



KOSHYS
INSTITUTE OF HEALTH SCIENCES



KARTHAVYA - III

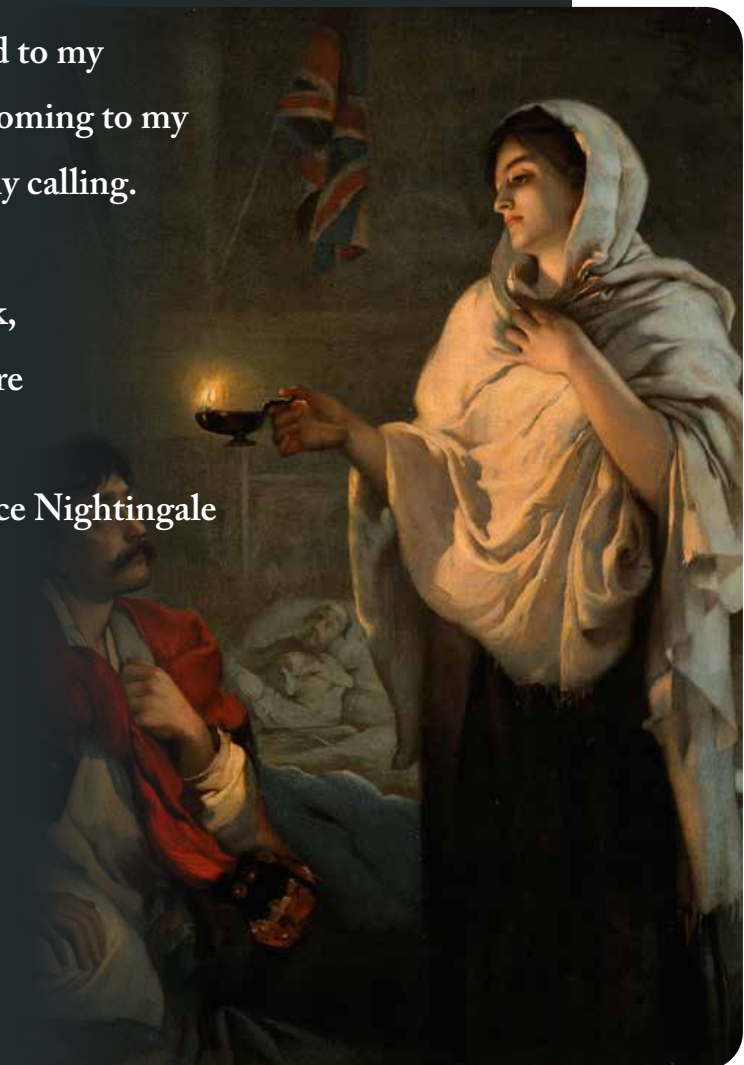
COLLEGE MAGAZINE 2021-2022



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



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Vision, Mission & Core Values

VISION

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

MISSION

Koshys strives to provide an unparalleled blend of affordable and quality health care education through:
Nurturing a reliable, highly trained and compassionate professionals,
Creating a nurturing environment of quality education and excellence,
Instilling a passion for building strong and healthy communities.

CORE VALUES

- Integrity
- Professionalism
- Customer Centric

Tony
Rue
BET
Pia
SALON
B. d. R.

Rue
Pia
Salon
B. d. R.



Mme OUDJARI Michel

Rue Pignone

SALON -

B. d. R.

MISSIVES



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 Koshy’s 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.

“The world belongs to those who read.”

– Rick Holland

Education is more than just the acquisition of knowledge; it is knowledge infused with morality and wisdom. Education is the preparation for life. It helps individuals become more affable, shapes their character, and cultivates their intellectual capacity so they may effectively manage the difficulties and challenges of today’s complex world. We, at Koshy’s believe that education is a process that helps students reach their full potential. And we aim to do so by generating knowledgeable, assured, capable and dedicated beings. We give all our students the chance to understand, that recognising one’s own capabilities and limitations is the key to success and contentment.

At Koshy’s Institute of Health Sciences, the wheel of excellence and continuous progress has been steered with values and conventions as its pivotal point, quality education, and ongoing infrastructural development, learning environments, teaching and learning processes as its forks to strengthen countless efforts to set the wheel on its course. These are things that I can say with pride.

Through this college magazine, students can express their artistic pursuits which will enable them to become more innovative in their thoughts and perceptions. The magazine’s contents showcase our Koshians’ outstanding ingenuity and imaginative flair. I would like to commend team KIHS at this point for their incredible work in publishing the college magazine, “KARTHAVYA 2022”. I sincerely hope that every student will reap the benefits of this opportunity to contribute to the college magazine and that its readers will gain information and modern insight from the articles that are published in the magazine. I wish you great success with the publication. I also extend my best wishes to the Dean, the entire faculty and my beloved students for continued progress on the path to success’s zenith.



Dr. Santhosh Koshy
Chairman, Koshy's Group of Institutions

“

“The highest education is that which does not merely gives us information, but makes our life in harmony with all existence.”

- Rabindra Nath Tagore

”

Dr. Sereena Shaji
Dean, KGI

Education plays an important role in the overall development of the society. The true goal of education transcends much beyond just an awarding degree and certificate to the students. It signifies the discovery of the meaning and the fulfilment of life for mankind as well as for oneself. This is what we aim through education at Koshy’s institute of Health Sciences. At KIHS, we not only focus on the theoretical curriculum, but also in the development of students’ personality, extra-curricular activities and a holistic development. The extra-curricular engagement at KIHS continues to excel through the efforts of the Student Nurses Association. And through its academic and non-academic activities, KIHS is all set to provide each student with a wide variety of experiences to grow by equipping them with everything they need to achieve the pinnacle of their capabilities.

It is indeed my pleasure to be a part of the team, as we, the KIHS family proudly present “KARTHAVYA-2022” the Annual College Magazine before its audience. I take this opportunity to express our heart-felt gratitude to our respected Chairman Dr. Santhosh Koshy for all the encouragement and support provided to us to turn our dreams into a reality.

And I truly appreciate the efforts of all the Magazine committee members, both staff and students, for their active involvement at various levels, for materializing this publication and hope that the pages that follow will give a pleasant reading experience to all.

“

“Education is not about learning facts but training young minds to think.”

-Albert Einstein

”



Prof. Biji Joseph
Principal, BLFCON

Every young mind should be given the best possible opportunity to develop through education. So it is essential to place an emphasis on holistic development of all facets of personality rather than only focusing on textbook-based education. This is something that KIHS values greatly, and we work to develop the skills of these young brains here.

It's a moment of great pride that our young minds have put all their talents, creativity and their activities of the past year beautifully in the form of a college magazine 'KARTHAVYA' third edition. As you scan through the pages, it will enlighten you with the important milestones that College has achieved this year. Besides, our budding talents have expressed their thoughts, ideas, hopes, feelings, aspirations and convictions in a creative way.

I congratulate the editorial team and all the students and staff who contributed to design this magazine. This addition of the college magazine 'KARTHAVYA' gives space to imagination and unlocks the thoughts and values of students and staff. It also unfolds a wide spectrum of creative skills which includes not only writing and designing but also editing the magazine. The creativity in students found in 'KARTHAVYA' is only because of the strenuous efforts of the editorial board and the active participation of students, needless to say the committed and supportive management, dedicated and caring staff, co-operative parents who worked in the backdrop to bring the best in their children.

I feel happy to know that the College Magazine Committee is bringing out the students magazine 'KARTHAVYA' which is in fact long awaited. As you know, the holistic development of the College students goes beyond classroom teaching or any structured/formal education system. Thus, any such attempt made to offer multi-pronged opportunities to its students and further helping them to grow and realize their true potential is always welcome. Our in-house students Magazine 'KARTHAVYA' provides a platform to students for their creativity, self-expression, learning experiences and even an identity they will be proud of through accepting the challenge of writing.

The young generation seems to be caught up by the much attractive and addictive social media and networking.

All contributors and students deserve congratulations. I hope other students will also feel inspired and motivated to build up their writing and presenting skills. I look forward to all students reaching new heights in their respective fields and making our college a proud institution.



Dr. Prakash B Nayak
Academic Director, KIMS



Dr. Sara Kunnath
Academic Advisor - KIMS

Dear All,

Congratulations to the KIHS team for achieving another milestone and has proudly brought forth another edition of the magazine 'KARTHAVYA'.

Education is a process of facilitating learning and it refines individuals. It enhances the transfer of knowledge, skills, norms, moral values and beliefs so that they can grow as engaged and productive members of society.

This Magazine will act as a forum to provide valuable opportunities for the dissemination and sharing of ideas. It will encourage capacity building amongst the student community. I appreciate the team for the informative and quality compilation of innovative trends in the Health Care Sector. It has contributed in documenting the incredible journey and experiences of the various departments.

In this era of fast paced growth, let us pause to contribute to the development and well-being of humanity at large.

All the best!!



Mr. Paul Anderson M
CAO - KGI

Dear Students,

The constant evolution in the realm of Education has made an impact on all the strata of the world, thus revolutionizing the way of our personal and professional lives. At Koshy's Group of Institutions, measures are initiated to ensure that our Students can adapt to such fast paced world by providing them a Holistic education. The purpose of Education is to bring about a transformation; in the students of Koshy's. It is the place where the minds of the youth are shaped to be skilled professionals, as employees, employers, leaders and entrepreneurs. On the whole, it can be said that Education at Koshy's is

rewarding and it is not the individual who reaps the benefits, but the entire society through these individuals.

With the unified efforts of the Management, faculty and other stakeholders, Koshy's is determined to bring forth qualified and eligible global citizens through appropriate mentor system and student support mechanism.

I wish all the Students to have a Successful Career Ahead.

Success comes to those who work hard and stays with those who don't rest on past laurels. I am happy that Koshy's college of Nursing is coming out with the college magazine every year. Firstly, I would like to congratulate the teams for the successful outcome of this magazine.

This magazine allows its readers to delve into and appreciate new voices, at times radical expressions and opinions of the budding poet, writers and essayists.

It also provides a platform to improve learning skills of students. I hope other students will also feel inspired and motivated to build up their writing and presenting skills. I look forward to all students reaching

new heights in their respective fields and making Koshy's College of Nursing a proud institution.

My sincere gratitude to the SNA unit of Koshy's College of Nursing who had a wonderful and talented ideas to bring out and utilize the maximum capacity of the students and the team.



Dr. L. Dabashini Devi
SNA Advisor,
TNAI, Karnataka State Branch.

Hearty congratulation and Good luck.

It gives me immense pleasure to pen a few words as prologue to the college Magazine 'KARTHVYA-III' of KIHS, yet another outcome of the creativity, hard work, unity and enthusiasm of the Koshians.

The contents of the magazine reflect the wonderful reflect the wonderful creativity of thoughts and imagination of our students. Every new edition arrives with a refreshing outlook making us proud of what our students have achieved and at the same time, it gives us a sense of hope that eventually opens up the vast ocean of possibilities, yet to be explored. I sincerely appreciate our talented and ever-willing students who shared the joy of participation in co-curricular and extracurricular activities along with their commitment to academic pursuits during the academic year, 2021-2022.

I extend my warm wishes to each and every student of institution to continue the journey on the road of excellence. As it is well said that "Education is the passport to the future, for tomorrow belongs to those who prepare for it today."



Mrs. Linta Thomas
SNA Advisor



Mrs. Hannah R.D
SNA Advisor

It is indeed a happy moment for our KIHS department to have successfully brought out the 3rd edition of our college magazine 'KARTHAVYA' 2022. The most important aspects we could drive most recent trends and activities happened in KIHS last year. It's really a stupendous effort from all. I am glad to be part of this college magazine. I wish all victory in all of their endeavours.



Ms. Triya Chatterjee
SNA -VP

College has given us the confidence we need to pave our path the future belongs to those who believes in the beauty of their dreams.

Being the Vice President of SNA of the year 2021-2022 I have experienced a lot of ups and downs that has made me expertise in leadership and made me capable to handle difficult circumstances, all of this was possible by the coordination of my fellow SNA office bearers who have helped me be the best version of myself throughout the year. I am truly grateful for this opportunity and I wish the upcoming SNA office bearers a very good luck!

SNA OFFICE BEARERS 2021-22



*Ms. Ankita Manna, Ms. Grace Ebenezer, Ms. Samiksha Pradhan, Ms. Sabina Nasrin Midia (Top Left to Right)
Ms. Shrestha Mishra, Ms. Haimanti Bandopadhaya, Mrs. Linta Thomas, Dr. Sereena Shaji, Prof. Biji Joseph,
Mrs Hannah R.D, Ms.Triya Chatterjee, Mr. Joythis John (Bottom Left to Right)*

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- III” 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 2021-22 With the help of our student editorial committee, we’ve managed to capture all the glimpses of Koshys.

Happy reading.



Mrs. Linta Thomas, Mrs. Hannah R.D, Prof. Shweta V D, Prof. Sandhya S, Mr. Harikrishnan M G, Prof. Biji Joseph, Dr. Sereena Shaji, Dr. Santhosh Koshy, Mr. Paul Anderson, Dr. Prakash B Nayak, Dr. Sara Kunnath (Left to Right Top to Bottom)



BULLETIN

EDITORIAL TEAM MEMORANDUM

With the satisfaction of putting into it our utmost efforts, we present to you KARTHAVYA III 2021-22, our New and improvised Magazine of Koshy's Institution of Health Sciences. It is designed to interconnect the different aspects of lives, with every page telling a new story. In this journey we felt the sense of immense pleasure and pride being the first student body to work on the expectations of every individual and bringing the best out of it.

The timeless moments of combining experiences and milestones in people's lives was yet another wonderful feeling. We as a team were fully invested in releasing 'KARTHAVYA' which is more than just some magazine, it is the talents, achievements and visions of the very foundation Koshy's stands on. We are truly Grateful for the guidance of our dean. Dr. Serena Shaji, who has constantly encouraged us to explore our talents and tried to bring out the best in us throughout.

Leaving all traditions behind, a new look, a new phase that's what we were after and here we are portraying the cherished memories of the year that has gone by.

As neophytes, we Koshians have put our hearts and minds and have tried our best to meet the expectations of our readers, by modifying and recreating KARTHAVYA, we hope this Array of Memories gives an insight of Enjoyment that a Koshian Experiences throughout their Journey Here at Koshy's.



EDITORIAL TEAM MEMBERS



WEB TEAM



Mr. Subhajit Maity, Ms. Ruma Khatun, Mr. Souvik Chakraborty (Left to Right)

LANGUAGE EDITORS



Ms. Shabida Dewan, Ms. Britty Thomas, Ms. Nishika Chhetri, Ms. Mariah Vanlalrinmawii, Ms. Sushmita Roy (Left to Right)

EDITORS-IN CHIEF



Ms. Ardhra Ann Varghese, Ms. Britty Thomas, Ms. Nishika Chhetri, Ms. Mariah Vanlalrinmawii, Ms. Arya Maria Thomas (Left to Right)

PILLARS OF SUPPORT

TEACHING STAFF (2022-23)



Ms. Ritu, Mrs Hannah R. D, Mrs Linta Thomas, Mrs Biji Joseph, Dr Sereena Shaji, Mrs Shari, Mrs Mini Mathai, Mrs Deepthi Devadas, Mrs Lonia Xaviour, Mrs Jega Jeraldin, Mrs Jhansi Rani J, Ms Annie Nirmala, Mrs Ankita, Mrs Lasoo Pyengrope, Ms C Lalrohli

SNA OFFICE BEARERS 2022-23



Ms. Anjali, Ms. Lea, Mrs Hannah R.D, Mrs. Linta Thomas, Prof. Biji Joseph, Dr. Sereena Shaji, Ms. Sulekha, Ms. Sushmitha (Top Left to Right) Mr. Bijo, Mr. Souvik, Mr. Soumen, Ms. Britty (Bottom Left to Right)

SNA ELECTION



The Student Nurses association Election 2021 was held on 20th SEPTEMBER 2021 at 10:00AM. The campaigning was very innovative. The candidates came up with creative campaigns ; Posters, Short Videos, Heartfelt messages and much more.

We were blessed to have the Ultimate Winners of the Election :-

- Ms. Triya Chatterjee (IV Year B.Sc Nursing) as Vice President
- Ms. Sahina Nasrin Midiya (III Year B.Sc Nursing) as Secretary
- Ms. Ankitha Manna (III Year GNM) as Joint Secretary
- Ms. Grace Ebenezer (II Year B.Sc Nursing) as Treasurer
- Ms. Samiksha Pradhan (II Year GNM) as Joint Treasurer
- Ms. Haimanthi Bandopadhaya (IV Year B.Sc Nursing) as Cultural Secretary
- Mr Joythis John (IV Year B.Sc Nursing) as Sports Secretary
- Ms Shreshtha Mishra (IV Year B.Sc Nursing) as Discipline Secretary

We have a promising team this time.

ANNUAL REPORT : 2021 - 22



Dear Students and Well-wishers,

Warm Greetings!

It is with a profound sense of humility and privilege that I present this report as the Dean of this prestigious institute. This great edifice of education, popularly called Koshys Institute of Health Sciences, had its inception in the year 2003, and soon many glorious accomplishments came its way, and today, it is the most sought-after college nationally offering 7 undergraduate programs, and one postgraduate program.

The academic year 2021-22 has been a very special year as despite the challenges, we at KIHS are mindful of constantly making every effort to reach out to the teaching-learning needs of the students and equipping our students with necessary skills of critical thinking, creativity, communication, and collaboration

KIHS's mission has always been to provide an overall educational experience, in both academics and character development and creating life-long learners in a learner-centered environment. Under the effective leadership of Chairman Dr. Santhosh Koshy, we have come a long way to establish the KIHS community as a leading place for health care education.

Be it in academics, extra-curricular or co-curricular activities, KIHS has proven itself time and again. The occasion of Florence Nightingale Award Ceremony in Karnataka – was celebrated on 28th February 2022 where a dance competition was organized for all Medical and Nursing colleges in Karnataka. A total of 7 groups from Koshys

College of Nursing participated. One group was awarded with a consolation prize of Rs. 5000/- to the winners.

KIHS has an infrastructure that is world-class which include IT-enabled classrooms, state-of-the-art laboratories, spacious Library, Literary Clutch, seminar halls, open spaces and common rooms.

Students, in the course of their study, come across several outreach programmes that give them access to transform lives and the world around them. We partake in multiple outreach programmes, workshops, seminars, NSS and Student Nurses Association events, Research club activities etc.

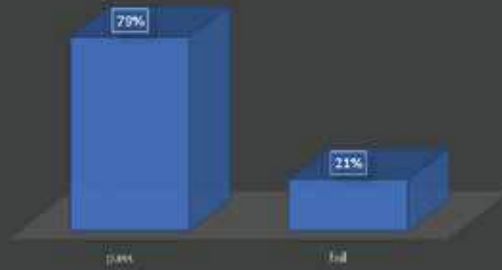
RESULT ANALYSIS OF 2021-22

“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 board and university results of 2021-22, are the testimony that academics is the prime concern of the institution.

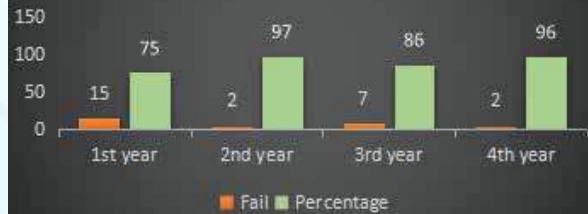
BANGALORE LITTLE FLOWER COLLEGE OF NURSING

1ST YEAR UNIVERSITY EXAM RESULT



KOSHYS COLLEGE OF NURSING

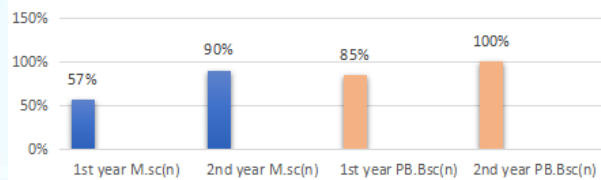
RESULT ANALYSIS of BSC (N) 2020-21



KOSHYS SCHOOL OF NURSING



KOSHYS COLLEGE OF NURSING



WORK SHOPS & WEBINARS

We have continued to hold numerous workshops and lecture series at regular intervals. Few of them are:

Koshys Institute of Health Sciences organized a webinar on 30th July 2022 in association with DNip Care aimed at sensitizing the delegates on palliative care, on the topic “palliative care: an Update”. Chief guest of the webinar was Mrs. Achala Asst Director General (Nursing), DGHS, MoHFW (Ministry of Health & Family Welfare), Government of India. The main speaker for the webinar was Dr. Bablesh Mahawar, Interventional pain & palliative Care Physician,

Breastfeeding week celebrations started on August 1st,2022. The theme was “Step up

for Breastfeeding – Educate and Support”. KIHS conducted Poster preparation, Breastfeeding health education in Bellahalli slum (community) and on August 3rd, 2022 a breastfeeding seminar was conducted with Mrs. Savitri Raman, Nursing lecturer, Sultan Quaboos University, Oman. This was followed by an exhibition and health talk at Koshys hospital

It was held on 12th august 2022, by Guest Speaker Ms. Sindhuja Williams, who presented her session effectively by a game regarding barriers in communication, followed by a speech on meaning of communication, different types barriers, do’s and don’ts, what is therapeutic relationship. The students and the staff participated actively.

SNA ACTIVITIES

The college organized various program along with the SNA and NSS cell:

Every year the SNA activities take place during which the students exhibit their talents & steal the show. “Excelentia” is an event that is celebrated batchwise every year. A yearly magazine titled “KARTHAVYA” in which, pool of talents of various students & faculty in various forms are cherished, recorded & published.

The KIHS team conducted a health awareness programme on 10th March 2022 on World Kidney Day 2022, based on the theme ‘Bridge the Knowledge Gap to Better Kidney Care’ The panellists were the students and a discussion was held at the end.

World Tuberculosis Day was observed on 24th March 2022. The NSS conducted a rally to raise public awareness about the devastating health, social and economic consequences of TB and were joined by the area Primary Health care ASHA workers. The students performed an Awareness programme for the locality people to bring about the consequences of the disease.

World Health Day was celebrated on 07th April 2022 under the guidance of the SNA advisors. The main objective was to raise awareness about the ongoing health issues and overall wellbeing of the society. An awareness rally was conducted by the KIHS students followed by poster competitions. To end the programme, Chairman Dr. Santhosh Koshy planted “saplings” in recognition of World Health Day Theme.

World Malaria Day was observed on 25th April 2022 the main objective was to spread

awareness of the global effort to control and ultimately eradicate Malaria. The theme was “Harness innovation to reduce the malaria disease burden and save lives”.

World Hepatitis B Day was observed on 04th August 2022. KIHS students organised an AV aids exhibition organised as a part of “World hepatitis B Day”.

KIHS conducted a **“School Health Programme”** on 28th April 2022 in Infant Jesus High School, Lingarajapuram, Bengaluru. This program was conducted with the collaboration of BIRDS organization and the NSS unit. The program included AV aids presentation on Do and Don’t on FIRST AID.

International Women’s Day was celebrated on 07th March 2022, hosted by the organization BIRDS, and KIHS NSS unit. The students, Local Self-Help Groups (Mahila Mandals) & BIRDS staff participated in the rally initiated to promote Women Empowerment.

Medical Camp was organized on 29th April 2022, by KIHS students along with the organization BIRDS. Together the team conducted a medical camp at the Dassarahalli slum. Around 45 people gathered and took advice from doctors, after which they were supplied with medications as per their requirements. Another camp was organised on 03rd August 2022 by the KIHS team, at the Balehalli slums where nearly 40 families reside. The camp was conducted by KIHS in association with Koshys Hospital and BIRDS organisation. Dr. Lalitha was deputed by BIRDS organisation and did the consultation. Needed Medications were issues to the people. Health education was given at the end of the camp.

World Environment Day was celebrated on 05th June 2022 to raise global awareness to take positive environmental action to protect nature and planet earth. The students of KIHS celebrated with the rally and campus cleaning awareness programme with the theme- “ONLY ON EARTH”. On the 6th and 7th June 2022, the students attended a two-day workshop with the NSS unit and Eco Mitra at Seshadri Puram College, the programme was inaugurated by Dr Shalini Rajnesh (IAS) followed by sessions on topics Global village and conversation, ecological presentation and its efforts, and only one earth -Lets take care of it.

International Yoga Day was celebrated on 21st June 2022 guided by the theme “Yoga for humanity”. Choosing right yoga asanas and practicing them with awareness during post COVID-19 recovery period helps to build immunity with relaxed body and mind for faster healing. It is being said that yoga helps balance the body and mind. KIHS celebrated Yoga in our college premises, with the support and guidance of resource person –Ms Rajni Gaur, (Yoga Instructor) followed by KGI team members. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

The KIHS team organized the **International Nurses Day** celebrations on 12th May 2022, based on this year’s theme given by ICN. It was truly a thought provoking, renewing & motivating program for every nurse present.

“If Parents give us life, teachers teach us how to harness life to fullest”, **Teachers**

Day was celebrated on September 5th, the birth anniversary of Dr. Saravepalli Radhakrishnan. It was celebrated at KIHS Auditorium by 3rd and 4th Bsc students, at 11:30 am, which began with a beautiful song by Ms. Shari, followed by a cake cutting done by Dean Dr. Sereena Shaji, Prof. Biji Joseph and other faculties. As a token of love students distributed gifts and flowers to all the teachers in appreciation for their gratitude and thankfulness for efforts, they make in educating their students.

The KIHS organised the **Lamplighting & Oath taking ceremony** on 21st April 2022 Dr. Rohini Paul Chief Nsg. Officer of Aster DM Health Care, Head of Nursing Education India was the Chief Guest 177 Students dedicated themselves to the profession in the presence of the dignitaries including our chairman and Dean and Ms. Binu Benny, NS, Koshys Multispeciality hospital.

SPLASH-Promo, the intra departmental cultural competition was held on 18th & 19th August 2022. It was conducted for all the students across KGI, and all of them participated very actively and enthusiastically in events like Folk/Traditional Group dance, Fashion show, solo dance, western duet dances group song, western group dance, mime, solo dance(vernacular), solo song, instrumental solo etc.

It was a moment of Pride to KIHS that, as they bagged hattrick in winning the overall championship, yet once again.

College day was celebrated at KGI grounds on 26th August 2022. The event was named as “Koshys Kultastic”, Our chief guest Sri. M. Chandra Sekhar IPS IG, Central Range Bengaluru, the guest of honour

was Dr. Santhosh Koshy chairman KGI and Special Guest was Mr. Sathish Koshy General Secretary KGI. The programme started with an invocation song, followed by the prize distribution to the academic winners. The event was finally concluded with a wide umbrella of cultural events.

The KIHS team organized the orientation program “**Commensuo**” on 12th of September 2022 to orient the newly joined students to KGI. It was presided by Dr Santhosh Koshy, Chairman, KGI, Dr. Sereena Shaji, Dean, Dr. Prakash B Nayak, Academic Director, Dr. Sara Kunnath, Academic Advisor and Mr. Paul Anderson, CAO, KGI. The dignitaries gave a detailed orientation about the courses, infrastructure, facilities, faculty team and so on. They encouraged the students by sharing their valuable experiences and wholeheartedly invited the freshers to have a happy and a fruitful stay at Koshy’s.

Vidhanansoudha Trip was organized to “witness Karnataka Legislative Assembly House Proceedings” on 19th September 2022. It was an immense pleasure for a team of 120 students along with teaching staff to witness Karnataka Legislative Assembly House Proceedings.. After the visit they also had an opportunity to have a photo shoot for a Kannada movie focused on the lives of Nurses called “September 13”.

Nutrition Day - Day -1 - “Nutri choice” 16th Sep 2022, was held by the 1st year GNM students, which was celebrated to present a variety of delicacies, 10 different presentations were given on types of Diet, the programme was winded up by serving platters of all the delicacies to the audience.

Day -2 - “**Aroma madina**” was held on 22nd of September 2022 themed as “the fall

of flavours” was organised by 1st year BLFCN students. Good nutrition means good health. Having a proper diet ensures healthy outcomes and a positive mind. The various types and varieties of diets were portrayed by different teams with colourful charts. The day concluded with vote of thanks and the tasty delicacies were finally open to be tasted and savoured by everyone. The various foods ranged from southern special chicken curry, creamy pasta to yummy shakes and salads

Farewell Sayonara - 2022 “To say goodbye to the outgoing Final year B.Sc and GNM students” - was held on 23rd September 2022. Dr. Santosh Koshy, Chairman of KGI, Dr. Sereena Shaji, Dean KGI addressed the gathering and they shared their memories during their college days. The event was taken over by various dance performances followed with some games to entertain the audience. Then the outgoing batches were given an opportunity to share their experiences in Koshys. A very emotional, beautiful, heart touching video was dedicated to all the outgoing batch.

KIHS is fortunate to have a generous and visionary Chairman Dr. Santhosh Koshy, whose unwavering support for the college has been crucial in all endeavours. And it is supported by dedicated team of teaching and nonteaching staff, whose commitment and sacrifice makes this possible for the success story to continue. And the student body of KIHS contributed immensely at every point of its development.

I would like to conclude by saying that KIHS will strive to remain an enlightened place of learning, where we continue to push boundaries of knowledge, nurture and foster productivity and build a committed and

empowered community.

The KIHS spirit is best captured by these words from the Former President and Visionary Educationist of India, Sh. Sarvepalli Radhakrishnan, “Education, to be complete, must be humane, it must include not only the training of the intellect but the refinement of the heart and the discipline of the spirit. No education can be regarded as complete if it neglects the heart and the

spirit.”

To summarize, I would like to reinstate that these are our beliefs and it is from this perspective that the institution will address the education at all levels. We at KIHS, are determined to make a difference. This is a commitment we make to you, to our students, to our respective discipline, to our societies and to the world at large.

May God Bless you All.

Dr. Sereena Shaji

Dean, KGI



ACADEMIC HIGHLIGHTS



Ms. Richa Gurung
81.45 % - 4th BSC (KCN)



Ms. Suchana Samanta
83.5% - 3rd GNM



Ms. Trisheeta Neogi
82.57% - 3rd BSC (KCN)



Ms. Jayashree Saha
81.7% - 2nd BSC (KCN)



Ms. Sunanda Paloi
84.2% - 2nd GNM



Ms. Arya Maria Thomas
74.8% - 1st BSC (KCN)



MS. Srinita Roy
75.7% - 1st BSC (BLF)



Ms. Bhavna Ptel
72% - 1st GNM



Ms. Shirsha Dutta
74.3% - 1st AHS

RUGHS RANK HOLDERS



KOSHYS
INSTITUTE OF HEALTH SCIENCES

CONGRATULATIONS TO OUR RGHUS RANK HOLDERS B.SC NURSING 2017-2021 BATCH



PALLABI DEY
Anatomy & Physiology - 7
Pharmacology - 8
Community Health Nursing - 10
Child Health Nursing - 8
Nursing Research And Statistics - 6



ADWITIYA PANDIT
Anatomy & Physiology - 10
Sociology - 7
Pharmacology - 9



RICHA GURUNG
Psychology - 9
Nursing Research And Statistics - 6
Mgmt of Nsg Services & Education - 7



SUKANYA MAHANTI
Anatomy & Physiology - 7
Nutrition & Biochemistry - 8
Microbiology - 8



PRIYA SHIT
Pharmacology - 2
Nursing Research And Statistics - 6



ASWATHY M S
Pharmacology - 7
Nursing Research And Statistics - 6



RITUPARNA BHOWMICK
Nursing Research And Statistics - 6



SMRITHY SURENDRAN
Nursing Research And Statistics - 6



SNEHA SARKAR
Nursing Research And Statistics - 9



ANAMIKA POU DYAL
Nursing Research And Statistics - 6

www.kgi.edu.in

No.31, Kannur P.O, Hennur-Bagalur Road, Mitganahalli,
Kadusonnapanahalli, Bengaluru, Karnataka 562149



PESQUISA – THE RESEARCH CLUB

In this modern era, evidence-based healthcare practice is crucial. Nurses can improve patient care by identifying effective methods through research. Clinical judgments and care must be guided by research findings in order to be considered evidence-based. The findings of research must be the foundation of nursing practice. Research is essential for nurses because it advances their profession, keeps them updated, and improves patient care. In response to this demand, Koshy's Institute of Health Science established a research club called "PESQUISA" in 2017. This is the focus centre for encouraging a research culture among academicians and students.

The major objectives of "PESQUISA" are;

- To promote a research culture by encouraging quality research activities by students and staff.
- To conduct research projects with financial assistance from various organizations.
- To disseminate current research knowledge among the entire nursing fraternity.
- To encourage faculty and students to participate in conferences and seminars and to conduct paper presentations.
- To form an institutional ethical committee to review and approve the research proposals and to safeguard ethical principles while carrying out studies.

The details of the research activities conducted in KIHS during the academic year 2022 can be summarised as:-

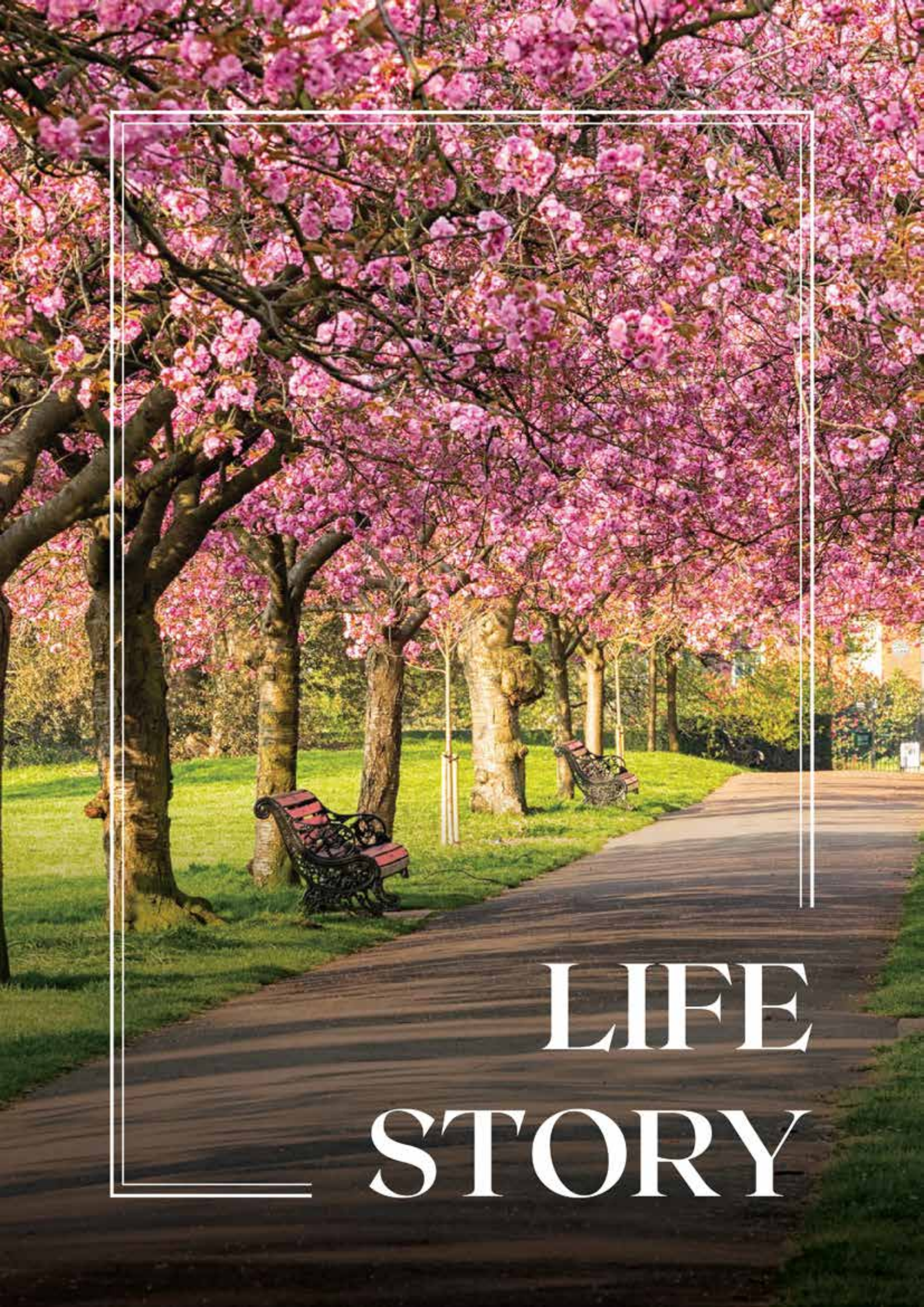
A. Under the direction of faculty, third-year BSc nursing students have chosen a few research topics, and their proposals have been submitted to RGUHS for funding. Through this they will get the chance to learn the research process under expert faculty guidance. The chosen topics are listed below.

B. All post graduate students are also conducting one research study on their respective speciality under the guidance of RGUHS approved PG guides. This will give them an opportunity to understand various research methodologies and the statistics to be applied. The students are given the opportunity to select a research problem and they prepare a proposal and present it in front of the institution ethical committee. Once if the committee approves the proposal the students are allowed to proceed.

C. Faculty members conducts department-specific research initiatives, and proposals for these studies have been made. Every month, faculty members will present one journal article and conduct a discussion which enable them to understand different methodologies and also it will keep themselves updated with most recent developments in nursing. Each faculty member benefits from this experience, which enables them to guide their students more skilfully. In addition to these, the faculty also goes to workshops and seminars to keep abreast with all nursing-related trends.

D. Publication of scientific knowledge is an important activity for academicians. Getting a research project published in an accredited journal holds benefits for both the researcher and the institution. It is through publication that the research, including its scientific and practical contributions, is disseminated to others in a particular field. This makes scientific researchers and practitioners with similar interests aware of new knowledge in their field and it helps to advance knowledge and its application. Faculty of KIHS are always keen on publishing and some of their publications are given here;

TITLE OF THE STUDY	FACULTY	JOURNAL
Perceived partner support during postpartum period and the relationship with anxiety and depressive symptoms among postpartum women	Prof. Biji Joseph	IJISRT2
A Cross Sectional study to assess the Burnout among Nurses during the Covid-19 Second wave	Mrs. Melba Elizabeth Mrs. Lintamol Thomas Mrs. Lonia Xavier	IJARN
A Randomised controlled study to evaluate the effectiveness of an Antenatal partner, support-based intervention on perceived partner support, post-partum mood swings, anxiety and New born bonding among high-risk antenatal women from selected hospitals, Bangalore	Prof. Biji Joseph	Ongoing project
Human Trafficking – An Emerging global health issue	Mrs. Melba Elizabeth Mrs. Lintamol Thomas	Ongoing project, IJSR
Digital transformation in Health Care	Mrs. Melba Elizabeth Mrs. Lintamol Thomas	ISBN April 2022



LIFE STORY

DR. SANTOSH KOSHY

Medical Director

Koshys Multispecialty
Hospital, Bengaluru

Medical Director

Little Flower Hospital,
Bengaluru

Chairman

Koshys Group of
Institutions, Bengaluru

Founder Trustee and Vice President

Koshys Educational
Trust ©, Bengaluru

Founder Trustee and Vice president

Mother Teresa Health
Welfare and Charitable
Trust, Bengaluru

Principal

Koshys Institute of Allied
Health Sciences, Bengaluru

Founder and Managing Director

Clicks Campus, Bengaluru

Active Member

Christian Welfare
Association.

EDUCATION

MD (Pediatrics)

MS Ramaiah Medical
College and Teaching
Hospital, Bengaluru
University of Bangalore,
1992-1995

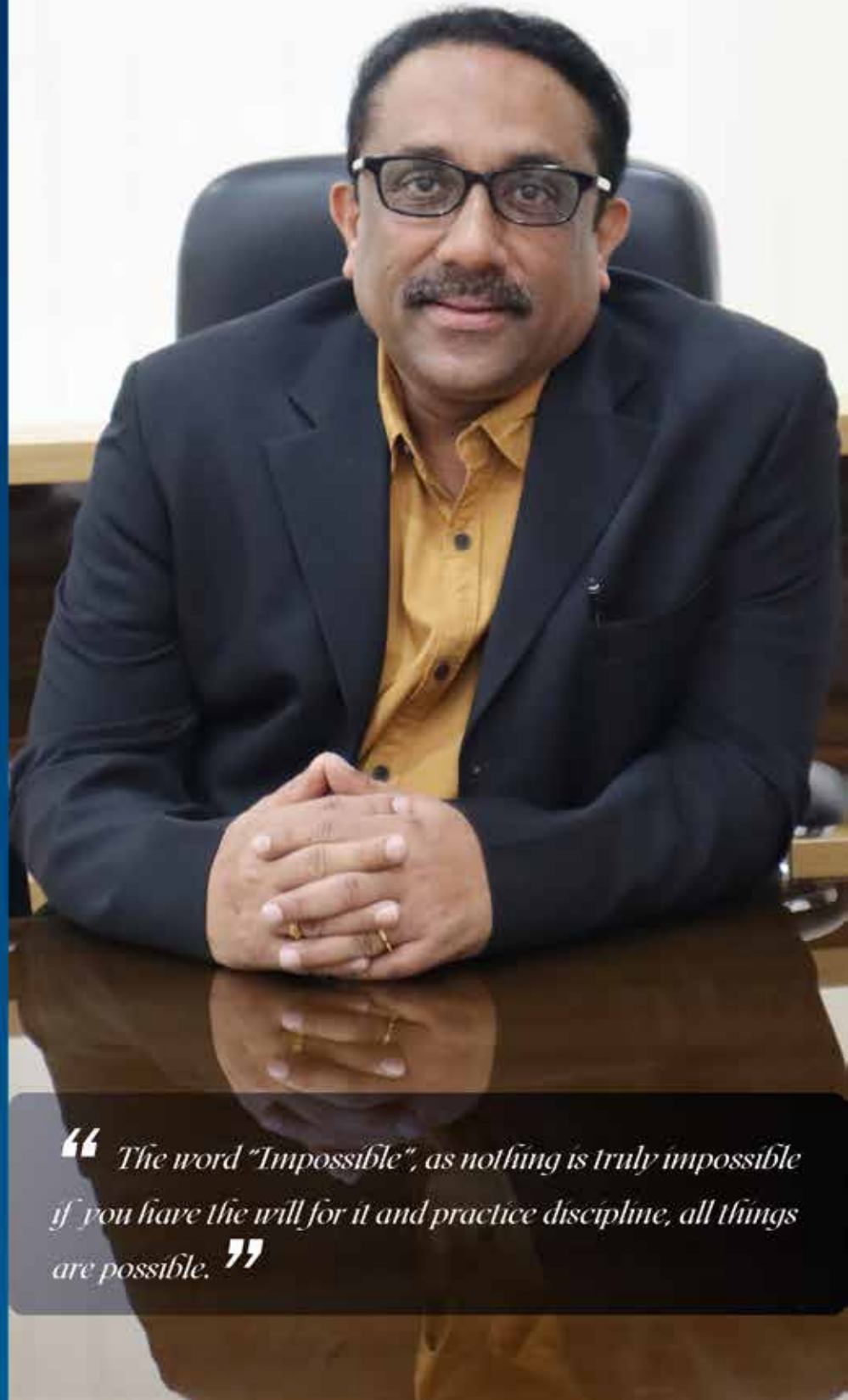
MBBS

JJM Medical College,
Davangere University of
Mysore ,1985-1991

AFFILIATIONS :

Life member of Indian
Medical Association (IMA)
Life member of Indian
Academy of Pediatrics (IAP)

AN AURA OF SUCCESS



“ The word “Impossible”, as nothing is truly impossible if you have the will for it and practice discipline, all things are possible. ”

A walk through Dr. Santhosh Koshy's life.

*A charismatic man with enigmatic wisdom and power,
A veteran of the medical field,
A man of many words, respected for his hard work and sincerity,
A man who leaves his mark everywhere he goes,
An inspiration to many,
A man who holds a dream of concreting responsible youth for
the betterment of the future.*

*He is Dr. Santhosh Koshy, Chairman of Koshy's Group of
Institutions, Bangalore*

It was a pleasure to be able to have few moments with our beloved Chairman. We were fortunate enough to get a glimpse of his struggles and his undying determination to create a well-defined educational institution as well as certain parts of his life that made him the man he is today. From the stories of his student life; to overcoming setbacks and losses; to living a successful life today, we have recorded this remarkable journey to the T.

- **Koshys is a well-known Institute, it's a Brand. What was the main motive behind the establishment of Koshys?**

Koshys is definitely a well-known brand, and like any other brand, Koshys too has a success story behind it.

It was around the time I was done with my M.D and was looking for a job. I was finally hired at St. Alphonsa Hospital, Idukki – Kerala. My aim was to pursue higher education after a few years of work. I had in fact got a fellowship offer from Australia. It was at that time that my father insisted I come to Bangalore and start a Nursing Home. That is how we established Little Flower Hospital. It was a humble establishment, where we provided consultation and treatment to many patients, and we'd refer major cases to bigger hospitals. We then noticed a lot of deaths in our society due to lack of bigger setups and good equipment as well as due to loss of time from shifting patients from our hospital to bigger ones. This is when we put our heads together and found the need to lay the foundations of a bigger and well equipped hospital in our community. Hence Koshys Multispecialty Hospital was established in the year 2003. However, our task didn't end there. We faced a shortage of nurses as there weren't many nursing institutes in the state back then. This got us thinking and we decided to start a small Nursing College on the third floor of our hospital. As word spread about our small institution, many students started to pour in. Due to lack of space, we put in place Koshys College of Nursing in

the current campus and moved on to bringing in more courses in different fields of study. Now we are a vast campus of different institutes under the prestigious name of Koshys Group of Institutions. My father was the man behind my motivation and achievements. His consistent support and help pushed me to greatness. The present motive of Koshys is to do whatever is best for the students, provide innovative education along with the best technologies. "None of this was pre-planned by me, it all just happened!"

- **Can you tell me the story of your prior challenges and successes in your student life?**

Well, getting into MBBS was in itself a very difficult task. In fact, to get into this profession 25 years ago, with very few government and private colleges as well as high amounts of competition, was quite

hard. Back then there were only two professions that were very competitive, which was either Medicine or Engineering. I had initially joined Engineering. It was only later that I'd heard I was on the 3rd list of the MBBS selection. I was relieved to know my hours of hard work had paid off and I had managed to get selected for both professions. I decided to drop out of Engineering and joined the Medical College. It was a dream come true not only for me but also my family, and I think that is one of the best achievements in my life. The challenge I faced was all about getting my name on the eligibility list. The wheel of fortune turned favourably for me and I gave my 100% thereafter to attain all the success I have now.

- **What made you choose your profession and how do you see yourself as a doctor?**

It was either Engineering or Medicine, but definitely my aim was to become a doctor, and by God's grace I managed to achieve it. I believe as a Paediatrician, I'm quite successful. I have gotten a sizeable amount of practice over the years and have become not only a good doctor but



also an Academician, Educationist, Philanthropist and an Entrepreneur. So in many ways I do feel I have achieved success.

- **What do you think is your greatest weakness and strength in your career?**

My greatest weakness is that I keep working hard. In fact there are times I over work myself. My greatest strength is definitely my family. My father and brother are my biggest supporters. Apart from them are my close friends and well-wishers.

- **If you could characterise yourself in three words, what would they be?**

I would say I'm a very hard working, confident and reliable person.

- **Have you ever observed any miracles in your professional life, where you were the God's hands?**

This is one question I would really love to answer! It was way back when I was working at St. Alphonsa Hospital, Idukki, that I had received a call regarding an emergency case in the O.T. and was asked to rush in immediately. Being a Paediatrician I thought it was a paediatric case, but to my surprise I was called in for a ruptured appendix case where the patient required immediate surgery. The Anaesthetist wasn't available at the time. The surgeons present there attempted to give a spinal anaesthesia couple of times, but failed. It was a state of panic, when one of the surgeons said, "Santhosh! you see to it that you somehow give the anaesthesia to the patient." Previously I had done lumbar punctures on paediatric patients but never on an adult. I replied, "Doctor, I can only give it a try, I don't know how confident I am." With prayers to God and in the intentions of saving the patient, I gave it a shot. I was praying hard throughout the procedure and to my surprise I got it done in the first try itself. I was ecstatic knowing what I had achieved and that was one of the biggest miracles that had happened through me. I was not only able to protect the name of the hospital but also save the patient's life, which in turn brought me quite the fame.

- **I'm sure there was proper time management put into becoming who you are today. Could you tell us few tips on organising our time during exams and activities?**

I always preach about time. Time is the one thing that we can never get back; once lost, is lost forever. A proper plan is required. You need to chart out your program, make a check list and learn to prioritize things as to what needs to be done first, second and so on. The easier tasks are to be done at the end and the difficult ones at the beginning. Although, planning isn't the only thing your focus must be on. You must also ensure to achieve each and every task you have planned out for, this is the most important factor.

- **What is the one piece of conventional advice / word you disagree with strongly?**

The word “Impossible”, as nothing is truly impossible. If you have the will for it and practice discipline, all things are possible.

- **If you could describe a successful person’s life in the medical field, whose would it be?**

I would describe myself as a successful person, because I have achieved almost everything that I’ve wanted to in my life. I am a well-known Paediatrician, which was my all-time wish and I still continue my practice my profession to this day. The fact that I’ve achieved what I had wished for, satisfies me a lot more than anything else in my life.

- **We all go through some sort of loss in our lives, can you talk about one such loss that you have overcome?**

As a loss, there are many types. I have faced emotional loss. One, was when I had to deal with losing a very dear friend of mine at a very young age to an undiagnosed disease. That was an irreparable loss which took me a lot of time to get over. Having only a few close and trusted friends, losing him was a difficult phase in my life.

Second, was the temporary loss of life I had myself faced when I was kept on the ventilator. It was a bizarre experience, one night I was asleep and next day I was on a hospital bed. It was only because of the prayers of my family, my friends, my well-wishers and my staff that I was able to recover completely. When there was a possibility that I would never return, it was God’s plan, that death was not to come upon me during that time.

- **Now talking about Koshys, what were the major hurdles you had faced ten years ago to make Koshys where it is now?**

There were a lot of hurdles, in fact there were many legal and financial hurdles that we have faced. But above all, the one worst thing I had faced was, trusting people easily. Many people tried to manipulate us, took us for granted and some of our own staff tried to embezzle from us. There weren’t many people we could genuinely trust. “Trust” was the one factor that used to make me feel like a loser. But after years of self-learning and evaluation, I now have a team of trust worthy people, who follow instructions perfectly and work hard for me. Koshys is on the path of progression, achieving every set milestone and moving towards greatness.

- **At present, do you have any new short-term or long-term goals regarding this institution and your life ahead?**

Some short term goals would be to take the institution to the next level, making it one of the best institutes in the country, with high class facilities and infrastructure, and the other is

to become an Autonomous University in the near future. The long term goal, is to establish a CBSE syllabus school from the grades 1 to 12. I'm pleased to say that its development is already underway.

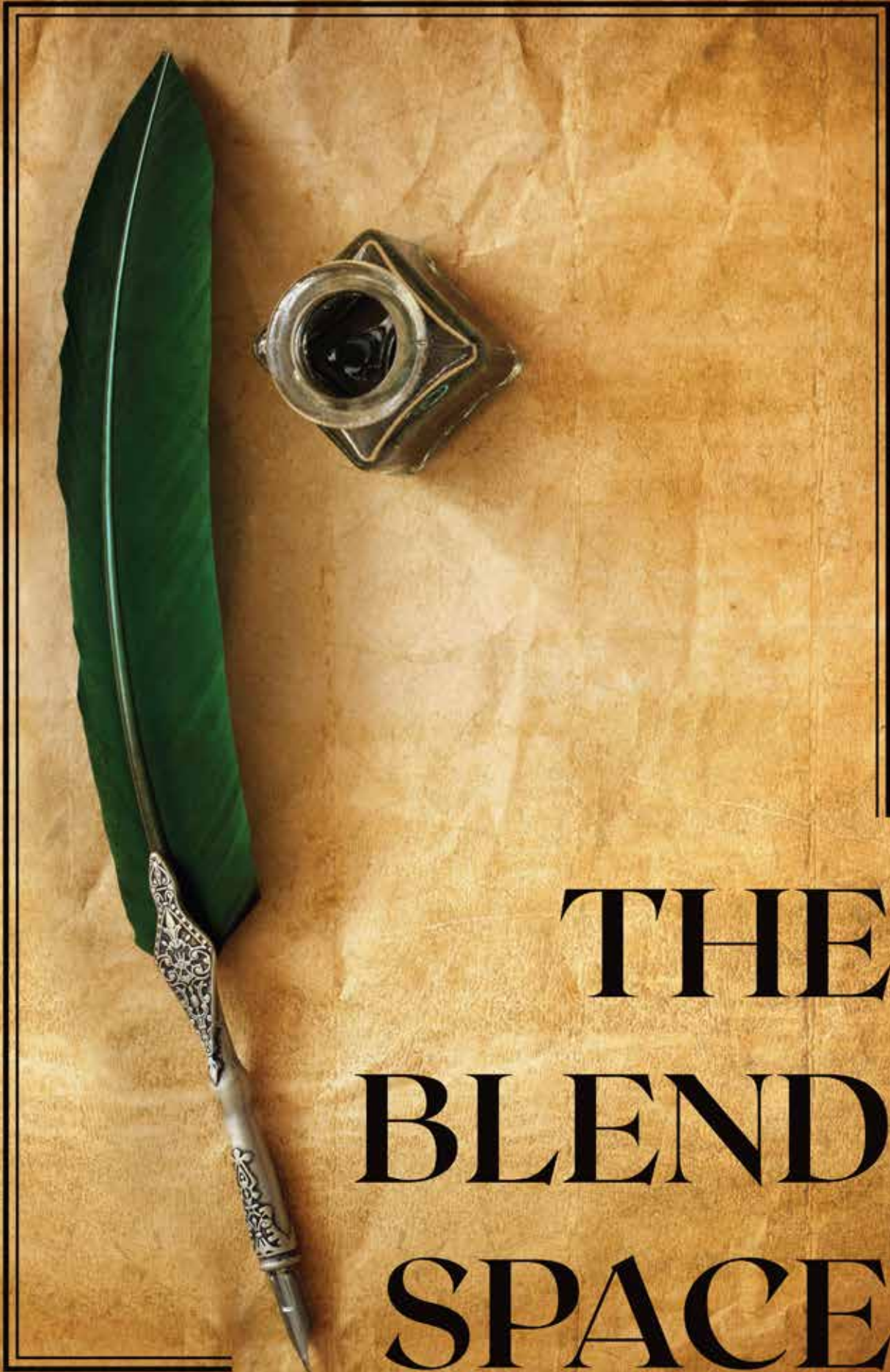
- **Finally, you have established a successful Health Sciences Institute. What advice would you give to the young nurses and healthcare professionals today?**

Nurses are the core of healthcare institutions, providing comfort and continuous care to their patients. Nurses are to be noble, gentle and non-temperamental. This is a problem that I have come across in the present generation. A lot of them are not sincere to their profession, carry an unwelcoming attitude and hard work being an important factor, is neglected. Personally, I believe that only being money minded will be never let you achieve true greatness and success. There are things bound to go wrong. As Paul Laurence Dunbar once said, "All play and no work makes Jack a mere toy." Instead, if you are hardworking and honourable to the profession with a motive to provide the best healthcare, your work will speak for itself and you will be rewarded profoundly.

"Success is not final, failure is not fatal; it is the courage to continue that counts." These wise words of Winston Churchill states, success sounds fruitful but the struggle behind its growth in spite of harsh conditions and temperaments makes the fruit appetising. Let us aspire to be noble and hardworking, so if we are remembered let it be for our sincerity.



Interviewed By: Ms. Britty Thomas and Ms. Ardhra Ann Varghese, 1st year B.Sc. Nursing.



**THE
BLEND
SPACE**

COLLEGE : A WALK TO DEVELOPMENT

Dr. Sereena Shaji

Dean, KGI



College is a time when many things begin to come together. A large part of the journey is learning about yourself, developing different skills and honing your natural abilities. To become the person, you want to be you need formal education, real life experience and opportunities for self-development.

Development refers to “the ways that a student grows, progresses, or increases his or her developmental capabilities as a result of enrolment in an institution of higher education” (Rogers, 1990). Student learning and development depend both on the context of higher education and on the wider socio-political national context into which postsecondary institutions are embedded.

◆ STUDENT DEVELOPMENT THEORIES

Student development theories provide frameworks that give educators different ways to look at and understand college students’ growth and development. These theories fall into one of five different areas:

- Psychosocial- Psychosocial theories place a strong emphasis on students’ self-reflection and take into account how their perceptions of their identities change as a result of conflicts and challenges.
- Cognitivestructural-Theories of cognition and structure look at how pupils make sense of their experiences.
- Personenvironment- Personenvironment theories take into account how a student’s development and conduct are impacted by their collegiate environment. Students benefit intellectually and socially from activities and programmes that promote a feeling of community among them as they adjust to college life.
- Humanistic existential-The relationships that students have with people and society are examined in humanistic existential theories, which emphasize the circumstances necessary for development.
- Student developmental process models- Student developmental process models offer a recommended sequence of actions or choices that need to be made in order to finish a task.

◆ CHICKERING'S THEORY OF PSYCHOSOCIAL DEVELOPMENT IN COLLEGE STUDENTS

“Chickering sees the traditional age college student as a person in a discrete psychosocial phase defined by the formation of certain inner skills and desires which interact with the demands of a certain college setting,” write Widick, Parker, and Knefelkamp (1978). Chickering’s philosophical stance on developmental concerns offers an alternative focus on education and social situations, and the theory explains seven Vectors of Development. They are:



1. Developing competence
2. Managing emotions
3. Moving through autonomy towards interdependence
4. Developing mature interpersonal relationships
5. Establishing identity
6. Developing purpose
7. Developing integrity

◆ FOSTERING SELF-DEVELOPMENT IN COLLEGE

It takes time to develop one self and become the person you know you were meant to be. You need a lot of support and opportunities, as well as time and a disciplined approach. Here are 10 activities experts suggest that every student should do to make the most of your education and help your self-development in college:

◆ DEVELOP YOUR PROJECT MANAGEMENT CAPABILITIES

Learning to organize and run projects/your activities. It will make you a better person. Internships, and holding key roles in various student campus groups will help you develop crucial skills like:



- budget management, organizational skills,
- time management, task management,
- team building, strategic planning,
- personnel management,
- leadership, and strategic planning.

◆ **INDIVIDUAL GROWTH, WHICH CAN BE FOSTERED THROUGH:**

Getting involved in neighbourhood activities and networking with others, which will help you broaden your horizons and hone your interpersonal and communication skills.



The skills necessary to develop and reach one's full potential include failure, trial and error, introspection, and self-awareness. You can learn a lot about ourselves by reflecting on your actions and analysing your achievements and mistakes.

Selfreflection, attempting new things and succeeding and failing at them are all activities that aid in personal growth.

◆ **TEAMWORK**

The majority of professions and activities require some kind of collaboration. A lifelong talent needed to be successful in life is learning how to work well with others and being receptive to their viewpoints.

Joining in various campus organizations, volunteering for school projects, serving on the executive board of a campus organization, running for student government, and other activities can provide opportunity to learn about teamwork.



Being part of a team will help you understand:

- How teams form
- How to handle conflicts
- How to lead by example
- How to be an inclusive leader that values the input of others
- How to teach and train others
- How to motivate, inspire and empower others
- How to give and receive feedback

◆ **PRODUCTIVITY**

Technology offers advantages, but it also has disadvantages. One of them is the fact that

technology makes it far too simple to become distracted.

The skill of staying productive is a real asset when it comes to business. And accountability is the key to developing strong focus and staying productive.

College is a great time to experiment with productivity tools. When one is responsible for a project, its success or failure depends on them and this provides strong motivation to learn how to focus your energy, get organized and stay productive to meet the goals and milestones of the project.

◆ CONTRIBUTING TO OTHERS

Some people might not consider volunteering as a talent. Our everyday routine includes



giving back. Our communities depend on people who are willing to get involved.

College life is full of opportunities to get involved on campus and make a difference. Use the opportunity to build a good relationship and to get involved and give back to an institution that is giving so much to you.

◆ COMMUNICATION EXPERTISE

Getting involved in student groups and projects on campus can help one to develop communication skills. One can improve writing skills by using various essay services.

Good communication skills are crucial because they help to effectively describe and promote the ideas to others. Good communication skills are key to building influence and leading others.

It involves learning how to build trust with others, how to actively listen, how to be “present” in the moment, how to write effectively, how to make ideas simple for others to understand and how to inspire others using words and actions.

◆ RELATIONSHIP DEVELOPMENT

Relationships are crucial to personal success and happiness. It is a skill everyone needs to practice every day.

Network with other students and professors on campus. Get familiar with current events and issues that can use in common conversation with others.



Building relationships with people is crucial because one of the people you meet and network with can become the one person who changes one's life forever.

Having strong, solid relationships also gives the support encouragement and stability to take risks that can lead to great rewards.

◆ LEADERSHIP

Leadership stems from personal development. And leadership qualities are normally learned through taking action.

College is a great place to begin to learn leadership skills and qualities by participating in student government and holding positions of authority on various student organizations or in the community where the school is located. Taking part in a sports team is also a great way to develop leadership skills as well as team skills.

◆ CREATIVITY

Thinkers with originality are always in high demand. To succeed and remain competitive, one must think creatively. Brainstorming and problem solving are two activities that foster creative thinking, and college offers many possibilities for both.

Learn to ask lots of questions and look for chances to help fellow students with their actual concerns.



◆ FAIL FORWARD

One of the most effective ways to learn is through failure. The ability to learn from our mistakes is crucial because these are the lessons people never forget.

In college you will have all sorts of opportunities to succeed and fail. But, the most important thing is to take time to reflect on what went right, and what went wrong when you have a failure. We learn from the things we do and we learn how to do those things better with reflection and analysis. We learn how to adapt.

Look at each day as a new opportunity to fail forward-to make progress and improve; based on an examination of those things that did not work as well as they could have...

◆ IMPLICATIONS FOR PRACTICE

Student development is the ultimate purpose of education. Several ideas about student growth are taken from diverse sources and provided for the readers' consideration and acceptance. For student development, several institutions use both in-class and out-of-class contexts. These contexts include student organisations, on-campus jobs, resident halls, student government, athletics, as well as classrooms, labs, and studios. Additionally, genuine pedagogies

emphasising experiential learning, real-world immersion, and reflection can promote student learning and growth by acknowledging that development is not a discrete process but rather a continuous one throughout students' lives. (Jackson, 2010).

Learning and growth in students are never solitary nor distinct events. Learning and development are tightly woven into the learning environment. Even though there are only a few ideas offered here, all readers should be inspired to contribute to future studies on undergraduate students' learning and development and to further knowledge of the patterns of similarity and uniqueness in students' growth across settings and geographies.

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TIPS FOR EXAM PREPARATION

Mrs. Bindhu Mathew

Vice Principal, BLFCN



GIVE YOURSELF ENOUGH TIME TO STUDY

- To help manage your time.
- Write down days of your exams .
- Concentrate to give more time for tough subjects.
- Then organize your time table accordingly.
-

USE FLOW CHARTS AND DIAGRAMS.

PRACTICE WITH OLD TEST PAPERS.

ORGANIZE STUDY GROUPS WITH FRIENDS.

TAKE REGULAR BREAKS

- Consider your mental capacity to grasp knowledge and give space for registering information in your mind.
- Some studies have shown that for long-term retention of knowledge, taking regular breaks really helps.

PLAN YOUR EXAM DAY

- Make sure you get everything ready well in advance of the exam.
- Check all the rules and requirements for exam and check and confirm its access.
- Drink enough of water.
- Remember that being well hydrated is essential for your brain to work at its best.

GET ALL NECESSARY MATERIALS

FOLLOW THE INSTRUCTIONS CAREFULLY

READ THE QUESTION PAPER CAREFULLY AND MANAGE TIME

TYPE OF QUESTION	NO OF QUESTION	TOTAL MARKS	TIME (MTS)	TOTAL TIME (MTS)
Preparation and reading questions			5+5=10	
Long essay	2	2x10=20	2x20	40
Short essay	7	7x5=35	7x10	70
Short answers	10	10x2=20	10x5	50
Last setting and review of answer			5+5	10
Total hours 3x60				180

AT EXAM HALL

GETTING THE ANSWER SHEET FILLED WITH PARTICULARS AND SIGNED

AT THE EXAM HALL, ALWAYS REMEMBER TO GET YOUR ANSWER SHEET DULY FILLED WITH NECESSARY INFORMATION AND SIGNED BY THE INVIGILATOR.

It is advisable to manage your time accordingly without panic. Schedule your time in such a way that you get some more time to go through the entire answer sheet again to avoid the possible mistakes. If you do not know the answer to a particular question, do not waste time by repeated thinking over it, rather move on to other questions. If you finish early, you can check these unanswered questions.

You should avoid noticing other test takers because their anxiety might be contagious. You don't need to be bothered about what others are writing or doing in their answer sheets. Stay cool and enjoy your writing. Don't panic if you notice other students writing fast and finish their test before the time, you can take your time and don't get nervous.

You should keep last 15 minutes before the final bell to cross-check your answers.

A thorough revision of every answer is necessary as it will help you to identify the errors and make the necessary corrections.

MOTHER

So, our mother is,

M- Magical

O- Amazing observing skill!

T- Therapeutic

H- Healer for all pain

E- Energetic

R- face us with reality.

So, I hope all of you has an amazing mother!

So, here I go-

Basically, I dedicate this write up to all the beautiful and amazing mothers. I don't know why but mothers are the people who know everything about us even though we don't tell her. Instead of that, they say "I know everything" with a naughty smile on her pretty face".

It is too obvious that mother carry us 9 months in her womb and so she knows everything as every vein of us are connected with her.

But I should, must say that the mother who takes adoption or give her womb for surrogacy also play an amazing role and love the child with some emotion, care and affection.

A qualification does not measure the love of a mother for her child. Yes, she is a working mother, can be a single mother even though she can't give time to her child, the bond will remain unchanged forever.

Even though you eat in thousands of branded hotels and restaurants. But, at the end of the day when you eat a simple food of MOM'S hand, it just tastes amazing and different. A taste of food which will definitely beat every IIM chefs out there, that food doesn't need any garnish or toppings, it contains essence of love and emotions and smell of mother, which actually fills our tummy.

So, before I end my note, I would say that a cup of tea, and a trip with your mom heals every pain and holds you strongly even if you try to fall in life.

9 months of relationship stays forever and ever after everyone falls apart. A relationship of a mother and a child stays intact in every human birth and in life.

I wish you all whoever is reading this note of mine, we all meet "OUR MOTHER" in very birth of us.

Thank You!!

Arundhuti Roy
IVth BSc. Nursing



OSCILLATE

Today I was focused on how to find seeds
And hyper focused on my family's needs
I am busy and active lying still in my bed
Having, conversations, that will never be said
My brain is alert and never stop turning
As I continue my brain to never stop learning.
I am exhausted and sleep and tired and weep
I am whirlwind and happy, but up he can't keep
I am anomaly and crazy, both busy and lazy
I feel pretty and ugly unequal measure
I am not worthless but precious to him I am treasure
My brain is against the times than I'd like
It's me, who, I mostly, will begin a new fight,
Contraindicated and childish a grown up for sure
I'm never just settled always want more
Depression and maniac in a second it turns
To excited and loving life, so cold that I burn
I don't get myself, so you won't understand me
But that is just life living with ADHD.



Triya Chatterjee
IVth BSc. Nursing

IN THE MID-SUMMER

Just look at the sky

The filtered-out colors of the evening.

Let's be unaware of the happenings around us

Let's get lost, lost into the moment.

Just look at the beautiful moon

That reminisce her with moments so beautiful.

Standing at the terrace, trying to figure out his house

“Blue or maybe yellow”? vision so blurred.

All she could see was the tiny color of boxes varying different shapes and sizes.

Now, can you just look at the colorful sky pairing up with the dark-grey moon.

So different, yet so incomplete without each other.

Just like the boy adding colors into her life

Making it seem more credible.

She's still scuffled in the web of memories

And as she comes out of her reverie

She could see the ruins around her

And the clip that was filmed in the middle of summer.

Passang Lamu Tamang
1st BSc. Nursing



YOUR PLACE IS EMPTY

Shades of him is just a figment I know
I stay resistant to the unknown
Feeling your presence is all I wanted
To feel the unreal that's something isn't it?
It's inevitable it brings pain
Indeed, I don't vanquish.
It wasn't a clandestine rendezvous
Unknown and unreal
Yet changed the whole shades of my visage
No words were exchanged.
Indeed, our eyes said what they had too.
It was so intense
That slowly the gleam turned into pearls
As I closed my eyes with the visage of him
I could feel the pearls that mantle up my eyes
It's inevitable, it brings pain
Showing the facet of reality, where I know I am awake.
Now the pillow holds all my pearls and secrets
And the heart which breaks, to something unreal.



Passang Lamu Tamang
1st BSc. Nursing

THE UNFAMILIAR LAND

New people

New tradition

New lifestyle

New surrounding

New pathways

New landmarks

New friends

New learning

New rules

New restrictions

Everything is new to her in an unfamiliar landscape so she gets a new experience.

But

Untold stories

Untold mysteries

Untold pains

Untold renaissance

Untold happiness

Still in the unfamiliar land.

She is there to write an article about the place. She hopes that she will get an experienced aged guide to help her to know about the city!

Where there is a will

There is a way!!

She is on her way to “UNFAMILIER LAND “



Sudipta Maity
IInd BSc. Nursing

YOU ARE YOUR HOME

Your body is the only house
That you will truly ever own
May it get some broken windows?
And there are tears -stains on the floors

May you have locked things that you
wished you weren't
Behind its many doors
But there is wisdom on its bookshelves
And a laugh to lighten up the dark
rooms

Every memory adorned its walls
There is a vase upon the table
Where the love you have grown
All blooms beautifully

Your dreams sit on the mantel piece
Next to the kindness and your trust
Where you use them all so often
They don't have time to collect dust

So, please don't look at the mansion
With that envy in your eyes
There is more that makes a home
Then the size or its appearance

You deserve to love it all
Don't let the world that stands outside
Tell you how to paint your walls

Prevent your home from the burglary
that may you suffer

Cause, how lucky that you have
somewhere

To protect you from the stormy night

So, what if there's crack from the part?
They will always let in more light to
shine upon you

Priyanka Rai
IIIrd GNM



WHAT DO I DO TO YOU ?

What do I do to you?

You are reluctant most of the times

A state of mind -I rarely describe as fine

What do I do to you?

Should my answer come from within?

For you are so rendezvous, so filled

What do I do to you?

Make you dive in the hollow, deep well

Or make me the part of the story you never wish to tell

What do I do to you?

Do I make you feel any different or is it the same?

For if it's so," time is diplomatic and these days are not mine "I claim

What do I do to you?

World might someday just think of me, look at you and hope to talk

For your words won't choose my name, with just a smile and a look, choose to walk

What do I do to you?

For you and I know," things are better at sight and bitter at behind"

"Efforts you must be thinking, but its taking my peace of mind "

Nishika Chettri
1st BSc.KCN



ATTITUDE OF WINNERS

'A flower doesn't think of competing to the flower next to it, it just blooms'

Success begins as an attitude. Successful people think like winners. They are enthusiastic. They approach life with the exception that they can solve any problem and can achieve any goal.

Winners think positively. They face the work day with a 'can do' attitude, not a 'cant do' attitude. Winners have a strong desire to succeed.

For winners success comes not at the end of the battle, everyday they work towards of their long range goals.

Winners don't try to do it alone but build alliances using the expertise of others. They ask questions and listen to the answers. By doing so, they achieve personal best thinking that is far above what they could develop alone. Attitude is a little thing that makes a big difference.

When you communicate with others in a non judgemental manner and with the attitude that everything is possible.

Best thinking is not an event but a continuous thought process. When you ask others to contribute their education, perspective and experience, you will get gems of knowledge that enhance your experience.

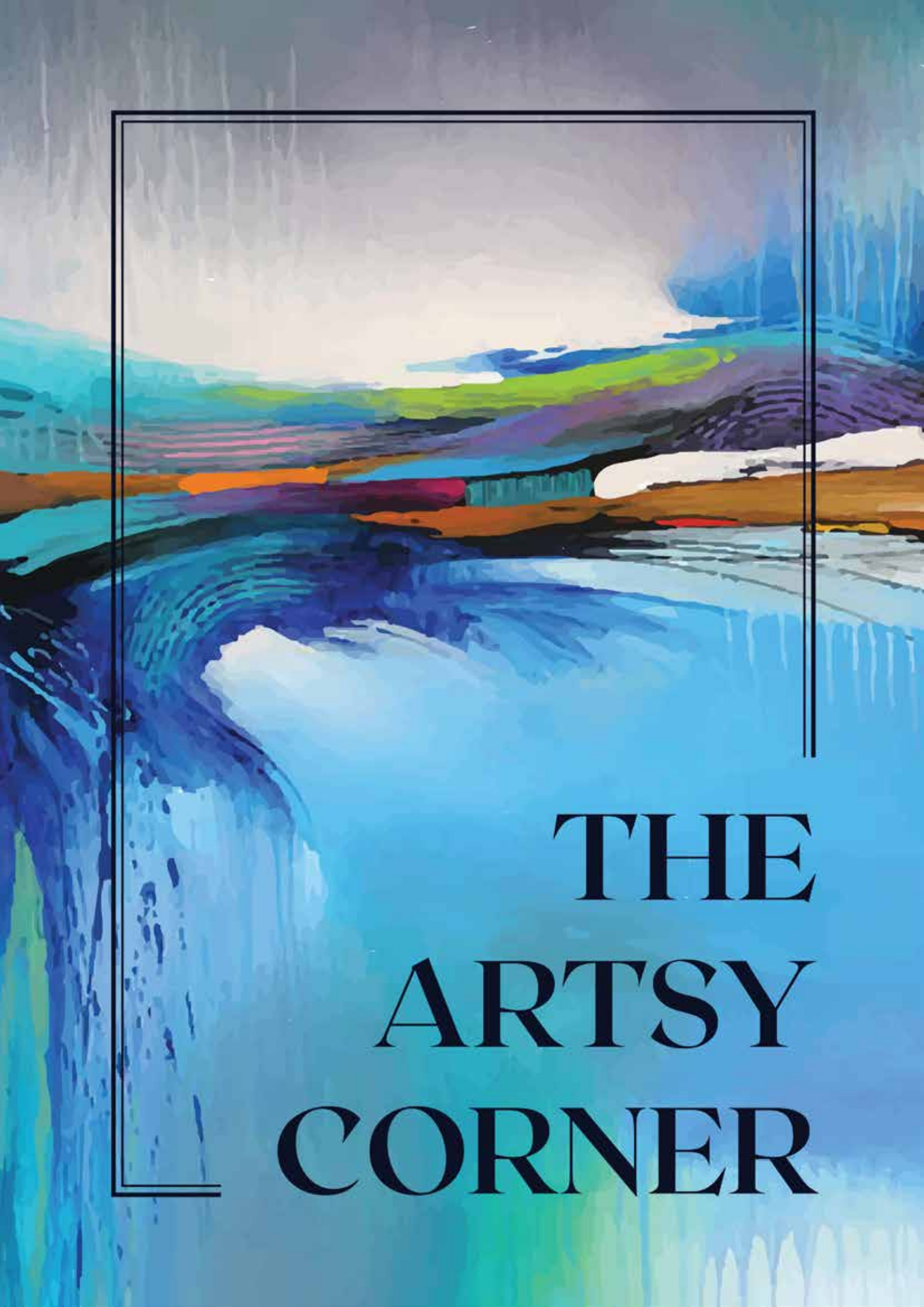
'Winning is not an accident. It is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities.

Winners do not complain. Winners don't wait for chances, they take them. They seek solutions and look for opportunities. They understand that ' No winner ever fell from heaven.' Success is learned, not inherited. Knowledge is the key winners practice success skills regularly to internalize the knowledge they have gained.

Our attitude drive our behaviors. Our behaviors drive our results. Results define our success. Their personal productivity is higher. Achievement is a way of life. It has no limits. They understand that as they reach higher, understand more and do better, they discover more and more of their full potential.....

Selvarani J S
B.Sc Nursing, Batch 2016-20





THE
ARTSY
CORNER

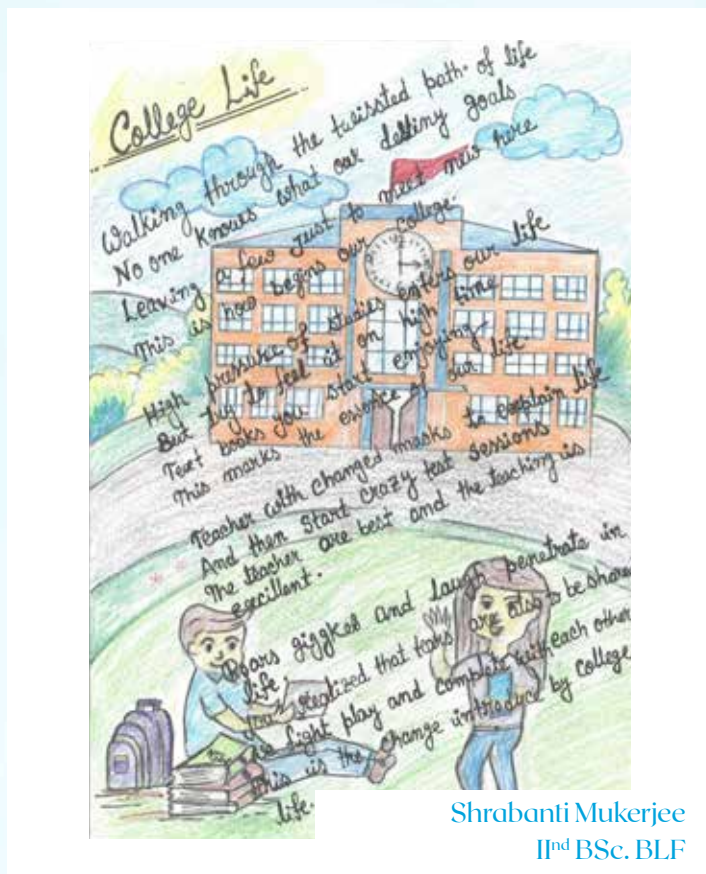


Jemima Mary Salmon Daniel
IInd BSc. KCN





Haran Prasad
1st BSc. BLF

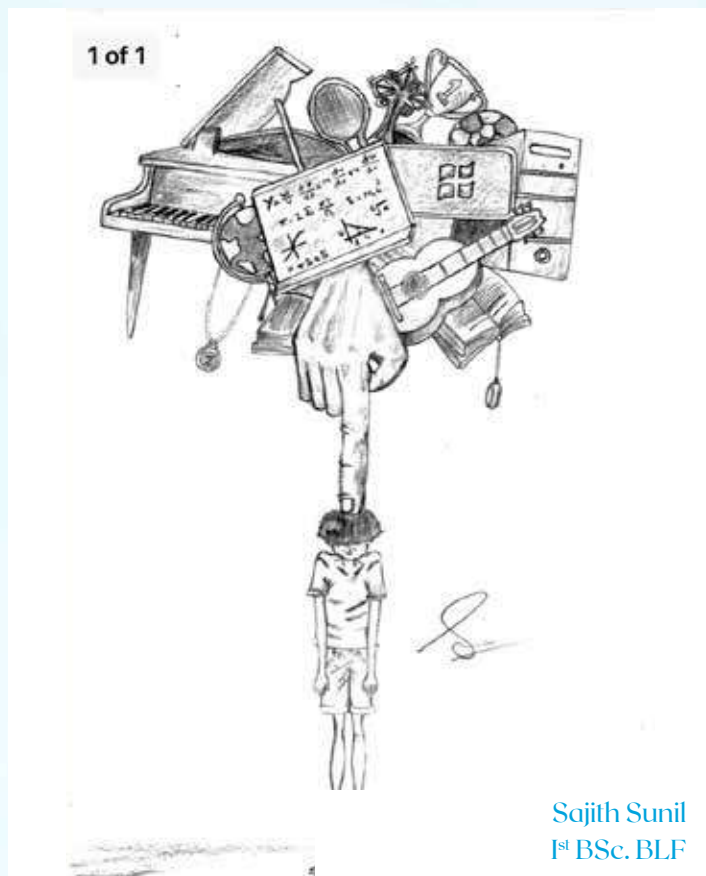


Shrabanti Mukerjee
IInd BSc. BLF

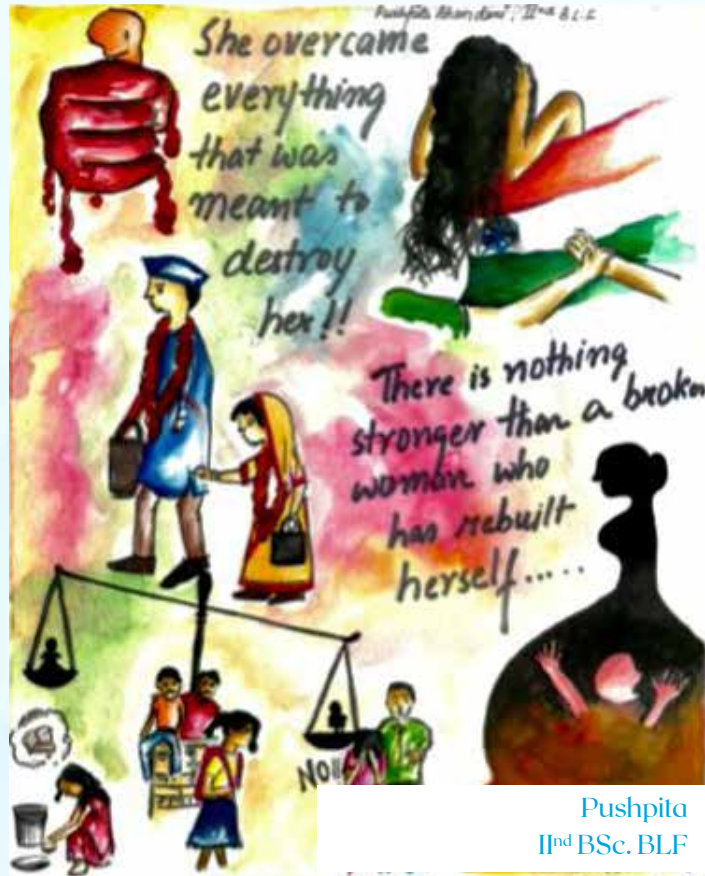




Abhipsa Mitra
1st BSc. KCN



Sajith Sunil
1st BSc. BLF



MOSIAC

FOR THE YEAR 2021-22



CELEBRATION
AND CEREMONIES

SNA ACTIVITIES

STUDENT
NURSES
association
Signature



NSS PROGRAMMES

CSR ACTIVITIES



TWILIGHT - FRESHER'S DAY PARTY

The 2nd Year batch (BSc, GNM, AHS) of Koshy's Institute of health sciences welcomes the freshers of the year 2021-2022 by conducting a freshers day party on 4th March 2022, for which the theme was 'TWILIGHT'. The program started by 2:00 pm, in the presence of Dr. Santosh Koshy, Chairman of KGI, Dr. Sereena Shaji, Dean of KGI. All the nursing faculty, teaching and non-teaching staffs attended the program which was well co-ordinated by the students.





LAMP LIGHTING DAY & OATH TAKING CEREMONY

KIHS organised the Lamplighting & Oath taking ceremony of their students (batch of 2021) on 21/04/22. Dr. Rohini Paul Chief Nsg Officer of Aster DM Health Care, Head of Nursing Education India was the Chief Guest. 177 Students dedicated themselves to the profession in the presence of the dignitaries including our Chairman, Dean and Ms. Binu Benny, NS, Koshys Multispeciality hospital

“May the light that lit today, shine brighter in their professional life.”





INTERNATIONAL NURSES DAY

KIHS Nurses Day celebrations. 2022. The KIHS team organized the International Nurses Day celebrations on May 12th, based on this year's theme given by ICN. Our respected Chairman, dear Dean were the main dignitaries of the day. It was a truly a thought provoking, renewing & motivating program for every nurse seated at the auditorium.





INDEPENDENCE DAY - 15th Aug - 2022

INDEPENDENCE DAY - 15th August 2022 – the value of Independence Day is quite high for each Indian on this day KIHS & KIMS as one single team celebrated the 75th Independence Day. The programme started at 8:00 am, our national flag was hoisted by Chairman Dr. Santhosh Koshy supported by Dean. Dr. Sereena Saji, Academic Director Mr. Prakash Nayak, Prof Sara Kunnath, Prof. Biji Joseph, Prof Sandhya and Faculties followed by a patriotic song and a beautiful dance by KIHS students in continuation with our KIMS students who performed a group dance. All the students and staff participated actively and the programme ended up at 9:00 am with a vote of thanks and distribution of sweets.





SPLASH - PROMO

SPLASH – 2022 – “To improve the extracurricular activities and facilitate overall development of students”. Splash Promo- Day - 1 (20.07.2022) – The Event started at 12.30pm on Koshys Amphitheatre, students from B.sc nursing, GNM, and AHS actively participated in the event. Splash Promo- Day - 2 (28.07.2022) – The event was conducted at 12.45 pm in the amphitheatre by B.sc nursing, GNM, and AHS, the entire promo was based on performances from different culture’s theme and each performance was of 10 minutes ended up with a sand painting done by 2nd BSC Nursing Students.

Day - 1





Day - 2





SPLASH – 18th & 19th Aug - 2022

DAY -1- was conducted by KGI in auditorium for all the students from each department, and all of them participated very actively the programme was inaugurated at 12:00 pm followed by group song, western group dance and mime at stage -1, and at stage -2 continued with solo dance(vernacular), solo song, and instrumental solo all these competitions ended by 3.30pm.

DAY -2 in continuation of DAY - 1 the rest of the events like Folk/Traditional Group dance, Fashion show were held at stage 1 also solo dance, western duet dance were conducted at stage 2. The program was concluded with Prize distribution for each event was done and Final Winner as per Score board was KIHS. Thanks to the Entire Team for their hard work and efforts taken to make this program a grand success.





COLLEGE DAY – KULTASTIC

College day was celebrated at KGI grounds on 26th August 2022. The event was named as “Koshys Kultastic” and it started at 5.00 pm. Our chief guest was Sri. M. Chandra Sekhar IPS Central Range Bengaluru, the guest of honour was Dr. Santhosh Koshy chairman KGI and Special Guest was Mr. Sathish Koshy, General Secretary KGI, the other dignitaries were Dr. Sereena Shaji Dean KGI, Dr. Prakash B Nayak Academic Director, Dr. Sara Kunnath Academic Advisor KIMS, Prof. Biji Joseph Principal BLFCN, Mr. Paul Anderson CAO, KGI, and Prof Sandhya.s VP, KIMS. All were honour by a parade and shower of flowers as a warm gesture. The program started with an invocation song, followed by welcome speech by Dr. Sereena Shaji Dean, continued with a lamp lighting by the chief guest and other dignitaries, then the crowd was addressed by by our chief guest, and by our chairman. The event was made more special by various cultural events held like group dance, solo song, group song, fashion show by entire KGI Students, followed by the prize distribution to the academic winners, finally the program was ended up with a vote of thanks by Prof Sandhya.









TEACHER'S DAY - 5th Sep 2022

“If parents give us life, teachers teach us how to harness life to the fullest”, Teacher’s Day is celebrated in commemorates the birth anniversary of Dr. Sarvepalli Radhakrishnan an academic, professor, philosopher, president as well as the Vice President of India. “TEACHERS DAY’ was celebrated at KIHS Auditorium by 3rd and 4th B.sc students, at 11:30 am, the occasion begun with a beautiful song by Mrs. Shari, followed by a cake cutting done by Dean Dr. Sereena Shaji, Prof. Biji Joseph, and other Faculties, as a token of love students distributed gifts and flowers to all the teachers in appreciation for their gratitude and thankfulness for the efforts they make in educating their students.



ONAM CELEBRATION 8th Sep 2022

The festival of Onam is celebrated throughout the state of Kerala, Onam is marked by happiness, excitement and enjoyment among all sections of people. On this special occasion of Onam, we koshys family at KIHS celebrated it with a beautiful pookalam a Rangoli of Flower, a warm gesture of Lamp lighting was done by our chairman Dr. Santhosh Koshy and our Dean Dr. Sereena Shaji, followed by Prof. Biji, Mrs. Mini, Mrs. Linta and other lecturers. All the students and staffs participated actively. Thank you all, for making this festival more colourful.



FLORENCE NIGHTINGALE AWARD

FLORENCE NIGHTINGALE AWARD - was celebrated on 28th February 2022 where a dance competition was organized for all Medical and Nursing colleges in Karnataka. The main objective was a platform for students to showcase their talent and to improve the extracurricular activities of the students. A total of 7 groups from Koshys College of Nursing participated. Our students were awarded with a consolation prize of Rs. 5000/- which was distributed to all the 7 groups that participated.



COMMENSUO - ORIENTATION DAY

The KIHS team organized the orientation program “Commensuo” on 12th of September 2022 to orient the newly joined students to KGI. It was presided by Dr Santhosh Koshy Chairman KGI, Dr. Sereena Shaji Dean, Dr. Prakash B Nayak Academic Director, Dr. Sara Kunnath, Academic Advisor and Mr. Paul Anderson, CAO, KGI. The dignitaries gave a detailed orientation about the courses, infrastructure, facilities, Faculty team and so on, they encouraged the students by sharing their valuable experiences and wholeheartedly invited the freshers to have a happy and a fruitful stay at Koshy’s.



FAREWELL - SAYONARA 2022

“To say goodbye to the outgoing Final year B.Sc and GNM students”

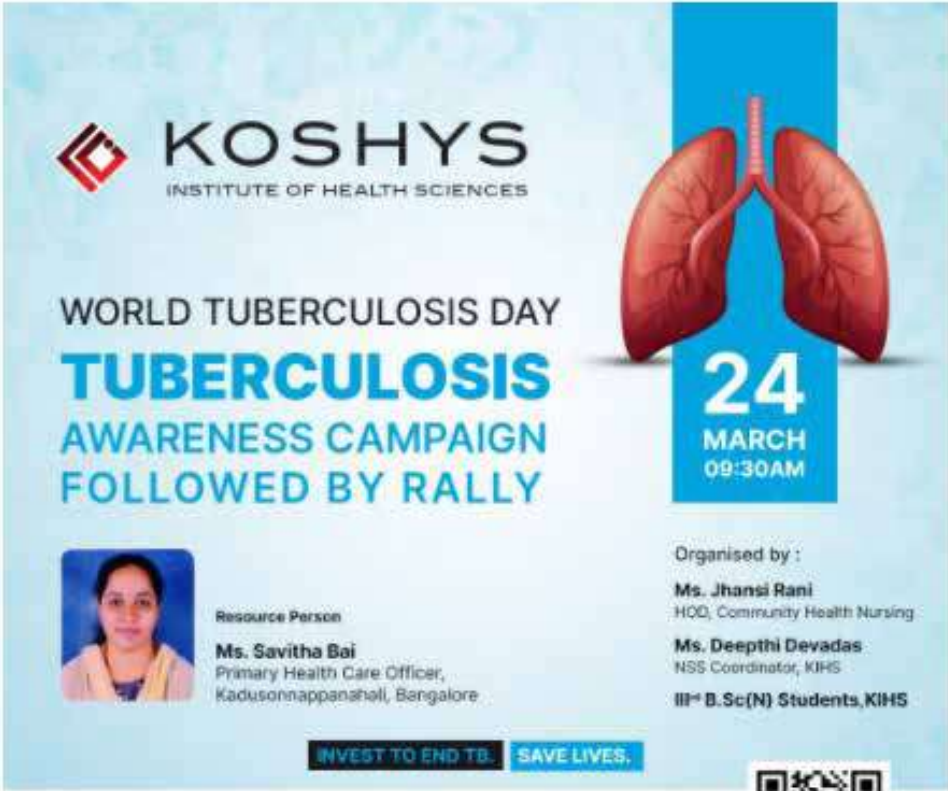
The program was held on Date: 23/09/2022 at auditorium, the event started at 2:45 pm. Ms. Sulaikha, Ms. Stephy and Ms. Sweta were the MC for the programme the party started with the invocation song by Miss Stephy and team, students of 3rd year B.Sc(N) followed by welcome a speech by Mr Souvik, student of 3rd B.Sc (KCN). After which Dr. Santosh Koshy, Chairman of KGI, Dr. Sereena Shaji, Dean KGI addressed the gathering and they shared their memories during their college days. Later event was taken over by a group dance by 3rd Year students, B.Sc (KCN).followed by a duet dance, another group dance by 2nd GNM students continued with some games to entertain the audience. Then the outgoing batches were given an opportunity to share there experiences in Koshys after that, two group dances were performed by 3rd year B.Sc students, at the end of the event a beautiful song was sung by Ms. Stephy and team meanwhile a very emotional, beautiful, heart touching video was dedicated to all the outgoing batch. The program ended with a vote of thanks given by Ms. Pritu student of 2nd GNM, KCN.





WORLD TB DAY 2022

A program on “World TB day” which was held on March 24th, 2022 at Kadusonnapanahalli PHC area with an awareness campaign followed by rally from (third year Bsc (N)) and active participation of KS halli health care teams with their slogan. In addition to that students performed skit, and a health talk was given by Ms Savitha Bai (Primary Health Care officer) and even a form of dance was performed in the street by students which was related to the theme “INVEST TO END TB,SAVE LIVES”“.The campaign, went well and successful with the support and help of public in KS halli area . Later 4th year Bsc (N) under went with poster competition .



The poster features the KOSHYS logo (a red square with a white geometric pattern) and the text "KOSHYS INSTITUTE OF HEALTH SCIENCES". On the right, there is a large illustration of human lungs. Below the lungs, the date "24 MARCH" and time "09:30AM" are displayed in a blue box. The main text reads "WORLD TUBERCULOSIS DAY TUBERCULOSIS AWARENESS CAMPAIGN FOLLOWED BY RALLY". A small portrait of Ms. Savitha Bai is shown with her name and title: "Resource Person Ms. Savitha Bai Primary Health Care Officer, Kadusonnappanshalli, Bengalore". To the right, the organizers are listed: "Organised by: Ms. Jhansi Rani HCO, Community Health Nursing; Ms. Deepthi Devadas NSS Coordinator, KIHS; IIIrd B.Sc(N) Students, KIHS". At the bottom, the slogan "INVEST TO END TB. SAVE LIVES." is in a blue box, followed by the venue "VENUE: KADUSONNAPPANAHALLI PHC". A QR code is located in the bottom right corner. Social media icons and the website "www.kgj.edu.in" are in the bottom left. The address "No.31, Kannur P.O, Hennur-Bagalur Road, Mitganahalli, Kadusonnapparahalli, Bengaluru, Karnataka 562149" is at the bottom center.

KOSHYS
INSTITUTE OF HEALTH SCIENCES

WORLD TUBERCULOSIS DAY
TUBERCULOSIS
AWARENESS CAMPAIGN
FOLLOWED BY RALLY

24
MARCH
09:30AM

Organised by :
Ms. Jhansi Rani
HCO, Community Health Nursing
Ms. Deepthi Devadas
NSS Coordinator, KIHS
IIIrd B.Sc(N) Students, KIHS

Resource Person
Ms. Savitha Bai
Primary Health Care Officer,
Kadusonnappanshalli, Bengalore

INVEST TO END TB. SAVE LIVES.

VENUE: KADUSONNAPPANAHALLI PHC


www.kgj.edu.in

No.31, Kannur P.O, Hennur-Bagalur Road,
Mitganahalli, Kadusonnapparahalli, Bengaluru, Karnataka 562149










KOSHYS
INSTITUTE OF HEALTH SCIENCES

RETROSPECT OF
TUBERCULOSIS
AWARENESS CAMPAIGN
FOLLOWED BY RALLY

24
MARCH
09:30AM



No-31, Kannur P.O., Hennur-Bagalur Road,
Mithanahalli, Kadusonnapanahalli, Bengaluru, Karnataka 562145

www.kgl.edu.in

WORLD KIDNEY DAY 2022

WORLD KIDNEY DAY 2022 - The KIHS team (2nd yr B.Sc. Nsg) conducted a health awareness programme on 'WORLD KIDNEY DAY 2022' on March 10th, based on the theme 'BRIDGE THE KNOWLEDGE GAP TO BETTER KIDNEY CARE'. The panellists were the students and a discussion held at the end. We thank Dean Ma'am & senior faculty who graced the program and for those valuable feedback. We thank the team for the opportunity given to us.





WORLD HEALTH DAY

WORLD HEALTH DAY – was celebrated on 07th April 2022 by the 1st and 2nd year BSc students under the guidance of the SNA advisors. The main objective was to raise awareness about the ongoing health issues and overall wellbeing of the society. An awareness rally was conducted by the student. Students took part in poster competitions. To end the program there was planting of “SAPLINGS” in recognition of World Health Day.



WORLD MALARIA DAY

WORLD MALARIA DAY – was observed on 25th April 2022 by the 1st year BSc. students, the main objective was to spread awareness of the global effort to control and ultimately eradicate Malaria. The theme was “Harness innovation to reduce the malaria disease burden and save lives”. The students visited the Dasarahalli community area, the students approached the people of the area by going to their door step and requested them to come for a “Panel Discussion” to discuss the preventive measures and steps the community and use to prevent Malaria.





BREAST - FEEDING WEEK - 2022 (Aug 1st – Aug 7th)



Breast - feeding week started with poster competition on Aug 1st,2022. The theme for the poster competition was “STEP UP FOR BREAST - FEEDING - EDUCATE AND SUPPORT”. The posters were created by our students from all batches of BSc nursing. The posters were judged by KAMS department and the best posters were awarded with Cash prizes. On Aug 2nd,2022 Breast - feeding health education was conducted by 3rd GNM nursing students in Bellahalli slum (community) at 10:00 am started with an invocation song followed by a mime, the community responded well by thanking the students for information. On Aug 3rd, 2022 Breast - feeding seminar

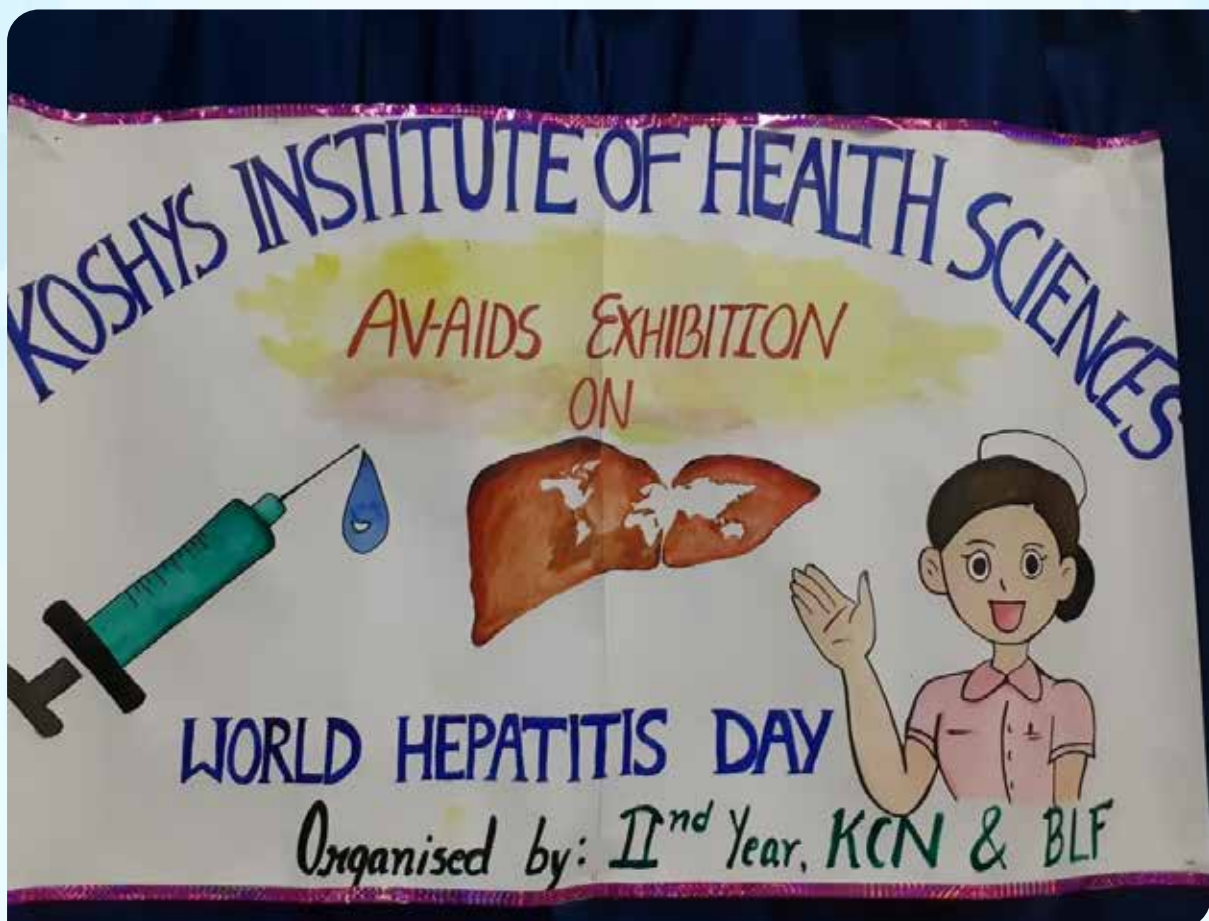
conducted in the auditorium, was honoured by the chief guest Mrs. Savitri Raman, Nursing lecturer, Sultan Kaboos University, Oman. The seminar started with an invocation song followed by inauguration by lighting the lamp by dignitaries followed by a Mime by 3rd B.Sc nursing students after which a Health talk was given by Mrs. Savitri Raman and appreciated the students by distributing cash prizes to the winners of poster competition. On Aug 5th, 2022 a Food fest was conducted by 3rd B.sc nursing and GNM students in the college campus with model exhibition and on Aug 6th, 2022 Students of 3rd GNM and 3rd BSC conducted breast - feeding health education program in Koshys hospital OPD. The program started at 12 pm with an invocation song followed by mime. Health talk and demonstration of breast feeding were given by 3rd B.sc and GNM students. The patients actively participated in the programme as Model exhibition was kept for the patients to see and explanation was given by students. All the students participated actively the program and made the breast-feeding week a successful one. Thank you one and all.





WORLD HEPATITIS - B DAY

“World hepatitis B Day”- The 2nd year Bsc students of KCN and BLF organised an AV aids exhibition organised as a part of “World hepatitis B Day”. On 04/08/2022 In KGI Auditorium. Various AV aids exhibits were exhibited. The exhibits were evaluated by and Mrs. Mini Mathai and Mrs. Nimmi Mathew. The feedback was given by the KIHS faculty. The AV exhibition came to an end at 12:00 pm.





NUTRITION DAY

Day - 1 "NUTRI CHOICE" - 16th Sep 2022

This was held by the 1st year GNM students, which was celebrated to present a variety of delicacies, the program started by welcoming our guest Prof. Biji Joseph, Faculties and other staffs by a welcome speech given by Ms. Prashika followed by a prayer song to make the day a pleasant and successful one, 10 different presentations were given on types of diet, the program was winded up by serving platters of all the delicacies to the audience and it ended with a vote of thanks by Ms. Alice Chinn. Thanking the guest and all the staffs for accepting the invitation and appreciating the participants for their hard work and efforts for making the day successful one.



Day - 2 “AROMA MADINA” - 22nd Sep 2022

This day was themed as “the fall of flavours” was organised by 1st year BLF students. Good nutrition means good health. Having a proper diet ensures healthy outcomes and a positive mind. Nutrition day is celebrated throughout the world to educate people of how important each nutrient is to our body. The day started with welcoming our honourable teachers who were there to support the team and followed by a beautiful invocation song by the choir. The various types and varieties of diets were portrayed by different teams with colourful charts. After which Prof. Biji Joseph, Principal of BLFCN had accepted the nutrition file along with the other honourable teachers. The day concluded with vote of thanks and the tasty delicacies were finally open to be tasted and savoured by everyone. The various foods ranged from southern special chicken curry, creamy pasta to yummy shakes and salads. It was a day done well and good. A memory to keep, few moments to cherish for a lifetime.



VIDHANA SOUDHA – TRIP

To “witness Karnataka Legislative Assembly House Proceedings”.

It was an immense pleasure for our college to visit VIDHANANSOUDHA to “witness Karnataka Legislative Assembly House Proceedings” on 19/09/2022, the team of 120 students along with other staffs was led by Ms. Jega and Ms. Deepthi, after the visit we also had an opportunity to take a photo shoot for a kannada movie about Nurses called “September 13”. All the students participated actively. Thanks to Chairman Dr. Santhosh Koshy and Dean Dr. Sereena Shaji for this giving us this wonderful opportunity.



NSS WING

Mrs. Deepthi Devadas

NSS Programme Officer

National service scheme is a noble 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 sustainable community interaction. It brings academic institutions closer to society. The aim of NSS is the development of the personality of the students through community services.



NSS unit was formally approved by RGUHS in Koshys Institute of Health Sciences, on 16th November 2017. The advisory committee members met together and planned the activities for the whole year under the guidance of Dr. Sereena Shaji, Chairperson, Mrs. Deepthi Devadas, NSS Programme Officer. The advisory committee meets regularly to plan and discuss about various activities.

WORLD ENVIRONMENT DAY

The World Environment Day is celebrated every year on 5th June 2022 to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment-friendly activities. The students of KIHS celebrated the day with a rally and campus cleaning awareness program with the theme- “ONLY ON EARTH”. Students were asked to prepare plug cards, slogan for the rally. We started the rally from the campus up to Tawakkal Mosque at 9:30 am. After the rally, students were divided into two groups and started collecting waste such as plastic bottles and food wrappers and later discarded them properly in the new waste bin that was introduced within the campus. After all the rally, refreshments were arranged for the students.







SESHADRI PURAM COLLEGE PROGRAM - 6th & 7th June 2022

On 6th and 7th June 2022, the students of Bangalore Little flower College of Nursing celebrated world environmental day with a rally and campus cleaning awareness program with the theme- “ONLY ON EARTH”. The students attended a two day workshop with NSS unit and Eco Mitra at Seshadri Puram College. The program was inaugurated with respected and honourable chief guest - Dr. Shalini Rajnesh, IAS, followed by talks on topics “Global village and conversation”, “Ecological presentation and its efforts”. Next day on June 7th 2022 from 9:00 am till 4:00 pm we had a field visit and group discussion at GKVK campus, Bangalore.

Only one earth - Lets take care of it.





SCHOOL HEALTH PROGRAM 2022

The students of Koshys Institute of health Science conducted a “School Health Program” on April 28th 2022 in Infant Jesus High School, Singarajapuram, Bangalore. This program was conducted in collaboration with the BIRDS organization and NSS unit. The program included Welcome speech, invocation song, memory game, AV aids presentation on “Do’s and Don’t’s on FIRST AID”, passing the ball game followed by the prize distribution to the winners. Lastly vote of thanks was exchanged between the principal of the school, BIRDS organization members and NSS team.





SCHOOL HEALTH PROGRAMME



ON APRIL 28TH 2022

AT INFANT JESUS HIGH SCHOOL, SINGARAJAPURAM, BANGALORE.


INTERNATIONAL WOMEN'S DAY 2022 - (BIRDS)

“International Women’s day” celebrations were held on March 7th, 2022 hosted by the organization BIRDS, on behalf of NSS. The students, Local Self Help Groups (Mahila Mandals) & BIRDS staffs participated in the rally initiated to promote Women Empowerment. The event started with lighting the lamp dedicated to light the lives of women in need. The students performed Cultural programs like Classical dance, Skit & Mime based on 2022 theme “Gender Equality for a sustainable tomorrow”. It was a memorable moment when the KIHS team came forward to wish all women around the globe a Happy Women’s Day on behalf of Koshy’s Group of Institutions.

As women, let’s celebrate the Gender Equality we have & strive a step forward for better world for women.







KOSHYS
INSTITUTE OF HEALTH SCIENCES

RETROSPECT OF
**INTERNATIONAL WOMENS DAY
 CELEBRATION**

KIHS IN COLLABORATION WITH BIRDS NGO, BENGALURU
MARCH 8TH, 2022



No.31, Kannah P.O, T. Hennur-Bagalur Road,
 Mithalhalli, Radconnsaparattali, Bengaluru, Karnataka 562149 www.kg.edu.in


 MISSION MIT MENSCHEN

BIRDS

THE SACRED HEART BROTHERS, GADDALAHALLI, BANGALORE - 560077
 (BROTHERS INTEGRATED RURAL DEVELOPMENT SOCIETY)

**INTERNATIONAL
 WOMEN'S DAY 2022
 CELEBRATION**

COLLABORATION WITH





LabourNet **KOSHYS** 



INTERNATIONAL WOMEN'S DAY

INTERNATIONAL WOMEN'S DAY – was celebrated on 07th March 2022, hosted by the organization BIRDS, on behalf of NSS. The students, Local Self-Help Groups (Mahila Mandals) & BIRDS staffs participated in the rally initiated to promote Women Empowerment. The event started with lighting the lamp on this occasion depicting to light the lives of women in need. The students performed Cultural programs like Classical dance, Skit & Mime based on 2022 theme Gender Equality for a sustainable Tomorrow. It was a memorable moment when the Bangalore Little Flower College of Nursing team came forward to wish all women round the globe a Happy Women's Day on behalf of Koshy's Group of Institutions.



WORLD AIDS DAY 2021

Prevention is better than cure especially when something has no cure

Awareness programme and Silent Rally on HIV AIDS in observance of “World AIDS Day” 2021

The NSS wing of Koshy’s Institute of Health Science had organized an awareness program in the form of health talk, and mime on 1st December 2021, at Koshy’s Group of Institution Auditorium from 2:00 pm to 4:00 pm followed by silent rally from Koshy’s campus to Tawakkal mosque on the global theme –“END INEQUALITIES, END AIDS, END PANDEMIC “ with the special focus on reaching people left behind. We had a global Health talk on theme “Enlightening the importance of prevention”, by Mrs. Deepthi Devadas followed by an address by Dr. Sereena Shaji, Dean, Koshy’s Group of Institutions on “Importance of prevention of inequality on AIDS”. The event ended with a silent rally to and fro from Koshy’s Group of Institutions campus to Tawakkal Mosque. Let us hate the Disease and not the diseased. Let us care for those who are left behind with HIV AIDS.







Only the Light of knowledge about AIDS can rid us from the darkness of fear, misconception and pain.

INTERNATIONAL YOGA DAY

We celebrated Yoga in our college premises on 21st June 2022 at 9:00 am with an inauguration by Dr Sareena Shaji, Dean of KIHS, with the support and guidance of resource person –Ms Rajni Gaur,(Yoga Instructor) followed by KGI team members. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily in both body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and it rejuvenates the body and mind. The yoga instructor, Prof. Rajni Gaur, took yoga session with great dedication. The students participated with full interest, enthusiasm and eagerness. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Various Asanas were performed starting with warming up and stretching, followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students.







NSS CALENDAR OF EVENTS 2021 - 2022

DATE	EVENT	ACTIVITIES PLANNED
1 st Dec 2021	World AIDS Day	Rally, Health talk
8 th March 2022	International Women's Day	Rally, marathon
24 th Mar 2022	World Tuberculosis Day	Community Awareness program survey
April (11 th to 15 th)	Special camp	IV th B.Sc. and NSS
5 th June	World Environment Day	Poster competition, swatch Bharat, sapling
26 th June	International Day against drug abuse and illicit trafficking	Awareness program
6 th Nov	Blood Donation Day	Blood Donation camp

SCHOOL HEALTH CAMP - CSR ACTIVITY

As a part of Community Health Nursing requirement and a CSR activity (CHN) 3rd year GNM students of KIHS conducted a school Health camp on 27/7/22 at Murali Marlukunte Govt. School Bangalore. 140 students were assessed, health education given on personal hygiene, covid care and prevention with general care. The students actively participated throughout.





MEDICAL CAMP - 2022.

The medical camp organised by KIHS team with the 3rd year GNM students, was truly a well-organized camp. It was conducted on 3/8/22 between 11-3:00 pm at the Balehalli slums where there are nearly 40 families residing. More than 100 people attended the camp. Various assessments were done in which the health parameters were assessed. Dr. Lalitha Deputed by BIRDS organisation did the consultation. Needed medicines were issued to the people, health education was given at the end of the camp. We thank our Dean, Dr. Sereena Shaji Ma'am for giving us this wonderful opportunity. The department of CHN extend their appreciation and sincere thanks to the 3rd GNM students for their sincere effort and hard work.





KGI - BLOOD DONATION CAMP 2021

Koshy's Group of Institutions organized a Blood donation camp on 23rd November 2021 in association with the Lion's club, Red Cross Society, Indra Gandhi Institute of Child Health, Bangalore, along with Koshys Hospital & Little Flower Hospital. The Red cross society, under the guidance of Dr. Naresh Babu & another unit for Indra Gandhi Institute of Child Health, Bangalore guided by Dr. Mythri. The program went on very professionally from the beginning till the end. The KGI team was happy to organize this event & the associated organizations were



grateful to KGI for hosting such an important camp at the challenging period caused due to Covid 19 & pandemic. Around 300 volunteers enrolled their names to donate blood. 211 units of blood was collected from students & faculty and taken for the noble purpose. Certificates were given for the blood donors The camp came to an end at 4:00 pm. "Your droplets of blood may create an ocean of happiness"



GRADUATING BATCH 2022



B.Sc Nursing 2019 - 22



GNM 2020 - 22

TESTIMONIAL

Mathew Abraham , BSc Nursing, Batch 2009-2013 ,

“It is an honor to be a student of Koshys College of Nursing where I got adequate Theory and Practical Knowledge in the field of Nursing. The college provided us with good clinical posting in reputed Hospitals , also community posting in a nearby village, which gave us excellent exposure and helped us to provide hands on care. We as a batch enjoyed a lot and had fun in those 4 beautiful years. I am grateful to the principal and staff for their constant support and guidance. Koshys has a very good environment for a beginner to nourish and achieve more in life. We enjoyed every cultural program and sports events conducted here. I feel extremely proud to be an part of this big family. Now I am in Cambridge, UK working as an Registered Nurse. Thank you Koshys”.



Kimberly L Ralte, Bsc Nursing, Batch 2015- 2019

“Koshys provided me a safe haven to learn, grow and mould my knowledge and skills. Our teachers are caring, brilliant and humble with great enthusiasm in seeking our growth and they are always ready to provide a helping hand. The principal during our time was Ma’am Sereena and she continues to inspire till today”.



Sreela P M, BSc Nursing, Batch 2015-2019

“THINGS END, BUT MEMORIES LASTS FOREVER!

Coming to Koshys College of Nursing was absolutely the right decision for me. Koshys College is definitely a major milestone of my life which moulded me into a nurse I am today. I am proud to be a part of this esteemed institution”.

Haimanti Banik, GNM, Batch 2016-2019

“I am confident and working as a Staff Nurse. I am heartily thankful to all my teachers for their guidance. It’s all a good experience, I’ve made golden memories here”.



Franklin Ghorozza, BSc Nursing, Batch 2016- 2020

“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!”

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 fruit of 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

Parent Hospital

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

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