



ACHARYA

SMT. NAGARATHNAMMA COLLEGE OF NURSING



Where the world comes to learn

THE PULSE

2023-2024

Inviting all students and teachers of our college! Are you ready to leave your mark in the history books? The PULSE, our Annual Bulletin, is back and it's time to showcase your contributions in this year.



Your contributions in this year's Bulletin is back and it's time to showcase the history books? The PULSE, our Annual college, are you ready to leave your mark in

From the Editor's Desk....



Dear All,

Welcome to the 9th Edition of our Annual Bulletin – **PULSE- 2024**.

Welcome to the latest edition of our Nursing College Magazine -SMT. NAGARATHNAMMA COLLEGE of NURSING, where we celebrate the dedication, achievements, and stories of our vibrant nursing community. Here, we had succeeded in redefining educational Luther boundaries and bridged not only the learning gap but also conducted their year-round curriculum and co-curricular events through the virtual mode.



“If you want to change the world, pick up your pen and write”- said Martin, once. I am happy to be the Principal of this college where I am able to witness an array of talents of the staffs and the students of Smt. Nagarathnamma College of Nursing. Our college has just released the annual bulletin and it's filled with amazing insights on our institution, students, and all the activities that have taken place throughout the year. As the Principal of this college and a proud member of this community, I am truly impressed by the hard work and dedication put into this publication. From academic achievements to extracurricular accomplishments, this bulletin truly showcases the well-rounded education we receive at our college. I highly recommend everyone to get their hands on a copy and get inspired by the incredible stories within it. A big shoutout to the team behind this bulletin for their exceptional work!

Dear Readers ,

Our Annual Bulletin, PULSE, over the years had grown with a personality of its own. Thrilled to finally share my first experience working on our college magazine! From brainstorming ideas to bringing each page to life, it was an exhilarating journey. Each page holds a new story, a new perspective, and a new voice. I was also helped by most of the faculties for the completion of this document and the contribution of Ms. Dency Dennis was really very helpful. As a team, we strived to create a platform for creativity and expression, and I couldn't be prouder of the end result.



Welcome to the **PULSE** of possibility, where curiosity sparks innovation and compassion fuels care. Step into a world where stethoscopes echo with stories of courage, where each heartbeat marks a milestone in care. In the next pages you'll find a tapestry of voices—students, educators, and practitioners—each thread woven with dedication, discovery, and the relentless pursuit of excellence.

CLINICALS

As a part of nursing curriculum Clinical posting is a vital component and fundamental to nursing students learning which provides them direct, real experience of nursing profession as they participate in routine nursing activities of the ward. The students gain clinical experience through block postings in various government hospitals. During their clinical posting students can understand the concepts of nursing practice & apply the holistic approach in meeting the health needs of individual in a scientific manner and develop skill in meeting the basic needs of an



individual. Clinical posting is a vital component and fundamental to nursing students learning which provides them direct, real experience of nursing profession as they participate in routine nursing activities of the ward. Nursing students perceived their clinical learning environment as stressful and anxiety aggravating this includes providing and receiving verbal reports ,preparing and administering medication, documenting care appropriately ,providing emotional support and patient education ,and delivering culturally competent care that respects each patient's individual beliefs. Working under supervision of a classroom teacher ,the clinical experience teacher candidate observes ,assists in the

classroom in basic instructional roles such as tutoring ,mentoring and teaching lessons to individuals, pairs and groups of students and instructs individual student and small group as well as the entire class of students. During their clinical posting students are able to understand the concepts of nursing practice and apply the holistic approach in meeting the health needs of individual in a scientific manner and also develop skill in meeting the basic needs of an individual in a scientific way.



CLINICALS AT VICTORIA HOSPITAL



During the course, the students have also been posted in **Victorian government** hospital, Bangalore for the general exposure and to achieve skills in the basic nursing procedures.

Along with students two faculty were posted to supervise the student's skills, efficiency, behaviour towards the patient care. The routine was started with ward assignment, tea break and rounds, during rounds students were asked about their time planning, health assessment, about procedure steps.

CLINICALS AT VANI VILAS HOSPITAL



Another day, another amazing learning experience at **Vani Vilas hospital!** As a nursing student, the students at our college are incredibly grateful for the opportunity to work alongside such dedicated healthcare professionals and witness firsthand the impact they have on patient care. From the bustling emergency room to the quiet maternity ward, each department has taught them valuable lessons that will shape the students into a better nurse. The students were grateful to VaniVilas hospital for this opportunity. In the Clinical posting, the students were

posted in different specialized OPDs (paediatric medicine dept., ophthalmology dept, physiotherapy dept., paediatric surgery dept) Dental Clinic, Blood bank, Sample Collection Rooms, Vaccination Rooms, Anthropometric Measurement Room, Surgical Paediatric Ward, Orthopaedic Paediatric Ward, Nephrology Paediatric Ward, Medical Paediatric ward, ENT Unit, Casualty and Emergency.



CLINICALS AT SPANDANA HOSPITAL



Smt. Nagarathnamma College of Nursing conducts clinical practices in reputed hospitals with proper guidance from our efficient staff members. Students from every batch are having clinical posting for Mental Health nursing to **Spandana hospital**, Bangalore. During the posting of 1 month the students completed their requirement and corrected by the In-charge staff. The student got good exposure of practical knowledge and experience. The posting helps to assess the nursing needs of the clients by collecting complete data, making relevant observation.

CLINICALS AT KIDWAI HOSPITAL

Our nursing students were recently posted to **Kidwai hospital** for Medical Surgical Posting, and they have returned with a wealth of knowledge and skills. From learning about cancer care to gaining hands-on experience, this posting has truly shaped their future as healthcare professionals. As nursing students, the students of Smt. Nagarathnamma College of Nursing were able to witness firsthand the dedication and compassion of the healthcare professionals towards their patients.



CLINICALS AT Dr. B. R. AMBEDKAR HOSPITAL



During the second year of the course, the students were posted in Dr. B. R. Ambedkar hospital, Bengaluru for the general exposure and to achieve skills in the basic nursing procedures. The Clinical posting of 3rd semester B.Sc. (N) students was started in the month of May, from 01.05.24 to 04.06.2024. Total number students were divided into two batches. During their postings all the students of both batches actively participated in creating awareness by

giving health educations among the patients and attendees of patients regarding many disorders. On the first day of their posting, they had an awareness session on road traffic awareness by the department of traffic and usage of helmets. At the end of each day students share and discuss their experience towards the patients care. That how students understand the core value of nursing profession and serve humanity with compassion, honesty and dedication.



COMMUNITY

COMMUNITY OUT-REACH PROGRAMME



In the view of “Awareness Program on DM” students of Smt. Nagarathnamma College of Nursing, presented “Awareness Program on DM on 15.11.2023. The program was conducted by our faculty and the students took active participation and given the health talk to the community peoples regarding the preventive measures of diabetes and given health education regarding the management and care. A Community Outreach Program is an organized effort designed to engage and support a community by addressing its needs and enhancing its well-being.

HEALTH AND WELLNESS PROGRAMME

Health and Wellness Programme is a structured plan or initiative designed to improve and maintain the physical, mental, and emotional well-being of individuals. These programs are often implemented by organizations such as employers, healthcare providers, community centres and





educational institutions. The Health and Wellness programme held at the village Silvepura on December 11th-20th, 2023, was a comprehensive exploration of physical and mental well-being. The event featured health education, interactive discussion on health and wellbeing among women and community-building activities.

IMMUNIZATION PROGRAMME

In the view of “Immunization programme” students of Smt. Nagarathnamma college of Nursing, Presented “Awareness Program on immunization on 22.11.2023. The program was conducted by Ms. Ashwini Lecturer and student active participated and given the health talk to the mother of children in the Anganwadi regarding the proper age, and frequency of immunization and its benefits to the child immune system. Also educated about available health setting for proper administration of vaccination.



MENSTRUAL HEALTH AWARENESS PROGRAMME



Proud to be a part of this incredible group of nursing students who organized an eye-opening awareness program on menstrual health. From debunking myths to promoting hygienic practices, we are determined to break the stigma surrounding this natural process. As future healthcare professionals, it is our duty to educate and empower women to take control of their menstrual health. Students of Smt. Nagarathnamma college of Nursing presented “Menstrual health program” on 16.11.2023. The program was conducted by the faculty and the students conducted the group education on menstrual health.

HEALTH EDUCATION ON ASTHMA PREVENTION PROGRAMME

An asthma prevention program is designed to reduce the incidence, severity, and impact of asthma through a combination of medical, educational, environmental, and lifestyle interventions. The students took their passion for healthcare to the clinical area as they spread awareness on





the importance of asthma prevention in the community area. It was a fulfilling experience to educate and empower individuals about this common respiratory condition. Let's continue to use our knowledge and skills to make a positive impact in our community. Students from Smt. Nagarathnamma college of Nursing presented “Awareness Program on Asthma on 24.11.2023. The program consists of prevention of asthma, ways to maintain a proper hygienic measures if pet at home and products to be used to prevent any allergy.

ROLE PLAY ON NON-COMMUNICABLE DISEASE

Exciting day at the clinical area as our students took on the role of healthcare professionals in a role play on the prevention of communicable diseases! Our future nurses were fully immersed in the exercise, showcasing their knowledge and skills in handling potential outbreaks. It's inspiring to see our students taking their education beyond the classroom and into real-world scenarios. Our nursing students have been hard at work perfecting their skills in communicable diseases control through a riveting role play exercise. Witness the dedication and expertise of our future healthcare leaders as they tackle the challenging scenarios with precision and care.



ANGANWADI HEALTH CAMP PROGRAMME



Thrilled to share that our students took part in an insightful community service program at the Anganwadi health camp program today. It was heartwarming to witness their dedication towards improving the health and well-being of the children and mothers in the community. Kudos to our future leaders for making a positive impact in the society. Students of Smt. Nagarathnamma college of Nursing presented “Awareness Program about Malnutrition” among children in the Anganwadi on 22.11.23. The program was conducted by 7 students gathered in the Anganwadi. Students assessed 16 children in the Anganwadi centre with their height, weight, BMI and other symptoms related to malnutrition and worm infestation.

SCHOOL HEALTH PROGRAMME ON RISK OF SMARTPHONE USAGE

Our team recently conducted a programme on the risks of smartphone usage in the community area. It was eye-opening to see the impact of excessive screen time on our mental health and overall well-being. As future leaders, it is crucial for us to be aware of the consequences and find a balance in our technology usage.

Students from Smt. Nagarathnamma college of Nursing had presented “Awareness Program on side effect of continuous smart phone usage” on 26.12.23. The program was conducted by students gathered in the primary school in the classroom of 9th grade. Students performed the role play which includes a good child who wake up early follow healthy lifestyles, other role a child who always scroll the phone, the ill effects to child and society by the addiction of smartphone usage has been played well by the students.



HEALTH MELA IN THE COMMUNITY SETTING



In the view of “Health Mela” students of Smt. Nagarathnamma College of Nursing, conducted a camp on assessing the people in the community area on 27.11.2023. The students arranged the weighing machine, BP apparatus, Pulse oximeter to monitor the vital signs of people. Focus was on middle age – elderly.

STREET PLAY ON PREVENTION OF HYPERTENSION

Spreading awareness in the community! Our students recently went to the local area and put on a street play about hypertension prevention. It was an eye-opening experience for both the students and the community. We believe that education and awareness are key in preventing health issues. So proud of our students for taking the initiative to make a positive impact in society. In the view of “Malarial control program” students of Smt. Nagarathnamma college of Nursing, Presented Street play related to “Awareness on Hypertension Prevention program”.



CERVICAL CANCER AWARENESS PROGRAMME

Our students took a step towards creating a healthier community by spreading awareness on cervical cancer. Through informative presentations and engaging activities, they educated the community on the importance of early detection and prevention methods. It's truly inspiring to see our future leaders acting and making a difference.

VISIT TO AMARYA SOUNDARYA-MENTALLY DISABLED SCHOOL



The student of Smt. Nagarathnamma College of Nursing, visited at Amarya Soundarya foundation with the purpose of learning how the administration works at trust as well as school, and we came to know about the administration of school and, maintenance of records and reports, patients' services, staffing patterns as well as facilities and planning for academics for disabled children.

Students had the opportunity to visit a school for mentally disabled children and it was truly eye-opening. As a

student, it was thought he or she knew a lot about the world, but this experience taught them so much more. The children they met were some of the most resilient, kind, and loving individuals they have ever encountered. They taught them about the power of patience, empathy, and acceptance. It was a humbling experience to see how they embrace life with such positivity despite their challenges. The students were very grateful for this opportunity to learn and grow as a person. Let's all take a moment to appreciate the unique abilities and strengths of these amazing children.



LCDC SURVEY (LEPROSY CASE DETECTION CAMPAIGN)

Students of First year GNM from Smt. Nagarathnamma school of Nursing, completed "Leprosy Survey" from 27.12.23 to 11-1-24. The leprosy case detection campaign was conducted by Chikkabanavara PHC Centre medical team along with students of 1st year GNM. Thrilled to share that our students went above and beyond in their campaign on leprosy case detection! Not only did they spread awareness about this often-overlooked issue, but they also gained valuable knowledge and skills along the way. From conducting research to developing creative strategies, our young changemakers proved that education goes beyond textbooks.

OSCE

(Objective Structured Clinical Examination)

The Objective Structured Clinical Exam (OSCE) is a clinical exam to assess the candidate's knowledge, skills and competence at the graduate-level. Now a days, OSCE is one of the best examination techniques, which can easily evaluate basic and professional skills of students and determine goals of education in different fields, including recognition, sentimentalization, and psychic dynamic aspects, by showing students' abilities in different stations, eliminating the effects of intermediate variables.



Objectives of OSCE

- To evaluate the clinical skills.
- To promote structured interaction between student and examiner.
- To correlate the theory knowledge to clinical.

OSCE - DEPARMENT OF CHILD HEALTH NURSING

On 08 Nov 2023 to 09 Nov 2023 OSCE was conducted for III BSc students at OSCE lab for the subject of Child Health Nursing. There were two examiners to conduct VIVA. Questions were posed to students based on their Child health Nursing syllabus and their clinical exposure. Each student was examined on a one-to-one basis. Congratulations to all the dedicated students who excelled in the OSCE exam on Child Health Nursing! Their dedication and hard work have truly paid off. Their performance was impressive and reflected your in-depth understanding of the subject. Keep up the great work and continue to strive for excellence.



OSCE - DEPARMENT OF OBSTETRICS AND GYNEOCOLOGICAL NURSING



On 25th September 2023, OSCE was conducted for 3rd GNM students at Nursing OSCE lab. The students were divided into two batches and five different stations were arranged in the Nursing OSCE lab. At each station three minutes duration was given to a student to examine the articles/pictures /procedure and write their answers.

OSCE - DEPARTMENT OF MENTAL HEALTH NURSING

In an OSCE examination for mental health nursing, you can expect to encounter various stations designed to assess your practical skills, clinical reasoning, and theoretical knowledge. By focusing on few basic areas and practicing effectively, the students felt more confident and prepared for their mental health nursing OSCE examination. The stations for the Mental Health Nursing OSCE included History Collection and Mental Status Examination, Recognition of Suicidal Ideation, Medication Identification, Therapeutic Techniques, Formulating Nursing Diagnosis.

Big congratulations to our students who took the OSCE exam on Mental Health Nursing! Their hard work and dedication paid off as they all performed exceptionally well and scored good marks.



NSS CAMP

(National Service Scheme)

WORLD AUTISM AWARENESS DAY



This programme was conducted on April 3, 2024, with the help of 2nd Year GNM Nursing Students, faculties of Mental Health Nursing Department of SMT. Nagarathnamma College of Nursing and NSS unit at ANR Auditorium. This programme was done to raise awareness about autism spectrum disorder (ASD) among students, faculty, and the wider community and to promote acceptance and inclusion of individuals with autism in society. This programme also provided information about the symptoms, causes, diagnosis, and management strategies of autism.

STATE LEVEL WORKSHOP ON CYBER SAFE GIRL

The workshop was conducted March 23, 2024, by the State NSS Cell, Department of Youth Empowerment and Sports, Government of Karnataka, in association with Women's Cell RUAS, NSS, and Rotaract Club of RUAS, Bangalore.



The event was on behalf of “International Women’s Day Special Workshop” with a State Level Workshop titled as "Cyber Safe Girl". The workshop aimed to raise awareness about cyber safety among girls and women, coinciding with International Women’s Day.

WORLD HEALTH DAY PROGRAMME



World Health Day was being organized on April 22, 2024, by our college students at Sashiveghatta Village, Bangalore North. It was being conducted by the NSS unit team and 3rd-semester BSc Nursing students of Smt. Nagarathnamma College of Nursing. To commemorate World Health Day 2024, the students organized a community health education program and health rally in Sashiveghatta Village, Bangalore North. The theme for World Health Day 2024 was "My Health, My Right," emphasizing that health is a basic human right. The event included educational sessions and a rally to raise awareness on various health-related topics.

WORLD MENTAL HEALTH DAY CELEBRATION

On October 10, 2023, the students of Smt. Nagarathnamma College of Nursing organized a meaningful and educational celebration in honour of World Mental Health Day. This event served to raise awareness, promote understanding, and encourage action related to the theme for World Mental Health Day 2023, "Mental health is a universal human right." The central goal was to emphasize the importance of mental health as an essential human right for everyone. Overall, World Health Day was a meaningful and impactful event for the students and the community people of Sashiveghatta Village.



MENTAL HEALTH AWARENESS SESSION



The Mental Health Awareness Programme was conducted on November 29, 2023, at Sashiveghatta, Bangalore. The program received positive responses from both students and teachers. The interactive sessions allowed for active participation and the age-appropriate content was well-received.

PANEL DISCUSSION ON ELDERLY: FUNCTIONAL CHANGES AND NURSING CARE

On September 11, 2023, a thought-provoking panel discussion on the topic "Elderly: Functional Changes and Nursing Care" was organized for nursing students and faculty members at the college auditorium. The discussion aimed to provide valuable insights into the physiological and psychological changes that occur during old age and how nursing care plays a pivotal role in managing these changes. The collective expertise of the panel members shed light on the comprehensive care that elderly individuals require, encompassing physical, psychological, and social aspects. The insights and strategies shared during the discussion will undoubtedly benefit nursing students and faculty members in their future endeavours in geriatric nursing.



75th REPUBLIC DAY CELEBRATION AT ACHARYA CAMPUS



Acharya Campus celebrated the 75th Republic Day on the 26th of January 2024 with great fervour and patriotism. The event was marked by a grand inauguration program attended by the Managing Director, Administrator, and esteemed Chief Guest, Mr. Satish Pal Singh. The celebration aimed to honour the spirit of the nation and instil a sense of pride and unity among the Acharya community.

The 75th Republic Day celebration at Acharya Campus was a resounding success, capturing the spirit of patriotism and national pride. The presence of the Managing Director, Administrator, and Chief Guest, Mr. Satish Pal Singh, added significance to the event. The inauguration program, speeches, and cultural performances contributed to fostering a sense of unity and commitment to the values enshrined in the Constitution.

SADBHAVANA DIWAS PLEDGE

On the occasion of Prime Minister Rajiv Gandhi's birth anniversary, observed as Sadbhavana Diwas or Harmony Day, the nursing students of Smt. Nagarathnamma College of Nursing came together to participate in a solemn pledge ceremony. The aim of this event was to promote peace, national integration, and communal harmony among individuals of all religions and backgrounds. This significant day provided an opportunity for the students to reaffirm their commitment to establishing peace and harmony not only within themselves but also in their surroundings.

The Sadbhavana Diwas pledge ceremony at Smt. Nagarathnamma College of Nursing on August 18, 2023, served as a powerful reminder of the values of unity, peace, and communal harmony. The nursing students' participation demonstrated their dedication to upholding these principles not only in their professional careers but also in their personal lives. The event successfully conveyed the message that as future healthcare professionals, they are not only caregivers but also ambassadors of harmony and goodwill.

WASH (Water, Sanitation and Hygiene) AWARENESS CAMPAIGN

Safe drinking water, proper sanitation, and good hygiene practices are fundamental to maintaining human health and well-being. These components of WASH play a crucial role in preventing waterborne diseases, improving community livelihoods, ensuring access to education, and upholding human dignity. On August 12, 2023, a WASH awareness campaign was conducted in Abbigere Village by the National Service Scheme (NSS) unit and nursing students. The primary objective of this initiative was to educate the villagers about the importance of safe drinking water, sanitation, and hygiene through an engaging role play. The WASH awareness campaign conducted in Abbigere Village on August 12, 2023, by the NSS unit and nursing students successfully highlighted the importance of safe drinking water, sanitation, and hygiene practices. Through engaging role play, interactive discussions, and practical demonstrations, the event educated and empowered the villagers to make positive changes in their daily lives. The campaign not only addressed health concerns but also contributed to the creation of a resilient and healthy community living in a conducive environment. Continued efforts in promoting WASH practices will undoubtedly lead to improved well-being and enhanced quality of life for the residents of Abbigere Village.



SNA

(Students Nursing Council)

SNA NUTRITION FESTIVAL

Calling all health enthusiasts! Our college's Nutritional Festival was a huge success!

Students at our college showcased their creativity and culinary skills by preparing a variety of healthy dishes. From fresh salads to delicious smoothie bowls, we had it all! It was amazing to see our young minds embracing the importance of nutrition and making it a fun celebration. Keep up the great work and continue to fuel your body with wholesome and nutritious foods. It is very well known



to us all that a nutrition festival plays a very important role in our life from the time a child is born in the womb, and it continues even after birth. Lot of importance should be given to nutrition as it is important for our health. The students also gained knowledge on healthy cooking and to maintain good food hygiene. As per the requirement of our curriculum, the nursing students decided to celebrate nutrition day under the theme- ‘A HEALTHY DIET PROLONGS LIFE’. It was being organized on 01-08-2023 to 03-08-2023 at our Smt. Nagarathnamma College of Nursing, Nutrition lab. Total 15 groups and 15 topics given under the diet plan and the nutrition demonstration students have prepared the model for the given topics.

GRADUATION DAY CELEBRATION-CAPSTONE CAPERS-CLASS 2023



A momentous day for the 17th batch of our college as the students at our college walked across the stage, proudly donning their graduation robes. The atmosphere was filled with emotions as they bid farewell to their alma mater and embarked on a new journey. It was a true testament to their hard work and dedication. Congratulations to all the graduates, may your future be as bright as your smiles on this special day. Smt. Nagarathnamma School and College of Nursing witnessed the graduation of 17th batch of

GNM, and 17th batch of B.Sc. N of the graduation of the Class 2023 on 26TH August 2023.

Every year this day is celebrated with many student's success stories and memories. Dr. Metilda, Nursing Superintendent of Dr. B R Ambedkar medical college & hospital graced the occasion as Chief Guest, Dr. Mallikarjunaiah. HS, Dean & Principal of Acharya Institute of Physiotherapy & Allied Health Sciences was the Guest of Honor; the event was presided over by the Principal Prof. Devi Nanjappan.



SNA ELECTION



College is a fab place to get stuck in to sports and hobbies, and the correct place to meet lots of like-minded people. College has various committee including sports committee, cultural committee from the students of every year from undergraduate and post graduate courses, which gives the best opportunity to work as a team to improve the team-spirit. The primary

goal of nursing education is to prepare the nurses to meet diverse patients' needs, function as leaders and advance science that benefits patients and the capacity of health professionals to deliver safe, quality patient care. At the same time, nursing education needs to be transformed in several ways to prepare nursing graduates to work collaboratively and effectively as a team in a variety of settings. In college level it can be improved by making the students to be active by organizing various programs. Every year after the orientation programmes of the Freshers batch, Fresher's Day is being organized by SNA members to show their talents in dancing, acting. Singing, drawing, etc. Institution even encourages beyond classroom activities like poster competition, Rangoli competition, essay competition, poetry competition etc. to raise their innate talent.

SNA SPORTS



Sport is generally recognized as system of activities based in physical athleticism or physical dexterity. Encouraging the students to participate in the various competitions held by the other institutions and universities.

The students of Smt. Nagarathnamma College of Nursing were Selected for RGUHS zonal games to give their best in various sports and games like Football, Cricket, Volleyball, Badminton, Chess, Carroms, Kabaddi, Kho-Kho, Athletics, and Power Lifting, Weightlifting.

Kho-Kho was held in the month of December, where the students went to give their best at Bijapur. The students around two teams one boys and girls batch participated at Vijayapura and won 1st Runner up.

As the Orientation was given to the students by the Sports Coordinator Mr. Girish & Mrs. Keerthi Sudha. P, as a Sports coordinator from nursing college, encouraged the students to participate in various sports



about the RGUHS sports and the importance of sports where the students can show their talent in the sports.

One of the student named Mr. Anshab from 1st year GNM stood as the winner in Kick boxing competition, which was held at Jammu & Kashmir and he has been selected from zonal to nationals level championship.



Shoutout to the amazing students from our nursing department who represented our college at the Zonal sports games and brought back home some well-deserved prizes. Their hard work, dedication and team spirit truly paid off and we couldn't be prouder! We hope that our students will keep shining bright and inspire others through your exceptional skills and talents. Their achievements are a true reflection of the quality education and training provided by our esteemed nursing department.



SNA INTER HOUSE COMPETITIONS



Nursing Inter-House Creative Arts and Cultural Meet was organized by SNA department of Smt. Nagarathnamma School & College of Nursing from 29th of November– 30th of November 2023. Events was carefully planned and monitored on everyday basis. The event included various creative Arts, Games and Cultural competitions. The schedule of the program was planned in such a way that all

competitions were organized in parallel sessions in separate halls. The two-day fest was attended by all the students. The rolling trophy was given to the winning House and the House was considered as a winner for the Academic year 2023-24. The Students of Smt. Nagarathnamma College of Nursing, who were interested and was having good talented in the



Creative Arts, Games and Cultural activities, participated in the Inter-House competitions held at Nursing block. SNA Leaders had actively given their hands to run the two days Programme well and smooth.



SNA CULTURALS – SUGGI SAMBHRAMA

“When Rangoli declared war, pots paraded as a canvas and poetry threw a palooza-Suggi Sambhrama 2k24 unfolded like an epic tale of Music, Dance & Fun”. Suggi holds cultural and religious importance in Karnataka. It is often associated with harvest and is a time when farmers express gratitude for the bountiful harvest.



performance, Folk dance. Students also decorated the campus with colourful Rangolis, often depicting the sun, sugarcane, and other auspicious symbols. Traditional songs, dance, and other cultural activities were also conducted during these celebrations. Students and



The students of Smt. Nagarathnamma School & College of Nursing participated in the Suggi Sambhrama 2K24 organized at the Acharya Institutes on 19/01/2024 with full of joy and happiness. Many cultural competitions by the students like Mr & Ms Karnataka, Traditional dance

exchanged sugarcane as a symbol of sweetness and prosperity. Ellu Bella- almost synonymous with sugarcane- a mixture of sesame seeds, jaggery, coconut, and peanuts, is also exchanged symbolizing the mixture of good and bad times. Traditional Food- Pongal- prepared during Sankranti, was also offered to all the faculty and students.



HEALTH KREEDOTSAVA, 2024

Health Kreedotsava, the annual sports festival at Acharya Institutes, took place on March 26, 27, with the objective of fostering physical fitness and a healthy competitive spirit among students and health departments. The event officially began with Jersey Launch led by guests Mr. Krishna Basani-Managing Director, Mr. R.K. Gowda, Mr. Girish, Mr. Gangadhar, Mr. Mahesh, the team from the sports department and all the Principals of Health Sciences College- Dr. Manjunath P M, Prof. Devi Nanjappan, Dr. Mallikarjunaiah H.S., Dr. Nupur of Acharya Institutes. The Jersey was launched by these dignitaries' demonstrating unity. The meet was declared open marked by the lighting of the Sports Lamp by accomplished student athletes, signifying the start of the sports festival.



Inter-departmental sports play a significant role in the holistic development of students, promoting physical fitness, teamwork, leadership, and sportsmanship. This report provides an overview of intercollegiate indoor and outdoor sports, highlighting their importance, participation trends benefits, challenges. The students of Smt. Nagarathnamma College of Nursing, participated actively in all the sports both in indoor and outdoor. The entire event was coordinated by the coordinators of Health Sciences department and from Nursing faculties- Mrs. Keerthi Sudha and Ms. Geeta.

HEALTH KALASANGAMA, 2024

Health Kalasangama, the annual cultural festival at Acharya Institutes, took place on March 2/4/ 2024 with the objective platforms for students to showcase their talents, creativity, and cultural heritage. The day commenced with all students assembling near the Clock Tower of Acharya Institutes. The event officially began with Lamp Lighting Ceremony led by guests Mr. Maneesh Thakur- ADO, Mr. Tejas K. - Head Cultural Coordinator and all the Principals of Health Sciences Colleges- Dr. Manjunath P M of Pharmacy, Prof. Devi Nanjappan of Smt. Nagarathnamma College of Nursing, Dr. Mallikarjunaiah of Allied Health





Sciences, Dr. Nupur of Acharya Institutes. The meet was declared open, marked by the lighting Lamp, signifying the start of the Cultural festival.

Cultural events enrich campus life by exposing students to new art forms traditions and cultural experiences. Participating in cultural events enhances student engagement, leadership development, and campus involvement, contributing to overall student satisfaction and retention. Thrilled to have been a part of the Health Kalasangama event at our college by all the Health Departments. Witnessing our students showcase their cultural talents while promoting a

healthy lifestyle was truly inspiring. It was amazing to see the enthusiasm and dedication towards maintaining a healthy mind and body. We hope that the students shall continue to prioritize their well-being and spread the importance of holistic health.

ACHARYA HABBA, 2024

Acharya present the perfect platform for all-out fun and jamboree, in the form of Acharya Habba – a 20-days annual techno-cultural fest and last 3 days as main days of fest organized by Acharya Institutes, Bengaluru. It draws about 25,000+ students from more than 300 colleges across Karnataka, with 50+ events taking place at the venue.



■ Cultural Mosaic Habba, 2024:



Acharya Habba is the ultimate celebration of cultural diversity that brings together students from different parts of the world to celebrate and showcase their Unique culture in any form, be it dance, drama, music, art or even food. With the theme of multiculturalism at its core. The festival is a melting pot of cultures with students performing traditional dances, music, and theatre acts from various parts of the globe. As you step onto the vibrant campus,

you'll be transported to a kaleidoscope of colours and sounds, each one representing a unique culture. The beats of the Drums mingle with the lilting melodies of Indian Classical music, where Hip-hop meets Kathak, Raps form and everything comes together in a beautiful. The Acharya Habba is more than just a celebration of cultures; it's a celebration of human diversity and the power of unity. Students of all backgrounds come together, forging new friendships, and learning from each other, as they embrace the rich tapestry of the world's many cultures.

- **Habba launch, 2024:**

Acharya Habba 2024 was launched and inaugural ceremony by lighting the lamp by the dignitaries of the College and management, the program followed as auto turbulence and some cultural activities. The Auto turbulence event pushed the boundaries of automotive excellence, featuring a stunning collection of cars and bikes stunts that defied gravity.



- **Habba Faculties Talent, 2024:**



Acharya provides a unique social and cultural experience at its annual festival that is filled with talent showcases, music, cultural collaborations, and a lively atmosphere to enrich the students' college life. Acharya Habba attracts numerous students from various colleges to participate in various inter-collegiate competitions, events and showcases. The enormous campus comes alive with the music, mascot, and much more!

Faculty of Smt. Nagarathnamma College of Nursing participated in Faculty Got Talent, Ms. Swagata Lakshmi, Mr. Koustav Dey, Mr. Mir Jahan, Mr. Shahid participated in the dance and singing competitions and Ms. Swagata & Mr. Mir Jahan stood as a Winner & Runner in a event in the acharya Habba .



Events such as multicultural Ethnic Day celebrations, Canvas Painting, Face Painting, Clay Modelling, Western and Classical Singing and Dance showcases, Faculty Talent Events, Cooking Events, Habbathon, Treasure Hunt, Coding Competitions, Cosplaying, Open Mic Events for Poetry Recitals and Comic Stand-Up Acts, are few of the events that make up Acharya Habba. Various Sports Leagues in Basketball, Volleyball, Kabaddi, and Acharya Premier League (Cricket) keep you on the edge of your seat. Some of the highlights included- Campus Tours, Entertainment, Games and Contests, Food and Refreshments.

▪ **Habba Family Day, 2024:**

Family Day was a resounding success, bringing together students, faculty, staff, and their families for a day filled with fun activities and bonding opportunities. The event aimed to strengthen the sense of community within the college and provide families with a glimpse into the campus life of their loved ones. The day kicked off with a warm welcome from the college administration, followed by a series of engaging activities for attendees of all ages. Some of the highlights included- Campus Tours, Entertainment, Games and Contests, Food and Refreshments.



▪ **Habba Cooking Competition, 2024:**



Cooking competition was held and few students and faculty of Smt. Nagarathnamma college of nursing had participated in the cooking competition Kitchen Mayhem on 10.05.2024 by representing the healthy diets and deserts. Cooking Competition was really a great experience viewed by the whole college students and the faculties. Two of our faculties- Mrs. Nagammal, and Mr. Vasant had participated in the competition and was very appreciated for their participated.

▪ **Habba Ethnic Day, 2024:**

A vibrant and colourful cultural event reflecting the Diaspora and diversity of Indian culture and values. A day of celebration with a mixture of the rich traditions and the vibrancy of India's diversified culture and people. It is an expression and representation of talent and creativity of the Ethnic Day is celebrated in Institute which commences with an Opening ceremony of dance/music performance followed by a multiple, events. This celebration is usually very exuberant, ethnic and memorable for all the students. The staff and students of Smt. Nagarathnamma college of Nursing actively participated in a 3-day annual cultural fest organized by Acharya Institutes.



▪ Habba Acharya Football League, 2024:



Tournament was organized by Sports department in collaboration with team Habba. Altogether 10 teams participated in the tournament. All the teams played excellently well and no one was being able to mark out till the end that who would win definitely. All the matches drew a big enthusiastic crowd. Students from all departments had gathered an hour before the match began. Acharya Football League was organized by Team Habba .students of Smt. Nagarathnamma college of nursing also took part in the competition as Team Pegasus. League started with jersey launch by all teams followed by photo session.

▪ Habba Monitoring, 2024:

Continuous monitoring and counselling by the Principal, Academic coordinator , sports and cultural coordinator and by the proctors about the behaviour and the rules and regulations to be followed by the students during the main days of Habba on 09/05/2024-11/05/2024 where the more crowd is expected .Few students and the faculty were assigned with the responsibilities of discipline, first aid committee.



SNA KALATARRANGA, 2024



Cultural events enrich campus life by exposing students to new art forms traditions, and cultural experiences. Cultural events facilitate dialogue, empathy, and understanding across diverse cultural backgrounds, promoting social cohesion and intercultural exchange. Kalatarranga 2K24 the annual cultural festival at RR Institutions, took place with the objective platforms for students to showcase their talents, creativity, and cultural heritage. Out of 30 dance teams the students of Smt. Nagarathnamma College of Nursing participated and got selected in 1st & 2nd rounds . The entire event was coordinated by the cultural coordinator Dr. Vijayamalar and Mrs. Keerthi Sudha from Nursing department. By investing in and supporting intercollegiate cultural events, colleges can create vibrant, inclusive campus communities that celebrate diversity and creativity.

WEBINERS AND SEMINARS

INTERNATIONAL SEMINAR



Delegates from Germany were welcomed with the traditional Karnataka cultural attires. The event marked the beginning of a collaborative journey that promises innovation, growth and success. Prof. Dr. Matthias Drossel, Head of the program- Cross Cultural Nursing Practice and Medical Educator was welcomed with garland and memento by Dr. Mallikaarjunaiah H.S. Maximillian Daiber- founder and CEO of Mediatos GmbH (Ltd.) was welcomed with a token of love by Dr. Manjunath

PM- Principal of Acharya & BM Reddy College of Pharmacy. Prof. Dr. Gerald Schmola, Dean Dept of interdisciplinary and innovative science was greeted with token of affection by Prof. Nupur Sinha, Principal, Acharya institute of Allied health sciences.



IPR (Intellectual Property Rights)- APPLICATION TO HEALTHCARE

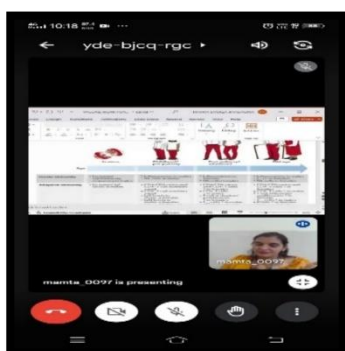


On March 26, 2024, a seminar on "Intellectual Property Rights (IPR) - Application to Healthcare" was organized for nursing students and faculty members. The seminar aimed to enhance understanding and awareness of intellectual property concepts within the healthcare context. Dr. R. Lakshmi Devi, a renowned expert in the field, served as the resource person for the event. Dr. R. Lakshmi Devi commenced the seminar by providing an overview of Intellectual Property Rights, including patents, copyrights, trademarks, and trade secrets. She emphasized the significance of IPR in safeguarding inventions, innovations, and creative works in healthcare. Throughout the seminar, various

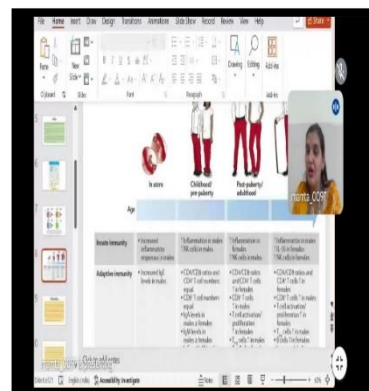
case studies and examples were presented to illustrate the practical application of IPR in healthcare settings. Participants gained insights into the process of patenting medical devices, pharmaceuticals, and healthcare technologies, as well as the importance of copyright protection for healthcare educational materials and research publications.

SEMINAR ON WORLD IMMUNIZATION WEEK

Immunization Week is an annual global health campaign aimed at raising awareness about the importance of vaccination and ensuring that people of all ages are protected against preventable diseases. This seminar was conducted to provide an overview of Immunization Week, its significance, objectives, activities, and impact on public health with the theme of “Vaccines Work for All”.



Did you know that our college recently celebrated World Immunization Week? As a professional in the medical field, we are proud to see our students taking an active role in promoting global health and advocating for the importance of immunization. It was truly inspiring to see our students coming together to raise awareness and educate others about the life-saving benefits of vaccines. Not only did it benefit our local community, but it also had a positive impact on a global scale. Let's continue to prioritize immunization and work towards a healthier and safer world for all.



TRAINING PROGRAMMES

MANUSCRIPT WRITING

Our college faculties are always striving for excellence, which is evident in their recent participation in a Manuscript Writing Workshop. The knowledge and skills gained from this experience will undoubtedly benefit our students and further enhance our academic standards. We are proud of our dedicated educators and their commitment to continuous learning.



SESSION ON COURSERA

The event was organized by placement department of Smt. Nagarathnamma College of nursing on 04/09/2023 in nursing auditorium. The resource person for the seminar was Mr. Iqbal Ahamed- Deputy Director of Training and Collaboration. The session was about Coursera where Mr. Iqbal Ahamed has briefly explained about Coursera of how it will help the students to get job opportunities in future, what type of certificate courses are available in Coursera and its fee structure and explained about studying abroad means higher education opportunities in Australia, US and other countries along with the scholarship facilities for the students in different countries and career opportunities.



VAC

(Value Added Course)

LIFE SKILLS TRAINING



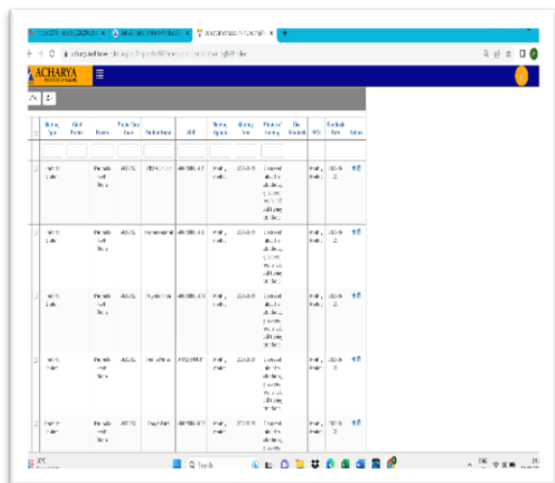
On September 5, 2023, an engaging and enlightening Life Skills Training event was conducted for nursing faculties and students. This event was organized and led by Mr. Vasanth Malagi- NSS Coordinator. The training focused on three essential life skills: Stress Management, Effective Communication, and Critical Thinking. The sessions were designed to be interactive, creative, and fun, making the learning experience enjoyable and impactful.

The Life Skills Training event equipped with nursing faculties and students with valuable skills that will enhance their personal growth and professional capabilities. The engaging and interactive nature of the sessions made the training both enjoyable and effective. The impact of this training is likely to be long-lasting, benefiting both the participants and the healthcare field. The session aimed to provide faculties and nursing students with valuable tools and strategies for coping with stress, a topic of significant relevance in the demanding field of nursing.



STUDENT WELFARE PROGRAMME

PROCTORIAL MEETING



The screenshot shows a spreadsheet titled 'PROCTORIAL MEETING' with columns for Proctor, Date, Time, Venue, and a list of students. The data is organized into rows, with each row representing a meeting session for a specific proctor on a given date and time. The students listed are grouped under each session.

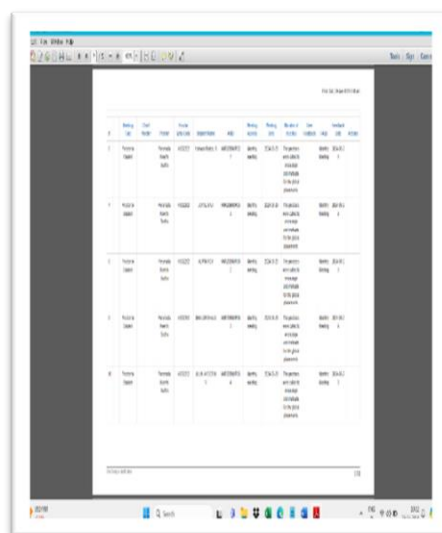
Proctor	Date	Time	Venue	Students
Proctor 1	2019-11-11	10:00 AM	Room 101	Student 1, Student 2, Student 3, Student 4, Student 5, Student 6, Student 7, Student 8, Student 9, Student 10
Proctor 2	2019-11-11	11:00 AM	Room 102	Student 11, Student 12, Student 13, Student 14, Student 15, Student 16, Student 17, Student 18, Student 19, Student 20
Proctor 3	2019-11-11	12:00 PM	Room 103	Student 21, Student 22, Student 23, Student 24, Student 25, Student 26, Student 27, Student 28, Student 29, Student 30
Proctor 4	2019-11-11	1:00 PM	Room 104	Student 31, Student 32, Student 33, Student 34, Student 35, Student 36, Student 37, Student 38, Student 39, Student 40
Proctor 5	2019-11-11	2:00 PM	Room 105	Student 41, Student 42, Student 43, Student 44, Student 45, Student 46, Student 47, Student 48, Student 49, Student 50
Proctor 6	2019-11-11	3:00 PM	Room 106	Student 51, Student 52, Student 53, Student 54, Student 55, Student 56, Student 57, Student 58, Student 59, Student 60
Proctor 7	2019-11-11	4:00 PM	Room 107	Student 61, Student 62, Student 63, Student 64, Student 65, Student 66, Student 67, Student 68, Student 69, Student 70
Proctor 8	2019-11-11	5:00 PM	Room 108	Student 71, Student 72, Student 73, Student 74, Student 75, Student 76, Student 77, Student 78, Student 79, Student 80
Proctor 9	2019-11-11	6:00 PM	Room 109	Student 81, Student 82, Student 83, Student 84, Student 85, Student 86, Student 87, Student 88, Student 89, Student 90
Proctor 10	2019-11-11	7:00 PM	Room 110	Student 91, Student 92, Student 93, Student 94, Student 95, Student 96, Student 97, Student 98, Student 99, Student 100

Every day and every week the Proctors meet with their proctees and schedules a meeting to understand the student's behaviour, their academic growth or discuss any issues. Each Proctor is entrusted with a batch of students. Each student is under the close monitoring and guidance of the Proctor. The personal level interview with the students is also conducted periodically. All Proctors keep a confidential data sheet about their students - Proctor's assessment of students - which records a report of mentoring done by the teachers.

Frequent contact is maintained with the parents of such students and the help of the counsellors are made available to the parents also. Slow learners and lazy learners are identified by the mentors through constant monitoring of the academic performance with the help of the mentor's Diary. They are given remedial coaching and counselling. Advanced learners are also identified at different stages. At the time of admission, they are identified based on their outstanding track record. The performance in the continuous evaluation process also is tapped to mark the talented. They are then provided with opportunities to enhance and hone their skills.

PROCTORIAL SYSTEM

The student welfare initiative at Smt. Nagarathnamma College of Nursing is committed to providing comprehensive support to students to ensure their academic success and overall well-being. This report outlines the counselling and guidance sessions conducted by the chief proctor and proctors, as well as the orientation provided to newly assigned proctors to familiarize them with the procedures and objectives of the meetings. The counselling and guidance sessions, along with the orientation for newly assigned proctors, have significantly contributed to the enhancement of student welfare at Smt. Nagarathnamma College of Nursing. Continuous efforts will be made to improve the support system and address the evolving needs of the students academically and non-academically.



The screenshot shows a data sheet titled 'PROCTORIAL SYSTEM' with columns for Proctor, Date, Time, Venue, and a list of students. The data is organized into rows, with each row representing a meeting session for a specific proctor on a given date and time. The students listed are grouped under each session.

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STUDENT COUNSELLING



In today's fast-paced world, recognizing the significance of comprehensive counselling services for mental health is essential. Smt. Nagarathnamma College of Nursing in Bengaluru offers crucial counselling services, providing a safe environment for individuals to explore inner challenges and receive personalized strategies for coping and growth. With diverse offerings, including therapy sessions and support groups, ensures accessibility to holistic wellness and resilience for all.

Guidance and counselling in the context of psychology is a talking therapy where a trained therapist helps you deal with and work through emotional problems. You must share and seek help only from a trained counsellor who is equipped to help you with your problems. It is also essential that the counsellor refrain from being judgemental or imparting any kind of value judgment to your actions.

Counsellors offer a space where you can express yourself freely and openly without fear of judgment. This can be incredibly helpful for dealing with the students. Counselling cell at the college focus on guided interaction to address the concerns of the student. Smt. Nagarathnamma College of Nursing offers counselling services to enhance students' social relationships, decision-making, and personal potential, as well as to support faculty in achieving work-life balance and fostering stronger ties with students and proctors. Student services focus on educational guidance, psychological support, behavioural improvement, and personal development to enhance academic success, mental health, well-being, social skills, and potential realization.



STUDENTS EXCHANGE PROGRAMME

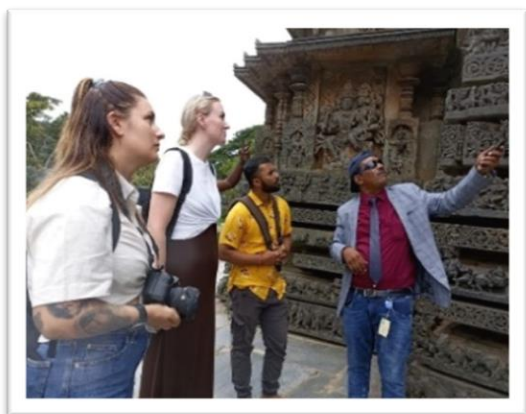
UMEA UNIVERSITY STUDENT INDUCTION PROGRAMME



The delegates of the Student's Exchange Programme were Ms. Evelina Thornburg Sorlin and Ms. Felicia Eliasson (UMEA university). UMEA University Student Induction Programme was conducted at Smt. Nagarathnamma college of nursing- Auditorium, on 28/08/2023 by Ms. Dency Dennis- Lecturer. The main aim of the induction programme was to create awareness regarding the varied culture and academic practices in India. The induction programme had a wide variety of events starting from lightning of Ceremonial Lamp to the vote of thanks and the National Anthem. This created an impact on the students from UMEA university had got an idea of the facilities and college campus. It was truly an exponential experience for the students.

UMEA UNIVERSITY STUDENT TOUR

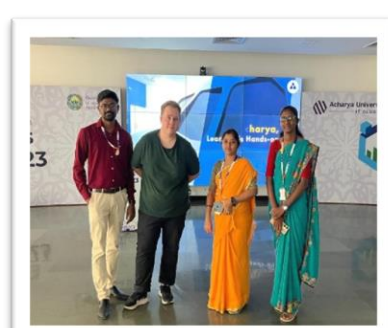
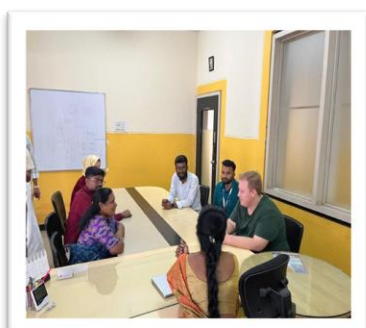
As a part of student exchange programme, students from Sweden Ms. Felicia and Ms. Evelina visited the historical places of Karnataka Beluru and Halebeedu to visualize the beauty and architecture of ancient temples of lord Vishnu and Shiva located at Hassan district, 210 km from Bengaluru. Our college had the pleasure of hosting students from UMEA University for a few days course.



As a part of their cultural exchange, we took them on a tour to some of India's most captivating historical places. It was a wonderful experience to witness their enthusiasm and curiosity as they explored our rich heritage. We hope this visit has left a lasting impression on them and has strengthened our bond with UMEA University. Here's to fostering global connections and promoting cultural understanding.

UMEA UNIVERSITY STUDENT EXCHANGE PROGRAMME

Thrilled to have hosted a student from UMEA university in our college for a short course! It was a pleasure to witness their enthusiasm and eagerness to learn. The cultural exchange and knowledge sharing was truly enriching. We hope this experience has left a lasting impact on their academic journey. Kudos to our faculty and staff for making this a memorable experience for our foreign visitor.



Smt. Nagarathnamma College of Nursing have collaborated with UMEA University Sweden and initiated the students exchange program and 2023. Ms. Pia visited our college under Faculty Exchange Program and discussed about Student Exchange Program during her visit. Our college had arranged to invite the Sweden students to our college. The 2nd batch student from Sweden, Mr. Simon Eriksson had arrived at India under the Student Exchange Programme project.

UMEA UNIVERSITY STUDENT CLINICAL POSTING



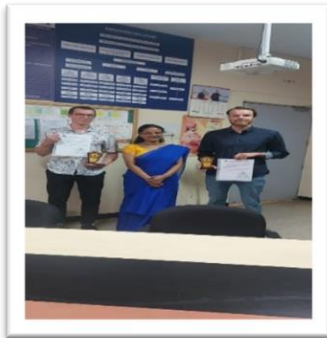
The clinical postings of foreign exchange students from UMEA University, Mr. Casper and Mr. Adam, at KIDWAI Oncology Hospital in Bangalore, proved to be an enriching and valuable experience. The students in their third year of B.Sc. Nursing were posted in various wards gaining exposure to diverse aspects of oncology nursing.

The clinical postings of Mr. Casper and Mr. Adam at KIDWAI Oncology Hospital proved to be a mutually beneficial experience. The exchange students gained

valuable insights into oncology nursing practices, while the hospital staff benefited from the students' international perspectives. The active supervision of Mr. Vasanth Malagi and Ms. Geeta further enriched the learning experience for the students, contributing to their holistic development in the field of nursing. The foreign students were very excited for their clinical posting and they had experienced lots of procedures in their posting period in the hospital.



UMEA UNIVERSITY STUDENT CERTIFICATES AND MEMENTOS RECEIVING



Today marks the end of an incredible journey for these bright minds as they receive their certificates and mementos from our International Student Exchange Programme. Six weeks may have seemed like a short time, but the bonds and memories made will last a lifetime. As we bid farewell to these amazing students, we can't help but feel a sense of empathy for the bittersweet mix of

emotions they must be feeling. But one thing is for sure, they have left a mark on our hearts, and we are grateful for the enriching cultural exchange. Here's to new friendships, unforgettable experiences, and a world that just got a little bit smaller.



LIBRARY

NATIONAL LIBRARIAN'S DAY CELEBRATION – 2023



National Librarians' Day is observed on 12 August every year to commemorate the birth anniversary of Padmashri Dr S. R. Ranganathan (1892-1972), who is considered as father of library science in India. Dr. Ranganathan dedicated his entire life to library profession in India leaving a rich legacy. On birth anniversary of Dr. S. R. Ranganathan, the Smt. Nagarathnamma college of Nursing, Library & Information Centre celebrated

National Librarian's Day on 12 August 2023. Librarian Meghana B.P. paid a floral tribute to Dr. S.R. Ranganathan- the father of library science in India. Also, all Acharya Institution libraries centrally celebrated National Librarians Day on August 17, 2023. The occasion was graced in the presence of Dr. Chimoji Ramachandra- Chief Librarian and all library staff of Acharya Institutes. The program began with the traditional lighting of the lamps with a floral tribute to Dr. S. R. Ranganathan, the father of library science in India. All library staff of the Acharya Institutes paid homage and tribute to illustrious Guru Dr. S.R. Ranganathan on this auspicious occasion at the central library conference hall. And identified the best library user and distributed the certificate and prize to them.

BOOK EXHIBITION-2023

Book Exhibition is a Book Fair and a special occasion for the lovers of books. Varieties of nursing books are exhibited on that day for the readers to know about the various sources of information available in the library. Library plays a great role in encouraging people to inculcate the reading habit in them.

Under the guidance of Principal, Librarian Meghana B.P., conducted the Book Exhibition with collaboration with Jaypee Brothers Pvt Ltd and Vision Health Science Publishers on 6, 7 September.



Books covering different fields like Applied Psychology, Anatomy, Nursing Foundation, Research, Dictionaries etc. were showcased. The response was highly tremendous as many aspiring young readers including faculty were seen showing interest in some volumes.

FIELD VISIT

EDUCATIONAL VISIT

An educational visit, often referred to as a field trip or educational tour, is a planned outing organized by an educational institution to give students practical experiences that complement their classroom learning. These visits can vary widely in terms of destination and purpose but generally aim to provide hands-on learning opportunities, enhance understanding of a subject, and stimulate interest in new areas.

The prestigious Laxmi Memorial Institute recently paid a visit to Smt. Nagarathnamma College of Nursing for an educational tour. It was an insightful experience for both institutions, as we

exchanged knowledge and expertise in the field of nursing. We are grateful for this opportunity and look forward to more collaborations in the future. Our college had the pleasure of hosting the final year 3rd GNM students from Laxmi College of nursing for an educational tour. It was an enriching experience for both the students and our faculty as we shared knowledge and insights about the ever-evolving field of healthcare. We are proud to have played a part in shaping the future of these talented individuals and we wish them success in their careers. They visited our college on May 7th, 2024. They visited our college at 2 p.m. on that day and was there till 4 p.m. They were accompanied by two of their faculties – Miss. Anitha and Miss. Jothi from the Laxmi Memorial Institute of Nursing.



VISIT TO JINDAL NATUROPATHY INSTITUTES



The following field visit was done on 31.0.24 with the nursing students of Smt. Nagarathnamma School and College of Nursing. This visit was made to clear the focus of students to differentiate the science of naturopathic and allopathic science of medicines and treatment for disease conditions. The students could learn many important facts and vital ideas about naturopathy and human health. The students interacted with the different sections of the naturopathy institute.

AWARENESS PROGRAMME

WORLD SUICIDE PREVENTION DAY

Suicide is a major public health issue that needs to be addressed to eradicate it from the society. Lack of awareness is one of the main factors contributing to the worldwide rise in suicide mortality rates each year.

The theme of World Suicide Prevention Day 2023 is “Creating Hope Through Action”. The theme reflects the need for collective, action to address this urgent public health





issue. All of us- family members, friends, co-workers, community members, educators, religious leaders, healthcare professionals, political officials and governments- can take action to prevent suicide.

Every year, World Suicide Prevention Day is celebrated on September 10. The day is dedicated to educating and aware people about the measures to prevent the suicides that are currently increasing at an alarming rate across the globe.

WORLD HEART DAY

This year's our college celebrated the theme for the World Heart Day which was "Use Heart, Know Heart." This helps us talk about the importance of a healthy heart. We can utilize this day to recognize the importance of a healthy heart and how we can maintain a healthy heart.

Students of Second year B.Sc. Nursing conducted a health talk in Kannada to celebrate the World Heart Day at college for staff of housekeeping department. First the students briefed about the basic anatomy of heart and its functions. The students used models and charts to make the staff understand easily. MS. Nandini listed out the diseases of heart and the importance of consuming balanced diet and diet rich in fruits and vegetables.



WORLD ARTHRITIS DAY

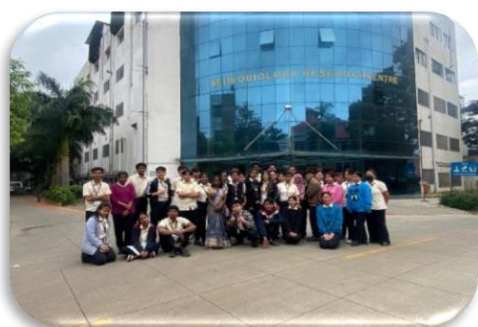


Every October 12th, the world comes together to observe World Arthritis Day—a global health awareness event dedicated to shedding light on rheumatic and musculoskeletal diseases (RMDs). This annual initiative aims to not only raise awareness about the impact of these conditions on people's lives but also to educate individuals about their symptoms, preventive measures, and the importance of early diagnosis to manage potential complications.

The day serves as a unified platform, bringing people from all corners of the globe to speak out and create opportunities for better support and treatment options for those affected by RMDs. To create awareness programme on the World Arthritis Day, Medical Surgical Nursing department faculty members of Smt. Nagarathnamma of Nursing selected some students and given health awareness to the patients admitted in Orthopaedic ward of B R Ambedkar Hospital, Bengaluru. The guidelines about the theme of Arthritis and told them to create awareness between the family members regarding the misconceptions of Arthritis and it was effectively done by the students.



NIMHANS BRAIN MUSEUM VISIT



were brain sample of many animals too. Not only the brains, but there were also specimens of remarkable lungs, and lungs damaged by pollution. It is so fascinating to see how a foetus grows within a few weeks. They teach the public and make them aware about cadaver organ donation and brain donation. The visit was really interesting and the students got to learn many things in the museum.

The museum visits not only introduced to the students of Neurobiology but also clears out the myths and increase the awareness about human body. There was collection of brains from victims of Road Traffic Accidents, cases of schizophrenia, stroke, brain mass lesion, HIV, and TBM, Brain damaged by bacterial, fungal and viral infections. Along with humans, there



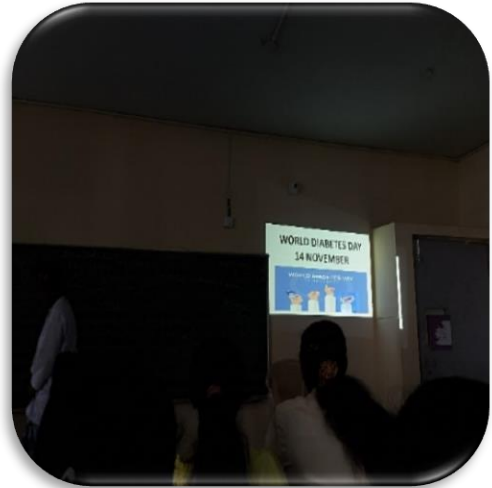
WORLD DIABETES DAY



World Diabetes Day, celebrated annually on November 14th, serves as a global platform to raise awareness about diabetes, promote prevention and management, and advocate for better healthcare policies. The year 2023 witnessed a significant emphasis on addressing

the growing prevalence of diabetes, exploring innovative solutions, and fostering a collaborative approach to tackle this global health challenge.

The Health Talk and Awareness of Diabetes was given by Mrs. Snehalata-Professor, Medical surgical nursing department. The theme for World Diabetes Day 2023, "Diabetes Care for Everyone," underscored the importance of inclusive healthcare approaches. The goal was to ensure that every individual, regardless of this theme aimed to address the inequities in diabetes management and encourage the development of healthcare systems that are accessible to all.



WORLD PREMATURETY DAY



World Prematurity Day is observed on 17 November each year to raise awareness of preterm birth and the concerns of preterm babies and their families worldwide. Approximately 15 million babies are born preterm each year, accounting for about one in 10 of all babies born worldwide.

Preterm birth, also known as premature birth, is the birth of a baby at fewer than 37 weeks gestational age, as opposed to full-term delivery at approximately 40 weeks. Extreme preterm is less than 28 weeks, very early preterm birth is between 28 and 32 weeks, early preterm

birth occurs between 32 and 34 weeks, late preterm birth is between 34 and 36 weeks' gestation. These babies are also known as premature babies or colloquially preemies or premmies. Symptoms of preterm labour include uterine contractions which occur more often than every ten minutes and/or the leaking of fluid from the vagina before 37 weeks. Premature infants are at greater risk for cerebral palsy, delays in development, hearing problems and problems with their vision. The earlier a baby is born, the greater these risks will be.



NBEMS CPR AWARENESS PROGRAMME



Our college recently hosted a NBEMS (National Board of Examination in Medical Sciences) CPR Awareness Programme, and it was an eye-opening experience for all of us. The students at our college got the opportunity to learn life-saving skills and techniques that can make a huge difference in emergency situations. The event was conducted by trained professionals, and the students were able to understand the importance of CPR in saving lives. It's not just a skill, it's a responsibility that we should all be aware of. Let's spread the knowledge and be prepared to help those in need. Even the students were also very thankful to our college for organizing

such an informative and valuable event. The prime objectives of NBEMS are to elevate the standards of post graduate medical education in modern medicine and conducting examinations of high standard on an all-India basis. NBEMS provides a common national standard for evaluation of minimum level of attainment of the knowledge and competencies of postgraduate and post-doctoral training. The students of 1st B.Sc. Nursing had participated actively in the CPR Awareness Programme and successfully completed the CPR awareness programme. However, the awareness program is very useful for the students of Nursing to save the life of the people in emergency situations. It is one of the effective programs where it will give body of knowledge for the students to save the life of the people in different situations.

DRUG AWARENESS PROGRAMME

The Drug Awareness Program held on May 30, 2024, at Acharya Main Auditorium was a resounding success. Nursing students from Acharya Institutes benefited immensely from the sessions, gaining crucial knowledge and practical skills to combat drug abuse. The collaboration between Soladevahalli Police Station, Yeswanthpura Subdivision, the NGO, and Acharya Institutes highlighted the power of community partnerships in addressing critical social issues. The event began with an inaugural session that included a welcome address by representatives from Acharya Institutes. They highlighted the significance of raising awareness about drug abuse, especially among the youth. Officers from Soladevahalli Police Station and representatives from the NGO also addressed the gathering, emphasizing their commitment to combating drug abuse and supporting community education initiatives.



WORLD NO TOBACCO DAY



The program commenced with a welcome address, highlighting the significance of World No Tobacco Day and the importance of the day's theme. Representatives from NIMHANS, the Department of Health and Family Welfare, and WHO-SEARO underscored the urgent need to protect children from the influence of the tobacco industry. The session set the tone for the day's discussions, emphasizing collaborative efforts to tackle this pressing issue.

The program concluded with interactive sessions and a Q&A segment, allowing participants to engage with the panellists and seek clarification on various issues. The discussions were vibrant, with principals, teachers, and school counsellors actively participating and sharing their concerns and experiences.

The World No Tobacco Day 2024 program at NIMHANS was an enlightening and impactful event. The focus on "Protecting Children from Tobacco Industry Interference" resonated deeply with all participants, highlighting the collective responsibility of educators, health professionals, and policymakers in safeguarding the health and well-being of children and adolescents. The insights and strategies discussed during the panel discussions will undoubtedly help schools and colleges in Bengaluru prevent the initiation of tobacco use among their students. The support from WHO-SEARO further emphasized the global significance of this issue and the need for continued vigilance and proactive measures.

INTERNATIONAL THYROID AWARENESS PROGRAMME

On May 25th, college has celebrated World Thyroid Day in part of International Thyroid Awareness Week from 25.05.24-31.05.24. Students conducted International Thyroid Awareness Week at Dr. B. R. Ambedkar Hospital, Bangalore with theme of- "Natural and Easy Ways to Prevent Thyroid Diseases". Patients got the chance to awareness about the disease conditions and how to prevent thyroid disease naturally and easily. The main objective of Thyroid Awareness Week is that- it enhances the knowledge of importance of Thyroid gland, which is a key vital organ that affects many aspects of health and wellbeing .It is the opportunity to spread the awareness about Thyroid Health and identifying the signs of thyroid issues.



WORLD INFERTILITY AWARENESS PROGRAMME



World infertility awareness was given to 3rd year GNM students. World Infertility Awareness Month is held every year in June and is recognized by the World Health Organization for its importance. Infertility is a public health issue all over the world, and raising awareness of it can help more couples understand that they aren't alone in their journey to start or grow their family. Additionally, many people around the globe who are dealing with infertility may not realize that there is help available to them. PCOS awareness program was conducted by OBG department to give awareness and

education to the students regarding the infertility as infertility is very common nowadays. Students were not having enough knowledge regarding infertility. After awareness students got information regarding infertility how they can prevent them self from the infertility and they can give awareness to their families and relatives also.

By this program, participants understood and gained knowledge about the infertility and importance of infertility awareness program. The health of an individual is not something that is to be neglected. Having good health is directly related to leading productive life.



OVARIAN CANCER AWARENESS PROGRAMME



Ovarian Cancer Awareness Day, observed annually on May 8th, aims to raise awareness about ovarian cancer, its symptoms, risk factors, and the importance of early detection. Ovarian cancer is often called the "silent killer" because its symptoms are typically vague and easily mistaken for other conditions, leading to late-stage diagnoses. In the view of ovarian cancer awareness Programme "The department of obstetrics and gynaecological nursing of Smt. Nagarathamma college of Nursing, conducted ovarian cancer awareness day on 08.05.2024 at B.R Ambedkar Hospital, Bangalore.

The program was co-ordinate and conducted by Ms. Geeta, Assist. Professor, along with the help of 3rd Semester nursing students. With the help of charts and flashcards, explained regarding reproductive health, normal physiology of reproductive health, diseases, treatment, issues, new advancement to improve reproductive health of women's and Ovarian cancer.

MENSTRUAL CUP AWARENESS PROGRAMME

A menstrual cup is a menstrual hygiene device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid (blood from the uterine lining mixed with other fluids). Menstrual cups are made of elastomers (silicone rubbers, latex rubbers, or thermoplastic rubbers). A properly fitting menstrual cup seals against the vaginal walls, so tilting and inverting the body will not cause it to leak. It is impermeable and collects menstrual fluid, unlike tampons and menstrual pads, which absorb it.



As a part of requirement, students of 4th year B.Sc. Nursing from Smt. Nagarathnamma college of Nursing, Presented health education on “awareness about menstrual cup” on 08.06.2024. The program was conducted under the guidance of, Ms. Ashwini, Lecturer under obstetrics and gynaecology department. Group of 4 members conducted the health education, with the help of chart. Students delivered the content in regional language (Kannada), objectives include promoting of awareness regarding menstrual cup. The main goal/aim of this program is the healthy outcome of women with decreased risk of cervical cancer by the usage of sanitary pad or cloths during menstruation. And to prevent any mortality or morbidity related to unhygienic practices during menstruation.

MOCK DRILL ON POST PARTUM HEMORRHAGE



Any amount of bleeding from or into the genital tract following the birth of the baby up to the end of the puerperium, which adversely affects the general condition of the patient evidenced by rise in pulse rate and falling blood pressure, is called postpartum haemorrhage.

Department of OBG has organized Departmental Mock Drill on the topic Post Partum haemorrhage. The Mock Drill was performed by the student nurses of 4th year B.Sc. Nursing under the supervision of Ms. Neelam Singh lecturer, Dept. of Obstetrics and gynaecology nursing.

WOMEN CELL

INTERNAL COMPLIANCE COMMITTEE

The College has established the Sexual Harassment Redressal Cell which intends to take care of complaints from women and solve the problems according to UGC guidelines and Supreme Court orders. The Cell creates awareness on sexual harassment redressal mechanisms. The Cell organizes seminars, special talks and speeches about Sexual Harassment in the campus. The basic activities of this committee are to display the information about the programmes of the Cell on notice boards of the offices, hostels and departments in the College and to create awareness on forms of harassments.



MENSTRUAL HYGIENE PROGRAMME



Menstrual Hygiene Is Key in Promoting Good Health. Every month, 1.8 billion people across the world menstruate. Millions of these girls, women, transgender men and non-binary persons are unable to manage their menstrual cycle in a dignified, healthy way. The onset of menstruation means a new phase – and new vulnerabilities – in the lives of adolescents. Yet, many adolescent girls face stigma, harassment and social exclusion during menstruation. Transgender men and non-binary persons also face discrimination due to their gender identity, depriving them of access to the materials and facilities they need.

INTERNATIONAL WOMEN'S DAY CELEBRATION

In the view of International Women's Day, The Women cell of Smt. Nagarathnamma College of Nursing, conducted Women's Day on 08.03.2023 at Acharya Institutes, Bengaluru. The program was co-ordinate and conducted by Ms. Geeta- Women Cell Coordinator. The programme was started by welcoming all the faculty of Smt. Nagarathnamma College of nursing. After the speech there was a special celebration for teachers which included games with prizes followed by cake cutting.



SAFE MOTHERHOOD DAY CELEBRATION



In the view of “Safe motherhood Day”, students of Smt. Nagarathnamma college of Nursing, presented health education on awareness about safe mother and newborn on 16.04.2024. The programme was conducted under the guidance of Obstetrics and Gynaecology Department. Group of eight members conducted the health education with the help of flash cards and delivered the content in regional language (Kannada). The objectives related to Safe Motherhood included from the time of conception until six weeks post-delivery where the women must look after her diet, mental and emotional wellbeing, must balance between work and family life, etc.

The main goal or aim of this programme was the healthy outcome of mother and neonate and to prevent any mortality or morbidity related to improper care of the women during pregnancy up to post labour. Our college recently celebrated #safemotherhoodday and it was a huge success! Our students showed immense dedication and passion in spreading knowledge about safe motherhood to pregnant women. Not only did they educate others, but they also gained valuable insights and learnings from this experience.



ACTIVITIES

BHUTAN DAY CELEBRATION

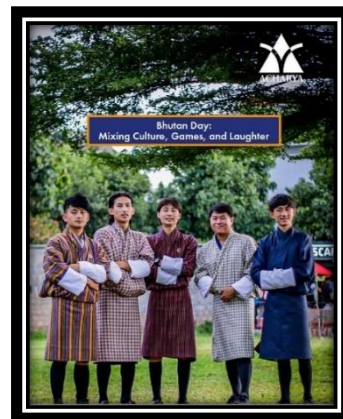


Smt. Nagarathnamma School & College of Nursing celebrated the Bhutanese day on September 4th, 2023, where traditional dance, outfits, games, and laughter came together in perfect harmony. All of them joined together in celebrating the Bhutanese Day. Students came in their traditional attire which was stupendous. The Chief Guest of the program Mrs. Sonia, the Principal- Prof. Devi Nanjappan and the all the faculty graced the occasion by lighting the lamp followed by address by the Chief Guest Mrs. Sonia, our Principal madam and the Bhutanese students followed by the cake cut.

The students with great enthusiasm highlighted the importance of the day. The celebrations were coordinated by Mrs. Keerthi Sudha P. The programme was concluded by an exuberant cultural program, a traditional dance of Bhutan and the students served the special traditional dishes to all. Bhutanese from different programmes like GNM, & B.Sc. Nursing attended the programme to express their solidarity and loyalty.



Celebrating Bhutanese culture and tradition at our college was truly a remarkable experience! As a professional institution, we believe in embracing diversity and creating a welcoming environment for all our students. The Bhutanese Day was a special occasion dedicated to our Bhutanese students, who were delighted with the festivities and activities planned for them. From traditional food to colourful attires, we immersed ourselves in the rich culture of Bhutan. It was a joy to witness our students appreciating and embracing their cultural roots. We are proud to be a home away from home for our Bhutanese students and look forward to many more such celebrations in the future.



SAYONARA - FAREWELL CELEBRATION 2023



Sayonara (farewell) to the final year students of B.Sc. & GNM of Smt. Nagarathnamma School & college of Nursing. It was organized by their juniors- 3rd B.Sc. & 2nd GNM students on 14th of August 2023 at Main Auditorium, Acharya Institutes. A bright and colorful event was planned and executed by our students. Event started by 11:00 a.m. with the welcome note.

Principal- Prof. Devi Nanjappan addressed the batch with motivation words and wished them for their bright future ahead. Even programmes were also conducted with some fun filled games and cultural events. Later the final year students were asked to give their opinions about the institution and the staffs. The outgoing students were having overwhelming and grateful feelings with due respect to the institution for moulding them into competent nurses, which

they had expressed before they leave the portals. All the students were gifted with the token of love from their juniors. Students expressed their gratitude towards teachers and college with few emotional words. The farewell students received best quotes for them as a token of love from all the teachers wishing them for bright future. Even refreshments were arranged for all the farewell batch students by their juniors at the end of the programme.



As the final year students walk through the halls of the college for the last time, they were filled with a mix of emotions. The final year students were both excited for what their future holds and saddened to leave behind the memories they've made here. But they must say, the college Fairwell organized by our institution and their juniors for them, was truly a memorable event. From the beautiful decorations to the heartfelt speeches, it was a perfect way to bid adieu. The final year students were really very grateful to have been a part of such a wonderful community and we hope that they will carry the lessons learned here with us forever.

TEAM COOKING



Cooking competitions are exciting and fun to watch because of the suspense and wonders of what might something taste like. The competitors seem to be well experienced every time there is a cook off is in town there are lots of professional cooks and chefs which makes the competition more aggressive and interesting. They also have amateur competitions which when anybody can enter and win. Cooking competitions can and will help in the culinary field if you are trying to get a job and need experience.

The three Circles Cooking Group was a hands-on Cooking with seven members in each team participated in the cooking fest organized at our college in the Nutrition Lab. Delicious foods were prepared out of own interest. Food was selected on the bases of state wise and cultural influences were shown in the taste.



NUTRITIONAL FESTIVAL



It is very well known to all of us, that a nutrition festival plays a very important role in our life from the time a child is born in the womb, and it continues even after birth. Lot of importance should be given to nutrition as it is important for our health. As per the requirement of our curriculum, the college organized the Nutritional Festival along with the students under the theme- “Healthy Nutrition is very important for our Life and Body”.

The nutritional festival was held on 18-10-2023 to 19-10-2023 at the Nutrition lab under all Nutritional guidelines whenever possible. This could mean looking for ways to add more vegetables, reduce sodium, or include more whole grains. It is worth noting that many food pantries including ours, rely heavily upon processed food. This fact made following nutritional guidelines difficult at times. It gives us an honest look at the challenges facing those who rely on food assistance.



TEACHER’S DAY CELEBRATION



The birth date of the second President of India, Sarvepalli Radhakrishnan, 5 September 1888, has been celebrated as Teacher's Day since 1962. On this day, teachers and students report to school as usual, but the usual activities and classes are replaced by activities of celebration,

thanks and remembrance.

Teacher's Day is a special occasion dedicated to educators who shape futures and

transform lives. This celebration acknowledges not just academic teachings but also life lessons imparted by mentors. Students, on this day, often prepare performances, skits, and songs as heartfelt gestures for their beloved teachers.





It is a special day for the appreciation of the teachers and include celebrations to honour them for their special contributions in a particular field area or the community tone in education. The students of Smt. Nagarathnamma School and College of Nursing organized the Teacher's Day at the nursing auditorium. The special day started with the prayer and all the teachers gifted the beloved Principal Prof. Devi Nanjappan and later all the teachers exchanged the gifts among themselves followed by the cake cut and motivating speech by the principal.

CO-CURRICULUM ACTIVITIES

“All work, no play, makes Jack a dull boy”, is a proverb that means without time off from work, makes a person becomes both bored and boring.

This proverb is apt to routine study life at college and hence we staff under the guidance of Principal at college has planned co-curricular activity period on every Saturday 11am-1pm. The students after a week of busy academic schedule, on weekends enjoy with their peer group and teachers by showcasing their talents in the classroom and multi-purpose hall. The students come up with different ideas to present their talents in their respective classroom and perform.



It is a wonderful environment for the students and the staff to have a refreshing feel seeing the various activities performed by both girls and boys. Such environment encourages the students to showcase their talent and a relief from monotonous life. Students expressed heartfelt thankful to Principal madam for providing the opportunity to perform various activities at the college. It was an exciting and engaging event that brought together students for a day of fun and camaraderie. The event featured a diverse range of activities, fostering creativity, teamwork and a sense of unity

among the students. Many students from the class have participated in the showcase of their talent with lot of enthusiasm.

Activities that were included for the activity period are: Dharmsharastra; Antakshari; Naming the Objects; Chinese Whispers; Singing; Dancing. The activity period in the college classroom was a resounding success. It not only provided students with an opportunity to relax and enjoy but also facilitated the development of various skills such as communication, teamwork, and critical thinking. Such events are crucial in fostering a well-rounded education and building a sense of community among students.



FRESHER'S DAY



Every student eagerly awaits right from their time of admission for their most remarkable event of the college "FRESHER'S PARTY". The 4th October 2023 was a memorable day in the life of every fresher of the academic year 2023-2024 batch at Smt. Nagarathamma School & College of Nursing, Bengaluru. The fresher's day was filled with excitement, joy, music, enthusiasm, laughter and happiness.

It is the day where seniors and juniors finally bond and unite to celebrate being part of the college. Students were welcomed with so much of enthusiasm which was organized by SNA. As a trend of the institute, the party began with the auspicious prayer to Almighty which is considered as very sacred and symbol of prosperity. The occasion was graced by the presence of, Principal- Prof. Devi Nanjappan, Academic Coordinator- Mrs. Snehalatha Reddy and all faculty members. The Principal addressed the gathering by



welcoming the students through his motivational speech and motivated the students by her inspiring thoughts which was very helpful for the students. The Programme was structured in the four categories based on Entertainment, Games, Mr. and Ms. Fresher's of INIZIO-2023. "A fresh start in Retro Style" with groovy beats of the past and to create a future filled with success, laughter, and cherished moments Ms. Ayushi from B.Sc. N and Mr. Muhammed Jinad from GNM.

The entire event was coordinated by the Mrs. Keerthi Sudha. P, SNA committee and the senior batches of both B. Sc and GNM, the event was ended with the enthusiasm and a lot of fun which made a bond between the seniors and juniors. Senior batches welcomed their juniors who are from different states and country. They are from Karnataka, Kerala, West Bengal and from Bhutan.



NURSING DEDICATION CEREMONY



The Nursing Dedication Ceremony held on November 11th, 2023, was a momentous occasion, marking the commitment and dedication of a new cohort of nurses embarking on their journey in the noble field of healthcare with the theme of “The Nurse-Whole & Soul”.

The ceremony was a poignant celebration of the tireless efforts, resilience, and compassion that define the nursing profession. The event commenced with a warm welcome by expressing the gratitude for the attendees, including family members, friends, faculty, and distinguished guests. emphasized the significance of the nursing profession and the dedication required to provide compassionate care to individuals in times of vulnerability illuminating the path for those they serve.

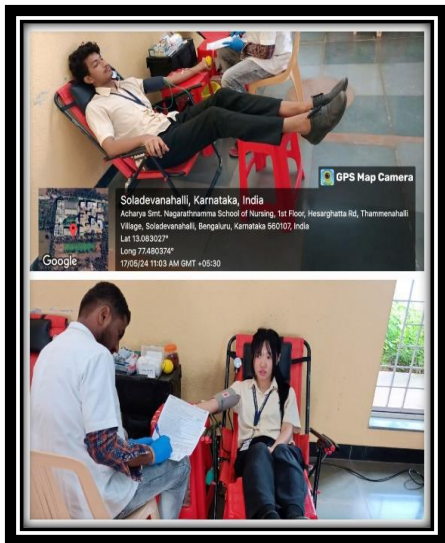


Sumithra Devi. N, Nursing Superintendent & Matron of Vani Vilas Hospital, Dr. Nupur Sinha- Principal of Acharya Allied Health Sciences and Prof. Devi Nanjappan- Principal of Smt. Nagarathnamma School & College of Nursing delivered an inspiring address. The keynote emphasized the evolving role of nurses in healthcare, their impact on patient outcomes, and the importance of ongoing dedication to professional

growth. The speech motivated the new nurses to embrace challenges and continue their commitment to lifelong learning.



BLOOD DONATION CAMP



Smt. Nagarathnamma College of Nursing hosted a successful blood donation camp in collaboration with Bangalore Medical Services Trust - Rotary Bangalore TTK Blood Centre. This event was organized within the college premises and saw an enthusiastic participation from the nursing students. A total of 70 units of blood were collected from the volunteers, marking a significant contribution to the community's healthcare needs. The blood donation camp commenced with a brief inauguration ceremony. Mr. Vasanth Malagi- the NSS Coordinator of the college, addressed the gathering, emphasizing the importance of blood donation and the impact it has on saving lives. He highlighted the collaborative effort with Bangalore Medical Services Trust - Rotary Bangalore TTK Blood

Centre and thanked them for their support. The enthusiasm and commitment of the nursing students were evident as they turned up in large numbers to donate blood. The process was carried out efficiently, and a total of 70 units of blood were collected. This impressive turnout not only demonstrated the students' dedication to community service but also their understanding of the critical need for blood donations.

INTERNATIONAL NURSES DAY

The International Nurses Day 2024 was celebrated with great enthusiasm and fervour on May 16, 2024, at the Bureau of Indian Standards (BIS) in Bangalore. The theme for this year, "Our Nurses, Our Futures: The Economic Power of Care," highlighted the critical role nurses play in the healthcare sector and the broader economy. This auspicious ceremony was graced by distinguished guests, including the Principal of the nursing college, esteemed faculty members, and Dr. C.R. Rajendra representatives from BIS.



The lighting of the lamp symbolized the spread of knowledge and the enlightening power of care that nurses provide. The event not only celebrated the contributions of nurses but also highlighted the economic significance of their care. The collaboration with the Bureau of Indian Standards (BIS) added prestige to the event, making it a memorable and impactful celebration. The day's activities fostered a sense of unity, pride, and motivation among the nursing students, inspiring them to continue their noble work with renewed Vigor.



WORLD ENVIRONMENT DAY

World Environment Day 2024 was celebrated by the students. The event, orchestrated by the 2nd semester B.Sc. Nursing students in collaboration with the NSS unit of the college, was centred on the theme "Land Restoration, Desertification, and Drought Resilience." The event aimed to raise awareness about environmental issues, particularly the challenges of land degradation, and to inspire actions towards a more sustainable and resilient environment. The celebration of World Environment Day 2024 at our college was a meaningful and impactful event. By focusing on the theme "Land Restoration, Desertification, and Drought Resilience," the event raised crucial awareness and inspired actions towards a more sustainability. This celebration has undoubtedly fostered a deeper commitment to environmental conservation among the participants and the wider community.



INTERNATIONAL YOGA DAY



The International Day of Yoga 2024 was celebrated with great enthusiasm and spirit at Smt. Nagarathnamma College of Nursing. The event, organized by the 2nd semester B.Sc. Nursing students in collaboration with the NSS unit of the college, embraced the theme "Yoga for Self and Society". The celebration aimed to promote physical and mental well-being through the practice of yoga and to emphasize the collective benefits yoga brings to both individuals and communities.

The celebration of International Day of Yoga 2024 at Smt. Nagarathnamma College of Nursing was a meaningful and enriching event. The efforts of the 2nd semester B.Sc. Nursing students and the NSS unit in organizing the event were commendable. By focusing on the theme "Yoga for Self and Society," the event not only highlighted the personal benefits of yoga but also underscored its potential to bring about positive social change. This celebration has undoubtedly inspired many to incorporate yoga into their daily lives, promoting a healthier and more harmonious community.



RESEARCH AND DEVELOPMENT

TWO-DAY INTERNATIONAL SEMINAR



The Two-Day International Seminar on “Fundamentals of Research, Data Analysis, Scientific Publishing and Patenting” held at Acharya Institutes was a comprehensive and enlightening program designed to impart essential knowledge and skills in the realm of research and scholarly activities. The seminar aimed to equip participants with a profound understanding of research methodologies, advanced data analysis techniques, effective scientific publishing practices, and strategic insights into the patenting process. The seminar commenced with an inaugural address, setting the tone for two days of intensive learning. Each resource person provided valuable insights into their respective topics, combining theoretical knowledge with practical applications. Interactive sessions, group discussions and Q & A segments enriched the learning experience.

PTA- Parents Teacher Meeting

Our college conducts Parent Teacher Meeting to enhance the academic growth of our students. As professionals, we believe that this meeting is crucial in understanding the unique needs and progress of each student. This opportunity allows parents to gain valuable insights from our dedicated teachers, creating a strong partnership for the betterment of our students. Along with, we crosscheck that no parents miss out on this chance to stay updated on your child's journey towards success. Parent teacher meeting was conducted for Second year GNN nursing on 31/01/23. Parents are informed earlier to join the meeting. Online meeting was between 12:00p.m. - 01:00 p.m. Totally parents participated in the meeting. There was positive response from parents. All the parents enquired about the student's attendance percentage, Regularity and performance in academics like first sectionals. Even parents asked about final exams.



ALUMINI MEET

ALUMNI INTERACTION EVENT REPORT



During the interaction the students who had passed from Smt. Nagarathnamma College of Nursing, given some good feedbacks regarding the college like placements, job opportunities to the final year students, good future in abroad and giving information about nursing jobs and they had given good feedback about college and done motivation to clear exam within the year.

ALUMINI SEMINER

Seminar on Infection Control on ICU was being conducted by one of our Alumni at our college for the present batch students which proved to be very helpful for them. The session started at 12pm with the welcome address by Mrs. Devi Nanjappan, Principal Smt. Nagarathnamma College of Nursing. The session started by a brief introduction of the Guest Speaker - Desai Ankit M, B.Sc. Nursing, Staff Nurse, Intensive Care Unit, GMERS, Gandhinagar Gujarat. At the session, he explained in depth about ICU related stuffs to the students and what types of works are being done at the ICU in the hospital.



ALUMINI TALK



The speaker- Anushree Saha, Batch 2019-2023, B.Sc. Nursing, started with an introduction talk where she introduced herself to the audience and asked students to continue with their self-introduction. The speaker started off with knowing the salary expectations of the audience and their plans after graduation. Students actively gave out their views and participated in the discussion. Soon the session was slipped into the core discussion on types of interviews and how effectively answer the interview to avoid facing the rejection. As the topic was very informative, students were very much curious and started lashing out their own queries and situations asking for its analysis.

PLACEMENTS

CAMPUS DRIVE BY MAX HOSPITAL, DELHI

The session was about Coursera where Mr. Iqbal Ahamed has briefly explained about Coursera on how it will for the students get job opportunities in future, what type of certificate courses are available in Coursera, its fee structure and also how the students are opting for the skills for getting good opportunities in the field of nursing



and also explained about the job opportunities and higher education in Australia and US explained. They brief about the Max Multispecialty Hospital Delhi. First, they explained about the max Hospital campus facilities available in the max multispecialty hospital bed capacity then they started talking about basic

information about students. They had given form for the students after the filling of the forms by the final year students, they started face to face interview for the students. The campus drive was completed by the 1.30 p.m. and then they announced results out of 56 some 42 students have got selected for the job for the staff nurse in their Max Hospital, Delhi.



The interview schedule organized by the placement department Smt. Nagarathnamma College of Nursing, Bangalore. It was really a nice experience that it was second time we had interview schedule and last year also some 17 students got selected for the max hospital this time some 42 students got selected for the staff nurse post.

PLACEMENT ACTIVITIES

Smt. Nagarathnamma college of nursing is one of the pioneer institutes with vision of high quality and which rendering different programs such as B.Sc., M.Sc. nursing. Also conducting career guidance counselling programs for the III, IV students to develop skill enhancement, communication and personality. Students from national and international are admitting in the different program. Many hospitals are visiting to our college for the placement and career guidance activities. Every year approximately 80% students are placed in different hospitals in Karnataka and other states in India. The academic year 2023-24 have placed through campus selection. However, we have collaborated with many hospitals and guided them to contact with them for placement.

However, also council them to go for higher studies such as master's in nursing and to take faculty position in their respective place. In addition to that guided to them to take up PHD program after completion of their master's depending upon the student capability and according to their academic interest. Career guidance helps students in choosing careers that suit their interests, aptitude and abilities.

However, after completion of their course the fourth-year students have been placed in different hospitals. If they would like to work in clinical in Karnataka as well as other states. The arrangement has been coordinated according to the student those who are willing to take up opportunities to work in clinical. Periodically career guidance counselling conducted for the motivation for the career. There are many hospitals are visited for the campus recruitment from different parts of India and in state also many companies and hospitals visited to the campus for recruitment.

LIST OF RECRUITERS:

Sl. No.	Name of the hospital
01	Columbia Asia hospital Bangalore
02	Narayana health Bangalore
03	Max Hospital, New Delhi
04	People tree Hospital
05	Yashoda Multi Specialty Hospital Hyderabad
06	Apolo Hospital Bangalore
07	Sapthagiri Hospital Bangalore
08	Sparsh Hospital Bangalore
09	Manipal Hospital Bangalore

INTERNATIONAL PLACEMENT



Delegates from Germany were welcomed with the traditional Karnataka cultural attires. Ramya B- faculty, had started the proceedings on behalf of organizers and as host of Acharya Institutes. The event marked the beginning of a collaborative journey that promises innovation, growth and success. Prof. Dr. Matthias Drossel- Head of the programmed, Cross Cultural Nursing practice and Medical educator was welcomed with garland and memento by Dr.

Mallikaarjunaiah H.S., Dean of Allied of Health Sciences, Acharya NR Institute of Physiotherapy. Maximillian Daiber, founder and CEO of Mediators GmbH (Ltd.) was welcomed with a token of love by Dr. Manjunath PM, Principal, Acharya & BM Reddy College of Pharmacy. Prof. Dr. Gerald Schmola- Dean Dept of interdisciplinary and innovative sciences, was greeted with token of affection by Prof. Nupur Sinha- Principal, Acharya institute of Allied Health Sciences.

GERMANY PLACEMENT ORIENTATION

The Germany Immersion Placement Program is designed to provide participants with hands-on international work experiences aimed at broadening their professional skill sets, cultural awareness, and global perspectives. Through strategic placements in diverse industries and geographic locations, the program seeks to foster personal and professional growth while facilitating cross-cultural exchange and collaboration.



The Germany Immersion Placement Program plays a pivotal role in equipping individuals with the skills, experiences, and networks needed to thrive in a globalized workforce. By providing participants with transformative international placement opportunities, the program contributes to their professional growth, cultural competence, and personal development, ultimately fostering a more interconnected, inclusive, and globally competent workforce.



FDP

(FACULTY DEVELOPMENT PROGRAMMEE)



PRE- DIWALI CELEBRATION

Diwali or Deepawali, is India's biggest and most important holiday of the year. The festival gets its name from the row (avali) of clay lamps (deepa) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. It symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". The festival occurs annually each autumn, often falling in either October or November depending on the moon. Diwali is celebrated primarily by Hindus but has become a national festival over the centuries.



Its origin story varies depending on India's regions, but the overall theme is an ode to the triumph of good over evil. Those who celebrate Diwali partake in a number of practices and rituals with different symbolic meanings throughout the span of the holiday. In accordance with its name, a large emphasis is placed on light over darkness — therefore, the hanging of lamps, lanterns and other bright lights are strung on houses and along streets to signify victory by the gods. From when it takes place to the meanings behind the holiday, here's everything to know about Diwali. The celebration of pre-Diwali was well planned and implemented by faculty development with coordination of all the faculty of nursing.

SANKRANTHI CELEBRATION

Celebrating Makar Sankranti at our college was an unforgettable experience! The vibrant colours, traditional delicacies and joyful atmosphere brought everyone together. Our faculties and students came together to celebrate this special occasion with great enthusiasm. It was heartwarming to witness the cultural diversity and unity within our college.



Makar Sankranti, also referred to as Uttarayana, Makar or simply Sankranti, is a Hindu observance and a festival. Usually falling on the date of January 14 annually, this occasion marks the transition of the sun from the zodiac of Sagittarius to Capricorn.



Smt. Nagarathnamma College of Nursing celebrated Sankranti Sambaralu on 13-01-2024 at college campus. Sm.t Nagarathnamma College of Nursing Principal- Prof. Devi Nanjappan inaugurated the program with a spiritual message to all about festival like –Bhogi, Makara Sankranti and Kanuma

festival. Faculty and students are decorated college with colourful flowers and rangoli and all are joyously enjoyed bonfire followed by pooja & followed by different games. In this function Students along with faculty are made Pongal Sacred food in traditional way. Students enjoyed the makara Sankranti festival



and Sacred food were distributed to all. Faculties involved in preparing delicious food for lunch. All gathered at the entrance arranged items with beautiful rangoli .The arrangement was of so warmth. _Lunch arranged at nutritional lab and started with healthy message. Traditional foods were cooked like Pongal, Rice, Sambar, Steamed Ground nut, Sweet Potato and goes on.

FIVE DAYS FDP ON NURSING RESEARCH

Our college recently organized a five-day Faculty Development Programme on Research and it was nothing short of remarkable. From enhancing research skills to fostering collaboration, this programme was designed to elevate our faculty's expertise and knowledge. The sessions were led by esteemed researchers and experts in their fields, making it an invaluable learning experience for all. We are proud to say that our faculty members have gained valuable insights and tools to further their research and contribute to the academic community. Our college was really very thankful to everyone who made this programme a success and we look forward to implementing the learnings into our teaching and research. The five-day Faculty Development Program (FDP) on "Nursing Research: A Gateway to a Lifelong Impact" was held from March 4 to March 8,



2024, at Smt. Nagarathnamma College of Nursing. This FDP aimed to enhance the research capabilities of faculty members and nursing students by covering various aspects of nursing research. The program featured esteemed resource persons who conducted sessions on different topics relevant to nursing research. The FDP targeted faculties and nursing students, intending to equip them with the necessary skills and knowledge to undertake impactful research in the field of nursing.

Mr. Rahul Shil, a seasoned researcher, discussed methodological challenges encountered in nursing research. He highlighted different research methods commonly used in nursing studies and addressed issues related to study design, data collection, and analysis. Mr. Shil engaged participants in interactive discussions to elucidate various research methodologies and their application in nursing research.

The five-day Faculty Development Program on "Nursing Research: A Gateway to a Lifelong Impact" provided participants with valuable knowledge and skills essential for conducting impactful research in the field of nursing. The diverse range of topics covered by esteemed resource persons enriched the learning experience and empowered faculties and nursing students to contribute meaningfully to the advancement of nursing science. The FDP served as a platform for fostering research culture and promoting evidence-based practice in nursing education and healthcare delivery.

JOURNAL CLUB

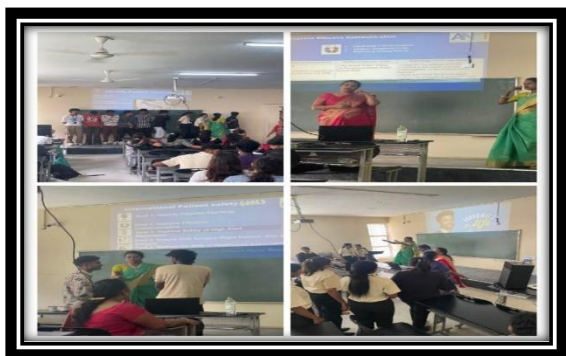


A journal club is a group of individuals who meet regularly to discuss and critique research papers published in scientific journals. The primary goals of a journal club are to keep up with current research, develop critical thinking skills, and enhance understanding of scientific methodologies and findings. These clubs are common in academic and clinical settings, where participants might include students, researchers, clinicians, and other professionals. Each meeting typically focuses on a specific paper, which is selected in advance, and participants discuss its significance, methodology, results, and implications.

Mark your calendars for the monthly Journal Club at our college! Each month, one of our esteemed faculty members will be presenting this highly educational and beneficial journal club on any research topic in front of the other faculty members in order to expand our knowledge, gain insights and engage in stimulating discussions with your peers. This opportunity is greatly educative in nature and no faculty member intentionally tries to lose this incredible opportunity to enhance their learning experience. Stay tuned for updates on the upcoming journal club.



CONTINUING NURSING EDUCATIONAL PROGRAMME



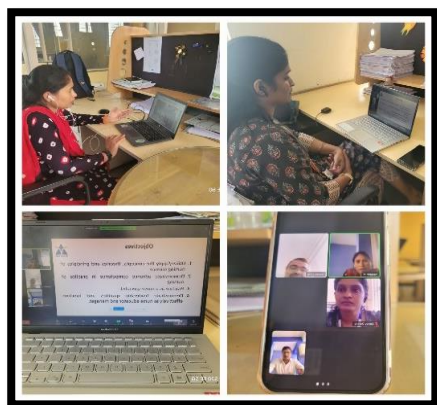
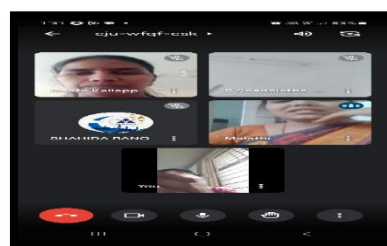
Two day Continuing Nursing Educational program (CNE) On Patient safety was held from June 22 and June 24, 2024, at Smt. Nagarathnamma College of Nursing , the continuing nursing education program on patient safety aims to equip nurses with the knowledge, skills, & attitudes necessary to promote a culture of safety, prevent medical errors, and enhance patient outcomes. The program utilizes a

combination of didactic instruction, case studies, interactive simulations, and reflective exercises to engage participants and facilitate learning. The session on "Improving the Safety of High-Alert Medication" conducted by Mrs. Gowri focused on enhancing the understanding and implementation of safety measures for high-alert medications. These medications are associated with a higher risk of causing significant patient harm when used in error. The session aimed to educate healthcare professionals on best practices, standard procedures, and strategies to mitigate risks associated with these medications. This session was a critical step in promoting patient safety and improving the management of high-alert medications, ultimately contributing to better healthcare outcomes.

DAB

(DEPARTMENTAL ADVISORY BOARD)

The Department Advisory Board Meeting is held annually and it gives guidelines to the department to progress academically and remain up to date with the current requirements. The meeting was conducted on 17th November by OBG Department at 01.30 pm through online mode.



The Departmental Advisory Board meeting conducted on November 29, 2023, was instrumental in gathering expert feedback and suggestions from Mr. Gangadhar. The insights shared and discussions held during the meeting will significantly contribute to the continuous improvement of academic activities and faculty development in the Mental Health Nursing department of Smt. Nagarathnamma College of Nursing, Bangalore. The commitment of the department members to enhancing the quality of education and preparing students for the dynamic healthcare landscape was evident throughout the meeting.

FGT

(Faculties Got Talent)

Proud to be a part of a college where our faculties are not just teachers, but also multi-talented individuals! From music to sports, art to literature, they have a diverse range of skills that they wholeheartedly share with us. It's truly inspiring to see our educators excel in different fields and go beyond their roles as teachers. Our college is not just a place of education, but a hub of inspiration. Our faculties are the epitome of talent and expertise in their respective fields. From business to biology, they are masters in their craft. Their passion and dedication towards teaching is truly commendable. They not only impart knowledge, but also ignite a fire within us to excel. Let's take a moment to appreciate and thank our amazing faculties for shaping us into the leaders of tomorrow.

Calling all food lovers! Introducing *Mrs. Nagammal*-Assistant professor, and *Mr. Vasant Malagi*-Lecturer, are the faculty members of our college with an exceptional talent in cooking. Their culinary skills will leave your taste buds craving for more. From traditional dishes to fusion cuisine, they never fail to impress with their creativity in the kitchen.



Introducing another faculty member, *Mrs. Nirmala Reddy*, our exam coordinator and a hidden gem of talent! Not only does she excel in her role, but she also has a beautiful voice that mesmerizes us all. Her passion for music shines through in every note she sings, leaving us in awe. It's an honour to have such a multi-talented individual as part of our team.

Another amazing faculty member of our college, *Mrs. Keerthi*, never fails to impress us with her talents! Not only is she our SNA coordinator, but she is also an excellent chef who never ceases to amaze us with her delicious creations. From mouth-watering entrees to delectable desserts, Mrs. Keerthi has proven that she is a true master in the kitchen. We are lucky to have such a multi-talented and dedicated faculty member in our college.



Calling all dance lovers! Meet *Mrs. Ramya B.*, our talented faculty member who is a master of semi-classical dancing. With her graceful moves and impeccable technique, she has won the hearts of our students and faculty alike. Her passion for dance is truly inspiring and we are lucky to have her as part of our college community.

Meet *Mr. Shyam Mohanlal*, our talented faculty member who not only teaches with passion but also sings with soul! His melodious voice and humorous personality never fail to brighten up our day. We are truly lucky to have such a multi-talented individual on our team.



Attention all chess enthusiasts! I am thrilled to introduce another faculty member, the brilliant *Ms. Geeta K.M.* Not only is she a smart and dedicated educator, but she also possesses a hidden talent of playing chess. And let me tell you, she is EXCELLENT at it! Watching her strategize and make her moves on the chessboard is truly awe-inspiring.

Meet *Mrs. Lavannya*, our talented fusion dance faculty of our college. Not only is she skilled in the art of dance, but she also exudes grace and beauty in every move. Her passion for teaching and dedication to her students is truly inspiring. We are lucky to have her as part of our faculty. We are lucky to experience the magic of fusion dance with Mrs. Lavannya.



Attention all nursing students! Did you know that our very own *Mr. Guntu Durga prasad* from the faculty is not only a skilled educator, but also a talented poet? His words have the power to heal and inspire, just like his teachings. Let's take a moment to appreciate his creativity and dedication to both nursing and the arts.

Capturing the world through a lens has always been a passion of many, but I have to say, *Ms. Ashwini Y* takes photography to a whole new level. Her talent behind the camera is truly amazing, but what sets her apart is her innovative approach. From stunning landscapes to intricate portraits, she has a unique way of capturing the essence of her subjects. It's an honour to have her as a part of our faculty.



Exciting news for all the cricket enthusiasts out there! Our college is blessed with yet another talented faculty member, *Mr. Sunny Jerome*. Not only is he a brilliant educator, but he is also a passionate cricket player and a true lover of the sport. We are fortunate to have such a multi-talented personality in our college, who not only imparts knowledge but also inspires us to pursue our interests.

Attention all crochet lovers! Let me introduce you to Ms. Shahida Banu from Kashmir, a talented faculty member who has mastered the art of crochet and knitting. Not only is she skilled in her craft, but she also radiates beauty and grace. It's a pleasure to have her as part of our team, sharing her knowledge and passion with our students.



Introducing *Ms. Dency Dennis*, the latest addition to our extraordinary faculty! Her talent for block painting is unmatched and her creativity knows no bounds. She's not just an artist, but also a smart and dedicated teacher who brings out the best in her students. We really are inspired by her passion for the arts!

Introducing the talented *Ms. Neelam Singh Thakuri*, a faculty member at our college who has mastered the art of canvas painting. Her work is truly mesmerizing and we are fortunate to have her share her expertise with our students. From vibrant landscapes to intricate portraits, her pieces are a true reflection of her passion and dedication.



Another faculty member with exceptional athletic skills! Meet *Mr. Rayees Ahmed Dar*, our very own football star. With his natural talent and dedication, he has proven to be a force to be reckoned with on the field. It's inspiring to see someone excel in both their professional as a teacher and sporting endeavors.

Introducing *Ms. Jenisha*, our talented faculty member who is a true artist at heart. Her passion for art shines through in every project she takes on, inspiring our students to explore their own artistic abilities. We are lucky to have such a skilled and dedicated teacher on our team.



Meet *Mr. Umer Hamid*, the multi-talented faculty member of our college! Not only does he excel in his academic subject, but he is also a gifted singer and poet. His melodious voice and heartfelt lyrics never fail to captivate our hearts. We are lucky to have such a versatile teacher in our midst.

Introducing the multi-talented and oh-so-adorable *Ms. Swagata Lakshmi*! Not only is she a brilliant faculty here at our institute, but her skills on the kathak dance floor are simply mesmerizing. Her graceful moves and infectious energy never fail to leave us in awe. We keep following her journey as she continues to inspire us with her artistry and charm.



Calling all art enthusiasts! We are proud to have another talented faculty *Ms. Anushree Saha*, at our college who not only excels in their field, but also has a passion for the beautiful art of mandala. With intricate details and a keen eye for precision, her artwork is truly a sight to behold. As an alumnus of our college, we are inspired by their creativity and dedication.

Meet *Mr. MirJahan Hoque*, our talented male faculty and a hidden gem in the world of free style dancing! His passion for this art form is unmatched and his expressions are simply mesmerizing. It's impressive to see how he balances his professional life with his love for dancing. Catch him in action at our college's next talent showcase and prepare to be amazed.



Introducing the talented and multi-faceted *Mr. Shahid Qayoom*, another gem among our faculty at our college. With a passion for music and poetry, he never fails to inspire and amaze us with his creativity and talent. From composing soulful melodies to crafting beautiful words, he truly is a master of his craft.





SMT. NAGARTHANAMMA COLLEGE OF NURSING