



RAM NURSING COLLEGE

Recognized by : Indian Nursing Council & Himachal Pradesh Nurses
Registration Council and Affiliated with Atal Medical and Research University.

Panarsa, Post Office Panarsa, Tehsil Aut, Distt. Mandi, Himachal Pradesh-175121

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Mandatory Hostel Requirements & Guidelines for B.Sc. Nursing - New Admissions

Dear Students and Parents,

Welcome to Ram Nursing College! We are delighted to have you join our esteemed B.Sc. Nursing program. To ensure a smooth transition and comfortable stay in the Hostel, please find below the official list of essential items that all new residents are required to bring upon arrival.

1. Clinical & Academic Essentials

- Clinical Watch (with a second hand - mandatory for pulse/respiration checks).
- Stethoscope & Penlight/Small Torch.
- Pocket diary and pens (Red, Blue, Black).
- Small pocket scissor and measuring tape.
- Clear files and folders for assignments.
- Nail cutter (nails must be kept short and unpolished strictly).

2. Bedding & Room Basics

- Bed linen: 2 sets of bedsheets with matching pillow covers.
- Blanket and quilt (appropriate for local weather).
- Mattress (It is highly recommended to purchase the mattress locally near the campus to avoid travel hassle).
- Lock and keys (for your room).

3. Clothing & Grooming (Strict Adherence Required)

- Sufficient formal and decent casual wear for classes and hostel premises.
- Footwear: 1 pair of white canvas shoes and daily slippers.
- Hair accessories: Black rubber bands, hairnets, and black hairpins (Hair must be tied neatly in a bun during hospital duty and classes).
- Laundry supplies (detergent, washing soap, cloth clips, laundry bag).
- Personal toiletries (soap, shampoo, toothbrush, toothpaste, sanitary items, small mirror).

4. Mess & Daily Utilities

- Basic cutlery: 1 steel plate, 1 bowl, 1 steel glass, 1 mug, spoons.

- Leak-proof water bottle and a Tiffin box.
- Bucket and mug for bathing/washing.

5. Personal First-Aid Kit

- Basic medications for fever, cold, and stomachache.
- Band-aids, cotton, and antiseptic liquid (e.g., Dettol/Savlon).
- ORS packets and pain relief balm/spray.

Important Hostel Guidelines:

- Discipline: Ragging is strictly prohibited on campus and in the hostel. Ram Nursing College has a zero-tolerance policy.
- Timings: Students are expected to maintain strict discipline and adhere strictly to the Girls' Hostel in/out timings.

We advise you to pack light and purchase bulky items from the local markets near the college campus. We look forward to welcoming you to the Ram Nursing College family.

Sincerely,

Principal
 Ram Nursing College
 Principal
 Ram Nursing College
 Panarsa Distt. Mandi (H.P.)