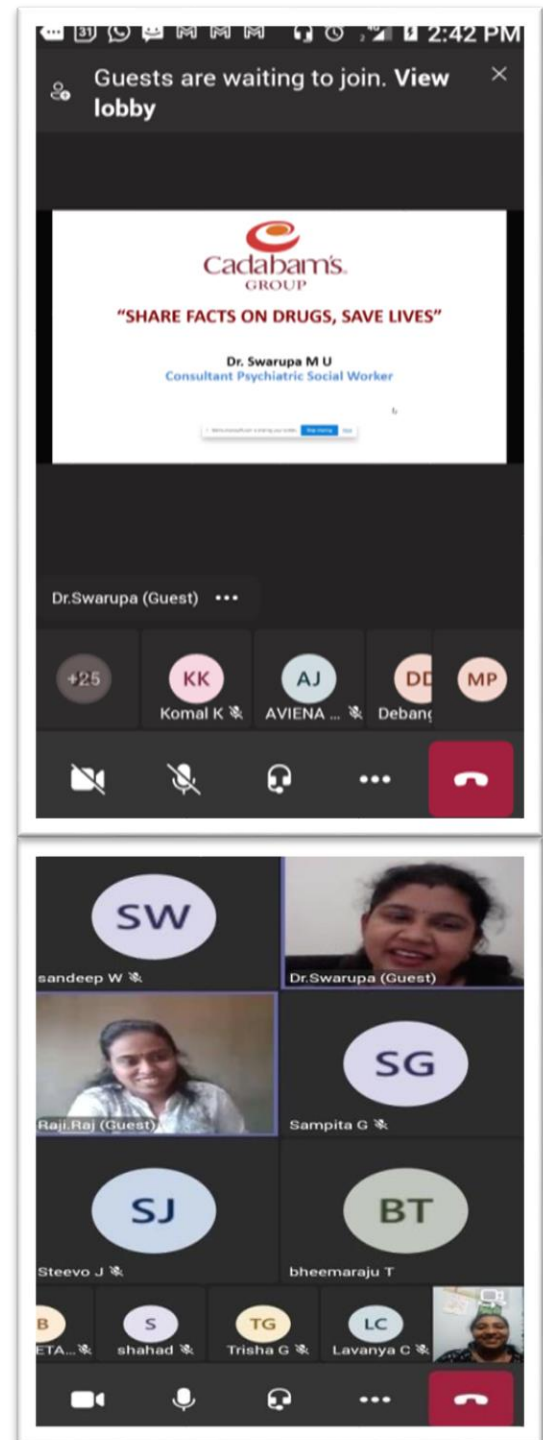


DEPARTMENT OF PSYCHIATRIC NURSING

International Day Against Drug Abuse & Illicit Trafficking

“Share Drug Facts, to Save Life”

The webinar was held on 28th of June 2021, on Microsoft teams online platform .The session started at 2.30pm with the Welcome address by the moderator Mrs. Mercy , Asst .Prof. Dept of Psychiatric Nursing The session started by a brief introduction of the Guest Speakers (Dr. Swarupa & Mrs. Raji Raj) followed by the scientific session. The moderator presented a brief report of the student activity at community neighborhood during pandemic about the health education and awareness talk given by the students about drug abuse and its prevention (This received appreciation from the speakers) The topics covered by the first speaker Dr. Swarupa during the sessions were Introduction to the theme Share Facts on Drugs ,Save Lives ,Incidence and prevalence of drug users at global scenario, Behavioral and physical changes due to addiction ,Causes of addiction & risk factors ,effects of abuse –long term and short term Treatment Bio psychosocial approach ,craving wave or urge surfing The Ds : Delay , Distract ,Drink plenty of water and fresh juices ,and Deep breathing , Phases of addiction ,Supportive care by peers –Be sensitive ,Be supportive to the clients and warning signs of Suicide .The second speaker highlighted the Rehabilitation services at Cadabams and the comprehensive recovery oriented services for mental illness and a virtual tour to the various facilities in Cadabams impact of this webinar was the participants gained adequate knowledge about the drug abuse and the methods of prevention and treatment .



CAPACITY BUILDING PROGRAMME

Psychosocial Support & Mental Health Promotion

The Department of Psychiatric Nursing organizes a Capacity Building Programme on Psychosocial Support & Mental Health Promotion on 5th February 2021, for newly joined students to the Smt. Nagarathamma College of Nursing. The workshop was inaugurated by Principal Prof. Devi Nanjappan wherein emphasized on identifying the strengths of the students and encouraged them to have insight on their capabilities in dealing with stress & anxieties. First session was taken by Mrs. Mercy Deva Priya, Asst. Professor, Dept of Psychiatric Nursing, on Psychosocial impact, Responses and specific responses to Covid-19, Stress responses to Covid-19 in terms of Physical, Emotional Behavioral, Cognitive and Social problems and issues, Causes of stress and anxiety during the pandemic, and suggestions and practical tips to students. Second session was conducted by Dr. T.S. Bheemaraju, Asso. Professor Dept. of Psychiatric Nursing on Coping Strategies, Hands on practice on: Breathing Technique, Relaxation Technique Individual and Group Psychotherapy & Positive Reinforcement. The students actively participated in the practice sessions of deep breathing techniques, group therapy, discussions and presentations. Impact of The workshop was very effective as the students gained knowledge and skills of stress coping strategies, breathing techniques, communication skill, group interactions, presentation, observation skills and listening skills



WORLD MENTAL HEALTH DAY 2020

Department of Psychiatric Nursing successfully conducted the first e-poster competition on the occasion of World Mental Health Day on 10th October 2020. The items mainly focused on the ways to improve our mental health during COVID-19. The students came out with various ideas and thoughts about the ways to improve mental health during COVID-19.



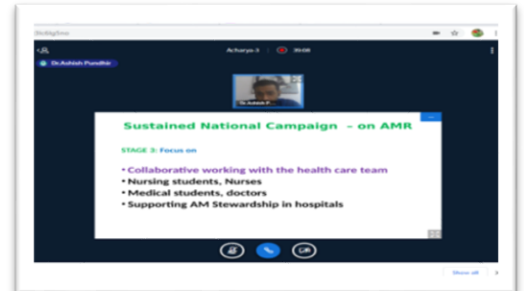
The event was judged by Principal Prof. Devi Nanjappan and Dr. Bhimaraju. Professor Dept of Psychiatric Nursing. The best of 2 posters is given first prizes and rest all the students shall receive e-certificate of participation. The first prize given to Ms. Soma Mudi and Second prize to Ms. Turlen Lugun both from III year Bsc Nursing.



Department of Community Health Nursing

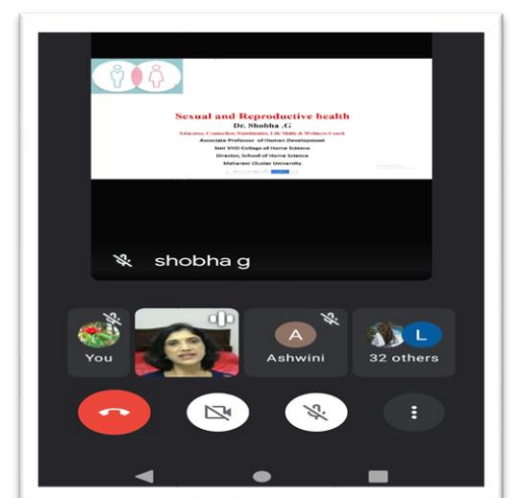
Multidisciplinary webinar on Gearing up for AMR stewardship

The Webinar was organized by Smt. Nagarathnamma School & College of Nursing, Acharya Institute, Bengaluru on 18th November 2020 at 2 pm. The webinar started with AMR - a perspective by Dr. Maneesh Paul, on know your Antibiotics and why and how to prevent resistance. Followed by session by Dr. Ashish Pundhir on Sustained National. Later Mr. Raj Vaidya spoke about role pharmacists followed by Prof. Devinanjappan on Infection control Practices. Dr. Shraddha Srinivas on Digital Media's & AMR-OH behaviors, the programme was moderated by Dr. Sunitha and coordinated by Mrs. Elaiyarasi. Impact of The webinar was helpful and informative. The webinar helped in Improving awareness and understanding of AMR. The webinar was concluded with discussion session.



Webinar on Sexual and Reproductive Health of Young People

The webinar was organised by Dr. Rekha, Coordinator FPAI and the Dr. Shobha G, Master Trainer FPAI was the resource person. Student of Smt. Nagarathnamma College of Nursing participated in Webinar on Sexual and reproductive health of young people organised by Family Planning Association of India Bangalore on 03.07.2021 at 4pm. Dr. Shobha G gave the detailed knowledge about importance of Sexual and reproductive health, challenges and issues of youth and the possible life style modification.

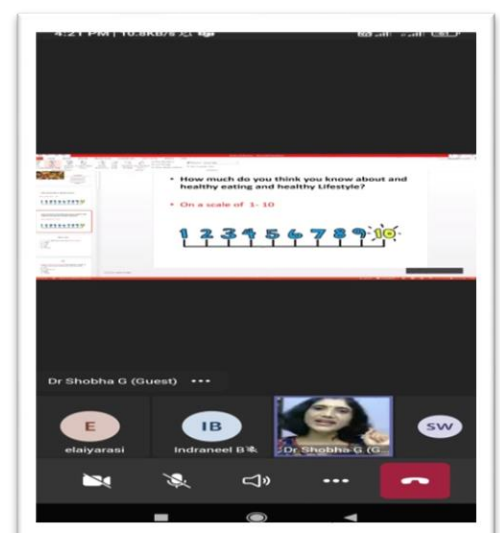
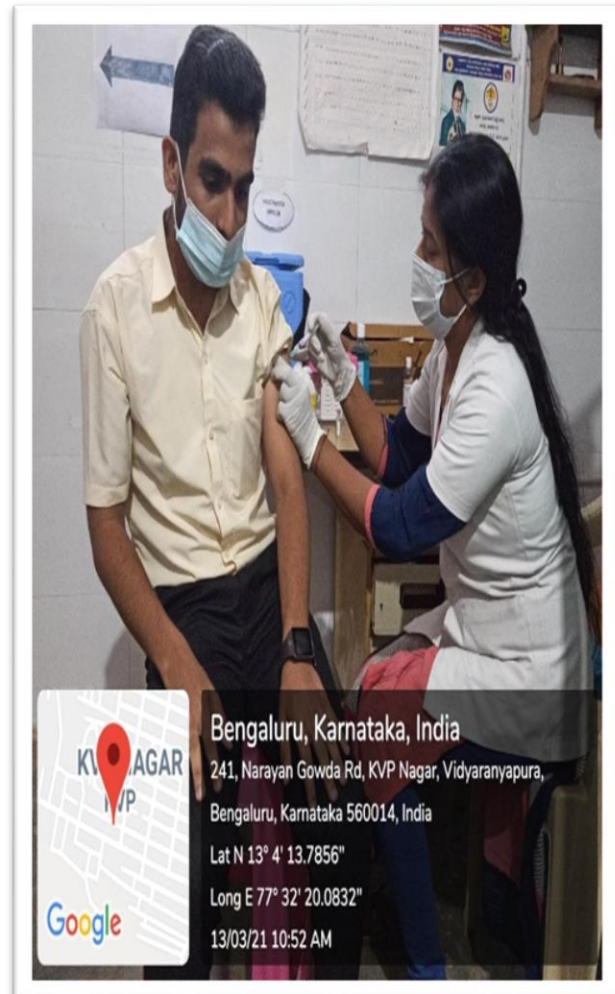


COVID VACCINATION

The Covid vaccination was organized by Mrs. Elaiyarasi NSS Officer under the guidance of Principal for all nursing students and faculty at Urban Primary Health Centre, Kuvempunagar, Bengaluru – 560014 from 13th March 2021 to 20th March 2021. Every day morning 9.15am to 10am Mrs. Elaiyarasi addressed 60 students about Importance of Covid vaccination under frontline warriors, Do's and don'ts before and after Vaccination, side effects of vaccination such as Pain at site of vaccination, fever, headache etc., followed by discussion session to clarify the doubts regarding Covid Vaccination. After the session students accompanied by a faculty reached the venue, consultation with Dr. Daakshayani, Medical Officer if students have any underlying health issues, Alcohol, Anemia or on prescription. After verification and registration each students received 1st dose of Covishield vaccine, observed for half an hour at PHC as per the guidelines for side effects, if no then given Tab.Paracetamol (S.O.S) as per standing order.,Impact of Programme is 320 nursing students and 8 faculties of Smt. Nagarathamma School and College of Nursing were vaccinated with Covishield 1st dose.

Webinar on Health and Wellness

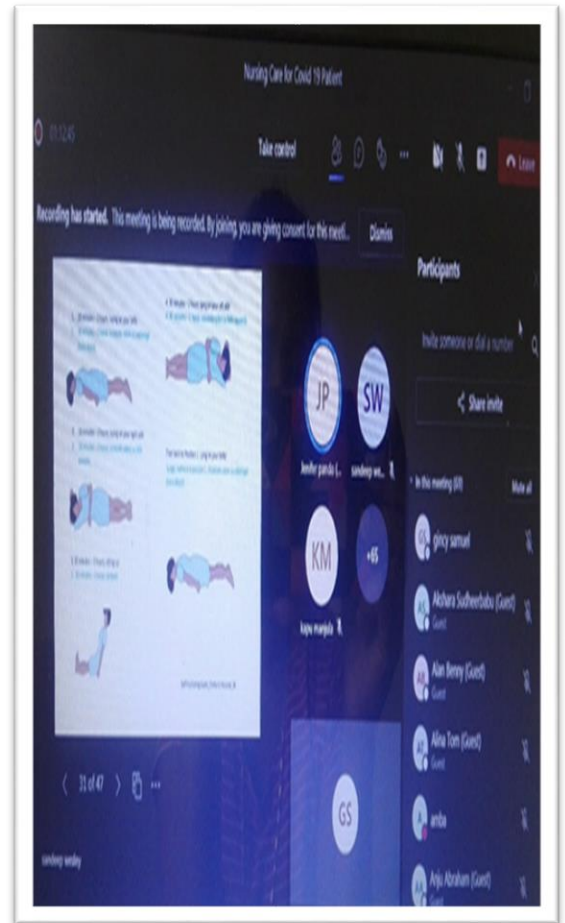
Webinar was conducted on 14th of august 2021 at 4 pm. Session was started with a warm welcome by Mrs.Elaiyarasi Asst.Professor Department of Community Health Nursing, Dr.Shobha G Associate Proffesor department of human development was the speaker for the webinar where she shared her knowledge regarding the health and wellness to the nursing students, the impact of the webinar was students were able to understand the benefits of healthy food and its effects of health to be healthy. Session was ended by vote of thanks by Mrs.Elaiyarasi with a word of appreciation.



ALUMNI (Webinar & Activities)

WEBINAR NURSING CARE FOR COVID-19 PATIENT

The webinar was held on 26th June 2021, on Microsoft team online platform .The session started at 12pm with the Welcome address by Mrs. Gincy Samuel, Asst. Prof. Dept of Medical Surgical Nursing .The session started by a brief introduction of the Guest Speaker (Ms. JENIFER PANDO MSc Nursing Dept. of MSN, Lecturer, National Health Mission (NHM) School of Nursing, Lakhimpur, Assam) followed by the scientific session. The objectives and topics covered during the sessions were Contents of the lecture was on corona virus background, incubation period, mode of transmission, symptoms, sample collection method, other diagnostic test, donning and doffing of personal protective, biomedical waste management of covid-19, criteria for ICU admission, nursing management of covid-19 case, exercise, positioning, physical examination and nursing interventions. Impact On completion of the webinar the participants gained adequate knowledge and skills to manage COVID-19 cases effectively. Learned the concept of donning and doffing of personal protective equipment's, also to deal with biomedical waste management of covid-19 cases and to provide quality care to the covid-19 patients.

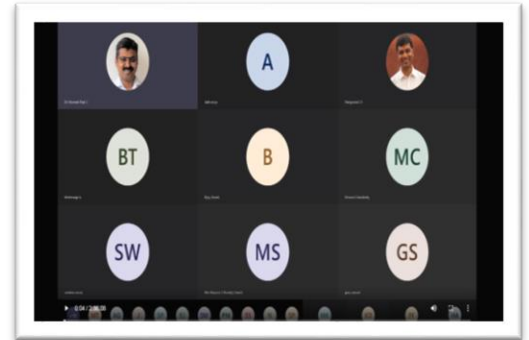


VIRTUAL ANNUAL ALUMNI MEET

First time Smt. Nagarathnamma College of Nursing under the Acharya Alumni Trust organized Virtual Annual Alumni Meet on 17th of July 2021 at 11am on Microsoft teams platform. The program began with warm welcome by our MC Ms. Aishwerya and Mr. Robert final year students, followed by invocation song. **Dr. Maneesh Paul. S, Campus Director of Acharya Institutes** gave the Opening remarks for the event, He expressed that alumni can actively participate in strengthening the Alma matter by sharing their learning experiences also through research collaboration.



Prof. Devi Nanjappan, Principal of Smt. Nagarathnamma College of Nursing in her inaugural address expressed happiness on overwhelming response from the alumni. **Prof C K Marigowda, Dean, AAA** in his address expressed happiness about the accomplishments of Alumni Virtual Meet and shared the recent developments of Acharya Institutes and establishment of Acharya Alumni Trust (AAA) to integrate all the Alumni of Acharya under one roof. **Mrs. Gincy Samuel, Alumni Coordinator**, addressed the Virtual Gathering. **Our Faculties cum Alumnus Mrs. Mercy, Mrs. Elaiyarasi and Mrs. Nagammal** welcomed the Alumni and shared their experience as Alumni in Smt. Nagarathnamma College of Nursing. 100 participants from different parts of country attended Virtual Alumni Meet. Ms. Papiya Bhoonik, Ms. Akshya, Ms. Monami, Mr. Bijoy and Mr. Iqbal shared their experience and recalled their college memories. During Virtual Meet Cultural program was showcased by GNM 1st year, 3rd year, Bsc 1st year and 2nd year batch. Programme concluded by Ms. Atoshi final year student with vote of thanks.



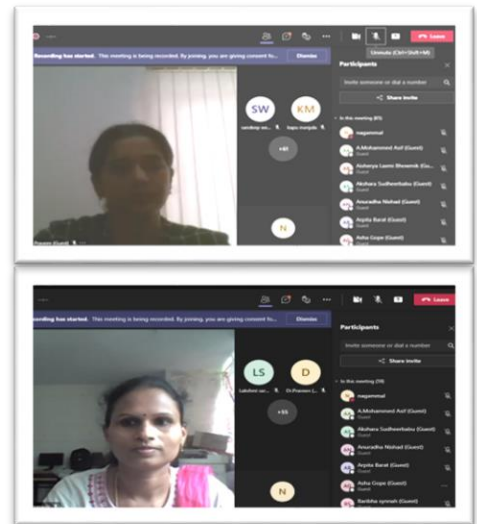
PLACEMENTS

Webinar On Be A Career Champion by Implementing 3c Model

The session was about be a career champion by implementing 3c model discussed about career champion grew out of a recognition that, although the academy staff is available to support student with career development and planning, These flexible self paced modules provide resources, best practices and up to date information for anyone looking to support career and post graduation success for students. Synchronous workshop provides skill building opportunities to apply your knowledge about the career process planning process. Also discussed about internship and career fairs, career resource manual and career champion training. Impact of this webinar was that budding nurses gained knowledge of how to build a prospective career in India and Abroad.

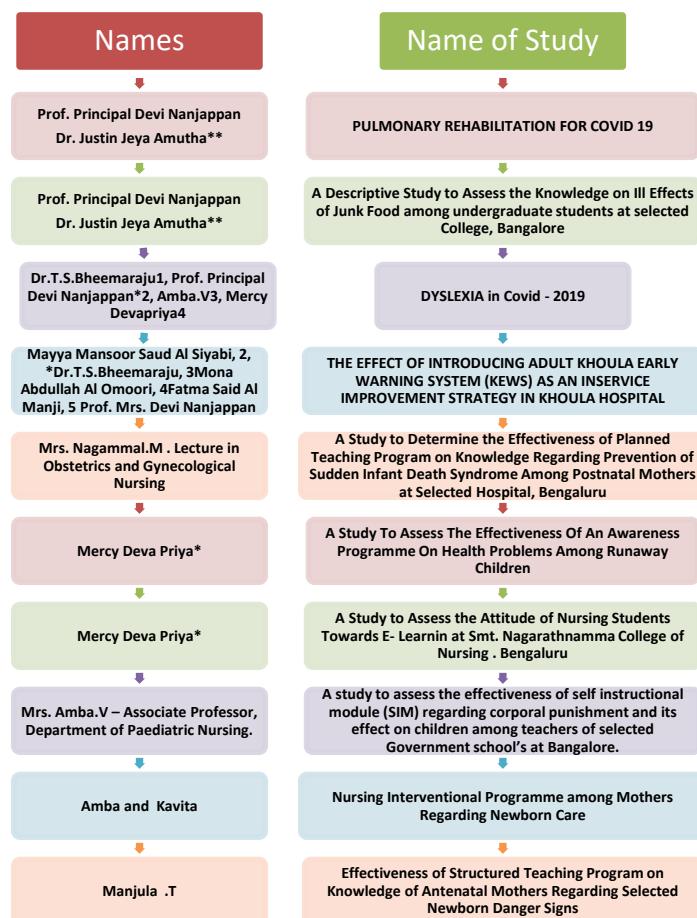
Webinar on Career Development Programme

The webinar was held on 07th August 2021, on Microsoft team online platform .The session started at 2pm with the Welcome address by Mrs. Kapu Manjula, Asst. Prof. Dept of Medical Surgical Nursing .The session started by a brief introduction of the Guest Speaker Dr. Shabiya Ranjit, Head of liaison and resource management, MEDIVAA followed by the session. Impact of the webinar is to, provides with an opportunity to learn and develop the necessary skills to engage in life/career planning.



Research Activities

The List of Research Articles are Published



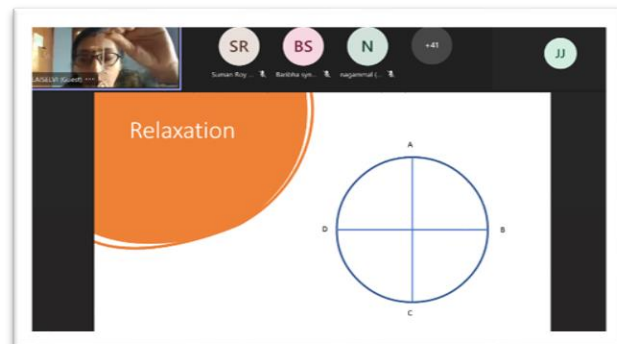
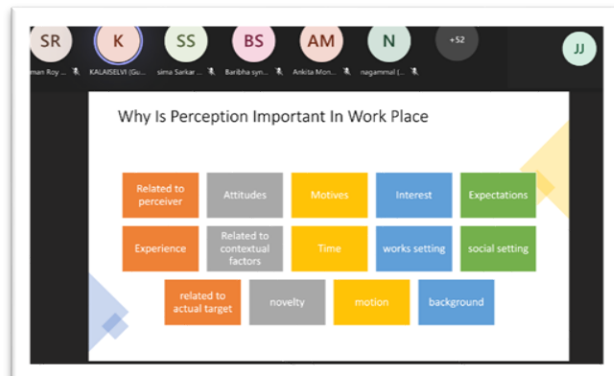
SC (ST) cell

A special cell has been constituted in the college in the year 2021 to facilitate the students from scheduled Caste (SC), scheduled Tribe (ST), In improving their academic performance and extracurricular activities and optimizing their development in their personal and social life at college for the implementation of scholarship, policies, and programmes of the government of India, UGC and state government with regards to SC/ST.

Factuality Development Programme

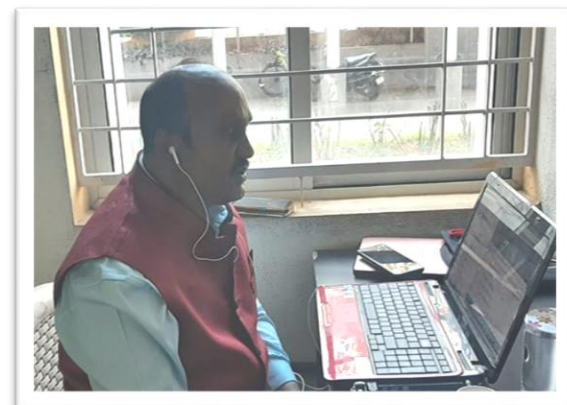
Webinar on Transforming Perception

The webinar on transforming perception was conducted on 26th **June 2021** under Faculty development programme. The session started at 2.00pm with welcome address by Dr. Justin Jeya Amutha, Associate Professor Smt. Nagarathamma College of nursing, moderator of this webinar and followed by the scientific session has started. The webinar speaker was by Mrs. Kalaiselvi, Psychologist, District counseling Centre, Preamble. Contents of the lecture was on Definition, meaning, process of perception, ways to perceive things in different ways, transforming perception, why perception important in work place, benefits of perception checking, biases and errors in perception and how to change negative perception. Impact of the webinar is that participants gained adequate knowledge about transforming perception and application of this in their day-to-day life



Webinar On Research And Publication

The webinar on Research publications was conducted on 13th February 2021 under Faculty development programme & it's started at 2pm, which was hosted by Dr. Justin Jeya Amutha, Associate professor Smt. Nagarathamma College of nursing. Followed the welcome speech principal madam Prof. Devi Nanjappan given keynote address and vote of thanks by madam Mrs. Amba, Associate professor Smt. Nagarathamma College of nursing. This webinar speaker was by Dr. I. Clement Professor, RV College of Nursing, Bangalore. Impact of this webinar was



participants understood about research publication and its process, benefits. Participants gained furthermore knowledge about when, where and how to publish papers in journals. The session was closed by Dr. Justin Jeya Amutha after vote of thanks.

WEBINAR ON NURSE AS A NAVIGATOR

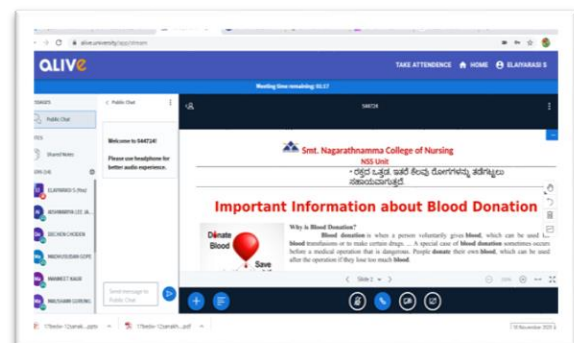
The webinar on Nurse as a navigator was conducted on 30th April 2021 under Faculty development programme & it's started at 2.30 pm, which was hosted by Dr. Justin Jeya Amutha, Associate professor, smt. Nagarathnamma college of nursing. Welcome speech was given by Mrs. Elaiyarasi, Asst. Prof from smt. Nagarathnamma college of nursing and vote of thanks by Dr. Justin Jeya Amutha, Associate professor, smt.Nagarathnamma college of nursing. This webinar speaker was Mrs.Abirami.V, Nursing clinical instructor, Qatif central Hospital, Saudi Arabia. This webinar is intended to understand the care management plans with shared decision making .The session was closed by Dr. Justin Jeya Amutha after vote of thanks .



National Service Scheme (NSS)

NATIONAL VOLUNTARY BLOOD DONATION DAY

Online Awareness programme on Voluntary Blood Donation was conducted by Mrs. Elaiyarasi S, NSS Programme officer through Acharya live platform on 01.10.2020 at 3.30 pm for Final Year nursing students, followed by discussion session. The slogan “Safe blood for all” is aimed at raising awareness of the universal need for safe blood in health care delivery.



The World AIDS day webinar was organized by Mrs. Elaiyarasi S, Asst. Professor, Department of Community Health Nursing and NSS Programme Officer. The Webinar started with welcome speech by Mrs. Elaiyarasi S, NSS Programme Officer followed by the first session by Dr. Renuka Prasad. H.T, M.B.B.S., M.S General Surgery, Senior Specialist, Department of Surgery, KCG Hospital, Malleshwaram, Bengaluru on Epidemiological Perspective of HIV/ AIDS. He gave detailed introduction to HIV and Aids which was very interesting and informative. Next session was by Mr. Govindraju T. M.Sc. M.Phil. Psychology, (PhD), Deputy Director IEC, Karnataka State AIDS Prevention Society, Govt. of Karnataka, Bengaluru on Theme, Treatment Modalities & Role of KSAPS. The last session was by Mrs. Yashoda D.M District Supervisor, District AIDS Prevention and Control Unit, Bengaluru Urban District, Bengaluru on National AIDS Control Programme and its Implementation by NACO. The programme was moderated by Mrs. Kapu Manjula, Asst. Professor, Department of Medical Surgical Nursing, and coordinated by Mr. Sandeep N Wesley, Asst. Lecturer, Department of Community Health Nursing Smt. Nagarathamma College of Nursing.



NATIONAL PULSE POLIO TRAINING PROGRAM

The Training programme was on briefing the 4 day activities of National Pulse Polio Program to NSS Volunteers of III and II year GNM. The session was lead by Mrs. Usha and Ms. Ishwarya of Urban Primary Health Centre, Kuvempunagar in Kannada and Translation to English by NSS Officer. The session details was as below. 1st day – Booth Activity – Immunizing the children below 5 years at booths with two drops of pulse polio vaccine 2nd, 3rd and 4th – Home visiting & door to door service - Immunizing the children below 5 years at their door step, on streets, schools or public places with two drops of pulse polio vaccine. Monitoring the vaccine vial for the effectiveness of the programme.



The programme was organized by NSS programme officer in association with rotary club Vidyaranyapura, Bengaluru to appreciate the volunteers and recognition of their contributions to the National Pulse Polio Programme was held in Kuvempunagar UPHC on 31st January 2021 to 3rd February of 2021. 71 students actively and on voluntarily participated in the covid 19 situation. Mr. Rtn. Philip John, President, Mr. Madhusudhan N, Secretary and Mr. Naveen Joshi, Past President of Rotary Bangalore Vidyaranyapura and Dr. Megha, Medical Officer of Kuvempunagar UPHC and Prof. Devi Nanjappan, Principal of SNCoN were the chief guest and guest of honour and they appreciated the volunteers and recognized of their contributions through distribution of certificates.



WORLD HEALTH DAY 2021

World Health day 2021 was observed by NSS on theme “Fit RGUHS for Fit INDIA”. Mrs. Elaiyarasi NSS Program Officer created awareness among general public regarding Covid prevention through distribution of pamphlets followed by Rally at college campus. NSS volunteers actively participated in Rally followed by Distribution of Pamphlets related to Covid and its prevention to general public in and around the college campus.



WORLD ENVIRONMENTAL DAY

The world environment day is celebrated every year on 5th June to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment friendly activities. NSS volunteers under the guidance of NSS programme Officer actively participated in Poster making competition, plantation in and around their homes, and health education to family members and neighbors on 5th June 2021 to create awareness about every individual's responsibility of saving planet earth on the theme "Ecosystem Restoration". Impact it was very effective. Family members also actively participated in the programme.



INTERNATIONAL YOGA DAY

NSS volunteers under the guidance of NSS programme Officer actively participated in yoga at home involving family members and friends, in and around their homes, and health education to family members and neighbors on 21st June 2021 to create awareness about yoga and its uses on health in this pandemic situation on the theme "BE AT HOME, BE WITH YOGA". Impact it was very effective. Family members also actively participated in the programme.



HEALTH CAMP

The camp was conducted on 19th July 2021 from 9.30 am to 3pm. Dr. Bheemaraju T S, Professor, Department of Psychiatric Nursing, Mrs. Manjula T, Asst. Professor Department of OBG Nursing, Mrs. Gincy Samuel, Asst Professor and Mrs. Kapu Manjula Asst. Professor of Department of Medical Surgical Nursing and 10 NSS Volunteers actively participated in the health camp organized by Mrs. Elaiyarasi NSS officer, Asst. Professor Department of Community health Nursing. The camp was conducted for 21 class IV employees of Acharya Institutes by maintaining Covid guidelines. Different Stations for health check up was arranged and NSS volunteers were assigned with the task of health camp.



VALUE ADDED COURSE

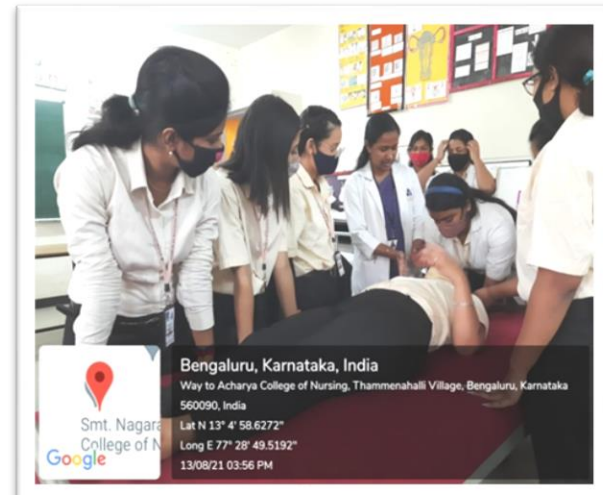
Basic Life Support (BLS)

Smt. Nagarathnamma College of Nursing conducted valued added course on Basic Life Support for 4th year Bsc Nursing ,2nd year Post Basic Bsc & 2nd year M.Sc Nursing students from 16.8 .21 to 17.8.21.(2 days). The programme commenced with the welcome address by Dr.Bheemaraju followed by Principal's Address to the students emphasizing the need and importance of BLS course and encouraged the students to actively participate in the programme. The student's knowledge was tested by conducting a pre test, which was followed by a brief introduction given by Mrs. Mercy, on Adult CPR, Pediatric CPR, Chain of Survival and CPR videos. The students were divided into 2 groups and demonstrations were conducted at 2 stations, one for Adult CPR taken by Dr. Bheemaraju & Mrs.Amba and the other station was handled by Mrs.Amba on Pediatric CPR. During the course, the students got training in essential skills individually and also as a part of the team .The students learnt the basics of chest compressions, adult and infant rescue breaths, management of choking in adults and children. Mrs.Sabi introduced and demonstrated Code Blue and emergency management in cardiac emergencies. At the end of the two days course students appeared for post test to evaluate the knowledge on the concepts of BLS. Students had to pass the test with 80% scores and e-certificates were issued to the student's .The course feedbacks were collected from the students in which they expresses that the BLS course was very informative and helpful and they gained knowledge and confidence in saving the lives.



FIRST AID

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening. The first aid course started on 12th of Aug with Registration at 9 am for all the students followed by Pre-test. The session started at 10am with the Introduction about First Aid by Mrs. Gincy Samuel, Asst. Prof Dept of Medical Surgical Nursing. The students were divided into 3 groups for first aid hand on practice. The 1st group facilitator was Dr. Justin Jaya Amutha Associate Prof. Medical Surgical Nursing, the 2nd group facilitator was Mrs. Gincy Samuel Asst. Professor Medical Surgical Nursing and 3rd group facilitator was Mrs. Nagammal Assistant Professor Obstetrics and Gynecology Nursing. Each group was with 21 students. The first group session and practice was on Bleeding. The second group session and practice was on Injury and the third group session and practice was on Burns and Drowning. On the 2nd day 13th of Aug the first group session was on First Aid Poison and Bites. The second group session was on Fracture and third session was on Seizure, Strangulation and Hanging. The course ended with Post-test and feedback form.



Occupational Stress and Yoga (Presenter: Mrs. S Elaiyarasi / 1, January – April 2020)

The present article was written by S Suganthra Devi, Karaline Karunagiri. All the people round the world need to work hard to meet their daily needs which circumstances affect individual's physical and mental condition that leads to the reduction of individual's life qualities. Job stress was identified as an upcoming stressors that provoke for many physical, mental and social irrational consequences. Occupational stress is related to one's job which is a result of unexpected responsibilities and pressures that do not align with a person's knowledge, skills, or expectations, inhibiting his ability to cope. Job stress results from various interactions of the worker and the environment of the work they perform their duties. Location, gender, environment, and many other factors contribute to cause of stress. The journal presentation was very informative & interesting as we could know various research articles of various fields of life sciences under one roof.

Assessing the occurrence of Tuberculosis Disease among Nurses of a selected Tuberculosis Institute of Delhi (Presenter: Mrs. KapuManjula 31/03/2021)

Tuberculosis is an infectious disease caused by mycobacterium tuberculosis that spreads from person to person through the air. TB remains the major global health problem. It causes ill health among millions of people each year and ranks second leading cause of death from an infectious disease worldwide. Occupational exposure to mycobacterium tuberculosis constitutes a potential health hazard for health care workers worldwide. **Aim of the study** aimed to assess the occurrence of TB among nurses working in Institute of pulmonary medicine and TB and assess the type of TB common among nurses. The research approach adopted was survey type. Research design was a descriptive survey. **Setting & Sample:** The study was Set at institute of pulmonary medicine and TB, Delhi. The sample had 100 nurses by random selection. Tools: Structured survey interview schedule was used ,this consisted of 2 parts, Section-I(Structured survey interview schedule for sample characteristics and occurrence rate of TB among 100 nurses and Section II consists interview schedule assessed to the findings related to TB among 12 nurses. The study results revealed that 12 out of 100 nurses were having history of TB while working in the institute. Out of these 12, most nurses were female i.e. 11(91.67%) and 8(66.67%) were immunized with BCG vaccine. When diagnosed with TB 9(75%) of them were having less than 10years of work experience, 2(16.66%) having working experience of 21-30 years and 1(8.33%) in MDR TB. **Conclusion:** The occurrence rate of TB was 12 percent among nurses working in institute of pulmonary medicine and TB, Delhi.

Missing Tile Syndrome Presenter: Mrs. Gincy Samuel on 24th of April 2021.

“Missing Tile Syndrome” a term coined by Dennis Prager is a psychological problem in which one’s attention centers round what one has not been to achieve in life. Signs of this syndrome is feeling of despair, dissatisfaction, insecurity, hopelessness and helplessness, feeling of untrustworthiness and feeling of disrespect. Prevention of Missing tile syndrome are: 1) count your blessings: with open mind concentrate and count the blessings, 2) avoid covetousness: avoid being greedy, 3) thinking positive thoughts: never compare yourself with others, 4) be thankful: every individual is unique, be content: focusing on things what you have, explore new things and stop comparing yourself with others. Possible solution to fix missing tile syndrome are: forget it, decide it, replace it, accept it, and achieve it.

Epidural analgesia for painless Labour and its impact on neonatal outcome Presenter: Mrs.Nagammal on 19th june 2021 (online)

Epidural Analgesia is an effective tool for painless Labour, with no significant maternal and fetal side effects. This could encourage more women to optional for vaginal delivery and hence avoid surgical complications. Women in developed countries have good access to this technique, but on the contrary, in developing countries, it is still not widely available. The message is to make “painless labour” an easily accessible option for all women.

