

# MTIN CONNECT



**FEBRUARY 2025**

# Deans Perspective



*As the Dean of the Faculty of Medical Sciences, I recognize the critical role that nursing sciences play in shaping the future of healthcare. Nursing is no longer confined to traditional patient care; it has evolved into a dynamic discipline integrating evidence-based practice, technological innovation, and interdisciplinary collaboration. The advancement of nursing sciences is pivotal in ensuring high-quality patient outcomes, addressing global health challenges, and elevating the profession to new heights of academic and clinical excellence.*

*One of the fundamental aspects of advancing nursing sciences is reinforcing academic programs to meet contemporary healthcare demands. Our curricula at MTN is integrated with cutting-edge knowledge in the medical field with specific emphasis on research-driven education which will ensure that our students are not only competent practitioners but also contributors to scientific advancements. The role of Advanced Practice Nurses (APNs) has expanded significantly, allowing nurses to provide specialized care, prescribe medications, and contribute to primary healthcare delivery. By supporting policies that enhance the scope of practice for APNs, we can improve healthcare access, especially in underserved and rural areas.*

*I would also like to put forward and conclude that by actively participating in healthcare policy formulation, nurses can advocate for patient-centered care models, resource allocation, and ethical considerations in healthcare. Encouraging nurses to be members of professional organizations and take on decision-making roles will enhance their influence on the healthcare landscape.*

*Dr. Dhara N. Patel  
Dean, Faculty of Medical Sciences,  
Charotar University of Science and Technology (CHARUSAT)*

# 12TH ANNUAL DAY & LAMP LIGHTING CEREMONY HONORING EXCELLENCE AND COMMITMENT



The 12th Annual Day and Lamp Lighting & Oath-Taking Ceremony of MTIN Charusat was a momentous occasion, marking the professional commitment of the 16th batch of B.Sc. Nursing and the 14th batch of GNM students.

Over 200 students took the oath of service, pledging to uphold the values of nursing with dedication and compassion.

The event also celebrated academic and extracurricular excellence, with students receiving awards for their outstanding achievements.

Faculty members were honored for their remarkable contributions to research and academics, reinforcing the institution's commitment to excellence in nursing education.

# COMMUNITY EXTENTION INITIATIVES



## EXHIBITION ON WORLD CANCER DAY CELEBRATION

On February 4, 2025, in observance of World Cancer Day, themed "United by Unique," the 3rd Semester M.Sc. Nursing students specializing in Medical-Surgical Nursing (Cardiothoracic) organized a poster exhibition at DDMM Heart Institute, Nadiad. The exhibition highlighted key topics such as cancer prevalence, its meaning, warning signs, the importance of early diagnosis and prompt treatment, treatment side effects, and notably, the connection between cancer and Cardiovascular diseases.



## EXHIBITION ON INCREASING AWARENESS IN DISEASE PREVENTION

On February 24, 2025, 2nd-year GNM students organized a health exhibition on the theme "Increasing Awareness of Disease Prevention" at Dr. ND Desai Hospital, Nadiad, in the Pediatric Outpatient Department. The event was attended by parents of children at the hospital, hospital staff, students from other nursing schools posted at Dr. ND Desai Hospital, Nadiad, along with their faculty members. The students' efforts were highly appreciated by all attendees.



# ACADEMIC ENDEAVORS

## Expert Lecture on Mental Health Treatment: Exploring Psychopharmacology

On February 1, 2025, P.B.B.Sc. Nursing 3rd semester students at Dr. ND Desai Medical College and Hospital, Nadiad, attended an expert lecture by Dr. Ayushi Patel (MD Psychiatry) on Psychopharmacology: Understanding Medications in Mental Health.

Dr. Patel explained the effects of psychotropic medications on the brain, offering valuable insights to enhance students' understanding and future clinical practice.



## Visit to Prosthetic Department at The Gujarat Cancer & Research Institute, Ahmedabad

On February 1, 2025, second-year, Semester IV B.Sc. Nursing students visited the Prosthetic Department at Gujarat Cancer & Research Institute, Civil Hospital Ahmedabad.

Dr. Deepen Soni, Head of the Prosthetic Unit, conducted an expert session, explaining the preparation of external artificial limbs and organs, enhancing the students' knowledge in this field.

## Visit to Infectious Disease Hospital: Exploring Infectious Disease Management

On February 4, 2025, P.B.B.Sc. Nursing students visited Karelibaug's Infectious Disease Hospital, Vadodra, gaining insights into disease management, medications, and diagnostics. Interactions with Head Nurse Ms. Richa Dabhoiwala and staff deepened their understanding of nursing roles in treatment and prevention, providing valuable practical experience.



## Workshop on Biomedical Waste Management for Staff Nurses

On February 7, 2025, 3rd Semester M.Sc. Nursing students organized a workshop at CHARUSAT Hospital for staff nurses. The session focused on biomedical waste classification, regulations, segregation, infection control, and sustainable disposal methods, including hands-on training, case studies, and role-play demonstrations, successfully enhancing the staff nurses' knowledge and skills in safe and ethical biomedical waste management.



# ACADEMIC ENDEAVORS

## Anganwadi Center Visit: Understanding its Role in Child Development and Nutrition

On February 11, 2025, students visited the Anganwadi Center, guided by Ms. Paravatiben H Baria. Students gained insights into the center's role in child development, mental health, and nutrition. The visit included observing health assessments like height, weight, stunting, and wasting, emphasizing the importance of Anganwadi Center in promoting community well-being.



## Gram Panchayat Visit: Learning About Rural Development and Governance

On February 11, 2025, students met with Mr. Ashokbhai Ranchodbhai Pava, Sarpanch of Changa Grampanchayat, to learn about its structure, functions, and role in rural development.

The visit provided insights into decision-making, government schemes, and Panchayat challenges, enhancing their understanding of local governance.



## Industrial Visit to Water Purification and Sewage Treatment Plants

On February 13, 2025, 3rd Semester P.B.B.Sc. students visited the Water Purification and Sewage Treatment Plants in Kapadvanj.

Guided by Mr. Bhoomiraj and Mr. Vikram, they learned about water purification, distribution, sewage management, and environmental responsibility.





# ACADEMIC ENDEAVORS

**CELEBRATING INNOVATION AND COLLABORATION AT CHARUSAT: CONNECT, CREATE, AND COLLABORATE EVENT A RESOUNDING SUCCESS!**



On February 20, 2025, the Faculty of Medical Sciences at CHARUSAT University hosted the "Connect, Create, and Collaborate" event under the CHARUSAT Startup and Innovation Cell. The event aimed to foster interdisciplinary innovation and collaboration. It attracted over 150 attendees, including students, faculty members, and industry experts.

A total of 31 teams from MTIN, BDIPS, and ARIP participated in the Idea Show and Model Presentation competitions, promoting teamwork and networking. A key highlight was the Connect, Create, Collaborate – Idea Pitching Competition, where a team led by second-year BSc Nursing student Ms. Preyal Patel secured third place. Their project, SNEH (Special Nurses E-system of Home Healing), proposed an innovative healthcare network designed to provide professional, home-based care solutions.

The event successfully showcased CHARUSAT's commitment to advancing technology-driven, patient-centered healthcare innovations, inspiring participants to develop and implement real-world solutions.



## INITIATIVES AT NURSE-LED GERIATRIC CARE CENTRE

### NGCC - CAA MTIN CHAPTER MENTAL HEALTH SCREENING CAMP



On February 24, 2025, NGCC, in collaboration with the CAA MTIN Chapter, Optometry, and Physiotherapy Departments, organized a health camp at Sihol.

Twenty elderly participants were screened for hypertension, diabetes, depression, and cognitive impairment.

Our alumni Ms. Kirti and Ms. Avni provided their expertise along with B.Sc. Nursing Student Ms. Nidhi, the camp promoted multidisciplinary care, enhancing elderly well-being and reinforcing CHARUSAT's commitment to community health.

### NGCC - CAA MTIN CHAPTER DEPRESSION MANAGEMENT PROGRAM

On February 27, 2025, the CAA MTIN Chapter organized a depression management program at NAR Old Age Home, benefiting 25 residents. Alumni Mr. Milind and Mr. Hitesh led activities like progressive muscle relaxation, art therapy, and games, fostering mental well-being. This initiative highlighted the impact of non-pharmacological interventions in enhancing elderly mental health, reinforcing CHARUSAT's commitment to community care.



# Student Reflections!!



## The Care Catalyst: How I Found a Nursing Spark

Growing up as a child, I realized I had an interest in the medical field, fascinated by human anatomy and ensuring patient care is paramount. However, it wasn't until I had my first experience in a hospital as a teenager where I knew I wanted to pursue a career in nursing. Seeing the compassion, patience, and expertise that the nurses displayed towards their patients was inspiring. It was the moment I knew that I wanted to be a part of them. It wasn't an easy journey for me to get to where I am today. My first challenge was to bring my A-game to stand out and gain admission into a reputable nursing school. Initially, the curriculum was rigorous, and the workload was intense. Sometimes, it felt like I was drowning down in studies and college life. There were many sleepless nights, endless clinical rotations, and multiple exams to cover up, which made it a hectic schedule. Another significant challenge that I faced was during my clinical rotation in the emergency room. I had always been an empathetic person, but seeing patients come in with severe injuries was heartbreaking. I often found myself getting emotionally attached to the patients, which would drain me both physically and mentally. With time, I learned how to compartmentalize my feelings and focus on providing excellent patient care. This experience taught me that even though I had to be compassionate, I still have to be objective when dealing with patient care.



*Kavya Patel, 3rd Semester, B.Sc. Nursing Student*

## Triumph of Confidence: Turning Fear into Strength

Studying nursing has been a journey of growth, perseverance, and self-discovery. I was drawn to the profession knowing the countless opportunities it offers worldwide, but I realized that nursing is much more than just career prospects – it is a journey of gaining vast knowledge, developing critical thinking, and building emotional strength. However, my biggest fear was transitioning from textbooks to real-life patient care. I overcame my fear with the guidance of my teachers and the support of my colleagues. My clinical instructors provided unwavering encouragement, patiently demonstrating the procedures and correcting my mistakes. I first observed my peers, studying how they performed procedures. I reminded myself that every skilled nurse once started where I was – uncertain but determined.

Each experience, no matter how small, became a stepping stone toward competence.

The heartfelt support of the patients I came across profoundly shaped my confidence. Their willingness to let us learn was a realization that confidence is built not just through practice but through the generosity and faith of those we serve. Nursing is more than a profession – it is a calling that humbles, strengthens, and instills deep gratitude. It has shaped me in ways nothing else could, fostering resilience, compassion, and an enduring commitment to care.



*Disha Patel, 3rd Semester, B.Sc. Nursing Student*

# ALUMNI CONNECT

## ECHOES OF OUR ALUMNI



**MS. JHANVI DARJI**  
**NCLEX RN**  
**B.Sc. Nursing Batch 2018-2022**

I am Jhanvi Darji, a proud graduate of MTIN, having completed my studies in December 2022. As an alumna, I would like to take a moment to reflect on my journey and share my experiences. Looking back, I am deeply appreciative of the strong foundation in nursing that the program provided. The hands-on clinical training was particularly impactful, equipping me with the confidence and skills necessary to embark on my career as a nurse.

The unwavering support and guidance from the faculty were invaluable, and I continually apply the knowledge and expertise I gained throughout my professional practice. The comprehensive nursing education I received played a crucial role in my NCLEX-RN preparation, empowering me with the confidence and proficiency required for success.

As I advance in my career, I often reflect on how well the program prepared me for real-world challenges. I take great pride in being an alumna of CHARUSAT University (MTIN) and look forward to maintaining a strong connection with the institution in the years to come. I am sincerely grateful for the education and experiences that have significantly contributed to my professional growth.

## CROSS DISCIPLINARY EDUCATION IN NURSING PROFESSION

Cross disciplinary education among nursing profession is a pressing priority in these days. This inter-professional collaborative education model should have adopted during the early days of student's life. Nursing faculties have vital role in shaping the attitude of students towards inter-faculty education system. Furthermore, they must be trained to facilitate such new concepts by adopting new teaching-learning pedagogies like inter professional education where students from multiple health professions learn together to promote collaborative practice and improve patient care, collaborative learning, experiential learning, patient centred care, communication skill learning, learning the various cultures, assessment and reflection. Once the base of inter-field education is set in early student's life, the practical skills should be taught more intensively during the internship.



**DR. SAPNA PATEL,**  
ASSISTANT PROFESSOR,  
MTIN, CHARUSAT

The A cross-disciplinary internship for nursing students offers a unique opportunity to explore and gain real world experience in areas outside conventional nursing practices. These internships typically allow nursing students to collaborate with professionals from other fields like public health, healthcare administration, social work, psychology, or even business and technology. Such experiences can provide a more holistic view of healthcare and broaden a student's understanding of the interconnected nature of different sectors in the healthcare system. To elaborate, the various prospects of cross-disciplinary internship opportunities for nursing students includes Healthcare Administration, Public Health, Ayurveda, Social Work, Pharmaceuticals, Technology and Informatics, Research and Policy and Nutrition. These internships can help nursing students build cross-disciplinary skills, enhance their career prospects, and improve patient outcomes by fostering a broader understanding of healthcare.

## AGEISM AND AGE DISCRIMINATION

Ageism refers to stereotyping, prejudice, or discrimination against individuals or groups based on their age. It can affect people of all ages but is particularly harmful to older adults, leading to social exclusion, workplace discrimination, and inadequate healthcare.

Ageism among nurses and other health care professionals puts older people at risk, negatively impacting older adults' overall health, well-being, and quality of care received. Ageism results in less access to proper medical treatment, increased risks of mortality, poor functional health, and slower recovery times from illness. Negative perceptions about aging can also lead to poor mental health, leading to anxiety, loneliness and depression.

Ageism is reflected in policies, laws, daily interactions, and negative self-belief, for instance, forced retirement, fewer job opportunities, assuming health issues are "normal part of ageing", deducing older people are slow, forgetful and incapable, treating them as children, even older adults isolate themselves from social activities based on negative stereotypes leading to reduced quality of life



**MS. SHALINI JOSHI,**  
ASSISTANT PROFESSOR,  
MTIN, CHARUSAT

Combating ageism is quite crucial, and it can be done in various ways:

- Raising awareness: educating people regarding positive ageing and younger generation about contributions of older adults.
- Intergenerational connections: encourage activities where younger and older generations can interact.
- Standing against stereotypes: focusing on the skills, knowledge and achievements of older adults.
- Advocating for policy changes: laws that protect older adults against discrimination at workplace and healthcare.
- Promoting age inclusive societies: ensuring that older adults are treated with respect, have access to opportunities, and can fully participate in community life.

Such societies eliminate ageism, promote intergenerational connections, and create age-friendly environments where everyone can thrive.

# MTIN CONNECT



*Shaping the future of  
Nursing with Knowledge,  
Compassion, and Innovation.*