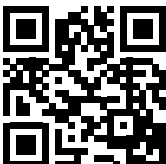


KARTHAVYA

2019





**IN NURSING
EDUCATION**

Affiliated to Rajiv Gandhi University of Health Sciences,

Approved by Karnataka Nursing Council & Indian Nursing Council

Founded in 2003, Koshys College of Nursing affiliated with Rajiv Gandhi University of Health Sciences, located in Bangalore, approved by Karnataka Nursing Council & Indian Nursing Council, is an outstanding academic institution dedicated to educating exemplary nursing professionals in accordance with the highest professional standards who will integrate clinical, biomedical and behavioural knowledge to promote the health and well-being of patients and communities. In a span of 16 years, it has achieved the cult status of being one of the top nursing colleges in India imparting "Nursing care with a Human touch".

"Where success is a tradition"

ROSS AND WILSON
**ANATOMY &
PHYSIOLOGY**
in Health and Illness

A Tribute to All Nurses

Nursing is an art
and if it is to be made an art,
it requires as exclusive a devotion,
as hard a preparation,
as any painter's or sculptor's work;

for what is the having to do with
dead canvas or cold marble,
compared with having to do with the living
body - the temple of God's Spirit?

It is one of the Fine Arts;

I had almost said the finest of the Fine Arts

- Florence Nightingale



Vision, Mission & Core Values

VISION

To provide each student access to world-class health care education and exemplify the highest ethical practices.

MISSION

Koshys strives to provide an unparalleled blend of affordable and quality health care education through:

Nurturing reliable, highly trained and compassionate professionals

Creating a nurturing environment of quality education and excellence

Instilling a passion for building strong and healthy communities

CORE VALUES

- Integrity
- Professionalism
- Customer Centric



Editorial Committee

Dear Readers,

Very few have rightly understood importance of co curricular activities in the overall development of an individual. The effort of an educator should be to unlock that treasure and at Koshys school and College of nursing we strive hard to bring out the inherent potential of our students to the best possible level.

As one mission of KCN stands for creating a nurturing environment of quality education and excellence, our student nurses are exposed to different types of learning experiences on a regular basis.

We are really pleased to release this SNA magazine "KARTHAVYA- 2019" which will surely remind you of the fact that "Enjoy every moment you have, because in life there aren't rewards, but only flashbacks". So we have tried tirelessly to bring up the excellent flashback of KCN, its events and achievements during the academic year 2018-19.

We have for you from our student Nurses Association, this feast of their thoughts, activities and accomplishments.

Wish you all happy reading.



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Messages



MR. C KOSHY

Founder, Koshys Group of Institutions

“Dedicated disciplinary approach and professional teaching in an institution perfectly equipped to bring out the best in you.”

At Koshys school and college of Nursing, students are groomed not just as excellent nursing professionals but as holistic individuals. This is done through the pursuit of excellence in academics, innovation, teamwork, continuous evaluation, emphasis on self-study, numerous projects, time management skills, customer delight, leadership, communication, anal-

ysis and personality development.

I congratulate every one for their achievement at different levels and also take this opportunity to appreciate the entire team for their effort behind bringing out this SNA magazine “KARTHAVYA” in such a magnificent manner.

I wish KSCN faculty and students all the very best in life and wish them all a great future.

Best Regards



DR. SANTHOSH KOSHY

Chairman, Koshys Group of Institutions

Dear All,

With this great work on the release of KARTHAVA-2019, SNA magazine, I'd like to extend my heartiest congratulations to all of you!

“At Koshys Group of Institution, we're creating new standards in better and more industry-relevant education.” Equipped with state-of-the-art infrastructure, KSCN provide stable, secure and motivating environment for all the students to learn and grow, enabling them to become upstanding nursing professionals of the country.

I would like to applaud and congratulate all young girls and boys of KSCN for dreaming big and working hard and living those dreams every day. I urge you all to continue to strive for excellence in everything you do and ultimately your performance and conduct must make a difference to identify you as a student of KSCN wherever you are...

I look forward to many achievements in the coming years.

With Best Wishes



PROF P GIRIJAMBA DEVI

Secretary, TNAI, Karnataka State Branch

Nursing is an ART, and if it is to be made an art. It requires an exclusive devotion the finest of Fine Arts.

"It gives me an immense pleasure to note that Koshys College of Nursing is releasing the college magazine KARTHAVYA August 2019."

"Educating the mind without educating the heart is no education at all"

Nursing is not the easiest job. Nurses need to spend hours on their own feet, miss important events at home and face a lot of difficult people at work. With

all those things, it's easy to feel stressed out, anxious and frustrated.

As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves.

I wish Koshys College of Nursing the best in your years ahead. The college magazine is a mirror reflecting the creativity of young minds of the college.

I extend my wishes to the principle, Staff and students to continue this journey on the road of excellence.



PROF. SEREENA SHAJI

Principal, Koshys School & College of Nursing

I am so delighted to announce that Koshys school and college of nursing is releasing its first ever magazine "KARTHAVYA". I offer my hearty congratulations to all behind this and thank God almighty for enabling everyone to put their tireless and dedicated service towards the growth of this institution in every way.

I know that this institution which was established in 2003, has grown with the help of Faculty, supportive staff and students-past and present, to the present shape where nursing education is provided as per the criteria and standards of apex bodies to a larger extend.

I am proud to announce that KCN with its holistic approach to ed-

ucation focuses on research and service and prepare the students to face challenges in the health care industry with confidence, competence and compassion

I sincerely wish and pray that Koshys school and college of nursing may achieve greater excellence in nursing education and service, where each nursing student understand the importance of their calling to provide care to the sick and needy in any settings.

May the legacy of this institution continue to instill and ignite inspiration to many younger individuals in the future.

With every good wishes and prayers

PROF. BIJI JOSEPH

Vice Principal, Koshys School & College of Nursing

"Education is the most powerful weapon which you can use to change the world."
~ Nelson Mandela

Dear students, staff and parents,

The fruit of hard work and dedication has turned into a reality. Congratulations to SNA team for releasing this college magazine. As a vice principal of this institution, it is an honor and privilege to work along with such outstanding students and staff. I am pleased to acknowledge that KCN lays its stress on providing quality nursing education along with char-

acter formation. Our college is a wonderful place for students to learn and grow. It motivates the students to 'aim high' and cultivate core values, integrity of character, maturity in behavior, respect for others and being empathetic. These are essential qualities required for nurses. Good nurses greatly contribute to the success and stability of health care institutions and to the physical and mental wellbeing of their patients. I wish and pray that students of KCN may imbibe all qualities to become competent nurses who can greatly contribute to the society in this fast changing world.



MRS. MELBA ANIL

**Asst. Professor (SNA advisor)
M.Sc (N), MBA**

I am exhilarated in establishing the first issue of the magazine "KARTHAVYA" of our SNA which is a reference of the most recent trends and activities in department of nursing for the year 2018-19. I am glad to welcome students with more interest in bringing the article with more bright concepts and innovative ideas in the next issue. The most important aspect we could derive from this stupendous effort is that it brings out the various analytical skills of the budding nurses. I am

very happy to be associated with this institution and wish that the students may ignite their potential knowledge skills for the best utilization in their future career. I am sure that the snapshots shown in this brochure are the ones that you are actually looking for and your search for quality education will end at Koshys school and college of nursing, where learning is the way of life. I wish them to experience victory in all of their future endeavours.



MRS. ANCY ROBIN

**Asst. Professor (SNA advisor)
M.Sc (N)**

Individually we are but a drop...
But together we are an ocean...

We have been able to transform to a great extent this belief into reality. Team work is the strength of our SNA. Through sincere, dedicated and committed efforts we have proved that the hardest of the task can be accomplished easily with team work. This magazine "KARTHAVYA" the talents, creativity and energies of young and vibrant minds of bud-

ding nurses. At every single step we learnt to work as a member of big crew and were able to participate and contribute our share to make it possible to record it in black and white. I am profoundly grateful to the entire SNA team for their support and cooperation. I owe my token of gratitude drenched with love and prayers to the almighty. Aspiring for a successful journey ahead.



MR LOPHY VELLARA

COO, Koshys Group of Institutions

First of all let me congratulate all the organizers and contributors and workers behind this souvenir of the year, In today's world marked by cut-throat competition and consumerist strategy, our college of Nursing has thrived itself as the crown of Koshy's Group of Institutions.

One glance through the magazine reminds us how each one of you enriched this college community to have yet another bouquet of cherished memories this year. I salute all the players from staff and students who made this possible.

We as an institution stand here not to get the crème of the country but to bring out the best from each one of you. We stand for the best in academics and for unending pursuit of value driven excellence. We uphold the value of love transformed into service and deeds of kindness., As the college is entering in to a new year, I want to remind you, it is not how many goals you scored or how many trophies you won that counts; but the spirit with which you played the game. As you are sent out after training and study, go and serve the world with creativity and competence! Wish you all the best!



MR PANKOJ ROY

Director Admissions, Koshys Group of Institutions

KOSHYS SCHOOL AND COLLEGE OF NURSING is one of the finest nursing college in Bangalore. We are dedicated to the society and extremely proud of what we do. We understand the value of nursing profession that's why we never compromise with academic quality and discipline. We don't believe nurses has to be boring and always serious. We teach our students how to handle academic pressure and still participate in various sports and cultural activities. Our students are all-rounders and they live at the pick of their energy. One example is this mag-

azine. I am so proud that in spite of series of events and programs still Nursing department managed to publish this magazine. A big congratulation to Koshys School and College of Nursing's Staffs and Students. And indeed, a train always follows the Engine, a single engine drag the entire train to the right direction, Many congratulation too Prof. Sereena Shaji, the principal of Koshys School and College of Nursing for guiding the entire department towards excellence. I wish them all the very best.



DR A RAVI

Director Academics,

Warm greetings and Very delighted to learn that Koshys School and College of Nursing is bringing a memorable Magazine with colorful thoughts. When this will be in the hands of reader, they will taste the essence of the concepts. No doubt, this will be a remarkable story of Koshys Nursing team and will transform the new ideas, talents and methodology for good health care practice. As per the survey day by day the new life killing organisms are spread-

ing through various sources and this knowledge park will be a real guide for preventing unknown infections. Need not be described about the selfless services of the nursing community but every human being is aware about the role of nurses in making healthy Nation.

I Wish the Principal, Staff and Students for a great success in Health care industry.



PROF. RAGHAVENDRA. R

Vice-Principal, KIMS

Good things remain good only because they are always scarce. I am glad to pen for this wonderful magazine as an appreciation of the commendable efforts put forth by the team for its grand beginning. The efforts taken to bring about innovative content is appreciable. Wish you all a grand operation throughout the year.

The release of this magazine has added value to their constant efforts. Through this message, I wish them "All the very Best" for their future endeavors to and hope Koshys school and college of Nursing bring more laurels to the Koshys family on the whole.



MS SREELA P M

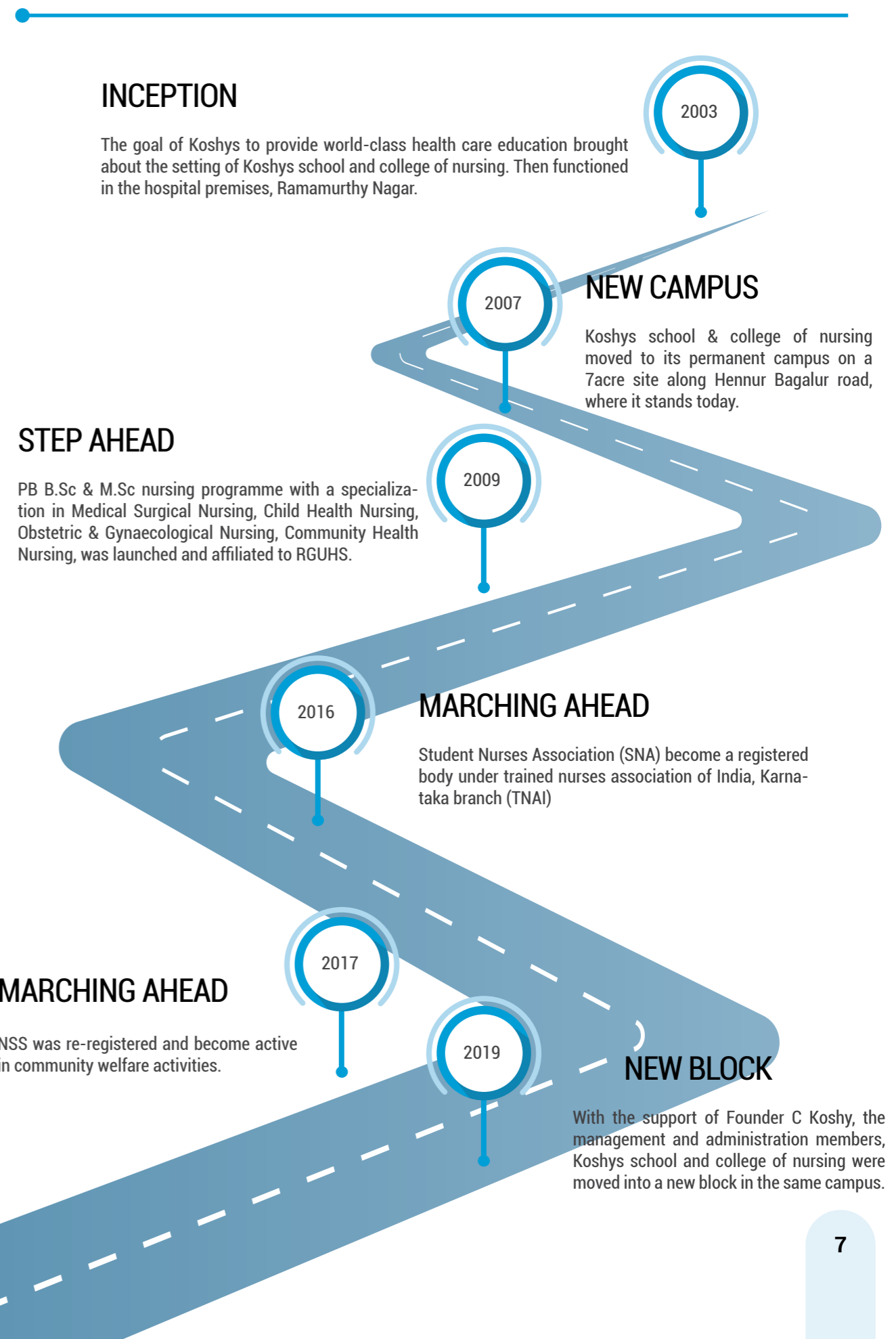
Vice-President, SNA KSCN

If you want to SHINE like a Sun. First BURN like a Sun.

It was a wonderful experience to be the part of SNA, unit of Koshys School and College of Nursing. I am very glad to be the elected leader Vice-President of the SNA team. Koshys School and College of Nursing has yet again succeeded in providing the students with meticulously and carefully planned mix of academics and extra-curricular activities through

which Student Nurse Association have proved yet again that, it's not just studies that we excel in, but every single Endeavour that we choose to do. We could do many things in this academic year. So here we have KARTHAVYA, the long awaited magazine of Student Nurses association for the year 2018-2019. I wish it all success and hope that this tradition that has been set by the current students will be carried through by the following generation of students to come.

Milestones



Annual Report



Honorable Chief Guest Dr. K.B Linge Gowda, Registrar Evaluation RGUHS, Guest of honor, Dr. Ravindra Banekar syndicate member RGUHS. Dr. Santhosh Koshy, Chairman KGI, Dr. Ravi, Director Academics, Mr. Lophy Vellara COO, Mr. Pankoj Roy, Director Admission, Vice Principals, Prof. raghavendra, KIMS, Prof. Biji Joseph KCN, Prof. Sara Kunnath, HOD MBA department, Senior faculty members of all departments, other invited guests, teachers, parents and students.

I take great pleasure in presenting the Annual Report of Koshys School and College of Nursing, briefly documenting its developments and achievements. The year 2018-19 was marked with many events and success stories. This can be attributed to the dedication and team spirit of the members of the management, staff and students.

Established in 2003, within a span of 16 years, this institution reached excellence in nursing education, with its commitment to foster the joy of learning and bringing students to their highest potential, so that they are better prepared to participate in today's health care world -- a world filled with lots of challenges and advancements.

ACADEMIC ACHIEVEMENTS

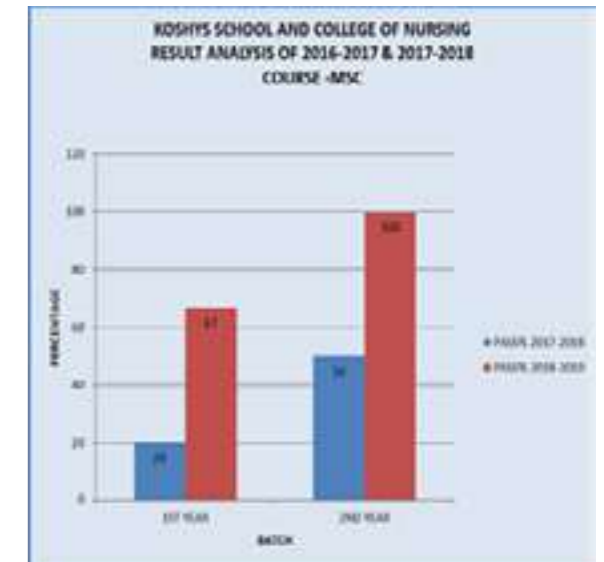
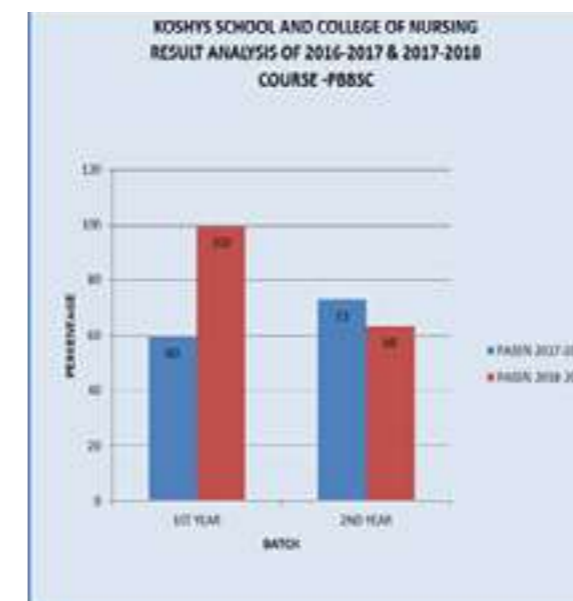
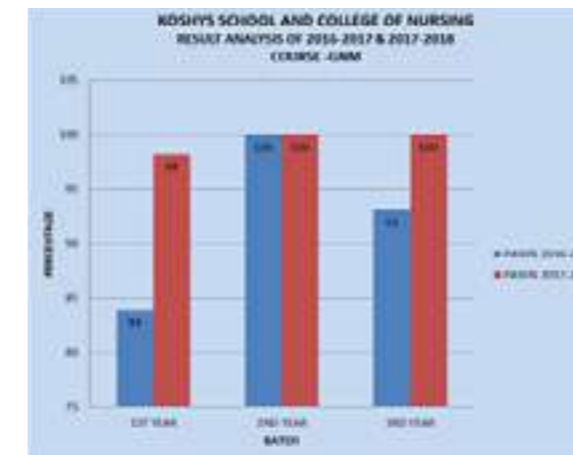
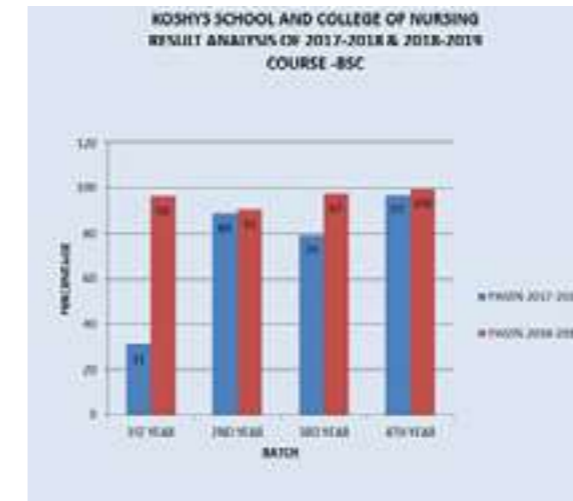
We conduct Undergraduate and Postgraduate Nursing Courses including M.Sc (N) (Medical Surgical Nursing, Child Health Nursing, OBG Nursing, and Community health Nursing), B.Sc (N), P.B.B.Sc (N) and DGNM. We are currently educating students under all these programs with an intake of M.Sc Nursing – 29 Students, B.Sc Nursing - 60 Students, P.B.B.Sc Nursing- 45 Students DGNM -60 students

RESULT ANALYSIS OF 2018-2019

"Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a life time,"

This is the philosophy that drives our institution. The School and college of nursing is imparting holistic education making full use of all resources including multiple clinical settings as per the curriculum demands. The excellent board and university results of 2018 -19, are testimony that academics is the prime concern of the institution.

GNM	1 st year - 98%
	2 nd year -100%
	3 rd year-100%
BSc (N)	1 st year -96%
	2 nd year -91%
	3 rd year- 97%
	4 th year- 100%
P B B S c (N)	1 st year – 100%
	2 nd year -64%
MSc (N)	1 st year – 67%
	2 nd year-100%



Adding color to this achievement, our students secured 11 RGUHS ranks in 2018 September examination.

CLINICAL FACILITIES

Our students are provided with an explicit practical exposure at our own multispecialty hospitals.

Koshys hospital, Ramamurthy Nagar, Bangalore

Little Flower Hospital

Since, the global need for nurses keep increasing, our aim is to produce nurses of high standard who will be able to keep in pace with the modernized health care needs.

To expose our students to diverse clinical settings based on curriculum requirements, they are also sent to various other specialty hospitals like Columbia Asia Hospital, Manipal hospital, White field, Cyte care Cancer Hospital Pvt. Ltd and Sacred Heart hospital, payankulam and Spandana Group of Hospitals(psychiatry) East Point Medical College Hospital and JMJ hospital.

CO-SCHOLASTIC ACTIVITIES

Music, dance, art, sports & literary activities

We have an active Student Nurses Association and NSS cell and its membership is a broad representation of students from all programs of study.

SNA week is celebrated every year to achieve the above mentioned purposes. Xlentia 2019 was conducted which included group wise sports and cultural competitions.

Students participated in ZONAL and State Level competitions. We proudly announce that Koshys School and College of nursing secured 1st runner up position in state level SNA competitions.

To enhance the extracurricular activities, to promote the talents of our students and to interact with other students as well to build healthy inter collage relationship they participated in inter collegiate completions and secured positions.

The college organized various programmes along with Student Nurses Association and such few important events are mentioned here.

- Independence Day celebration was conducted with patriotic spirit with active involvement of all KGI students.
- The World Mental Health Day was celebrated on 11th October 2018 in the Koshys Auditorium. Later, a visit was organized to the Home of Hope, at Doddaguddi Village, Bangalore. The theme for this event was "Young People and Mental Health in a Changing World." A drama was performed by 3rd year B.Sc. Nursing and GNM students, depicting the theme
- World hepatitis Day was conducted on 19th July 2019. It was inaugurated by the dignitaries, Dr. A Ravi, Mr. Lophy Vellara chief operating officer. It was celebrated with Role play and other awareness program.
- World diabetic day was celebrated on 16th October, 2018. With the theme of "Family and diabetes". A seminar on the topic was conducted as well a quiz competition was held on the basis of the conducted seminar.
- Children's day celebrated on 14th November 2018, was coordinated by 4th Year BSc Nursing students at Home of Hope, Doddagubbi, Bangalore. The celebrations included games, dance and action songs led by the students followed by distribution of gifts and sweets to the children.
- An Aids Awareness Programme was organized on 1st Dec 18 to mark "WORLD AIDSDAY" Students participated enthusiastically and emphasized the need to remove social stigma. Also students of third year BSc have conducted a flash mob to

reach the importance of WORLD AIDS DAY.

- A Nutrition Awareness program was conducted on 22nd February 2019 by 1st year GNM students in the nutritional lab. The presentation was given by using flash cards, charts, etc., and nutritious food were prepared and served by students to the dignitaries.
- On 30th April 2019, the 1st year B.Sc. students too conducted a nutrition awareness program. The program was conducted in College Canteen and many dignitaries were invited.
- World Health Day (7th April) was celebrated on 8th April 2019, by 4th year B.Sc. Nursing students in association with NSS. The theme for the celebration was "Health for All - Everyone, Everywhere."
- A Women's day awareness rally was conducted on 8th March 2019 as part of International women's day celebrations. Pamphlets were distributed by the 1st year GNM students, followed by model presentation which helped create awareness about the importance of women, among the students.
- International Nurses Day (12th May) was celebrated on 11th May 2019. The theme for the celebration was "Nurses: A Voice to Lead - Health for All." The program began with the lighting of the Traditional Lamp by dignitaries. Nursing students performed a Musical Drama that depicted the Milestones of Nursing and 4th year B.Sc. Nursing students performed a Mime on the significance of Nurses in the society.
- The World Breast-Feeding week was celebrated on 6th August at Koshys & Little Flower Hospital. The Theme for the celebration was "Breast Feeding Foundation of Life". A presentation, mime and model presentation were done by 3rd year B.Sc. Nursing students, to create awareness among the mothers regarding Breast-feeding.
- A blood donation camp was organized by Koshys Group of Institution in association with Y's men International, Bangalore downtown, KIDWAI Memorial Institute of Oncology, Bangalore and IQAC KIMS on 25 Jan 2019. A team of 11 Doctors and Nurses of KIDWAI Memorial Institute of Oncology, Bangalore come for the collection of Blood. A total 162 units were collected in the camp.
- The traffic awareness program was conducted on 30th March 2019 by all departments of KGI. Awareness was raised through mimes, action

songs, and pamphlets distribution.

- Other MARKER days celebrated includes WORLD KIDNEY DAY, WORLD TUBERCULOSIS DAY, etc.

OTHER EVENTS & CELEBRATIONS

- Orientation Programme: An orientation programme Commensuo 2019 was done for the fresh students in September in order to orient them to this new environment.
- Fresher's Day: Fresher's Day was organized by senior batches to make them feel home at Koshys.
- Christmas celebration: Soaking in the spirit of Christmas, Koshys College of Nursing celebrated the festival with enthusiasm on 12th December 2018. The program which was organized by SNA, included competitions like crib making, other cultural events and refreshments.
- Graduation Day: Graduation Day was conducted on 21st August 2018. Honorable Vice Chancellor Dr. S Sacchidananda was the chief guest for the same.
- Lamp Lighting Ceremony: Light and brightness have always been equated with positivity and associated with spiritual beings it is so closely related with nursing profession. Lamp lightening ceremony for the new batch of BSc and GNM (2019) was held on 7th February 2019. Prof. Maryann Wshington, Faculty SJRI and Capt Suma CNS Cyte Care group of hospitals were the guests for the function.
- New College Block Inauguration: The idea of the new building for the New College Block was extravagant. The inauguration was done on 21st January 2019. Founder, Mr. C. Koshy, Chairman, Dr. Santosh Koshy, and many other important dignitaries were present for this joyful occasion. Blessing of the building was done by the parish priest.
- Farewell: Farewell 'Adios' for outgoing BSc and GNM batch was organized by 3rd year B.Sc and 2nd year GNM studentson 26th July 2019 at Koshys auditorium. Ms. Sreela P. M. from 4th year B.Sc and Anon Khawas from 3rd year GNM were nominated as the Best and favorite seniors.
- International Workshop: Koshys School & College

of Nursing organized an International workshop on "Transforming quality through patient safety" held on 31st July 2019. This workshop was positively designed for healthcare professionals including doctors, nurses, nurse educators, allied health professionals, senior nursing students, quality co-coordinators and administrators. 230 delegates from various hospitals and institutions attended the workshop

- Visits & Trips: Visits organized for various departments included,
 - The National Tuberculosis Institute is a Government of India institute
 - The Family Planning Association of India
 - The Spastics Society of Karnataka
 - St. Johns National Academy of Health Sciences and College of Nursing
- A trip to Wonderla was also organized for our students on 4th and 5th July 2019 as two batches. Students enjoyed well.

STUDENT WELFARE ACTIVITIES

Medical Facilities are provided to the needed students and vaccination is given against Hepatitis B before sending them to clinical settings. Students are under medical insurance where they get treatment at hand as and when needed.

DISCIPLINE

We do give prime importance to discipline. Today's students are tomorrow's leaders. So we mould the students in all the aspects to lift them up to reach the heights in the future. Students are trained to cope up in the challenging world awfully.

RESEARCH ACTIVITIES

The KCN do have 8 recognized research guides. Teachers attend seminars and workshops, present and publish papers. The institution takes much initiative in research activities all throughout the year. Apart from guiding post graduate and undergraduate students in completing the requirements, 8 research projects are approved for UG research grant by RGUHS

PLACEMENT CELL

Our placement cell is functioning under well experienced faculties with the guidance of management. Last year 80 % of the students got opportunity to work in well reputed hospitals. Presently all our graduates are placed in various corporate hospitals with excellent remuneration. We are to plan the same for the upcoming batches too.

I want to thank Chairman and the management of KCN for having agreed to lead us into the challenges ahead. I am sure that all of you will agree to the fact that KCON will always remain as an institution with a reputation

for academic excellence and a supportive campus environment.

As the beautiful batch is going out, so dear to us, we will miss you all. Thank you for everything you had been to us.

To all gathered here again, rest assured we at the KCON are determined to make a difference. This is a commitment we make to you, to our students, to our respective discipline, to our societies and to the world at large.

In closing, I thank you all for being here, thank you for taking your valuable time Out to be with us today to support and bless our students. Thank you.

9th Sept 2019



Pillars of Support

OUR TEACHING STAFF (2018-19)



THE SUPPORTING HANDS - SNA OFFICE BEARERS (2018-19)



Academic Highlights

RGUHS RANK HOLDERS

(B.Sc NURSING 2014-18 BATCH)



Mr. TSHERING DORJI

Staff Nurse, Jigme Dorji Wangchuck National Referral Hospital, Bhutan

4th Rank: Medical Surgical Nursing, 6th Rank: Community Health Nursing-I, Nursing Research & Statistics, 9th Rank: Child Health Nursing



Ms. SHWETHA GUPTA

Ot Nurse, Prayag Hospital Delhi

5th Rank: Nursing Research, 7th Rank: Sociology, Ppg, Community Health Nursing, 9th Rank: Mental Health Nursing, Management of Nursing Services and Education



Ms. JOSY THOMAS

Staff Nurse- Appolo Hospital, Bangalore

8th Rank: Management of Nursing Services & Education, 10th Rank: Community Health Nursing



Ms. MANJUSHA CHANDRAN

Staff Nurse, Columbia Asia Hospital, Bangalore

10th Rank: Nursing Research & Statistics



Mr. TOMMY RAKTE DOKRE MARAK

Staff Nurse, Manipal Hospital, Bangalore

10th Rank: Management of Nursing Services & Education



Ms. SREELA KURUP

Staff Nurse, Columbia Asia, Hebbal

10th Rank: Management of Nursing Services & Education

INSTITUTION TOPPERS

(B.Sc NURSING & GNM (2017-18))



From (L-R): Sushmita Banerjee (3rd Yr B.Sc), Priyadarshini Das (2nd Yr B.Sc), Sukanya Mahanti (1st Yr B.Sc), Triparna Sahoo (1st Yr GNM), Nisha Chatterjee (2nd Yr GNM)

BEST OUTGOING STUDENTS



Ms. Sreela PM

(B.Sc Nursing - 2015-19)



Ms. Zonunmawii

(GNM Nursing - 2016-19)

ACADEMIC EXCELLENCE



Ms. Grace Mathew

(B.Sc Nursing - 2015-19)



Ms. Nisha Chatterjee

(GNM Nursing - 2016-19)

BEST STUDENT NURSE



Ms. Karma Lamu

(B.Sc Nursing - 2018-19)

GOOD SAMARITAN



Mr. Anon Khawas

(GNM Nursing - 2016-19)

Research Club



BEST CLASS 2018-19
2nd Year GNM

Nursing research has a tremendous influence on current and future professional nursing practice, thus rendering it an essential component of the educational process. Only with experience can students begin to understand the concept and importance of nursing research.

Koshys research club "PESQUISA" was established in 2017 as a focus center to promote research culture among faculty and students.

The following are the objectives "PESQUISA";

- To promote research culture by encouraging quality research activities by students and staff.
- To conduct research project with financial assistance from various organizations
- To disseminate current research knowledge among the entire nursing fraternity.
- To encourage faculty and students to participate in conferences and seminars and to conduct paper presentations.

Since then students and faculty are actively undertaking various research studies. Currently 3rd year B.Sc nursing students have undertaken studies in various specialties, of which four proposals are selected by RGUHS for research grant. Totally they will receiving a sum of Rs. 60000/-. This is a great achievement as well as motivation for students. We hope that we will be able to achieve more in coming years. Following are the research titles which are approved by the university.

Title
<ul style="list-style-type: none"> • A study to assess the knowledge and attitude of primigravida mothers regarding colostrum feeding with a view to develop an information booklet.

<ul style="list-style-type: none"> • A study to evaluate the effectiveness of planned teaching program on knowledge regarding healthy food habits among early adolescent students I a selected school, Bangalore
<ul style="list-style-type: none"> • A descriptive study to assess the knowledge regarding warning signs and screening methods of cervical cancer among women, attending OPD in selected hospitals, Bangalore.
<ul style="list-style-type: none"> • A descriptive study to assess the knowledge and attitude of high school teachers regarding school sex education in selected schools, Bangalore

Findings of any research should be disseminated appropriately among all relevant professional group. Two papers presented during the international conference. List is given below:

Students name	Topic
Kimberly and group	A study to assess knowledge regarding sexual abuse among adolescent girls in a selected school, Bangalore
Ritika Pradhan and group	A descriptive study to assess the perceived level of satisfaction towards nursing care among hospitalized patients in selected hospital, Bangalore.

Realizing the importance of developing clinical research capacity as a key factor in evidence based health care practice, our faculty are also very keen in conducting studies and publishing it. Faculty published their studies in various international journals

Name of faculty	Article
Prof. Sereena Shaji Principal , KCN	Care givers expectation on quality of pediatric nursing care – The findings of a qualitative study
Mrs. Mini Gibi Asso. Prof	Delayed Cord Clamping. International journal of innovative science and research technology.[ISISRT] vol -8, issue 5, may-2019
Mrs. Melba Elizabeth Asst. Prof	Nursing Informatics International journal of innovative science and research technology.[ISISRT] vol -4, issue 4, April 2019, page 56-59
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Cultural & Sports Competitions

SNA XLENCIA 2019, SEASON 3



SNA Xlencia 2019 was conducted between 26th June 2019 to 30th June 2019, at Koshys School and College of Nursing. Students from both B.Sc. Nursing and GNM actively participated in the event.

DAY 1 (26th June,19): Events on Day 1 included, Essay writing, Rangoli, Vegetable carving, Poetry, hairstyle, water painting, Sketch, Flower arrangements, Chess, Shuttles and Best from waste.

DAY 2 (27th June,19): Day 2 began with the inauguration of sporting events like, Parade com-

petition, 100 meters track, 100-meter relay, throw ball, football, discuss throw, etc.

DAY 3 (28TH June,19): On Day 3 events like Just a minute, Solo song, Western and Vernacular, Mime, etc., were conducted. Other events included, the most funny and fantastic crazy style, the best touching tones and solo musical instruments.

DAY 4 (29TH June,19): Day 4 started with the group dance competition which was later followed by Mr. and Ms. SNA competition and short film competition.

In the afternoon, the events came to an end with the distribution of trophies, medals and certificates to all the winners. The overall champions among the 4 groups was Group 4: Hygias Blue Team. The other winners were Group 2: Asclepius White Team, Group 3: Aphrodites Red Team and Group 1: Adhena Orange Team, respectively.

Xlencia-19 helped students improve their extracurricular activities, competency and team spirit. The four days of the SNA event was a grand success.

SPORTS EVENTS



OVERALL SPORTS CHAMPION

Mr Mohamed Ameer Khan P V



CULTURAL EVENTS



OVERALL CULTURAL CHAMPION

Mr shawon Franklin Ghoroz



BANGALORE ZONE SNA SPORTS & CULTURAL COMPETITIONS



Bangalore zone SNA competition was held at RR Institution on 19th June 2019. The theme of the program was "Shorya and Josh". The students from Koshys College of Nursing participated in all the events. Off-stage events included essay writing, pencil sketch, painting and 100-meter race. Stage events included Mr. and Ms. SNA competition, folk dance (both solo and group), quiz and mono act. The students participated with great enthusiasm and competed against approximately 30 nursing colleges. The program

witnessed outstanding performances by students from various colleges. It was a tight competition and the students managed to win six trophies for the institution. It was indeed a memorable day for all the students who had participated. The winners from KGI were:

1. Mr. Anon Khawas (3rd year GNM) was crowned Mr. SNA 2019.
2. Ms. Bishaka and team bagged second prize in poster presentation.

3. Mr. Sushant (2nd year B.Sc) bagged second prize in essay writing.
4. Ms. Chandrima (2nd year B.Sc) bagged second prize in pencil sketch.
5. Mr. Mohamed Ameer Khan (4th year B.Sc) bagged first prize in 100 meters race.
6. Ms. Gargi and team bagged second prize in group folk dance.

SNA COMPETITION (STATE LEVEL)



The state level SNA competition was held in AECS Maruthi College of Nursing on 20th July 2019. The first and second prize winners of the Zonal level SNA competitions were eligible to participate in the State level competition. The students representing Koshys School and College of nursing were:

1. Mr. Ameer (4th year B.Sc.) for 100-meter race and he won second prize.
2. Ms. Chandrima (2nd year B.Sc.) for pencil sketch and she won second prize.

3. Mr. Anon (3rd year GNM) for Mr. SNA and was crowned runner up in the personality contest.
4. Ms. Rama and Mr. Priyadarshini (2nd year GNM and 3rd year B.Sc.) for poster presentation.

5. Mr. Susant Chettri (2nd year B.Sc) for essay writing.
6. Ms. Gargi and team for group dance and they secured second position.

Koshys School and College of Nursing got second position in the overall achievements. Programs included in the competition were Quiz, Extempore Speech, Pencil Sketch, Essay Writing, Floor Decoration, Poster Decoration, Painting Competition, Sports (running, discuss throw, etc.), Traditional dance (both solo and group) and Personality contest. A valedictory function was held at the end to distribute trophies and certificates for the winners.

INTER-COLLEGE FEST (Yuvatarang)



Koshys College of Nursing participated in Yuvatarang, an inter-college fest at Indian Academy College of Nursing on 8th & 9th

February 2019. The students participated in various events like singing, dancing, etc., and secured 2nd position among more

than 50 colleges that had participated in the event.

NSS Report



MRS. JIPSA PHILIP
Lecturer, NSS Program Officer

National Service Scheme is a Nobel experiment in academic expansion with a motto of "NOT ME, BUT YOU". It inculcates the spirit of voluntary work among the students and teachers through sustained community interaction. It brings academic institutions closer to society. The aim of NSS is the development of the personality of students through community services.

NSS unit was formally approved by RGUHS in Koshys College of Nursing, on 16 November 2017. The advisory committee members met together and planned the activities for the whole year under the guidance of Prof. Sereena Shaji, Chairperson and Principal, Mrs. Jipsa Philip, NSS Programme Officer. The advisory committee meets regularly to plan and discuss about various activities.

VARIOUS ACTIVITIES DONE UNDER NSS

Koshys College of Nursing officially inaugurated NSS unit on 22nd November 2017 at 2 PM in the auditorium. The Chief Guest for the function was Prof Madhusoodhanan Joshi, NSS

Coordinator, Koshys Institute of Management Studies. The dignitaries were Mr Lophy Vellara, COO, Koshys Group of Institutions; Prof Sereena Shaji, Principal and NSS Chairman, KCN and Prof Raghavendra, Vice Principal, Koshys Institute of Management Studies. Chief Guest addressed the gathering by stating the importance of NSS and Prof Sereena Shaji, NSS Chairman, KCN, given a brief introduction to NSS

Followed by the NSS inauguration, the Health talk on 'ETIQUETTE' was given by Mrs Jipsa Philip, NSS Programme Officer, KCN, for the Nursing students. As a part of mess etiquettes NSS volunteers have taken initiative to arrange the mess hall and pasted different posters on prevention of food and water wastage, steps in hand washing and importance in maintaining a clean mess.

An exhibition and rally on HIV/AIDS on 4th & 12th December 2017 was organized, at Koshys campus and at Bagalur circle respectively. The exhibition was officially opened by Mr. Lophy Vellara, COO, KGI and Mr Pankoj, Admission Head, KGI. Followed by

a brief talk on the theme "My Right My Health" by Prof Sereena Shaji, Principal and NSS Chairperson. The NSS volunteers along with other nursing students performed a flash mob on stigma towards HIV & AIDS clients in the Koshys campus and an awareness rally was carried out from Koshys campus to Thavakkal mosque.

On December 12th an awareness rally and flash mob was conducted at the Bagalur circle benefiting around 100 people.

NSS special camp was organized along with Koshys Institute of Management studies from 6.02.18 to 12.02.18 at 3 village areas, Vijayapura, Devanahalli and Sidhalaghatta, in cooperation with Farmers cooperative society and BBMP. 100 NSS volunteers were deputed for the camp. The theme of the camp was based 'Health and Sanitation. NSS volunteers reached the 1st camp area, Vijayapura on 5.02.18 at 7pm.

As part of the observance of Swachhta Pakhwara from 01st to 15th August, 2018 the NSS unit conducted the below mentioned activities

1st August, 2018	One-day seminar on Swachhta by Prof Raghavendra, Vice Principal, KGI. He addressed the NSS Volunteers on the various issues of Swachhta. The event ended with the Swachhta Shapath (Oath) delivered by Prof Sareena Shaji, Principal and NSS chairperson along with all the NSS Functionaries including NSS Volunteers.
2nd - 5th August, 2018	NSS volunteers cleaned the college campus areas like classrooms, laboratories, libraries, toilets, playgrounds and lawns
6th - 8th August, 2018	NSS Volunteers visited Bagalur rural and urban area and along with hand-out on cleanliness and importance of toilets were distributed door to door. Flash mob along with mime depicting the importance of cleanliness and use of toilets was conducted in Bagalur circle.
9th - 10th August, 2018	Bagalur rural and urban area was cleaned for two days along with the local people.
11th - 13th August, 2018	NSS volunteers cleaned the surroundings of community centers (Bagalur PHC) and planted few saplings in the PHC area which was accompanied by Dr.Nagesh, Medical Officer, Bagalur PHC.
14th August, 2018	NSS volunteers organized a rally in Bagalur Village Circle by depicting various messages of cleanliness on placards.
15th August, 2018	The NSS Unit held a meeting of NSS Volunteers under the Chairmanship of the Prof Sereena Shaji, Principal Koshys college of Nursing declared the institution as "Clean Institution"

Koshys College of nursing students (3rd year BSc) participated in walkathon ON 10.11.2018 at 7:00am to create awareness to say NO TO DRUGS, organized by Ministry of Youth Empowerment and Sports, Government of Karnataka in association with Bangalore City Police. Students from various nursing colleges, and other streams participated in the walk.

A rally on HIV/AIDS on 1st December 2018 was organized, in association with INA (Indian Nurses Association) Karnataka nurses unit at infant Jesus children's home, Kothanur. The NSS volunteers performed a flash mob and mime on stigma towards HIV & AIDS clients in the Kothanur and an awareness rally was carried out from chikkagubbi to Kothanur.

Empowerment rally was organized on women's day on 8th March 2019, at Bagalur village. A talk regarding need for women empowerment and benefits available for women in India was done for women in Bagalur. Marathon was organised on behalf of empowering women on 9th March 2019 from college campus to Bagalur circle.

Awareness programme and quiz competition was done as a part of World Health day (April 7th) on 8th April 2019, at Koshys campus. The programme was officially inaugurated by Mr. Lophy Vellara, COO, KGI and Mr Pankoj Roy, Director Admission, KGI and Prof Sereena Shaji, Principal and NSS Chairperson. Followed by a mime revealing the theme "Health For All, Universal Health Cover-

age: Everyone, Everywhere " and brief talk and presentation on the theme. Quiz competition was conducted for the students.

Tobacco is the world's leading, preventable cause of death. In connection NSS cell of RGUHS (Rajiv Gandhi University of Health Science) in association with Sambandh Health Foundation, Haryana, India has organized 1 day workshop "Pledge for life-Tobacco free youth Campaign" on 27th August 2019 in RGUHS. NSS programme officer and 2 volunteers participated, which sensitized the participants how to prevent initiation of tobacco consumption and action plan done by NSS towards this.

Events & Celebrations



WORLD BREASTFEEDING WEEK

The World Breast-Feeding week was celebrated on 6th August 2019 at Little Flower Hospital. The Theme for the celebration

was "Breast Feeding Foundation of Life". A presentation, mime and model presentation were done by 4th year B.Sc. Nursing students,

to create awareness among the mothers regarding Breast-feeding.

WORLD MENTAL HEALTH DAY



The World Mental Health Day was celebrated on 11th October 2018 in the Koshys Auditorium. Later, a visit was organized to the Home of

Hope, at Doddaguddi Village, Bangalore. The theme for this event was "Young People and Mental Health in a Changing World." A

drama was performed by 3rd year B.Sc. Nursing and GNM students, depicting the theme.

WORLD DIABETIC DAY



The World Diabetic Day was celebrated on 16th October 2018 in the Koshys Auditorium. The theme for the celebration was

'Family and Diabetes'. A seminar was conducted by the 3rd year B.Sc. Nursing students and was followed by a quiz competition

based on the seminar. A poster presentation and musical drama was also conducted on the basis of the theme.

CHILDREN'S DAY CELEBRATION



Children's day celebrated on 14th November 2018, was coordinated by 4th Year BSc Nursing students

at Home of Hope, Doddagubbi, Bangalore. The celebrations included games, dance and action

songs led by the students followed by distribution of gifts and sweets to the children.

WORLD AIDS DAY CELEBRATION



World AIDS Day was celebrated on 1st December 2018. It was attended by the students of 3rd year B.Sc. Nursing. A rally was con-

ducted with many other colleges and posters were made to create awareness. Later a flash mob was conducted by students, which

continued with raising awareness through a mime.

CHRISTMAS CELEBRATION



Soaking in the spirit of Christmas, Koshys College of Nursing celebrated the festival with enthusiasm on 12th December 2018. The

program which was organized by SNA, included competitions like crib making, other cultural events and refreshments. The festive oc-

casión of the Christmas celebration was marked with a beautiful message given by Rev. Fr. Jijo El-lathumkudiyil O. Praem.

NEW COLLEGE BLOCK INAUGURATION



The idea of the new building for the New College Block was extravagant. The inauguration was done on 21st January 2019.

Founder, Mr. C. Koshy, Chairman, Mr. Santosh Koshy, and many other important dignitaries were present for this joyful occasion.

Sweets were distributed to all the students in the Nursing Department.

BLOOD DONATION CAMP



A blood donation camp was organized by Koshys Group of Institution in association with Y'smen International, Bangalore downtown, KIDWAI Memorial Institute of Oncology, Bangalore and IQAC KIMS on 25 Jan 2019

A team of 11 Doctors and Nurses of KIDWAI Memorial Institute of Oncology, Bangalore come for the collection of Blood. The event started with Invocation song by students of KGI in the presence of chief guest of honors YSM M.

PARAMESWARAN District Governor's Men International, Dr. SatheeshBabu Blood bank medical officer KIDWAI Memorial Institute of Oncology, Bangalore, Dr. Madhujavaregoweda Kannur gramapanchayat member, Dr. Rajesh. S Principal, B M Group of Institutions Bangalore.

The YSM .M. PARAMESWARAN, District Governor's Men International and enlightened the students and gathering with his words.

The activity of blood donation was started at 9:30 AM and continued till 3:00 pm in the evening. There was overwhelming response by the students, faculty and other volunteers joined the event. A total 162 units were collected in the camp.

A certificate of appreciation, refreshment was given to each donors as token of gratitude.

COMMENSUO (NURSING ORIENTATION 2018)



"COMMENSUO" Orientation and Induction programme, for the 2018 BSc Nursing and GNM batch, has been ceremoniously organized at Koshys College of

Nursing. All the freshers have actively interacted with the faculty and got accustomed to the Koshys student culture.

We thank all the student volunteers and respective Departments for their abiding support.

FRESHERS PARTY (LA VIE MARINE)



Freshers day 2018 LA VIE MARINE has been organized by 2nd year bsc and gnm students of koshys school and college of

nursing as the part of welcome programme. All the freshers have actively participated in this programme. They enjoyed the

precious moments with various cultural programmes and games, which made them to feel family environment in new place.

LAMP LIGHTING CEREMONY



The lamp lighting ceremony was conducted on 7th February 2019 for the 1st year B.Sc. Nursing & 1st year GNM students. Lamp lighting and oath taking was done

by 1st year nursing students as a part of entry level to their learning and training to acquire professional skills and understanding their role in society as a student

Nurse and later as a professional Nurse. The ceremony was delightfully organized and enlightening the students becoming as a part of the profession.

INTERNATIONAL WOMEN'S DAY



A Women's day awareness rally was conducted on 8th March 2019 as part of International women's day celebrations. Pam-

phlets were distributed by the 1st year GNM students, followed by model presentation which helped create awareness about the im-

portance of women, among the students.

WORLD KIDNEY DAY



On 18th March 2019, the World Kidney Day was commemorated through an exhibition, with the help of AV aids, on "Kidney Health

for Everyone, Everywhere." It was conducted by 2nd year B.Sc. Nursing students. The content was well explained by all the stu-

dents and the program was a success.

WORLD TUBERCULOSIS DAY



Koshys College of Nursing commemorated the World Tuberculosis Day on 22nd March 2019. The program was conducted by 4th year B.Sc. Nursing students. The

theme for this celebration was "It's Time to End TB." A presentation was given by 4th year B.Sc. Nursing students and based on the presentation a quiz was sub-

sequently conducted. A Mime was also performed based on the theme for the event.

TRAFFIC AWARENESS PROGRAM



The traffic awareness program was conducted on 30th March 2019 by all departments of KGI. Awareness was raised through

mimes, action songs, and pamphlets distribution. The photos and video taken during the program was uploaded in KGI official

pages on YouTube & Facebook. The event was successful.

WORLD HEALTH DAY



World Health Day (7th April) was celebrated on 8th April 2019, by 4th year B.Sc. Nursing students in association with NSS. The theme

for the celebration was "Health for All - Everyone, Everywhere." Mime and presentations were conducted which was followed by

a quiz competition. The winners of the quiz were awarded prizes.

INTERNATIONAL NURSES DAY



International Nurses Day (12th May) was celebrated on 11th May 2019. The theme for the celebration was "Nurses: A Voice to Lead - Health for All." The program began with the lighting of the Traditional Lamp by dignitaries. Mrs. Biji Thomas, Vice Principal gave a presentation on the theme. 3rd

year B.Sc. Nursing students performed a Musical Drama that depicted the Milestones of Nursing and 4th year B.Sc. Nursing students performed a Mime on the significance of Nurses in the society. The Oath taking ceremony was conducted by the Principal, Prof. Sereena Shaji. Vice Princi-

pal, Prof. Biji Joseph, SNA advisor, Mrs. Melba Elizabeth, and Vice President of SNA lighted the students' lamp. The dedication song was sung by 1st year B.Sc. Nursing students. Sweets were distributed to everyone.

FESTIN O BEATS ANNUAL DAY CELEBRATION



The Annual day of Koshys Group of Institutions was celebrated on 12th May 2019, in the Amphitheatre and was coordinated by all the departments of Koshys Group of Institutions. Masala Coffee,

a popular South Indian Musical Band performed during the celebrations. The budget for this event was raised through various sponsors. The 4th year B.Sc. students coordinated a stall with the

help of SNA. The media also covered the event. Masala Coffee's performance was electric and thoroughly enjoyed by everyone present.

FAREWELL ADIOS



Farewell 'Adios' for outgoing BSc and GNM batch was organized by 3rd year B.Sc and 2nd year GNM students on 26th July 2019 at Koshys auditorium. Junior batches performed group dances, sang songs and a special video was

dedicated to all the seniors. There were different games such as Fudo Fudie, Piska, Jill Jung Jack, etc., for entertaining the outgoing seniors. Senior students shared their experiences at Koshys. Ms. Sreela P. M. from 4th year B.Sc

and Anon Khawas from 3rd year GNM were nominated as the Best and favorite seniors. The program ended with National Anthem and dinner at 7 PM.

GRADUATION CEREMONY 2018



Koshys School and College of Nursing - Graduation Ceremony 2018 has been ceremoniously organized with grandeur! The Honorable Chief Guest, Dr Sachin

dananda, Vice Chancellor RGUHS and the Chairman along with other dignitaries graced the event with their benign presence.

We wish all the graduating students a grand success in all their altruistic endeavors. Spread love and care with kindness!

GRADUATION CEREMONY 2019



Graduation Day for the Nursing 2019 outgoing batch was solemnly organized by Koshys School & college of Nursing.

Accentuating the significance of being Passionate, the Graduation

Address was given by Honorable Registrar evaluation - RGHUS Dr. K. B Linge Gowda.

Students were honored with graduation certificates for their meritorious academia.

The Director and faculty members of the Nursing department wish all the students success in all their future endeavours!

INTERNATIONAL WORKSHOP



An International Workshop was conducted on the theme "Transforming Quality Through Patient Safety" on July 31st, 2019. Air Cmde Dr. Balakrishnan Jayan, was the chief Guest who inaugurated the function. Around 250

participants across Karnataka attended the workshop.

Understanding the concept of quality and patient safety in any healthcare facility is the first step towards improving patient safety,

saving patient life and better quality in health care.

Workshop was tailored to provide positive insight on improving quality through Patient safety.

SPLASH



Splash 2019 was held on 16th March 2019 at KGI. The program was organized for all the inter departments of KGI. All the partici-

pants competed very well and the final winning trophy was claimed by B.Sc. Nursing and the 2nd place was claimed by GNM Nurs-

ing. The event ended with a live performance by the KGI Band, at the Koshys Auditorium.

Nutrition Program

CINCO DE MAYO



A Nutrition Awareness program was conducted on 22nd February 2019 by 1st year GNM students in the nutritional lab. The theme of the program "Cinco De Mayo"

was explained. The presentation was given by using flash cards, charts, etc., and nutritious food were prepared and served by students to the dignitaries. The entire

program was successfully conducted and the students received appreciation.

FUDOBURASUTO



On 30th April 2019, the 1st year B.Sc. students too conducted a nutrition awareness program with the theme "Fudoburasuto," which

basically focus on Japanese food. The program was conducted in College Canteen and many dignitaries were invited. The food pre-

pared by the students was served to the dignitaries. The program was successful.

Visits and Trip

NATIONAL TUBERCULOSIS INSTITUTE, BANGALORE

The National Tuberculosis Institute is a government of India Institute, under the Directorate General of Health Services, Ministry of Health and Family Welfare, dedicated to advanced research on "Tuberculosis". The Institute is located along Bellary road, in Ban-

galore, Karnataka state India. 4th year BSC nursing students got an opportunity to visit the Institution on 24th April 2019. The Institute is standing for prevention, control and treatment of Tuberculosis and Allied diseases. The Institution promotes National Tuberculosis

Control Program in the country and to formulate strategies which are socially acceptable and economically feasible to assist and strengthen the program. And also to provide facilities for training, teaching and research activities.



FAMILY PLANNING ASSOCIATION OF INDIA

The Family Planning Association of India is a non-political association which was established in 1949 in Mumbai. The organization has 40 local branches across the country that promotes sexual health and family planning. The

organization is the National affiliate of the International Planned Parenthood Federation (IPPF). 4th year BSC Nursing students got an opportunity to visit the Institution on 30th April 2019. Services offered by the Institution are Ad-

olescent health clinic and counselling, Safe abortion, HIV/AIDS counselling, MCH services: ANC, Emergency contraception, Family planning services, Gynecological problems and Infertility.



SPASTIC SOCIETY OF KARNATAKA

The Spastics Society of Karnataka is a Non-Government Organization (NGO) dedicated to the welfare of persons with Neuro-Muscular and Developmental Disabilities. The Society provides a Comprehensive Package of Diagnostic and Intervention Ser-

vices to persons with Cerebral Palsy, Autism, Mental Retardation, Multiple Disabilities and Learning Disabilities. 3rd year BSC Nursing students got an opportunity to visit the Institution. Spastic Society of Karnataka SSK started as a branch of the Spastics Soci-

ety of India in the year 1982 and went on to become autonomous in the year 1994. SSK is located on a 5-acre campus, donated by the Government of Karnataka, in Indiranagar, in the garden city of Bangalore.



ST. JOHNS COLLEGE OF NURSING, MEDICAL COLLEGE

St. Johns Medical College is a prestigious private religious minority Medical College and Hospital situated in Bangalore, India. The motto of the institution is He Shall Live Because of Me. IV year

Bsc Nursing students got an opportunity to visit the institution. The institution had different academic divisions such as St. Johns Medical College, St. Johns Medical College Hospital, St. Johns

Research Institute, St. Johns College of Nursing, St. Johns Institute of Health Management and Paramedical Studies.



WONDERLA BANGALORE 4TH & 5TH JULY 2019

Wonderla, is one of the largest chains of amusement parks in India. It is owned by Kochouseph Chittilappilly and son Arun Chittilappilly and operated by Wonderla Holidays Limited which is

headquartered near Bidadi, 28 kilometres from Bangalore, Karnataka. Wonderla amusement park offers a variety of rides for all ages to enjoy, some of their rides are Recoil, Maverick, Y-Scream

and their latest addition Mission interstellar. Students went to Wonderla on 4th and 5th July 2019 as two batches. Students enjoyed well.



Student's Articles



SHORT STORY

THE BEAUTIFUL HEART

TINCY ANNIE THOMAS

2nd YEAR BSC

One day a young man was standing in the middle of a town proclaiming that he had the most beautiful heart in the whole rally.

A large crowd gathered and they all admired his heart for it was perfect. There was not a mark or a flaw in it. Yes, they all agreed it truly was the most beautiful heart they had ever seen.

The young man was very proud and boasted more loudly about his beautiful heart.

Suddenly, an old man appeared from now here in front of the crowd and said; "your heart is not nearly as beautiful as mine".

The crowd and the young man were surprised and looked at the old man's heart. The old man's heart was beating strongly, but was full of scars. It had places where pieces had been removed, other pieces put in that didn't fit quiet right and there were several jagged edges.

In fact, in some places there were

deep gouges where whole pieces of heart were found missing. The people starred.... How could he say his heart is more beautiful, they thought?

The young man looked at the old man's heart, saw its state, laughed and said. "You must be joking", Compare your heart with mine.... mine is perfect and yours is a mess of scars and gouges".

"Yes", said the old man, "Yours is perfect looking but I would never trade my heart with you. You see, every scar represents a person to whom I have given my love.... I tear out a piece of my heart and give it to the person I love and often they give me a piece of their heart, which fits into the empty place of my heart, person and they because they remind me of the love we shared.

Sometimes I have given pieces of my heart away...., and the other person hasn't returned a piece of their heart to me and these are the empty gouges. Giving love is taking a chance. Although these

gouges are painful, they stay open, reminding me of the love for these people who someday may return and fill the space I have. So now do you see what true beauty is?

The young man stood silently with tears running down his cheeks. He walked up to the old man, reached into his perfect young and beautiful heart, and ripped a piece out. He offered it to the old man with trembling hands.

The old man took his offering, placed it in his heart and then took a piece from his old scarred heart and placed it in the wound in the young man's heart. It fits... but not perfectly, as there were some jagged edges.

The young man looked at his heart, not perfect anymore but more beautiful than ever, since love from the old man's heart flowed into his. They embraced and walked away side by side.

Physical perfection is not always beautiful!

POEM

MOONLIGHT WALK

O my love I would keep my wishes hid
 No one ever knew if you wouldn't have made me
 Experience what you did....!
 I know you would make this light last for long time
 And I always wish you a night bright with moon shine...!
 A journey followed by the road, reaching to
 The distant sky...
 Feelings which cannot be conveyed with
 Words, but actions, disappear in the sea of
 Truth and lie...
 A journey by road with you
 Reaching to the distant sky seemed to be new...!
 I was under the moonlight feeling
 I'll never forget how your wounds were healing...
 You know?
 I don't want to be your sunshine...
 I want to be your moonlight
 I don't want to spit morning in your face and
 Remind you that it's time to go to work,
 I want to be that spirit that lets you know
 It's time to relax...
 I don't want to burn your eyes or your skin
 I never want to be capable of hurting you,
 I want to illuminate your soul

I may be under appreciated eclipsed in the
 shadows but I accept that I will always be
 there for you being a small light in the darkness.



TRIYA CHATTERJEE
 1st YEAR BSC NURSING

WINTER THOUGHT

The leaves are golden,
 The water is chill,
 But let the wind whistle
 As it is....
 It's winter time
 The Sun is faded,
 The flowers are shriveled,
 The moon is shaded
 And whenever I wake up in the morning
 It's all foggy;
 And I can't see a thing!

The Hills are covered, with mist and frost,
 It's so beautiful, It's so quiet, It's so lovely
 It's just so right,
 The BEST WEATHER
 Yes! It is in WINTER!

Winter forever,
 Full of beauty
 Full of enjoyment,
 Full of geity!

Picnics are on the list,
 It's so fun
 It's so important
 Just can't be missed
 WINTER, my favorite
 Always with a very good trick.

PENCIL & ERASER

It was a rainy day; we were very lazy to get up
 From the bed. But somehow we reaching class,
 We started our lives together, we become best friends,
 The days passed the strength of our bond became
 More and more; No one can separate us. Whenever I
 Do mistakes, he corrects me. We do our duties together
 Always we were together.....
 But one day I started realizing that I am going to
 Leave my friend. No, I can't! I have to talk to him
 I decided; "I am sorry, you get hurt because of me,
 Whenever I made mistakes, you are always there to erase
 It. But as you make my mistake vanish, you
 Lose a part of yourself and get smaller and smaller
 Each time".
 He replied;
 "I am really happy with you, so please stop
 Worrying, I hate seeing you sad".
 Those words made our friendship more stronger.
 If you cannot be a pencil to until someone's happiness,
 Then try to be a nice eraser to their sadness.....



ASWATHY MS
 2nd YEAR BSC NURSING

MY FRIEND

Friend, the verse brings me,
 a comfortable bond.
 Who made me laugh more,
 when, I don't want to laugh.
 Who made me cry,
 In her absence.
 I saw the fantasy of world,
 Through her eyes.
 I felt peace,
 In her voice.
 I feel safe,
 when her hands crossed my shoulders.
 I feel proud,
 when her head is up.
 I feel uneasy,
 In her silence.
 I never feel alone,
 because, she is always with me.
 I don't want to get away from her,
 she is always with me, like a shadow.
 Thank you God,
 for giving me a wonderful Friend.
 Thank you dear,
 for being my Best Friend.



SREELA PM
 4th YEAR BSC NURSING

ARTICLE

THE SECRET OF THE NATIONAL LIBRARY OF INDIA

The National Library of India on the Belvedere Estate in Airport, Kolkata, is the largest library of India by volume. The library is designated to collect, disseminate and preserve printed material produced in India. It has the largest collection of books that is 2.2 million. Before independence it was the official residence of governor general of India. It was established in 1836, 183 years ago as Calcutta public library. Then on 30 January 1903, 116 years ago it is changed as imperial library, and then on 1st February 1953, 66 years ago it is named as the National library of India. This library is much more than a place for just book lovers. This place is one of the most horror place in India. This treasure trove for bibliophiles attracts the lovers of ghost stories in equal numbers. The story of lady Metcalfe's ghost haunting its corridors has been there for quite some time. A lot of testimonies support the story, with people reporting the presence of someone simply watching them. Add to it the mystery of the hidden chamber that was discovered by the archeological survey of India (ASN) in 2010, a chamber that is rumored to have reduced as torture chamber during the British rule in India. As per witness accounts such paranormal experience increased all the more after 12 laborers lost their lives in an accident during some renovation work at the site.

ONAM

Onam is one of the most famous festival of Kerala, India. It falls in the Malayalam calendar month of Chingam. According to legends, the festival is celebrated to commemorate the King Mahabali, whose spirit is said to visit Kerala at the time of Onam. The festival commemorates the Vamana avatar of Vishnu. Onam is a festival of 10 days. Onam celebration in-

cludes "Vallam Kali" (Boat race), "Pulikkali" (Tiger dance), "Pookkalam" (Flower arrangement), "Onathappan" (Worship), "Vadam vali" (Tug of war), "Tumbittal" (Womens dance), "Kummattikkali" (Womens dance), "Onathallu" (Martial arts), "Onavillu" (Music), "Attachamayam" (Folk songs and dance) and other celebrations.

According to Hindu mythology, Mahabali was the great-grandson of a Brahmin sage named Kashyapa, the great-grandson of demonic dictator, Hiranyakashipu, and the grandson of Vishnu devotee Prahlada. It is believed that King Mahabali once comes every year to see his people and land and that is celebrated as Onam.

POEM

FRIENDSHIP

Friendships come and friendships go
Like wave upon the sand
Like snowflakes when they land
But you and I are something else
Our friendship has to stay
Like weed and rocks and dirty rocks
It never goes away.

A friend is a person
To laugh and cry with,
An inspiration,
Someone who lends a helping hand,
Though friend may not be forever,
And they may not end up together,
The memories of a true friendship will
Last forever.

A friend is not a shadow nor a servant.
But someone who hold a piece of a person in his heart.
Someone who shares a smile,
Someone who brightens up your day.
What makes a person a friend?
Is by saying your love will stay.



HAIMANTI BANDOPADHYAY
1st YEAR BSC NURSING

ARTICLE

WHERE DISCOVERIES ON FRIENDSHIP AND TEAMWORK CONVERGE...

Life without friends is meaningless. It is just an empty vessel with no soul in it. A perfect epitome of this can be considered the life of a college student where you discover the true strength of friendship, the power of love and the pain of betrayal.

Well, two blissful years of my college life has passed by and I find myself in an uneasy state of dilemma. I feel extremely elated that soon enough. I will be chasing my dreams and forge ahead on becoming what I aspire to be but then there's always this heart of mine which cannot get over the felt that I won't be surrounded by the same group of people again.

I thank God for giving me a wonderful group of people (who I proudly call my friends), who have always been with me though my thick and thin. They have sewn and laced gazillion memories with my life that I would undoubtedly take it to my grave.

Two years with a bunch of notorious group of people, or 'Hooligans' which most teachers call us have been a roller coaster ride with challenges and tons of fun... The year 2019 commended with the announcement of the results of first sessional, which I'm sure most of us weren't ready for. Whilst some astonished themselves by their potentials, some were disappointed by how their results came up. Nevertheless, the examination surely did help us find our true potentials.

The beginning of the year also featured the community postings where we were posted to remote villages to discover the problems of community. Going home to home under the blazing Sun was not an easy task, but our hard work and determination is what I believe I got us through.



SUSHANT CHETTRI
2nd YEAR BSC NURSING

Our teamwork was put into test when we were asked to organize an exhibition on 'AV aids' on World Kidney day. Though we were a little clumsy in the beginning, we managed to pull off an amazing program which was well appreciated by everyone.

The back to back clinical postings (which also included night shift) gave us a hard time in getting a decent amount of sleep but still taught us what dedication really is. There's a saying which goes "no pain, no gain" which perfectly describes the hard work we put into our postings and completing the necessary requirements simultaneously.

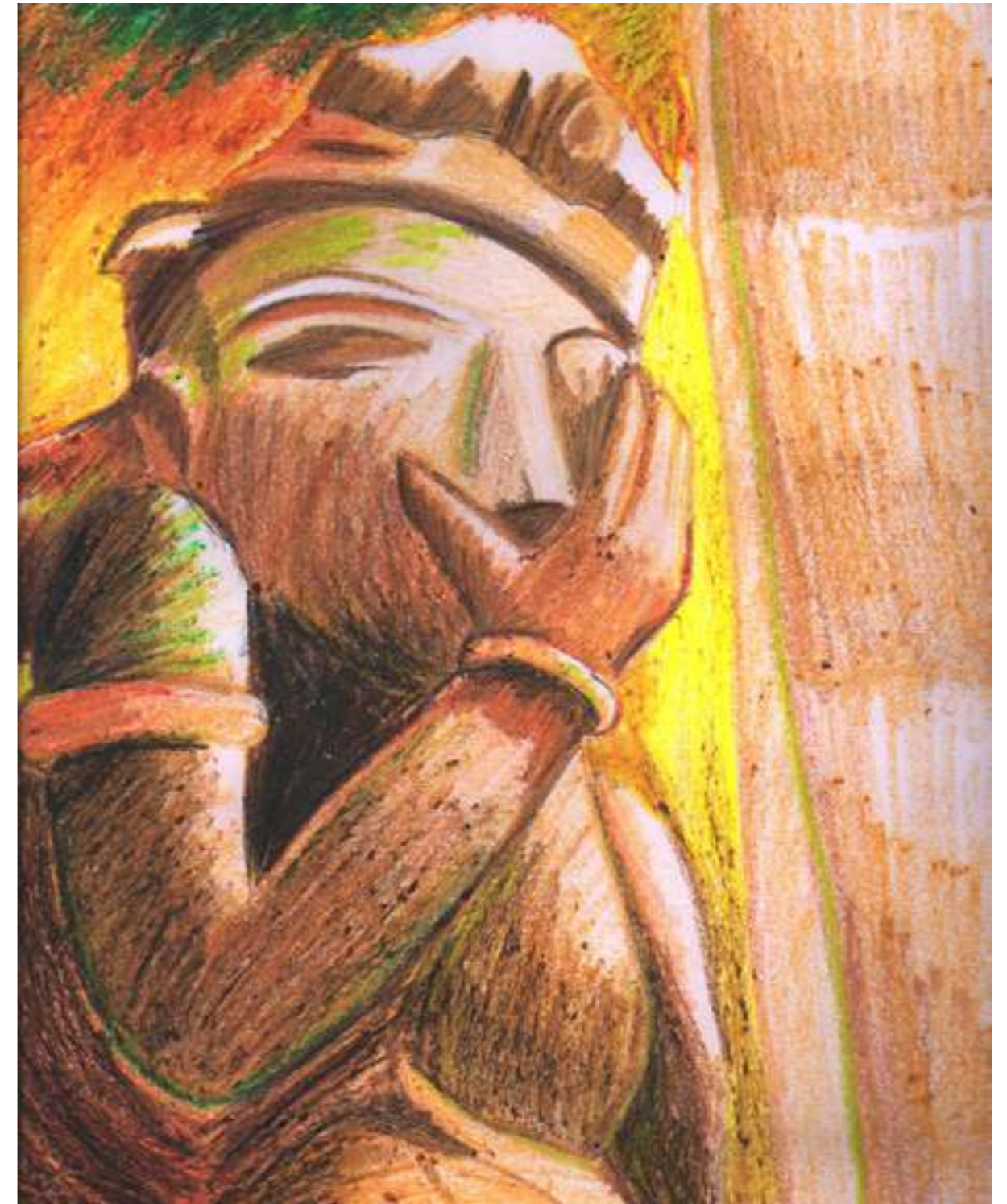
There's no denying the fact that our college provides an endless ocean of opportunities to expose our talents. The SNA week celebration is one such example; it sparks the fire of self confidence amongst the students. My class dominated the event by winning the most number of trophies which was the perfect wing for a fantastic year.

The two hardest things in life is saying 'Hello' for the first time and 'Goodbye' to the last. Our class coordinator, who had been our mentor since the beginning of the year, had to erase this journey with us which was probably the hardest thing for us to digest. I can never forget the day we had our last meet in the same room where she taught us for almost a year. Her presence will be missed by all of us.

The year has been an oxymoron of contradictory emotions. It has been a smooth ride for some of us whilst some bumped into roadblock. It is safe to say that we have come along a long way helping each other which has definitely made our friendship stranger. With the second sessional just around the corner, I sincerely hope that all of us show the same hard work and determination we have been showing throughout the year and prove everyone who have been doubting our potentials.



Shawon Franklin Ghoroz
3rd YEAR BSC NURSING



Sneha Sarkar
2nd YEAR BSc NURSING



Bishaka Biswas
2nd YEAR GNM NURSING



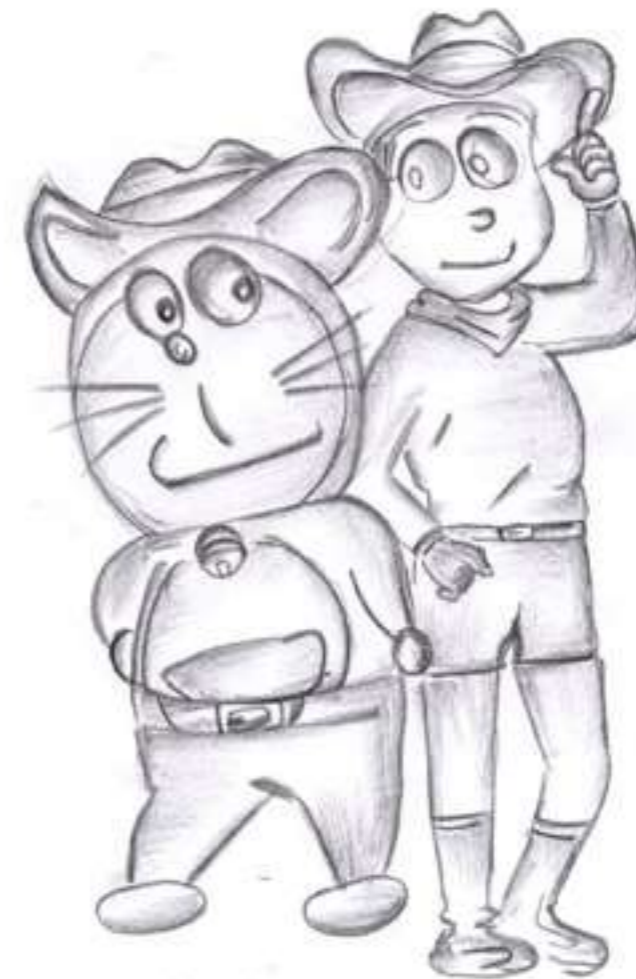
Riya Das
1st YEAR GNM NURSING



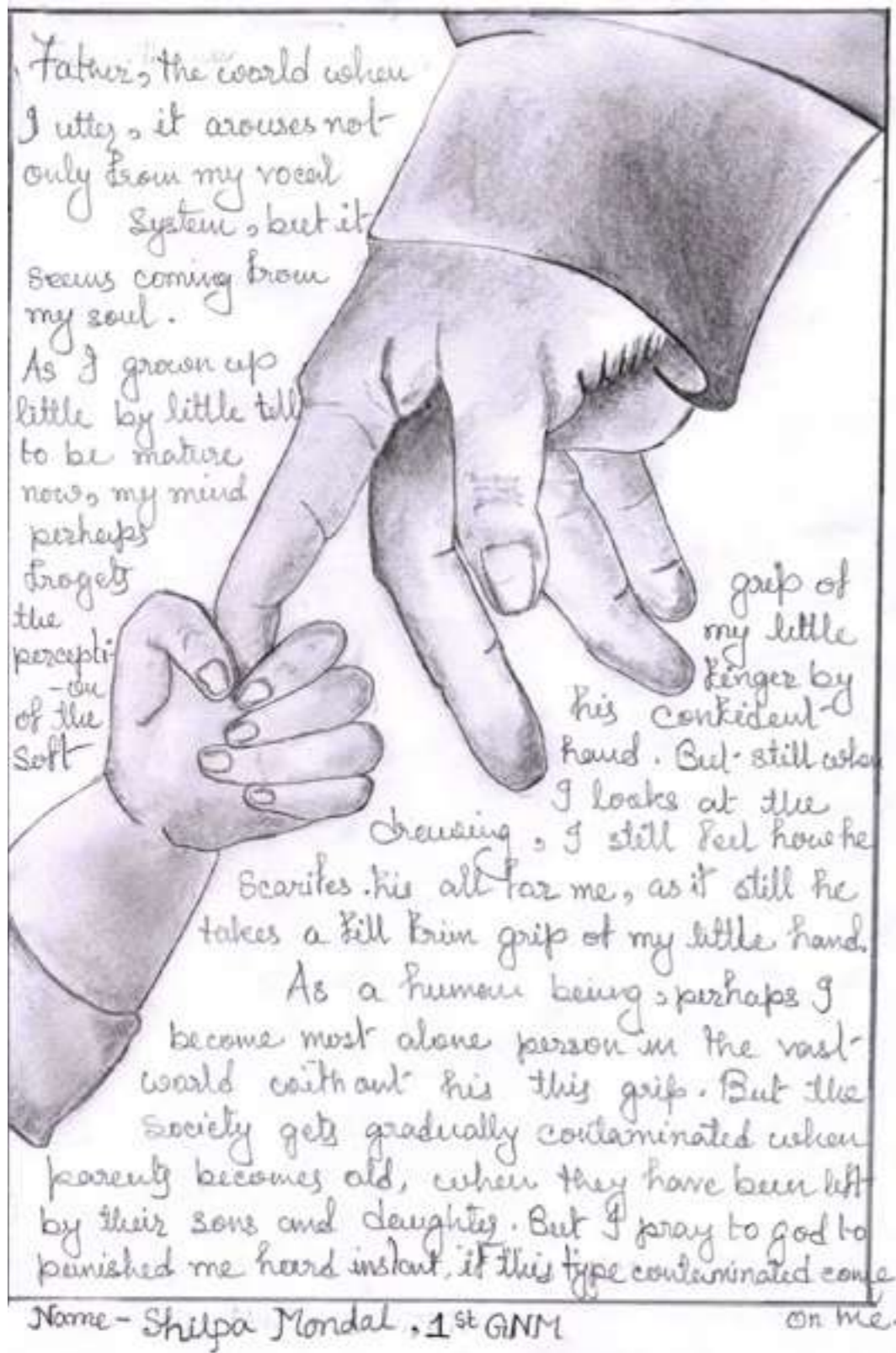
Ramnghilovi
1st YEAR GNM NURSING



62 **RAMNGHILVI**
1st Year G



Dipali
1st YEAR GNM NURSING



Shilpa Mondal
1st YEAR GNM NURSING

COLLEGE LIFE: THE OCEAN OF NEW BEGINNINGS

"College Is The Reward For Surviving High School" - Judd Apatow

Every teenager in the world has a dream to live a college life because they know it is the place where one can get more independence, freedom, hard work and life away from home. So it is a beginning of golden era which equips us for all the challenges we shall face in life and creates a strong foundation of knowledge.

After high school it is important to choose a professional course circumspectly. I opted for nursing because nursing is both art and science composed of psychosocial and biological science that work together to continually improve the health care field. College life gives an opportunity to explore. College phase furnishes us with the theoretical knowledge and clinical experience, which prepares us and makes us competent to deal with different situation in hospital settings and in life.

It is the college life where we acquire the attributes of being caring, compassionate, understanding, non-judgemental, realistic, open minded, honest, ethical



Adil Bashir
2nd Year B.Sc Nursing

and moral, which is significant for the nurses. College life provides us an occasion to meet divergent people from different places and different cultures so that we can interact with them and learn about their culture and develop a spirit of unity, brotherhood and friendship.

"The friends you make in college are Friends you'll have for life, even if you don't talk for years at a time" - Jessica Park

Life at college provides a learning environment which has a longer effect on student's life. The quality of teachers and their effective teaching styles really make college life exceptional. The teachers enlighten us with the knowledge of critical thinking skills and make us accomplished to use it within the nursing process: assessment, analysis, planning, implementation and evaluation. College provides an opportunity to learn from some research minds. The interaction with well-educated teachers and new classmates creates a different environment so that thoughts are changed, new hopes are generated and dreams become reality.

"A good teacher is like a candle it consumes itself to light the way for

others" - Mustafa Kemal Ataturk

The most interesting part of the college life is functions, tours, festivals and sports. It is one of the most important periods of college life where one can develop their hidden talents. It's only these occasions which provide an opportunity to be the artist you always wanted to be, you could be the director, you could be the singer and you could be the dancer of your dreams - College is the Santa Claus that keeps giving all these wonderful opportunities while you are in it.

"When talent meets passion success happens" - Bharat Agarwal

I conclude by saying that the college life is a beautiful blend of joys and memories. It is the wild mish-mash of experiences. It paves the way for a prosperous and healthy life in the years to come. Those who make the best of their time at college will find success waiting for them. An idler or a time killer repents in his future life. So the pleasure of the college life can at best be translated into a better future.

POEM

MY WISH AGAINST THE TRUTH

The room was quiet as always have been,
Have been there, not knowing since when,
Tried opening my eyes for a change,
Restless, helpless, struggled, and then...

Then window was half open,
The dull beam of light, made its way through the pane,
Touched my body and shook me up,
For a change help me in my pain...

The regular view was cold,
So was my life,
Closed my eyes and imagined myself standing,
I was on my feet, not paralyzed but jumping bold...
It was just an imagination,
And hope was just that kept me alive,
The far distant view from my window pane,
Seemed a perfect place for my life to regain...

Fear crawled in and so the noise,
My mind was loud and my heart weak,
The truth of my death was so strong,
I could just wish to stand someday
walk the view from my window,
I could just wish and nothing more...



Karma Lamu Sherpa
3rd Year B.Sc Nursing

ARTICLE

THE PLEASURE OF ESCAPE

A wise man once said and quoted;

"There is nothing in the world that can 'NEVER' take a step outside a person's heart." And this particular quote focuses on how an individual cannot keep something bottled up whether it is an emotion, feeling, idea or whatsoever.

We all live in a world filled with ample amount of different dreams and hopes and due to the society we live in, it remains within us unless we get an opportunity to bring it forward. Confidence is the main key to success, and with the help of that we can get somewhere in life, apparently.

I've brought up everything about feelings, dreams and hopes because we've all learned how to be satisfied with fulfilling certain themes or accomplishing something that makes us happy, but in reality no-one really cares about anyone or anything other than their own, and that is completely relevant. How long is someone going to just follow someone else's shoes when we've been gifted shoes of our own?



Auxileane
2nd Year GNM Nursing

I've come across different people from different places and different ethics and morals and their entire have their own particular way of being at peace. All the peer pressure, the traffic, the noise, the crowd has built up in all of our lives diverting us from mental peace. But oh! How wonderful it is to be in a calm manner...

Sitting under a tree while listening to a bunch of songs while having positive thoughts can ease a human at so many levels. Music can bring wonders to people, that's how people escape reality; they shut out any minute possible drama and shift to another dimension. Especially for the musicians. I know so many of them waiting to put on earphones blast their volume up and listen to their favorite genre of music to run away from reality.

'Books'

Books are known as an introvert's best friend, I suppose. I was reading an article the other day, about a famous super model once expressed, "I might seem like a woman who doesn't have time to read or write anything, but know that I have a library at home filled with 16 thousand books which I've already read, because that is my happy place". And honestly I could not relate anymore. An object having almost 200 to 300 pages can change a person's

mood, mentality and perception towards things or life in seconds.

Now that I've mentioned about Music and Books and walking away from the present, let me express one thing, escaping the reality is a human beings greatest pleasure. Not kidding.

All of us follow various routines in life, that's how the area was raised, to follow rules, to be on time or to be disciplined. However, getting into something or doing something that gives you generous pleasure is in no one else's hand other than your own and that is your super power. The same way we've taught ourselves to switch off our minds and go into a world of our own.

Reality is a scary loop hole, where we're unaware of what or how our coaster will turn; but always remember even if life is a roller-coaster and everything goes up and down, you have the remote to stop and reverse it whenever you want and that way you, yourself can find your mental peace. No one can help you escape the way you want to, only you can take yourself to a world where you want to be in. The way you escape from something is up to you, but the pleasure you get out of it is an unexplainable bonus, and may be that is the secret of "THE PLEASURE OF ESCAPE"

POSTER PRESENTATION

2nd Prize Winner from SNA Zonal level Competition



Bishaka Biswas
2nd YEAR GNM NURSING

SNA Groups Report 2018-19

APHRODITES (GODDESS OF LOVE & BEAUTY)

House in charge: Ms. Priyanka Fernandes

House captain: Ms. Gargi Basumatary

Vise captain: Mr. Dominic Taggee

“A QUITTER NEVER WINS, A WINNER NEVER QUILTS”

We the Aphrodites believe in being supportive to each other, humble to each other and maintaining strong bonding each other that make us more united.

CO-CURRICULAR ACTIVITIES

CULTURAL EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
12/12/2018	1	Carol competition	-
	2	Crib competition	II
	3	Mehandhi design	-
26/06/2019	4	Rangoli	I
	5	Pencil sketch	III
	6	Spot painting	-
	7	Poetry	II
	8	Essay writing	-
28/06/2019	9	Vegetable carving	II
	10	Flower arrangement	-
	11	Best from waste	-
	12	Facial painting	II
29/06/2019	13	Just a minute	-
	14	Solo song vernacular	III
	15	Solo song western	-
	16	Group song	I
	17	Crazy style	II
30/06/2019	18	Mime	-
	19	Solo instrumental	-
	20	Tablaeu	II
	21	Duet dance	II
	22	Solo dance western	II
	23	Solo dance vernacular	I
	24	Quiz	III
	25	Mr.SNA	II

	26	Ms.SNA	-
	27	Group dance traditional	I
	28	Group dance western	I
	29	Short film	I

SPORTS EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
26/06/2019	30	Shuttle boys	-
	31	Shuttle girls	I
27/06/2019	32	Parade	II
	33	Running Boys (100mtrs)	III
	34	Running Girls (100mtrs)	III
	35	Relay Boys	III
	36	Relay Girls	I
	37	Shot put Boys	I
	38	Shot put Girls	I
	39	Discuss throw Boys	-
	40	Discuss throw Girls	I
	41	Tug of war Boys	-
	42	Tug of war Girls	I
	43	Throw balls	-
	44	Foot ball	I
	45	Chess	I
	46	Caroms	-

It was really a great experience and week we had together with complete enjoyment and competence with hard work.

For four days of Xlencia 2019 we raised the rolling trophy of II Runner Up.

Thank You!

House Captain
Gargi Basumatary (IV year BSc Nursing)



ASCLEPIUS (GODDESS OF MEDICINE)

House in Charge: Ms. Reshma Tamang
House Captain: Ms. Twinkle Maria Tom
Vice Captain: Mr. Anon

"WINNERS ARE NOT PEOPLE WHO NEVER FAILS BUT PEOPLE WHO NEVER QUIT"

We the Asclepius believe in being together with great team spirit with same energy and focus on our achievements, that will highlight our unity.

CO-CURRICULAR ACTIVITIES

CULTURAL EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
12/12/2018	1	Carol competition	II
	2	Crib competition	III
26/06/2019	3	Mehandhi design	II
	4	Rangoli	-
	5	Pencil sketch	I
	6	Spot painting	-
	7	Poetry	I
	8	Essay writing	-
28/06/2019	9	Vegetable carving	III
	10	Flower arrangement	II
	11	Best from waste	-
	12	Facial painting	I
29/06/2019	13	Just a minute	I
	14	Solo song vernacular	I
	15	Solo song western	I
	16	Group song	III
	17	Crazy style	III
	18	Mime	II
	19	Solo instrumental	I&III
	20	Tablaeu	I
	21	Duet dance	I
	22	Solo dance western	III
	23	Solo dance vernacular	II
	24	Quiz	II
30/06/2019	25	Mr.SNA	-
	26	Ms.SNA	I
	27	Group dance traditional	II
	28	Group dance western	III
	29	Short film	III

SPORTS EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
26/06/2019	30	Shuttle boys	II
	31	Shuttle girls	-
27/06/2019	32	Parade	III
	33	Running Boys (100mtrs)	I
	34	Running Girls (100mtrs)	II
	35	Relay Boys	I
	36	Relay Girls	III
	37	Shot put Boys	
	38	Shot put Girls	-
	39	Discuss throw Boys	I
	40	Discuss throw Girls	-
	41	Tug of war Boys	II
	42	Tug of war Girls	-
	43	Throw balls	I
	44	Foot ball	I
	45	Chess	-
	46	Caroms	I

It was an amazing experiences and week we had united with good team spirit, supportiveness and enjoyment with hard work.

For four days of Xlencia-2019 we raised the rolling trophy of First Runner Up

Thank You!

Honor House Captain
Twinkle Maria Tom (IV year BSc Nursing)



ATHENA (GODDESS OF WISDOM, HANDICRAFT & WARFARE)

House in Charge: Ms. Pooja
House Captain: Ms. Kathing Lanluila
Vice Captain: Mr. Binita Banerjee

"THE FIVE S OF SPORTS TRAINING ARE: STAMINA, SPEED, STRENGTH, SKILL, SPIRIT; BUT THE GREATEST OF THESE IS SPIRIT"

We the Athena is a group of people that gathers together to achieve a common goal. The power of any one person is small, but if you are united into the team, we can achieve it.

CO-CURRICULAR ACTIVITIES

CULTURAL EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
12/12/2018	1	Carol competition	I
	2	Crib competition	
26/06/2019	3	Mehandhi design	
	4	Rangoli	III
	5	Pencil sketch	III
	6	Spot painting	III
	7	Poetry	I
	8	Essay writing	
28/06/2019	9	Vegetable carving	-
	10	Flower arrangement	-
	11	Best from waste	I
	12	Facial painting	
29/06/2019	13	Just a minute	
	14	Solo song vernacular	
	15	Solo song western	II
	16	Group song	
	17	Crazy style	
	18	Mime	
	19	Solo instrumental	II
	20	Tablaeu	
	21	Duet dance	
	22	Solo dance western	
	23	Solo dance vernacular	
	24	Quiz	
30/06/2019	25	Mr.SNA	
	26	Ms.SNA	I Runner Up
	27	Group dance traditional	II Runner Up
	28	Group dance western	-
	29	Short film	

SPORTS EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
26/06/2019	30	Shuttle boys	II
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27/06/2019	32	Parade	I
	33	Running Boys (100mtrs)	I
	34	Running Girls (100mtrs)	II
	35	Relay Boys	
	36	Relay Girls	
	37	Shot put Boys	II
	38	Shot put Girls	III
	39	Discuss throw Boys	II
	40	Discuss throw Girls	II&III
	41	Tug of war Boys	I
	42	Tug of war Girls	II
	43	Throw balls	II
	44	Foot ball	II
	45	Chess	
	46	Caroms	

Life is also just like a game. Sometimes, you win, and sometimes you lose. Participating in various games and sports develop a feeling of sporting spirit. In sports, the participating candidate may win or lose. The student learns to accept both victories and defeats with grace.

We conclude with famous say,

"Winners Win, Winners Lose, But Winners Play".

Thank You!

House Captain
Kathing Lanluila (IV year BSc Nursing)



HYGIEAS (GODDESS OF HEALTH)

House in Charge: Mrs. Feba N
House Captain: Ms. Grace Mathew
Vice Captain: Ms. Dipika Pradhan

"YOU CAN BECOME A WINNER ONLY YOU ARE WILLING TO WALK OVER THE EDGE"

We Hygiease "Goddess of Health" are the cooperative and stable group that made up of individuals with different aptitude and perspectives. We Hygieans are represented with Blue color which symbolizes trust, loyalty, wisdom and confidence.

CO-CURRICULAR ACTIVITIES

CULTURAL EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
12/12/2018	1	Carol competition	III
	2	Crib competition	I
26/06/2019	3	Mehandhi design	I&III
	4	Rangoli	II
	5	Pencil sketch	II
	6	Spot painting	I
	7	Poetry	-
	8	Essay writing	-
28/06/2019	9	Vegetable carving	I
	10	Flower arrangement	I
	11	Best from waste	II
	12	Facial painting	III
29/06/2019	13	Just a minute	II&III
	14	Solo song vernacular	II
	15	Solo song western	II
	16	Group song	-
	17	Crazy style	I
	18	Mime	I
	19	Solo instrumental	-
	20	Tablaeu	II
	21	Duet dance	III
	22	Solo dance western	I
	23	Solo dance vernacular	III
	24	Quiz	I
30/06/2019	25	Mr.SNA	I
	26	Ms.SNA	III
	27	Group dance traditional	III
	28	Group dance western	II
	29	Short film	II

SPORTS EVENTS

DATE	SL.NO	ACTIVITIES	POSITION
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	38	Shot put Girls	II&III
	39	Discuss throw Boys	II
	40	Discuss throw Girls	-
	41	Tug of war Boys	-
	42	Tug of war Girls	-
	43	Throw balls	-
	44	Foot ball	II
	45	Chess	II
	46	Caroms	II

The cultural arts are also a part of education, just like reading, writing, music, dance and painting. These are all keys that unlock profound human understanding and accomplishment. For four days of Xlencia-2019, we Hygieans enjoyed all these events and won the rolling trophy for Over All Champion.

We would like to extend our sincere gratitude to the head of the department and my Hygiease group members for their strong support and encouragement.

Thank You!

House Captain
Grace Mathew (IV year BSc Nursing)



SNA choir at KSCN

“MUSIC IS A MOONLIGHT IN THE GLOOMY NIGHT OF LIFE”

Koshys never backup in the all-round development of its students, which will never limit itself in academics; hence we take care of the euphonic abilities of our children.

As a part of our co-curricular activities we have an active Vernacular and Western Choir team under the expertise guidance of Mr Sudhakar John Doraiswamy. Our choir team participates in various cultural events and fests conducted inter-college and in-

tra-college level. Choir has participated in Zonal and district level SNA competition 2019 and won prizes for their mellifluous music. Musical presence of choir members is made available in any occasion of the college.



Independence Day

Independence day was celebrated in the spirit of patriotism. It is both an occasion to celebrate and to remember the struggles of those who fought to give us this gift.

On the occasion of 73rd Independence Day, Koshys Group of Institutions honoured the Staff, Training and Placement partners for standing through the fantastic

journey. Students participated in various cultural events.



INTRODUCING THE LEADERS FOR THE YEAR 2019-20



VICE PRESIDENT:
Mr Franklin Ghoroz

SECRETARY:
Ms Chandrima Karmakar

JOINT SECRETARY:
Ms Auxlleanne

TREASURER:
Mr Abin S Mathew

JOINT TREASURER:
Ms Susmitha Mondal

CULTURAL SECRETARY:
Ms Banish Mol Benny

DISCIPLINE SECRETARY:
Mr Maxim

SPORTS SECRETARY:
Ummar Mukhtar

Patronage for SNA XLENCIA '19

KOSHYS
SCHOOL & COLLEGE OF NURSING

Student Nurses Association (SNA)
Presents
XLENCIA '19
SEASON - 3

DATE: 26TH - 29TH JUNE, 2019 | VENUE: KOSHYS CAMPUS

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