

Interdisciplinary Value Added Courses

Rooted in Eastern Philosophy and Enriched by Modern Science

Our institution is rooted in Eastern philosophy and enriched with modern science. We offer interdisciplinary courses that blend the *Indian Knowledge System* with contemporary education. This approach helps students understand concepts clearly, develop values, and gain practical skills, so they are well prepared for today's challenges while staying connected to our traditions.



Geeta for the Digital Age

This course will interpret the teachings of the Bhagavat Gita in the context of the digital era, focusing on ethical decision-making, emotional balance, and self-management. It will help nursing students apply timeless values to modern professional challenges in health care. The course also strengthens personal beliefs, inner discipline, and clarity of thought, guiding students to work with integrity, compassion, and confidence in their personal and professional lives.

Bhartiya Ahar Shastra

Focus on traditional Indian dietary practices and promote natural, preservative-free '*from farm to plate*' nutrition. IT will help students to understand holistic and preventive health by integrating Ayurvedic concepts of diet and lifestyle. Today, many students are attracted to fast food, leading to problems like obesity, PCOD and lifestyle diseases. Through this interdisciplinary course, our institution encourages healthy eating habits but also the basic principles of food selection and preparation, helping students adopt balanced lifestyles and guide patients effectively.



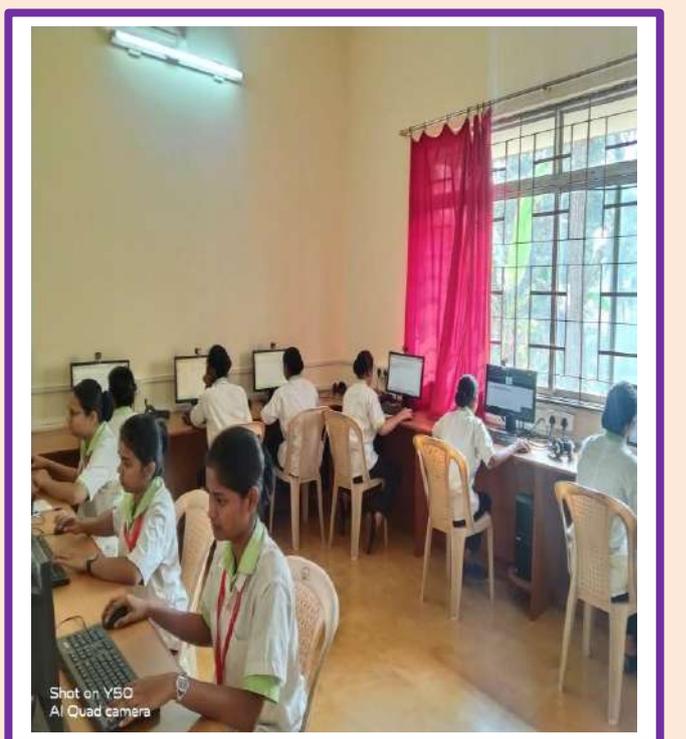
Biomedical Instrumentation

This conventional course offers more than the basics. Since students already have basic knowledge of medical instruments, this course goes beyond the basics. It trains students to understand how biomedical monitors work, what to do when a monitor fails, and how to operate equipment safely and confidently. This hands-on knowledge helps reduce last-minute emergencies and unnecessary delays in patient care. Through this practical and advanced approach, the course prepares students to handle real clinical situations more effectively.



Digital Training

Moving beyond the basics, this course will provide advanced digital training for nursing students. Students will learn advanced Excel and DTP to manage data, analyse information, and prepare digital records and reports. These skills help in project management, medical electronic monitoring, and understanding trends in patient care. Students are introduced to the basics of business intelligence, enabling them to support planning, quality improvement and effective health care decision making, by learning how to collect, organize and interpret data.



Garbh Sanskar: Holistic Maternal and Child Health

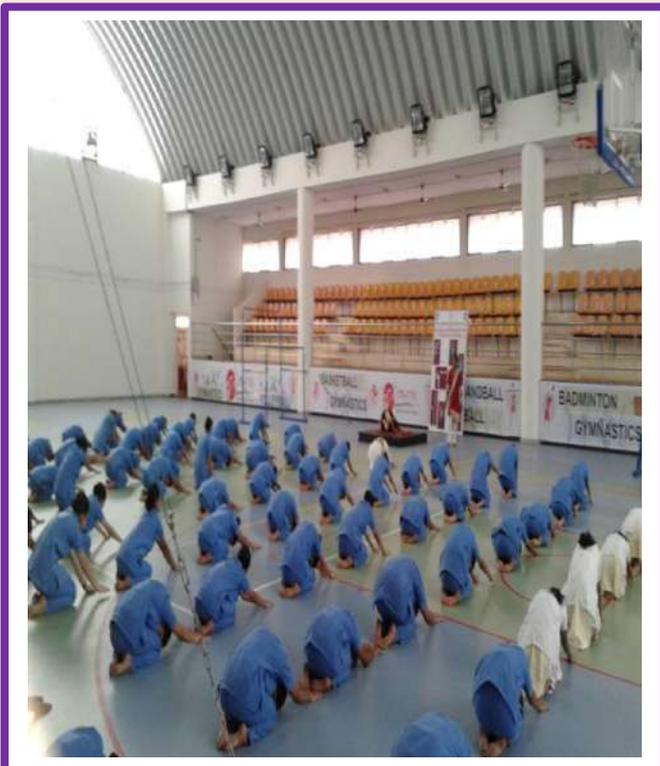
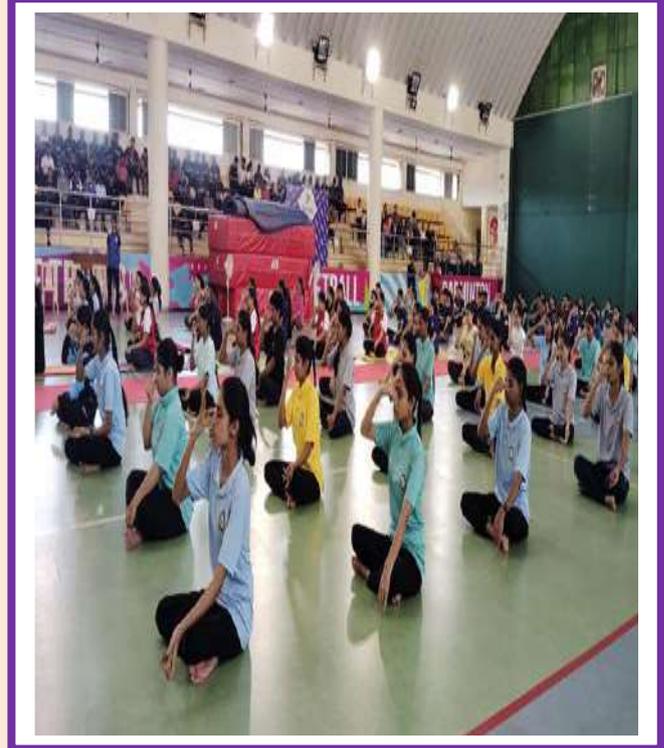
This course follows an Indian Knowledge Systems approach to pregnancy, focusing on the overall well-being of the mother and child. It goes beyond physical health and includes emotional, spiritual, social and nutritional care during pregnancy. Rooted in tradition, the course encourages positive practices, such as organizing baby showers for pregnant women and promoting maternal and child welfare initiatives, including Sudhama Yojana for children, Sukanya Yojana for the girl child, and Ladoo Gopal Yojana under Maternal and Child Health services. Through this holistic approach, nursing students learn to support healthy pregnancies and promote positive outcomes for both mother and child.

The nutritious ladoos are prepared within our institution and distributed as part of this programme. For the past 30 years, the institution has been actively involved in this outreach activity, giving students hands- on experience in holistic maternal and child care.



Yoga and Mindfulness

In today's era of nuclear families, many young people face emotional stress and instability. Blending our cultural roots with modern practices and supported by our Psychology and Spiritual departments, this course offers yoga and meditation for our students. Yoga, which developed over thousands of years in ancient India, helps students build both a healthy body and a calm mind. With regular practice, students become more focused, emotionally balanced, and confident. A mindful and healthy nurse can take better care of patients with understanding and compassion.



Entrepreneurship Programs: Artisan Skills and Herbal Product Making

This entrepreneurship program is designed to equip nursing students with practical artisan skills and knowledge in preparing herbal products. The course aims to promote self-reliance, creativity, and income-generating opportunities alongside their professional nursing career. Students will learn the basics of herbal product preparation such as herbal oils, perfumes, soaps, candles, and other wellness products, along with essential entrepreneurial skills, including product development, packaging, marketing, and small-scale business management. This program encourages innovation, enhances vocational skills, and empowers students to explore sustainable entrepreneurship opportunities in the healthcare and wellness sector.

