



AMALTAS UNIVERSITY



AMALTAS INSTITUTE OF NURSING SCIENCES

THE NURSING Voice

THE OFFICIAL NURSING BULLETIN

A Voice that Inspires.
A Profession that Cares.



Educate to enlighten



Care with compassion



Lead with integrity



Innovate for tomorrow



Serve with humility

INSIDE THIS ISSUE

- Message from the Principal
- Academic Excellence
- Research & Innovations
- Student Achievements
- Community Outreach
- Events & Activities

“Nursing is not just a profession, it is a promise to care, a passion to serve, and a voice for health and humanity.”



• COMPASSION • COMPETENCE • COMMITMENT

Together, we make a difference.

VOLUME 01 | ISSUE 01



**AMALTAS
UNIVERSITY**



**AMALTAS
INSTITUTE OF NURSING SCIENCES**



Shri
SURESH SINGH BHADORIAJI

Founder Chairman

Amaltas Educational Welfare Society

Shri
MAYANKRAJ SINGH BHADORIA

Chairman

Amaltas Educational Welfare Society



Dr.
Sangeeta Tiwari

Principal

Amaltas Institute of Nursing Sciences



Dr.
Sneha Sahay Youtham

Chief Editor | HOD (OBG & Gynecology Nursing)

Amaltas Institute of Nursing Sciences

Message from the Principal.....

It gives me immense pleasure to present "**The Nursing Voice**," the official bulletin of **Amaltas Institute of Nursing Sciences**. This publication reflects our institution's unwavering commitment to academic excellence, professional development, research, innovation, and compassionate healthcare.



Nursing is a noble profession that combines scientific knowledge with empathy, dedication, and ethical responsibility. In today's rapidly advancing healthcare environment, nurses are expected not only to provide quality patient care but also to become leaders, educators, researchers, and advocates for community health. **The Nursing Voice** has been initiated to provide a meaningful platform where students and faculty members can express their ideas, share research findings, celebrate achievements, and contribute to the advancement of nursing education and practice.

At Amaltas Institute of Nursing Sciences, we strive to create an environment that nurtures critical thinking, lifelong learning, professional integrity, and evidence-based practice. Our dedicated faculty members continuously inspire students to achieve academic excellence while developing the compassion and leadership qualities essential for serving society with dignity and commitment.

I sincerely congratulate the Editorial Board, faculty members, and students for their dedicated efforts in bringing out this edition of "**The Nursing Voice**." Their enthusiasm, creativity, and hard work have made this publication a valuable academic resource for our institution.

I encourage every student and faculty member to actively participate in future editions by contributing scholarly articles, research papers, case studies, health awareness initiatives, and innovative ideas. Together, let us continue to strengthen the nursing profession and uphold the highest standards of education, research, and patient care.

I extend my heartfelt best wishes to all the readers and contributors. May "**The Nursing Voice**" continue to inspire knowledge, innovation, leadership, and excellence in nursing.

With Best Wishes,

Dr. Sangeeta Tiwari

Principal

Amaltas Institute of Nursing Sciences

Dewas, Madhya Pradesh

Chief Editor's Message.....

It is with immense pleasure and great pride that I present the inaugural issue of "**The Nursing Voice**," the official bulletin of **Amaltas Institute of Nursing Sciences**. This publication has been envisioned as a vibrant academic platform to showcase the knowledge, innovation, achievements, and professional excellence of our nursing fraternity.



Nursing is more than a profession—it is a commitment to compassionate care, ethical practice, lifelong learning, and service to humanity. As healthcare continues to evolve, nurses play an increasingly significant role in promoting health, preventing disease, conducting research, and delivering evidence-based patient care. **The Nursing Voice** aims to reflect these values by encouraging the exchange of ideas, scientific knowledge, clinical experiences, and creative expressions among students, faculty members, and healthcare professionals.

This bulletin is a collective effort dedicated to fostering academic excellence and professional growth. It provides an opportunity for budding nurses to develop their writing, research, and critical thinking skills while promoting a culture of inquiry and innovation. Through articles, research highlights, community outreach activities, achievements, and institutional updates, we hope to inspire every reader to contribute meaningfully to the nursing profession.

I sincerely appreciate the unwavering support and guidance of our Founder Chairman, Chairman, Chancellor, Principal, Editorial Board, faculty members, and students whose dedication and enthusiasm have made this publication possible. Their commitment to quality education and holistic development continues to strengthen the vision and mission of our institution.

I encourage all readers to actively participate in future editions by sharing their scholarly articles, innovative ideas, research findings, and experiences. Together, let us continue to strengthen the voice of nursing and contribute towards building a healthier and more compassionate society.

I extend my best wishes to all our readers and contributors. May "**The Nursing Voice**" continue to inspire learning, leadership, research, and excellence in nursing practice.

With Best Wishes,

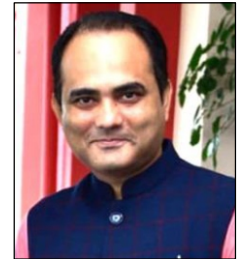
Prof. Dr. Sneha Sahay Youtham

Chief Editor

Head, Department of Obstetrical & Gynaecological Nursing
Amaltas Institute of Nursing Sciences
Dewas, Madhya Pradesh

"एक महान नर्स केवल रोग का उपचार नहीं करती, बल्कि रोगी के मन में आशा का दीप भी प्रज्वलित करती है।"

It is a matter of great pride and satisfaction to contribute to this edition of the Nursing Bulletin dedicated to the field of Mental Health Nursing. Mental health is an essential component of overall health and well-being, influencing how individuals think, feel, and interact with the world around them.



In today's rapidly changing society, mental health challenges are becoming increasingly prevalent, highlighting the crucial role of mental health nurses in providing compassionate, evidence-based, and holistic care. Mental Health Nursing extends beyond the treatment of psychiatric disorders; it encompasses the promotion of psychological well-being, prevention of mental illness, rehabilitation, and advocacy for individuals experiencing mental health concerns.

This bulletin serves as a valuable platform to showcase academic achievements, research endeavors, innovative practices, and clinical experiences that contribute to the advancement of mental health care. Through continuous learning, research, and professional development, we can strengthen our ability to address the diverse mental health needs of individuals, families, and communities.

I encourage our students and professionals to remain committed to excellence, empathy, and ethical practice while fostering awareness and reducing the stigma associated with mental illness. Together, we can create a more inclusive and supportive environment that promotes mental wellness for all.

I congratulate the editorial team and all contributors for their efforts in bringing together this informative publication and extend my best wishes for its success.

Thank you.

Dr. Mohammed Mohsin Khan

Professor & HOD (Mental Health Nursing)

Amaltas Institute of Nursing Sciences, Dewas

बड़े सपने देखें, बेहतर देखभाल करें: सफलता की प्रेरणादायक कहानी

"हर महान नर्स कभी एक साधारण छात्रा थी, जिसने अपने सपनों पर विश्वास किया और सेवा को अपना जीवन बना लिया।"



नर्सिंग केवल एक पेशा नहीं, बल्कि मानवता की सेवा का सर्वोच्च माध्यम है। यह ऐसा क्षेत्र है जहाँ ज्ञान, करुणा, धैर्य और समर्पण का अद्भुत संगम देखने को मिलता है। एक नर्स केवल दवाइयाँ नहीं देती, बल्कि वह रोगी को आशा, विश्वास और जीवन जीने का साहस भी प्रदान करती है।

एक नर्सिंग विद्यार्थी के रूप में आप आज जिस सफर की शुरुआत कर रहे हैं, वही कल आपको एक कुशल, संवेदनशील और सफल नर्स बनाएगा। हो सकता है कि आज आपको क्लिनिकल पोस्टिंग, परीक्षाएँ, असाइनमेंट, नाइट ड्यूटी या नई-नई प्रक्रियाएँ कठिन लगती हों, लेकिन यही चुनौतियाँ भविष्य की सफलता की मजबूत नींव बनती हैं।

एक सफल नर्स बनने के पाँच मंत्र

1. बड़े सपने देखें

अपने लक्ष्य हमेशा ऊँचे रखें। यदि आपके सपने बड़े होंगे, तो आपकी मेहनत भी उतनी ही बड़ी होगी।

2. सीखना कभी न छोड़ें

नर्सिंग ऐसा क्षेत्र है जहाँ हर दिन कुछ नया सीखने का अवसर मिलता है। नई तकनीक, नए उपचार और नई शोध आपको बेहतर स्वास्थ्य सेवाएँ प्रदान करने में सक्षम बनाती हैं।

3. मरीजों के प्रति करुणा रखें

कई बार एक मुस्कान, एक मधुर शब्द और आपका धैर्य मरीज के उपचार में दवा से भी अधिक प्रभावी होता है।

4. आत्मविश्वास विकसित करें

आत्मविश्वास अभ्यास से आता है। जितना अधिक आप सीखेंगे और अभ्यास करेंगे, उतने ही कुशल बनेंगे।

5. ईमानदारी और अनुशासन अपनाएँ

एक उत्कृष्ट नर्स वही होती है जो अपने कार्य के प्रति जिम्मेदार, समयनिष्ठ और नैतिक मूल्यों का पालन करने वाली हो।

याद रखें...

हर अनुभवी नर्स कभी एक विद्यार्थी थी।

हर विशेषज्ञ कभी नया सीख रहा था।

हर सफलता के पीछे अनेक संघर्ष, असफलताएँ और लगातार प्रयास छिपे होते हैं।

यदि आज आपको लगता है कि आप अभी बहुत कुछ नहीं जानते, तो निराश न हों। प्रत्येक दिन का अध्ययन, प्रत्येक क्लिनिकल अनुभव और प्रत्येक मरीज की सेवा आपको एक बेहतर नर्स बना रही है।

आपका सफर आज से शुरू होता है

आज की आपकी मेहनत ही कल आपकी पहचान बनेगी। आपकी सफेद वर्दी केवल एक ड्रेस नहीं, बल्कि सेवा, विश्वास, करुणा और जिम्मेदारी का प्रतीक है।

अपने शिक्षकों का सम्मान करें, मरीजों की सेवा पूरे मन से करें, अपने ज्ञान को निरंतर बढ़ाते रहें और अपने सपनों को कभी छोटा न होने दें।

याद रखें—

एक महान नर्स बनने के लिए केवल ज्ञान ही नहीं, बल्कि संवेदनशील हृदय, सेवा की भावना और सकारात्मक सोच भी आवश्यक है।

प्रेरणादायक संदेश

"बड़े सपने देखिए, निरंतर सीखिए, पूरे मन से सेवा कीजिए और अपने कार्य से समाज में सकारात्मक परिवर्तन लाइए। दुनिया को ऐसे नर्सों की आवश्यकता है जो केवल उपचार ही नहीं, बल्कि विश्वास और आशा भी दें।"

आज का प्रेरक विचार

"सपने वही सच होते हैं जिनके लिए हम प्रतिदिन मेहनत करते हैं। सेवा ही नर्सिंग की सबसे बड़ी पहचान है, और समर्पण उसकी सबसे बड़ी शक्ति।"

डॉ. पीटर जैस्पर यूथम

विभागाध्यक्ष

मेडिकल-सर्जिकल नर्सिंग विभाग

अमलतास इंस्टीट्यूट ऑफ नर्सिंग साइंसेज़, देवास

Continuing Nursing Education (CNE) Programme Report

Theme: *Academic Audit & Quality Assurance in Nursing Education*

Date: 13 June 2026

Venue: Seminar Hall, Amaltas Institute of Nursing Sciences, Dewas

Empowering Nursing Education Through Quality and Excellence

The **Continuing Nursing Education (CNE) Programme** on "Academic Audit & Quality Assurance in Nursing Education" was successfully organized on **13 June 2026** at **Amaltas Institute of Nursing Sciences, Dewas**. The programme was conducted **under the esteemed guidance of Dr. Sangeeta Tiwari, Principal**, whose continuous encouragement and visionary leadership have consistently promoted academic excellence and quality enhancement within the institution.

The scientific session was **conducted by Prof. Dr. Sneha Sahay Youtham, Head, Department of Maternal & Child Health Nursing**, who served as the resource person for the programme. Through her comprehensive and interactive presentation, she highlighted the significance of academic audit as a powerful tool for continuous institutional improvement and maintaining high standards in nursing education.



The programme commenced with a warm welcome and the traditional lamp-lighting ceremony, followed by an introduction to the objectives of Continuing Nursing Education. Dr. Sneha Sahay Youtham emphasized the importance of quality assurance systems in strengthening teaching-learning processes, faculty development, student assessment, research activities, and clinical competency. She also discussed the integration of competency-based education, outcome-based curriculum, evidence-based teaching practices, digital learning platforms, simulation-based education, and continuous quality improvement initiatives.



An innovative **Quality Innovation Showcase** featured modern educational strategies including simulation-based learning, digital lesson planning, reflective clinical portfolios, Objective Structured Clinical Examination (OSCE), AI-supported learning resources, and effective documentation practices. These

demonstrations inspired faculty members and students to adopt innovative approaches in nursing education.

The programme also included **Quality Circle Group Discussions**, where participants collaboratively explored strategies to enhance academic standards, student engagement, clinical learning experiences, and institutional quality culture. The discussions encouraged teamwork, critical thinking, and innovative problem-solving.

A **pre-test and post-test assessment** demonstrated a noticeable improvement in participants' understanding of academic audit principles and quality assurance practices. The interactive question-and-answer session further enriched the programme by addressing practical challenges encountered in nursing education.

The CNE concluded with an inspiring message from the Principal, encouraging faculty members and students to embrace continuous learning, innovation, and excellence in education. Certificates of participation were distributed to all participants, recognizing their enthusiastic involvement.

Outcome of the Programme

The Continuing Nursing Education Programme successfully enhanced participants' understanding of quality assurance mechanisms, academic audit processes, innovative educational methodologies, and evidence-based teaching practices. The programme motivated faculty members and students to actively contribute towards building a culture of continuous quality improvement and academic excellence at Amaltas Institute of Nursing Sciences.

"Excellence in nursing education is achieved through continuous learning, innovation, quality assurance, and collective commitment to professional growth."

Organized by:

Continuing Nursing Education Cell

Amaltas Institute of Nursing Sciences, Dewas

नर्सिंग विद्यार्थियों के लिए प्रेरणादायक कविता

राह कठिन हो, फिर भी चलते जाना,
हर मुश्किल में हिम्मत दिखाना।
रातों की नींद, किताबों का भार,
बनाएगा तुम्हें और भी शानदार।

कभी थक जाओ, कभी मन घबराए,
फिर भी अपने सपनों को न भुलाए।
हर परीक्षा तुम्हें मजबूत बनाए,
हर अनुभव कुछ नया सिखाए।

किसी के दर्द में मरहम बनना,
किसी के डर में हिम्मत बनना।
मुस्कान से उम्मीद जगाना,
सेवा को अपना धर्म बनाना।

सफेद वर्दी सिर्फ पोशाक नहीं,
यह जिम्मेदारी है, कोई आम बात नहीं।
तुम्हारे हाथों में उपचार होगा,
तुम्हारे शब्दों में विश्वास होगा।

तो बढ़ते चलो, न रुकना कभी,
मेहनत की रोशनी बुझना नहीं।
एक दिन दुनिया गर्व से कहेगी—



अंजलि शर्मा

सहायक प्राध्यापक

अमलतास इंस्टीट्यूट ऑफ नर्सिंग साइंसेज

पुस्तकालय – ज्ञान की रोशनी

किताबों की दुनिया में सपनों का संसार,
पुस्तकालय देता है ज्ञान का उपहार।
हर पन्ना सिखाता है सेवा का मान,
हर शब्द बनाता है बेहतर इंसान।

नर्सिंग की राह है सेवा की राह,
ज्ञान और करुणा ही इसकी चाह।
मरीज के दर्द को समझना सीखो,
ज्ञान के दीप से अज्ञान को जीत लो।
स्टेथोस्कोप हाथ में, किताबें साथ हों,
हर मुश्किल में हौसले के जज़्बात हों।
आज का अध्ययन, कल की पहचान,
ज्ञान से बनाओ अपना महान स्थान।

पुस्तकालय में बिताया हर पल,
बन सकता है तुम्हारे भविष्य का संबल।
पढ़ते रहो, सीखते रहो, आगे बढ़ते रहो,
अपने ज्ञान से मानवता की सेवा करते रहो।

“किताबें खोलो, सपने जगाओ,
ज्ञान की रोशनी से जीवन सजाओ।
नर्स बनकर केवल इलाज नहीं—
मानवता की सेवा का दीप जलाओ।”



ज्योति सुपटकर

पुस्तकालयाध्यक्ष

अमलतास इंस्टीट्यूट ऑफ नर्सिंग साइंसेस

PARENT-CHILD RELATIONSHIP: THE HEART OF CHILD HEALTH

"A child's first teacher is the parent, and the first classroom is the home."

In pediatric nursing, we often see that a child's recovery is not just about medicines and procedures. The strongest medicine is the bond between the parent and the child.



Why is Parent-Child Relationship Important in Child Health?

1. Emotional Security: A secure bond reduces hospital anxiety, pain perception, and fear in children during illness.
2. Faster Recovery: Children with involved parents show better compliance with treatment, nutrition, and follow-up care.
3. Healthy Growth & Development: Positive interaction promotes language, social skills, and self-esteem from infancy to adolescence.

Nurse's Role in Strengthening the Bond - Especially in Hospital Settings

As pediatric nurses, we are the bridge between parents and children. We can:

- ❖ Encourage Rooming-in & Kangaroo Care for neonates
- ❖ Teach Play Therapy to reduce stress during hospitalization
- ❖ Guide Parents on developmental milestones, nutrition, and immunization

3 Simple Tips for Parents

1. 15 Minutes of Undivided Attention Daily – No phone, only talk and play
2. Be Your Child's Safe Place – Listen first, then guide
3. Teamwork with Healthcare Team – Ask questions. You know your child best.

Message from the Department At Amaltas Institute of Nursing Sciences, Department of Child Health Nursing, we believe:

"When parents and nurses work together, healing happens faster."

Mrs. Subhita Bagri

Associate Professor

Child Health Nursing

Amaltas Institute of Nursing Sciences, Dewas (M.P.)

“TECHNOLOGY IN NURSING: AI, TELEHEALTH AND SMART WARDS”

Nursing is evolving. Technology is no longer the future — it is our present. From AI to smart wards, digital tools are helping nurses deliver safer, faster, and more personalized care.



Artificial Intelligence is assisting nurses in early detection. AI algorithms can predict patient deterioration, pressure ulcers, and sepsis hours before symptoms appear. Smart charts reduce documentation time, so we can spend more time at the bedside.

Telehealth has broken the distance barrier. Nurses now monitor chronic patients, do post-op follow-ups, and counsel mothers on breastfeeding through video calls. During pandemics and in rural areas, telehealth ensures that no patient is left behind. It empowers nurses to become educators and care coordinators beyond hospital walls.

Smart Wards are transforming inpatient care. Sensor beds alert for fall risk, smart pumps prevent medication errors, and RFID tags track equipment. Dashboards give real-time vitals, allowing nurses to respond instantly.

Technology will not replace the nurse. It will replace the tasks that take us away from the patient. The heart of nursing — empathy, judgment, and human touch will always be ours.

Let us embrace technology, upskill, and lead the digital shift. Because the future of healthcare is smart, and nurses must lead it.

Miss Srishti Pawar,
Assistant Professor
Community health Nursing
Amaltas Institute of Nursing Sciences, Dewas (M.P.)

MY JOURNEY AT AMALTAS INSTITUTE OF NURSING SCIENCES

My journey at **Amaltas Institute of Nursing Sciences** began in 2016, when I entered this institution as a student with dreams in my eyes, hope in my heart, and a strong desire to become a compassionate and skilled nurse.

Those early days were filled with learning, challenges, friendships, and unforgettable memories. Every classroom, laboratory, clinical posting, and interaction with my teachers helped shape not only my professional knowledge but also my personality and confidence.

As a student, I learned that nursing is not merely a profession—it is a commitment to care, compassion, responsibility, and humanity. My teachers became my mentors and inspired me to work hard, stay disciplined, and always put patient care first.

With time, my journey took a beautiful turn. The same institution where I once sat as a student gave me the opportunity to return as a Nursing Faculty. Becoming a teacher in the institution where I had once been a student was a deeply emotional and proud moment for me.

Today, when I stand in front of students and teach them, I often remember myself sitting in those same classrooms years ago. I now understand the true value of the guidance and encouragement that my teachers once gave me.

My journey from “Student to Teacher” has taught me that education is a continuous journey. As a faculty member, I have the privilege and responsibility of sharing knowledge, guiding students, encouraging them during difficult times, and helping them become confident and compassionate healthcare professionals.

I am grateful to Amaltas Institute of Nursing Sciences for being an important part of my life and for giving me opportunities to learn, grow, and serve. This institution is not just a place where I studied and worked—it has become a significant part of my identity and my journey.

My Message to My Students

“Never stop learning, never stop growing, and never stop caring. One day, the student sitting in a classroom may become the teacher standing before others.

Believe in yourself, work hard, and let your knowledge become a source of service to humanity.”

From a **student in 2016** to a **Nursing Faculty today**, my journey has been one of **learning, growth, gratitude, and service.**

Amaltas will always hold a special place in my heart.



Ms. Sarita Mandloi



अमलतास विश्वविद्यालय, देवास



अमलतास इंस्टिट्यूट ऑफ नर्सिंग साइंस, देवास

रन अंडर - अमलतास विश्वविद्यालय

नर्सिंग शिक्षा में उत्कृष्टता का विश्वसनीय नाम

मान्यता प्राप्त :

- इंडियन नर्सिंग काउंसिल, नई दिल्ली
- मध्यप्रदेश नर्सिंग रजिस्ट्रेशन काउंसिल, भोपाल
- अमलतास विश्वविद्यालय
- उच्च शिक्षा विभाग

प्रवेश प्रारंभ

प्रवेश हेतु PNST/GNST
परीक्षा आवश्यक



(अमलतास यूनिवर्सिटी) स्वयं का विश्वविद्यालय

- परीक्षा समय पर
- समय पर परीक्षा परिणाम
- इंडियन नर्सिंग काउंसिल के नियमानुसार सेमेस्टर सिस्टम लागू
- चार वर्ष का कोर्स चार वर्ष में ही पूर्ण

उपलब्ध पाठ्यक्रम (सीटें) :

- GNM – 100 सीटें
- B.Sc. Nursing – 150 सीटें
- Post Basic B.Sc. Nursing – 50 सीटें
- M.Sc. Nursing (सभी स्पेशियलिटी) – 50 सीटें
- Ph.D. Nursing

विशेष आकर्षण :

- ✓ स्वयं का 1500 बिस्तरिय सुपर स्पेशियलिटी हॉस्पिटल
- 24x7 OPD एवं इमरजेंसी सेवाएं
- 80 बिस्तरिय मनोरोग विभाग
- विद्यार्थियों को वास्तविक क्लिनिकल प्रशिक्षण

परिवहन सुविधा :

सोनकच्छ, मक्सी, टोंकखुर्द, क्षिप्रा, इंदौर, उज्जैन एवं आसपास के क्षेत्रों से वाहन सुविधा उपलब्ध।



अत्याधुनिक नर्सिंग कॉलेज :

- ✓ 60,000 वर्गफुट में फैला परिसर
- स्मार्ट क्लासरूम एवं आधुनिक स्किल लैब
- अनुभवी एवं योग्य फैकल्टी
- INC मानकों के अनुरूप प्रयोगशालाएं
- देवास जिले की सबसे बड़ी नर्सिंग लाइब्रेरी
- 10,000+ पुस्तकें एवं 250+ ई-लाइब्रेरी

छात्रावास सुविधा :

- छात्र एवं छात्राओं हेतु अलग-अलग सुरक्षित हॉस्टल
- CCTV एवं 24x7 सुरक्षा
- पौष्टिक एवं गुणवत्तापूर्ण भोजन
- रैगिंग मुक्त परिसर

छात्रवृत्ति एवं सहायता :

- SC / ST / OBC विद्यार्थियों हेतु छात्रवृत्ति
- सामान्य वर्ग हेतु शिक्षा ऋण सुविधा

प्रशिक्षण पश्चात

- ✓ 100% रोजगार की गारंटी
- आज ही संपर्क करें
- सीमित सीटें | शीघ्र प्रवेश लें।
- उज्ज्वल भविष्य की ओर कदम बढ़ाएं

अमलतास विश्वविद्यालय, देवास

अधिक जानकारी के लिए संपर्क करें ☎ 7880154601, 7880154602