



Clean Hands, Bright Futures 05th May 2023

Hand hygiene play a pivotal role in preventing the spread of infectious diseases. "Accelerate action together. SAVE LIVES: clean your hands". In accordance of the slogan launched by the WHO, our students of 1st year BSc and GNM students have organized a series of insightful activities and events to raise awareness about the importance of maintaining hand hygiene. A hand hygiene dance was done by the students and a song was also sung by the students to guide the importance of hand hygiene day.



Global Salute to Heroes in Scrubs: International Nurses Day Celebrations at KIHS 12th May 2023

International Nurses Day is a global event that recognizes the dedication, compassion, and hard work of nurses who play a pivotal role in healthcare. On 12th May 2023, this special day was celebrated in KIHS with enthusiasm and gratitude for nurses' unwavering commitment to patient care. The student nurses of BSc Nursing conducted a short Nurses Day special Program, depicting the life of the lady in the lamp, Florence Nightingale. International Nurses Day 2023 was a heartfelt celebration of the invaluable contributions made by nurses to healthcare worldwide. It served as a reminder of the selfless dedication that nurses exhibit every day, ensuring the well-being of individuals and communities. As we move forward, it's essential to continue supporting and appreciating the nursing profession, ensuring that nurses receive the recognition, resources, and respect they rightfully deserve



Discover the Power of Yoga & Unlock Your Potential

"Yoga for harmony" was the theme of this year's International Yoga Day. To raise awareness about this ancient practice & to celebrate the physical & spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting our immune system. The students of 4th year BSc Nursing, KIHS along with the students of KIMS from different department celebrated International Yoga Day on the 21st June, 2023. The Yoga instructor, who is also one of the faculty of KGI, Prof. Rajni Gaur, taught the students some of the Yogasanas and the benefits. She also encouraged the students practice yoga and make use of it in their day-to-day life.

26th June 2023



Empowering Lives: International Day Against Drug Abuse & Illicit Trafficking 26th June 2023

The students of 4th year BSc Nursing, KIHS accompanied by Prof. Reshma Tamang and Mrs. Shari Arun, faculties of KIHS paid a visit to the Vidhana Soudha to celebrate "International Day Against Drug Abuse and Illicit Trafficking" And this year's theme - "People First: Stop Stigma and Discrimination, Strengthen Prevention." A Walkathon was conducted by RGUHS in collaboration with Government of Karnataka. The Deputy Chief Minister Mr. D.K Shivakumar was the Chief Guest of the program spoke at the event and encouraged the youth on saying 'No to drugs & yes to life' The Walkathon march started at Vidhana Soudha and ended at the Kanteerava Outdoor Stadium. The event was also occupied by 2nd year BSc Nursing, KIHS students also put into it their side of effort and took active participation in the rally "SAY NO TO DRUGS" on 3rd July, 2023 accompanied by Ms. Reshma Tamang, Asst. Professor, and Ms. C. Lalrohlu, Lecturer, faculties of KIHS. The event was organized by Anglo Indian Unity Center which was headed by Ex MLA - Mr. Ivan Nigli, DCP of Karnataka, Sri. Dinesh Gundu Rao- Ministry of Health & Family Welfare attended the event as the chief guest.



Competitions. The Winners of X'LENCIA 2023 we're team Aphrodite's followed by team Asclepius on the second place, team Athena in the third place and team Hygeia's in the fourth place. The smiles, connections, and achievements of the day all point to one undeniable fact that the event was a tremendous success!

Act of Reality 08th May 2023

The initiation of a situation or a process or the process of & "simulation" has played a vital role in providing an insightful learning to the learners, and specifically in the field of nursing where each situation can question a life of an individual. To get a better overview of the simulation process the students of 2nd year BSc Nursing were taken to Bangalore Baptist Hospital as a part of their CET simulation educational activity, under the guidance of CET in charge Mrs. Tina Ann John, Assoc. Professor, and Ms. Reshma Tamang, Asst. Professor. The students were first taken to the auditorium and given a small introduction into the process. After which, the students were divided into sections and taken to various labs and were given the opportunity to actively participate in the demonstrations. Overall, the visit really contributed in enhancing the intellectual qualities of the students and further preparing them for the numerous situations that their future may bring to them ranging from minor conditions to life saving techniques.



Breaking the Chains of Body Shaming

The Mental Health Department of Koshy's college of nursing organized a guest lecture on body shaming where Dr. Shobitha Shanthakumari, Principal, Global School of Counselling spoke about Promoting body positivity, education, and support networks are crucial steps toward reducing the prevalence of body shaming and its harmful consequences.

31st May 2023



Intense Rivalry & Remarkable Talent Shine at the Tnai Competitions 31st May 2023

The Trained Nurses Association conducted an intercollege competition on the 31st of May, At RR college of nursing, the competition included events of sports, arts, performing arts & personality contest. Different nursing colleges from all over Bengaluru participated where our students yet again proved to be the best in Sports and Arts. Ms. Arya Maria Thomas of 3rd BSc Won the Title of Ms. SNA on Zonal Level, Ms. Athira Jomon 3rd BSc bagged the second place in classical dance solo, Mr. Anirban Ghosh of 3rd BSc won second place in discus throw, Ms. Anushree of 2nd BSc won first place in pencil sketch and Ms. Lea Mary Saji of 3rd BSc won third in Shot Put. Dear students your remarkable talents remind us that brilliance knows no bounds! Keep it up!



Promoting Family Planning: World Population Day Awareness Efforts 11th July 2023

Unleashing the power of gender equality: Uplifting the voices of men and women to unlock our worlds infinite possibilities. The students of 2nd year BSc Nursing, KIHS enacted a role play in the community along with a rally under the guidance of Community Department Mrs. Jhansi Moses, Assoc. Professor, Mrs. Nancy Kaur, Lecturer and NSS in charge Mrs. Lakshmi T R, Asst. Professor. At the end of the day the students gathered the people of the community and taught them about family planning and the necessity of health.



Student Nurses Shine Bright: Exemplary Dedication & Compassion in Performing Arts & Sports.

24th July 2023 - 27th July 2023

SNA week, X'LENCIA is a time when the students of KIHS come together to showcase their athletic and artistic abilities and compete with each other in a friendly and fun atmosphere, The X'LENCIA is not only a celebration of their physical abilities but also an opportunity for the students to learn the values of team work, sportsmanship and resilience and compete among themselves for the Rolling trophy of Champions. The students are divided into four teams that are, Athena, Aphrodite's, Asclepius, and Hygeia's. The SNA events include a series of Sports and Cultural



Electrifying Beats, Unforgettable Music, Euphoria Night 28th July 2023

Music has the power to unite, inspire, and entertain. On 28/07/23, the campus of Koshy's Institute was filled with melodious tunes and enthusiastic applause as Euphoria Night took center stage. The concert featured a renowned band, Pagli, and Various DJs known for their unique blend of musical genres. Their reputation for delivering high-energy performances generated great anticipation among the audience. Pagli band mesmerized the audience with a diverse repertoire, ranging from classic rock anthems to contemporary hits. Their musicianship, stage presence, and interaction with the crowd added to the electrifying atmosphere. The concert was a dynamic fusion of musical genres, catering to a wide range of tastes and preferences. EUPHORIA night was an unforgettable evening of music, entertainment, and community building. It showcased the college's commitment to providing enriching cultural experiences for its students. The event not only celebrated the power of music but also created lasting memories for all who attended. The success of this concert reflects the dedication of the organizing committee, the talent of the artists who performed, and the enthusiasm of the audience. It serves as a reminder of the unifying and transformative power of music in our lives.

International Breast Feeding Week 1st August 2023 - 7th August 2023

The vital importance of breastfeeding is nurturing health and future generations. Breastfeeding is the center stone of an infant's health and maternal wellbeing. In recognizing the undeniable significance of breastfeeding the 4th year students, KIHS under the guidance of - Ms. Tina Ann John, Prof, Assoc. and Ms. Annie Nirmala Asst. Professor held a visit to Koshys selected hospitals (MIME) to commemorate breastfeeding week, the Department of Maternal and Child Health of KIHS conducted a short demonstration on methods and importance of Breastfeeding. On their side of initiation, a breastfeeding exhibition was conducted by the students of 2nd year GNM on 4th August 2023 under the guidance of MCH Department facilities. The students indeed took part in making this event successful enough to educate the young minds on importance of breast feeding and the role of each of them in "nurturing the newborn"



Harmony Through Diversity: Splash Season 5.

11th August 2023 - 12th August 2023

The vibrant celebration of Koshiyans, SPLASH SEASON 5 was held from 11th & 12th of August 2023. The cultural extravaganza was inaugurated by Chairman sir, Dr. Santhosh Koshy It was organized by KIHS. The competition showcased diversity, talent, creativity & cultural richness of different departments. The Rolling Trophy of Winners was yet again bagged by the KCN & AHS followed by GNM & BLF at Runners Up position. This victory not only brings pride to our department but also paves the way for exciting future endeavors and collaborations.



Saluting the Tricolour: Echoes of Freedom, 75th Independence Day Celebration"

From struggles to strength, with patriotism and unity KGI have witnessed the 75th Independence Day of our nation. The inaugural ceremony was followed by hoisting the tricolor national flag by Chief Guest & Chairman along with a March past by the students. Mr. Nalan V Rank Havildar was our chief guest for the day. Our distinguished guests delivered inspiring words which emphasized the values of Freedom, Democracy & Nation building. A series of cultural performances were unfolded, showcasing the rich cultural heritage of India. The celebration reminded the students of the importance of our freedom & the responsibilities that comes with it. The day brought an insight on the role of youth in nation building. As the day drew to a close the event was dispersed by National anthem.

15th August 2023

Learn Today & Have a Bright Future

Showcasing their talent, the students of 2nd year BSc KIHS organized a CET exhibition demonstrating the use of various AV aids that can be used in the field of teaching learning process highlighting the importance of organ donation on the occasion of World organ donation day. The event was organized on 23rd August 2023 under the guidance of CET in charge Mrs. Tina Ann John, Associate professor and the class coordinators Ms. Reshma Tamang, Assistant professor & Mrs. Shari Arun, Lecturer. The event overall was truly able to mesmerize the students with numerous ways of using AV aids and also encouraged their minds in bringing out the same to their classrooms.

23rd August 2023



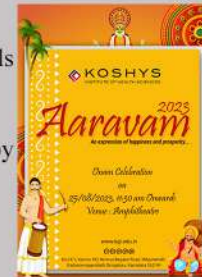
A Positive Impact, Nursing Students' Contributions to the Community 27th August 2023

Nursing students often go above and beyond their academic commitments to make a meaningful impact on their communities. The BIRDS Organization has been a partner to KIHS with their commendable efforts and good works to support and uplift the nearby communities. On 27th August, The KIHS community celebrated the Silver Jubilee of their collaboration with the BIRDS Organization. The 4th year BSc Students conducted a short program for celebrating the joyous occasion, Accompanied by Mrs. Jhansi Rani Moses, HOD of Community health nursing. The BIRDS organization in collaboration with KIHS has made significant contributions to their communities by actively engaging in various healthcare initiatives, from providing essential medical services to promoting mental health awareness.



Onam Celebration

Onam is one of the most significant & colorful festivals celebrated in the Indian state of Kerala. It symbolizes the harvest season & is marked by cultural performances, feasting, & the decoration of flower carpets known as "Pookalam". The Onam celebration at KIHS was a vibrant & culturally rich event that brought together students, faculty, and staff to celebrate the spirit of unity & tradition. The highlight of the celebration was a cultural program that featured a Mega Thiruvathira consisting over 120 students, Traditional songs & to engage everyone, various games & competitions were organized, including tug-of-war, & traditional folk games like uriyadi. It was a day filled with colorful decorations, mesmerizing performances, delicious food, and joyous camaraderie.



25th August 2023

The day we said - Goodbye!

Appreciating their presence and guidance as seniors throughout the years, the students of 2nd year GNM and 3rd BSC KIHS organized a farewell party on 23rd September, 2023 at the college auditorium, for their seniors which was based on the theme "light, camera, and action" which was excellently conducted under the supervision of Miss. Tete and Miss. Sofia. The event truly left a remarkable memory for the seniors and left them with an everlasting experience. The mesmerizing day was attended by all the teaching as well as non-teaching faculties of the KIHS team. Many stunning dance performances and enthusiastic games were conducted for the entertainment purposes which were well enjoyed by all the batches present there. Overall, the event was successful in showcasing the love of the students for their seniors and leaving an imprint of lifetime on them.

23rd September, 2023



Teacher's Day Celebration 05th September 2023

Honoring the guiding lights: A grand celebration of teacher's day was organized at KIHS campus by student council. The celebration commenced with a warm welcome extended to the esteemed faculty members. The event was a resounding success, filled with heartfelt gestures and expressions of gratitude. The cultural programs were followed by a handful of games by teachers that made them to go to their childhood days. The cultural programs displayed a dazzling talent and creativity of all the teachers. Also, a private celebration of teacher's day took place at the KIMS Auditorium where KIHS received the best organizers award followed by various awards bagged by the teachers of Nursing department. It was indeed a moment of pride for the students of KIHS, seeing their teachers getting acknowledged for their persistent hard work. At the end of the day, we witnessed the heartfelt smiles on our teachers faces. The teacher's day celebration was a beautiful reminder of the strong bonds between students & teachers. Our teachers don't just impart knowledge they mold us into better individuals.

