

Credicion

2023 - 2024



BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM



The very first Private Hospital of Quilon



BishopBenzigerHOSPITAL

Beach Road, Kollam - 691001,

Ph: 0474 2757000

Email: bishopbenzigerhealthcare@gmail.com

www.bishopbenzigerhospital.com



HOME CARE

Bishop Benziger Hospital services at your doorstep

24/7 0474-2757000,
9495927700



www.bishopbenzigerayurveda.com



Bishop Benziger Panchakarma
Ayurvedic Centre, Sreyas,
Pannaykkal thuruthu,
Neendakara, Kollam, 691582

24/7 91 8848533001
9605296145

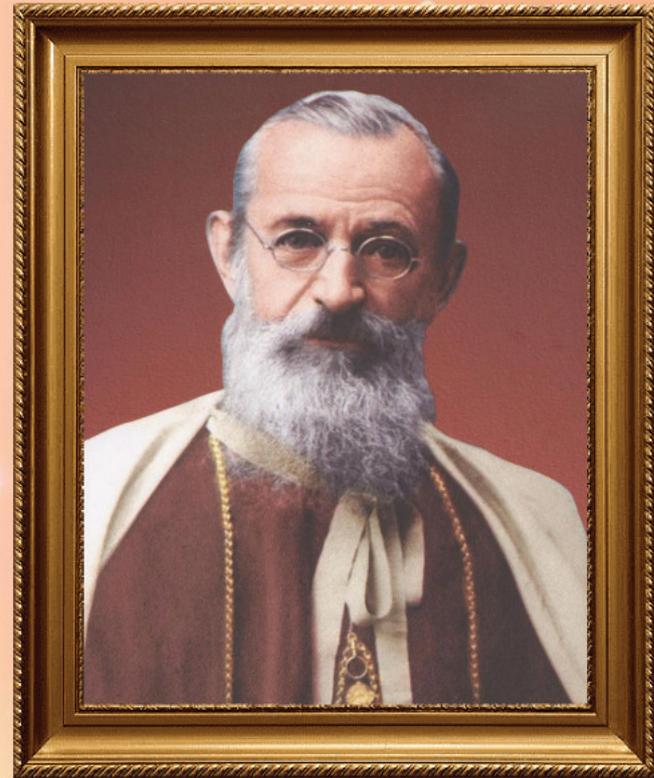


Bishop Benziger College of Nursing, established in 2004 by the Latin Catholic Diocese of Quilon under the able leadership of Most Rev. Dr. Stanley Roman, the then Bishop of Quilon, upholds the motto: "To love is to serve" This institution is one of the well-established colleges in south India which aims at preparing professional nurse graduates who are competent to render quality care to patients in all settings. It is an associate institution attached to Bishop Benziger Hospital, a 600 bedded Super Speciality NABH Safe-I Certified Hospital. The college offers Bachelor Degree and Master Degree Programmes in Nursing and is an approved research centre of Kerala university of health sciences.

Bishop Benziger College of Nursing now proudly stands as first among the Colleges of Nursing under the AMCSFNCK (consortium of 33 Nursing Colleges) and second among 120 Nursing Colleges in Kerala state to receive the remarkable achievement of NAAC re-accreditation with CGPA 2.99 (B⁺ Grade), First institution under KUHS to receive accreditation with A⁺ Grade and 2f status was granted by UGC in 2022.



**Blessings from
Pope Francis**



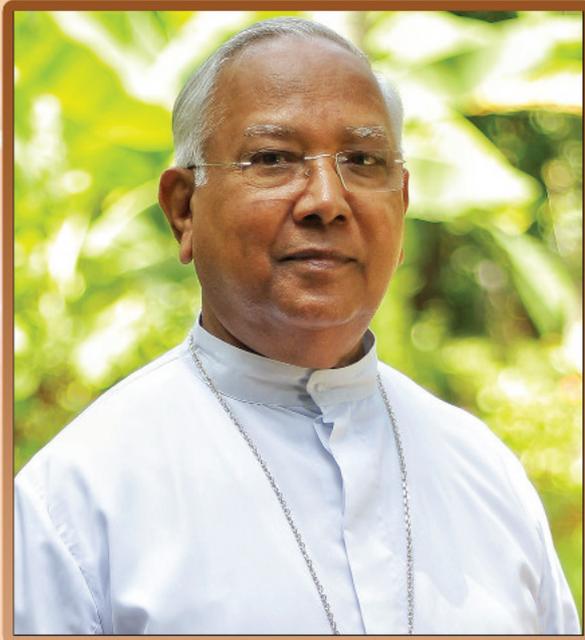
**Remembering
Archbishop Aloysius Maria Benziger**



Most Rev. Dr. Jerome M Fernandez
**FOUNDER OF BISHOP BENZIGER HOSPITAL
AND BENZIGER SCHOOL OF NURSING**



Most Rev. Dr. Paul Antony Mullassery
**OUR PATRON
BISHOP OF QUILON**



Most Rev. Dr. Stanley Roman
(Bishop Emeritus of Quilon)

OUR FOUNDER

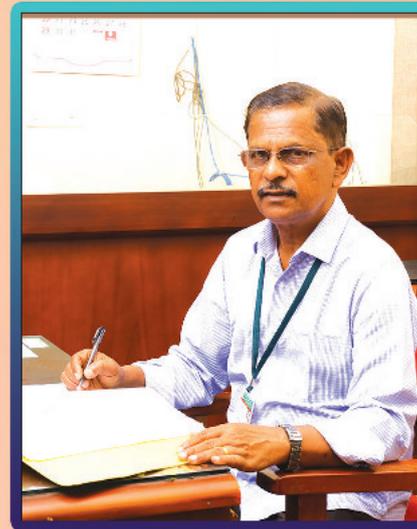


Rev. Dr. Joseph John

OUR MANAGER



PRINCIPAL
Dr. Annal Angeline



ADMINISTRATIVE OFFICER
Mr. D. Solomon



VICE - PRINCIPAL
Prof. Binutha V P



OFFICE SUPERINTENDENT
Mr. Jose Alex Fernandez

DIRECTOR (BBH)



Rev. Fr. John Britto J

ADMINISTRATOR (BBH)



Mr. James T

NURSING SUPERINTENDENT (BBH)



Sr. Cyrla Mary

MAGAZINE COMMITTEE



Mrs. Sindha H Mendez



Mr. Prince Christopher



Mr. Jerin J



Ms. Febina T K

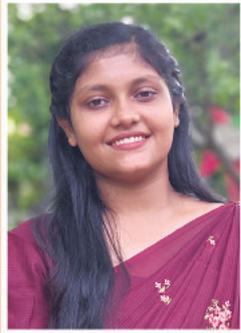


Ms. Abitha C Thomas



Ms. Ashlymol S

COLLEGE UNION AND SNA MEMBERS



Ms. Febina T K



Mr. Josline Christopher



Ms. Megha Bastin



Ms. Ashlymol S



Ms. Abitha C Thomas



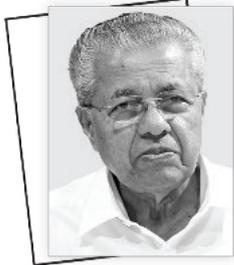
Ms. Vijee J



Mr. Akshay P Martin



Ms. Meha M Saji



Messages

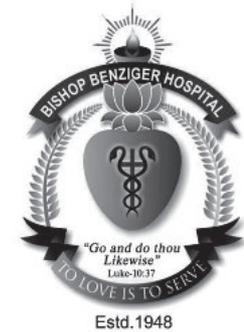
I am glad to note that Bishop Benziger Collge of Nursing, Kollam, is planning to publish a magazine titled 'CREACION' for the current academic year.

I hope that the magazine would provide an excellent opportunity through various genres of writing. I appreciate the student community for taking the responsibility in bringing up this magazine, for expressing their talents.

My best wishes,

A handwritten signature in black ink, which appears to be 'Pinarayi Vijayan'. The signature is fluid and cursive, written on a light-colored background.

Shri. Pinarayi Vijayan
Chief Minister



Messages

My heart is delighted to know that our sister-concern, Bishop Benziger College of Nursing is bringing out its annual the "CREACION 2K23-24". BBCON has secured a rightful pre-eminent position in the Nursing education scenario in the state. On this pleasant occasion, I recall the dedicated and untiring effort of the Principal, faculty and students of the college. I pray that God's blessings be upon you.

Fr. John Britto J

Director

Bishop Benziger Hospital, Kollam.



Messages

Dear Bishop Benziger College of Nursing students,

It gives me immense joy that you are publishing your college magazine, "CREACION 2K23-24". It is a testament to the incredible talent, creativity, and hard work of your students, showcasing the diverse perspectives and dedication within your college community.

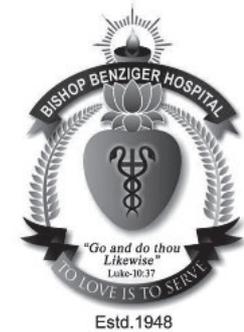
"CREACION " truly captures the spirit of your college. It's a beautiful reminder of the memories, friendships, and learning experiences you share. Remember, dear students, that nursing is a noble calling, a service to God through caring for others. It is a sacrifice, requiring dedication of your time, energy, health, and even family. Your presence and service heal not only the body but also the soul. Always remember this as you fulfill your duties.

May "CREACION" inspire and ignite the creativity of future generations of nurses! We wish you all the very best in your future endeavors and may God bless you abundantly.

With heartfelt congratulations,

A handwritten signature in black ink, appearing to read 'Paul', with a small cross to the left.

Rt. Rev. Dr. Paul Antony Mullassery
Bishop of Quilon



Messages

Benziger College of Nursing has proudly completed two decades of glorious service in providing quality Nursing Education and moulding a skilled army of dedicated nurses to the health mission of the Nation. Benziger College of Nursing has been always in the forefront in the pursuit of excellence. The concerted efforts have yielded results too. The College is now doubly accredited both by NAAC and Kerala University of Health Sciences. Lately, it has been also ranked second at State level in the Kerala Institutional Ranking Frame work. Being a Research Centre, the launch of BIJNEER, an International Reseach Journal in Nursing was a remarkable venture in this academic year as an academic memento of 20th Anniversary Celebration of the Establishment of the College. It is in this context that the publication of "CREACION " the College Magazine of the year gains significance. It is a testament to the creative spirit and collaborative pursuits of the student community. It is not to be branded as merely an extra curricular activity but an integral part of the wholistic formation of the students. Let me offer my heartiest feliciations and pleasant compliments to the creative artists and little literary bards of the BBCON Campus.

A handwritten signature in black ink, appearing to be "Fr. Joseph John". The signature is stylized and written in a cursive-like font.

Dr. Fr. Joseph John
Manager.



Messages

As we celebrate another year of academic excellence and growth, I am immensely proud of the strides our college has made in shaping the future of nursing. Our students, guided by a dedicated faculty, continue to embody the values of compassion, innovation, and professionalism that are the hallmarks of our institution. This magazine reflects the hard work, creativity, and commitment of our entire community. It captures the spirit of our college, a place where knowledge meets empathy, and where every student is prepared to make a meaningful impact in the world of healthcare. I extend my heartfelt gratitude to everyone who has contributed to this publication, and I look forward to the continued success and achievements of our students and faculty thereby elevating the fame of BBCON.

Dr. Sr. Terese Kochuvilayil SIC
Principal



Messages

I extend my heartfelt congratulations to the team in bringing out this issue of our college magazine. This publication would not have been possible without the dedication of our talented students, the unwavering support of our parents, and the tireless effort of our teachers. I am sure that this current issue will as always be an expression of the dreams, hopes, imagination and creativity of our young minds.

Blessings and best wishes to all.

With regards

A handwritten signature in black ink, appearing to be "Binutha V P".

Prof. Binutha V P

Vice-Principal

STUDENT EDITORIAL



“A Place where a group of strangers meet turns out to be a beautiful family at the end”. It’s not just about the textbook and lectures, its about the memories that are always special. Sometime we laugh by remembering the day we cried, and we cry by remembering the day we laughed. It is about the little moments that shape our experience and make college life truly special.

A truly great magazine covers surprises even shocks and connects in a nano second. From a magazine one can get from cover to cover, different memories about life spent throughout the college life.

As you persue through these pages, memories recollect that our college journey is not just a path to get a degree, its remembrance and reminiscence will stay with us long after graduation.

We are glad to publish “CREACION 2K23-24” which opens an avenue for staff and students of Bishop benziger College of Nursing to showcase their talents. It would be astounding if Creacion could create a lasting notion in the minds of readers. We are grateful to God almighty for the endless benedictions He has showered upon us to accomplish this daunting task 'CREACION!' I would like to express my sincere appreciation to the principal, Vice Principal, teaachers and students for their whole hearted involvement and support in publishing CREACION. Joy is a net of Love by which you can catch souls and let this spirit of togetherness guide you through CREACION Let the pages enhance, motive and gather the memories that strengthen you as a reader.

STUDENT EDITORIAL
STUDENT EDITORIAL

STAFF EDITORIAL



Dear reader,
Greetings to you!!

If you want to change the world' pick up your pen and write, said Martin Luther,

I am pleased to present to you 'Creacion-2k23-24' the college magazine of Bishop Benziger college of nursing. This institution has been nurturing young minds of the state for the past 20 years to bring out professional nurses and we believe that "The heart of education is the education of heart". Creacion is a compilation of the immense effort put forward by the invincible Bezigarians and is also a specimen of their creativity. It tries to bind together each and every aspect of our own 'BBCON family'. So many different people, so many different ideas and so many different perspectives, just lead me to think of how diverse we actually are and yet we all find ways to express ourselves in the best way we can. This memoir tells its own story. Further, it talks about our campus with the pride of a mother and takes pleasure in each passing year. This was another splendid year, with our students bringing laurels to their alma mater in all possible spheres. Lastly, this magazine is the immense effort put forward by the Principal, Vice- Principal, the Editorial board, all Teachers and dear Students. Here lies a humble hope that you will enjoy and appreciate it.

Happy reading!

STAFF EDITORIAL STAFF EDITORIAL STAFF EDITORIAL STAFF EDITORIAL STAFF EDITORIAL
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SNA ANNUAL REPORT 2023-24

ACTIVITIES

In the month of August
1/8/2023 to 7/08/2023

World breastfeeding week was observed in a collaborative way by Child health nursing, Community health nursing and Obstetrical and gynecological nursing department supported by SNA unit of BCON. A rally was organized at

Pallithottam community area. A radio talk was also given via radio Benziger based on the theme “enabling breast feeding: making a difference” for women parents by Mrs. Sreeja S; II year M.Sc. Nursing student. Breast feeding awareness programme was also arranged by 4th year students at Bishop Benziger hospital and a health exhibition was conducted at Fatima Matha national college, Kollam. The programme ended with a valedictory function conducted on 7/08/2023.

15/08/2023

BBCON celebrated Independence Day with flag hoisting by Mrs. Lynn Lopez, Principal BBSON. Prof Annal Angeline, Principal BBCON gave a message highlighting the significance of the celebration.

In the month of September

23/08/2023

Onam celebration was organized and conducted with pomp and splendor. The programme was inaugurated by Rev.Dr. Joseph John, Manager, BBCON. Various cultural and sports competitions were held on the occasion. All the programmes reflected the innate talents of the students. It furnished memorable moments to students and teachers.



08/09/2023

College day celebration 'Festin O Beats' 2023 was conducted at college auditorium. The function was inaugurated by chief guest Mr. Al Nadeen Super 4 fame. College union chairperson Ms. Febina TK presided over the function. Various cultural programmes staged by students from all batches added colour to the event.

09/09/2023

BBCON celebrated B.Sc. Nursing student's graduation ceremony (15th batch) at college auditorium. The programme was officially inaugurated by Rev. Dr. Joseph Mar Dionysius, Metropolitan Orthodox church, Bishop of Kollam diocese. The reflection of the experience from graduates was accomplished

by Ms. Granna B Thomas. Dr. Joseph John, Manager, BBCON presented the best faculty performance award to Mrs. Manila Mathews, Asst. Professor, Child health nursing department.

01/12/2023

As a part of world AIDS day celebration, 3rd year nursing students at our college joined in AIDS day rally organized by district AIDS control society. The rally started from Kollam IMA Hall Asramam and the termination point was sports club at Kadappakada. The rally created a positive impact on people as the participants made a strong urge to be away from fatal illness.



22/12/2023

BBCON celebrated Christmas organized jointly by 4th year B.Sc. Nursing students. The Christmas message was delivered by Rev. Dr. Joseph John. Various competitions added beauty to the event.

In the month of January

18/01/2024

A debate competition on the title 'speak for India' was held at TKM arts and science college Kollam and Ms. Liya Saju got qualified for district level competition.

26/01/2024

BBCON observed 20th batch B.Sc. Nursing lamp lighting ceremony at college auditorium. The programme commenced with a procession by the students accompanied by the chief guests. The welcome speech was delivered by Rev. Dr. Joseph John, followed by Presidential address by Rt. Rev. Dr. Paul Antony Mullassery. Mr. Sreenivasan Principal PK Das Institute of medical sciences, Palakkad addressed the novice nurses.

In the month of February

14/02/2024

SNA unit election 2023-24 was held through google form. The new office bearers are:

Chairperson: Ms. Ardra. S

Vice chairperson: Mr. Muhammed Faisal

General Secretary: Ms. Anjana vinod

Joint Secretary: Ms.Liya Saju

Program Chairperson: Ms.Ann Maria Joshy

Unit Treasurer: Mr. Jobin V D

In the month of March

24/03/2024

BBCON observed World TB day in collaboration with district TB centre, Kollam with variety of programs. Awareness rally was also conducted which was really beneficial for the public.

In the month of May

06/05/2024 – 12/05/2024

Nurses' week celebration was inaugurated at our college by Dr. Sr. Therese SIC, Principal, Bbcon. Students participated in sports events conducted at Govt. School of Nursing, Kollam. Arts events were conducted at VHSS, Valathungal, Eravipuram. The programme ended with a validictory function conducted at CSI hall Kollam.

In the month of June

05/06/2024

BBCON observed World environmental day by participating in clean drive campaign organized by the SNA and planting saplings in the campus by students and faculty.

08/06/2024

Unit level SNA arts competition 'KALAGNI 2K24' was held at Bishop Joseph auditorium. BBCON students from various

batches participated and secured prizes. The 4th semester students bagged the overall championship.

14/06/2024

World blood donors' day was observed at BBCON. The students of BBCON donated the blood to Bishop Benziger Hospital blood bank.

22/06/2024

Unit level SNA sports competition was held at Fatima Mata National College. Students from various semesters had participated and secured prizes.



1st Semester B.Sc. Nursing



3rd Semester B.Sc. Nursing



5th Semester B.Sc. Nursing



4th Year B.Sc. Nursing



Outgoing B.Sc.Nursing Batch



2nd Year M.Sc. Nursing



1st Year M.Sc. Nursing





COLLEGE NSS UNIT

KFUNAI EXECUTIVE MEMBERS



College Facilities



FON Lab



OBG Lab



Community Lab



Anatomy Lab



Paediatric Lab



Advance Skill Lab



Nutrition Lab



Library



Examination Hall



Conference Hall



Auditorium



Seminar Hall



Computer Lab



AV Aids Room



Wellness Clinic

DIGNITY

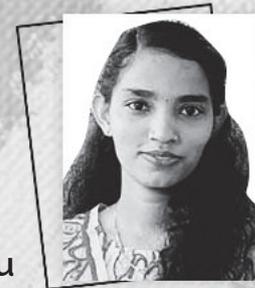
You get dignity,
When you stop thinking wrong,
when you do what you learn right.
You can live dignified,
When you live a lifestyle that,
matches your vision
You get dignity.
When you renounce the “ego of individuality”
and rejoice ups and downs of life.
There is dignity,
when you have good thoughts
in your heart and mind.
you can live dignified .

Lekshmi S Lal
Vth Sem. B.Sc. Nursing

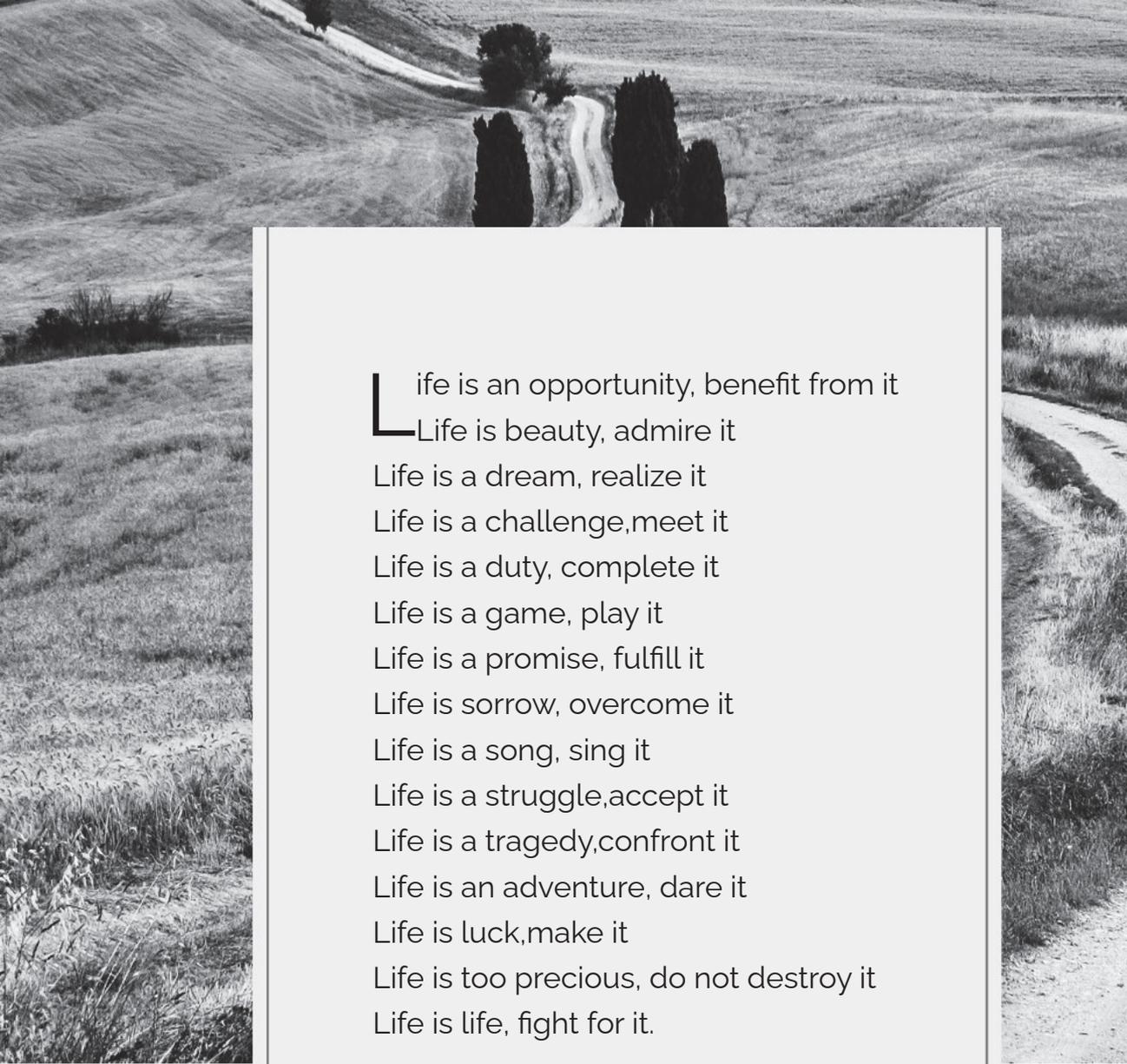


FRIENDSHIP

Friend is a mirror
That is read only by a good friend,
A friend is born, not made
as love among friends are there from birth.
Friendship benefits a lot not financial, but a
guidance to do good.
Friends agree best at a distance
as they are close to one another at heart.
A good friend is a treasure
A bad friend opens the door to hell
Worthful friendship brings victory and success.
It can change the fate.
A friend needs no formal invitation
as they are in our mind.
Friendship cannot stand on one side,
it is balanced.
Many friends in general, one is special
Because a friend is not so soon got lost.



Neva Shaju
IVth Year B.Sc.Nursing



Life is an opportunity, benefit from it
Life is beauty, admire it
Life is a dream, realize it
Life is a challenge, meet it
Life is a duty, complete it
Life is a game, play it
Life is a promise, fulfill it
Life is sorrow, overcome it
Life is a song, sing it
Life is a struggle, accept it
Life is a tragedy, confront it
Life is an adventure, dare it
Life is luck, make it
Life is too precious, do not destroy it
Life is life, fight for it.

LIFE



Sandra Varghese
Vth Sem. B.Sc.Nursing



Alka A S
Vth Sem. B.Sc.Nursing

As the sun begins to set,
And the world slows down its beat,
I pour a cup of golden tea,
And let the warmth envelop me,

The aroma fills the air,
A fragrance so pure and rare,
I close my eyes and take a sip,
And time seems to stand still,

THE TIME TO UNFOLD





LIYA SAJU

1st Sem. B.Sc. Nursing

I AM AN ARMY BRAT

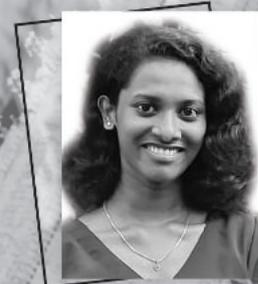
I am an army brat. For my civilian friends, it might sound a bit absurd but Brat stands for Born, Raised and Transferred. As everything else, the life of an Army Brat has its own pros and cons. We have to stay away from our family for days, weeks and even months. But, we have an adventurous and joyous life. We, kids are multi-talented. The sports complex means 'we know almost every sport'. For us shopping is the canteen. For cinemas, we have our own auditorium. Bakers Street might be good, but cannot beat our Army Bakery. We are used to moving every two years that we cannot continue living in same place for long. We have seen and experienced things that kids haven't.

We have done firing, seen the border and have sat in a tank. LockKargill, border and Lakshya are our favorite movies. At last, I want to say that I am proud Army Brat.



Cry

It's making you cry every time you
give your love to me this way
Saying you'd wait for me to stay,
I know it hurts you
But I need to tell you something
My heart just can't be faithful for long
I swear I'll only make you cry
Maybe I'd change for you someday,
But I can't help the way I wish
I was good,wish that I could
Give you my love now....



Tiphilah Elsa Joby
Vth Sem. B.Sc. Nursing

MYTHS ABOUT LEARNING

1. **Studying longer hours always equals better results:** The quality of study time matters more than the quantity.
2. **Multitasking improves productivity:** It leads to poorer understanding and retention of material.
3. **Studying for long periods without break is productive:** It diminishes attention and focus decline over time.
4. **Taking handwritten notes is always superior to printed notes:** Both notes have their benefits and effectiveness depending on individual preference.
5. **Highlighting text is an effective study technique.** Highlighting alone is passive and doesn't necessarily lead to deep understanding.

Remember effective study habits can vary from person to person, so it's essential to find what works best for you through experimentation and reflection.



Ardra S
IVth Year B.Sc. Nursing

APJ ABDUL KALAM QUOTES

- ★ Dream, dream, dream. Dreams transform into thoughts and thoughts result in action.
- ★ It is very easy to defeat someone, but it is very hard to win someone.
- ★ Thinking is the capital, enterprise is the way, hard work is the solution.
- ★ Suffering is the essence of success!!!
- ★ If you want to shine like a sun, first burn like a sun.
- ★ All of us do not have equal talent. But, all of us have an equal opportunity to develop our talents.
- ★ Poetry comes from the highest happiness or the deepest sorrow.
- ★ To succeed in your mission, you must have single-minded devotion to your goal.
- ★ Problems are common, but attitude makes difference!!!
- ★ If you fail, never give up because FAIL means first attempt in learning.
- ★ End is not end, in fact END means effort never dies.
- ★ If you get NO as an answer, remember NO means next opportunity, so let us be positive.
- ★ Man needs difficulties in life because they are necessary to enjoy the success.
- ★ Thinking should become your capital, no matter whatever ups and downs you come across in your life.
- ★ Don't take rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just luck.
- ★ "We are all born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with glow and its goodness.



Ashlymol S
Vth Sem. B.Sc. Nursing

'O' WONDER

How wonder this whole world
What to call and how to describe.
What a charming beauty
How God created this whole word

Nature 'O' beauty
Love of life.
Please forgive the human
For this excruciating pain given to you

By killing the glimpse of beauty
Man found their happiness.
'O' beauty, our Goddess
How you overcome the pain.

Nileen Maria Abraham
IVth Year B.Sc. Nursing



NURSING MNEMONICS AND TIPS

1. Administering Medication checklist-“TRAMP”

T-Time
R-Route
A-Amount(dose)
M-Medication
P-Patient

2. Bradycardia and Hypotension Medical Management-“IDEA”

I- Isoproterenol
D -Dopamine
E- Epinephrine
A- Atropine

3. Serious complications of Oral Birth Control Pills-“SEA CASH”

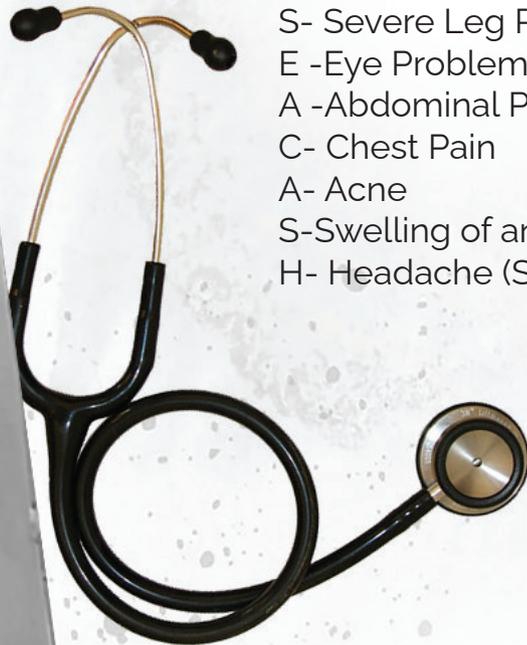
S- Severe Leg Pain
E -Eye Problems
A -Abdominal Problems
C- Chest Pain
A- Acne
S-Swelling of ankles and feet
H- Headache (Severe)

4. Ventricular Arrhythmias-“PALS”

P-Procaïnamide
A- Amiodarone
L- Lidocaine
S- Sotalol

5. Parkinson's Medication-“ALI LOVES BOXING MATCHES”

A-Amantadine
L-Levodopa
B-Bromocriptine
M-Mao Inhibitors



6.EMERGENCY DRUGS- TO “LEAN “ ON

L-Lidocaine HCL

E-Epinephrine

A-Atropine Sulphate

N-Naloxone

7. Atrial Fibrillation Management-“ABCDE”

A-Anticoagulant

B-Beta Blockers

C-Calcium Channel Blockers

D-Digoxine

E-Electrocardioversion

8. Emergency Trauma Assessment-“ABCDEFGHI”

PRIMARY SURVEY

A-Airway

B-Breathing

C-Circulation

SECONDARY SURVEY

D-Disability

E-Expose and Examine

F-Full Set of Vital Signs

G-Give Comfort Measures

H-History and Head To Toe Assessment

I-Inspect Posterior Surface



Ria Thankam John
IVth Year B.Sc. Nursing



Josmi J
Vth Sem. B.Sc. Nursing

Words of Love

We come from darkness and go into darkness
But our life is colourful on this earth
But there are people who live in darkness
Right from the time of their birth

They are deprived of light
The light of kindness, love and care
Life for them is a terrible plight
Darkness surrounds them everywhere

Every man is born with an untold wealth
Preserved in his heart
He must find out that enormous wealth
And give it away

Two words, love and consolation
And some help that you can give
Can bring many changes in them
With comfort and joy and make them love

TEACHING FACULTY



NON - TEACHING STAFF





Lamplighting Ceremony- 2024









National Service Scheme

Bishop Benziger College of Nursing,
Kerala University of Health Sciences
(Unit No: NSS/FU/KLM/KUHS/5)

“ഉണർവ്വ് 2K24”

NSS സ്വദേശി ക്യാമ്പ് 2023 - 2024
07/03/2024 – 13/03/2024

NSS CAMP THEME: “മാതൃത്വം ഉന്നത നാഗര്യം അമ്മി മൃഗങ്ങൾക്കുൾ”



**NSS CAMP
2024**



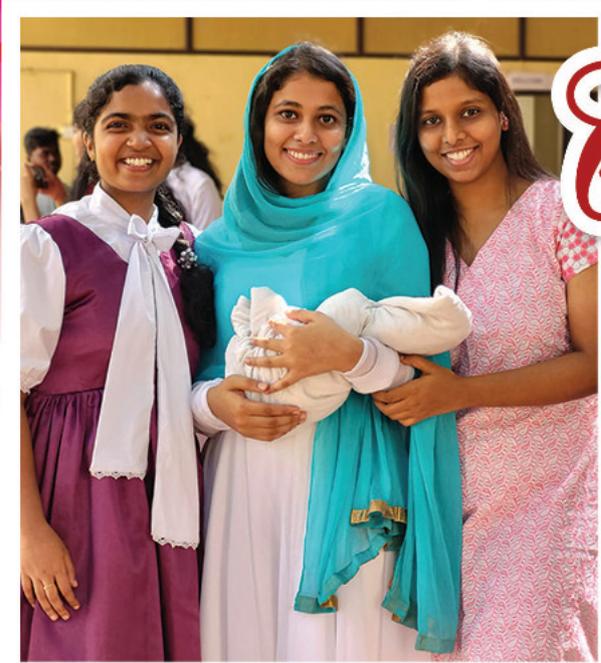
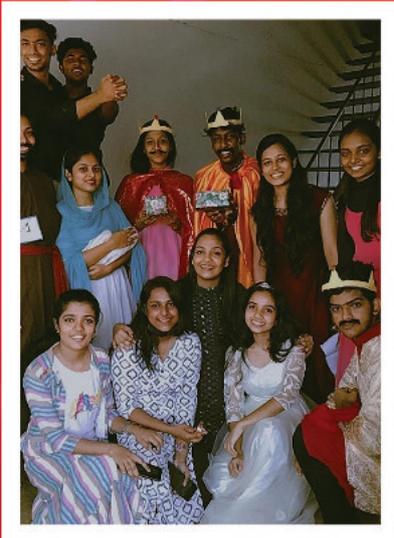


FESTIVN O' BEATS 2K23



SNA Activities





Celebrations



MOTIVATIONAL QUOTES

1. The best way to predict the future is to create it -**Abraham Lincoln**
2. You are never too old to set another goal or to dream a new dream -**C.S.Lewis**
3. Live as you were to die tomorrow.Learn as if you were to live forever -**Mahatma Gandhi**
4. Learning is not a spectator sport -**D.Blocher**
5. There is no substitute for hard work -**Thomas Edison**
- 6.Do the difficult things while they are easy and do the great things while they are small.
A journey of a thousand miles begins with a single step -**Lao Tzu**
7. Today a reader. Tomorrow a leader -**Margaret Fuller**
8. Learning is like rowing upstream. Not to advance is to drop back -**chinese proverb**
9. The secret of getting ahead is getting started-**Mark Twain**
10. If you can dream it, you can do it -**Walt Disney**
11. By failing to prepare you are preparing to fail -**Benjamin Franklin**
- 12.Language is "the infinite use of finite means" -**Wilhelm Won Humboldt**
13. Ever tried. Ever failed. No matter. Try again.
Fail again. Fail better -**Samuel Beckett**
14. It dosent matter how slowly you go as long
as you do not stop -**Confucius**
- 15.Tell me and I forget. Teach me and I remember.
Involve me and I learn -**Benjamin Franklin**



Aleena Jose
IIIrd Sem. B.Sc. Nursing



Betsy K Jaymis
Associate Professor

Positive Parenting Skills

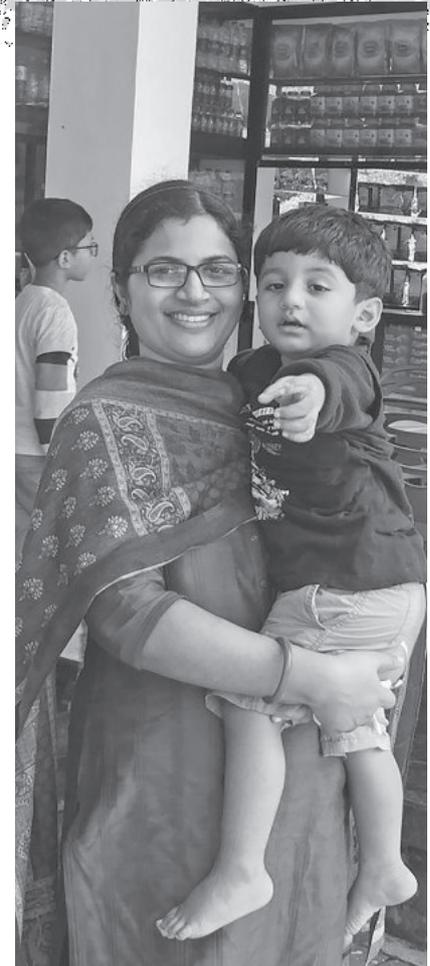
NURTURE YOUR CHILD

1. **Follow the Golden Ratio of 5:1** : Say five positive things before you say one negative thing to your child. Do not nag or say harsh things that may hurt your child's self-esteem.
2. **Embrace Your Child's Uniqueness** : Every child is unique. By embracing 'who they are', you instil a sense of self-worth and confidence in your child.
3. **Your Child Is Not a Social Trophy** : Parents tend to show-off their child's academic or co-curricular achievements before family and friends. Do not do this. It is harmful as your child will feel overburdened with expectations.
4. **Make Your Child Feel Secure** : Your stress has an adverse long-term effect on your child. Manage financial and emotional stress in your life effectively. Remember, children with a strong sense of security perform better in school and have a healthier adulthood.
5. **Never Say "NO" to Spending Time** : Your children want to share their lives with you, so spend quality time with them. Ask them about their day, converse together as a family.
6. **Punishment is not Discipline** : Abstain from physical violence and verbal abuse in all circumstances. If children are scolded more, they tend to internalise that they are 'bad' and keep repeating bad behaviour. Instead, discipline the child by reducing TV time, cancelling a treat or an outing for a short period.
7. **Find the Reason behind Negative Behaviour** : Look for the emotion beneath your child's negative behaviour. It could be anger, sadness or low self-esteem. Some negative behaviour may be a symptom of a graver problem. Don't hesitate to seek professional advice.

8. **Respect Children** : Learn from your behaviour, so please treat everyone with respect. Encourage them to say 'Please', 'Sorry' and 'Thank you'.
9. **Teamwork** : Let your children share responsibilities around the house to learn teamwork, cooperation and hard work.
10. **Thoughtfulness** : When children are taught to be mindful of other people's needs, they are helpful, kind and less self-centred, leading happy, fulfilled lives.
11. **Value of Money** : Teach children the value of money from an early age to make effective financial decisions in their lives. Be open with them about what they can/cannot afford. Encourage saving from an early age.
12. **Instil Social Skills** : Teach children to listen, respect other's perspectives and feelings, to accept differences; cooperate, manage their negative emotions, share and give feedback, avoid conflicts and resolve them.
13. **Positive Regard for School and Education** : Discuss the importance of education with your children. Always show a regard towards their school, its administrators and teachers.
14. **Communicate Effectively** : Always keep an open line of communication with your children. They should be able to talk to you comfortably about everything and no topic should be a taboo.
15. **Share Emotions** : Encourage your children to share their emotions with you, such as joy, sorrow, anger,

frustration, or feelings about the opposite sex.

16. **Individuality and Bonding** : Value their friends and respect their privacy friends are a unique support system throughout life. You must get to know your child's friends and encourage them to visit your child at home. However, you must also respect your child's privacy.
17. **Be a Friend but with Boundaries**: Be a friend, but with boundaries, as you want to be friends with your child; but as a parent your child's well-being is your primary responsibility. Maintain honesty, respect and trust to help you become a good parent.



CHOOSING TO BE OPTIONATED

A thing or two I have learnt about people, insecurities and self- worth so far:

- i. Some people are just the way they are You can't change them, bend them or trust them. But they will try to change you, bend you and trust you. Neither of you will change, and that is your super power.
- ii. It might seem like being good hearted gets you now here, but trust me, it does. You might not see it right away, but some day you will.
- iii. They are the way, they are for a reason. They let it define themselves. You don't, that's what makes you different.
- iv. You will feel worthless at the hands of the people who have no worth. Don't hold yourself back from feeling the way you do.
- v. But after you have felt worthless enough, understand that if someone has so much power over you, you must snatch it away from them. Don't shy away from battles that give you what you rightfully deserve.
- vi. You know your own worth by now, a younger version of you would be prodder than you think. Give yourself credit for it. How far you have come along, how far you still have to go.
- vii. You are meant to go down in history books, and you don't let anyone take that away from you, that is your greatest strength.



Liya Saju

1st Sem. B.Sc. Nursing

MEMORIES

"Every man's memory is his private literature" -Aldous Huxley

Memory is a tricky, nuanced, bittersweet thing. Bittersweet in the sense that it is both a blessing and a curse. I often wonder about which would be worse; the reminder of a bad memory or the death of a good one. It serves as a portal to a place and a time in your life that no longer exists. All you can do is close your eyes and go back to the place, or the person reminiscing about what once was.

I wonder how many people have had no idea that what they are experiencing now, will someday turn into mere memories and nothing more. Places and sights you see turn into flashes of light; people turn into moments. The ache to feel the same again is so gut wrenching. The realization that it will never be the same again even more so.

Nothing in your life is permanent. You owe it to yourself to create good memories that last a lifetime with the people you love. Because in the end, that is all that matters. Memories.



Alvia Rose Babu
1st Sem. B.Sc. Nursing



Prof. Sheeja S
HOD
Community Health Nursing Dept.

Good
FOOD

Good
LIFE

Introduction

Food is more than just sustenance; it's a way to nourish our bodies, connect with others, and find joy. In today's fast-paced world, it's easy to get caught up with fast foods and unhealthy habits. But good food can transform our life

The Benefits of Good Food

Boosts Energy: Foods like fruits, vegetables, and whole grains provide sustained energy.

Supports Mental Health: Omega-3-fatty acid foods like salmon and walnuts promote mental well-being.

Strengthens Immune System: Leafy greens and citrus fruits contain vitamins and antioxidants which strengthens our immune system.

Fosters Connection: Sharing meals with loved ones strengthens relationships.

Improves Sleep: A balanced diet regulates sleep patterns.

Practical Tips for Good Food:

Start Small: Replace one unhealthy habit with a healthy choice each week.

Meal Preparation: Plan and prepare healthy meals in advance.

Explore New: Try seasonal fruits and vegetables.

Cook with Love: Share cooking responsibilities with family and friends.

Mindful Eating: Savor each bite, and enjoy the experience.



Quick and Easy Meal Ideas

1. **Overnight Oats:** Mix rolled oats, milk, and toppings, refrigerate overnight.
2. **Salad Jars:** Layer greens, veggies, proteins, and dressings in a jar.
3. **One-Pot Wonders:** Whip up hearty soups, stews, or stir-fries in under 30 minutes.
4. **Avocado Toast:** Toast whole grain bread, mash avocado, add eggs or tomatoes.
5. **Slow Cooker Meals:** Prepare in the morning, and enjoy a hot meal after work.

Healthy Grocery Staples:

1. Fresh Fruits and Veggies
2. Whole Grains
3. Lean Proteins (chicken, beans,)
4. Nuts and Seeds

Good Cooking

Good cooking is an art that requires skill, patience, and practice. Whether you're a beginner or an experienced cook, mastering the fundamentals of cooking can elevate your culinary skills and transform your meals.

Essential Cooking Techniques:

1. **Knife Skills:** Chopping, slicing, and precisely dicing ingredients.
2. **Cooking Methods:** Grilling, roasting, sautéing, steaming, and braising.
3. **Stock and Sauces:** Building flavour foundations.
4. **Meal Planning:** Organizing and preparing meals in advance.

Cooking Tips and Tricks:

1. Use Fresh Ingredients: Seasonal products and quality proteins.

2. Don't Overcomplicate: Simple recipes can be just as delicious and healthy.
3. Taste and Adjust: Balance flavours and seasonings.
4. Experiment and Innovate: Try new ingredients and techniques.

Healthy Cooking Habits:

1. **Nutritious Ingredients:** Whole grains, lean proteins, and plenty of fruits and vegetables.
2. **Mindful Portioning:** Control serving sizes.
3. **Food Safety:** Handle and store food properly.

Conclusion:

Good food for busy lives is possible. With these quick, easy, and nutritious meal ideas, meal preparation tips, and healthy grocery staples, will fuel your body and maintain your energy levels even on the most hectic days. Good food has the power to transform your life. By incorporating wholesome eating habits into your daily routine, you'll experience increased energy, improved mental health, and stronger connections with others. Start your journey to good food and, a good life today! Good cooking is within reach, regardless of skill level or experience. By mastering essential techniques, embracing simple recipes, and incorporating healthy habits, you'll create delicious and nutritious meals.

Expert Insights:

"Good food is not just about nutrition; it's about connection, community, and pleasure." - Michael Pollan
"Simple, whole foods are the foundation of a busy person's diet." - Chef, Mark Bittman
"Eating well is the foundation of a happy, healthy life." - Jamie Oliver

Three main reasons for our fall



LIYA SAJU
1st Sem. B.Sc. Nursing

Life is a joy ride, full of ups and downs. Sometimes it is smooth and suddenly a sharp turn comes where people start thinking that why have things turned upside down? It is said that tough times do not last but tough people do. Almost every person tries to find answers to life's queries.

PRIDE: It is the first sin according to the events recorded in holy bible. Lucifer was the most beautiful, magnificent and powerful angel who was in charge of a great legion of angels. But he got filled with pride and compared himself to God of which he was thrown down from Heaven.

DIS-OBEDIENCE: It was the second sin committed on earth. Adam and Eve, the first man and woman on earth disobeyed God when they ate the fruit forbidden by the God himself. God send them out of the Garden of Eden for their sin.

ENVY: It was the third sin. Caine and Abel were the children of Adam and Eve. Caine envied his young brother Abel because God accepted Abel's sacrifice but not his. Out of jealousy, Caine killed his brother for which he was punished by God with the curse. Even in today's era, these sin persist which became the main cause for a person's downfall. A person should have control over his thoughts and should watch his actions so that he does not take any wrong step which can lead to his sudden downfall in his graph of increasing growth. One should believe in himself and remember that there is always a second chance for us to improve. Just be vigilant and grab that chance which will bring victory deep within onself.





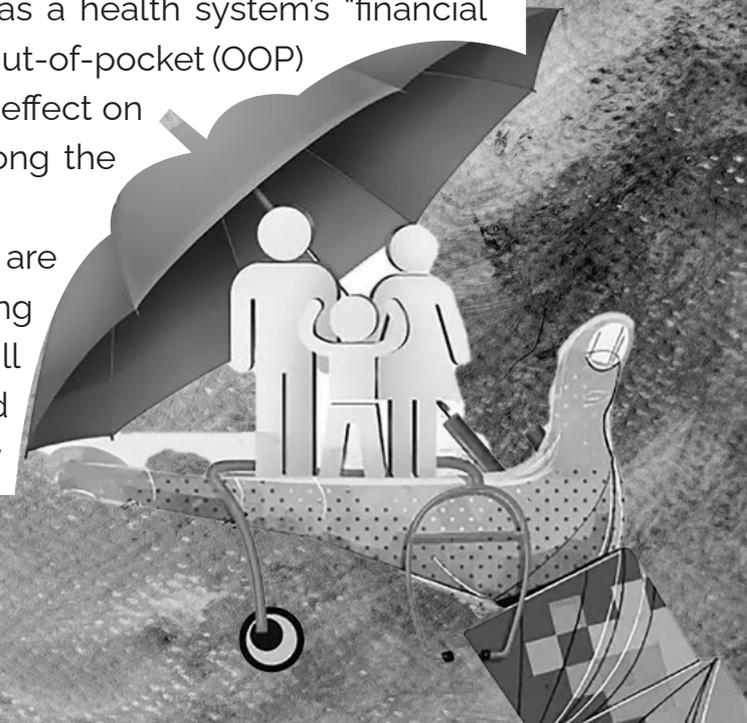
Mr. Prince Christopher
Lecturer

Out of pocket expenditure becoming catastrophic health spending leading to impoverishment of households

Out of pocket Expenditure?

The fundamental goal of a healthcare system is to ensure that people have access to high-quality care. At the same time, the system should protect households from incurring healthcare expenditures that are high enough in relation to incomes that they adversely affect households' economic well-being. This is often referred to as a health system's "financial protection" goal. In many low- and middle-income countries, out-of-pocket (OOP) expenditure is the biggest source of healthcare financing. Its effect on household economic status can be severe, particularly among the poor.

Out-of-Pocket Expenditures on Healthcare (OOPE) are payments made by an individual at the point of receiving healthcare services or goods. For example, if an individual falls ill and visits a doctor's clinic, he/she pays for consultation fee and for other services (injection, wound dressing etc.) provided by



the doctor at the clinic. Similarly, he/she also pays separately for medicines at pharmacy, diagnostic tests (X-ray, Blood test etc.) at the laboratory. All these payments made at point of receiving a health service are considered as OOPE. OOPE is usually incurred when an individual's visit to healthcare provider (clinic/ hospital/ pharmacy/ laboratory etc.) is not provided for 'free' through a Government health facility or a facility run by a not-forprofit organization or if this individual is not covered under a Government/ private health insurance or social protection scheme.

According to the Sustainable Development Goals (SDG) National Indicator Framework Progress Report 2023, a total of 31 million people living in families spend more than a quarter of their household expenditure on healthcare. The report indicated that the proportion of households spending between 10-25% of their expenditure on healthcare has shot up between 2017-18 and 2022-23.

Among several states, the maximum proportion of healthcare spending has been recorded in Kerala in 2022-23, with around 16% household spent over 10% of their expenditure and 6% of them spent over 25%. Other states that reported such significant increase in healthcare expenditure include Maharashtra, Karnataka, Uttar Pradesh, Odisha and Telangana. According to NITI Aayog's June 2021 report, nearly 400 million Indians (30% of the population) lack any financial protection for health which leads to high out-of-pocket expenditure. The report also estimated that the actual number is likely to be higher due to uncovered population as a result of the existing coverage gaps in the PMJAY scheme. (PradhanMantri Jan ArogyaYojana, also known as Ayushman Bharat or Modicare, is a health insurance scheme that provides financial protection for secondary and tertiary care to economically vulnerable families in India.)

How does OOPE impact households?

OOPE are a burden to all households as they are incurred during a health event when the household

is already in distress. The impact of OOPE is much higher when the household income is low or the OOPE incurred is huge especially in events of inpatient care or critical illnesses. OOPE especially among low income households reduces their spending on other essential and basic needs such as food, shelter, clothing, education etc. It also forces households to borrow or loan money from friends/ relatives/ money lenders, which further pushes the household into debt. Household's OOPE usually higher than than 10% of total household consumption expenditure is catastrophic and it might push the household below the poverty line leading to impoverishment. Healthcare expenditure of around 90 million Indians has crossed the 'catastrophic' levels.

How can we reduce OOPE?

India's National Health Policy 2017 envisages significant reduction in OOPE leading to decrease in proportion of households facing catastrophic health expenditure from the current levels by 25%, by 2025. To reduce OOPE, it is very important that Governments consider OOPE as an important indicator of performance of their health system. Governments have to realize that as necessary it is to provide quality health services, medicines and

diagnostics, it is also important to provide all these services for 'free' at point of service. 'Free' care at point of service should be provided to the vulnerable and low income households if not to the entire population. Other ways to reduce OOPE is to

- 1) Regulate the health sector to provide quality services at affordable cost.
- 2) Provide comprehensive health insurance coverage to the vulnerable and poor population groups without any premiums/contribution made by them and to the middle and high income groups at an affordable premium/contribution according to their ability to pay.

Out of total seventeen Sustainable Development Goals, the third goal aims at providing universal health coverage along with protection from catastrophic spending. This objective can be achieved by securing access to quality healthcare along with safe, affordable vaccines and medicines for everyone.



Mr. Jerin J
Asst. Professor

Artificial Intelligence

Artificial Intelligence (AI) refers to the capability of a computer system or a machine to perform tasks that typically require human intelligence. These tasks include learning, reasoning, problem-solving, perception, and language understanding. Artificial Intelligence (AI) has become an integral part of our daily lives, influencing various aspects such as how we live, work, and interact. From enhancing convenience to raising ethical concerns, AI's impact is profound and multifaceted.

The Effect of AI on Human Life **Enhancing Daily Convenience**

AI technologies have significantly improved the convenience of everyday tasks. Digital assistants like Siri and Alexa help manage schedules, control smart home devices, and provide quick answers to queries. Navigation apps use AI to provide real-time traffic updates and optimal routes, saving time and reducing stress.

Revolutionizing Healthcare

In healthcare, AI is transforming diagnostics and treatment. Machine learning algorithms analyze medical data to detect diseases early and suggest personalized treatment plans. AI-powered robots assist in surgeries, improving precision and outcomes. Additionally, AI-driven health monitoring devices help manage chronic conditions by providing real-time data to patients and doctors.

Advancing Education

AI is also reshaping education by offering personalized learning experiences. Adaptive learning platforms adjust content based on individual student performance, ensuring a tailored educational journey. AI tutors provide additional support, helping students grasp complex concepts at their own pace.

Enhancing Security

Security systems have become more robust with AI. Facial recognition technology enhances security in public spaces and personal devices. AI algorithms analyze patterns to detect and prevent cyber threats, safeguarding sensitive information.

The Side Effects of Artificial Intelligence

Artificial Intelligence (AI) has revolutionized many aspects of our lives, offering numerous benefits. However, it also comes with potential side effects that need careful consideration. Some of the most significant side effects of AI, are

Job Displacement

One of the most immediate concerns is the displacement of jobs due to automation. AI systems can perform tasks traditionally done by humans, leading to job losses in various sectors. While AI can create new job opportunities, the transition can be challenging for those whose skills become obsolete.

Privacy Violations:

AI technologies often rely on vast amounts of data, raising significant privacy concerns. Personal data collected by AI systems can be misused or inadequately protected, leading to breaches of privacy. This is particularly concerning with AI applications in surveillance and data analytics.

Algorithmic Bias

AI systems can inadvertently perpetuate and even amplify existing biases present in their training data.

This can result in unfair treatment of individuals based on race, gender, or other characteristics. For example, biased AI algorithms in hiring processes or law enforcement can lead to discriminatory outcomes

Deepfakes and Misinformation

AI can be used to create deepfakes—highly realistic but fake images, videos, or audio recordings. These can be used to spread misinformation, manipulate public opinion, or damage reputations. The rise of deepfakes poses a significant challenge to the integrity of information.

Security Threats

AI can be exploited by malicious actors to enhance cyberattacks. AI-driven tools can create sophisticated phishing schemes, generate fake identities, and even automate hacking attempts. This increases the complexity and frequency of cyber threats.

Socio-economic Inequality

The benefits of AI are not evenly distributed, potentially exacerbating socioeconomic inequalities. Those with access to AI technologies can gain significant advantages,

while others may be left behind. This digital divide can widen existing gaps between different socioeconomic groups.

Ethical Concerns

The development and deployment of AI raise numerous ethical questions. Issues such as the lack of transparency in AI decision-making processes, the potential for AI to be used in autonomous weapons, and the moral implications of creating highly intelligent systems are all areas of concern. AI systems can inadvertently perpetuate biases present in training data, leading to unfair outcomes. Moreover, the automation of jobs raises concerns about the future of work and the need for reskilling the workforce

Conclusion

While AI offers tremendous potential, it is crucial to address its side effects to ensure that its benefits are realized responsibly and equitably. Policymakers, developers, and society at large must work together to mitigate these risks and harness AI's power for the greater good.

വന്നു പുണ്യരൂ എൻ വസന്തമേ.....

വസന്തകാലത്തിനായി കാത്തിരിക്കുന്ന പനിനീർ പുഷ്പം പോലെ നാളെയുടെ പരിപാവനതയ്ക്കായ് കാതോർത്തിരിക്കുന്ന ഇതളുകൾ പോലെ ഒരു സ്പർശനത്തിനായി കൊതിക്കുന്നു എന്റെ ഹൃദയം. കാത്തിരിപ്പിന് വിരാമം കുറിക്കുവാനായി വസന്തകാലം ഓർത്ത് വിതുമ്പി നിൽക്കുകയാണ് ഞാൻ..... നീയെന്റെ ഹൃദയം കവർന്നെടുത്തത് എങ്ങനെയെന്ന് ഞാൻ പോലും ഭരിഞ്ഞിരുന്നില്ല. നീയെന്ന വസന്തകാലത്തിനായി ഞാൻ കാത്തിരിക്കുകയാണെന്ന്. ഒരു കൂടക്കീഴിൽ കൈകൾ കോർത്ത്, തോളോട് ചേർന്ന്, പ്രകൃതി നമുക്കായി കാത്തുവെച്ച വിസ്മയങ്ങൾ നുകരാനായി, സുവർണ്ണ നിമിഷങ്ങൾ പങ്കുവയ്ക്കു വാനായി, സൂര്യപ്രഭയുടെ ചുംബനമേൽക്കുവാനായി വിതുമ്പി നിൽക്കുകയാണ് ഞാൻ. ഭൂരെയും ഭയപ്പെടാതെ തന്റെ പ്രാണനുമായി ഒത്തൊരുമിച്ച് മായാജാലങ്ങളുടെ ലോകം കെട്ടിപ്പടുക്കുവാൻ കാത്തിരിക്കുകയാണ്.

ഞാൻ കണ്ട വസന്തകാലങ്ങളിൽ വച്ച് ഏറ്റവും മനോഹരമായതും എന്നെ ഭ്രമകരപ്പിച്ചതും എനിക്ക് വിരിയാൻ പാകമായതുമായ ആ വസന്തകാലം നീയായിരുന്നു. ഞാൻ പൂർണ്ണമാകുവാൻ കാരണവും നീയാണ്. ഞാനും നീയും ഒന്നാകുവാൻ ഈ വേനലിൽ നീ എന്ന വസന്തകാലത്തിനായി ഞാൻ കാത്തിരിക്കുന്നു.

Meha M Saji
Vth Sem. B.Sc. Nursing

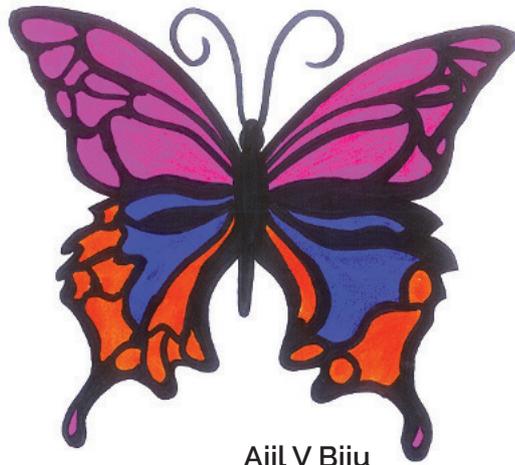


നിനക്കായി ഈ ജന്മം

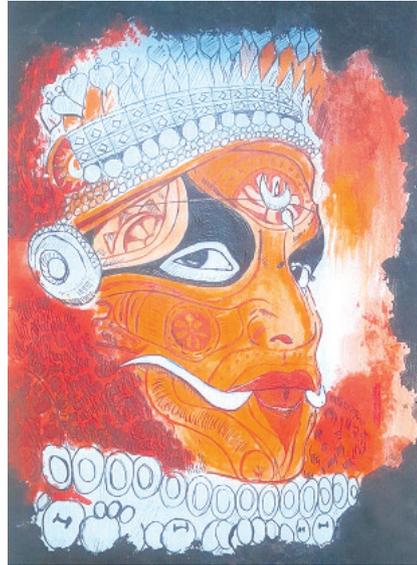
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Karmela Stephen
IVth Sem. B.Sc. Nursing

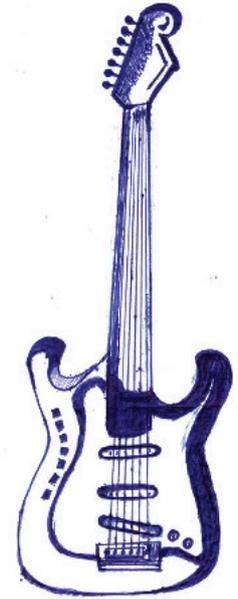


Ajil V Biju
IIIrd Sem. B.Sc. Nursing

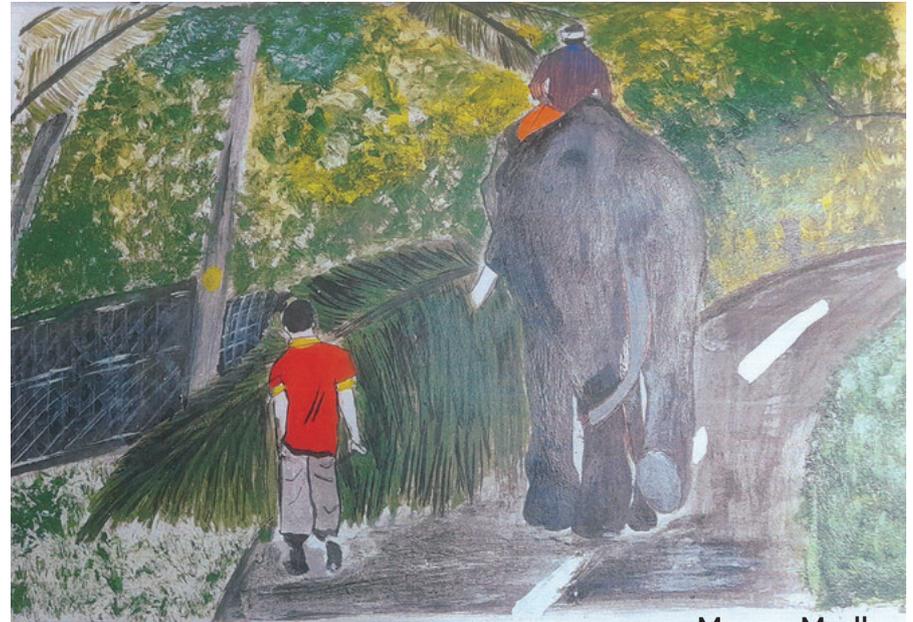


Meenu
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Lavanya Sebastian
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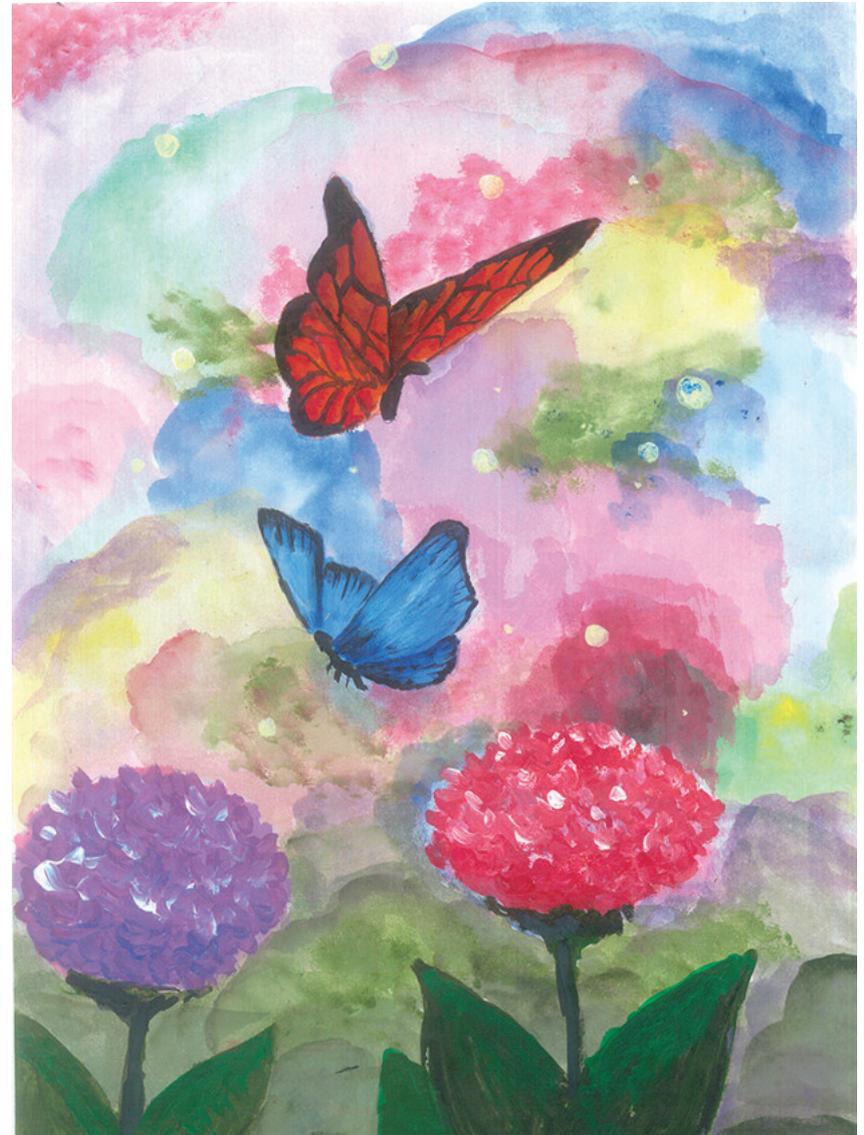


Ajil V Biju
IIIrd Sem. B.Sc. Nursing

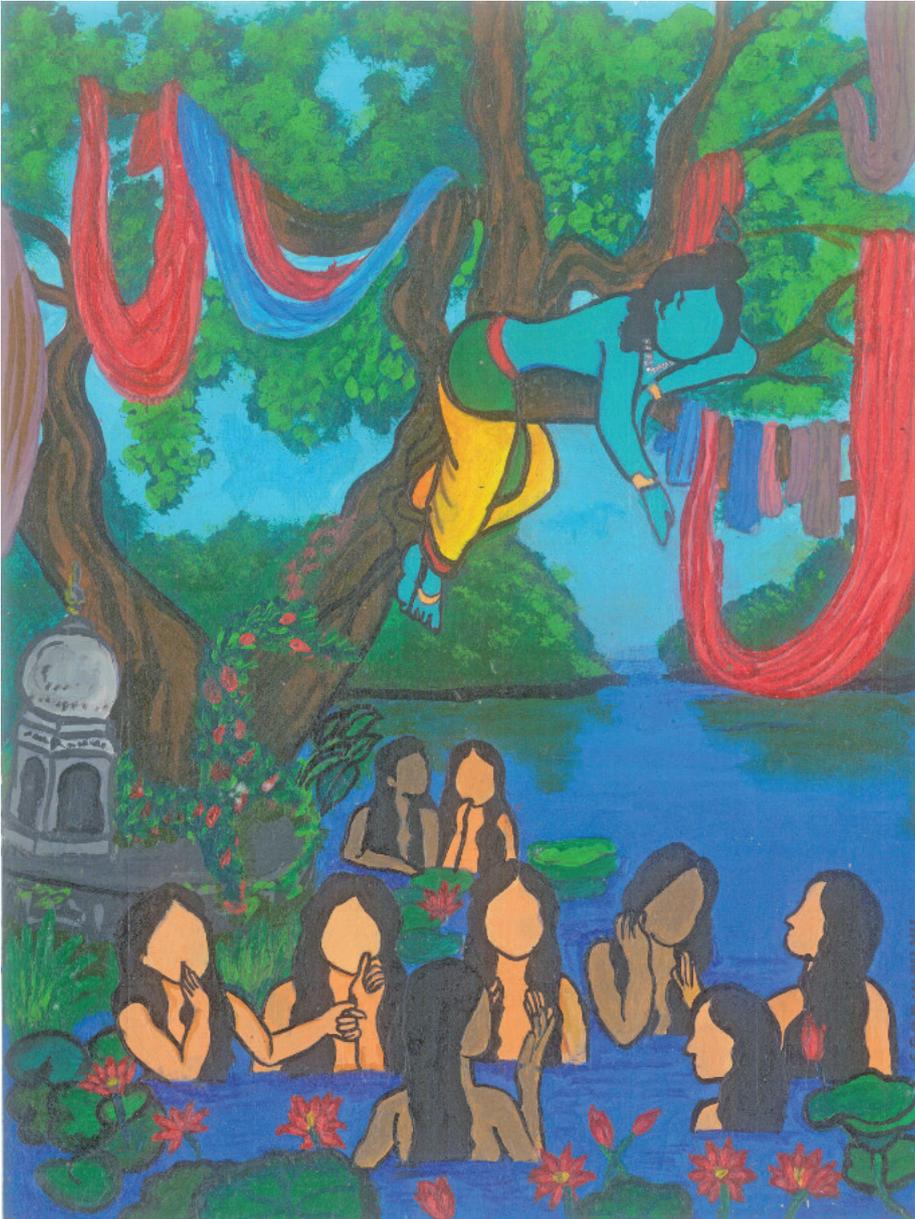


Meenu Madhu
Vth Sem. B.Sc. Nursing

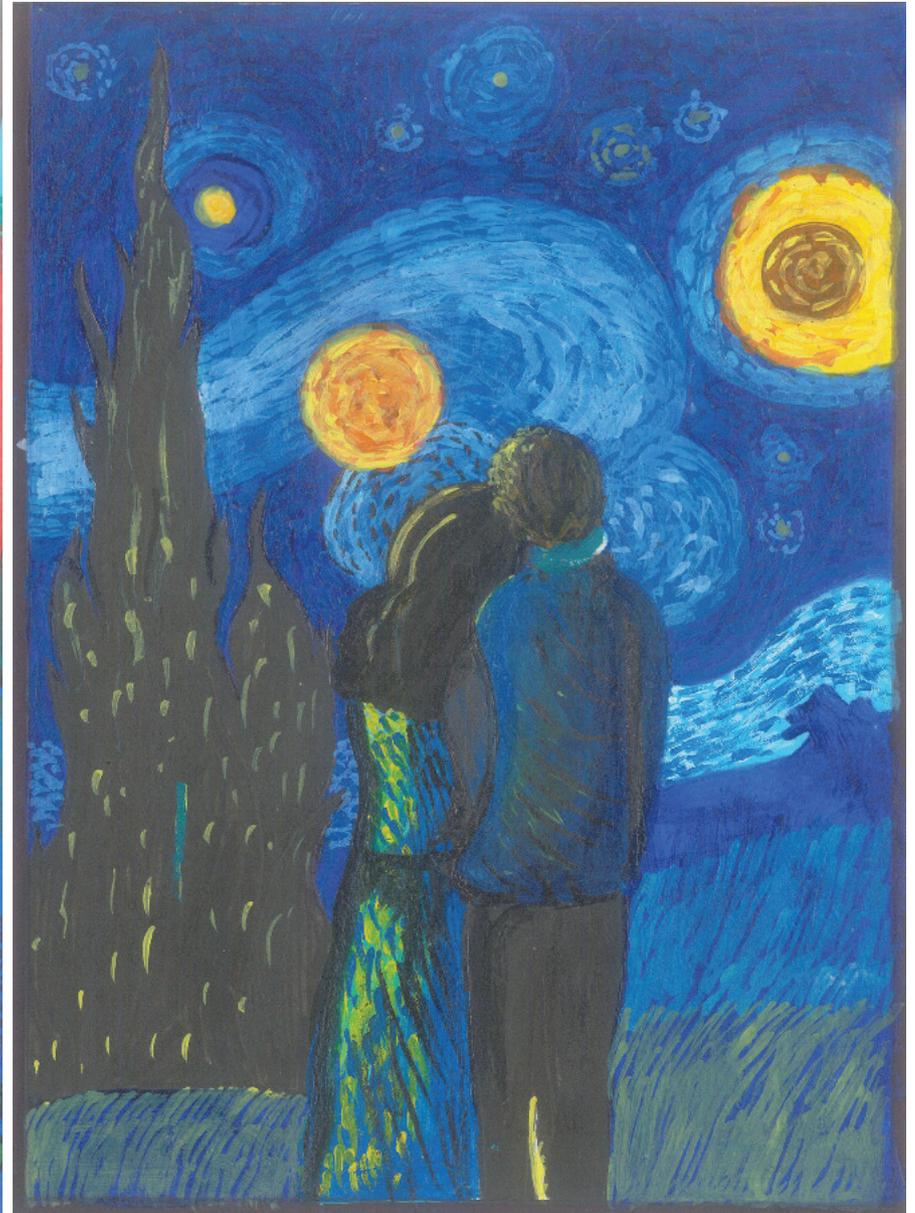




Krishnendu C
Vth Sem. B.Sc. Nursing



Sree Vishnu
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Joyal S
1st Sem. B.Sc. Nursing

ഹൃദയ രാഗം

ഒരു കൈ അറ്റു പോയാൽ
നാളുകളോളം അത് അവിടെയുണ്ടെന്ന
ധാരണയിൽ നമ്മൾ മുന്നോട്ടു പോകും.
ആ ഇല്ലാത്തയെ ഉൾക്കൊള്ളാൻ മനസ്സ് തയ്യാറാവില്ല.
അത്രമേലിഷ്ടമുള്ള ഒരാളെ നഷ്ടമാവുന്നതും
അതുപോലെയാണ്.
അയാൾ ഒപ്പം ഇല്ലെന്ന് ഉൾക്കൊള്ളാൻ
മനസ്സ് തയ്യാറാവില്ല സത്യമാണെങ്കിലും.
അറ്റ് പോയ കൈ പോലെയാണ് അയാൾ.
ഉണ്ടെന്ന തോന്നൽ മാത്രം അവശേഷിക്കുന്ന ഒന്ന്.
തോന്നൽ മാത്രം അവശേഷിക്കുന്ന ഒന്ന്...



Megha Jose
Vth Sem. B.Sc. Nursing

മുത്തു മാല

വെള്ളിയാഴ്ച പലചരക്ക് സാധനങ്ങൾ വാങ്ങാൻ ചേച്ചിയുടെ കൂടെ പോയപ്പോഴാണ് അവൾ ആ മാല കണ്ടത്. നല്ല തിളക്കമുള്ളവെളുത്ത മുത്തുകൾ കൊണ്ട് കോർത്ത മുത്തുമാല. ദിവാകരൻ ചേട്ടന്റെ കടയിലെ ആ മാല ഒരിക്കൽ കൂടി കാണണമെന്ന് അവൾക്കു തോന്നി. എന്നാൽ ആ ആശ മനസ്സിൽ അടക്കി അവൾ വീട്ടിലേക്ക് മടങ്ങി.

മഴത്തുള്ളികൾ മുഖത്ത് പതിച്ചപ്പോഴാണ് അവൾ ഞെട്ടി ഉണർന്നത്. പ്രഭാതം ആയിരിക്കുന്നു.പുറത്ത് നല്ല മഴയാണ്. വീടാകെ ചോർന്നൊലിക്കുന്നു. തലേന്ന് മിച്ചം വന്ന കഞ്ഞിയും കുടിച്ച് അമ്മ തുന്നിയ പാവാടയും ഇട്ട് അമ്പിളി ചേച്ചി തന്ന പഴയ പുസ്തകങ്ങളുമായി ജാനു പള്ളിക്കൂടത്തിലേക്ക് നടന്നു.

കൂട്ടുകാരുടെ പുത്തൻ ഉടുപ്പുകളും അവരുടെ പുസ്തകങ്ങളിലെ പുതുമണവും അവളെ വല്ലാതെ കൊതിപ്പിച്ചിരുന്നു. എന്നാൽ കൂലിപ്പണിക്കാരനായ തന്റെ അച്ഛന് തന്റെ ആഗ്രഹങ്ങൾ ഒന്നും നിറവേറ്റാൻ



കഴിയുമായിരുന്നില്ല. നീല സാരിയുമെടുത്ത് രമണി ടീച്ചർ ക്ലാസ്മിലേക്ക് കടന്നുവന്നു. മലയാളം പീരിയഡ് ആയിരുന്നു.

'രാധേ, നിന്റെ മാല കൊള്ളാമല്ലോ!' രമണി ടീച്ചറിന്റെ ഈ ചോദ്യം കേട്ട് എല്ലാവരും തിരിഞ്ഞു നോക്കി. അപ്പോഴാണ് അവൾ ആ മാല ശ്രദ്ധിച്ചത്. ഇന്നലെ കടയിൽ കണ്ട അതേ മാല. ആ മാലയോടുള്ള അവളുടെ ആഗ്രഹം വർദ്ധിച്ചു.

വൈകുന്നേരം സ്കൂൾ വിട്ടതിന്റെ മണിമുഴങ്ങിയപ്പോൾ അവൾ വീട്ടിലേക്ക് പാഞ്ഞു. താൻ ഏറെ നാളായി





സൂക്ഷിച്ചുവെച്ച കൂടുതൽ അവൾ പൊട്ടിച്ചു. കിട്ടിയ തുക തികയുമോ എന്ന ആശങ്കയുമായി അവൾ അമ്മയുടെ അനുവാദം വാങ്ങി കടയിൽ ചെന്നു. അവളുടെ ആഗ്രഹം പോലെ തന്നെ ആ മാല അവൾ സ്വന്തമാക്കി.

പിറ്റേന്ന് രാവിലെ അതീവ സന്തോഷവതിയായി ആ മാലയും അണിഞ്ഞ് അവൾ പള്ളിക്കൂടത്തിലേക്ക് പോയി. ഉറ്റു നോക്കുന്ന കണ്ണുകൾക്കിടയിലൂടെ അവൾ ക്ലാസ് മുറിയിലേക്ക് കടന്നു.

അയ്യോ, എന്റെ മാല, രാധയുടെ അലർച്ച കേട്ട് അവൾ തിരിഞ്ഞുനോക്കി തലേന്ന് കാണാതെപോയ തന്റെ മാലയാണെന്ന് തെറ്റിദ്ധരിച്ചു രാധ ജാനുവിനെ കുറ്റക്കാരിയാക്കി.

ഇത് എന്റെ മാലയാണ് നീ മോഷ്ടിച്ചതാണ്. രാധ പറഞ്ഞു. സഹപാഠികളും ജാനുവിനെ ഒറ്റപ്പെടുത്തി. മാല തിരികെ നൽകണമെന്ന് പറഞ്ഞ് രമണി ടീച്ചറും അവളെ സമീപിച്ചു. തനിക്ക് വാദിച്ചു നിൽക്കാൻ കഴിയാത്തത് കൊണ്ടും തന്റെ പക്ഷത്ത് നിന്ന് സത്യാവസ്ഥ തെളിയിക്കാൻ ആരുമില്ലാതിരുന്നതുകൊണ്ടും അവൾക്ക് ആ മാല കൊടുക്കേണ്ടിവന്നു. അവൾ സങ്കടത്തോടെ വീട്ടിലേക്ക് മടങ്ങി.

രാധയെപ്പോലെ പുത്തൻ ഉടുപ്പും പുതിയ ബാഗും ഉണ്ടായിരുന്നെങ്കിൽ എനിക്കും കൂട്ടുകാർ ഉണ്ടായേനെ. ഞാൻ ഒറ്റപ്പെട്ടില്ലായിരുന്നു.

എന്നുള്ള ചിന്തകൾ അവളുടെ മനസ്സിനെ അലട്ടി. ഉറങ്ങാൻ കിടന്നപ്പോൾ കണ്ണീർത്തുള്ളികളാൽ അവളുടെ കിടക്ക നനഞ്ഞു. പെട്ടെന്ന് 'ജാനു' എന്ന ആ വിളി കേട്ട് അവൾ തെട്ടി ജനാലയിലൂടെ അവൾ നോക്കിയപ്പോൾ രാധയും അച്ഛനും മുറ്റത്തു നിൽക്കുന്നു.

'എന്നോട് ക്ഷമിക്കണം ജാനു എന്റെ മാലയാണിത് എന്ന് കരുതി ഞാൻ നിന്നെ തെറ്റിദ്ധരിച്ചു' എന്ന് പറഞ്ഞ് ആ മാല ജാനുവിനെ തിരികെ നൽകി അവൾ മടങ്ങി.

അവൾ നേരിടേണ്ടിവന്ന നിസ്സഹായാവസ്ഥ ഓർത്ത് ഒരു നെടുവീർപ്പോടെ ആ മാലയെ നോക്കി നിന്നു...



സ്വപ്നം

ഓർമ്മയിലെങ്ങോ മാഞ്ഞൊരാ സ്വപ്നങ്ങൾ
വീണ്ടുമിന്നോർക്കുവാൻ ഞാൻ ശ്രമിക്കേ....
എങ്ങോ മറഞ്ഞൊരാ സ്വപ്ന സഞ്ചാരികൾ
വീണ്ടുമീ പടികളിൽ വന്നുവെങ്കിൽ.
ഒരു കൊച്ചു ബാല്യമെൻ
ഓർമ്മയിൽ എങ്ങോ....
പൊടിതട്ടിയെടുക്കുവാൻ
ഞാൻ കൊതിക്കെ....
ഇന്നുമാ സ്വപ്നങ്ങൾ
സ്വപ്നമായി മാറുമെന്ന
സത്യമെന്നെയെങ്ങോ
അലട്ടിടുന്നു.

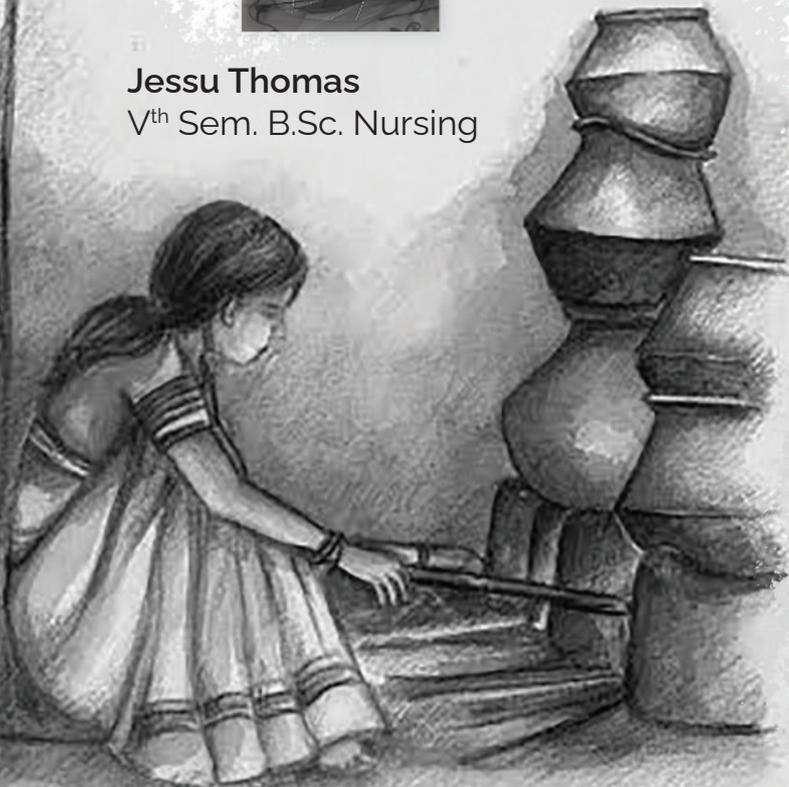
Alphy C
Vth Sem. B.Sc. Nursing



നാരിജന്മം

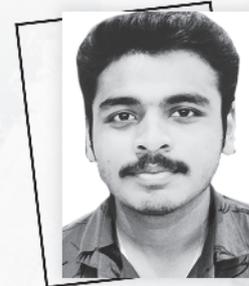


Jessu Thomas
Vth Sem. B.Sc. Nursing



നിലാവായി തഴുകുന്ന നിമിഴിയിൽ
 പുതുജീവനായി കുഞ്ഞിളം പൂവ്
 അഴകിൻ മദോന്മതയിൽ ഓമനപ്പുവായി മാറിയവർ
 കാലചക്രത്തിൻ ഗതികളേറി നീങ്ങുകയായി
 അഴകിൻ ഉത്കണ്ഠകളേറുകയായി.
 നിമിഷ ശലഭം പോൽ അവളുടെ സ്വപ്നങ്ങൾ ജ്വലിക്കുകയായ്.
 അശ്വമേധം പോൽ കുതിക്കുകയായി അവളും സ്വപ്നങ്ങൾ
 യൗവനത്തിൻ ശലഭം പോൽ പറുകയായി.
 ഞാനിൽ നിന്ന് അവനിലേക്ക് നീങ്ങുകയായി.
 ഇണ കുരുവിക്കളാം അവർ....
 ചതികളാം ചുതുക്കൾ കുരുക്ഷേത്രമാം ധരണിയിൽ
 അവളിൽ മടി കുത്തുകൾ അഴിയുകയായി
 നിഷ്ഫലമാം നാരി ജന്മം...
 സഹനത്തിൻ പാണികളേറി
 തൻ ജീവിതം തൃജിക്കുന്ന നാരി ജന്മം
 പത്തുമാസം ഉദരത്തിൽ തൻകുഞ്ഞിനെ പേറുന്നവൾ തറച്ചിടുന്ന നാരി ജന്മം
 പടിവാതിൽക്കൽ അവനെയും കാത്തിരിക്കുന്നവൾ
 അടുക്കളയിൽ കരിയും പുകയും ഏറി
 ത്യാഗത്തിൻ വിറങ്ങലിച്ച ജന്മം
 സാന്ത്വനത്തിൻ ഹസ്തമേകി കുടുംബത്തെ നയിക്കുന്നവൾ
 ചതിയിൽ കുരുക്കിൽ പെട്ടവൾ
 കാലാന്ധ്യം വരെ തൻ ജീവൻ ത്യാഗമാക്കിയവൾ
 വിലയറിയാത്ത മർത്യൻ കോവിലിൽ
 ദേവി രൂപത്തെ തൊഴുന്നു
 തൻ ദേവി അടുക്കളയിൽ കരിയും പുകയും ഏൽക്കുന്നു....

സ്വപ്നങ്ങളുടെ ഭാഗ്യക്കെട്ടഴിച്ചപ്പോൾ,
എനിക്കൊരു പൊൻതൂവൽ കയ്യിലുടക്കി.
എന്നോ നെയ്തു കൂട്ടിയ സ്വപ്നം
ഇന്നും ഒരു പൊൻ തൂവലായി
പ്രഭ ചൊരിയാതെ നിലകൊള്ളുന്നു.
സ്വപ്നമേ! നിന്നെയാരും കാണാതെ,
ആ ഭാഗ്യക്കെട്ടിനുള്ളിൽ വീണ്ടും ഒളിപ്പിച്ചോടെ?
ഇനിയുമതേ പ്രൗഢിയിൽ നിലനിൽക്കാൻ.



Jibin B Mathai
Vth Sem. B.Sc. Nursing

സ്വപ്നം



അവൾ തൻ വിജയധനി

Sneha Saji
IVth Year. B.Sc. Nursing



നിൻ ഹൃദയത്തിൻ നിനവുകളെ
വാളു പോൽ തുളച്ചു കയറും
ചിത്തത്തിൻ ദൃഢനിശ്ചയത്തെ
മഴത്തുള്ളി പോൽ ചിതറിഞ്ഞെറിപ്പിക്കുവാൻ
നീ ആരു മനുജാ.
ലോകത്തെ ജനിപ്പിച്ചവളാണവൾ
അവൾ തൻ ഹൃദയസ്വപനമുണ്ടീ
ഭൂമി തൻ ഓരോ ശ്വാസത്തിലും.
അവളാണീ ധര തൻ മാതാ
അവളാണീ ഭൂമി തൻ പുണ്യം
പ്രപഞ്ചത്തിൻ ശ്വാസമാണവൾ
രത്നമെന്നോ പവിഴമെന്നോ
എന്ത് ചൊല്ലി പുകഴ്ത്തിടും അവൾ തൻ നാമത്തെ
പരിമിതി തൻ നൂൽക്കെട്ടിനെ പൊട്ടിച്ചെറിഞ്ഞു
സിരകളിൽ ചാഞ്ഞിടട്ടെ മുന്നേറ്റത്തിൻ ചോരത്തിളപ്പുകൾ
ആരാലും അസാധ്യമാണവൾ തൻ സ്വപ്നത്തെ
തല്ലി തകർക്കുവാൻ
പാരിലേങ്ങും തെളിയട്ടെ സമത്വത്തിൻ അലമാലകൾ
നിൻ സ്വപ്നങ്ങൾക്ക് ചിറക് വിരിച്ച് ലോകത്തെ കീഴടക്കൂ.....
സമസ്ത ചരാചരങ്ങളും വാനോളം പാടി പുകഴ്ത്തിടട്ടെ
നിൻ ധീരമാം വിജയ കോയ്ത്തിനെ.....

മാത്യഭാഷ

അമ്മതൻ നാവിൻ തുമ്പിൽ തുളുമ്പുന്ന തേൻകണം എന്നിലെ മാത്യഭാഷ താലോലമായെൻ കാതിൽ മുഴങ്ങുന്ന സരളമാം അനുഭൂതി മാത്യഭാഷ കാനന ഭംഗിയിൽ കിളികൾ തൻ ചുണ്ടിലെ തേനും മൊഴികളിൽ മുഴുകിടുമ്പോൾ ആസ്വാദനത്തിന്റെ നെറുകയിൽ എത്തുമ്പോൾ സിരകളിൽ ഒഴുകുന്ന മാത്യഭാഷ എത്രമേൽ ഇഷ്ടമാം അത്രമേൽ സ്വന്തമാം എന്നിലെ ഹൃദയഭംഗി മാത്യഭാഷ സാഹോദര്യത്തിന്റെ സങ്കീർത്തനങ്ങളിൽ മുഴുകീടും ആത്മാവ് മാത്യഭാഷ സുകൃതമാം ജീവിത സങ്കീർത്തനത്തിന്റെ ആത്മാവിൽ അലിയുന്ന മാത്യഭാഷ വാത്സല്യ കോമള സാരംഗി തിരയുന്ന മനുഷ്യ ചിന്തതൻ മാത്യഭാഷ എത്ര മനോഹരം എത്ര മനോഹരം എന്നിൽ നിന്നുണരുന്ന മാത്യഭാഷ സ്വന്തമായൊന്നുമില്ലെങ്കിലും എന്നുടെ സ്വന്തത്തിനപ്പുറം മാത്യഭാഷ നാലു ചുവരിന്റെയുള്ളിൽ തളർത്തി കിടത്തുവാൻ കഴിയാത്ത മാത്യഭാഷ മാനവ ചിത്തത്തിൻ ഉൾനാമ്പു കവരുന്ന സ്നേഹസമ്മാനമാം മാത്യഭാഷ ആദ്യ ശ്രവണത്തിൻ മധുരം നുകരുവാൻ മാതാവിൻ മൊഴികൾ തുളുമ്പിടുമ്പോൾ മാതാവിൻ സമ്മാനമെന്നപോൽ നൽകുന്ന മാത്യ സമ്മാനമാം മാത്യഭാഷ



Alfia Sathar
IVth Sem. B.Sc. Nursing



Bency Rachel Varghese
IVth Year. B.Sc. Nursing

മൂന്നാം വഴിയമ്പലം ഒരു യാത്ര.....

ഒന്നും രണ്ടും വർഷങ്ങളിൽ നിന്നും ഏറെ വ്യത്യസ്തമായിരുന്നു മൂന്നാം വർഷം. ഇന്ന് ഞങ്ങളിൽ ആരോട് ചോദിച്ചാലും ഞങ്ങളുടെ ഏറ്റവും പ്രിയപ്പെട്ട വർഷവും മൂന്നാം വർഷം തന്നെ.... ഞങ്ങളെ സംബന്ധിച്ച് ഏറ്റവും കൂടുതൽ പ്രിയങ്കരമായത് പോസ്റ്റിംഗ് തന്നെയാണ്. ഒട്ടും പരിചയമില്ലാത്ത രണ്ടു വിഷയങ്ങൾ. ചൈൽഡ് ഹെൽത്ത് നഴ്സിംഗും, മെന്റൽ ഹെൽത്ത് നഴ്സിംഗും. കുറച്ചെങ്കിലും പരിചയമുള്ളതും കേട്ട് കേൾവിയുള്ളതും മെഡിക്കൽ സർജിക്കൽ നേഴ്സിങ് മാത്രമേ ഉണ്ടായിരുന്നുള്ളൂ. 2023 ജനുവരി 21 ന് ആണ് ഞങ്ങളുടെ ഏറ്റവും പ്രിയപ്പെട്ട ഞങ്ങളുടെ അമ്മ എന്ന് തന്നെ വിശേഷിപ്പിക്കാവുന്ന ഷീജ മാം മൂന്നാം വർഷ കോഡിനേറ്റർ ആയ മനില മാം ന് ചാർജ് കൈമാറിയത്. മനില മാം എന്ന് കേട്ടതോടെ ഞങ്ങൾക്ക് പേടിയായി. എന്നാൽ പിന്നീട് അതെല്ലാം തിരുത്തി. അങ്ങനെ തിരികെ ക്ലാസ് എല്ലാം ഏകദേശം കഴിഞ്ഞു. ഇനി പോസ്റ്റിംഗ് തുടങ്ങാൻ പോകുകയാണ്. എങ്ങനെയാണെന്നോ എന്താണെന്നോ ഒന്നും അറിയില്ല. ചൈൽഡ് ഹെൽത്ത് നഴ്സിങ്ങിന് പത്ത് അസസ് മെന്റ് ആണ് ചെയ്യാനുള്ളത്. കുഞ്ഞുങ്ങൾക്കായി അവിടെ പരസ്പരം മത്സരമായി. എന്നാൽ കുഞ്ഞുങ്ങളുമായി ഇടപെട്ട ആ നിമിഷങ്ങൾ ഒരിക്കലും മറക്കാൻ പറ്റാത്ത ഒരു ഓർമ്മ തന്നെയാണ്. ആ സമയത്താണ് ഞങ്ങളുടെ കോഡിനേറ്റർ ആയ മനില മാം റിസൈൻ ചെയ്തു പോകുകയാണെന്ന്

അറിഞ്ഞത്. പകരം ജെറിൻ സാർ ആണ് വന്നത്. ചൈൽഡ് ഹെൽത്ത് നഴ്സിംഗ് പോസ്റ്റിംഗ് ഒരു കരയ്ക്ക് അടുപ്പിച്ച ശേഷം ഞങ്ങളിനി മെന്റൽ ഹെൽത്ത് നഴ്സിംഗ് പോസ്റ്റിങ്ങിനു വേണ്ടി പേരൂർക്കടയ്ക്ക് പോവുകയാണ്. ഞങ്ങൾ 50 പേരും നല്ല ത്രില്ലിൽ ആയിരുന്നു. പണ്ട് തമാശയ്ക്ക് ആണെങ്കിലും ഉള്ളൂർപാറ എന്ന് പറയാറുണ്ടായിരുന്നു. കുഞ്ഞുമാരിൽ അത് വെറും സാങ്കല്പികം മാത്രമാണ് എന്നുള്ള ചിന്തകളെല്ലാം മാറ്റിമറിച്ചു കൊണ്ടാണ് ഞങ്ങളുടെ ഉള്ളൂർപാറ പോസ്റ്റിംഗ് വന്നത്. ജൂലൈ 31 ന് ഞങ്ങൾ 50 കുഞ്ഞാടുകളെയും കൊണ്ട് ഞങ്ങളുടെ ഇടയന്മാരായ ആനന്ദ് സാറും, അജിത മാധവുമാം യാത്രയായി. ഏകദേശം വൈകുന്നേരം 4.30 ആയപ്പോൾ ഞങ്ങൾ ഹോസ്റ്റലിൽ എത്തി. സാറിനെയും മാമിനെയും കടത്തിവെട്ടിക്കൊണ്ട് റൂം പിടിക്കാനായി ഞങ്ങൾ ഓടി. ആനന്ദ് സാർ എപ്പോഴും പറയുമായിരുന്നു ഞാൻ ഓടുമ്പോൾ നിങ്ങളും എന്റെ കൂടെ ഓടണമെന്ന്. അങ്ങനെ ഞങ്ങൾ സാറിന്റെ കൂടെ ഓടി. ഇടയ്ക്കുവെച്ച് ചിലർ ക്ഷീണിതരായെങ്കിലും അവരുടെ കൈക്ക് പിടിച്ചു ഞങ്ങൾ ഓടാൻ തുടങ്ങി. അങ്ങനെ പരസ്പരം സഹായിച്ചും സ്നേഹിച്ചും ഞങ്ങളുടെ റിക്വയർമെന്റ്സ് എല്ലാം പൂർത്തിയാക്കി. ഞങ്ങളുടെ 2023ലെ ഓണം പേരൂർക്കടയിൽ ആയിരുന്നു. ജീവിതത്തിൽ ഒരിക്കലും മറക്കാൻ പറ്റാത്ത ഓർമ്മകളും സന്തോഷങ്ങളും എത്രയോ ഭാഗ്യം ചെയ്

लालची लोमडी की कहानी

एक जंगल में एक चालाक लोमडी मडी रहा करती थी । गर्मियों के दिन थे और वह भूख से परेशान होकर जंगल में भटक रही थी । बहुत देर जंगल में भटकने के बाद लोमडी को एक खरगोश मिला । लेकिन खरगोश मिलने के बाद लोमडी ने खरगोश को खाने की बजाय उसे छोड़ दिया क्योंकि ... इतना छोटा था कि उसे खाने से लोमडी का पेट कही भरने वाला नहीं था ।

इसके बाद लोमडी आगे बढ़ी फिर से जंगल में भटकने लगी कुछ देर जंगल में भटकने के बाद भूखी लोमडी को एक हिरण दिखा । हिरण को देखते ही लोमडी के मँह से पानी आ गया । लोमडी हिरण पिछे दौड़ने लगी । लोमडी ने अपनी झुरी ताकत से हिरण का पीचा किया पर हिरण लोमडी की पकड़ में नहीं आया ।

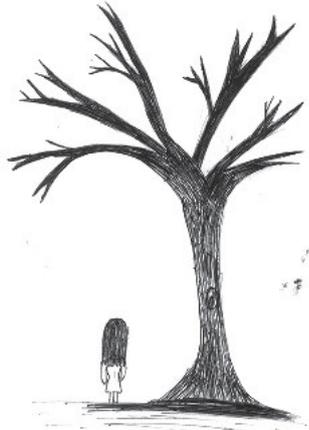
अब लोमडी खाने की तलाश में बहुत ही धोड़ चुकी थी । जब लोमडी के हाथ हिरण भी नहीं लगा तो लोमडी सीखने लगी की इससे अच्छा होता वह छोटे से खरगोश को ही खा लेती चिसको उसने छोड़ा था । कुछ देर आराम करने के बाद लोमडी खरगोश को दने केलिय फिर से जंगल से भटकने लगी ।

जंगल में खरगोश को दुदने हुए लोमडी पहुँची जहाँ उसने खरगोश को दीखा था । लेकिन लोमडी को वहाँ खरगोश नहीं दिखा । भल हारकर लोमडी की अहनी गुभा में लौटना पडा और बहुत दिन के तथाश की बाद लोमडी को पेट भरनी की खाना मिला ।



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Anjana Louji
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Jyothy Jose
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Bimi Ann Philip
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Bincy Baby
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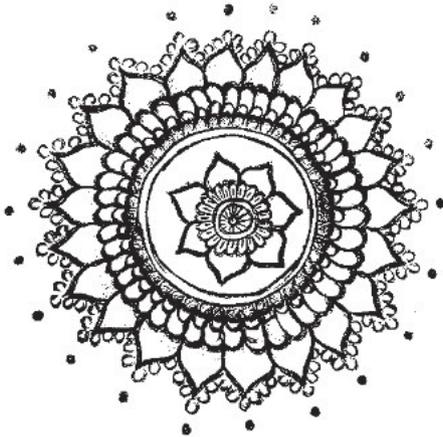
Tasnsila Mariya Antony
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Alka A S
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Aleena Elizabeth Jose
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Ann Maria Joshy
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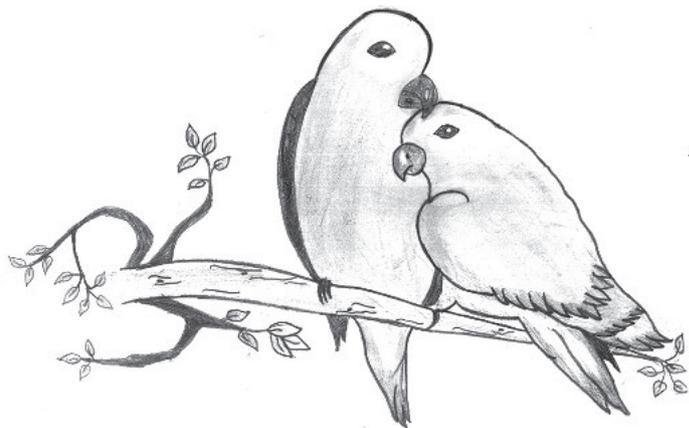
Gloria Rose Joseph
IVth Year. B.Sc. Nursing



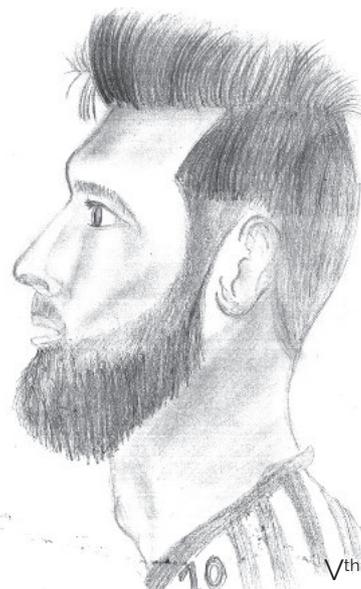
Neva Shaju
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IVth Year. B.Sc. Nursing

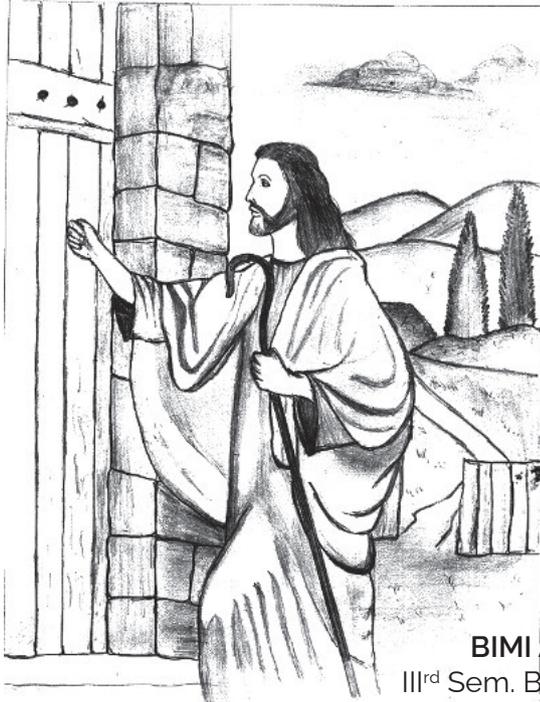


Amala Sen
Vth Sem. B.Sc. Nursing

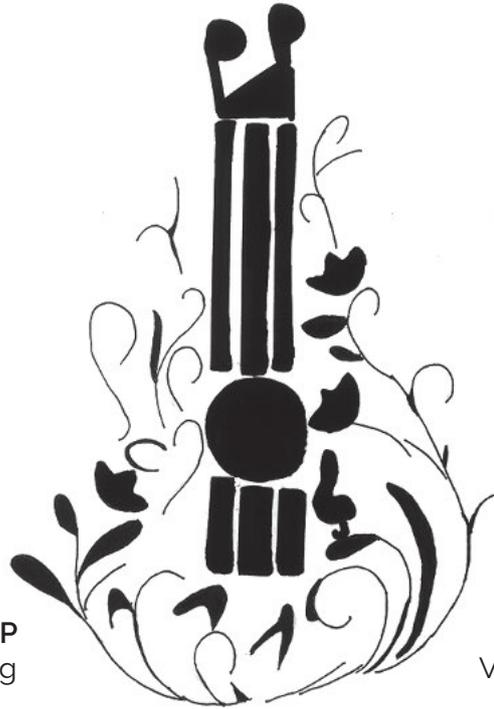


Sona R S
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BIMI ANN PHILIP
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AKSA ANNA SHINU
Vth Year. B.Sc. Nursing



Pournami C A
IVth Year. B.Sc. Nursing



Alex Johnson
IVth Year. B.Sc. Nursing

Pen Your Thoughts.....



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- ✓ വാതരോഗങ്ങൾ (അസ്ഥി, ഞരമ്പ്, സന്ധിസംബന്ധമായ രോഗങ്ങൾ, ഉഷുറ്റി വേദന, കഴുത്ത് വേദന, നട്ടെല്ല് സംബന്ധമായ മറ്റു രോഗങ്ങൾ)
- ✓ സ്ത്രോക്ക് പുനരധിവാസ ചികിത്സ (പ്രതിരോധശേഷി സംരക്ഷണ ചികിത്സ)
- ✓ അലർജി സംബന്ധമായ രോഗങ്ങൾ (ചുമ, കഫകെട്ട്, ആസ്മ, തുമ്മൽ)
- ✓ സൈനസൈറ്റിസ്
- ✓ മെഗ്രെൻ
- ✓ ത്വക്ക് രോഗങ്ങൾ (സോറിയൊസിസ്)
- ✓ ഏക്സിമ (വ്രണങ്ങൾ)
- ✓ താരൻ
- ✓ മുടികൊഴിച്ചിൽ
- ✓ ദഹന സംബന്ധമായ രോഗങ്ങൾ (അസിഡിറ്റി, നെഞ്ചെരിച്ചിൽ, മലബന്ധം)
- ✓ സ്ത്രീരോഗങ്ങൾ

ഇവ നിങ്ങളെ അലട്ടുന്നുവോ?



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