



# UTKARSH

*Flourishing  
Education*



**BOMBAY HOSPITAL COLLEGE OF NURSING,  
INDORE (M.P.)**

**\*NAAC ACCREDITED\***

Ring Road, Indore - 452010,

Ph: 0731-2552525, Fax: 0731-4266571

Website: [www.bhinursingcollege.com](http://www.bhinursingcollege.com),

# **NURSES PLEDGE**

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**“I solemnly pledge myself before God and in the presence of this assembly to practice my profession with dedication.**

**I will serve mankind with love and compassion, recognizing their dignity and rights, irrespective of colour, caste, creed, religion, and nationality. I will endeavour to maintain up to date knowledge and skill, to uphold the standards of nursing care to individual, family, and community in all settings and in all aspects of holistic care as a member of the health care team.**

**I will hold in confidence all personal matter of my patients committed to my care and help them to develop confidence in care rendered by me.**

**I will refrain from any activity that will harm my personal and professional dignity as a nurse.**

**I will actively support my profession and service towards its advancement.**

**I will fulfil my responsibilities as a citizen and encourage change towards optimum care.”**



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# VISION & MISSION

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## VISION

Bombay Hospital College of Nursing, Indore aims to be a center of academic excellence, based on sound educational principles and fostering values to prepare competent professional nurses to deliver quality services in health for a global society.

## MISSION

- To promote excellence in nursing education to build a strong and diverse nursing workforce to advance the health of our nation and the global community.
  - To create an environment for the generation of new knowledge through meaningful research, adopting latest methods of pedagogy and incorporating modern principles of academics integrated with highest ethical stands.
  - To uphold respect for human life from the moment of conception to its natural end and cultivate a genuine feeling of compassion for the patients.
  - To extend the knowledge acquired and new knowledge generated for the development of community and execute social services.
  - To empower professionals to face the future health care challenges of the society.
  - To promote leadership qualities amongst the student nurses for professional advancement.
  - To foster teamwork and cooperative effort in the institution.
  - To nurture young minds to excel as better human beings in all endeavours, and to empower the women's society.
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# CHAIRMAN'S MESSAGE

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We strive for excellence in healthcare education; we remain grounded in two core principles: charity and the pursuit of excellence. Our primary responsibility is to nurture compassionate healthcare professionals who prioritize patient well-being.

**Shri. B. K. Taparia**  
**Chairman**  
**Bombay Hospital Trust**



# DIRECTOR'S MESSAGE

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As part of the esteemed Bombay Hospital group, our institution has a legacy of excellence in healthcare and education. Bombay Hospital was started in 1950's by the philanthropist Shri Rameshwar Das Ji Birla. Bombay Hospital Mumbai is a 734 bedded multi specialty hospital at Mumbai. Bombay Hospital Indore is the first NABH (National Accreditation Board for Hospitals & Healthcare Provides) accredited hospital in Madhya Pradesh.

Bombay Hospital College of Nursing, Indore established in 2008, our college is proud to be the first NAAC accredited Nursing College in Madhya Pradesh. Our mission is to nurture compassionate, skilled, and innovative nursing professionals who can make a meaningful difference in healthcare. Through "UTKARSH", we aim to provide a platform for our students to express themselves, share their experiences, and showcase their creativity.

I congratulate the entire team involved in creating this e-magazine, including our students, faculty, and staff. Your hard work, dedication, and passion for excellence are truly commendable.

I wish you all the best and look forward to many more editions of "UTKARSH" in the future.

**Dr. R.V. Patil**  
**Director Medical Services**  
**Bombay Hospital Trust**





# PRINCIPAL'S MESSAGE

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As we celebrate the release of the annual E-magazine UTKARSH for the year 2023-24, I am filled with pride and gratitude. Our institution, Bombay Hospital College of Nursing Indore, has been at the forefront of nurturing compassionate and innovative nursing professionals.

As we reflect on our journey, we recognize the significance of our role in shaping the future of nursing education. We strive to create a supportive environment that fosters critical thinking, creativity, and collaboration. Our goal is to empower students to explore their talents, develop their skills, and become leaders in the nursing profession.

The former President of India, Shree Sarvepalli Radha Krishnan, eloquently stated, "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." These words resonate deeply with our institution's values and mission.

I would like to extend my heartfelt appreciation to our students, faculty, and staff for their collective efforts and dedication. Together, we have made significant strides in nursing education, and I am excited to see what the future holds.

**Prof. Dr. M. S. Vinsi**  
**Principal**  
**Bombay Hospital College of Nursing,**  
**Indore (M.P.)**



# VICE PRINCIPAL MESSAGE

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We believe in fostering a holistic learning environment that empowers our students to excel in all aspects of nursing.

Our dedicated team of faculty members is passionate about inspiring academic excellence, critical thinking, and lifelong learning. We strive to create a supportive ecosystem that encourages our students to grow into confident, compassionate, and skilled nursing professionals.

As you flip through the pages of this magazine, UTKARSH, you will discover the creative expressions, thoughts, and ideas of our students and faculty. I am thrilled to see our college community come together to showcase their talents.

I would like to extend my sincere appreciation to everyone who has contributed to this magazine. Your hard work, creativity, and dedication are a testament to our institution's values.

**Prof. Dr. Amita Paul**  
**Vice Principal**  
**Bombay Hospital College of**  
**Nursing,**  
**Indore (M.P.)**





# CHIEF EDITOR'S MESSAGE

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As we proudly present the latest issue of our college e-magazine, I am filled with a sense of accomplishment and gratitude. This publication serves as a vibrant archive of our institution's achievements, events, and ideas, showcasing the academic excellence and creativity of our students and faculty.

The e-magazine has become an integral part of our institution's identity, reflecting our values, mission, and vision. With its global reach, it provides a platform for us to share our story, highlighting the quality of our education, research, and community engagement.

I would like to express my sincere gratitude to Prof. Dr. M. S. Vinsi, Principal of Bombay Hospital College of Nursing, for entrusting me with the responsibility of editing this e-magazine.

I am also grateful to the entire team that worked tirelessly to bring out this publication. Your contributions, guidance, and support have been invaluable.

**Prof. Dr. Asha Sreenivasan**  
**IQAC Coordinator**  
**Bombay Hospital College of**  
**Nursing,**  
**Indore (M.P.)**



# EDITORIAL BOARD

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**Prof. Dr. Asha Sreenivasan**  
**Chief -Editor**



**Asst. Prof. Kirti Chitambare**  
**Co- Editor**



**Prof. Dr. Amita Paul**  
**Member**



**Asso. Prof. Kavitha A.S.**  
**Member**



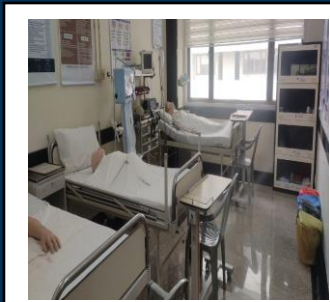
**B.Sc. Nursing Student**



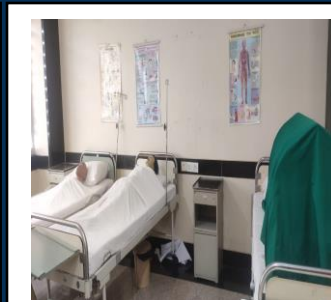
**B.Sc. Nursing Student**

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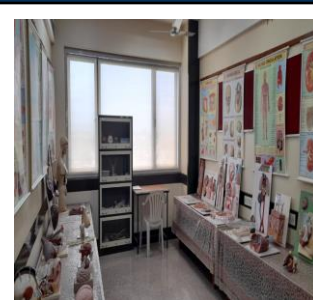
# COLLEGE FACILITIES



**Advanced Skill Lab**



**FON Lab**



**Anatomy Lab**



**Nutrition Lab**



**Child Health  
Nursing Lab**



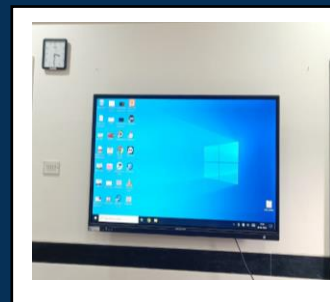
**Obstetrics and  
Gynaecological Nursing  
Lab**



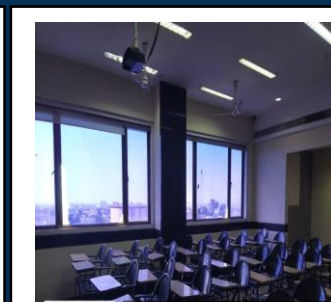
**Community Health  
Nursing Lab**



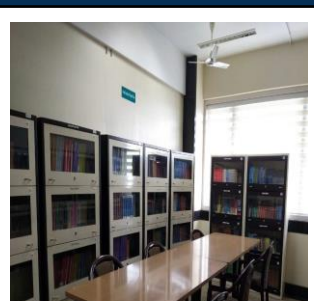
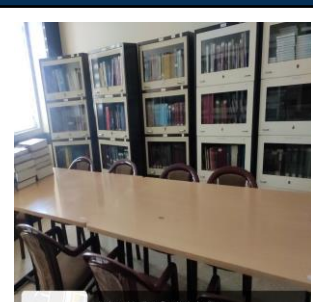
**Computer lab**



**Smart board enabled Class Rooms**



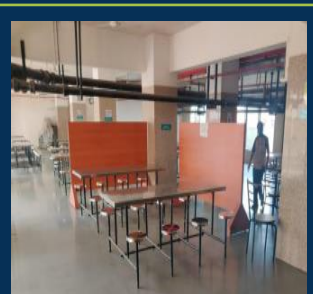
**Library Facilities**



**Hostel**



**Ground**



**Mess**



**Bank**



# ACHIEVEMENTS

## Teacher's Achievements



**BLS Training for railway employees**



**Chat GPT Certification**



**Diploma in disaster management**



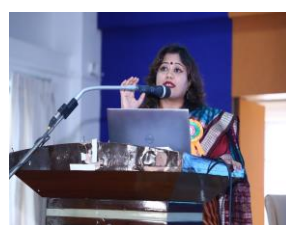
**Poster presentation in CAHO**



**Patent**



**Paper presentation**



**Speaker in international conference**



**PhD pursuing faculties**

## Students Achievements



**Speaker in International conference**



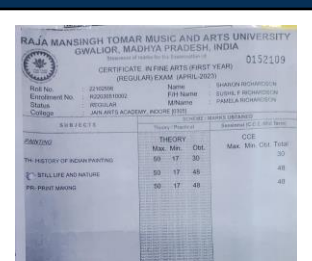
**Ethical hacking workshop**



**Cyber security workshop**



**IIC Regional meet**



**Certificate in fine Arts**



**Speaker in International conference**



**Pressure area care Management by Arjo huntleigh**



**Marathon**

# DEPARTMENTAL ACTIVITIES

## DEPARTMENT OF COMMUNITY HEALTH NURSING



**Sanchi Milk Plant Visit**



**Role play on menstrual health**

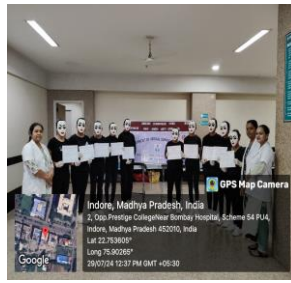


**Filmnerducation class on anemia**



**Seminar on world tuberculosis day**

## DEPARTMENT OF MEDICAL SURGICAL NURSING



**World Hepatitis Day**



**Burn Unit Visit**



**Pressure area care management**



**Eye bank Visit**

## DEPARTMENT OF MENTAL HEALTH NURSING



**Self Defense Training Programme**



**World Mental Health Day**



**Yoga certification**



**World Epilepsy Day**



# DEPARTMENTAL ACTIVITIES

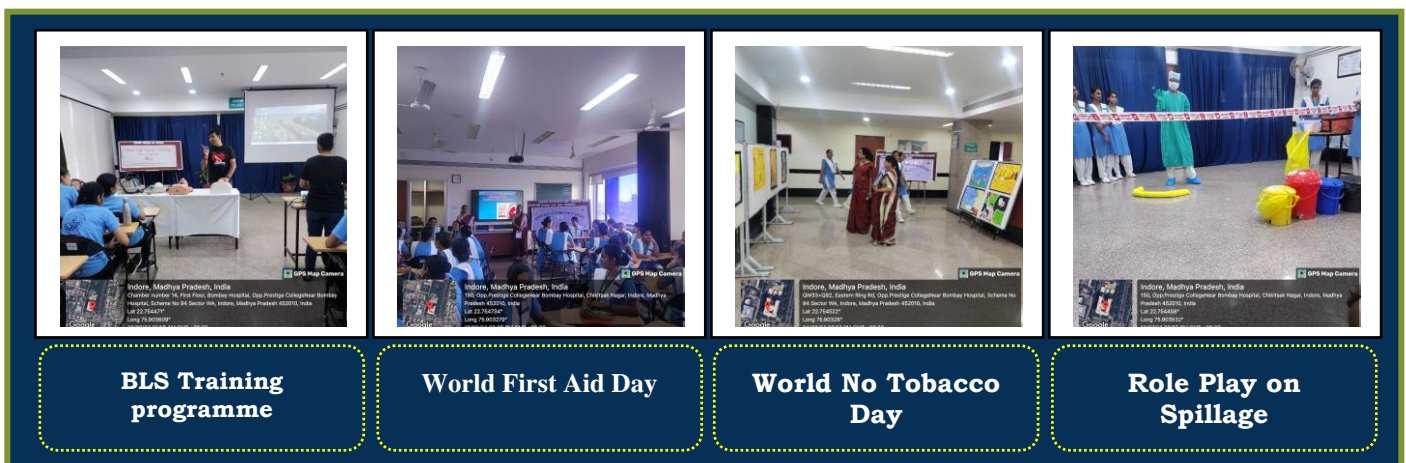
## DEPARTMENT OF OBSTETRICAL AND GYNECOLOGICAL NURSING



## DEPARTMENT OF CHILD HEALTH NURSING



## DEPARTMENT OF FOUNDATIONS OF NURSING





# IQAC ACTIVITIES



IIC 2 Star



BLS Training Program



Vacation Intern Training Programme



Visit-Prestige Inspire Foundation



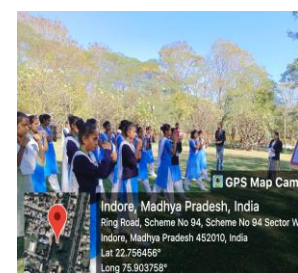
MOU



Placement cell



HSTP



Self Defence Training Program



Mentor mentee



Anti-Ragging



Fire Safety Training



OSPE



Spillage management



CBT



Seed bank



# COLLEGE ACTIVITIES



**Guru Purnima**



**International Nurses Day**



**Activity by Equal Opportunity cell**



**International Women's Day**



**Independence Day Celebration**



**Youth Day Celebration**



**POSH**



**Red Ribbon Club**



**Sports & Cultural Competition**



**Seed bank and Game Based Learning**



**Alumni Association**

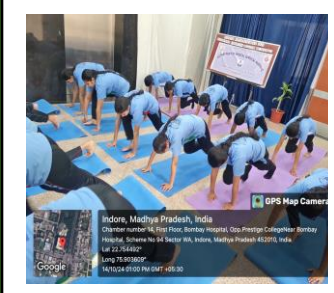




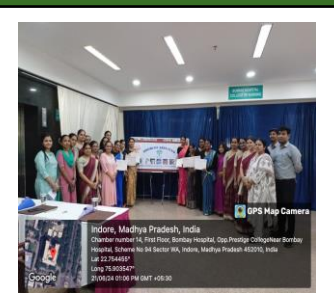
# CLUB & UNIT ACTIVITIES



## Eco-Green Club



## Yoga Club



## House of Art Club



## NSS Unit

## THE FUNDAMENTAL OF INFECTION PREVENTION



**Ms. Yogita Verma**  
**B.Sc. Nursing**  
**2nd year**

In realms unseen, where microbes dance a better  
fought, cautious stance fundamentals wield the  
shield, infection's grip, we shall not yield.

Hand in hand with soap and water, defying germs,  
a steadfast daughter cleaning waves, a hygiene  
sea, prevention blooms, a vital key

Masks adorn the faces wise, guardian against  
unseen spies. Respiratory ballet, a shielded  
romance, fundamentals dance in every glance.

Vaccines, arrows in our defense, a bulwark  
against contagions for preteens. In science, w,  
immunity's thread. Fundamentals, fears are shed



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## **I AM A GREAT NURSE**



**Ms. Priyanka Rajput**  
**B.Sc. Nursing**  
**2nd year**

I have many patients to care for, but right now it is just one. As I go about my duties, I am always aware but never done. I take pride in my work. Work can save a life. Sometimes it is lonely, sometimes it is calm, most times there is tension, never help to go around conditions change fast, and when I think it could not get worse. I remember that fact.

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## **NEVER GIVE UP**

"Never give up on a dream just because of the time it will be taken to accomplish it, the time will pass anyway

The best way to find you is to lose yourself in the service of others."



**Ms. Aasha Yadav**  
**B.Sc. Nursing**  
**2nd year**





**Ms. Prerna Sharma**  
**B.Sc. Nursing 2nd**  
**year**

Do what makes your soul sing  
Your passion is the fuel to your purpose  
Make your life a masterpiece  
Leave a legacy that inspires  
Live a life that matters  
Pursue your dreams, make them real.  
Follow your heart, find your way  
Unlock your true potential.

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**Prof. Dr. Asha Sreenivasan,**  
**HOD Dept of Obstetrical and Gynaecological Nursing,**

## **"PROTECTING AGAINST HPV-RELATED DISEASES: THE ROLE OF VACCINATION IN PREVENTING CERVICAL CANCER AND GENITAL WARTS"**

Human Papillomavirus (HPV) is a common sexually transmitted infection that can cause cervical cancer, as well as other cancers and genital warts. While most HPV infections resolve on their own without causing any health problems, some strains of the virus can lead to serious conditions such as cervical cancer, genital warts, and other cancers affecting the genitals, anus, mouth, and throat. According to the World Health Organization (WHO), HPV is responsible for approximately 528,000 cases of cervical cancer and 266,000 deaths worldwide each year (1). However, HPV vaccination has been proven to be a safe and effective way to prevent HPV-related diseases.

### **The Role of Vaccination**

Vaccination against HPV is a critical tool in preventing this potentially life-threatening condition. HPV vaccination plays a crucial role in preventing HPV-related diseases, including cervical cancer, genital warts, and other cancers affecting the genitals, anus, mouth, and throat. Approved HPV vaccines protect against the most common high-risk HPV strains that cause cancer, as well as some low-risk strains that cause genital warts. The vaccines are most effective when administered before an individual becomes sexually active, ideally during adolescence.

#### **1.1 Prevention of Cervical Cancer and Other HPV-Related Cancers**

Cervical cancer is primarily caused by persistent infection with high-risk HPV types, particularly HPV 16 and 18. HPV vaccines, such as Gardasil and Cervarix, target these high-risk strains, offering robust protection against HPV infections that can lead to cervical cancer. Studies have shown that HPV vaccination significantly reduces the incidence of precancerous lesions and cervical cancer itself among vaccinated populations.

For instance, a systematic review published in *The Lancet* in 2018 concluded that HPV vaccination programs have resulted in a dramatic decrease in HPV infections and related cervical abnormalities in countries with high vaccine coverage. This underscores the vaccine's role in preventing cervical cancer by interrupting the transmission of high-risk HPV strains.

#### **1.2 Prevention of Genital Warts and Other HPV-Related Diseases**

In addition to cervical cancer, HPV vaccines provide protection against other HPV-related diseases, such as genital warts caused by

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low-risk HPV types (e.g., HPV 6 and 11). Genital warts are a common sexually transmitted infection that can cause discomfort and affect quality of life. Vaccination helps reduce the burden of genital warts and related healthcare costs.

## **2 Vaccine's Effectiveness and Safety**

HPV vaccines have been shown to be safe and effective in preventing human papillomavirus infections and related diseases <sup>1</sup>. Since their introduction in 2006, over 270 million doses of HPV vaccines have been distributed, and the vaccines have been found to be extremely safe, with no serious safety concerns identified

Extensive research supports the effectiveness and safety of HPV vaccines. Clinical trials have demonstrated high levels of protection against HPV infections and related diseases. Additionally, numerous studies and global monitoring efforts have consistently affirmed the safety profile of HPV vaccines, with no evidence linking them to serious long-term health problems.

HPV vaccines have undergone extensive safety testing and have been found to be safe, with the benefits of vaccination far outweighing the potential risks. The most common side effects of HPV vaccines are mild and include pain, redness, or swelling in the arm where the shot was given. Fainting (syncope) can occur after any medical procedure, including vaccination, and is more common in adolescents.

The HPV vaccine works extremely well in preventing HPV infections and related diseases. In the 10 years after the vaccine was recommended in 2006 in the United States, quadrivalent type HPV infections decreased by 86% in female teens aged 14 to 19 years and 71% in women in their early 20s. The vaccine has also been shown to reduce the risk of genital warts and cervical precancers

## **3. Duration of Protection**

Studies have found that HPV vaccines offer long-lasting protection against HPV infection and disease, with no evidence of protection decreasing over time **(2)**

## **4. Global Impact and Vaccination Programs**

Many countries have implemented HPV vaccination programs as part of their routine immunization schedules for adolescents. These programs aim to achieve high vaccination coverage to maximize population-level protection against HPV-related diseases. Vaccination rates can vary widely across regions due to factors such as healthcare access, awareness, and cultural beliefs. Despite the benefits of HPV vaccination, many countries have low vaccination rates. In the United States, for example, only 63% of girls and 50% of boys aged 13-17 had received the recommended three doses of the HPV vaccine in 2020 **(3)**. In low- and middle-income countries,

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access to the HPV vaccine is often limited due to cost and availability (4).

### **5. Impact on Population Health and Healthcare Systems**

The widespread implementation of HPV vaccination programs has had a significant impact on population health. Countries with high vaccination coverage have observed declines in HPV infections, cervical abnormalities, and related cancers. This not only improves individual health outcomes but also reduces the economic burden on healthcare systems by decreasing the need for diagnostic and treatment services for HPV-related conditions.

### **6. Addressing Misconceptions and Challenges**

Despite the proven benefits, HPV vaccination programs face challenges such as misinformation and vaccine hesitancy. Concerns about safety, lack of awareness about HPV and its consequences, and cultural or religious beliefs are among the reasons some individuals or parents choose not to vaccinate. The vaccine has been shown to reduce the risk of cervical, vulvar, vaginal, and anal cancers, as well as genital warts (5). A study published in the *Journal of Clinical Oncology* found that the HPV vaccine reduced the risk of cervical cancer by 93% in girls who received the vaccine before age 17 (6). Vaccine hesitancy, misinformation, and access barriers are among the factors that contribute to suboptimal vaccine uptake in some regions. Efforts to address these challenges include public education campaigns, healthcare provider training, and improving access to vaccination services

### **7. Recommendations and Future Directions**

Health authorities worldwide, including the World Health Organization (WHO), strongly recommend HPV vaccination for adolescents as part of a comprehensive strategy to reduce the burden of HPV-related diseases. Efforts to improve vaccine acceptance include education campaigns targeting healthcare providers, parents, and adolescents themselves.

Moving forward, continued efforts are needed to expand HPV vaccination coverage globally, particularly in low- and middle-income countries where the burden of cervical cancer and HPV-related diseases is disproportionately high. Integrating HPV vaccination into national immunization programs and ensuring equitable access to vaccines are crucial steps toward achieving global health goals related to HPV prevention.

### **8. Conclusion**

In conclusion, HPV vaccination is a powerful tool in preventing cervical cancer, genital warts, and other HPV-related cancers. It is safe, effective, and crucial for public health efforts worldwide. By increasing awareness, addressing misconceptions, and expanding

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access to vaccination, we can further reduce the global burden of HPV-related diseases and save lives.

Efforts to increase HPV vaccination rates are essential to preventing cervical cancer and other HPV-related diseases. Healthcare providers, governments, and public health organizations must work together to educate the public about the importance of HPV vaccination and improve access to the vaccine.

### **Reference**

1. Ferlay J, Soerjomataram I, Ervik M, et al. GLOBOCAN 2012 v1.1, Cancer Incidence and Mortality Worldwide: IARC CancerBase No. 11. 2012. 24/06/15.
  2. Centers for Disease Control and Prevention. (2022). HPV Vaccine Safety and Effectiveness
  3. Centers for Disease Control and Prevention. (2020). HPV Vaccination Coverage.
  4. World Health Organization. (2020). HPV Vaccine Availability and Uptake.
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  7. Brisson M, et al. Population-level impact, herd immunity, and elimination after human papillomavirus vaccination: a systematic review and meta-analysis of predictions from transmission-dynamic models. *Lancet Public Health*. 2016;1(1):e8-e17.
  8. Markowitz LE, et al. Reduction in human papillomavirus (HPV) prevalence among young women following HPV vaccine introduction in the United States, National Health and Nutrition Examination Surveys, 2003-2010. *J Infect Dis*. 2013;208(3):385-393.
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## REVOLUTIONIZING HEALTHCARE

### The Rise of Artificial Intelligence in Nursing Services\*

The nursing profession is undergoing a significant transformation with the integration of Artificial Intelligence (AI). AI-powered technologies are enhancing patient care, streamlining clinical workflows, and augmenting the skills of nursing professionals. In this article, we'll explore the applications, benefits, and future directions of AI in nursing services.

#### \*Applications of AI in Nursing:\*

1. **\*Predictive Analytics\***: AI algorithms analyze patient data to identify potential health risks, enabling early interventions.
2. **\*Clinical Decision Support Systems\***: AI-powered systems provide nurses with real-time guidance on diagnosis, treatment, and medication management.
3. **\*Virtual Nursing Assistants\***: AI-driven chat bots and virtual assistants support patients with routine queries, medication reminders, and basic care instructions.
4. **\*Automated Documentation\***: AI streamlines documentation processes, freeing nurses to focus on direct patient care.
5. **\*Personalized Care Plans\***: AI-generated care plans tailor treatment to individual patient needs, improving outcomes.
6. **\*Telehealth\***: AI-enhanced telehealth platforms enable remote monitoring, expanding access to healthcare services.
7. **\*Infection Control\***: AI-powered systems track and predict infection outbreaks, facilitating proactive measures.
8. **\*Staffing Optimization\***: AI-driven scheduling tools optimize nurse-to-patient ratios, reducing burnout.
9. **Chat bots for patient support.**
10. **Medical imaging analysis.**

#### \*Benefits of AI in Nursing:\*

1. **\*Improved Patient Outcomes\***: AI-driven insights enhance diagnosis accuracy and treatment efficacy.
  2. **\*Increased Efficiency\***: Automation and workflow optimization reduce administrative burdens.
  3. **\*Enhanced Patient Experience\***: Personalized care and virtual support improve patient satisfaction.
  4. **\*Better Work-Life Balance\***: AI-assisted scheduling and task management alleviate nurse burnout.
  5. **\*Cost Savings\***: Reduced length of stay, fewer complications, and optimized resource allocation.
  6. **Reduced medical errors.**
- 



Asso. Prof Deepa P D  
HOD Medical Surgical  
Nursing



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- 
- 7. Personalized care plans.**
  - 8. Streamlined documentation.**
  - 9. Automated routine tasks.**
  - 10. Improved staff satisfaction and reduced burnout.**

**\*Challenges and Limitations:\***

1. Data quality and standardization.
2. Cyber security concerns.
3. Workforce preparation and training.
4. Regulatory frameworks.
5. Patient data privacy.
6. AI bias and accuracy.
7. High implementation costs.
8. Integration with existing systems.
9. Human-AI collaboration.
10. Addressing ethical concerns.

**\*Conclusion:\***

Artificial Intelligence is revolutionizing the nursing profession, enhancing patient care, and streamlining clinical workflows. As AI continues to evolve, it's essential to address challenges, ensure seamless integration, and prioritize ethics and regulation. Embracing AI in nursing services will ultimately improve healthcare outcomes, patient satisfaction, and the overall quality of care.

**\*References:\***

1. "AI in Healthcare: A Review of the Current State" (Journal of Healthcare Engineering)
  2. "The Future of Nursing: AI, Robotics, and Big Data" (American Journal of Nursing)
  3. "AI-Powered Nursing: Opportunities and Challenges" (Healthcare Information and Management Systems Society)
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# GLIMPSES



# ADMISSION TERMS AND CONDITIONS

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**1.** The minimum age for admission shall be 17 years on 31st December of the year in which admission is sought; the maximum age limit for admission shall be 35 years.

**2.** Minimum educational qualification-

- Candidates with science who have passed the qualifying 12th standard examination (10 + 2) and must have obtained a minimum of 45% marks in physics, chemistry, and biology, taken together and passed in English individually.
- Candidates are also eligible for State Open School recognized by the state government and National Institute of open school (NIOS) recognized by the Central government. Having science subjects and English only

**3.** English is a compulsory subject in 10 + 2 for being eligible for admission to B.Sc. Nursing.

**4.** Only female candidates are eligible for admission.

**5.** Candidates shall be medically fit.

**6.** Candidates should appear for the pre-nursing selection test organized by the M.P. Employees Selection Board in Bhopal for admission in B.Sc. Nursing course. Cut-off marks for this exam

- a) For general category and EWS students, 50% marks are compulsory for selection in the B.Sc. nursing course.
  - b) For the general category, disabled students must have 45% marks to be selected for the B.Sc. nursing course.
  - c) For ST, SC, and OBC category students, 40% marks are compulsory for selection in the B.Sc. nursing course.
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**BOMBAY HOSPITAL COLLEGE OF NURSING, INDORE (M.P)**

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