



## "One language, one religion and one nation"

The 75th Republic Day was celebrated with great zeal and enthusiasm on 26th January 2023 in the premises of KGI. The National Cadet Corps of KIMS led the event with a splendid march past welcoming the chiefguest for the day Dr. Sabu.A.Joseph, Retired Inspector General of Bangalore and our Chairman Dr. Santhosh Koshy. The programme opened with the unfurling of our National Flag jointly by the chief guest and our chairman.

The fervor of the day was displayed through the parade of the NCC. In consonance to this, the students sung beautiful patriotic songs, commemorating the sacrifice of the freedom fighters and also the day was made of exhilarating dances which displayed the spirit of freedom. The day was made luscious with the distribution of sweets.



**26th January 2023**

## "Going down the memory lane"



**31st January 2023**

As part of the CSR activities, our 3rd GNM Students of KIHS visited 'Preethisadans Children's Home', under the guidance of Ms. Annie Nirmala, Asst. Professor, with much excitement to meet these little tots. The day was brought alive for the kids with cheerful singing, dancing

and exciting games conducted for them. The winners were awarded prizes which brought smiles on their little faces. Our students were able to relive their childhood as they experienced the joy of sharing. The children enjoyed the snacks given by the students as a token of love. This special opportunity helped students experience different emotions and a sense of contentment.

## "Champions are made, not born"

**7th February 2023**

Who says health care students bury their heads in big books, case files devoid of entertainment? Well, at Koshy's a well-balanced platform for students for academics and also a sport where students explore their extra-curricular skills. Therefore, to test their competitiveness and energy a Basketball tournament was organized within the campus where students went to loggerheads between KIHS and KIMS on the 7th February 2023 for both boys and girls. The trophy was bagged by the KIHS girls team, which was indeed a proud moment for the team as well as the trainer and the faculty of KIHS.



## "Every smile matters" **8th March 2023**



Children are the world's most valuable resources and it's best hope for the future. On the 23rd of February the 4th BSC and on March 8th the 3rd GNM students visited the Infant Jesus High School, Lingarajpuram, under the guidance of Mrs. Jhansi Moses, Associate Professor, KIHS and conducted health assessment for the children, which helped them to give a complete picture of their health status and thus encouraging the children to live healthy lifestyle. The children were very cooperative and excited to be visited by our students.



Women's Day was brought forth and presented by 1st BSc and 2nd GNM followed by a spontaneous rally by KIHS, the 1st BSC students did a beautiful flash mob grasping everyone's attention, the event was well coordinated by Mrs. Linta Thomas, Asst. Professor. Koshys salutes all the women out there who are doing wonders around the globe.

## "Survive it or succumb to it, it's all about the mindset"

The awe-inspiring advancements in cancer prevention, diagnosis and treatment, half the world's population lacks access to essential health care services. On the occasion of World Cancer day, a programme was organized on the 6th of February by the 3rd BSc and the 2nd GNM students under the guidance of Mrs. Tina Ann John, Assoc. Professor, Ms. Sofia Sapam, Lecturer and Ms. C. Lalrohluui, Lecturer, KIHS, with the theme "Close the Care Gap – Uniting our voices and take action" The guest speaker for the day was Dr. Ashmitha Menon, Medical Officer of the urban PHC of Horamavu, who shared her knowledge on the disease and the benefits of early detection and providing awareness to our young students the ill effects of alcoholism and smoking which is much prevalent among the younger population. Our students actively participated by conducting a poster presentation, a mime as a part of spreading awareness of early detection and prompt treatment improves the quality of life among cancer affected individuals. The day concluded with the display of a human ribbon signifying "Uniting our voices and taking action together can make the world cancer-free".



**6th February 2023**



## "Refuse to lose" **18th February 2023**

Yet again, A badminton tournament on 14th to 17th February was conducted exclusively for KIHS students at the quadrangle under the coordination of Mrs. Linta Thomas, VP - KIAHS. Doubles tournaments for both boys and girls were planned. Best of 3 were played with much energy and competitiveness. the tournament was flagged off by Dr. Santhosh Koshy, Chairman KGI who displayed his sportive side by wheeling the racquet for a few hits with an uproar from the students. The fervour of the game resounded in the corridors with thunderous cheers for the players to be in a frenzy of adrenaline rush. The day ended with awarding the deserving team among many an applause.



## "She is here to win, she is here to change the game" **8th March 2023**

Women's day is all about valuing oneself and realizing one's full potential. The International





Health is among the basic human needs agreed universally. The WHO and the UN define health in terms of well-being. But the picture of the current state of health, presented by the numbers and facts, isn't seen very much under the term "Human Being." It depicts the current state of gender health inequality and also the need of the hour to address other looming problems is to highlight the gap that still exists in rural areas when it comes to healthcare. KIHS took the initiative on 11th March 2023, to invite Prof. Shani E Matthew, Principal of Hoskote Mission Institute of Nursing and who is experienced in the field of Community Health Nursing, was invited to KIHS to speak on the "Inequalities of health care in India", she shared her knowledge regarding disparities prevalent among various gender categories in India. The session gave rise to many questions from the audience leading to a brain-storming session which proved worthwhile for the students.

## "Vision with a mission"



**11<sup>th</sup> March 2023**

## "Tiny heros fighting big battles"

"Sometimes real superheroes live in the hearts of children fighting big battles". Caring for children with special needs is a challenging job and our students were more than up for the task. Educational visit as part of their pediatric nursing subject, the visit was planned for the 2nd GNM's at the Spastic Society of Karnataka. The students were taken to the place and were taught on Autism and Down syndrome and other learning problems. The students participated in helping children during their therapeutic sessions and thereby improving their patient care skills and also developing an empathetic attitude towards the care of such children. The students were guided by their class coordinator Ms. C. Lalrohlui, Lecturer and Mrs. Tina Ann John Assoc. Professor, Child Health Nursing Department.



**24<sup>th</sup> March 2023**

## "A dilemma to change or, a stigma to remain"

**24<sup>th</sup> March 2023**

Tuberculosis is not just an illness, it's a social stigma that remains and grows on the minds of many. The 25th of March marks the World Tuberculosis Day which was organized by KIHS and was conducted by 3rd GNM students who were guided by Mrs. Jhansi Moses, Associate Professor, KIHS, with the objective of spreading awareness with the message "Yes we can end TB". It took place in Balehalli slum areas. Door to door visits to every home was done followed by health education to families regarding precautions and treatments of tuberculosis, and, yet again our students proved to be knowledgeable and informative to the community.



## "One dream, one institution, one man"

**15<sup>th</sup> March 2023**



Leadership is the capacity to translate vision into reality. Koshys originated with this vision through a very prominent personality whose Birth Anniversary is celebrated on 15th Of March every year at KGI as Founder's Day. It is none other than our chairman's father Mr. C Koshy, the visionary man behind the installation of KGI. His dream was brought to reality by the sincere hardwork and dedication of Sir's family and today KGI has achieved much and beyond boundaries in the field of education. The celebration started with a holy mass at the St. Mary's chapel within the campus which was followed by various programmes specially conducted to celebrate the joy of having him with us. It turned out to be a wonderful event full of memorable moments that were created by the students as well as his family members, it was a memory to cherish forever.



## "Prevention is better than cure"



**12<sup>th</sup> April 2023**

When you're in the health care team you know that prevention is always better and cheaper than cure, To spread awareness regarding the the benefits of good health, KIHS NSS team celebrated the World Health Day with a series of events organized by the 4th BSc (N) students under the supervision of Mrs. Lakshmi T R and Mrs. Jovita Asst. Professor, KIHS. The guest speaker for this day was Prof. Avinash.N, MSc. (N) in Community Health Nursing, from Sapthagiri College and School of Nursing. The special guest for the day, enlightened the gathering with his expertise on the topic "HEALTH FOR ALL" which was the theme for the day. . It was simple yet informative. He focused on the challenges ahead of us in tackling the health problems of today and tomorrow and how the nurses play a pivotal role in the health care system to ensure everyone is healthy.

## "A little demon can sting with a big threat"

**25<sup>th</sup> April 2023**



"Time to deliver zero Malaria... Invest, Innovate, Implement", With this theme, World Malaria Day was celebrated to raise awareness of the global effort to control and ultimately eradicate Malaria,



There was a series of programmes conducted by the students under the guidance of Mrs. Jhansi Moses, Associate Professor and Ms. Haimanti Bandhopadhyay, Asst. Lecturer, KIHS, which included a poster making competition on the theme. The judges for the competition was Dr. Serena Shaji, Dean, KGI and Dr. Biji Joseph, Principal Bangalore Little Flower College of Nursing. The winners were awarded with various prizes, the day was well gratified indeed.

## Upcoming events at KIHS

- World Hand Hygiene Day
- International Nurses Day
- SNA Week Celebration
- Nutrition Day Program
- World Environment Day
- International day against drug abuse and Illicit trafficking
- World Hepatitis Day
- Workshop

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