



NCHS PULSE

THE MAN.
THE MISSION.

The Heart of It All

*Dr. Shetty they call him, the man with a golden heart.
Dad, is what we call him, the heart of it all.*

*Life is not meant to be easy; there are challenges in every step.
Our father, our guiding star, made those challenges go away.*

*Through our childhood, our teens, and now adulthood, each life lesson we've learnt is through our dad.
From teaching us right from wrong, to showing us the value of hard work, humility, and kindness, every step of our journey carries a piece of his wisdom.*

Today, as parents ourselves, we understand the sacrifices he made, the sleepless nights, the endless worries, the unconditional love he gave so freely.

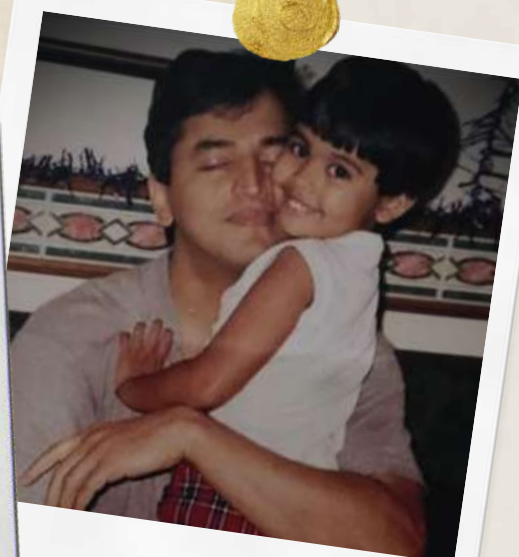
If we have become good people, loving parents, and responsible adults, it is because we had the privilege of learning from the very best.

*Dr. Shetty is the man the world knows.
Dad is the man we are blessed to call our own.*

*And, while many may admire his achievements,
It is his heart, his values, and his love that remain his greatest legacy.*

*Dad is what we call him,
The heart of it all,
The reason we stand tall,
And the greatest blessing of all.*

*Ms. Ameya Shetty
Director, NCHS*



Our Nurses, Our Future - Empowered Nurses Save Lives

As healthcare embraces advanced technologies and smart systems, an important question arises: Can a hospital truly be called smart without smart nurses?

The theme of International Nurses Day 2026, "Our Nurses, Our Future: Empowered Nurses Save Lives," reminds us that the future of healthcare depends on empowered, educated, and technologically skilled nurses.

Smart healthcare is not just about modern equipment; it is about professionals who can use these tools effectively. Smart nurses prioritize patient needs, use technology efficiently, apply clinical reasoning, and work collaboratively with healthcare teams. Their ability to combine knowledge, skill, and compassion leads to better patient outcomes.

As William Osler wisely said, "The trained nurse has become one of the great blessings of humanity."

A smart nurse is Skilled, Scientific, and Supportive. While technology continues to transform healthcare, it is nurses who bring care, judgment, and humanity to every patient interaction.

The message of this year's theme is clear: "Our Nurses, Our Future - Empowered Nurses Save Lives." Because no matter how advanced healthcare becomes, smart healthcare will always need smart nurses.

*Ms. Alkha Sunil
VJJ Semester B.Sc. Nursing
NH7CON, Mysuru.*



A Love Like No Other

A mother is a force that stands the test of time. She is our comfort, guide, friend, and often the strongest support we will ever have.

She knows our smiles, our silences, and the moments when something is not quite right. A mother's love is unlike any other-patient, selfless, and enduring. In her presence, even the hardest days seem a little lighter.

Mothers make countless sacrifices without seeking recognition, often putting the needs of their children before their own. No words can truly capture the depth of their love, strength, and devotion.

This Mother's Day, we celebrate and thank every mother who has dedicated her life to nurturing, supporting, and inspiring her children. Your love shapes lives and leaves an everlasting impact.

Happy Mother's Day to all the amazing mothers.

Ms. Alkha Sunil
VIII Semester B.Sc. Nursing
NH7CON, Mysuru.



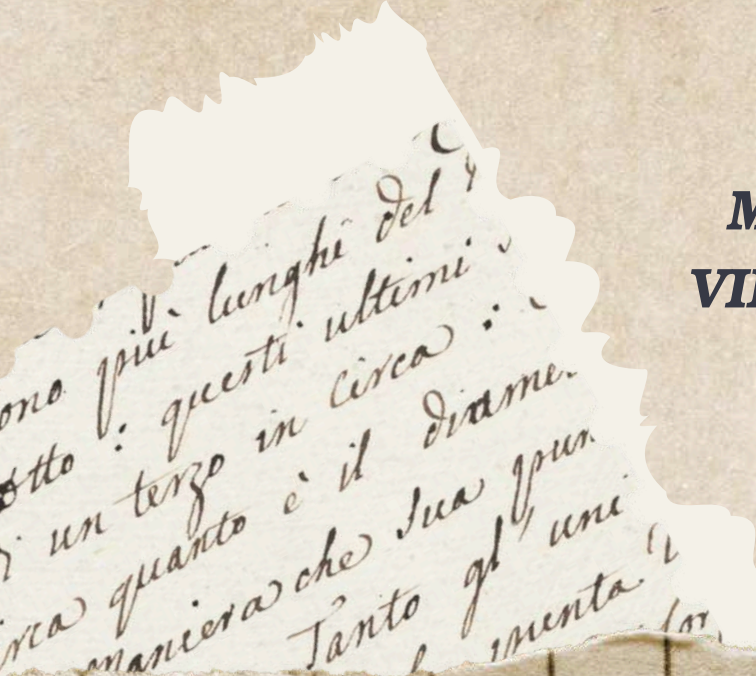
Beneath her shadow

She fixes the pieces she never broke,
The silent strength of every home.
She sets aside her dreams and passions
To carry the world she built alone.

In every smile and every breath
Lives a love unseen, yet true.
Oh Mother! Your light guides our path,
Through every storm we journey through.

Beneath your shadow, we stand fearless,
Safe within your endless care.
The warrior of the world,
The angel of the home —
That is Mother.

Ms. Ann Elizabeth Binu
VII Semester B.Sc. Nursing
NHFCON, Mysuru.





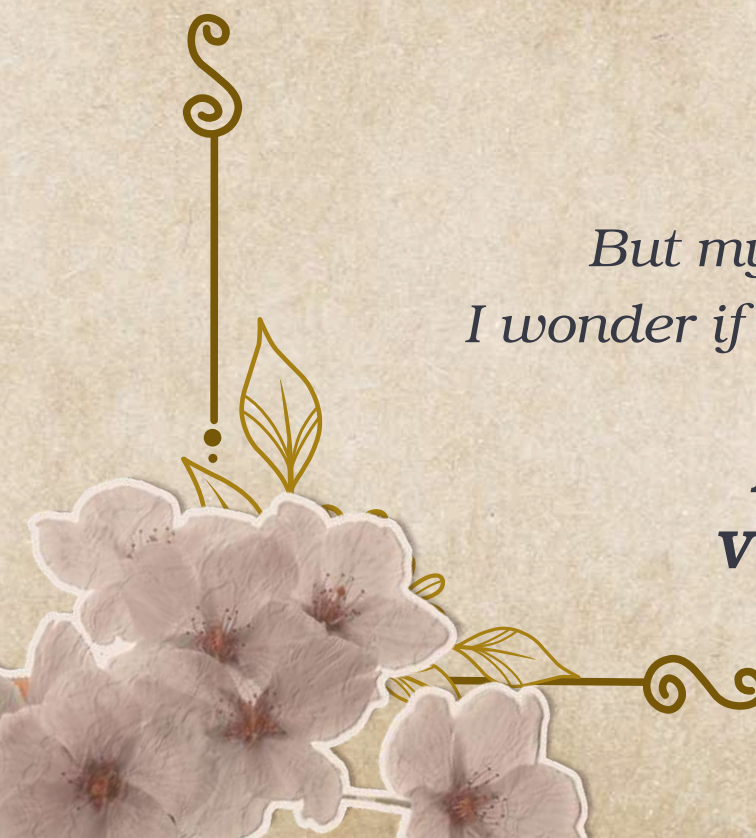
An Act of Creation but Still a Child

*I wonder how my mother,
Acted as a child.*

*I wonder if her hands were soft,
Unmarred by the years of work.*

*I wonder how,
Scared she was,
When she had to,
Let go of her mother's hand.*

*I wonder how to live without,
Her words of care,
Her playful chides.
For human birth is but,
An act of creation.*



*Blessed is she,
Carrying her child.
But my mother was also once a child.
I wonder if her hands were soft and unmarred.*

**Ms. Andrea Maria Gibe
V Semester BSc. Nursing,
NHFCON, Mysuru.**



Exploring the Intersection of Care and Justice

NHF College of Nursing, Mysuru, organized a seminar on “Forensic Nursing – Bridging Care, Evidence & Justice” on 6th May for V and VII Semester B.Sc. Nursing students. The session was delivered by Dr. G.B. Aravind, Ph.D., Associate Professor and Coordinator of Forensic Science, Department of Forensic Medicine, JSS AHER, Mysuru.

The program began with an inauguration and lamp-lighting ceremony led by the resource person and Dr. Nisha P. Nair, Principal. The program began with an inauguration and lamp-lighting ceremony led by the resource person and Dr. Nisha P. Nair, Principal, NHF College of Nursing. Dr. Aravind's insightful session provided students with valuable knowledge and real-life perspectives on the role of forensic nursing in healthcare and the justice system.

The seminar concluded with an interactive feedback session, where students appreciated the informative and thought-provoking presentation. The event proved to be an enriching learning experience, broadening students' understanding of forensic nursing practice.



Research Beyond Boundaries: Inspiring Innovation

The Department of Physiotherapy proudly acknowledges the recent scholarly accomplishments of its faculty members.

Dr. Basetty Praveen Kumar S presented a poster at Research Day - 2026, held on 9th May. His presentation, titled “Effects of Jaw Exerciser and Face Massage Roller Along with Conventional Therapy in Reducing Pain and Improving Mouth Opening in TMJ Dysfunction: A Case Report,” showcased innovative approaches in physiotherapy management.

Adding to the department’s research achievements, Dr. Srimonta Das (PT) published a review article titled “Effect of Aerobic Exercise Training in Adolescents with Idiopathic Scoliosis: A Narrative Review” in the Journal of Health Physiotherapy and Orthopedics.

These accomplishments reflect the faculty’s commitment to advancing knowledge, contributing to scientific literature, and strengthening the department’s culture of research and academic excellence.



Effects of Jaw Exerciser and Face Massage Roller Along with Conventional Therapy in Reducing Pain and Improving Mouth Opening in TMJ Dysfunction: A Case Report

DR BASETTY PRAVEEN KUMAR PT¹, DR RAJENDR

Narayana Hrudayalaya Institute of Physiotherapy, 1 Assistant

Introduction: Temporomandibular joint dysfunction (TMD) is a prevalent musculoskeletal disorder among young adults, often presenting with pain, restricted mouth opening, and functional limitations. Conventional physiotherapy remains the cornerstone of management, but adjunct modalities such as jaw exercisers, massage rollers, ultrasound therapy, and mobilization may enhance outcomes.



Case Presentation: A 21-year-old female college student presented with left-sided TMJ pain and restricted mouth opening.

Examination: On clinical examination, the patient reported pain in the left temporomandibular joint (TMJ) region persisting for three months, with difficulty in fully opening the mouth and discomfort during chewing. Pain intensity was rated as 7/10 on the Visual Analogue Scale (VAS). Maximum mouth opening was restricted to 28 mm (inter-incisal distance). Palpation revealed tenderness over the masseter and temporalis muscles, and a mild deviation to the left side was observed during mouth opening. Based on these findings, a diagnosis of temporomandibular joint dysfunction was established.

Out come measures: VAS, MMO, MFIQ.

Intervention: The patient underwent a 4-week program including moist heat, TMJ mobility and strengthening exercises, mobilization, jaw exerciser sessions, facial massage roller application, and ultrasound therapy.



Results: Pain improved. Functional outcomes highlighted.

Conclusion: mouth open

Clinical Implications: This case highlights the effectiveness of a multimodal approach in managing TMJ dysfunction, particularly in young adults with chronic pain and functional limitations.



Reference: temporomandibular joint dysfunction. Aug;1(3):151-152. PMC331887

2) Shinde S, Kad S. J. Health Physiotherapy and Orthopedics. 2026;1(3):151-152. PMC331887

Celebrating Compassion and Excellence: International Nurses Day 2026 at NHFCON, Mysuru

NHF College of Nursing, Mysuru, celebrated International Nurses Day on 16th May with great enthusiasm under the theme “Our Nurses, Our Future: Empowered Nurses Save Lives.”

The event highlighted the vital role of nurses in promoting health and providing compassionate care. To mark the occasion, various competitions such as Best out of Waste, Cooking without Fire,

Talent Show, Face Painting, Rangoli, and Pick and Speak were organized. Students actively participated and showcased their creativity, talent, and communication skills.

During the valedictory program, the significance of International Nurses Day was emphasized, and winners were awarded prizes for their outstanding performances. The celebration concluded successfully with enthusiastic participation from students and faculty, making the event both meaningful and memorable.



Celebrating Student Achievements and Excellence

On the occasion of International Nurses Day, BGS International Foundation for Health Sciences organized various intercollegiate competitions on 20th May to encourage and recognize the talents, knowledge, and professional excellence of nursing students. Students from NHF College of Nursing, Mysuru actively participated in the events and brought great pride to the institution by securing several prizes in different categories.

Ms. Alkha Sunil of VII Semester won the “Best Student Nurse” competition for her outstanding academic performance, leadership qualities, and professional competence. In the Case Presentation competition, Ms. Anugraha Mol James of VII Semester secured the 2nd Prize, while Mr. Shon Jose of VII Semester achieved the 3rd Prize for their excellent presentation skills and clinical knowledge.

In the Cartoon Making competition, Ms. Evelyn Sinchana of III Semester won the 2nd Prize for her creative and meaningful artwork highlighting the role of nurses in healthcare. Furthermore, Ms. Mariya Rose and Ms. Andrea Maria Gibee of V Semester secured the 2nd Prize in the Quiz competition, demonstrating commendable teamwork and subject knowledge.



Showcasing the Spirit of Nursing

As part of the International Nurses Day celebrations, the Student Nurses Association (SNA) of NHF College of Nursing organized a Poster Making Competition on 12th May under the guidance of Principal Dr. Jessy Jacob. The competition was based on the International Nurses Day theme, "Our Nurses, Our Future: Empowered Nurses Save Lives."

Students from various batches participated enthusiastically, showcasing their creativity and understanding of the nursing profession through innovative and thought-provoking posters. The artworks highlighted the dedication, compassion, leadership, and vital role of nurses in promoting health and saving lives.

The competition provided a platform for students to express their artistic talents while reinforcing the values and responsibilities of nursing. Certificates and prizes were awarded to the winners and participants in appreciation of their creativity and efforts. The event was a meaningful contribution to the International Nurses Day celebrations and successfully promoted awareness of the nursing profession.



A Stage for Creativity and Expression

The Opera Rise Drama Competition was held on 16 May at Narayana Hrudayalaya College of Health Sciences, bringing together five student teams in a vibrant celebration of theatre and talent.

The performances explored a wide range of themes, including true-life stories, gender-based role reversal, psychological issues, postpartum mental health, and a mystery drama based on a RAW agent.

The event provided an excellent platform for students to showcase their creativity, teamwork, communication skills, and stage presence. Following a series of engaging performances, Phoenix Stage Crew secured the first place, while Medea's Mirror and The Cordelia Crew were awarded second and third places, respectively.

The enthusiastic participation of all five teams contributed to the success of the competition and reflected the diverse talents, creativity, and artistic spirit of the student community.



Faculty Appreciation



SPEAKER

Ms. Karkuzali P
Lecturer
Narayana Hrudayalaya College of Health Sciences, Bengaluru

TOPIC HIGHLIGHTS

- ✓ Molecular basis of memory formation
- ✓ Pathophysiology of Alzheimer's disease
- ✓ Biomarkers for early detection
- ✓ Neuroinflammation and oxidative stress
- ✓ Clinical features and differential diagnosis
- ✓ Interactive Q&A session

TARGET AUDIENCE

- ✦ Undergraduate & Postgraduate Students
- ✦ Medical & Allied Health Sciences Students
- ✦ Research Scholars
- ✦ Faculty Members
- ✦ Healthcare Professionals

INNOVATE | RESEARCH | COLLABORATE | CARE

Advancing Awareness in Neuroscience and Dementia Care

Ms. Karkuzali, Lecturer at NHIAHS, Bengaluru, contributed as a Speaker and Guest of Honor at the CNS Webinar Series organized by Saveetha Institute of Basic Medical Sciences (SIBMS), SIMATS, Chennai, on 14th May 2026. She delivered a webinar on “Decoding Memory Loss: The Science of Dementia and Alzheimer’s,” highlighting the molecular basis of memory, pathophysiology of Alzheimer’s disease, biomarkers for early detection, neuroinflammation, and clinical aspects of dementia. Through her engaging presentation and interactive discussion with students, healthcare professionals, faculty members, and research scholars, she promoted awareness of neurodegenerative disorders and recent advances in dementia research and diagnosis, enriching the academic learning experience of participants.

Student Appreciation



Congratulations to Our Budding Researchers!

The Department of Physiotherapy congratulates Mr. Selva Stephen, Mr. Subhankar Saha, Ms. Hasini Ramesh, Mr. Prajwal Anand, and Ms. Priyanshi on their remarkable research accomplishments.

The students were awarded research grants by the Rajiv Gandhi University of Health Sciences (RGUHS) and successfully published their research articles in the International Journal of Science and Research (IJSR). This achievement reflects their commitment to academic excellence and research.

The department also extends its appreciation to Dr. Rajendra Kacchwaha, Dr. Smruti Swagatika Dash, Dr. Deepak Jain, Dr. Simi Simon, and Dr. Arunima S for their dedicated mentorship and guidance throughout the research process.

We wish them continued success in their future academic and research endeavors.

