



**RV College of
Nursing®**

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Bengaluru - 560011, Karnataka, India

1 August, 2026

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आर. वी. सी. एन. संवाद पत्र
RVCN NEWSLETTER**

Learn . Lead . Care . Inspire "

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RVCN NEWSLETTER

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01 August, 2026

Breastfeeding: A Foundation for Lifelong Health



RV COLLEGE OF NURSING WORLD BREASTFEEDING WEEK

01/08/2026 TO 07/08/26

"Prioritize Breastfeeding: Create Sustainable Support Systems"

- 01 AUGUST 2026**
INAUGURAL OBSERVANCE
01 August 2026
Inaugural ceremony to mark the beginning of World Breastfeeding Week with pledge, awareness and commitment.
- 04 AUGUST 2026**
COMMUNITY-BASED BREASTFEEDING EDUCATION PROGRAMME
04 August 2026
Health education and awareness on breastfeeding benefits, techniques and support for mothers in the community.
- 05 AUGUST 2026**
SCIENTIFIC SESSION
05 August 2026
Expert talks and evidence-based discussions on breastfeeding practices and current advancements.
- 06 AUGUST 2026**
HOSPITAL-BASED MATERNAL HEALTH EDUCATION FOR ANTENATAL AND POSTNATAL MOTHERS
06 August 2026
Health education sessions for antenatal and postnatal mothers on breastfeeding and maternal-infant care.
- 07 AUGUST 2026**
EDUCATIONAL VISIT TO HUMAN MILK BANK (JEEVAMRITHA)
07 August 2026
Educational visit to Jeevamritha Human Milk Bank to understand the process of donor milk collection, screening, processing and storage.

TOGETHER, LET'S SUPPORT BREASTFEEDING FOR A HEALTHIER PLANET

Together for Breastfeeding: Building a Healthier Future

Inaugurated World Breastfeeding Week 2026 on 01 August 2026 with an emphasis on breastfeeding as the foundation of lifelong health, nutrition, immunity, and mother-child bonding. Principal and Heads of OBG, Paediatric, and Community Health Nursing highlighted early initiation, exclusive breastfeeding for six months, family support, and the role of nurses in promoting optimal infant feeding practices.



Healthy Mothers, Healthy Babies: Breastfeeding Awareness

04 August 2026



VIII Semester B.Sc. Nursing students conducted a community-based breastfeeding education programme at Yelachenahalli PHC on 04th August 2026 under faculty guidance, focusing on exclusive breastfeeding, KMC, positioning, latching, maternal nutrition and weaning. Through interactive teaching, demonstrations and discussions, mothers were educated on correct breastfeeding techniques and management of common problems such as sore nipples, engorgement and mastitis.

Strengthening Breastfeeding Through EBPractice

05 August 2026

A Scientific Session on “Breastfeeding for a Sustainable Start in Life: Strengthen What Works” on 5th August 2026 and highlighting the importance of breastfeeding in maternal and child health. Mrs. Rajiya Galeel Bhasha, IBCLC, Cloudnine Hospital, Bengaluru, delivered an interactive session on evidence-based breastfeeding practices, early initiation, exclusive breastfeeding, and effective counselling.



From Knowledge to Practice: Maternal Health Education

06 August 2026,



VIII Semester B.Sc. Nursing students conducted a maternal health education programme at Sevashrama Hospital, Bengaluru on 6th August 2026, focusing on breastfeeding, maternal nutrition and newborn care. Students demonstrated correct breastfeeding positions and techniques, while educating antenatal and postnatal mothers on the benefits of exclusive breastfeeding. The interactive session, enriched by the CEO's address, enhanced mothers' knowledge, confidence and awareness of optimal breastfeeding practices.

Promoting Breastfeeding Through Experiential Learning

10 August 2026,

VI Semester B.Sc. Nursing and I Year M.Sc. Nursing students visited the Human Milk Bank (Jeevamrutha), St. John's Medical College Hospital, Bengaluru on 10th August and gaining practical exposure to donor milk services. The visit covered donor screening, milk collection, pasteurization, storage, quality control, documentation and safe distribution of human milk.



The experience strengthened students' understanding of human milk banking, lactation support and evidence-based neonatal nutrition, bridging classroom learning with clinical practice.

Youth Engagement for a Drug-Free India:NSS & Addiction-Free Pledge Campaign

02 August 2026



The NSS Unit and nursing students of R.V. College of Nursing actively participated in the “Nasha Mukta Yuva for Viksit Bharat” virtual interaction on 02 August 2026 and the 10 Crore Addiction-Free Pledge Mega

Campaign on 10 August 2026. The programmes highlighted the harmful effects of substance abuse, healthy lifestyles, preventive health and the role of youth in nation-building. Students took the Addiction-Free Pledge and committed themselves to promoting awareness and preventing substance abuse among peers and communities.

The initiatives strengthened students’ roles as health advocates, change agents and socially responsible citizens.



R.V. College of Nursing Supports National Deworming Initiative

10 August 2026

The National Deworming Day Programme was conducted on 10 August 2026 at various schools and Anganwadis near Yelachenahalli PHC, organized by Yelachenahalli PHC with the participation of 8th Semester B.Sc. Nursing students of R.V. College of Nursing under the guidance of Medical Officer Dr. Anusha Reddy. The programme focused on creating awareness among children about the importance of regular deworming, prevention of intestinal worm infestation, and personal hygiene. The nursing students provided health education on Albendazole, demonstrated proper handwashing techniques, and encouraged children to adopt healthy hygiene practices. Eligible children were administered/distributed Albendazole as per the programme protocol and guidance of health personnel. The programme strengthened community awareness on deworming and provided nursing students with valuable experience in preventive healthcare, health education and community participation.



Strengthening Global Nursing Perspectives

11 August, 2026

Dr. Manju C. Pallam, Manchester Metropolitan University, UK, visited R.V. College of Nursing on 11th August and held discussions on potential academic collaboration and knowledge exchange. She conducted an engaging session on “Local to Global Workforce,” highlighting international career opportunities, cultural competence, adaptability and professional development. The session motivated students to enhance their competence, communication skills, confidence and global readiness, marking a significant step towards international academic collaboration.



Beyond Books: Celebrating Libraries and Learning

12 August, 2026



RVCN observed National Librarians' Day on 12 August 2026, commemorating Dr. S. R. Ranganathan, the Father of Library Science in India. An exclusive session on Osmosis.org in collaboration with Elsevier promoted the effective use of digital learning resources. The programme highlighted the vital role of libraries and librarians in supporting education, research, reading and lifelong learning.

The Gift of Life: Organ Donation Awareness

13 August, 2026

World Organ Donation Day on 13 August 2026 was observed to promote awareness and encourage voluntary organ donation. Mrs. Ranjini Shankar, Project Manager, MOHAN Foundation, Bengaluru, delivered an insightful session on organ donation, brain death, transplantation, and myths and facts. Students learned about the life-saving potential of organ donation and the important role of healthcare professionals in promoting this noble cause. The interactive programme encouraged students to become ambassadors of organ donation and spread awareness in their families and communities. The event reinforced the powerful message: “Organ Donation is the Gift of Life.”



Innovation Begins Here: Entrepreneurship & Innovation in Nursing

19 August, 2026



In collaboration with RVEI Incubation Foundation, organized a programme on “Entrepreneurship & Innovation in Nursing” to promote an entrepreneurial mindset among nursing students and faculty. Expert sessions highlighted healthcare innovation, incubation, startup registration and legal compliance, providing practical guidance for aspiring nursing entrepreneurs. Dr. Lakshmi Jagannathan, Mr. Varun K. N., and Mr. Jagan Karthik shared valuable insights on transforming nursing knowledge into innovative healthcare solutions. The session showcased technology-driven maternal healthcare solutions, particularly for rural and underserved communities.

Pride of the Nation: 80th Independence Day**15 August, 2026**

R.V. College of Nursing celebrated India's 80th Independence Day with great patriotic spirit and enthusiasm. The programme, graced by Chief Guest Col. T. J. Davies (Retd.), Sena Medal (Gallantry), honoured the sacrifices of freedom fighters and promoted the values of unity, courage, discipline, service and responsible citizenship. The active participation of students and staff made the celebration meaningful and inspiring.



A Vibrant Celebration of Unity and Tradition -Onam

29 th August 2026

We RV nursing family celebrated Onam with great enthusiasm and cultural fervour, bringing together the Principal, faculty, staff, and students in a spirit of togetherness. The celebration featured a colourful Pookalam, traditional cultural activities, and festive programmes that showcased the rich heritage of Kerala. Students actively participated in various events, adding vibrancy and joy to the occasion.



The programme highlighted the values of unity, harmony, sharing, and cultural diversity. The celebration concluded on a joyful note, creating cherished memories and strengthening the bond among us.

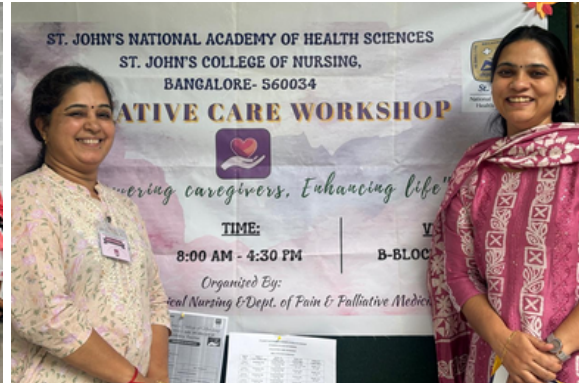


Compassionate Care Beyond Cure: Faculty Enrichment in Palliative Care

31st August 2026.



Dr. Mamatha N., HOD, Department of Medical-Surgical Nursing, and Ms. Infant Henzia T., Assistant Professor, Department of OBG Nursing, participated in a One-Day Workshop on Palliative Care at St. John's College of Nursing, Bengaluru on 31st August 2026. The workshop focused on the principles of palliative care, pain and symptom management, holistic care, and effective communication. The programme provided valuable insights into evidence-based and compassionate approaches to end-of-life care.



NDPS Awareness Programme: Promoting a Drug-Free Society

31st August 2026.



An NDPS Awareness Programme was organized by the Karnataka Excise Department in association with RV College of Nursing, Bengaluru, on 31st August 2026. The programme was graced by Smt. C. J. Kantha Kumari, Deputy Superintendent, along with officers from the Karnataka Excise Department. Mr. Shivkumar S. conducted an informative session on substance abuse, addiction, harmful effects, prevention strategies, and legal provisions under NDPS. The programme sensitized nursing students to the physical, psychological, social, and legal consequences of drug abuse and the importance of avoiding risky behaviours.



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