

JULY 2025

VOL. 01

# MALWANCHAL MIRROR

QUATERLY BULLETIN



*Index*  
Nursing College

*Our mission was never just to teach or to treat.  
It was to empower, to uplift, and to lead change.*

**Shri Suresh  
Singh Bhadoria**

Chairman,  
Index Group of Institutions

TOP  
EVENTS OF  
JULY 2025

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# MALWANCHAL MIRROR

# From the desk of Principal ...

It gives me immense pleasure to present the inaugural issue of our Nursing Bulletin, a platform dedicated to knowledge sharing, professional growth, and celebrating the spirit of nursing excellence.

As we embark on this new journey, this bulletin represents more than just pages of information; it symbolizes our collective commitment to lifelong learning, compassionate care, and the values that form the cornerstone of the nursing profession. In a rapidly evolving healthcare landscape, staying informed and connected is vital. This bulletin will serve as a bridge between clinical practice, academic advancements, research insights, and community engagement.

Through this publication, we aim to highlight the achievements of our students and faculty, share evidence-based practices, explore current trends in nursing, and promote dialogue on issues that impact patient care and professional development. It is also a space to recognize the hard work, dedication, and innovation that each of you brings to our institution and beyond.

It will also provide a unique opportunity for our faculty and students to showcase their talents, creativity, and skills through articles, artwork, and other contributions. I also encourage all readers to actively participate by sharing articles, experiences, and suggestions for future editions.

Let this bulletin inspire, inform, and ignite a deeper passion for nursing within each of us. Together, let us continue to uphold the highest standards of care and education.

**-Dr. Smriti G. Solomon**  
(Principal, Index Nursing College)



# CAMPUS NEWS

## International Nurses Day

Index Nursing College, a constituent unit of Malwanchal University, commemorated International Nurses Day on 12th May 2025 with great enthusiasm and respect. This year's theme, "Our Nurses, Our Future: Caring for Nurses Strengthens Economies", emphasized the pivotal role of nurses not only in healthcare but also in building resilient societies and economies.

The program was meticulously organized by Dr. Reena Thakur, Head of the Department of Medical-Surgical Nursing, under the esteemed guidance of Dr. (Prof.) Smriti G. Solomon, Principal, Index Nursing College. The celebration aimed to honor the dedication, compassion, and relentless service of nurses who form the backbone of the healthcare system.



At Index Nursing College, the event was held from 11:00 AM to 1:00 PM, anchored by Mrs. Nainika Joseph, with participation from teaching and non-teaching staff. The discussions emphasized investing in nurses' education and well-being, reaffirming that nurses make a difference—anytime, anywhere, always.

### Did You Know?



**Florence Nightingale**  
**12.05.1820 - 13.08.1910**

*Founder of Modern  
Nursing*

International Nurses Day, observed on May 12th, marks the birth anniversary of Florence Nightingale (1820), the founder of modern nursing. Her work during the Crimean War and the founding of the Nightingale Training School in 1860 revolutionized nursing education.

# CAMPUS NEWS

## INTERNATIONAL YOGA DAY

Index Nursing College, a constituent unit of Malwanchal University, Indore, celebrated the 11th International Yoga Day on 21st June 2025 with great enthusiasm. The event, themed "Yoga for Self and Society," was supported by Mr. Suresh Singh Bhadoria, Chairman of Index Group of Institutes, and conducted under the guidance of Dr. Smriti G. Solomon, Principal of Index Nursing College. The session was coordinated by Dr. Naveen Kumar Jaiswal, HOD of Community Health Nursing, and Dr. Nitin Chicholkar, Assistant Professor of Mental Health Nursing.

The celebration began at 9:30

AM in the college garden, witnessing active participation from around 150 B.Sc. Nursing students (1st Semester & 3rd Year) along with faculty members. The highlight was a practical yoga session led by Dr. Naveen Kumar Jaiswal, covering yoga asanas, pranayama, and meditation techniques.

Following the session, Dr. Smriti G. Solomon addressed the gathering, emphasizing the importance of yoga in promoting physical, mental, and spiritual well-being. She encouraged students to adopt yoga as a daily practice for a balanced and healthier lifestyle.



The event aimed to create awareness about yoga's role in personal and community health, reinforcing it as a tool for holistic development. Students gained practical insights and left motivated to integrate yoga into their routines and promote its benefits in the wider community.

Overall, the program successfully celebrated yoga's timeless relevance, inspiring a commitment to healthier living and mindful society building.

## Did You Know?

- The United Nations officially declared June 21 as International Yoga Day on 11th December 2014, with support from 177 countries—the highest number ever for a UN resolution.
- The first International Yoga Day was celebrated on 21st June 2015, with the main event held in New Delhi, where over 35,000 people, including Prime Minister Narendra Modi, participated in a historic mass yoga session.



# ACHIEVEMENT

## Proud Achievement by Index Nursing College Student in Martial Arts

Shalu Jatav, a student of Index Nursing College, Malwanchal University, has made the institution proud with her excellence in martial arts. She is a national medalist in Jiu-Jitsu and holds a Purple Second Belt in Martial Arts Fighting System. Shalu has been appointed as the National Coach in Newaza and is also a certified Wushu State Coach. Her achievements highlight dedication and discipline.



## Did You Know?



### Hélio Gracie

01.10.1913 - 29.01.2009

*Godfather of  
Brazilian Jiu-jitsu*

Hélio Gracie was a Brazilian martial artist who together with his brothers Oswaldo, Gastao Jr, George and Carlos Gracie founded and developed the self-defense martial art system of Gracie jiu-jitsu, also known as Brazilian jiu-jitsu (BJJ).

## Faculty Corner

# Brainstorming for Nursing Students: A Path to Smarter Learning

*Brainstorming is a powerful tool that helps nursing students think creatively, solve problems, and learn effectively. It involves generating ideas freely, without judgment, to explore all possible solutions to a question or challenge. In nursing education, where critical thinking and decision-making are essential, brainstorming becomes a valuable learning strategy. Whether working alone or in groups, nursing students can use brainstorming to discuss case studies, prepare care plans, design health education materials, or study complex topics. It allows students to explore different perspectives, sharpen their clinical reasoning, and collaborate with peers.*

*For example, brainstorming on “Ways to Improve Patient Communication” might lead to ideas like using visual aids, speaking in simple language, or involving family members. These discussions not only build knowledge but also boost confidence and communication skills.*

*Common techniques include mind mapping (visual thinking tool that helps organize information), role play, and the “5 Whys” method. These tools help break down complex issues and develop practical solutions. Group brainstorming also teaches teamwork, listening skills, and respect for others’ ideas — qualities every good nurse must possess.*

### **Example of 5 Whys method**

*Problem: A patient is not taking their medication on time.*

*Why 1: Why is the patient missing doses?*

*→ Because they forget to take it.*

*Why 2: Why do they forget?*

*→ Because they don’t understand the medication schedule.*

*Why 3: Why don’t they understand the schedule?*

*→ Because the nurse explained it once, very quickly.*

## Faculty Corner

*Why 4: Why was it explained quickly?*

*→ Because the ward was short-staffed and the nurse was in a hurry.*

*Why 5: Why was the ward short-staffed?*

*→ Due to poor staff scheduling.*

*To make brainstorming effective, students should focus on quantity of ideas first, then refine the best ones. A relaxed, open-minded environment encourages participation and creativity.*

*In conclusion, brainstorming is more than a classroom activity – it is a mindset. For nursing students, it transforms learning into an active, engaging, and collaborative process, preparing them not just to pass exams but to excel in real-life patient care.*

# Dr. Smriti G. Solomon

Principal  
Index Nursing College



## Faculty Corner

### **BARRIERS TO USING EVIDENCE-BASED PRACTICE IN NURSING**

*Evidence-Based Practice (EBP) constitutes an essential paradigm within contemporary nursing, advancing patient care through the deliberate integration of empirical research, clinical judgment, and patient preferences. While its efficacy is well-documented, the practical implementation of EBP within healthcare settings is frequently encumbered by a spectrum of persistent and multifaceted impediments. Foremost among these is the pervasive constraint of time. Nurses are routinely burdened with extensive clinical and administrative responsibilities, which significantly curtail opportunities for the appraisal of current literature or the thoughtful incorporation of research findings into clinical decision-making. The incessant demands of patient care often preclude the reflective engagement required for evidence-informed practice.*

## **Dr. Th. Bidyani Devi**

Prof. OBG dept.  
**Index Nursing College**



*Compounding this limitation is a widespread deficiency in EBP-related knowledge and interpretive skills. Numerous practitioners—particularly those whose foundational training lacked an emphasis on evidence-based methodologies—report diminished confidence in navigating complex research and translating such findings into practical interventions. In the absence of sustained professional development, such competencies remain underdeveloped.*

*Organizational and systemic barriers further hinder EBP integration. Deficient institutional support, inadequate staffing, and limited access to academic databases and peer-reviewed literature inhibit the capacity for evidence-based care. Moreover, entrenched workplace cultures frequently valorize tradition over innovation, thereby discouraging the adoption of novel practices.*

*Finally, resistance to change, often rooted in skepticism regarding the applicability of research to specific clinical milieus, represents a substantial obstacle.*

*To overcome these challenges, healthcare institutions must cultivate a culture of inquiry, invest in rigorous EBP training, and allocate the requisite resources to empower nurses in actualizing evidence-based interventions across clinical settings.*

## Student's Corner

### The Healing Bond: Beyond Medicine and Into Compassion

Medicine is more than just diagnosing illness and prescribing drugs. At its heart, it is about forming a deep, human connection — a bond of trust between the nurse and the patient. This invisible connection, though often unspoken, becomes the bedrock of true healing.

When a patient walks into a clinic or hospital, they bring with them more than physical ailments. They carry silent burdens — anxiety, hope, fear, and uncertainty. In these moments of vulnerability, a nurse becomes not only a healthcare provider but a beacon of reassurance and strength.

***"A gentle smile, a nod, a touch  
May heal a wound that's hurt too much.  
For medicine is not just pills,  
But kindness too, and human will."***

***"Sometimes, the words 'You are not alone'  
Are more powerful than any prescription."***

*The trust between a nurse and a patient is not instant. It grows gradually — through words exchanged, care provided, and time shared. A kind gesture, a calm presence, or even taking a few extra minutes to listen can transform the patient's experience. They begin to feel seen, heard, and respected. This emotional comfort plays a vital role in their journey to wellness.*

*When healthcare providers take the time to explain with clarity, to listen with empathy, and to care with sincerity, they replace fear with faith. This leads to stronger communication, better patient cooperation, and ultimately — quicker, more complete healing.*

*In the end, the Nurse–Patient Bond is a powerful reminder that healing is most effective when science is carried forward with compassion. It is in this sacred partnership that medicine finds its true meaning — not just in curing illness, but in restoring humanity.*

**Sarika Solanki**

B.Sc Nursing – 4<sup>th</sup> Year  
Index Nursing College



## Student's Corner

### The Silent Revolution of Nursing

Revolutions don't always come with noise or banners. Some begin in silence – with compassion, quiet excellence, and unwavering care. Nursing is one such revolution. It doesn't demand the spotlight, yet it reshapes the face of healthcare, day after day, patient after patient.

Behind every successful surgery, every accurate diagnosis, every stabilized ICU case – there is a nurse. Not just someone giving injections or recording vitals, but someone who sees the person behind the illness: the fragile child, the anxious elder, the frightened soul.

Nurses are not just the helping hands to doctors – they are caregivers, educators, counselors, advocates, and often, the only source of comfort for a patient facing the unknown. While others may pass through, the nurse remains – observing, responding, holding hands no one else thinks to hold.

**"In hands that heal and hearts that care,  
In silent steps on sterile stairs,  
A revolution quietly grows –  
In every drip, in every dare."**

**"We walk where pain and silence meet,  
With steady hands and aching feet.  
No war is fought, no spotlight shines,  
Yet change begins in nurses' lives."**

*Today's generation of nurses is redefining what it means to care. We are not just working behind the curtain – we are innovating, researching, leading healthcare teams, integrating technology, advocating for mental health, and restoring dignity at every bedside.*

*This is not a revolution of noise – it's a revolution of presence. Not powered by dominance, but by patience and purpose. Even as textbooks and public conversations overlook nursing, let there be no doubt – the **future of healthcare rests in our hands**. Nurses are the bridge between cold machines and warm humanity, between complex treatment and patient trust.*

*This is the **silent revolution of nursing**. A revolution not shouted, but lived – one touch, one life, one quiet miracle at a time.*

**Deepika Pathekar**

B.Sc Nursing – 1st Year  
Index Nursing College



## Student's Corner

### सपनों का सफेद कोट: एक नर्स बनने की यात्रा

जब भी मैं अपनी आँखें बंद करती हूँ, एक सुंदर और शांत अस्पताल मेरे सामने उभर आता है। वहाँ मैं खुद को सफेद कोट पहने, गले में स्टेथोस्कोप डाले हुए देखती हूँ। मेरे चारों ओर मरीज़ हैं, और मैं उनकी नब्ज़ जाँच रही हूँ। उनकी आँखों में उम्मीद की जो चमक होती है, वह मेरे दिल को छू जाती है। उस पल मुझे एहसास होता है कि मेरी सारी मेहनत, जागी हुई रातों और संघर्ष सफल हो गए हैं।

अब यह सपना केवल सपना नहीं रहा—यह मेरी आत्मा का हिस्सा बन गया है। जब भी मैं अपनी आँखें बंद करती हूँ, मुझे मेरा सपना सच होता हुआ महसूस होता है। स्टेथोस्कोप अब सिर्फ़ एक औज़ार नहीं, मेरा अपना प्रतीक बन गया है। सफेद कोट मुझे शांति और गर्व का अनुभव कराता है।

मैंने खुद को न जाने कितनी बार शांत धुनों में तपाया है, तभी जाकर इस सफेद कोट और स्टेथोस्कोप को अपनाया है। इन्हें छोड़ पाना अब मेरे बस में नहीं, क्योंकि इन्हें मैंने अपनी रातों की नींद से सींचा है।

अगर ये किताबें न होतीं, तो शायद मैं अपने इस सपने तक न पहुँच पाती। इन्हीं ने रास्ता दिखाया, इन्हीं ने मेरी मेहनत को दिशा दी। इन्हीं की वजह से आज मेरे चेहरे पर आत्मविश्वास और मुस्कान है। मैं खुद को रोज़ समझाती हूँ कि यही समय है तपस्या का, मेहनत का। एक दिन यही प्रयास मुझे वहाँ ले जाएगा, जहाँ मैं गर्व से नर्सिंग यूनिफॉर्म में लोगों की सेवा करती दिखाई दूँगी।

मैं एक बेटी हूँ और मुझे इस पर गर्व है। मुझे यकीन है कि एक दिन मैं अपने सपने को हकीकत में जीऊँगी—स्टेथोस्कोप के साथ, नर्स की पोशाक में, और माता-पिता के चेहरे पर गर्व की मुस्कान लिए। और तब मैं खुद को दुनिया की सबसे भाग्यशाली बेटी मानूँगी।

यही मेरा सपना है — यही मेरी मंज़िल है।

**राधा वर्मा**

B.Sc Nursing – 1st Year  
Index Nursing College



# MALWANCHAL MIRROR



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