

UTKARSH

Flourishing Education



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

NAAC ACCREDITED

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NURSES PLEDGE



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

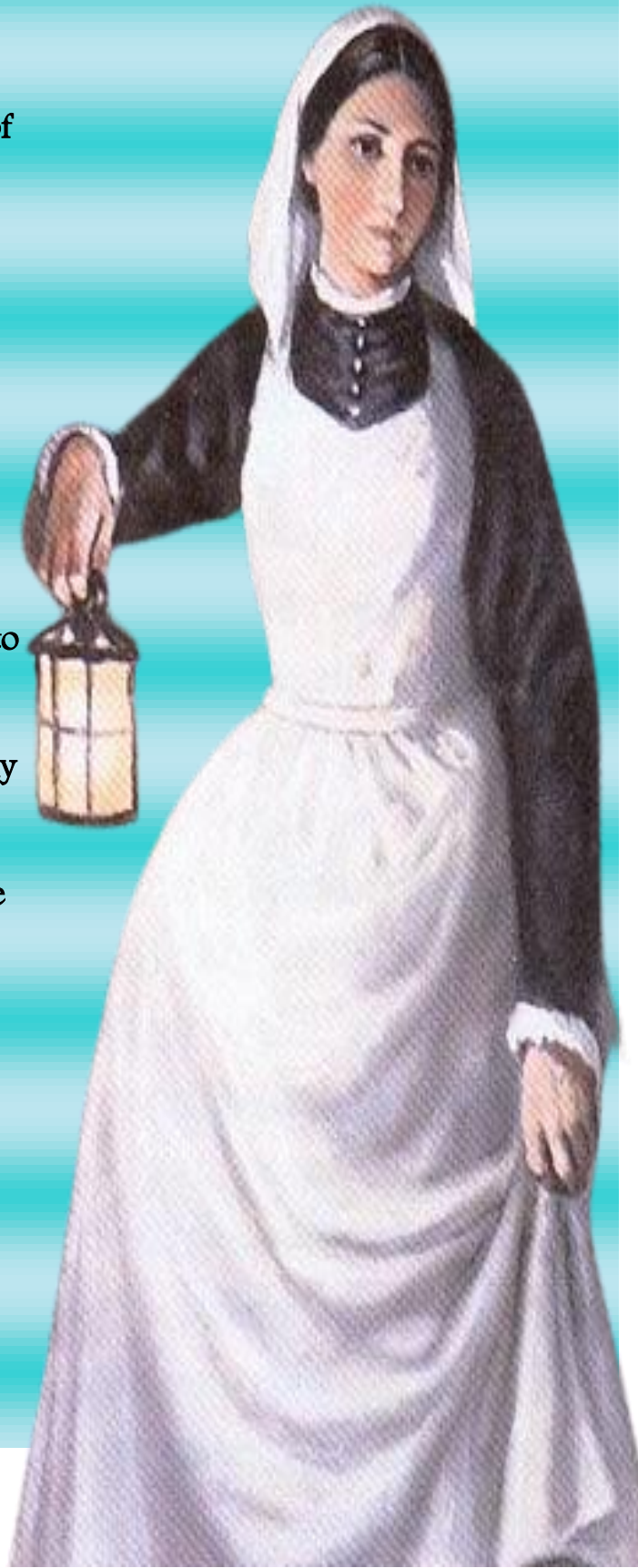
I will serve mankind with love and compassion, recognizing their dignity and rights, irrespective of colour, caste, creed, religion and nationality. I will endeavour to maintain up to date knowledge and skill, to uphold the standards of nursing care to individual, family and community in all settings 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 fulfill my responsibilities as a citizen and encourage change towards optimum care.”



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VISION



Bombay Hospital College of Nursing, Indore aims to be a centre 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.

MISION



- 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 team work and cooperative effort in the institution.
- To empower the women's society.

CHAIRMEN MESSAGE



Charity and pursuit of excellence are the two fundamental ideals that provide us the impetus to focus on the well being of the patient who is our primary responsibility. We have an obligation to provide the best possible treatment, delivered most efficiently, in the shortest possible time span and at minimum cost.

Shri. B. K. Taparia

Chairman

Bombay Hospital Trust

DIRECTOR MEDICAL SERVICES MESSAGE



Bombay Hospital and Medical research centre ranks among the finest super multi specialty hospital and tertiary level medical centre in the country. Bombay Hospital Mumbai is a 830 bedded multi specialty hospital at Mumbai. Bombay Hospital was set up in 1950's by the philanthropist Shri Rameshwar Das Ji Birla. Bombay Hospital Indore is the first NABH (National Accreditation Board for Hospitals & Healthcare Providers) accredited hospital in Madhya Pradesh.

Bombay Hospital College of Nursing, Indore is the 1st NAAC (National Assessment and Accreditation Council) accredited Nursing College in Madhya Pradesh established in 2008.

The Progress of the country depends on the health of its citizens and the educational preparation of the nurses contributes a lot to promote and maintain health of the nation as a whole. Bombay Hospital College of Nursing expects to be at the forefront in professionalism, excellence, leadership and innovations that advance humane and quality health care for all people.

I am happy to know that the faculty and the students of Bombay Hospital College of Nursing, Indore are coming out with 1st edition of their College E-magazine "UTKARSH". I congratulate all those who have worked hard for getting this E-magazine released. E-Magazine serve to get the hidden talent and the creativity out of the student's mind on to print. It is like a document compiling the wisdom of the students. My best wishes to each one of you and I hope the nursing college faculty will continue to encourage their students to get many more such wonderful magazines in future.

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

PRINCIPAL MESSAGE



Bombay Hospital College of Nursing has always strived towards excellence in nursing education and excellence in practice.

I am very pleased to pen down my appreciations to “UTKARSH” 2022-2023. Bombay Hospital College of Nursing, Indore has completed 14 years of successful contributions to society, so far preparing competent undergraduate and postgraduate Nursing workforce spread across the globe. The stimulating environment at the campus and dedicated team of faculty ensure to bring the best out of our students.

I am extremely sanguine that the Bombay Hospital College of Nursing is releasing its annual E-Magazine “UTKARSH” with its wheel of excellence. Each issue of our college E-Magazine unleashes a wide spectrum of creative skills ranging from writing to editing and even designing. The college E-Magazine is an excellent medium to channelize the budding talented writers and encourage their writing skills, which will inspire and motivate them to read and write much more. It is the window to the activities of students. It is indeed pleasing to note that the annual college E-Magazine “UTKARSH” is ready to release.

I appreciate the tireless efforts taken by the editorial team completing this mammoth task on time.

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

CHIEF EDITOR MESSAGE



An E-Magazine is an important document which is the happy repository of the events, achievements and also a platform for revealing the glimpse of ideas of students and faculty.

Annual E-Magazine is mirror of institution. The magazine has the capacity to reach all around the world and through this it shows the caliber of the institution, staff and students to the world.

Editing the details for the magazine is an interesting but herculean task. It puts the person on gear and builds the creativity and constructively in person. I thank Prof. Dr. M. S. Vinsi Principal Bombay Hospital College of Nursing for trusting me and handing over this task to me. I also thank everyone-Colleagues, Students, Friends, Staff from office & Printers and well-wishers for all the help rendered to bring out the E-magazine.

Prof. Dr. Asha Sreenivasan
Chief-Editor
HOD OBG Department
Bombay Hospital College of Nursing,
Indore (M.P.)

CO-EDITOR MESSAGE



I am extremely happy to present before you the 1st edition of the college E-Magazine “UTKARSH”. The effort took our editorial team keep you fresh and entertained each and every second you go through the magazine.

I believe in the holistic development of the individual and each one is provided an opportunity to show their talents, which should not go unnoticed.

May each of our students to be self-reliant in his/her endeavour with commitment to achieve the dreams ignited in them.

Each edition of “UTKARSH” indicates uniqueness in our student’s talents and achievements. And I thank all the team members who involved in this process directly and indirectly to make the dream into success.

Mr. Anand Kumar Gupta
Co-Editor
Assistant Professor
(Department of Medical Surgical)
Bombay Hospital
College of Nursing,
Indore (M.P.)

THE EDITORIAL BOARD



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Chief-Editor



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COLLEGE FACILITIES



Advanced Skill Lab



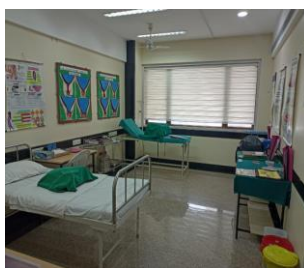
FON Lab



Anatomy Lab



Child Health Nursing Lab



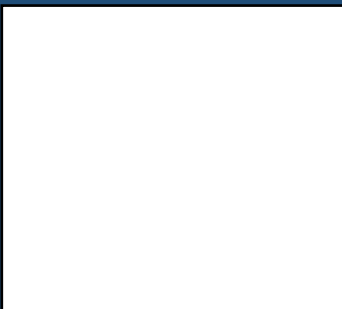
**Obstetrics and
Gynaecological Nursing
Lab**



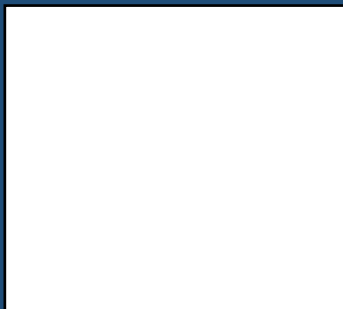
**Community Health
Nursing Lab**



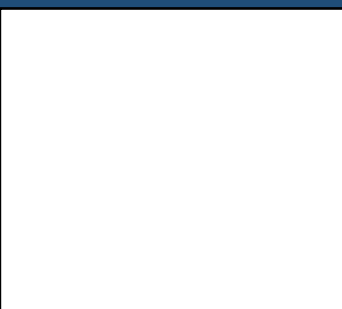
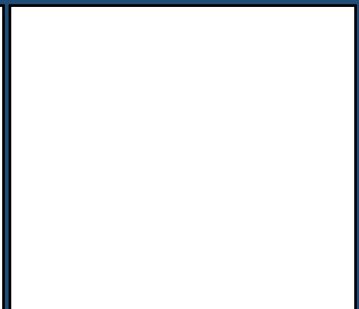
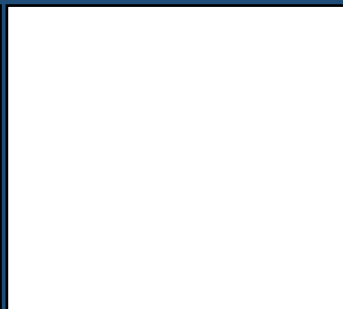
Nutrition Lab



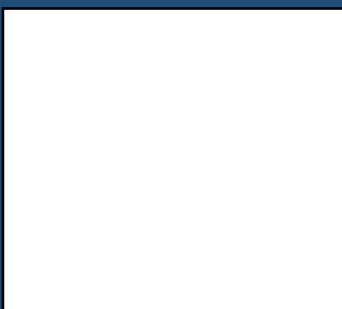
Class Room



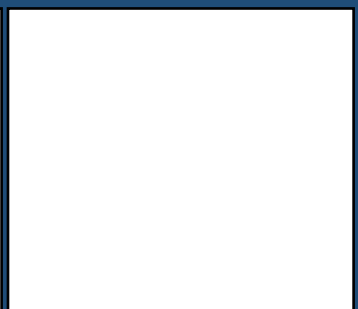
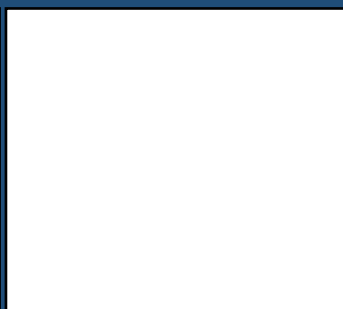
Hostel



Class Room



Hostel



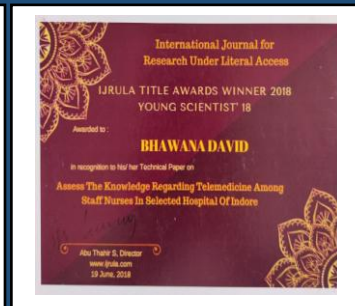
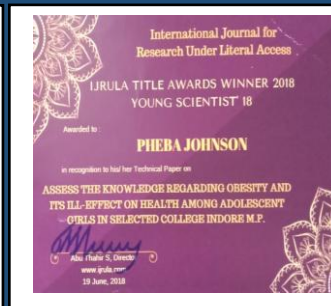
ACHIEVEMENTS



Teacher's Achievements

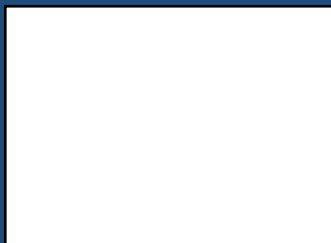


Students Achievements



1st prize win by Ms. in National Conference organized by VISM College of Nursing, Gwalior

Young Scientist Awards by IJRULA



Certificate of Appreciation for developing learning App.

Certificate of Appreciation for developing learning App.

DEPARTMENTAL ACTIVITIES



DEPARTMENT OF COMMUNITY HEALTH NURSING



**SANCHI MILK PLANT
VISIT**



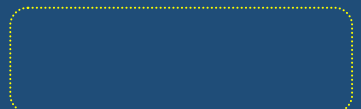
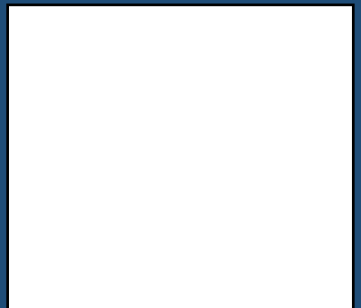
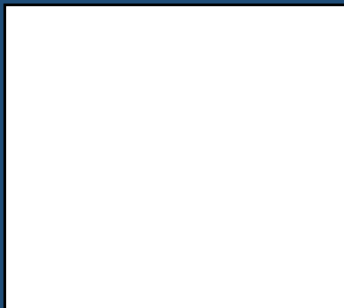
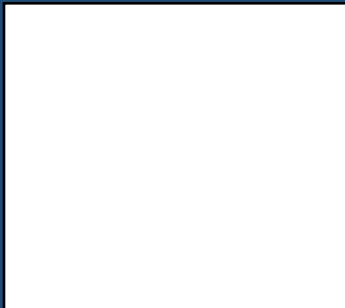
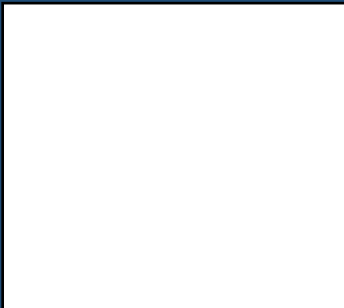
**WATER PURIFICATION
PLANT VISIT**



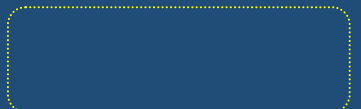
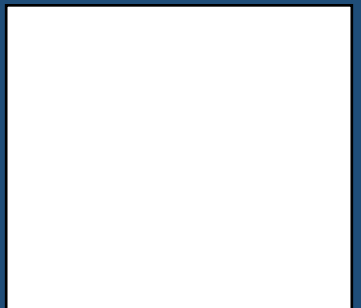
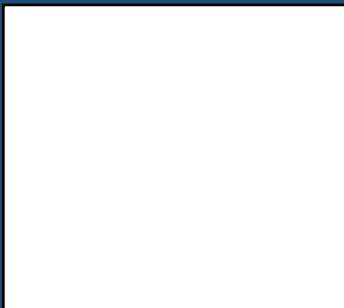
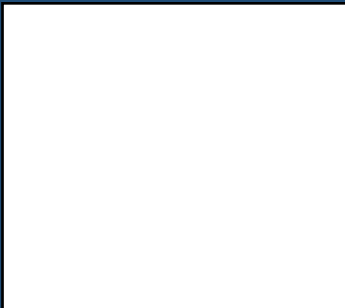
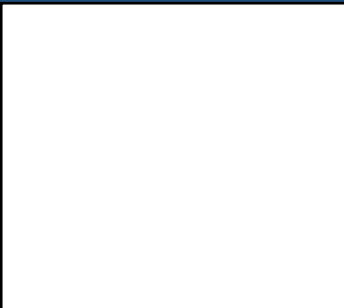
COLD CHAIN VISIT



DEPARTMENT OF MEDICAL SURGICAL NURSING



DEPARTMENT OF MENTAL HEALTH NURSING





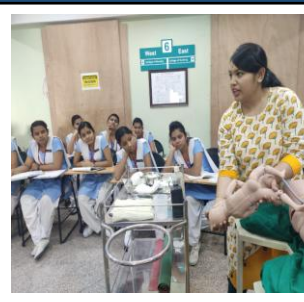
DEPARTMENT OF OBSTETRICAL AND GYNECOLOGICAL NURSING



**Family Planning
Counselling**



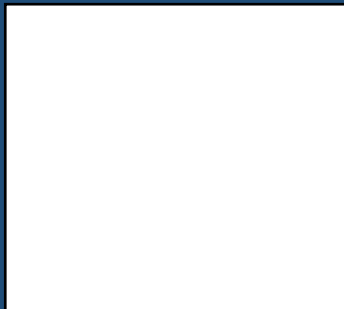
**Comprehensive antenatal
check-up**



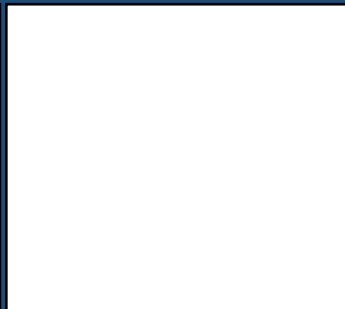
**IMPROVED MATERNAL AND
NEONATAL HEALTH CARE
TRAINING PROGRAMME**



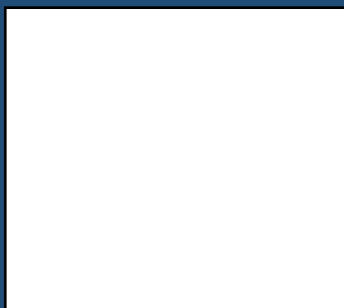
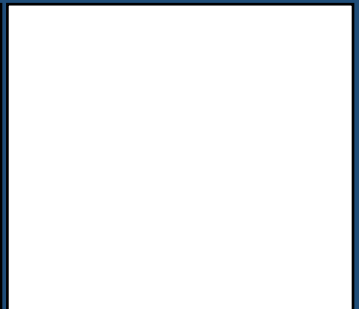
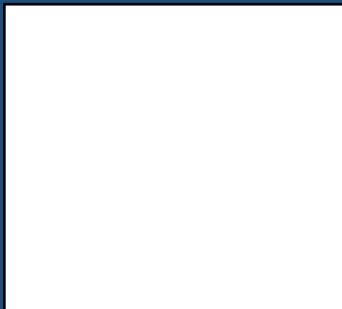
**Classes with external
Expert**



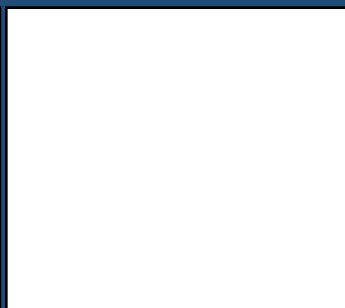
Class Room



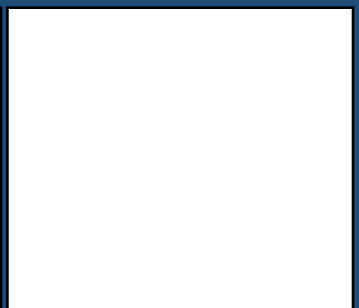
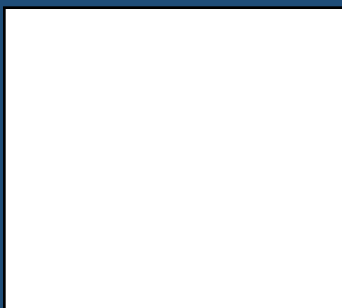
Hostel



Class Room



Hostel



Students Editors

Editorial Team

RESERVATION POLICY IN INDIA

DOES IT NEED REVIEW?

Two thousand years ago, the great philosopher **Aristotle** said **“Injustice arises when equals are treated unequally and also when unequal are treated equally”**. This profound statement is what lies at the heart of equality a fundamental human right, every human should be entitled to equal treatment.

The most significant, pervasive and violent discrimination in our country is the centuries old caste system. It was abolished by the Constitution in 1952 and untouchability was declared a crime. There was a category of people called dalits outside this system who were discriminated and treated as untouchables. They were thus given reservation by the government.

Reservation in India is the process of setting aside a certain percentage of seats in government institutions for members of backward and under-represented communities. It is a form of quota-based affirmative action. Scheduled Castes, Scheduled Tribes and other backward classes are the primary beneficiaries of the reservation policies under the Constitution with the objective of ensuring a 'level' playing field.

The Constitution of India states in Article 15(4) that, "All citizens shall have equal opportunities of receiving education. Nothing herein contained shall prevent the state from providing special facilities for educationally backward sections".

It also states that, "The state shall promote with special care the educational and economic interests of the weaker sections of society and shall protect them from 'social injustice' and all forms of exploitation". The Article further states that nothing in Article 15(4) will prevent the nation from helping SCs and STs for their betterment.

In 1982, the Constitution specified 15% and 7.5% of vacancies in public sector and government-aided educational institutes as a quota reserved for the SC and ST candidates respectively for a period of five years, after which it was to be reviewed. This period was routinely extended by the succeeding governments. The Supreme Court of India ruled that reservations cannot exceed 50% and put a cap on reservations.

However, there are state laws that exceed this 50% limit and these are under litigation in the Supreme Court.

Now, the question arises whether there is a need to review the reservation policy in India or should continue with the tradition? The basic idea of reservation was undoubtedly superb as it was in all good intent, meant to improve till now the status of those sections of the society which had hitherto been left uncared for. However, as we see it today, the policy of reservation has completely changed in the past few years.

If we look at the reservation policy in India, we are the only country in the world that provides affirmative action based on individual caste identities. It is a well established fact that reservations are tools of upliftment for those disadvantaged groups who have suffered years of discrimination and oppression at the hands of the higher castes.

The present reservation policy in India is suffering from many inherent drawbacks which allow it to be used by political parties for deciding the society on caste lines. This reservation policy was envisaged to dilute the caste identity in India but as we look







