



KARTHAVYA - II

SNA MAGAZINE 2020-21





Affiliated to Rajiv Gandhi University of Health Sciences,
Approved by Karnataka Nursing Council & Indian Nursing Council

Koshys College of Nursing, pioneered by the Chairman, Dr. Santhosh Koshy was established in the year 2003 and is now proudly known as Koshys Institute of Health Sciences (KIHS) with the addition of more Courses. Koshys Institute of Health Sciences is a fruit of the Education vision born out of Mr. C. Koshy, who always exhibited an empathetic commitment towards the development of the society.

“WHERE SUCCESS IS A TRADITION”

NURSES PLEDGE



I solemnly pledge myself before God
and in the presence of this assembly,
to pass my life in purity
and to practice my profession faithfully.
I will abstain from whatever is deleterious
and mischievous,
and will not take or knowingly administer
any harmful drug.
I will do all in my power to maintain
and elevate the standard of my profession,
and will hold in confidence
all personal matters committed to my
keeping and all family affairs coming to my
knowledge in the practice of my calling.
With loyalty will I endeavor
to aid the physician in his work,
and devote myself to the welfare
of those committed to my care

- Florence Nightingale



Vision, Mission & Core Values

VISION

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

professionals
Creating a nurturing environment of quality education and excellence
Instilling a passion for building strong and healthy communities

MISSION

Koshys strives to provide an unparalleled blend of affordable and quality health care education through:
Nurturing reliable, highly trained and compassionate

CORE VALUES

- Integrity
- Professionalism
- Customer Centric

Our Team : Our Strength



Advisory Committee

Dear Readers,

Very few have rightly understood the 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 Institute of Health Sciences we strive hard to bring out the inherent potential of our students to the best possible level.

As one mission of KIHS 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 college magazine

"KARTHAVYA- II" 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 KIHS, its events and achievements during the academic year 2019-21

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



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Rajiv Gandhi University of Health Sciences, Karnataka

Dr. S. Sacchidanand MD,DVD,DHA,FRCP (Glasgow)
Vice-Chancellor

No.PS/ /2020-21

01.03.2021

Message

I am happy to learn that the Koshys School and College of Nursing, Bengaluru is publishing its annual magazine KARTHAVYA. College magazines provide opportunities for the students and staff to express their talents in literary field. The magazines also promote interest among students to engage in co-curricular activities.

I am sure that the contributors of articles to the annual college magazine will make it a memorable read.

I complement the Principal and Staff of the College for their interest in promoting this activity and greet all the students for their initiative.



S. Sacchidanand
Dr. S. Sacchidanand
Vice Chancellor



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 Institute of Health Sciences, students are groomed not just as excellent health 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, analysis 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 the success of bringing out this Health Sciences magazine "KARTHAVYA" in such a magnificent manner.

I wish KIHS 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

"You don't build a house without its foundation. You don't build a hospital without its health professionals"

KIHS, ranked as one among the best Health Colleges in Karnataka, not only provides our students with state of the art infrastructure and technology but also a holistic and stimulating practical environment, that help our students to enhance their skills and grow into a better version of themselves.

At Koshys, we aim to keep pace with the evolving generation and advancement in education, keeping our students up to date and pushing them towards success for a bright future.

I am also ecstatic to announce that Koshys Institute of Health Sciences has grown larger to accommodate its newly introduced course into its selection - Bachelors Degree in Allied Health Sciences, namely B Sc in Operation Theatre and Anesthesia Technology and Bachelor of Science in Imaging Technology. This course brings about great opportunities for our students and unveils to them a wide

range of career choices in healthcare.

The health profession comes along with great responsibility and as it is said, as a nurse, everyday you will touch a life or a life will touch yours. So it is important to remember that health is not only a science, but also an art of the heart and mind. At its heart, lie a fundamental respect for human dignity and an intuition for a patient's needs. This is supported by the mind, in the form of rigorous core learning.

On that note, I encourage all our students to work hard and dream big. Emerge out as a proud student of KIHS and uphold that identity everywhere you go. Fill yourself with compassion for humanity and strive towards excellence. So I would like to end with a quote which says:

"Every nurse was drawn to health because of a desire to care, to serve or to help."

Christina Feist Heilmeier.

I anticipate that this year will be a fruitful and memorable one.

Wish you all the best!



Dr. Ramu. K

Dean, Faculty of Nursing, RGUHS

"TO succeed in your mission, you must have a single minded devotion to your goal "

Dr Abdul Kalam

I am happy to know that KIHS, Bangaluru is bringing out college magazine which provides a forum to students and staff to Express their ideas, thoughts and their experience.

It is always a pleasure to be a part of the Koshys team which strives

to bring out talents of students and this institution is always been striving to keep itself. They get an opportunity to open up their thoughts and talents and make the people around them know about the glory of their magazine. I am glad to work with the group of a very dedicated, cooperative, passionate and committed KIHS team. I send my felicitation and best wishes to organizers, and editorial team a grand success.



Prof. Sereena Shaji

Dean, Koshys Group of Institutions

SOMETHING TO CELEBRATE

As I reflect on the last five years, I take enormous pride in the institution and all that we have accomplished together. And I hope that all of you feel the same way.

Let me begin with our fabulous students. Koshys Institute Of Health Sciences attracts many of the nation's talented and dedicated undergraduates, and thanks to the opportunities they find here, they flourish and achieve recognition in every field of endeavor.

The "Karthavya" the student magazine of KIHS is a reflection of our society and we celebrate it. I wholeheartedly congratulate team KIHS for their dedication and hard work behind the release of its second issue. This issue of karthavya illustrates many of the college's forms of excellence.

True education is always both

an experience and a process, and some of the most profound and lasting student learning experiences happen beyond the classroom. We take these "extra" experiences seriously because we believe that they are essential. That is why these pieces of achievements and activities of our institute including academics are put together, into this beautiful magazine.

As we know, reality is a multifaceted diamond and without Karthavya, we won't understand the fullness of meaning and life at KIHS. No doubt this creative endeavor will bring out an array of artistic and scientific expressions with distinct individual signatures. I do appreciate and applaud the editorial team for their successful completion of this tedious yet daunting task of putting together the myriad thoughts and dreams of our students and faculty into a meaningful and delightful visual fest called 'KARTHAVYA'



Prof. Biji Joseph

Principal, Bangalore Little Flower College of Nursing

Nurturing creativity and inspiring innovation are two of the key elements of a successful education, and a college magazine is blend of these both. It is indeed a happy moment for our Student Association as they have successfully brought out the second edition of "Karthavya"

for the year 2020-21. Even in the darkest hours you took all effort to spread a ray of light in the minds of everyone. I applaud the editorial team for the hard work and dedication they have invested in realizing this goal and wish all my dear students success in their future.



Dr. A. Ravi

Academic Director,
Koshys Institute of Management Studies

I am very much delighted to read that Koshys Institute of Health Sciences is planning to release the annual magazine with memorable thoughts. It is the right time to recognize the selfless services from Health Professional for the needy people. No doubt that this Covid pandemic situation made us to keep distance from friends, relatives and co staff members but health care service providers like Doctors, Nurses and other health care professionals are maintaining distance from family and closely associating with Covid patients for their wellbeing.

I wish and congratulate Prof.

Sereena Shaji, the Dean Koshys Group of Institutions for the wonderful administration and tremendous change in the field of health sciences. It is witnessed from various activities and social services from health professional that Nursing is one of the pillars in health care sector with transforming the lifesaving practices.

Congratulation to the faculty and students for the wonderful event.

I wish Prof.Sereena Shaji, the Dean Koshys Group of Institutions and team for a great success.



Arasu M T

CAO, Koshys Group of Institutions

I am very happy and delighted to congratulate Koshys Institute of Health Science for the dedicated team efforts in releasing the magazine 'Karthavya II.'

It is the responsibility of the Institution to ensure that all the stake holders will equally grow along with the Institutional growth. Karthavya II is one such platform for both faculties and students to explore the joyful association with the Institution. Learning is a continuous

process and I feel this magazine will provide new avenues for Koshians to learn and excel.

I trust and hope, Karthavya II will not just make us to celebrate the success of the journey we covered but certainly gives the road map for the next destinations to be reached and milestones to be achieved. I wish a great success in all the future endeavors of KIHS and assuring the best support always.



Dr. L. Dabashini Devi

SNA Advisor, TNAI, Karnataka State Branch.

A college magazine is a mirror of the institution. I am delighted to know that Koshys Institute of Health Sciences had really put their interest to come out with a wonderful magazine. Very few have fully realized the wealth of sympathy, kindness and generosity hidden in the soul of a faculty and students. The effort of every students should be unlock that treasure always hidden in the heart of the students. Nurturing creativity and inspiring innovation are two of the key elements of a successful education, and a college magazine is the perfect amalgamation of both. It harnesses the creative energies of the academic community, and distils the essence of their inspired imagination in the most brilliant way possible. The soul of creativity lies in the dream to unveil inherent talent. Hence, this magazine will be an excellent example for bringing out the exhilarating flashback of the college activities.

I am happy to pen down my sincere gratitude to the Student Association unit of Koshys Institute of Health Sciences who had such a passionate and artistic team.

I heartily congratulate the team and faculty members for their grand success in bringing out this magazine.

"With warm wishes and God's blessing".

Mrs. Melba Elizabeth K

Asst. Professor (SNA advisor)

I am exhilarated in establishing the second issue of the magazine "KARTHAVYA" of KIHS which is a reference of the most recent trends and activities in department of health sciences for the year 2019-21. 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 students. 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 Institute of Health Sciences, 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)

Individually we are 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 Student Association. 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 II" the talents, creativity and energies of young and vibrant

minds of budding students. 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 KIHS 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.





Prof. Sandya S

Vice Principal

Koshys Institute of Management Studies

I feel immensely a pleasure to be a part of this esteemed educational institution. I appreciatively concede the tireless efforts of the forerunners, devoted teachers & staff and the constant support of the parents and supporters of Koshys fraternity. May the almighty be gracious to you all for your noble contribution towards the institution and nation building. We are living in a fast-changing complex society today, which offer challenges as well as opportunities. It depends on every single individual, how one reacts to the circumstances with the correct attitude. At this point of time, I remember the words of Dr.APJ.Abdul Kalam, "All of us do

not have equal talent. But, all of us have an equal opportunity to develop our talents."

We are supposed to get educated to think better, to be a better human being, and to make this society a better place to live. I believe every person is born with one or the other talent which is a gift from God. I'm privileged to announce that Koshys has provided ample number of opportunities along with a value-based quality education to nurture the hidden talents of every student in academic and other fields.

I wish all the success to every student who becomes a part of Koshys with a mindset to become more productive than ever.



Prof. Shweta V .D

Academic Head

Koshys Animation & Media School

I am extremely sanguine that Koshys Institute of Health Sciences since its genesis is offering itself as a shell for sheltering and fostering students in their tender state to be responsible individual towards the society. The college has set buoyant human spirit ever eroding along with co-curricular activities. The wheel of excellence and continual progress has been steered with values and conventions as its fulcrum, quality education, constant improvement in infrastructure, educational

technology, teaching learning process as it spokes to fortify innumerable efforts to set the wheel on its track. It is believed that thin line demarcates a good college from a great one. The uncompromising nature from the college in aspects like morale development, personal counselling, experiential learning along with extra-curricular activities will enhance and enlighten the ideals of every individual. I wish you all great success.

Thank you.

Institute Highlights, KIHS - 2019-21

Prof. Sereena Shaji

Dean, Koshys Group of Institutions

I take great pleasure in presenting the Annual Report of Koshys Institute of Health Sciences, briefly documenting its developments and achievements. The year 2020 – 21 has been marked with many unexpected developments as the world being hit with the COVID-19 pandemic. Still we at KIHS continued our academic and nonacademic activities with much enthusiasm and vigor. This can be attributed to the dedication and team spirit of the members of the management, staff and students.

Koshys School and College of Nursing, established in 2003, within a span of 18 years developed into a full-fledged health institute and renamed as Koshys Institute of Health Sciences on 12th December 2020, with its renovated building which has state-of-the-art skill labs and knowledge center, Literary – Clutch. We as a team, with the support of our Chairman are committed 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 GNM. We are currently educating students under all these programs with an intake of M.Sc Nursing - 40 students, B.Sc Nursing – 60 Students, P.B.B.Sc. Nursing - 40 Students and GNM – 60 Students.

The college with its expansion in the year 2020, has additional branches like,

1. Koshys Institute of Allied Health Sciences with BSc in Medical Imaging Technology & Operation Theater Technology and Anesthesia Technology with 10seats in each disciplines .
2. Bangalore Little Flower College of Nursing with BSc Nursing (40 intake)

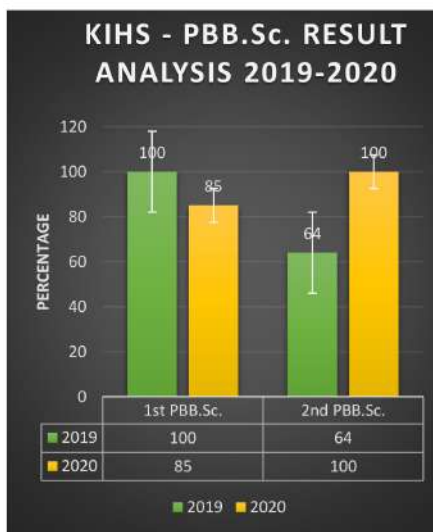
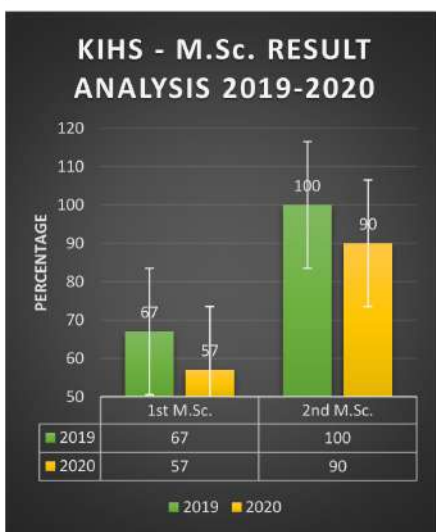
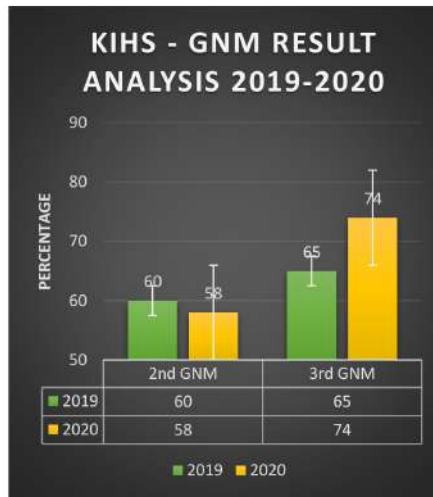
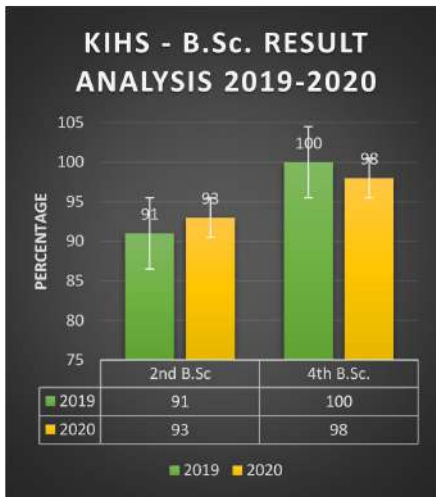


RESULT ANALYSIS OF 2019-20

“Perfection is not Attainable, but if we Chase Perfection, we can catch Excellence”

KIHS 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 2019-20, are the testimony that academics is the prime concern of the institution.

B.Sc.	2nd Year – 93%
	4th Year – 98%
GNM	2nd Year – 58%
	3rd Year – 74%
M.Sc.	1st Year – 57%
	2nd Year – 90%
PBB.Sc.	1st Year – 85%
	2nd Year – 100%



CLINICAL FACILITIES

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

- KOSHYS HOSPITAL, Ramamurthy Nagar, Bangalore.
- LITTLE FLOWER HOSPITAL, T C Palya, Bangalore.

Since, the global need for Health care workers keeps increasing our aim is to produce HEALTH CARE WORKERS 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, Aster CMI Hospital, JMJ Hospital, Manipal Hospital, Sacred Heart hospital, Payankulam and Sapandana Group of Hospitals (psychiatry).



CO-SCHOLASTIC ACTIVITIES

Music, dance, art, sport & literary activities

We have an active **SNA – Student Nurses Association** and **NSS – National Service Scheme** cell and its membership is a board representation of the students from all programs and study.

The Student Nurses Association Election 2020 was held on 06th November 2020 at 10:00AM on a Virtual Platform – Cisco WebEx Meet. The campaigning this time was very innovative, through Facebook and WhatsApp. The candidates came up with creative campaigns; Posters, Short Videos, Heartfelt messages and much more.

The college organized various programmes along with the SNA and NSS cell such as:

WORLD AIDS DAY was celebrated on 01st December 2019, an Awareness rally on HIV/AIDS was organized by the NSS unit, in association with INA Karnataka nurse's unit at Infant Jesus children's home, Bangalore. The Students participated enthusiastically and performed a Flash Mob and Mime on stigma towards HIV & AIDS, along with a participation in an Awareness Rally.

WALK AGAINST DRUG ABUSE, KSCN students of 3rd year B.Sc. 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.

BLOOD DONATION CAMP conducted on 06th

November 2019 organized by The NSS unit of KIHS in association with Koshys Hospital, Koshys Group of Management Studies, Y's Men international, HDFC bank, LIONS club and Indira Gandhi Institute of Child Health. The chief guest for the programme was Dr Naveen Thomas, Director and Chief Executive officer, Baptist Hospital; other special invitees were YSM Johny John - District Governor, Bangalore District 2 and Lion Alphonse Kurian - District Chairman. The other guests for the programme were Dean KGI – Prof. Sereena Shaji Director KIMS – Dr A Ravi. 151 volunteers with different blood groups donated blood, which will be used for the children in Indira Gandhi Institute of Child Health.

WOMEN'S DAY CELEBRATION AND COVID-19 AWARENESS on 08th March 2020 at Elements Mall, Bangalore, The NSS unit of KIHS had organized a Flash Mob and mime depicting the theme of "let all be each for equal" at Elements mall, Bangalore. Along with this an awareness mime regarding the global disaster COVID-19 and its prevention was done for Public benefit. More than 1000 people got benefited with this programme.

SADBHAVANA DAY also known as the birth anniversary of Rajiv Gandhi or Harmony Day was observed on 20th August 2020, the NSS volunteers took the Sadbhavana Day oath online along with a key note address by Dean, Prof Sereena Shaji stating the importance of the day.

WORLD TOBACCO DAY observed on 31st May 2020, The NSS volunteers prepared online posters regarding world tobacco day and was uploaded

on Social Media Websites such as Facebook, Instagram.

INTERNATIONAL YOGA DAY observed on 21st June 2020, the NSS volunteers celebrated the day by performing different yoga forms and Asanas on a virtual platform from their residence.

CHILDRENS DAY celebrated on 14th November 2020 The Children's Day a program was hosted by 4th year B.Sc. Nursing students at Infant Jesus Children Home, Bangalore. The celebration included dance, songs and plays led by the students and followed by distribution of Gift and Sweet at the end of the programme.

THE WORLD DIABETES DAY observed 15th Nov 2019, was celebrated with the theme "Diabetes: Protect your family" – simple action can reduce the risk, it was organized by 3rd B.Sc. nursing students, KIHS. A health camp was set up by the students in collaboration with Koshys hospital we witnessed around 150 participants who gave their blood sample and some of the participants were found to be in the Pre – Diabetic stage, this was followed by seminar given by Dr. Ali Zama [Consultant Diabetologist, M.D. of Zama Health Care, Austin Town, Bangalore].

NUTRITION AWARENESS PROGRAMME conducted on 9th March 2020 by 1st GNM nursing students the Theme of the programme was "VITA SANA" and on 11th March 2020 by 1st B.Sc. nursing students the Theme of the programme was "NUTRI CHOICE 2020". The programme attendees were the dignitaries of KGI who gave their valuable suggestions and comments. The presentations of various food were done by using flash cards, charts and models. Students prepared nutritious food and served it to the dignitaries. The programme was successful and the students were greatly appreciated.

THE WORLD CANCER DAY was observed on 04th February 2020, a Panel discussion on – "Treatment Modalities in Cancer" was conducted by 3rd year B.Sc.(N) to which 2nd year B.Sc. (N) and 2nd year GNM students were invited. The Invited dignitaries were Dean of KGI Prof. Sereena Shaji, Principal of Bangalore Little Flower College of Nursing Prof. Biji Joseph, Vice Principal and Faculties of KIHS. The Moderator Ms. Sayani Pyne student of 4th B.Sc. (N) introduced the panellists and the topic

of discussion – "Treatment Modalities in Cancer". The program continued with the discussion which involved the participation from the dignitaries and the gathering. The Moderator concluded with the discussion and feedback from the dignitaries, and the gathering.

OTHER EVENTS AND CELEBRATIONS

FRESHER'S DAY: organized on 8th November 2019, hosted by 2nd B.Sc. & GNM nursing students of KIHS was part of a welcome programme to the new Batch students. All the freshers were so excited and actively participated in the various cultural programme and games that were conducted by their Seniors.

CHRISTMAS CELEBRATION: As the season of Christmas brings joy in our hearts held on 27th November 2019. The programme was organized by SNA, included competitions like crib making and carol singing. To celebrate the birth of Christ a beautiful message was given by REV. Fr. Emmanuel Poovathinal.

LAMP LIGHTING CEREMONY: The ceremony was delightfully organized and held on 08th February 2020, enlightening the students to become a part of the nursing profession where the 1st B.Sc. & GNM nursing students take an oath to be a NURSE. The oath taking ceremony started with the students lining up to light their lamps and read the Florence Nightingale Pledge while holding the candle to mark the beginning of their professional career as a NURSE. The chief guest of the day was Prof. Merin Punnan and our Chairman Mr. Santhosh Koshy who graced us with his presence.

KANNADA RAJYOTSAVA: was celebrated with great pomp and grandeur. The Mahotsav was held on 2nd November 2019. The chief guest of the day were Film actors Mr. Dhanveerah and Mr. Rajeev Pillai. A Cultural performance on Veeragase (dance form prevalent in Karnataka). The students and faculties of KIHS and KGI celebrated the day. The Karnataka flag was hoisted and Karnataka anthem was sung.

SPLASH SEASON 2 - "A zest for Koshians Talent" - The cultural fest 2020 was organised by KGI on 5th & 6th March 2020. The Chief guest of the day was Dr.Rekha Raju [Mohiniattam & Bharatanatyam Exponent, Expert, Panel Member Ministry of Culture - Govt. Of India]. Our Chairman Dr. Santhosh Koshy and other dignitaries of KGI graced us with their



presence. There were various cultural events and all students participated with great enthusiasm. The competitions were held among different departments of KGI. The most awaiting event was Mr and Ms. Koshys. The KIHS were declared are the winners of SPLASH season 2.

EDUCATIONAL WEBINAR: KIHS conducted a webinar from 6th to 8th July 2020 on the topic "Clinical Competency in Nursing Education- A Global View". The highlight of the webinar was a panel discussion on the global scenario of the nurse practitioner role, with eminent speakers from various countries such as USA, Sweden, and Australia. Expert talk on "introduction to clinical competencies in nursing education" was given by Dr. Reddamma, Nodal Officer, INC Consortium.

Various other WEBINARS and Guest Lectures were conducted across the year during the Lockdown period to update our students with latest trends in the field of health care and also to boost their moral to be more confident and competent as they face different challenges in their Profession.

STUDENT WELFARE ACTIVITIES

Medical Facilities are provided to the needed student before sending them to Clinical settings. All the students are tested for COVID-19 in the college campus on regular basis. Students are under a COVID-19 medical insurance at hand as and when needed.

DISCIPLINE

"Discipline is the bridge between Goals and Accomplishments", We at KIHS give prime importance to discipline because today's students are tomorrows leaders. KIHS moulds the students in all aspects to lift them up to reach the heights in the future.

RESEARCH ACTIVITIES

The institution takes much initiative in research activities throughout the year. We have our KIHS research club "PESQUISA" established in 2017. It has taken initiative in inculcating the research-based activities among the students. This platform is given to students and faculty members to explore unlimited thoughts and research ideas on current issues in nursing. Continuously the institution is sanctioned by the RGUHS research grant-in-aid amounting to Rs. 15000/- (Rupees Fifteen Thousand only) towards each research proposals of 6 groups of undergraduate students .

PLACEMENT CELL AND PLACEMENT DETAILS FOR 2019-2020

SL NO	HOSPITAL NAME	NUMBER OF STUDENTS
1	ASTER HOSPITAL	20
2	MANIPAL HOSPITAL	7
3	FORTIS HOSPITAL	8
4	JMJ HOSPITAL	15
5	KOSHYS HOSPITAL	25
TOTAL		75

Our placement cell is functioning under well experienced faculties with the guidance of the management.

It gives me immense pleasure to convey our final placement process has been successfully completed. Once again, this successful endeavour is a reflection of the academic rigor at the institute along with the outstanding quality and performance of the students. The Institution follows a systematic planning, effective with constant interaction and deliberation with the corporate world as we all know how the Pandemic situation has affected us for a few months in spite of the difficult situation we found great Job opportunities for our students to be placed in reputed and esteemed hospitals. Despite this we could achieve very respectable position

Our day night efforts in building fruitful and long-

term relation between our reputed and esteemed hospitals and the esteemed and the performance of our talented students after joining the company helped us at this critical juncture to sail through the unprecedented crisis.

We are proud to say that our outgoing batch of 75 students has been placed in well reputed and successful Hospitals.

To the society we are committed to serve we, the team KIHS under the guidance our Chairman Dr. Santhosh Koshy announce that we are here to make a difference. I humbly request everyone to join me in the Leap of faith where we all will commit ourselves to make KIHS the best place for students to experience, explore and excel in every aspect possible.

GOD BLESS YOU ALL !

Pillars of Support

Our Teaching Staff (2020-21)



The Supporting Hands - SNA Office Bearers (2020-21)



SNA Election - Virtual Platform 2020-21



The Student Nurses association Election 2020 was held on November 6th 2020 at 10:00AM on Virtual Platform – Cisco Webex Meet . The campaigning this time was very innovative , through Facebook and WhatsApp. The candidates came up with creative campaigns ; Posters, Short Videos, Heartfelt messages and much more.

The Ultimate Winners of the Election turned out to be :-

- Ms. Chandrima Karmakar (IV Year B.Sc Nursing) as Vice President
- Ms. Triya Chatterjee (III Year B.Sc Nursing) as Secretary
- Ms. Susmita Mondal (III Year GNM) as Joint Secretary
- Mr. Souvik Chakraborty (II Year B.Sc Nursing) as Treasurer
- Ms. Neha (II Year GNM) as Joint Treasurer
- Ms. Anamika Poudyal (IV Year B.Sc Nursing) as Cultural Secretary
- Mr. Suvankar Dey (IV Year B.Sc Nursing) as Sports Secretary
- Mr. Subhadip Mondal (IV Year B.Sc Nursing) as Discipline Secretary

We have a promising office bearers this time.

Academic Highlights

TOPPERS IN RGUHS & KSNEB EXAMINATION 2019

4th Year B.Sc



MS. JESNA REJI
80%

3rd Year B.Sc



MS. ATHULYA CR
76.5%

2nd Year B.Sc



MS. PALLABI DEY
74.7%

1st Year B.Sc



MS. TRIYA CHATERJEE
77.2%

3rd Year GNM



MS. NISHA CHATTERJEE
81.2%

2nd Year GNM



MS. TRIPARNA SAHOO
79%

1st Year GNM



MS. SUCHANA SAMANTHA
80.2%

TOPPERS IN RGUHS & KSDNEB EXAMINATION 2020

1st Year BSC



MS. JAYASREE
80.2%

2nd Year B.Sc



MS. TRIYA CHATERJEE
77.2%

3rd Year B.Sc



MS. PALLABI DEY
80.5%

4th Year B.Sc



MS. PRIYADHARSHINI DAS
79.6%

2nd Year GNM



MS. ANISHA ROY
79.6%

3rd Year GNM



MS. ANANYA SAHA
83.25%

RGUHS Rank Holders



MS.KARMA LAMU SHERPA
10TH RANK: PSYCHOLOGY,
SOCIOLOGY, CET



MS.PRIYADHARSHINI DAS
7TH RANK: CET



MS.ATHULYA C R
8TH RANK: MNS



MS.HAGE ANKHA
10TH RANK: CET



MS.JUNEYAMOL GEORGE
8TH RANK: MNS



MS.ANNIE MARY SATHYAN
9TH RANK: CET



MS.FALGUNI SHARMA
10TH RANK: PSYCHOLOGY



MS.DOLMA BHUTIA
9TH RANK: CET



MS.BANISHMOL BENNY
9TH RANK: CET



MS.AMRITA DAS
10TH RANK: CET

Research Club - PESQUISA

Research Co-ordinator:

Prof. BijiJoseph

Principal, Bangalore Little Flower College of Nursing

Nursing research is an emerging and growing field in which individuals can apply their nursing education to discover new advancements that promote evidence-based care. As nursing students are the future members of the nursing profession, and for the profession to continue to advance, nursing research must be the foundation of comprehensive, evidence-based clinical practice. This may only occur with increased exposure to nursing research. Therefore, it is critical that the future members of the nursing profession be exposed to, develop an appreciation for, and become more involved in nursing research, and thus incorporate its outcomes into the delivery of optimal professional nursing practice. By recognizing this, Koshys Institute of Health Sciences encourages and provides various opportunities for students and staff. "PESQUISA" the research club of Koshys Institute of Health Sciences being established in the year 2017 has taken initiative in inculcating the research-based activities among the students. This platform is given to students and faculty members to explore unlimited thoughts and ideas on current issues in nursing. By providing a research culture among faculty and students, PESQUISA is moving forward with various achievements every year.

Some of the activities and achievements of PESQUISA 2020 includes the following;

1. RGUHS has sanctioned a grant-in-aid amounting to Rs. 15000/- (Rupees Fifteen Thousand only) towards each research proposals of 6 groups of undergraduate students, (sum of Rs. 90,000/) on various topics as given below under the expert guidance of our teachers.

SL NO	Student Name	Problem Statement	Guide Name
1	Ms. Sukanya Mahanti	A comparative study to assess the level of mobile phone addiction among adolescents and young adults in selected education institution in Bangalore, with a view to develop an informational pamphlet.	Prof. Sereena Shaji
2	Ms. Pallabi Dey	A Descriptive Study On Menstrual Characteristics And Its Association With BMI Among Nursing Students From Selected College Bangalore	Prof. Biji Joseph
3	Ms. Sneha Sarkar	A comparative study to assess the self-esteem among working women and home makers in selected community areas, Bangalore	Mrs. Jipsa Philip
4	Ms. Adwitya Pandit	A study to evaluate the effectiveness of structured teaching program on knowledge regarding legal aspects of organ donation among the staff nurses working in selected hospitals, Bangalore.	Mrs. Mini Mathai
5	Ms. Anamika Poudyal	A study to evaluate the effectiveness of Self Teaching Programme (STP) regarding DASH Diet in prevention of hypertension among employees working in selected institution, Bangalore.	Mrs. Melba Anil
6	Ms. Keerthi Anna Kurian	A study To Evaluate The Effectiveness Of A Planned Teaching Programme On Knowledge Regarding Prevention Of Osteoporosis Among The Pre-Menopausal Women At Selected community area, Bangalore	Ms. Susan Rowe

2. We have a very enthusiastic, vibrant and talented faculty who are keen in their professional growth. Faculty members are truly a role model for these young researchers. A brief record of faculty's research activities is given below;

There are various research publications done by our faculty

SL NO	TITLE OF THE STUDY	NAME OF THE FACULTY	JOURNAL
	Development of an instrument (PNCQ – IIO for measuring pediatric nursing care quality at hospital	Prof. Sereena Shaji	International journal of recent scientific research, vol:11, issue,05 (B), May 2020.
2.	Postpartum depression and its associated factors among mothers in an urban maternity center, Bangalore	Prof. Biji Joseph	International journal of recent scientific research, vol:11, issue,02 (B), Feb 2020.
3	A study to assess the knowledge regarding CDC Guidelines on prevention of infection in intensive care units-	Ms. Lintamol Thomas	IJSRT International Journal
4	COVID-19, A once in a century pandemic?	Ms. Lintamol Thomas	IJSR International journal, March 2020
5	Diabetes risk assessment and prevention.	Ms. Melba Elizabeth	RGUHS journal, September, 2019
6	COVID-19, A once in a century pandemic,	Ms. Melba Elizabeth	IJSR International journal, March 2020
7	Human Trafficking : An Emerging Global Health Issue.	Ms. Melba Elizabeth Ms. Lintamol Thomas	International Journal of Scientific Research, February 2021

FACULTY PERSUING DOCTORAL DEGREE

Continuing education required for every nursing professionals to stay updated with the latest developments. The following faculty members enrolled for PhD programme in the academic year 2020.

SL NO	NAME OF THE FACULTY	UNIVERSITY
1	Ms. Lintamol Thomas	JJT University
2	Ms. Melba Elizabeth	JJT University

ONGOING RESEARCH PROJECTS FOR THE ACADEMIC YEAR 2019-20

SL NO	NAME OF STUDENT	TITLE OF THE STUDY
01	Ms. ITISHREE BALIAR SINGH Community Health Nursing	"A Study To Assess The Knowledge And Practice Among Mothers Of Lower Primary School Children Regarding Prevention Of Dental Caries In Selected Area Of Bengaluru"
02	Ms. DON BIAK HOIH Community Health Nursing	"A Comparative Study On Quality Of Life Of Elderly In Selected Rural And Urban Areas Of Bangalore"
03	Ms. LALSANGLIANI Medical Surgical Nursing	"A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Cardiac Emergencies Among Staff Nurses Working In A Selected Hospitals, Bengaluru"
04	MS. NASREENA BANOO Medical Surgical Nursing	"A Study To Assess The Effectiveness Of Information Booklet Regarding Prevention And Management Of Dumping Syndrome Among Patients Undergone Gastric Surgery In Selected Hospitals At Bangalore"
05	Ms. KUNCHE HANNAH JAYASEELI Community Health Nursing	"A Descriptive Study To Assess Self-Reported Selected Health Risk Behaviours Among Younger Adolescents In Selected Schools In Bangalore With A View To Develop An Adolescent Wellbeing Programme"
06	MS. PRAVEENA K P Obstetrics And Gynecological Nursing	"A Study To Assess The Knowledge Regarding Torch Infections Among Antenatal Mothers Residing In Selected Rural Areas Bangalore With A View To Develop An Information Booklet"
07	MRS. SHOBHA BABU RAJ Obstetrics And Gynecological Nursing	"A Comparative Study On Knowledge And Reported Practices Regarding Self-Management Of Selected Minor Disorders Among Primi And Multigravida Mothers In A Selected Hospital, Bangalore"
08	MS. JESSY C T Child Health Nursing	"A Study to Assess The Effectiveness Of Structured Teaching programme On Knowledge Regarding Selected behavioural Problems Of School Children Among Mothers In A Selected Community Of Bangalore"
09	MS. THASLEENA K Medical Surgical Nursing	"A Study to Assess the Effectiveness Of Buerger Allen Exercise On Lower Extremity Perfusion Among Diabetes Mellitus Patients Admitted In Selected Hospitals, Bangalore"
10	MS. C.LALROHLUI Child Health Nursing	"A Study to Assess the Relationship Between Emotional Maturity And Self Concept Among Adolescents In A Selected Higher Secondary School In Bangalore"
11	MISS. RICHA SINGH Obstetrics And Gynecological Nursing	A Study to Evaluate the Effectiveness Of A Structured Teaching Program on Knowledge And Attitude Regarding Breast Cancer Screening Among Female School teachers In Selected Schools Of Bangalore

RESEARCH PROJECTS COMPLETED DURING THE ACADEMIC YEAR 2019-20

SL NO	NAME OF STUDENT	TITLE OF THE STUDY
01	MRS GREESHMAMOL M.M Obstetrics And Gynecology Nursing	A Comparative Study On Antepartum Stress And Social Support Among Primi And Multi Gravid Mothers In Selected Hospitals, Bangalore.
02	MRS. BINSU MARY PHILIP Obstetrics And Gynaecological Nursing	"A Study To Evaluate The Effectiveness Of A Planned Teaching Program Regarding Breast Engorgement And Its Management Among Postnatal Mothers".
03	SEREENA ACHAMMA ABRAHAM Obstetrics And Gynaecological Nursing	Effectiveness Of Planned Teaching Programme On Pubertal Changes Among Pre-Adolescents In A Selected Rural Schools At Bangalore
04	MS. SOUMYA. G Obstetrics And Gynaecological Nursing	"A Study To Evaluate The Effectiveness Of The Self Instructional Module On Knowledge Regarding Obstetric Danger Signs Among Primigravida Mothers Attending Antenatal Clinic Of Selected Hospitals , Bangalore.
05	MS. KONEINO PESEYIE Obstetrics And Gynaecological Nursing	"A Study To Evaluate The Effectiveness Of Self-Instructional Module On Knowledge Regarding Urinary Tract Infection Among Antenatal Mothers In Selected Hospitals, Bengaluru."
06	MS.LIJOMOL JOSE Medical Surgical Nursing	"A Study To Evaluate The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Pulmonary Rehabilitation Among Patients With Chronic Respiratory Diseases In Selected Hospitals, Bengaluru.
07	NAVNEET KAUR Obstetrics And Gynecology	"A Study To Assess The Effectiveness Of Information Guide Sheet On Knowledge Of Student Nurses Regarding Umbilical Cord Blood Collection And Stem Cell Transplantation In A Selected Nursing Colleges At Bangalore "
08	MS.JANET VANLALAWMPUII Child Health Nursing	A Study To Evaluate The Effectiveness Of A Planned Teaching Programme On Knowledge Regarding Healthy Lifestyle Practices Among Early Adolescents In A Selected School Bangalore

Students' Articles

SHARING EXPERIENCE

It just feels like yesterday that I had entered the KOSHYS COLLEGE premises in the year 2016 with a lot of mixed emotions of excitement and nervousness . My fear knew no bounds when I saw those tall buildings and huge compound . I had never been so far away from home and I really wondered where these four years of my life will take me . But today when I pen down my emotions , I realize that time has flown so quickly that I cannot even believe that the glorious four years have just flashed by .

When I rewind back to where I started , I remember being in a class with mixed cultured students belonging to different states and even from foreign nations . I really felt awkward at the beginning but gradually I started loving all and also got embraced by them .The unique feature about my class is that we are the greatest in number in the entire college and surely among the naughtiest batch. We DPEP(2016-2020) are well known for our creativity , fun loving nature , with more of co- curricular activities and less of studies . The warm environment of the hostel and strict but at the same time caring and loving attitude of my hostel wardens never made me feel out of place .

As the time passed by , I really started enjoying my Bsc nursing degree course and the teacher's of the Koshys family has played a major role in this because they supported , inspired and guided like GUARDIAN ANGELS . I personally was really frightened of how would I learn all the difficult nursing procedures like giving injections , IV , Catheterization , NG tube feeding and various other numerous procedures but these guardian angels have made me capable enough to be an aspiring nursing candidate . The teachers have always brought out the best in me no matter whether in regards of studies like grabbing distinction in my third year or to achieving back to back titles of MISS CONFLUENCE 2016 , MISS SNA 2018 , MISS KOSHYS 2019 and MISS SPLASH 2020 . I am so grateful towards the Principal and all my teachers of Koshys family for believing and supporting me to bring out the best version of me in both academics and co – curricular activities . THANK YOU! From the bottom of my heart .

Some of the friends have become family and it feels like we have known each other since forever . But even forever falls short sometimes . I wouldn't sugarcoat

and deny the fact that all these years have been brilliant and exceptional . It wasn't , especially the final year which was supposed to be very delighting and enjoyable but it proved to be the other way round and we got separated with our friends and teachers due to the unprecedented pandemic which has hit several lives . Though many's dreams about farewell and wearing those graduations academic dress have shattered but we still see situations with silver lining to look for beauty and happiness in what we had over these years .

I never knew that KOSHYS COLLEGE OF NURSING , would mean so much to me . Earlier I thought it was just a college but now I feel that it's a second home because I have had the best years here . I am really attached with my college library because it imparted me with the knowledge through its books and I prepared for all my internals and university exams sitting right there .

I will thoroughly miss the activities of Student Nurses Association of the college and miss being part of SNA choir . I am really going to miss my college ,class, library, hostel , canteen food , campus cafeterias , teachers , hostel wardens , batch mates and juniors . To my DPEP batch , no matter where you go be phenomenal and outstanding nurses which KGI has always taught us to be .Don't be afraid of breaking the barriers which limit your potentials because something exquisite awaits you .

To my dear teachers , we might not have been the best of students and have fallen short in many ways but you have always been there for us , our GUARDIAN ANGELS .

With this piece , I have come to the conclusion that's its almost the end of the college life . But before passing the status and position to the another batch , lets raise the glasses to the college , teachers , juniors and to the final year batch of twenty twenty .

HERE'S TO US !!

FALGUNI SHARMA
4TH BSC.

CORONA VIRUS:A GRAVE THREAT TO US

It is really true that nature is the supreme controller of the world. No one can go beyond the ultimate facts of the nature 'Novel Corona Virus' is the most devastating and practical example of that we are now in the most challenging condition, that the earth has seen ever. The problem is a virus which is lakh times smaller than a sand particle. Some people think it is a silence war which the world is facing, some think it is the extreme payback of the nature against the torture on her. But no one knows how it was born, as well as what is the way to get rid of it. World economy is in the most threatened condition after the 2nd world war. This is time which is reminding us- "Doctors and Nurses are the most profession needed"

It is the time which is reminding us- "Cleanliness is next to Godliness"

When the whole world has lost its mobility, the people who are making our life mobile are doctors, nurses and health workers. They are the front line warriors of this war. At this time of pandemic, when other people are threatened of touching, speaking with other, they are taking care of them, they are treating the patients of COVID -19. So it is our moral duty to show our respect, love, regard to the doctors, nurses and health care workers. In the present situation our life without them is like a "Boat without a rudder". In our country we have presented our regards to them by clapping, lighting candles. Our government has announced insurance for them as well as proper steps against attack on them. Recently we have seen that in England the volunteer doctors have tested the vaccine in their body taking the risk of death. So they are on their way to go beyond their limits for us. But we, some people till now are not taking this matter seriously. We are going outside without masks, not maintaining proper social distancing, inspite of the priceless advices of the doctors and Nurses. We have seen attack on doctors and Nurses which is really very unfortunate. We have to be self-conscious, we have to maintain personal hygiene, we have to maintain social distance, and we have to wash our hand frequently and use alcohol sanitizer. We know everything how to protect ourselves but no we are not maintaining. It should be our 'mantra'

to break the chain of corona virus. We have to see the power of Indians. Our Doctors and Nurses are fighting at the cost of their life. So, we have to maintain home quarantine to reduce the number of COVID - 19 patients to protect our Doctors and Nurses. It is also seen that many Doctors are restricted to get entry in their apartment where they live. They are living in cars. If our doctors and Nurses retreats then the whole world becomes crematorium. So we have to walk with them at this situation. "WHO" has declared without vaccine we cannot come round from the pandemic. So doctors and Nurses are the only persons who can save our lives from this devastating situation. If Doctors and Nurses can live without hugging their parents, without touch their children, without playing with their small babies then why we can't maintain their advice? Why? The whole world is looking for hope to bounce back from this situation through the eyes of our doctors and Nurses. So Avoid touching "MEN"....

M- Mouth

E- Eye

N- Nose

Follow "WOMEN"....

W- Wash your hands with soap

O- Obey social distancing

M- Mask to be used properly

E- Exercise regularly

N- Never ignore above four lines

We have the belief once again the roads will be busy, the wheels will run, the stadiums will roar, children will play, and the world will smile.

"STAY HOME. STAY SAFE" .

CHANDRANI PARAMANIK

2ND BSC.

“ How are you? “ “ I’m fine.”

“ Sometimes, the prettiest smiles hide the deepest secrets. The prettiest eyes have cried the most tears and the kindest hearts have felt the most pain “

What is depression?

Depression is a feel of selfworthlessness. The person will be socially isolated and experience loneliness. He finds no support from anyone around him and feels himself the nucleus of his own problems. He feels standing alone in a crowd. They will make their own cocoons to hide themselves. They will not be ready to share their feelings to anyone meanwhile a war is going on in their inner mind. They will not be interested anymore in the things and places once it was in their favourite list. No priorities, No selflove, No self confidence, No expectations, Nothing.

It is important to satisfy our mind by having a good mental health. It is a sad reality that money and fame can't make a happier and satisfied mind.

It was believed that Money+Fame=Success. Never. We have seen celebrities committing suicide. Why? What lacks in them?

It is believed that depression affects over 18 million adults (one in ten) in any given year. It is a leading cause of disability for ages 15-44. Depression is the primary reason why someone dies of suicide about every 13 minutes over 41,000 people a year.

In the present world, man is running behind money throughout his life. In the greed of money he forgets to 'live' his life. So the stress and greediness can cause depression in man. To avoid depression we have numerous ways like meditation, practicing yoga etc.. Moreover it is very important to have an open talk with each other. We should share our thoughts and feelings to our dear ones and should definitely find a solution to the problems we are facing. Be a good listener too. Keep your ears open to others. Stop judging. Let the others share their problems and be sincere in finding the solution

Let us hold our hands together to save the human kind from falling into depression. Be a caretaker of the unknown for a reason. Be a better human. Never allow your dear and near ones to leave the world in their half life and find peace somewhere else. Let's make earth a better place to live and be concerned about others lives also

ALL LIVES MATTER !!

SELVA RANI
4th BSC.

A Reminder

Looking at the moon, and stars at night
I wonder "how many days have I not seen your light?",
Oh, now I remember, I was busy
To live the life of my dream,
Working day and night
Till my sight went dim.

All this wealth and luxuries around
Did it help me when I was bound,
To stay in my house for saving my life
Not from guns, not from knife,
It doesn't need wealth nor any fame,
Corona! Corona! That's its name.

Now do I realize after thinking through
We are not the owners, but habitat too
We live on this planet like any other living beings do!
How absurd! How heartless!
Behavior can we humans do?

We keep them in cage, we kill them in ways,
We cut down the trees to fulfill our needs,
But mother nature sees,
How much more can make us pleased?

We ignore, we fight
To achieve our rights,
Where are those wealth now? Where are those rights?
Are they saving you when you thought they might?

Appreciate what we have, Till its gone,
We are destroying this planet, Nothing else has done.
When we are locked in house, the nature outside.
Is thriving with beauty and recovering its might.

Now I have learned that every coin
Has its own two sides to loose and gain.
Corona is a disaster
But also a reminder
That we should love each other as inhabitants on this planet
And Earth our provider!

SHAWON FRANKLIN GHOROZA
4TH BSC.

THE END TO A NEW BEGINNING

"What does all this mean finally, I kept asking as a college kid. Why does it make me want to cry? Maybe it's that we are all outsiders, we are all making our unusual way through a wilderness of normality that is just a myth."

— Anne Rice, *Exit to Eden*

When we were a child, we've always had dreams on what we wanted to become, for example:- A Mermaid or A Superhero because that's what storybooks made us believe that everything has a good happy ending.. Little did we know that we had to grow out of it. As we grew older and went to school we learned the basic values and ethics of life on how the world actually moved and what goes down...Since then our dreams turned more into reality which made us want to be Doctors or Lawyers etc. This time we started focusing on our goals by studying harder to get good grades. When school ended we're devastated by the fact that we were going to miss our friends and lunch breaks with them and kept pacts that we would never forget each other for life. Guess what? We still remember the tiniest detail of high school and it will forever live within us till our last breath.

On the other hand, the thing that comes after School is what makes our whole beliefs about life feel like a Big never-ending roller coaster, and what do you think that maybe you wonder? College.

"You see, in this world, there are youths who do not like to work, and a college is an excellent place for them."

— L. Frank Baum, *Ozma of Oz*

Once we step into college it Dawns on us and into our realization that whatever we hoped about life during school is all just part of ingredients to a meal, which no one taught us how to cook. However now we just have to trust our instincts, focus on a recipe, and make something edible and delicious to get us through the days for the rest of our lives.

Leave with so many nostalgic memories in college, completely different from school. These Nostalgic memories can only be felt with our classmates over Periods of Time Years Later as we all face the same excitement or dilemmas that arise in our lives from time to time. Such as Studying together, to getting thrown out of class, staying

under the same roof, etc... which makes us Bond into a different type of friendship which makes us feel home away from home which makes them our second family. While we realize how difficult life is and how once college ends we have to stand on our own feet trying to make a name for ourselves, to make our parents and family members proud; we notice that college, irrespective of being a burden is something we can never get back in life and we should do nothing but treasure it. As a College student self has an opinion, Please do not think going into this mundane world on your own is an excellent idea!? However we do not have a choice, do we? Our student life, we learn about how to deal with hardships, in theory, practice, relationships, etc... But all together in Reality and Real-Time.

College makes us outgrow our dreams and motivates us to sharpen and turn them to goals, to achieve them, and make us independent. We will always have a love and hate relationship with our campus life, but once we leave; it hurts worse than our little toe being stubbed into hard wooden furniture. Looking Back in Time, We will be grateful for the memories, once we start working we'll always have stories to tell our colleagues, future spouse, or children and let them know-how that once the doors to college closed, it was the End of a new beginning in life!!!

AUXILEANNE D'OUTO
3RD GNM

Faculty Articles

KOSHANS AND CULTURAL DIVERSITY

*Culture is widening of the mind and of the spirit
-Jawaharlal Nehru*

Cultural diversity in Koshys Group of Institution is presented as the contrast of cultural uniformity. The more obvious cultural differences that exist between people, such as language, dress and traditions, there are also significant variations in the way societies organize themselves, in their shared idea of morality, and in the ways they interact with their environment. When our world is shrunk to the size of a village with respect to technological advancement, Koshys Group of Institution is a seven acre luxury campus in the heart of Silicon Valley of India, Bangalore with student's from 12 countries and 19 different states. We have cultural clubs and activities which provide opportunities for students to showcase their talents in the limelight.

The cultural diversity in our campus enriches the educational experience through social interactions; students have the opportunity to learn from people with different backgrounds and upbringings, leading to increased innovation and collaboration.

To promote cultural diversity in campus we celebrate all the ethnic events with extracurricular activities. In the midst of a diversified culture we faculty along with students are enthusiastically involved in the celebrations like Karnataka Rajostva, Onam, Christmas, Diwali, Holi..Etc and proven our unity in diversity. We Koshians respect each other's culture.

Benefits for our students;

Campus cultural diversity enriches the educational experience

Through culturally diverse classroom and social interactions, students have the opportunity to learn from people with different backgrounds and upbringings, leading to increased innovation and collaboration.

Diversity on campus improves communication and thought processing skills

Through a diverse campus, students are presented with daily opportunities to interact with people of various backgrounds, which enable them to learn to

communicate more effectively and often differently than they are previously accustomed to.

Students who interacted with racially and ethnically diverse peers showed significant gains in cognitive skills, such as critical thinking and problem-solving.- century Foundation

Campus diversity challenges stereotypes

Students are often raised around people of similar socioeconomic, racial, or cultural characteristics. For many students, regardless of whether or not they identify as part of a minority or culturally diverse population, the college will challenge predisposed stereotypes or norms that may have been developed during adolescence. When presented with opportunities to critically explore these experiences, students can become more accepting, tolerant, and thoughtful members of society.

Students can see themselves in their leaders

Having culturally diverse peers is not the only way students benefit from diversity on campus. They also get the chance to see and experience various leadership styles from faculty, staff, administrators, and community members. For many students, it is a chance to see someone from a similar background that they can emulate.

Diversity better prepares students for the workforce

Education within a diverse setting prepares students to become good citizens in an increasingly complex, pluralistic society; it fosters mutual respect and teamwork, and it helps build communities whose members are judged by the quality of their character and their contributions.

Diversity intensifies self-awareness

Students arrive on college campuses with their personalities and perspectives already fully formed but still malleable. This sense of self-knowledge is sharpened with exposure and close contact with others whose life experiences are on the opposite spectrum. Engaging with others whose opinions, customs and personal lifestyles differ sharply from your own increases your self-insight. In turn, this type of exposure will help you make informed decisions about your career direction.

Diversity promotes creative thinking

Interacting with a diverse group of people provides many opportunities to learn from others who bring a different perspective colored by a different life experience. This type of exposure increases your capacity for exploring ideas and solutions based on different perspectives or vantage points. As a result, your single-focus perspective is transformed into multi-focus, and you become capable of viewing issues and problems from different angles. This engenders creativity and enhances your problem-solving abilities. Engaging with diverse groups of individuals whether they are students, faculty or other capacity expands your circle of contacts, enriching it with people of different experiences who have their own circle of contacts. You learn from them, and they learn from you as a result of the interaction. Whether you end up liking or disliking anyone, you will still sharpen your socialization skills and your knowledge of issues outside of your comfort zone. These are the skills and inputs that will help you navigate workplace relationships later on.

For many students, the non-homogenous composition of the population becomes their introduction to the world as it is a departure from their sheltered backgrounds. For others who are already familiar with

diverse communities, the multi-ethnic multicultural campus environment is an affirmation of their experience. Navigating the cross-cultural fabric of campus life is part of the overall learning experience for everyone.

Campus life is an eye-opener for many students. For many, it is the first taste of freedom and an unfiltered view of the real world. Diversity on college campuses enriches the experience, strengthens innate creativity and lays the groundwork for global engagement as student's transition to their chosen careers.

Diversity is an aspect of human existence that cannot be eradicated by terrorism or war or self-consuming hatred. It can only be conquered by recognizing and claiming the wealth of values it represents for all – Aberjhani

MS.MELBA ELIZABTH K
VICE PRINCIPAL

COVID-19: PANDEMIC OF EPIC PROPORTION

At the onset 2020, news of COVID-19 was doing rounds in news channels and over the internet. But the emphasis was it's under control. Without further ado, a place in China synonymous with COVID-19, "WUHAN-the epicenter of the pandemic" took the internet by storm. The outbreak happened so fast and in no time reached every nook and corner of the world

But in the initial stages, every Government of every country did not take it seriously .It was in a denial mode until it really became serious. Expert's opinion and advices were taken for granted. Everything was going on normally as though nothing much has been done.

And came the most stringent measures across the world. All of a sudden, there was chaos everywhere. Flights cancelled, Borders sealed, Business establishments closed and all came to a standstill. 'LOCK-DOWN' came into being in every country at all different levels with the different restriction, in particular INDIA

had one of the biggest and very stringent nationwide Lockdown.

The pandemic has brought about a psychological effect in the society. Distrust among friends and families. Fear of contacting the disease and isolation which took a beating of our humility. So with Lockdown in place and International travel a mere existence and the spread of COVID-19 not ceasing, here I am at home with absolutely no option at my disposal.

Adieu COVID-19!

MS. RESHMA TAMANG
LECTURER

NSS Report

Ms. Susan Angela Rowe

NSS Programme Officer

NSS WING

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, Mrs. Susan Rowe, NSS Programme Officer. The advisory

committee meets regularly to plan and discuss about various activities.

VARIOUS ACTIVITIES DONE UNDER NSS

AWARENESS RALLY ON HIV/AIDS IN OBSERVANCE OF WORLD AIDS DAY

The NSS unit of Koshys College of nursing have organized a rally on HIV/AIDS on 1st December 2019, in association with INA 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 kothaur.



AWARENESS PROGRAMME ON WORLD HEALTH DAY

The NSS unit of Koshys College of nursing have organized an awareness programme and quiz competition 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 Coverage: Everyone, Everywhere " and brief talk and presentation on the theme. Quiz competition was conducted for the students.

WALK AGAINST DRUG ABUSE

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.

BLOOD DONATION CAMP

The NSS unit of Koshys College of Nursing organized blood donation camp in association with Koshys Hospital, Koshys Group of Management studies, Y'sMen international, HDFC bank, LIONS club and Indira Gandhi Institute Of Child Health on 06.11.2019 from 10:00Am onwards. The chief guest for the programme was Dr Naveen Thomas, Director and Chief Executive officer, Baptist Hospital; other special invities were Ysm Johney John, District Governor, Bangalore District 2 and Lion Alphonse Kurian, District Chairman. The other guests for the programme was Mr Lophy Vellera, CEO, KGI; Mr Pankoj Roy, Executive Director, KGI; Dr A Ravi, Director, KIMS and Prof Sereena Shaji, Principal Koshys School and college of Nursing. 151 volunteers with different blood group donated the blood, which will be used for the children in Indira Gandhi Institute of Child Health.



WOMEN'S DAY CELEBRATION AND CORONA VIRUS AWARENESS AT ELEMNETS MALL

The NSS unit of Koshys College of nursing have organized a flash mob and mime depicting the theme of " let all be each for equal" on women's day on 8th March 2020, at Elements mall, Thanisandra main road, Nagavara village, Banaglore. Along with this an awareness mime regarding the global disaster covid-19 and its prevention was done for public benefit. More than 1000 people got benefited with this programme.

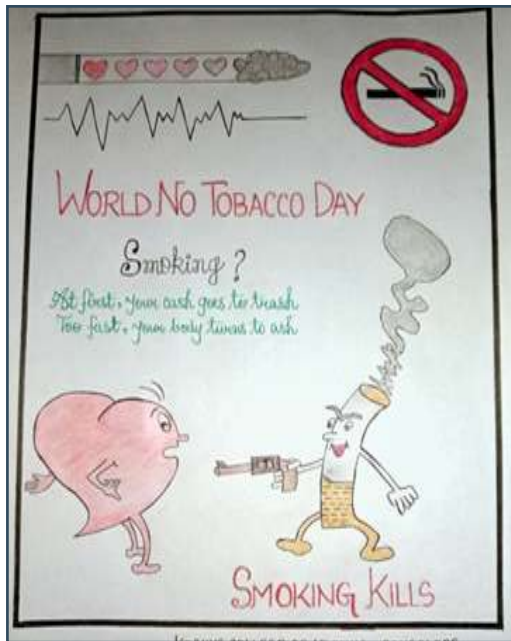


SADBHAVANA DAY 2020

NSS volunteers took the Sadbhavana day oath online along with a key note address by Principal, Prof Sereena Shaji, Koshys College of Nursing, stating the importance of the day

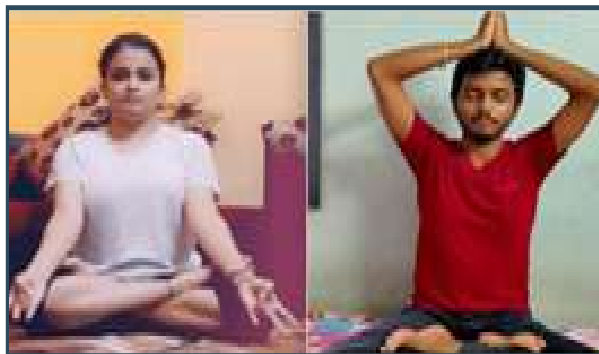
WORLD TOBACCO DAY 2020

NSS volunteers prepared online posters regarding world tobacco day on 31st May 2020.



INTERNATIONAL YOGA DAY 2020

NSS volunteers celebrated the international yoga day by doing different yoga poses and Asanas at their own home.



PARAKRAM DIVAS

The NSS officer & volunteers of Koshys College of nursing celebrated Parakram Divas on 23rd January, 2021 to create awareness among youngsters regarding the strong patriotism and leadership of National Hero: Subhash Chandra Bose. A rally was led by the team and slogans were displayed and enchanted along the way. Theme based patriotic songs were sung by the NSS volunteers.



WOMEN'S DAY CELEBRATION

The Mental Health department of KHS had celebrated women's day with female patients at Spandana Institute for Mental Health and Neuroscience, Mysore road, Bangalore as part of NSS activity. The female patients were given personal hygiene kit and fruits while male patients received fruits.



Events and Celebrations

COMMENSUO 19

The commensou 2019 was held on 18th sept 2019 for 2019 BSc nursing and GNM nursing batches, has been ceremoniously organized by Koshys school and college of Nursing. The programme was graced by our dear chairman Dr.Santhosh Koshy, A brief introduction about the institution , along with the activities and the celebrations within the institution were discussed and explained about how important and how true the student should be with the profession . The parents and the students were allowed to ask questions they had from the principal and the staff members . All the questions were answered by the principal . we thank all the students and teachers for their support.



FRESHER'S DAY

The fresher's day was held on 8th Nov 2019, hosted by 2nd BSc and Gnm nursing students by Koshys school and college of nursing as a part of welcome programme. All the dignitaries of Koshys Group of Institutions graced the occasion. All the freshers were so excited and actively participated in the programme that were conducted by their senior. The freshers enjoyed the various cultural programme and games conducted, that they were thrilled to stay in Koshys as it gave them an homely environment.



CHILDREN'S DAY

The Children's Day celebration program was held on 14th Nov, was hosted by 4th year B.Sc(N) students, Koshys College Of Nursing at Infant Jesus children home, Kothanur. The children enjoyed the songs, dance and skit and also participated in them, they were so happy with the sweets and gifts given to them at the end of the programme. The sisters of the children home were very grateful for visiting them.



DIABETIC DAY



The Children's Day celebration program was held on 14th Nov, was hosted by 4th year B.Sc(N) students, Koshys College Of Nursing at Infant Jesus children home, Kothanur. The children enjoyed the songs, dance and skit and also participated in them, they were so happy with the sweets and gifts given to them at the end of the programme. The sisters of the children home were very grateful for visiting them.



MAHOTSAVA

To celebrate Kannada Rajyotsava with great pomp and grandeur. The Mahotsav was held on 2nd November 2019 in Koshy's group of institution(Amphi theatre). The chief guest included Mr Dhanveerah, Sandal wood actor, Mr Rajeev Pillai Indian film actor. Stage show included veeragase (dance form prevalent in Karnataka). The students and faculties of Koshys School and College of Nursing along with Koshys Group of Institutions celebrated the day. The Karnataka flag was hoisted and Karnataka anthem was sung. The Mahatosava 2019 ended with DJ music performance .it was indeed a great day for the student of KGI.



CHRISTMAS CELEBRATION

As the season of Christmas brings joy in our hearts, The Jingle Bells in Wonderland 2K19 was held on 27th Nov 2019. The programme was organized by SNA, there were various competitions like crib making, carol singing. To celebrate the birth of Christ a beautiful message was given by REV. Fr. Emmanuel Poovathinal. Following the programme hot Christmas snacks were served for the students and teachers.



LAMP LIGHTING 2020

The lamplighting ceremony was held on 8th February 2020 in the auditorium of Koshys group of institution, for the 1st Bsc and Gnm nursing students as they take an oath to be a NURSE. The chief guest of the day was Prof. Merin Punnan. Our dear chairman graced us with his presence. The dignitaries of Koshys group of institutions also took part in the ceremony. The oath taking ceremony started with the students lining up to light their lamps and read the Florence Nightingale Pledge while holding the candle to mark the beginning of their professional career as a NURSE. The ceremony was delightfully organized and enlightening the students to become a part of the nursing profession.



CANCER DAY 2020

The World Cancer Day 2020, Panel discussion on – “Treatment Modalities In Cancer”, was held on 4th February 2020 in Seminar Hall I at 11:00 AM. The program was conducted by 3rd year B.Sc. (N) to which 2nd year B.Sc(N) and 2nd year GNM students were invited. The Invited dignitaries are – Prof. Serreena Shaji [Principal, Koshys School and College of Nursing], Prof. Biji Joseph [Vice Principal, Koshys School and College of Nursing], and faculties from Koshys School



and College of Nursing. The Moderator Ms. Sayani Pyne introduced the panelist and the topic of discussion – “Treatment Modalities in Cancer”, to the gathering. The program continued with the discussion which involved the participation from the dignitaries and the gathering. The Moderator concluded the discussion and feedback from the dignitaries, and the gathering.

FACULTY DEVELOPMENT PROGRAM 2020

Continuing education keeps the faculty up to date with their knowledge. Koshys recognize the importance of staff development for providing quality education. In order to refresh our faculties, we conducted a Faculty Development Programme on 29/02/2020 on the topic “statistical application in nursing research: use of SPSS package. It was conducted by expert speaker Dr. G. Balamurugan, Registrar Administration, HOD, Mental Health Nursing, M.S. Ramaiah Institute Of Nursing Education And Research.



NUTRITION DAY

A nutrition awareness programme was conducted on 9th march, 2020 by 1st Gnm nursing students in the mess hall, the theme of the programme was "VITA SANA". The programme attendees were the dignitaries of Koshys group on institutions. The presentations of various food were done by using flash cards, charts and models. Students prepared nutritious food and served it to the dignitaries. The programme was successful and the students were greatly appreciated.

On 11th march, 2020 "NUTRI CHOICE 2020" nutrition programme was conducted by 1st Bsc nursing students. The programme was organized in the 1st floor mess hall. The students invited the dignitaries of Koshys group of institution and they gave their valuable suggestions and comments. The students presented the variety of Indian cuisines by models, pictures and charts. The programme was successful and were greatly admired.



SPLASH 2

Splash Season 2 - "A zest for Koshians Talent" - The cultural fest 2020 was organised by the Koshys Group of Institution on 5th and 6th March 2020. The Chief guest of the day was Dr.Rekha Raju [Mohiniattam& Bharatanatyam Exponent, Expert, Panel Member Ministry of Culture - Govt. Of India]. Our dear chairman and other dignitaries of Koshys group of institutions graced us with their presence. There were various cultural events and all students participated with great enthusiasm. The competitions was held among all the departments of koshys group of institution. The most awaiting event was Mr and Mrs Koshys. The proud moment was when Koshys college of nursing were the winners and Koshys school of nursing were the runners up. The events are memories fresh in our mind, just waiting for SPLASH 3...



INVESTITURE CEREMONY

The Investiture Ceremony was held on 14th sept 2019 in the auditorium of Koshys Group Of Institution. Investiture is where the magazine "KARTHAVYA" is released and the announcement of the new SNA members, handing and taking over of the SNA office bearers with oath and reading of SNA report 2018 to 2019. The chief guest for the day and other dignitaries of Koshys Group of Institutions graced the occasion and appreciated the nursing team for their effort in bringing out this magazine.



Lockdown Activities

ACADEMIC ACTIVITIES

ORGANIZED AND CONDUCTED WEBINAR

During the last academic year we conducted a webinar from 6th July to 8th July 2020 on the topic "Clinical Competency in Nursing Education- A Global View". The highlight of the webinar was a panel discussion on the global scenario of the nurse practitioner role, with eminent speakers from various countries such as USA, Sweden, and Australia. Expert talk on "introduction to clinical competencies in nursing education" was given by Dr. Reddamma, Nodal Officer, INC Consortium. It was a 3 day webinar, more than 500 delegates participated.

KOSHYS
SCHOOL & COLLEGE OF NURSING

IGNOTE 2020
Knowledge shared is power multiplied

International Webinar on
Clinical Competency in Nursing Education
A GLOBAL VIEW
Date: 6th, 7th & 8th July 2020

Free Registration with E-Certificate

Online Support

In Association with

Chief Guest

Dr. Uday Murgod
Consultant Neurologist
Manipal Hospital, Bengaluru

Keynote Address

Dr. K Redemma
Nodal officer
INC Consortium for PhD in Nursing

Guest of Honour

Dr. Santhosh Koshy
Medical Director, Koshys Hospital
Chairman, Koshys Group of Institutions

Guest Speakers

Sandra Cagle, RN, MSN, ACNP-BC
Manager Advanced Practice
Providers, Ascension | Michigan,
Macomb Oakland Hospital, USA

Mrs. Mini Varghese, ACNP-BC
Ascension Macomb Oakland
hospital, USA

Dr. Sonia Sunny, RN PhD
District Nurse at Ontanken Primary Health
Centre, Gothenburg, Sweden, Adjunct
Professor Dept of Long Time Care Institute
of Health and Care sciences, Sweden

Dr. Toby Raeburn, RN, MN(hon)
PhD, FACMIN,
Churchill Fellow, Senior Lecturer &
Nurse practitioner in Mental Health,
school of Neg & Midwifery, Western
Sydney University, Australia

Prof. M Maheswary
Principal, Army College of
Nursing, Jalandhar Cantt,
Punjab

Dr. Sheeja Perumbil Pathrose,
Lecturer, Academic Course Advisor
Liverpool L69 3GB, School of
Nursing and Midwifery Western
Sydney University, Australia

For Registration please find the link: <https://www.kgi.edu.in/kcn/registration-form.php>

GUEST LECTURES SERIES

March 2020 the Indian government announced a complete lockdown after a deadly virus named Covid 19 spread across the entire globe infecting people of all age groups.

Koshys Group of Institutions had requested all students and faculty must return home and since then till November 2020 online classes were conducted for all students. Conducting and attending online classes was a challenge for both faculty and students, as it was a new experience everything was online via new improvised apps. Teachers had to learn innovative online teaching methods in contrast to the traditional teaching methods followed so far... So in order to make online classes more effective and informative management came up with an idea of conducting Guest Lectures by inviting expert speakers from across the globe every Saturday. Students have gained and will continue receiving knowledge regarding Nursing as well as Personality Development through these sessions even after the Covid season ends.

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
MINDFULNESS AND SELF ESTEEM

Date: 27th June 2020
Time: 11:30 AM to 12:30 PM

BY DEPARTMENT OF NURSING



Sr. Dr. Joan Chankapura MMS
Principal and Secretary, Trade College of Health and Social Sciences, Kottayam, Kerala

www.kcn.edu.in

ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
CRITICAL THINKING SKILLS IN CLINICAL PRACTICE

Date: 10th July 2020
Time: 11:30 AM to 12:30 PM

BY DEPARTMENT OF NURSING



Dr. Kishalaya Mukherjee
Examiner at RCS London for MJDIP Exams.
Speciality: Critical Care and Cardiothoracic surgery department at New Cross Hospital, Wulvehampton, UK.

www.kcn.edu.in


ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
FACE CHALLENGES WITH COPING SKILLS

Date: 18th July 2020
Time: 11:00 AM to 12:00 PM

BY DEPARTMENT OF NURSING



Dr. Agnes E J
Professor & HOD, Dept of Mental Health Nursing,
Foster Muller College of Nursing, Mangalore

www.kcn.edu.in

ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
SOFT SKILLS TO EXPAND COMFORT ZONE.

Date: 25th July 2020
Time: 11:00 AM to 12:00 PM

BY DEPARTMENT OF NURSING



Dr. Utalbasha Dhandargi
M.Sc. (N), MBA (Hospital management), Ph. D. (N)
Professor, Dept of Community Health Nursing,
Sajalavive Institute of Nursing sciences, Bangalore.

www.kgi.edu.in

ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
HIGH RISK NEW BORN : NURSING CARE SCOPE AND CHALLENGES

Date: 08th August 2020
Time: 11:00AM to 12:00PM

BY DEPARTMENT OF NURSING



Ms. Judiya Perumakunnel George
MScNAN
Registered Nurse - Neonatal Intensive Care Unit
Tavara Hospital, Alappad.

www.kgi.edu.in

ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
ENHANCING INDEPENDENT LEARNING SKILLS AMONG STUDENTS.

Date: 03rd October 2020
Time: 11:30AM to 12:30PM

BY DEPARTMENT OF NURSING



Mrs. Kavitha K
Professor & Head
B.L.D.E.A's Shri B.M.Patil Institute of Nursing Sciences

www.kcn.edu.in


ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
ANGER : DESTRUCTIVE OR CONSTRUCTIVE, YOUR CHOICE

Date: 17th October 2020
Time: 11:30am - 12:30pm

BY DEPARTMENT OF NURSING



Rekha Menon
Where passion is people. Where desire is to help men and women take their rightful place in society.

www.kgi.edu.in


ONLINE SUPPORT

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
PSYCHOLOGICAL SAFETY AND EMOTIONAL INTELLIGENCE

Date: 31st October 2020 | Time: 11:30 am - 12:30 pm

BY DEPARTMENT OF NURSING



Sr. Soniya P S
Asst. Professor
Caroline College of Nursing, Chirakkal, Kerala

www.kgi.edu.in

Online Support

KOSHYS
SCHOOL & COLLEGE OF NURSING

GUEST LECTURE ON
DIABETES: NURSES MAKE THE DIFFERENCE

World Diabetes Day 2020

Date: 13th November 2020 | Time: 12:00 pm - 1:00 pm

BY DEPARTMENT OF NURSING



Mrs. KUNCHE HANNAH JAYASEELI
• Frequenting diabetes Educator for Adults, pediatrics and GDM
• Certified Insulin Pump Trainer Educator
• Diabetes Educator from INTERNATIONAL SOCIETY FOR DIABETES AND ADOLESCENT DIABETES CARE

www.kgi.edu.in

ONLINE SUPPORT



E SPECTRA

E-Spectra Virtual Cultural Fest 2020, the first online competition conducted by the Koshys Group of Institution in association with Koshys Animation and Media School – A unit of Koshys Group of Institution, held on 5th July 2020, broadcasted on Facebook and YouTube live. The Chief guest of the programme was Shri Charan Pandiyan [Film Director, Actor and 3 times National Award Winner]. He encouraged the participants and the team for their marvelous efforts. Our dear chairman and every faculty of Koshys Group of Institutions encouraged the students to participate and cheered them up even during the pandemic. The students happily participated with the support from their family, friends and teachers. There were various events conducted online like meme, tik tok, dance, song and short film. The judges for the events were from well recognized people from their fields. Nursing students have bagged prizes in various events which made us proud.



ONLINE TNAI - SNA KSB

The SNA Competition 2020 was organized by the Trained Nurses Association of India , Karnataka State Branch – A State Level Online Competition 2020 – SNA And TNAI on the occasion of Bicentennial Birth Anniversary Celebration of Florence Nightingale 2020 – year of Nurses and Midwives . The participants for SNA and TNAI registered their entries under SNAKSB for the competition before 26th may 2020. There were events organized for student nurse and staff nurse. Our students participated in events like song,dance,painting,pencil sketch.The platform for performance was the Facebook page of : TNAIKSB for TNAI and Student Nurses Association : A unit of TNAI Karnataka State Branch of SNA. The evaluation was based on 25% facebook likes and 75% by the judges nominated by the state branch. Our students during this pandemic actively participated and were excited to be a part of it. Winners are Ms.Karma Lhamu -Poem,Mr.Franklin-Drawing, Ms. Triya Chatterjee-Essay

NATIONAL LEVEL ONLINE COMPETITION

The online competition with titled `Qurantine Idol 2020` was started on 1st of may 2020 to 21st of June 2020. It was organised by nepali online portal `Kalimpong Pratidin` operating from Kalimpong, a district of West Bengal in association with regional farmer association Krishak Kalyan Sangathan through social media platform with the medium of Facebook.The competition was firstly carried with total 1196 participants from various state of the country. Anamika Poudel, a student of Koshys College of nursing and also a resident of Kalimpong was amongst the participants.Ms. Anamika Poudel was declared as the Winner.



PANDEMIC LEISURE ACTIVITIES



Beat off CORONA

COVID-19, you are so much to adore!
Yet! People stuck in LOCKDOWN have
so much to explore.

Symptoms are cough, fever, tiredness
and shortness of breath,
If we neglect, it will cause severe death.
Emptied store shelves of hand sanitizers
and masks,

For safety measures, Our Government
has given us some tasks.

It is diagnosed with a laboratory test,
Rather than cure, prevention is best!

There is no coronavirus vaccine,
So, we have to follow some personal
hygiene.

The virus seems to spread by droplet
transmission,

Being the citizens of this Universe,
saving our mother EARTH, is a mission.

The humans have all disappeared
And life is not the same,
Life is better and the land is unfettered
By the poisons we produce in
economy's name.

TRIYA CHATTERJEE
2ND YEAR B.SC (N)





“Walk To The Awaiting Light”

The night might get longer,
While your fear of darkness deeper.
Your world might just crumble down,
Well, its just the phase of life you live on.

The heart might just be torn apart,
You feel yourself disgusted and shattered.
Tiring it could be, you almost give up,
Wait, that might not be what you actually want.

The road may seem long and weary,
Your body might be weak and tired.
Legs might be cramped and eyes teary,
Well, that okay and rest awhile if you must.

The dream that you dreamt might be blurred,
While the zeal to conquer it may get dimmed.
Hold on...and don't get yourself astrayed,
To your destination, you must walk on.

Then, you will finally see the day long waited,
The fear of darkness will be all gone.
The teary eyes will all sparkle up,
While the no longer tired legs walk in triumph.

KARMA LHAMU SHERPA
4TH B.SC.



Revival after Pandemic

NEW BLOCK INAUGURATION

The renovated Health Sciences block Inauguration was done on 12th december 2020. Chairman, Dr. Santhosh Koshy along with his entire family members and KGI Family were there for this joyful occasion. Rev.Fr. Jino was the main celebrant for the ceremony.



CANCER DAY 2021

The world cancer day was celebrated on 4th February, 2021 in seminar hall 2, Koshys Institute of Management Studies at 10:00am. The theme was 'I am and I will'. The programme was conducted by 3rd year B.Sc(N) in the form of panel discussion. The programme was hosted by Ms. Triya Chatterjee [3rd year B.Sc(N)]. The programme was started with the invocation song by the SNA choir, which was followed by the welcome speech given by Ms. Arundhuti Roy [3rd year B.Sc(N)] to welcome the dignitaries. Prof. Sereena Shaji [Dean of KGI], Prof. Biji Joseph [Principal of BLF-CN], Mrs. Melba Elizabeth [Vice principal of KIHS], Mrs. Mini Mathai [Academic Head] in her absence, the other teaching and non-teaching staffs and the students of 2nd year B.Sc(N) and 1st year Allied Health. The panel discussion was started by Ms. Haimanti Bandopadhyay- the moderator to which she introduced the theme 'I am and I will' and the topic of discussion-- 'The treatment modalities of cancer'.



FACULTY DEVELOPMENT PROGRAM 2021

To sharpen the knowledge of faculties Koshys recognize the importance of staff development. In order to refresh our faculties, we conducted a faculty development programme on 27/02/2021 on the topic "L.E.A.P. It was conducted by expert speaker Dr. Hemalatha R, Neoway certified NLP transformation, Coach.



REPUBLIC DAY 2021

72nd Republic Day was celebrated on 26th January, 2021. It was celebrated in Koshys Amphitheatre at 8am by hoisting National Flag. Dignitaries were addressed the gathering which motivated the students. Followed by Patriotic song sung by Nursing department and management department. This day we remembered our soldiers and freedom fighters.



ETHNIC DAY 2021

The ethnic day 2021 was celebrated on 24th February, 2021 in the amphitheatre of Koshys Group of Institutions at 12:30pm to 2:00pm.

On this day, all the dignitaries, Dr. Santosh Koshy [Chairman of KGI], Prof. Sereena Shaji [Dean of KGI] and all the teaching and non-teaching staffs were welcomed. On this day, the students of KGI presented themselves in their different ethnic attire and made the occasion more graceful.

The programme consisted of solo dance and also the group dance by the students of Koshys Institute of Health Sciences and Koshys Institute of Management Studies.

The day was enjoyed by the members of Koshys Group of Institutions all together.



LANNISTERS FC

Koshys Institute of Health Sciences introducing their new Team in Ganador Season IV owned by Dr. Santhosh Koshy & Prof. Sereena Shaji.

“Hear me Roar”

Managers

Sachin Sabu-4th year bsc

Smrithy surendran-4th year bsc

Abhinay - 2nd year bsc.nursing

Jyothis john- 3 rd year bsc nursing



ESTD 2021



LAMP LIGHTING 2021



Lamp lighting and oath taking ceremony of first year students were conducted on 5th March, 2021 for the 18th batch of GNM and B.Sc nursing of Koshys School and college of Nursing, 1st batch of B.Sc nursing of Bangalore Little Flower College and 1st batch of Koshys Allied Health Sciences, who has started their noble profession of nursing with dedication and commitment. The chief guest Mrs. Judith Vasan [Nursing Superintendent, Manipal hospital, Bangalore], addressed the freshers. She gave a motivational speech regarding our profession Dr. Santosh Koshy [Chairman, KGI] addressed the gathering with his inspirational speech. Prof. Sereena Shaji[Dean, KGI inspired the students to work hard and achieve their goals within the academic year



KIDNEY DAY 2021

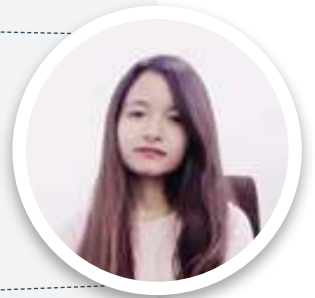
To create the awareness on World Kidney, 12th March 2021, Dr. Manohar consultant Nephrologist Koshys hospital spoke on the theme. Kidney Health for Everyone Everywhere – Living Well with Kidney Disease. It was an excellent discussion talk.



Testimonials

ALKA THAKURI,
GNM BATCH 2015-2018

Attending KOSHYS SCHOOL OF NURSING was the best decision I could have ever made. The education and experience I received not only knowledge but also to obtain successful employment. The staff played a transformational role in my life and helped to fulfill my dreams of becoming a NURSE...Thank you.



SHRADHA RANA,
GNM BATCH OF 2016 -2019

I feel proud to be a part of Koshys School Of Nursing. Those 3 years were golden years of my life. It helped me to become a professional Nurse.

Thank you



HAIMANTI BANIK ,
GNM BATCH 2016-2019

I am a confident and working as a Staff Nurse. I am heartily thankful to all my teachers for their guidance. It's all a good experience and golden memories to cherish.





KIMBERLY L RALTE,
BSC. 2015-2019 BATCH

I still remember the warmth I felt from the dozen of palm trees as I entered Koshys and my life has changed ever since. It has given me memories and friends I will always cherish, I will carry 'KOSHYS' with pride in my heart. Koshys College of Nursing is such a salutary place for learning and my time there will always be the best part of my life.

SREELA PM,
BSC. 2015-2019 BATCH

"THINGS END. BUT MEMORIES LASTS FOREVER!"
Coming to Koshys College of Nursing was an absolutely right decision for me. Koshys College is definitely a major milestone of my life which moulded me into a nurse that I am today. I am proud to be a part of its esteemed institution.



FRANKLIN GHOROZA,
BSC.2016-2020 BATCH

"Starting a new life is never easy, but I am realising that working in koshys hospital is definitely the step for me to move forward in life. Thanks to Koshys Group of Institutions for giving me such an opportunity!"

FALGUNI SHARMA,
BSC. 2016-2020 BATCH

Aster hospital is helping me learn astonishing requirements related to my nursing field to gain more knowledge,skills and confidence in providing professional care to patients and treats every staff as a family member making it easier for me to work in the surrounding. Im pleased to be a part of the Aster Hospital.



For Emergency
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+91 87925 39623



100
Beds

900000
Patients Since 1998

90
Doctors

150
Qualified Staff



**LEADING THE WAY
SINCE 2003**

About Us

Koshys College of Nursing, pioneered by the Chairman, Dr. Santhosh Koshy was established in the year 2003 and is now proudly known as Koshys Institute of Health Sciences (KIHS) with the addition of more Courses. Koshys Institute of Health Sciences is a fruit of the Education vision born out of Mr. C. Koshy, who always exhibited an empathetic commitment towards the development of the society.

Colleges & Institutions under KIHS

Koshys School & College of Nursing
Bangalore Little Flower College of Nursing
Koshys Institute of Allied Health Sciences

Clubs & Associations

- Student Nurses Association (SNA)
- Sports Club
- Literary Club
- KIHS Choir (Music & Performing Arts)
- PESQUISA (Research Club)
- National Service Scheme (NSS)
- Anti-Ragging Cell

Parent Hospital

- Koshys Multi-Speciality Hospital, Bangalore
- Little Flower Hospital, Bangalore

Laboratories

- Advanced Nursing Foundation Lab
- Advanced Medical Surgical Lab
- Community Health Nursing Lab
- OBG & Paediatrics Lab
- Nutrition Lab
- Pre-Clinical Science Lab
- Computer Lab