

# Meraki<sup>o</sup> 2024

something of yourself



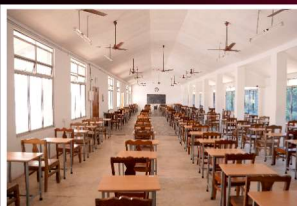
**PRS COLLEGE OF NURSING**  
THIRUVANANTHAPURAM





# PRS COLLEGE OF NURSING

## THIRUVANANTHAPURAM





*Dedicated to*



**P. Ratnaswamy**  
1920-1990  
Founder, PRS Group



**Krishnammal Ratnaswamy**  
1926-2011  
Chairperson, PRS Group: 1991-2011



**PRS COLLEGE OF NURSING**  
THIRUVANANTHAPURAM





## *Voice Of Nightingales*

Listen, soldier, to the tale of the tender nightingale,  
'Tis a charm that soon will ease your wounds so cruel,  
Singing medicine for your pain, in a sympathetic strain,  
With a jug, jug, jug of lemonade or gruel.  
Singing bandages and lint; salve and cerate without stint,  
Singing plenty both of liniment and lotion,  
And your mixtures pushed about, and the pills for you served out,  
With alacrity and promptitude of motion.  
Singing light and gentle hands, and a nurse who understands  
How to manage every sort of application,  
From a poultice to a leech; whom you haven't got to teach  
The way to make a poppy fomentation.  
Singing pillow for you, smoothed; smart and ache and anguish smoothed,  
By the readiness of feminine invention;  
Singing fever's thirst allayed, and the bed you've tumbled made,  
With a cheerful and considerate attention.  
Singing succour to the brave, and a rescue from the grave,  
Hear the nightingale that's come to the Crimea,  
'Tis a nightingale as strong in her heart as in her song,  
To carry out so gallant an idea.

PRS COLLEGE OF NURSING  
THIRUVANANTHAPURAM





# Message



No. 198/Press/CMO/25

13 February, 2025.

## **MESSAGE**

I am glad to know that the P.R.S. College of Nursing, is planning to bring out a magazine titled 'MERAKI' 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 of this Institution for taking the responsibility in bringing up this magazine.

My best wishes.



**Pinarayi Vijayan**

**The Principal**  
P.R.S. College of Nursing  
E-mail : prsnursing@gmail.com

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**PRS COLLEGE OF NURSING**  
THIRUVANANTHAPURAM



# Message

**V. SIVANKUTTY**  
MINISTER FOR  
GENERAL EDUCATION & LABOUR  
GOVERNMENT OF KERALA



Thiruvananthapuram

Date: 24-02-2025

## MESSAGE

I am delighted to learn that PRS College of Nursing is bringing out its college magazine MERAKI-2024, showcasing the creativity and academic excellence of its students. Nursing is a noble profession that requires compassion, dedication, and continuous learning, and such initiatives provide a valuable platform for students to express their ideas and talents. I extend my best wishes to the editorial team and all contributors for the successful publication of this magazine.

Warm regards,

V Sivankutty

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# Message


വീണാ ജോർജ്ജ്  
ആരോഗ്യ-വനിത-  
ശിശുവികസനവകുപ്പ് മന്ത്രി  
കേരള സർക്കാർ



19.02.2025  
തീയതി.....

## സന്ദേശം

പി.ആർ.എസ്. നഴ്സിംഗ് കോളേജ് ഒരു മാഗസിൻ പ്രസിദ്ധീകരിക്കുന്നു എന്നറിഞ്ഞതിൽ സന്തോഷം. ആരോഗ്യ രംഗത്ത് സ്തുത്യർഹമായ സേവനം അനുഷ്ഠിക്കുന്നവരാണ് നഴ്സുമാർ. നമ്മുടെ നഴ്സുമാരുടെ സേവന സന്നദ്ധതയും കഴിവും പ്രാഗത്ഭ്യവും മൂലം ആഗോള തലത്തിൽ മലയാളി നഴ്സുമാർക്ക് വലിയ സ്വീകാര്യതയാണുള്ളത്. പഠനത്തോടൊപ്പം കലാവാസനകൾ പരിപോഷിപ്പിക്കാൻ ഇതുപോലുള്ള മാഗസിനുകൾക്ക് കഴിയും. എല്ലാവിധ ആശംസകളും നേരുന്നു.

  
വീണാ ജോർജ്ജ്

ഓഫീസ് : സെക്രട്ടേറിയറ്റ് അനക്സ്-2, ഏഴാം നില, റൂം നമ്പർ-701  
ഗവൺമെന്റ് സെക്രട്ടേറിയറ്റ്, തിരുവനന്തപുരം-695 001  
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മൊബൈൽ : 9400066111 ഇ-മെയിൽ : min.hith@kerala.gov.in



# Message

सुरेश गोपी  
SURESH GOPI  
സുരേഷ് ഗോപി



पेट्रोलियम एवं प्राकृतिक गैस  
राज्य मंत्री  
भारत सरकार  
Minister of State  
Petroleum and Natural Gas  
Government of India

## Message

I am delighted to hear that the PRS College of Nursing is planning to publish a magazine titled 'MERAKI' this year. My heartfelt congratulations to all the students, teachers, and staff on this wonderful initiative.

Wishing you all the best for its success!

Suresh Gopi

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Office:- Room No. 211-A, Shastri Bhawan, New Delhi-110001 Tel.: +91-11-23073165, 23381052





# Message



## KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur, Kerala, India Pin - 680 596

Prof. (Dr.) Mohanan Kunnummal, MD  
Vice-Chancellor

### Message

Nursing as a profession can offer a meaningful career, filled with many opportunities, challenges and rewards. I am glad to hear that PRS college of nursing Paliyode is bringing out magazine "MERAKI-2024."

I take this opportunity to congratulate the team of students and the faculty for their effort. They do hard work to get their desires and to change their dreams into reality.

Sending you thoughtful wishes in all life's endeavors. Good luck to you now and always.

Prof. (Dr.) Mohanan Kunnummal  
Vice Chancellor

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**PRS COLLEGE OF NURSING**  
THIRUVANANTHAPURAM



# *Message*

## **From the Desk of the Controller of Examinations, KUHS**

It gives me immense pleasure to extend my heartfelt greetings to PRS College of Nursing on the publication of its magazine. A college magazine is a platform that not only showcases the academic and extracurricular achievements of students but also serves as a reflection of their creativity, dedication, and aspirations.

Nursing is a noble profession that demands both knowledge and compassion. As the backbone of the healthcare system, nurses play a pivotal role in patient care and community well-being. Institutions like PRS College of Nursing have been instrumental in shaping skilled and empathetic healthcare professionals who contribute significantly to society.

At the Kerala University of Health Sciences, we are committed to maintaining academic excellence and ensuring a robust examination system that upholds the integrity of medical and health sciences education. I encourage all students to approach their academic journey with diligence and integrity, embracing both theoretical knowledge and practical skills.

I extend my best wishes to the students, faculty, and administration of PRS College of Nursing. May this magazine inspire and motivate everyone to strive for excellence in education and service to humanity.

A handwritten signature in blue ink, appearing to read 'S Anilkumar', with a horizontal line underneath.

**Dr. S Anilkumar**

Controller of Examinations  
Kerala University of Health Sciences.





# Message



## KERALA NURSES AND MIDWIVES COUNCIL

RED CROSS ROAD, THIRUVANANTHAPURAM – 35

Phone: 0471-2774100, 9495510555

Email: [registrarknmc@gmail.com](mailto:registrarknmc@gmail.com)

Website: [www.knmc.org](http://www.knmc.org), [www.nursingcouncil.kerala.gov.in](http://www.nursingcouncil.kerala.gov.in)

### MESSAGE

#### *Greetings from Kerala Nurses and Midwives Council*

“When you do things from your soul, you feel a river moving in you. A joy” Rumi.

Nursing is a caring and challenging profession whereby living, loving and giving principles are observed with utmost passion. I am extremely happy to know that PRS College of Nursing, Trivandrum is bringing out a College Magazine “MERAKI-2024”.

I hope the students can reflect their vibrant talents in this Magazine with creativity. Best wishes for the magazine “MERAKI-2024”.



Prof. Dr. Sona. P.S

REGISTRAR



## *Message*

As we embark on another chapter of our academic journey, I extend my warmest greeting! I have immense pleasure to write a few words for the college magazine MERAKI - 2024. In this juncture I would like to quote the words of Persian Poet Rumi "Raise your words, not your voice. It is rain that grows flowers, not thunder." Here Rumi tries to convey about the necessity of good communication with valuable words rather than raising voices which create nuisance and create disharmony. I wish through this magazine students can express their talent, skills, creativity, imagination, dream etc through various genres of writing. I also appreciate the efforts, team's work, dedication and hard work paid off in bringing tangible results in creating the magazine. I wish all the best for the magazine MERAKI - 2024 and congratulate the editorial team for working behind this magazine.

**Dr Premaletha T**

Joint Director of Nursing Education  
Directorate of Medical Education  
Thiruvananthapuram





## *Message*

Nursing is the heart of healthcare, and its future is brighter than ever. The role of nurses is evolving beyond traditional boundaries. At PRS College of Nursing, we take immense pride in shaping professionals who are not only compassionate caregivers but also skilled in the latest healthcare innovations. As the world embraces AI and digital transformation, I encourage our students to stay ahead by continuously learning and adapting to new trends that enhance patient care.

It fills me with immense pride to see our alumni excelling across various healthcare institutions, making a difference in countless lives. Their success is a testament to the strong foundation laid at PRS College of Nursing. As we welcome each new batch of students, we carry the responsibility of shaping the future of nursing with even greater dedication. Our commitment to excellence grows with every passing year, and so does our responsibility to provide world-class education and training.

The sense of fulfillment in seeing our students thrive is beyond words. I urge every aspiring nurse to embrace knowledge, innovation, and the human touch that defines this noble profession. The future belongs to those who are willing to learn, adapt, and lead—and I have no doubt that PRS College of Nursing will continue to produce exceptional professionals.

**R. Murugan**

Chairman and Managing Director, PRS Hospital  
& Chairman, KREF



# *Message*

Nursing is more than a profession; it is a calling that requires compassion, dedication, and excellence. As healthcare evolves, nurses play a vital role in shaping its future. Embrace learning, innovation, and teamwork to succeed in this noble field. We are proud to support you and believe your commitment will make a lasting impact on many lives.

**Dr. MS Thiruvarian MS**  
Executive Medical Director



## *Message*

I am extremely honoured to write a message for the Nursing college Magazine. Our "Malayalee" nurses are well known everywhere in the country and abroad as good nurses and hardworking and knowledgeable. We are happy that our college of Nursing is also part of it, contributing to this achievement. On behalf of the Management I sincerely thank the Principal and other faculty members for their excellent teaching programmes and guidance. In this magazine readers will find the talents of our students in the form of short stories, poems and artistic work.

I wish all success for this year's magazine.

**DR. R. ANANDAM M.D, D.M. Neuro**  
Executive Director &  
Chief Consultant Neurologist  
PRS Hospital





## *Message*

It gives me immense pleasure to congratulate you on bringing out the college magazine this year. We all know that you have tight schedule of curriculum during this course. All of you need a break and diversion in the form of extra curricular activities like sports, arts, cultural programmes and literary works. College magazines will definitely help you to bring out your literary talents and other varied interests like drawing, designing, photography etc. I wish all the best and success in your endeavours.

**T. Priya Balan**

CEO, Kalyan Group of Schools  
Director PRS HOSPITAL



# *Message*

A platform to nurture the limitless potential of young minds is essential in shaping the leaders and innovators of tomorrow. As PRS CON continues to inspire excellence, I commend the dedication of the editorial team, faculty, and students in bringing "Meraki 2024" to life. May this edition serve as a beacon of creativity, knowledge, and progress. Wishing you all the very best!

**Dr. Mithun Rathen MD**

Joint Managing Director & Consultant,  
PRS Hospital

# Principal's Desk



**Prof. Dr. Bhasura Chandrachood**  
Principal, PRS College of Nursing

As a principal I am honored to introduce yet another edition of our College magazine "Meraki"

Education is not only an act of acquiring knowledge but also learning the skills to lead a fulfilling life and to develop a sound personality. It is a transformative process that refines our thoughts, feelings, and actions towards creating well-cultured, compassionate and talented individuals. Our curriculum and the core values we hold ensures quality education and holistic development of our students and nurture them to be creative thinkers. By incorporating life skills and art integrated activities in curriculum, we empower the students with right attitudes and competencies. The college magazine contains the expressions of students in the beautifully malleable world of art, blending their and others realities to their imagination using most unique methods.

My sincere thanks to all our dedicated faculty and my heartiest congratulations to the wonderful students who made their mark and contributed effectively to the college magazine. I express my sincere gratitude to our management for the excellent support for our dedication and to continue the journey of excellence,

May Almighty bless you all and shower you with fulfillment of your choicest wishes in your professional and personal life.



# EDITOR'S DESK



**Renjitha S. A.**  
Asst. Professor  
Staff Editor

*"If you want to shine like a sun, first burn like a sun"*

*-Abdul Kalam*

The editorial magazine committee of the college is in the journey towards boundless through their social outreach experiences and the same is being depicted in articles, poems and other creative expressions of the magazine.

Students are the orison of the college and teachers are the eternity of the college. Magazine is one of the depicting tremendous achievement and effort emulating. This magazine is the creative works we have to compiled echo feeling of hopefulness from the soil, the sea and the stars.

I am jubilantly putting forward 6th cherishing venture of the combined effort of our students and teachers in the form of the college magazine named as "Meraki-2023". Here we, the PRS College of Nursing family ventilating dappled minds of our teachers and students. Meraki is a milestone that unfolds imagination and gives light to our thoughts and aspirations.

The word "Meraki" that modern Greek used to describe with soul creativity, or love-when you put "something of yourself" into what you're doing, whatever it may be. This magazine is the dappled sunlight of the creative writing.

My heartfelt thanks to our management, Principal, Vice Principal, Faculty and Non teaching staffs for this miscellany to be a success. So my special accolades go to the authors who have given substantial contribution to the magazine. I want to extend my sincere thanks to my editorial board for their hard work and dedication.

I hope for something to push you towards redemption.

# STUDENTS DESK



**Bhavana Baiju.v**  
Student Editor

Dear Readers,

With great joy and enthusiasm, I extend a warm welcome to all of you to MERAKHI of PRS College of Nursing Magazine. As the student editor, it is an honor to present this platform where we celebrate our journey, achievements, and aspirations as future healthcare professionals.

Nursing is not just a profession; it is a calling—one that requires compassion, dedication, and resilience. Every day, we learn not only the science of healing but also the art of caring. This magazine reflects the passion and commitment of our students and faculty, capturing the spirit of service that defines our noble profession.

Within these pages, you will find inspiring stories, thought-provoking articles, creative expressions, and academic achievements that showcase the talents and hard work of our student community. It is a testament to our collective growth, dreams, and the unbreakable bond that we share as a nursing family.

I express my heartfelt gratitude to our respected teachers, my fellow students, and all contributors who have made this magazine a reality. May this edition inspire, educate, and remind us of the beautiful journey we have embarked upon—a journey of healing, hope, and humanity.

Happy Reading!

# Editorial Board

## **Editorial Board**

### **Chief Editor & Publisher**

**Prof. Dr. Bhasura Chandrachood**

### **Staff Editor**

**Mrs. Renjitha S.A**

### **Editorial Advisor**

**Mrs. Sindhu R.**

### **Student Editor**

**Bhavana Baiju V**

### **Student Editorial Board**

**Bhavana Baiju.V**

**Aashiq .M.S**

**Harikrishnan. J.V**

**Devika S.S**

**YadhuKrishan.B**

### **Campus Media Creator**

**Aadithya A.S**

### **Photography**

**Vishak V Nair**



creation & innovation  
**THIS/THAT**  
9961350555, 9061350555



**PRS COLLEGE OF NURSING**  
THIRUVANANTHAPURAM





## Rich Look Dress Makers

North Padikkavilakom

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Mobile No: 9847698012, 9747966917

Email- richlook2000@gmail.com

(Hospital Uniform, Patient Uniform, IT Uniform, College Uniform, Doctor Coat, Lab Coat, Chef Coat, Over coat, Restaurant Uniform, House keeping Uniform, Pants, Shirt, Churider, School Uniform, Blouse, Hospital Gown, OT Uniform, OT Sheet, Kitchen Apron, Hospital Scrub, Button Hole, Button Sticking, Computer Embroidary





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# flywheels



HOLIDAYS

## TRAVELS & TOUR PACKAGES

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**COLLEGE, SCHOOL, PILGRIMAGE TOUR PACKAGES**

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# COLLEGE ANNUAL REPORT 2024



PRS college of nursing was established in 2011, with the recognition of INC, KNC and KUHS under the chairmanship of Shri. R Murugan, Chairman KREF (Krishnammal Rathnaswamy Education Foundation)

We offer four years of B.Sc. Nursing programme. College abides with rules and Regulations of Kerala University of Health Sciences, Kerala Nursing Council. Annual intake of 80 students for B.Sc. Nursing. Ten batches of students have graduated from our college.

## Vision

To be recognized as a centre of excellence in nursing education and to prepare quality nursing professionals competent enough to meet the emerging health needs of the society.

## Mission

To provide nursing education with in depth theoretical knowledge and diverse clinical experience that prepares them to deliver comprehensive holistic nursing care in all settings of health care.

- To uphold the ethical values and be loyal to the professional standards of nursing.
- To foster teamwork and cooperative effort in the institution.
- To conduct research activities and to promote evidence based practice.

- Encouraging creative young minds to reach their fullest potential.
- To initiate innovations in education to prepare lifelong learners and leaders in health care.
- To initiate innovations in education to prepare lifelong learners and leaders in health care.

## Milestone

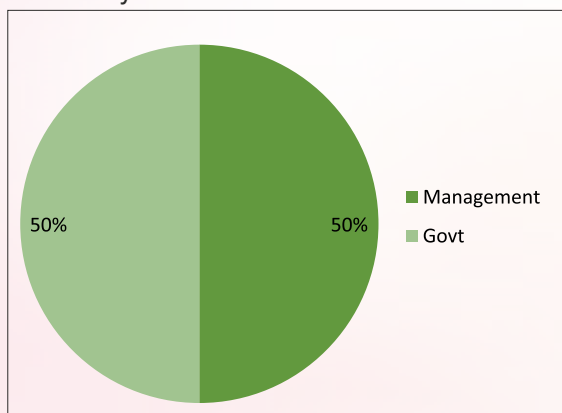
- PRS College of Nursing is a self-financing professional college under Krishnammal Rathnaswamy Educational Foundation (KREF). This college was started in the year 2011 is affiliated with University of Kerala vide Order No 2694 /Ac.1/2/2010 KUHS dated 25.06.2011 and approved by the Kerala Nurses and Midwives Council, Red Cross Road, Thiruvananthapuram as per vide Order No G.2736/2011/NC dated 21.08.2011 and approved by INC Order No F No 02/APR2/2011-INC dated 27.11.2011 PRS College of Nursing conducts Bachelor degree course in Nursing of four year duration with an annual intake of 40 students in PRS Hospital Building.
- Prof. Lelamma Mathew has joined as Principal in our college on 16.02.2011
- KREF Scholarship has started in 2011. At first the scholarship was awarded only for 8 students and it is now given to 10 students.
- First college magazine SHRISHTI was published in 2014.



- Prof.(Dr.) Bhasura Chandrachood has joined as Principal on 08.10.2017.
- In 2018 January college shifted to new campus at Paliyode.
- PTA members are providing active support in all curricular and extracurricular activities and separate PTA account has started on 2018.
- College was announced as green campus on 2018 onwards.
- Faculty research has started on 2019.
- NSS unit has started on 14.12.2020. Every year 7- day camps are organized by NSS.
- In 2020 Alumni association started. The association is sponsoring scholarships for best outgoing students and financial support for those students having health issues.
- College was announced as green campus on 2018 onwards.
- An inspection regarding seat enhancement was conducted on 18.11.2022 and we received a Government order to enhance seat to 80.

### Admission

Admission process follows the rules and regulation of government of Kerala and private management association of Kerala. Out of the annual intake of 80 students, 50% is from the government allotment and 50% from management quota. Centralized and online application process ensures transparency in admission process. On the day of admission a brief description of course, rules and regulations about the college and hostel is given to parents. During the first week of academic year, we conduct induction programme for students. Curricular and co curricular activities are planned in the beginning of academic year.



### Curricular competencies

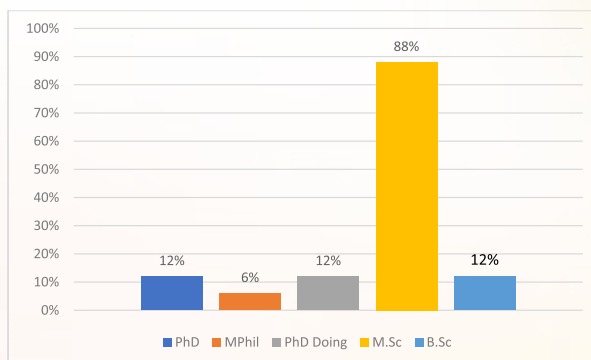
College meets all curricular and co-curricular requirements for B.Sc. Nursing program as per the statutory body's guidelines. We have adequate classroom with facility of using AV aids well equipped lab are there to provide practical skill training to the students. Clinical lab sessions are conducted before students are sent to the wards. PRS Hospital, 348 bedded , multi specialty, NABH accredited hospital is the parent hospital for the clinical practice for the students in addition we supplement clinical learning by sending students to institute Mental Health centre, Peroorkada , Women and Children hospital, Thycaud. Students are encourage and motivated to do self directed learning by conducting seminars and symposium

### Library

We have well furnished library with more the 4,205 books which are added up with new books every year National and International journals and periodical are available to students to update current knowledge in medical and nursing science and researches.

### Faculty

PRS College of nursing has the asset of qualified and well experienced faculty who strive to give maximum inputs for the personal and professional achievement of students. They are personally and professionally updated through continuing educational programmes for their development to ensure the best learning to their students. Almost all our faculty members are post-graduate, one with MPhil, One with PhD, and three of our members are doing Ph.D.



### Assessment and evaluation

Ongoing assessment and evaluation of student's academic credentials are done through assignments, unit's tests and Sessional examinations. Three



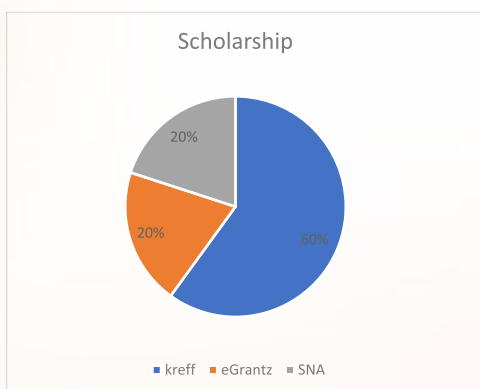
Sessional examinations are conducted every year followed by parent meeting. Where student performance is discussed and if difficulties related to learning are identified students are consoled and special classes are provided by concerned teacher.

### College committees

- Anti ragging committee
- Academic / curriculum committee
- Disciplinary committee
- Library committee
- Hostel committee
- Guidance counselling committee
- Student welfare committee
- Staff welfare committee
- Research committee
- College council

### Student Welfare Programmes

- Every year 10 students receive management scholarship. All documentary supports and assistance for applying various outsourcing scholarship are done from college. Our students getting the scholarship like NSP, KREF, E-Grantz, Muhammed Koya ,Muthoot, Snehapoorvam, Labours Union and Norkart scholarship etc. In these scholarships 4 students got NSP, 22 students got E-Grantz, 4 Students got Muhammed Koya, 4 students got Snehapoorvam, 4 students got Labours Union and 2 students got Norkaroot scholarship.



### b. Sports & Cultural activities

Annual sports meet is organized every year. Student an encouraged to participate in various cultural activities organized under SNA. All important National International days are celebrated and student's awareness and

significants of the days is ensured. SNA unit levels arts competitions and , Onam celebration , X'mas celebrations, fresher's day celebration, farewell functions etc are arranged every year students have provisions for indoor games at college and hostel. Film shows are arranged periodically. Students organize food festivals.

### c. Training programs for students

First year student's academic year starts with one week orientation and educational programmes like communication, professionalism, personality development etc. Every year students receives infection control practices training organized by hospital infection control practices training organized by hospital infection control committee. Student s are given opportunity to attend educational sessions and workshops/ seminars arranged at our hospital as well as at other institutions. INSCOL Health links has conducted a session on therapeutic communication classes for students. Students attended career Guidance and counseling sessions conducted by IL&FS institute of skill in Kerala, ODEPC I and Gateway institute and recruitments services. On every National and International Health day observance, there will be educational session relevant to the theme of the day.

### d. Guidance and counseling

Guidance and counseling committee is there in the college. College follows mentor-mentee system which facilitates understanding the students more closely and guiding them.

Faculty trained through SSGP organized by university is the in-charge of student's guidance and counseling. Simple problems are being referred to the clinical psychologist who is a member of college Guidance Counseling cell.

Academically low profile students are supported by additional tutorial classes.

### e. Anti-ragging measures

Anti-ragging committee is constituted in the college comprising representatives from

police, media, dist: legal authority, NGO, PTA, Principal, Vice principal, faculty and student representative. Anti-ragging squad and anti-ragging cell strengthen the anti-ragging measures. Anti-ragging campaign starts at the beginning of academic year through awareness, classes, posters, and timely advices. An affidavit duly signed is obtained from parents as well as regarding anti-ragging. Every day hostel visit is arranged to observe student's discipline related to ragging for first 3 months and thereafter periodically. Telephone numbers of anti-ragging squad members are displayed for the student's awareness and to contact.

**f. Health**

Health checkup and vaccination is done on admission for first year students. Faculty from each class is responsible for monitoring the health status of students. Health record is maintained. As medical facility, consultation for any health issues are ensured free of cost for students. Students who are treated as IP is given concession in bill. Planning to start a student's health insurance policy facilities.

**g. Employment and placement**

Our graduates are given opportunity to work in our parent hospital after a period of training duration. Campus interview facilities and carrier guidance sessions are arranged for students who are interested to go for out of state/India and work.

**h. Awards and prizes**

Students are awarded with certificate and cash award for academic excellence and for the best outgoing student award. 5 students got 10000/- rupees from management for academic excellence.

**Academic achievement**

9 batches of students are graduated from our institution. In 3rd year 90% of students are passed with 4 distinctions. In 5th semester 100% students are passed with 10 distinctions. In 4th semester 90% students are passed with 13 distinctions and

17 1st classes. In 3rd semester 100% students are passed with 3 distinctions. 2nd semester 95% students are passed with 7 distinctions. 1st semester 81% students are passed with 1 distinction.

**Academic activities**

On 8/06/2024 PRS faculty and students conducted a workshop on "critical care mastery: from breath to beat, a holistic approach". On 05/06/2024 fourth year B.Sc. Nursing students conducted in-service education to PRS staff nurses regarding importance of records and reports. On 8/06/2024 our Alumni association conducted workshop on "Global nursing practices perspectives".

**Co-curricular activities**

World cancer day was observed on 04/02/2024. The fourth year B.Sc Nursing students performed a flash mob as a part of campaign that was organised by KARKINOS department of PRS Hospital and they arranged an awareness teaching session conducted covering all the aspects of cancer diseases at Travancore mall.

On 8th march international women's day was observed by 4th year students. They conducted seminar and symposium in college auditorium.

On 15th February the Student nurses association (SNA) election was conducted. On 21st students & faculty attended a class on young innovation programme. This programme mainly aims in enhancing identified youth with collaborative, creative problem solving and leadership skills and design thinking. It also provides a platform for young people to expand their understanding, develop their fullest potential and find their authentic tasks in society and the world.. On 28th two faculty attended a workshop on Total quality management conducted at SUT Hospital.

On 6th students attended a programme on palliative care. On 7th to 13th (7 days) the NSS of PRS college of nursing conducted a camp at college itself by 3rd year students. As a part of NSS camp students conducted various programmes were conducted on each day. On 8th a traffic awareness class was conducted by Assistant motor vehicle Inspector. On 9th women empowerment class was conducted by Aswathy (Women protection officer). On 11th a class on self defense was conducted by ASI (Vijaya Lekha & Pushpa). As a part of camp students cleaned the college & its premises. At the end of the camp NSS best volunteers were selected from both boys and girls. On 9th staff tour was conducted at Monroothuruthu. On 14th the world kidney day was observed by

III semester students. They conducted a class at PRS Hospital. On 23rd world TB day was observed by I semester students at GH Trivandrum.

On 2nd april the world autism day was observed. As a part of this an awareness campaign was conducted at PRS Hospital in association with PRS College of nursing at Museum Trivandrum. On 16th april World health day was observed at PRS CON Auditorium. Atheme presentation was conducted. The SNA arts and sports day was conducted on 24th, 27th& 29th. Along with this the college fund raising programme (Food fest) was also conducted.

On first week of may the students celebrated nurses day. Students participated in both arts and sports competitions. Students won first prize for monoact, first prize for light music, second prize for karaoke duet song, first prize for Malayalam recitation second prize for mime and first prize for quiz competition. In sports they won third prize for discuss throw. On 15th may we conducted a dengue awareness programme. The 4th year students conducted a mime regarding dengue fever at Perumkadavila, Marayamuttom and Alathoor. On 31st world Tobacco day was observed. As a part of this students participated in an article writing competition and won prizes. Our students participated in world tobacco day observance conducted at PRS Hospital also. The students and faculty of PRS College of nursing attended a simulation skill training session conducted by INSCOL at Ernakulum on 31/05/2024. Totally 9 faculty and 40 (IV th year) students participated in the skill training programme.

On 5th may 4th year students conducted an in-service education programme to staff nurses of PRS Hospital regarding "Documentation". On 8th May Alumini association of our college conducted an international webinar on "Global perspectives from Indian nurses-Abroad. Alumini members, students and faculties attended the webinar. On 5th may we observed World environmental day. On 9th may students attended a camp conducted by PRS Hospital at central railway station, TVM. On 13th may world blood donor day was observed. Students and faculty participated in the programme. On 15th may our college conducted a workshop on "Critical care mastery-from breath to beat, A holisc approach". On 18th may students and staff participated in the blood donation campaign conducted at PRS Hospital. On 21st june International Yoga day was observed. The theme for International Yoga Day 2024 is "Yoga for self and society" This theme emphasizes the

two-fold benefits of yoga practice: enhancing personal well-being and fostering a more positive and harmonious society. PRS College of nursing in collaboration with NSS unit and College union observed the international yoga day 2024 at Mylachal School in the presence of Headmistress Mrs. Beena Rani and other teachers at 10.00am in school auditorium. The programmes were conducted by IVth semester students of PRS College of nursing. A poster presentation competition was also conducted based on the theme at PRS College of nursing college auditorium. The students of all batches of PRS College of nursing participated in the competition. A yoga demonstration session was also conducted by IVth semester students to students of PRS College of nursing. The students participated well. The whole day was observed with great enthusiasm and all the students gained more knowledge about Yoga and its importance. As a part of observance of International Olympic day an Olympic run was conducted at Manaveeyam veedhi, Trivandrum by Kerala Olympic association on 23/06/24. The programme was inaugurated by respected Governor Arif Muhammed Khan. Other ministers like Mr. Suresh Gopi (MP), Mr.V.Sivankutty. Mr.G.R.Anil, Mr.G.R.Venu (Chief Secretary), Mr. P. VishnuRaj(Director of sports and games) and various other ministers also participated in the programme. Our students also participated in the programme. More than 50 students and faculties participated in the programme. Olymbian Mr.Sebastian Xavier recited the pledge. After taking the pledge the Olympic run was started from Manaveeyam veedi at 10.00am. on 26th june observance of international drug abuse day was conducted at RC LP School, Uchakada and Govt. HSS, Anavoor. Students conducted various health education programmes regarding the importance of the day to school children. On 29th june College union election was conducted and announces the result.

On 5th July research day observance was conducted by PRS IQAC and research cell. Conducted a scientific paper presentation competition to students and they won prizes. SNA Zonal arts competition was conducted on 2nd and 4th July at CSI Karakonam. Students won second prize for solo song, 3rd prize for personality contest. On 4th July world population day was observed. We



planned a health exhibition at Chemboor PHC. On 26th July 5th semester students conducted an A.V.Aid exhibition as a part of their curricular requirement. On 27th world Hepatitis day was observed. Our faculty planned a Quiz competition programme for staff nurses of PRS hospital based on the theme "Its time for action". Staffs participated in the programme and won prizes. On 27th July 4th year students participated in a flash mob competition conducted in connection with KSACS-Youth fest 2024-25. They won 3rd prize and received Rs 4000/- cash prize.

On 12th August observed youth day. All college conducted one fashion show competition and 4th year students got 1st prize and cash award Rs.3000/- from former staff, 2nd prize for 1st year students cash award Rs.1000/- from former staff.

On 5th September students of PRS College of nursing organised teachers day celebration. This occasion of teacher's day is organised by 4th year B.Sc. Nursing students. The day began with arranging sadhya for all teachers. They arranged cultural programmes in college auditorium.

On 10th September world suicidal day was observed by 3rd semester students. Mrs. Divya phabha G associate professor conducted one lecture section in college auditorium with video presentation from students.

2nd October NSS students and 1st semester students conducted Gandhi Jayanthi by cleaning around the college for 1 week.

Breast feeding week is conducted in 1st week of August. 4th year and 3rd year students conducted many programmes. Conducted health education in paediatric OPD, OBG department of PRS Hospital, and Thaycad hospital. 4th year students conducted focussed group discussion in Thaycaud hospital, Monolog in college regarding benefits of breast feeding and conducted poster competition in college.

On 12/09/2024 the student of PRS College of nursing celebrated onam programmes. The programme was organized by SNA. Principle delivered onam message with maveli and next to that start up with cultural programmes.

Christmas celebrated on 20th December in PRS college of nursing auditorium. Programme started with prayer song followed by inauguration and Christmas message by principal mam. Entrance of Christmas papa and carol song was conducted. Cake cutting done by principal mam, there after students

Christmas gift exchange in their own class rooms itself.

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### Staff Welfare Activities

An enlightened lamb only continues to lift another lamp. College of nursing faculties is given opportunity to attend workshop and conference conducted within the institution and at other institution as well as arranged at university level. Faculty receives the registration fee and on duty leave to attending the faculty who attends the workshop and conference has to share the knowledge with others during faculty meeting

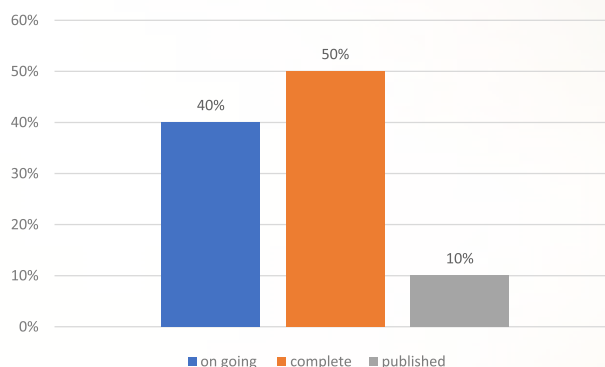
Annual performance appraisal and discussion with faculty is done to promote their professional efficiency. Performance based annual increment is

given. Students and senior faculty's evaluation of faculty members ensures timely feedback and correction. Various measures are taken to promote faculty proficiency by specific delegation of responsibilities and involvement of faculties in various college activities.

### Research Activities

In our college, around 80 research has completed by our students. Every year students are participating in scientific paper presentation competitions conducted by Pushpagiri College of nursing and have won prizes.

Each year faculties are doing departmental research and last year departmental research is completed and the research are published in various journals and paper presentation conducted by various colleges. This year onwards all faculties are doing individual research.



### Faculty Achievements

Principal has completed PhD programme. Vice principal has completed M.Phil programme and ding PhD. HOD of OBG nursing has completed PhD programme. She also the co-editor for the book multidisciplinary in Arts, Science & Commerce. HOD of community health nursing is doing PhD. Assistant professor in community health nursing is doing PhD. Assistant professor in Obstetric and gynaecological nursing is doing PhD. Many of the faculties are doing certified courses of KUHAS. A faculty have participated in poster presentation competition and has won prizes.

### Future initiatives

- Conducting of national workshop
- Enhancement in research activities
- Starting of M.Sc. Nursing program
- Starting of research centre.
- Setting up of simulation lab
- Participation in social health endeavors

# COLLEGE UNION REPORT 2024



**Lord Blessy C.S**  
Associate Professor  
Returning officer

## MEMBERS

Principal	: Prof. Bhasura Chandrachood
Vice Principal	: Mrs. Sindhu R
Returning Officer	: Mrs. Lord Blessy CS
Asst. Returning Officer	: Mrs. Happy S Kumary
Chairperson	: Mr. Adhithya [IV yr]
University union councillor	: Mr. Anush P S [IVyr]
Vice Chairperson	: Ms. Sibin P S [Ivyr], Ms. Devika S [III yr]
General Secretary	: Ms. Hemanth S P [IVyr]
Joint Secretary	: Mr. Gokul P Nair [IIyr]
Secretary of arts	: Mr. Sivapriya J P (II yr)
Secretary of sports	: Mr. AnandaKrishnan R (II yr)
Secretary of various college association	: Mr. Al- Ameen N S (III yr)
Student representatives	: Ms. Krishna Satheesh [IV yr] Ms. Manu Krishnan [III yr] Ms. Suhana H [II yr] Ms. Jensi Biju [I yr]
Student Magazine editor	: Ms. Bhavana Baiju (II yr)

Union election was conducted on 29/06/2024 at PRS College of nursing auditorium at 9am and new union council executives were elected.

On March 9th women empowerment class was conducted by Aswathy (Women protection officer). On March 11th a class on self defense was conducted by ASI (Vijaya Lekha & Pushpa). On March 14th the world kidney day was observed by III semester students. They conducted a class at PRS Hospital. On March 23rd world TB day was observed by I semester students at GH Trivandrum.

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Teachers Day was observed on 5th September. Students prepared cards and distributed to teachers and greeted them. They also prepared a video showing all the events.

On 29th September World Heart Day was observed by our students with Hospital staff. Also a theme presentation was conducted in the college auditorium raising awareness for a healthy heart.

Gandhi jayanthi was observed on first week of October. Students cleaned the college premises, class rooms and labs.

On 10th October World Mental health day was observed. One of the faculty arranged a class based on the theme. A video presentation was also arranged.

World diabetic day was observed on 14th November. Students arranged an awareness campaign based on the theme and also conducted Quiz competition in the college auditorium.

December 2nd, International day of persons with disabilities was observed. IVth year students arranged a seminar based on the theme. All batch students participated the programme conducted in the college Auditorium.



# SNA

## SNA REPORT OF THE YEAR 2024



**Divya Prabha G**  
Associate Professor, SNA Advisor

The new academic year 2024 started with SNA general body meeting along with the executive committee election.

**The new SNA office bearers are:**

Chairperson	: Ms. Roshna.V (IV year BSc.Nursing)
Vice Chairperson	: Ms. Aiswarya Shaji (IV year BSc.Nursing)
Secretary	: Mr. Hari Sankar S.R (I Semester BSc.Nursing)
Joint Secretary	: Mr. Sarath Saji (I Semester BSc.Nursing)
Treasurer	: Ms.Mehas S.Khan (IV year BSc.Nursing)
Programme Chairperson	: Ms.M.Bhadra (I Semester BSc.Nursing)

### Health Days Observance

As apart of World Anti-Leprosy Day, on January 30 2024, III Semester BSc.Nursing students organized a health awareness program at Genarral Hopsital,TVM. The program strats with a flash mob followed by an awareness classon irradaicaion andpreventive measures against leprosy. The theme for this year 2024 was “Beat Leprosy”.

World Cancer Day was observed on February 42024. The theme of the year was “Close the Care Gap”.The IV year BSc.Nursing students performed a flash mob and street playas a part of campaign along with KARKINOS (Cancer department of PRS Hospital) at Mall of Travavcore, TVMbased on early detection and prevention of cancer.

World Kidney Day was observed on March 142024. The theme of the year was “Kidney Health for All - Advancing equitable access to care and optimal medication practice”. IIIsemester BSc.Nursing studentsconducted a role play and health education program at various departemmts of PRS hospital regarding the various aspects of the theme.

World TBDay was observed on March 242024 with the theme “Yes, we can end TB”.The TB day rally was flagged off by Dr.Reena K.J from Tuberculosis center to General Hopsital and the program started with a flashmob followed by various health related programs.

# SNA REPORT OF THE YEAR 2024

World Autism Day was observed on April 22 2024 by III year BSc Nursing students at Napier Museum, TVM through a role play to the public that conveyed the central theme of “love that creeps its way out beyond all difficulties and disabilities.”

World Health Day was observed on April 7 2024. Theme of this year was “My Health My Right” and we observed this day by conducting a skit by IV year students at Perumkadavila PHC. The main aim of the skit was to make the public aware about the urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well beings. Through this skit the students also made aware about air pollution, water pollution, inadequate sanitation including solid waste managements and risk of hazardous chemicals.

Nurses' Day Celebration was observed on May 12 2024 at college level and all batch students conducted various health related programs and entertainment programs.

World Antitobacco Day was observed on 31 May 2024. The theme of the year was “Protecting children from Tobacco industry inference”. V semester students conducted an article writing competition among nursing students and also an awareness program and signature campaign along with PRS hospital team. An awareness class was arranged for students regarding world tobacco day by Mr. Anandhakrishnan IAS from excise department. Following the lecture a signature campaign was also arranged.

World Environmental Day was observed on 2024 June 5 by NSS volunteers along with SNA. The theme of the year was “Our land, our future.” As the part of environmental day Prof. (Dr.) Bhasura Chandrachud (Principal) inaugurated the day by planting a tree on college premise and explained the importance of planting tree and reduces plastic pollution in our college premises.



# SNA REPORT OF THE YEAR 2024

World Blood Donation Day was observed on 14 June 2024 with the theme "20 years of celebrating giving: thank you blood donors". It focuses on patients requiring lifelong transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma. At our college we conducted a blood donation campaign.

World Population Day was observed on 11th July 2024. The theme of the year was "Leave no one behind, count everyone". II semester students conducted a health exhibition at Family Health Center, Chemboor.

World Hepatitis Day was observed on July 28th 2024. The theme of this year was "It's time for action". We conducted a quiz competition regarding all aspects of liver among staff nurses along with a theme presentation.

Breast feeding week was observed from August 1 to August 7 2024. III year and IV year students organised a variety of health related programs among the public based on the theme of this year as "Closing the gap: Breast feeding support for all".

World Alzheimer's Day was observed on September 21 2024. The theme of 2024 was "Time to Act on Dementia Time to Act on Alzheimer's". PRS College of nursing along with Lions club observed Alzheimer's day by conducting a walkathon from Kowdiar to Manaveeyam road.

World Heart Day was observed on September 29th 2024. The theme of this year as "Use heart for Action". We observed the heart day by conducting rally from Kanakakunnu palace to Kowdiar by 40 student volunteers who participated in the rally. Health education conducted by students in front of cardiac OP related to risk factors, prevention and management of cardiac disorders. Cardiac department

conducted medical camp at PRS hospital and our students participated in the medical camp.

World Mental Health day was observed on 10th October 2024 based on the theme "Mental health at work". We conducted mental health day theme presentation, mime show, presentation of AV aids, flamingo dance, short film presentation and skit. III year students were the programme organizers.

World Diabetic Day was observed on 14th November 2024 to mark the birthday of Sr. Frederick Banting. This year the focus is on access to diabetic care and chiefly on prevention of type 2 diabetes and diabetes related complications. The theme for the world diabetes day is "Breaking barrier bridging gap". An awareness programme was conducted by IV year students at houses of Anappara community. A quiz competition was also conducted among the nursing students.

World AIDS Day was observed on December 1 2024. III year students under the conducted a role-play at KSRTC bus stand, Neyyattinkra, based on the theme was "Take the right path: My health, my right".

Christmas celebrated on 20th December in PRS College of nursing Auditorium. Programme started with prayer song followed by Inauguration and Christmas message by Principal Mam. Entrance of Santa and carol song followed by cake cutting done by Principal mam. Thereafter students Christmas gift exchange in their own class rooms itself. Finally the programme was finished up having refreshment.

SNA Zonal arts and sports competition conducted at CSIM College of nursing, Karakonam. Students participated in various indoor and outdoor games. Pranav R. Kurup (III semester) - I prize Mimicry at the State level.





നിങ്ങളെ കാത്തിരിക്കുന്നു  
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# NSS

## ANNUAL REPORT



**Bency Mony**  
Asst. Professor  
Program Officer

NSS annual report of the year 2023 which includes all the activities conducted by the NSS unit of PRS College of nursing in the year 2023-2024

In the month of May

We observed anti tobacco day by conducting a street play at Trivandrum KSRTC terminal it was a 2 hour programme and 50 NSS volunteers were participated the program was started at 10 am and ends by 12 pm the public got awareness regarding the importance of tobacco day

We conducted small sessions regarding personal hygiene and healthy lifestyle for childrens at anganvadi In the month of September

We observed NSS Day by distributing food packets at general hospital Neyyatinkara it was a memorable day, 20 NSS volunteers were participated also around 500 food packets were distributed

### In the month of October

We conducted an awareness class on sexual harassment it was a successful program, the students got awareness regarding sexual harassment .The session started at 10am and ends by 12 pm

We conducted school health program by conducting leprosy awareness classes and skit at sree Dharma Shasta EM School parumkadavila it was a 2 hour programme around 40 NSS volunteers were participated

### In the month of November

We conducted pre and post marital counseling program it was an interesting and informative session by kerala woman's commission and life foundation .The session start at 2 pm and ends by 4pm around 40 NSS volunteers were participated

We conducted school health program by conducting leprosy awareness classes and skit at mahatma public LPS Thathiyoor

### In the month of December

We observed world aids day by conducting a flash mob at community health center around 40 NSS volunteers were participated also the public got awareness regarding AIDS prevention

We conducted a cancer screening program .It was a 4 hour program around 40 NSS volunteers were participated

We visited an old age home at saphalyam kottamam, around 40 NSS volunteers were visited also we distributed the provisions for old age people In the month of January

We observed palliative care week by conducting awareness classes and provided palliative care by NSS Volunteers at chempoor community health center and anappara community health center and also distributed provisions

We conducted school health program by conducting leprosy awareness classes and skit at thunchan smaraka public school marayamuttom

### In the month of February

We visited Buds school and distributed provisions around 40 NSS volunteers were visited also it was a memorable day

### In the month of march

NSS special camp was started on 7/3/24 – 13/3/24, and it was a great success. On 7/3/24 a meeting was conducted as an inaugural function with the esteemed presence of respected principal proof (Dr) Bhasura Chandrachood, vice principal mrs Sindhu R, NSS coordinators and volunteers. The main programmes conducted during the special camp were college ground renovation ( football court, cricket pitch, badminton court), pond renovation, college cleaning, planting trees, dental camp and awareness class at snehabhavan .the camp was ended at 13/3/24 2pm with valedictory function.



**Rekha G Krishnan**  
Librarian



# IMPORTANCE OF READING IN OUR LIFE

Beyond reading, because you have to, the importance of reading cannot go unnoticed. Reading is of great value because it provides the means by which you get to:

### **Strengthens Brain Activity**

Reading gets your mind working across different areas. For starters, it involves comprehension to process the words you read. Beyond that, you can use your analytical abilities, stimulate memories, and even broaden your imagination by reading words off a page.

Reading is a neurobiological process that works out your brain muscles. As you do so, you can help to slow down cognitive decline and even decrease the rate at which memory fades.

Some people may argue that  
“ignorance is bliss,  
” but the truth is  
“knowledge is power.”  
And, the more you read,  
the more you get to know!



### Boosts communication skills

Both reading and writing work to improve one's communication skills. That's why if you're looking to become a better writer, many of the suggestions that you come across will include reading more. Reading can open your eyes, literally and figuratively, to new words. Try this next time you read: if you come across any words you read that you don't know, take a moment to look them up and write them down. Then, remember to use your new words in your speech so you don't forget them!

### Helps Self-Exploration

Books can be both an escape and an adventure. When you are reading, you have the opportunity to think about things in new ways, learn about cultures, events, and people you may have never otherwise heard of, and can adopt methods of thinking that help to reshape or enhance your identity. For example, you might read a mystery novel and learn that you have a knack and interest in solving cases and paying attention to clues.

### Makes One Intellectual

When you read a lot, you undoubtedly learn a lot. The more you read, you can make it to the level of being considered "well-read." This tends to mean that you know a little about a lot. Having a diverse set of knowledge will make you a more engaging conversationalist and can empower you to speak to more people from different backgrounds and experiences because you can connect based on shared information. Some people may argue that "ignorance is bliss," but the truth is "knowledge is power." And, the more you read, the more you get to know! That's why you can bet that any educational degree you choose to obtain will involve some forms of reading.

### Entertains

It's no wonder why you may see people reading by the pool, on the beach, or even on a lazy Sunday afternoon. Reading is a form of entertainment that can take you to fictional worlds or past points in time.

### Enhances creativity

Reading has the potential to boost your levels of creativity. Whether you read about a specific craft or skill to boost it or you are reading randomly for fun, the words could spark new ideas or images in your mind. You may also start to find connections between seemingly disparate things, which can make for even more creative outputs and expressions.

### Lowers Stress

If you don't think that strengthening your brain is enough of a benefit, there's better news. Reading has also been proven to lower stress as it increases relaxation. When the brain is fully focused on a single task, like reading, the reader gets to benefit from meditative qualities that reduce stress levels.

### The Gift of Reading

Whether you had to work hard to learn to read or it came naturally, reading can be considered both a gift and a privilege. In fact, we can even bet that you read something every single day, even if it's not a book. From text messages to signs, emails to business documents, and everything in between, it's hard to escape the need to read.

Reading opens up doors to new worlds, provides entertainment, boosts the imagination, and has positive neurological and psychological benefits. So, if anyone ever asks or you stop to think, "why is reading important" you're now well-read on the subject to provide a detailed response and share your own purpose of reading!





Asha Mohan  
IV Batch

# A CHALLENGING BUT REWARDING Journey

Attending a nursing college is an experience that combines rigorous academic learning, practical training, and personal development. We endured long study sessions and engaged in hands-on clinical experiences, all of which contributed to our transformation into compassionate and skilled healthcare professionals.

Starting nursing college can be overwhelming. The transition from high school to a demanding medical curriculum presents challenges. We encountered subjects such as anatomy, physiology, microbiology, and pharmacology. The sheer volume of information can feel immense, but over time, we developed effective study techniques and time management skills to keep up.

One of the most unique aspects of nursing education is the balance between classroom learning and practical training. While lectures provided the theoretical foundation, clinical rotations exposed us to real-world healthcare settings. During these rotations, we interacted with patients, assisted doctors and senior nurses, and learned to apply our knowledge in a hospital environment.

PRS College of Nursing significantly contributed to shaping us into responsible healthcare professionals and compassionate individuals. This college is not only academically demanding but also emotionally intense. Witnessing human suffering, handling emergencies, and confronting life-and-death situations can be mentally exhausting. Many of us have experienced moments of self-doubt, but the support from peers, mentors, and faculty has helped us navigate these challenging times.

College days were a time for personal development. The friendships formed during late-night study sessions, group projects, and clinical experiences created bonds that lasted a lifetime. Additionally, extracurricular activities, leadership roles in student organizations, and community outreach programs contributed significantly to our growth.

Friendship in nursing college goes beyond mere companionship; it involves growing together, supporting one another, and walking hand in hand toward a common dream. These friendships extend beyond college, becoming lifelong connections that remind us of where we started and how far we've come together.

Ultimately, the relationships formed in college become some of the most treasured aspects of the journey. They demonstrate that while nursing is a challenging profession, no one has to face it alone.

Reflecting on my journey, I realize that my success as a Senior NIV Specialist Nurse in the United Kingdom would not have been possible without the unwavering support and exceptional education I received from my college.

From the very first day, my college instilled in me the knowledge, discipline, and compassion essential for this noble profession. The dedicated faculty members not only equipped me with clinical skills, but

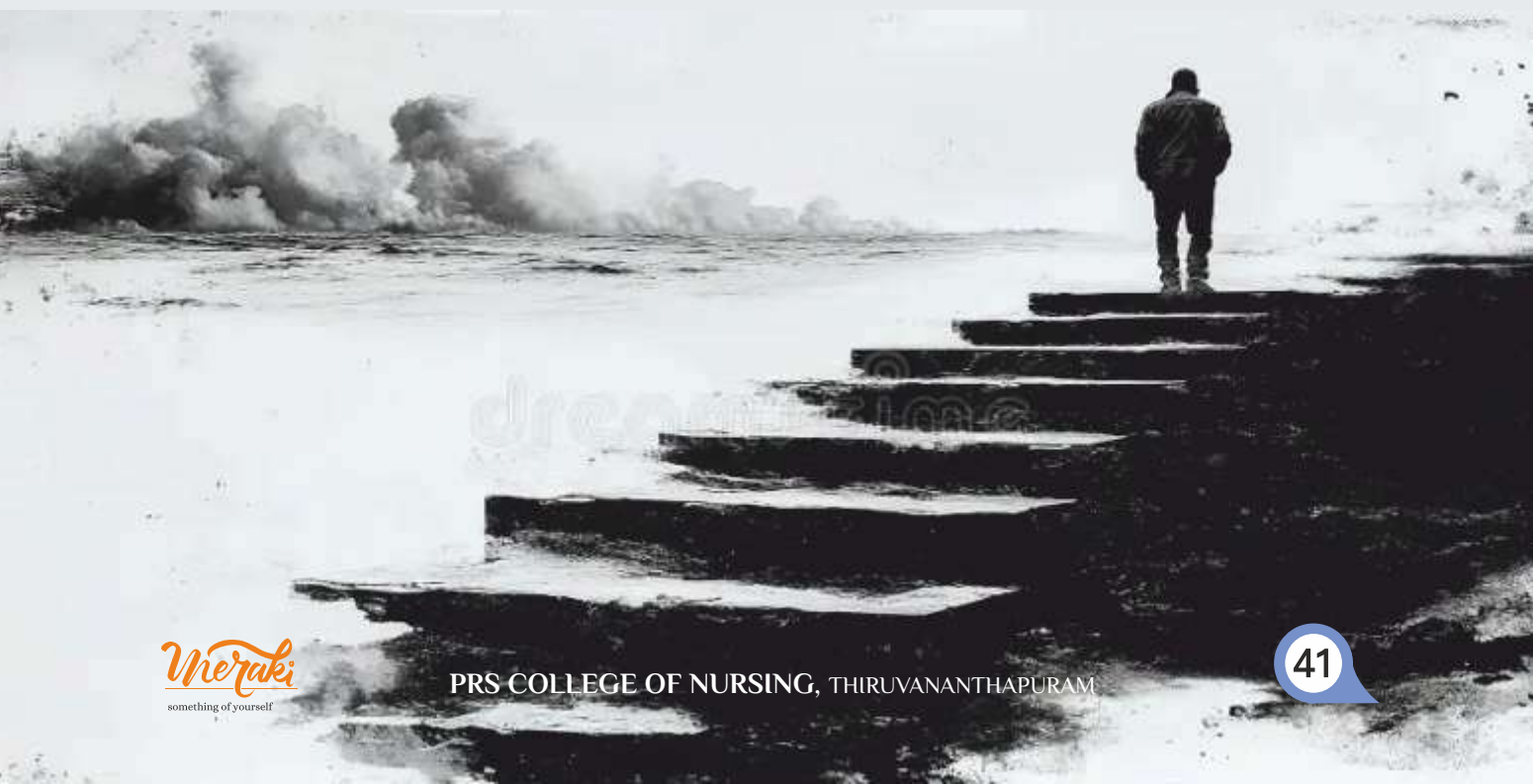
they also guided me through the emotional and mental challenges of nursing.

Their mentorship gave me the confidence to navigate complex patient care scenarios, and their encouragement helped me persevere during the most demanding times.

The rigorous training, hands-on clinical experiences, and invaluable lessons in teamwork and leadership prepared me for the realities of working in a healthcare setting. Every skill I apply today—whether it's critical thinking in emergencies, effective communication with patients, or working efficiently within a multidisciplinary team—was nurtured during my time at college.

I am deeply grateful to my Principal, professors, clinical instructors, and peers, who played a crucial role in shaping my journey. Their support laid the foundation for my career, enabling me to step into my role as a Specialist Nurse with confidence and competence.

To my nursing college, my alma mater—thank you for not only teaching me how to be a nurse but also for inspiring me to be the best version of myself. I carry the lessons and values you instilled in me every single day, and I will always take pride in being one of your graduates.





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ANISHMA  
(II Year)



# BEYOND THE MIRROR

Mirror that reflects me back  
What is my problem? I see only the lack  
Hanging on the wall , a silent sight  
A reflective glass , so calm and bright  
It sees our joys and sorrows ,  
our fears and delight  
A constant companion,  
through day and night  
The antique mirror, with its ornate frame  
Reflects the past, with a nostalgic claim  
The modern mirror,  
sleek and so fine  
Reflects the present with  
a futuristic shine.



ASIYA. N. R  
(II Year)



പറയുവാൻ പലതും  
അറിയുമ്പി തീരും  
കാത്തോർത്തിടും നെഞ്ചും

ഒരു കിനാവിലിരുന്ന് ഒരു കുമ്പി നാളും.  
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തേടുന്നതാരെന്തി വിചിന്താം പാതയിൽ

അലയുന്നതെന്തിനാ ഓരുന്ന ഓർമ്മയിൽ  
ഇനിയത്ര നാളുകൾ വിടരാത്തൊരു പുഷ്പമായി  
വേനലും പേമാരിയും കഴിഞ്ഞിടാൻ നേരമായി.....  
ചിറകുകൾ ഉയർത്തി അങ്ങുയരെ പറന്നിടാം  
ചിറകുകൾ ഉയർത്തി അങ്ങുയരെ പറന്നിടാം

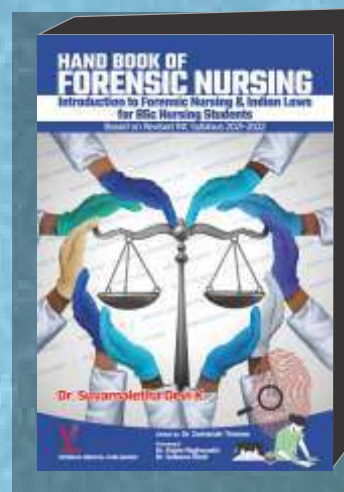
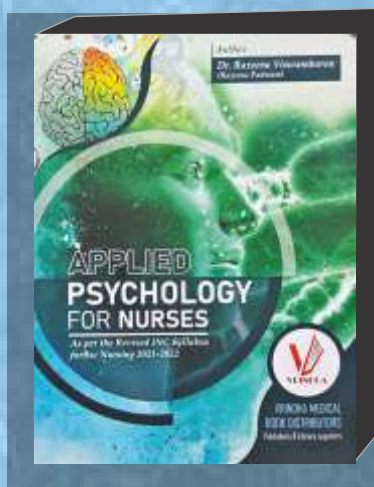
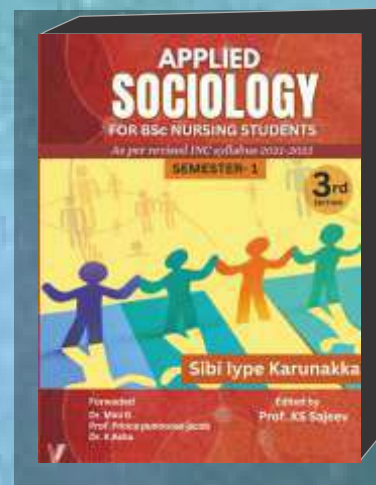
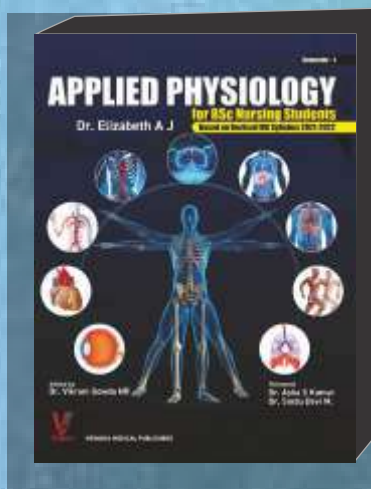
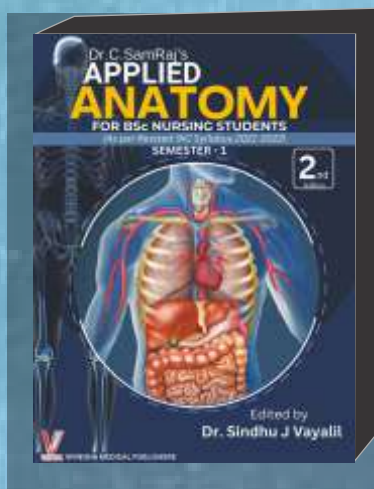
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# *It's Raining Out There*



ANJU J  
(IV Year)

The cerulean sky masked by rain clouds,  
Spread the nascent scent of petrichor around

As droplets rain on the soil,  
It smells like golden foil.

Beyond the darkness,  
it's a rainbow spectrum appears  
Wow! It's raining out there!!!

Birds rush to roost in the nest  
Farmers are celebrating like a feast  
Drops fall down on every tree leaf,  
Like a treasure uncovered for a thief  
O, lord! It's raining out there!!!!



## LET'S UPDATE LANGUAGE ACADEMY

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PAVITHRA PRATHAP  
(II Year)

# THE TIES THAT B|INDS

Together we laugh, together we shine  
Our band grows stronger with each passing day.  
Side by side, we'll face life's every test  
Memories we've made, moments we've shared  
Late night talks, laughter and tear's we've shared  
Our inside jokes, our secret smiles.

When the world outside seems dark and cold  
We'll light that guides each other's home.  
Through life's up's and down's, we'll stand-  
as one  
Our friendship is a shelter filled with love  
Together, forever under the same sky.

# നീക്കം

## ആരാധിരുന്നു



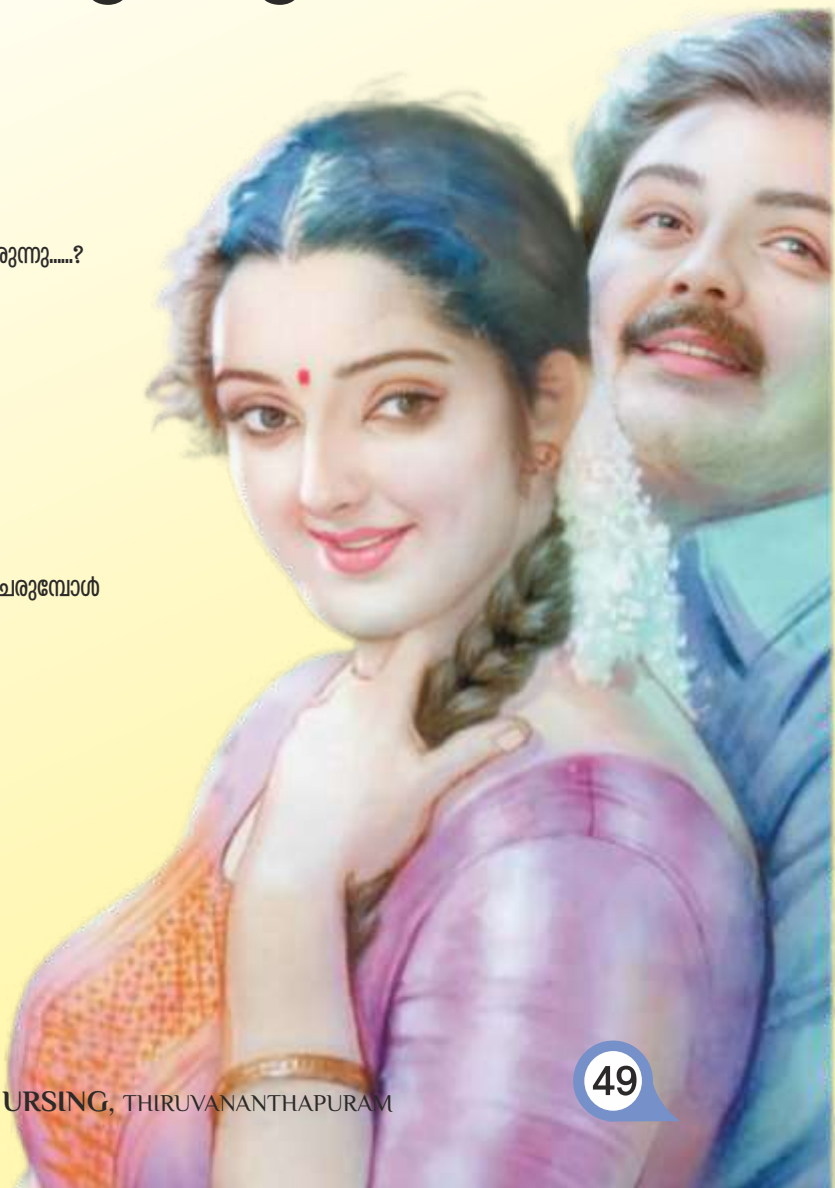
SANIYA S  
(II Year)

എത്തിനായിരുന്നു നീ എന്നാത്മബന്ധമേ.....  
എന്നിലെ തേൻ നുകർന്നിടുവാനോ..  
നീനോളമെന്നിൽ വേറിട്ടില്ലൊരു വസന്തവും,  
നീനോളമില്ലെന്നിനിയൊരു നീയെന്നിക്കാരായിരുന്നു.....?  
ഗന്ധവും, എന്നിലെ വിടരാത്ത ദളങ്ങളോ...!

നിന്നകതാരിലെ അനുരാഗമിനിയെന്നിലെ  
തേങ്ങലിൻ ചുടുനിണം വീഴ്ത്തിടും.  
എത്തിനായിരുന്നു നീ  
മോഹങ്ങളെൻ ഉള്ളിൽ വളർത്തിടുവാനോ?

ഒരുകവിതയുടെഎൻഇതൾപൊഴിച്ചിടും,  
എൻകനവിൽനീഎത്തുമ്പോൾ  
നീർമാതളംപൂക്കുംവസന്തകാലത്തിൽനാംഒന്നുചേരുമ്പോൾ

നന്ദി! എന്നിലെ ഏകാന്തതയിൽ  
നിന്നുടെ പാദസ്പർശങ്ങൾ പതിച്ചതിന്







ARCHA S NAIR  
(IV Year)

# പടിയിറക്കം

ഡിസംബർ 14, 2024

ഏറെനാളായി കാത്തിരുന്ന ഒരു സുദിനം തന്നെയും ജീവിതത്തിലേക്ക് ധാരാളമായ അനേകം ഓർമ്മകൾ വാരി വിതരിക്കാൻ അവർ പി.ആർ.എസിന്റെ പടികളിറങ്ങുന്നതോടെ. അവസാന ഓർമ്മയും വളരെ നിറമുള്ളതാകണം എന്ന് ഉള്ളിന്റെ ഉള്ളിൽ അടങ്ങാത്ത വാരിയുണ്ടായിരുന്നു. ഏറെനാളത്തെ കഷ്ടപ്പാടുകൾക്കു ഒടുവിൽ ആ ദിനം സമാഗതമായപ്പോൾ, ആ താരങ്ങളുടെ മുഖത്ത് പുഞ്ചിരി വിടരുന്നുണ്ടായിരുന്നു. അതിലേറെ അഭിമാനവും..... സമയപരിമിതികൾക്കും പരിഭവങ്ങൾക്കും ഇടയിലും പ്രയത്നങ്ങൾക്ക് യാതൊരു കുറവും ഉണ്ടായിരുന്നില്ല. മിന്നുന്ന പ്രകാശ ശക്തികൾക്കിടയിൽ അവൻ ഓരോരുത്തരുടെയും മനം നിറഞ്ഞ പുഞ്ചിരികളുടെ ആയപ്പോൾ സംഭവം കളർ... രാത്രിയിലെ അദ്ധ്വാനങ്ങൾ ഫലം കണ്ടതിൽ ഷങ്ങൾ... അവസാന നിമിഷംവരെയും കഷ്ടപ്പെടേണ്ടി വന്നെങ്കിലും, അവരുടെ മനസ്സു നിറയ്ക്കുവാൻ സാധിച്ചു എന്നതിൽ ആത്മസംതൃപ്തി.... പി.ആർ.എസിന്റെ ചരിത്രത്തിൽ ഇന്നുവരെ ഉണ്ടായിട്ടില്ലാത്ത വളരെ മനോഹരമായ ഒരു FAREWELL AU REVOIR" 2024

നൂലുകൾക്കൊണ്ട് കോർക്കപ്പെട്ട ഓർമ്മകളിലൂടെ അവർ മുന്നോട്ടു നീങ്ങുമ്പോൾ പലതരം ഭാവങ്ങൾ മിന്നിമറയുന്നുണ്ടായിരുന്നു ആമുഖങ്ങളിൽ.... കഴിഞ്ഞു

പോയ 4. വർഷങ്ങൾ..... ജീവിതത്തിൽ പലവിധ നൂലുകളാൽ ബന്ധിക്കപ്പെട്ട മനസ്സുകൾ.... ഓരോ ഓർമ്മകളും അവരിലേക്ക് തിരിച്ചു കൊണ്ടുവരുവാൻ സാധിച്ചു എന്നത് AUEVOIR- ന്റെവിജയം, കൊടുത്ത പണിക്കളൊക്കെയും ഒരുമിടയും കൂടാതെ അതിന്റെ പൂർണ്ണതയിൽ എത്തിച്ച ഞങ്ങളുടെ ചേട്ടൻമാരും ചേച്ചിമാരും..... സൗന്ദര്യം തുളുവുന്ന ചേലിൽ ചേച്ചിമാർ അണിനിരന്നപ്പോൾ മദ്ധ്യേ ഊറലന്റെ രാജക്കൻമാരായി ചേട്ടൻമാരും നിരത്തിലിറങ്ങി.... പാട്ടിന്റെ ധാരാളവും ആർജ്ജവത്തോടെയുള്ള നൃത്തച്ചുവടുകളും ഈ ദിനത്തിന് മാറുകുടി ഓർത്തുവയ്ക്കാൻ ഒരുപാട് ഓർമ്മകൾ സമ്മാനിച്ചിട്ടാണ് ഈപോക്ക്.... മനസ്സുനിറഞ്ഞ ചിരിയിലും ഉള്ളിലെവിടെയോ ഒരുപിടപ്പ് തോന്നിയിരുന്നു. കരയില്ലെന്നു തീർച്ചപ്പെടുത്തിയ കണ്ണുകളെപ്പോലും ഈറണിയിക്കാൻ അവർക്കു കഴിഞ്ഞു. ഇനിയൊരിക്കലും ഇങ്ങനെയൊരു കുടിച്ചേരൽ ഉണ്ടാകില്ല എന്ന് ഉറപ്പുള്ളതിനാലാകാം ദൈവം കനിഞ്ഞുകിയ വരദാനങ്ങൾ... സ്വന്തം കുടുംബാംഗങ്ങളായി കണ്ട്, കൂടെ നിന്ന് കളിച്ചും ചിരിച്ചും അവസാനം ഒരുനോവ് തന്ന് ഈ പടിയിറക്കം.

നേർമണ്ണിൽ നിന്നും ഞങ്ങൾക്കു ലഭിച്ച നിധികൾ.... പലവഴികളിലേക്കൊന്നിനി പോക്ക്. ചേർത്തു നിർത്തിയ സൗഹൃദം എപ്പോഴും ഉണ്ടാകട്ടെ. ഖരത നിർത്തിയ ഈ ആത്മബന്ധം ഓയാതെ തുടരട്ടെ...

We are grateful for having such a wonderful seniors..... They were more than Just seniors to us. They were an integral part of our live too, and still are....





BISMI NIZAR AHAMED  
(IV Year)

# CONTRIBUTION OF TECHNOLOGY IN EDUCATION



Hope we all remember the dreadful Covid times. The time when the whole world was started, and people had to shutter themselves within the four walls of the home. The industries came down, businesses thrashing, shops closed and even the schools were shut down. Then how was the children taught? How did the schools still function with all their children far away within their homes? How did the children gain knowledge? Here comes the end answer to all those questions - Technology.

Online classes were started for all students all over the country. With the help of technology they learnt their lesson along with their tiny friend the mobile phone or laptop. And through all these Technology has raised the standards of Education.

The contributions of technology cannot be a merely bestowed upon the covid times. Though it made a high impact during those stressful period, technology was and now still is one of the best guides of children. There are calculated to be more than 1 lakh apps created all over the world for Education. All these apps aim to make learning much easier and impactful. It has also helped children to clear their doubts. Conducted surveys have showed the dependence of students on

technology for clearing doubts. Have a doubt, Google it! They would say. Moreover technology have made learning interesting with the use of visual pictures, audioclips. The use of such techniques help make learning interesting as well as understandable.

Another significance is over the professionalism that the technology can offer to students. Students can access to the best teachers of the world and gain knowledge. They can access various scholarships and lectures from the best universities all over the world in a single touch. Not just from a distance, the teachers also make use of technology in their classrooms for helping the students gain the concept.

As the quote goes "Teachers open the door, but you must enter by yourselves". To it's approval technology opens a last door in front of people, a door to another standards of education and they can enter upon themselves. They can self learn and achieve. Technology acts upon like a teacher, letting the candle of education burn and spreading the light of knowledge.

Though people may state it's disadvantages, it all lies in the hands of the users. The good and the bad and all used it for good, it may surely yield good. Used it for good, it will surely bear the fruits of education.



SHIRIN SARAH VINOD  
(I Year)

# IF THIS LINE WAS HERS

She ordered the clipping of a beach sight  
As if her soul tangled to the wind  
Making the body go backward,  
As if she knew this was a fall-  
Filming the bodies through a screen that caught  
her pupils  
To some blue, blown and drowned on the road  
that roared  
A sad mind, that was happy to land by the sea-  
And see it all and never speak

That day, She made a see-saw with the quiet on  
the other  
Side-other people peeked the slope of supremacy  
While she peered back and forth, predominantly.  
She tried talking simply but the words wouldn't  
come,  
She took herself out and the words had to be  
galloped.  
Over hill and dale; Echoed through the lights and  
dark the shades,  
Along with a wearied tale that wrote-  
The world in ratios were sad and so was she.

To keep our eyes boiled on and about to watch the  
Wretched soul blushing through the flesh, like we  
just witnessed  
A felony and couldn't ever complain-  
Except, the judge oh-so concord, blinded by  
material;  
Or so, the adults had to be responsible and shallow  
to emotion,  
And walk past the shore, desensitized to their  
emotion.  
What lasted and never lived at our growing.....  
Why didn't we realize, everything dominated that?

Were we asking questions because it was  
important,  
Or never spoken by our ancestors?  
Did we become unofficial geniuses who  
outsmarted their myths,  
Or were we just so on the brink of a thin line  
between  
Intelligence and insanity?  
Overflowed with mystery and unsaid wishes  
Down to earth and above the sea



There, where it must have been the sun and moon talk  
On their monotonous shifts of day and night-  
There, must be where we can finally put our words to the world.  
We could come back from pour progresses  
Then live with our retrogresses  
And move on with this randomness.  
Let alone, her stories to dispel; She's in wanderlust  
and I drift away, gleaming at the picture of her hand  
pushing a few stray hairs away from her face.  
Walk through our phases at distinct borders like we just build  
A secret code door to knock on the homesick road of memoirs;  
Of the years past we dread to leave now, someday  
Won't care anymore.

There exists avoid in everything we are,  
There exists a piece of mind that could  
Are through someone's art, like show she filmed the  
Only graffiti dwindled on the brinks of life.....Don't you see,  
She asked.  
Each brick concreted by unknown laborers, prior to her  
Extended names, and the art drawn could so badly risk  
Purity, by law and order.  
Reunions and weddings, friends and none, panting and existing,  
Walking through the path after the first one,  
Nothing changed, yet how did it all feel so foreign?

In splashes, liver her smiles  
In droplets, leave her tears  
In her mind, lives the home  
By the line, lives her creed  
Taking pictures and recording little films' If only it made  
The moment last longer.  
Beside all the worry and furry, Perhaps it made her feel the  
Moment the same way again.  
Perhaps, it really did... and she would someday, step across-  
The line, before it was even hers to loose again.



# A World Sans Art



BHAVANA BAIJU.V  
(IV Year)

A world without "art" (pun unintended) is unimaginable, undesired and akin to a palette bereft of colour. Everyone has his own perception and definition of art etched in his mind. It's not merely what is visualized on the canvas of an artist, or a writer's wizardry with words, or a musician making mellifluous melody, or a dainty dancer dallying in rhythm. Art is a comprehensive expression of man's creative and imaginative genius in a visual, auditory or kinesthetic form, which appeals to our aesthetic sense and affords delight through its beauty and emotional power.

All the art we see or hear are imitations of nature or nature itself. Nature is the greatest artist and all her frames are

literally the very epitome of aesthetics. Nature tells stories of life and the cosmos, minute by minute in her own earthly hues. This unique storyteller uses coincidences as phrases and serendipities as exclamations! And we humans, being the most fortunate to have been gifted with the mystic power of self-consciousness, interpret the artistry of nature in the most diverse ways. While the sky turns murky and laden with dark clouds, it tells us the story about how the sun eloped, leaving the welkin in distress.

The plethora of verdure and the whisperings of the zephyr about the untamed mountains of the foreign lands miles away leave me speechless every time. And we humans, being a part of this divine artist, are

born with artistic instincts. We spend our childhood making paper boats, to let them free on the muddy potholes and then grow up visualizing unicorns and flying horses! And at a juncture, while we flip through the pages of a vintage book, seduced by its ambrosial aroma, we comprehend that it is these little things on earth which fill up the barren souls we are born with. Nature just keeps filling that void of art in us with the whiff of coffee and the tangerine tints of the soggy roads glistening through the orange streetlights, as the memoir of the evening rain. And not to mention the umpteen colours of earth, we don't even have names for! Perhaps the riots and chaos in this beautiful place occur when people forget that we are all part of nature. And when we forget nature, we forget the art in our hearts.

The art of listening, the art of speaking, the art of changing and the art of loving... As we forget art and nature, we fail to tame the demons in us, with whom we are fighting throughout our lives. It's as simple as that! When we forget art, there occur riots. It is art which binds eternity to our souls and sews our hearts together with a single thread of love.

In this limited time on earth, let's just be curious about the divine "aesthetics" of nature as much as we can and contribute our essence of creativity to synchronize the magic of nature! As they say, these little moments on earth make life ecstatic.





**SOORYA RAJ S**  
(III Year)

# എൽപിസ് (Hope)

ഭാവാർത്ഥം കിരണങ്ങളാൽ  
പുണരുന്ന സന്ധ്യ.....  
നിന്നിലെ പ്രഭയും ചാരുതയുമേറ്റു  
എന്റെ സായാഹ്നങ്ങൾ  
നീപോയി മറയുമ്പോൾ  
ദിക്കേതെന്നറിയാതെ വരുന്ന  
ചുടുകാറ്റുകൊണ്ട് മെല്ലെ  
മെല്ലെ തളർന്നു പോകുമ്പോൾ  
ശോഭയാർന്ന കുളിർമയും  
നീലാവിന്റെ തലോടലും കൊണ്ട്  
ഉന്മാദത്തോടെ തഴുകുന്ന രജനിയുടെ  
സ്വപനമേറ്റ് നല്ലൊരു  
പുലരിയായി ഉണരട്ടെ നിറങ്ങൾ  
മങ്ങിപ്പോയതാമെന്റെ കിനാവുകൾ.....

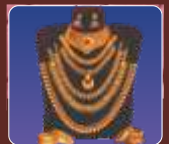
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**DELLA S**  
(IV Year)

# പ്രണയം

മോഹാലസ്യപ്പെട്ടു പെയ്യുന്നമഴയോട് അവൾ ചോദിച്ചു... എന്തിനാണി തിടക്കം... ഒന്നു അടങ്ങിക്കൂടെ അതെന്നാ എന്റെ കുറുവ് കൂടുന്നുണ്ടോ എന്നുള്ള മഴയുടെ ചോദ്യത്തിന്മുന്നിൽ ചിരിക്കാൻ അല്ലാതെ മറ്റൊന്നും പറയാൻ അവൾക്ക് കഴിഞ്ഞില്ല. രാത്രിയുടെ നിശബ്ദതയിൽ തോരാതെ പെയ്തു കൊണ്ടിരിക്കുന്ന മഴ... അതും ആസ്പദിച്ച് അവൾ ഇങ്ങനെയിരിക്കുന്നത് എന്തിനാണ്.? എന്താ അവർക്കും പ്രണയമാണോ ഈ മഴയോട്... മഴയോടോ അതോ മഴനൽകുന്ന കുളിരിനോടോ...? മഴയുടെ കുളിരുവല്ലാതെ കൂടുന്നുണ്ടെങ്കിലും അവൾ അതൊക്കെയും ആസ്പദിക്കുകയാണ്. തന്റെ പ്രണനാഥന്റെ ആലിംഗനംപോലെ... ഓരോ തുള്ളിയും അവളിലേക്ക് പതിക്കുമ്പോൾ എന്തിനായിരിക്കാം അവൾ കണ്ണു ചിമ്മുന്നത്... പ്രണയിക്കുകയാണവൾ ഈ രാത്രിയെ... ചാരിപ്പെയ്യുന്നമഴ... അവളെ ആലിംഗനം ചെയ്യാനെന്ന പോലെ മഴയുടെ തണുപ്പ്, അവളിൽ നിന്നു പിരിഞ്ഞിരിക്കാൻ മഴയ്ക്ക് കഴിയുമായിരുന്നില്ല... എങ്കിലും സാഹചര്യങ്ങളുടെ സമ്മർദ്ദത്താൽ അവർക്കതു വേണ്ടിവന്നു.. എങ്കിലും അവളുടെ കണ്ണൊന്നു നിറഞ്ഞാൽ അവൻ ഓടിയെത്തും എവിടെ ആയാലും... അവളെ മാറോണയ്ക്കും... ഞാനില്ലേയുടെ എന്ന് മൗനമായി ചൊല്ലും... അവളുടെ ചിരികളുടെ കൂടെ ചിരിക്കും. ഈ നിമിഷത്തിലും അവന്റെ സ്നേഹം വല്ലാതെ അവളെ പുണരുകയാണ്... പക്ഷേ ആ സ്നേഹം മറ്റുള്ളവർക്ക് ഒരു ശാപമായി മാറുന്നത് അവൻ അറിയുന്നില്ല... അവൻ സ്നേഹിക്കുകയാണ് തന്റെ പ്രണസ്നേഹിയെ...

മനുഷ്യന്റെ നീചപ്രവർത്തികളാൽ വെന്തുരുകുകയാണ് അവൾ... ഓരോ നിമിഷവും അവൾ തന്റെ ജീവനു വേണ്ടി അവനും പോരാടുന്നു... ഓരോ നിമിഷവും അവരുടെ സ്നേഹവും പോരാട്ടവും മനുഷ്യനുദീതിയായി മാറുന്നത് എന്തുകൊണ്ടാണ്.? ചവിട്ടിയാൽ കടിക്കാതെ പാവുണ്ടോ... അവനു തന്റെ സഖിയെ രക്ഷിച്ചേ മതിയാകൂ... കാരണം അവൻ അവളിലൂടെ അഭിമുഖപ്പെടു കഴിഞ്ഞു... അവളുടെ സ്നേഹം ഇല്ലാതെ അവനു ജീവിക്കവെഴുന്നായി... തന്റെ

സ്നേഹം കൊണ്ടവളെ വീർപ്പു മുട്ടിക്കുകയാണവൻ... എത്ര വേണ്ടെന്നു പറഞ്ഞാലും എത്ര തടസ്സത്താലും അവന്റെ സ്നേഹം അവളെ വിട്ടു പോകുന്നില്ല. അവൾ സുരക്ഷിത ആണെന്ന് അറിയുന്നിടത്തോളം കാലം...! അവന്റെ കരുതലിനും സ്നേഹത്തിനും മുന്നിൽ അവൾക്ക് കണ്ണടയ്ക്കാൻ കഴിയില്ല... അവൾ സുരക്ഷിത ആകുന്നതുവരെ അവനു വിശ്രമമില്ല... അവളുടെ മുഖത്ത് പഴയ പുഞ്ചിരി കാണുന്നതുവരെ അവനു ഉറക്കമില്ല... അവനു വിശ്രമം ഉണ്ടാകണമെങ്കിൽ നാം നന്നായേ മതിയാകൂ... അല്ലെങ്കിൽ ഇനിയും അതിതീവ്രമായി അവളെ അവൻ പ്രണയിച്ചുകൊണ്ടിരിക്കും. അത് ഒരുപക്ഷേ പേമാരി ആയിട്ടാകാം അല്ലെങ്കിൽ പ്രളയമായിട്ടാകാം... ഏതായാലും നാം സഫീച്ചേമതിയാകൂ... കണ്ടുനിൽക്കാൻ അല്ലാതെ ആപ്രണയത്തിനു മുന്നിൽ ഒന്നും ചെയ്യാൻ നമുക്കാകില്ല.



# ഒരു ദീനം



**SNEHA SATHEESH**  
(IV Year)

നിശാഗന്ധികൾ തളിരിട്ടുനിന്ന വഴിയിലൂടെ അവൾ സഞ്ചരിച്ചു.  
ഏറെദൂരം പിന്നിട്ടുകഴിഞ്ഞെങ്കിലും അവർ തളർന്നില്ല.  
പഴയതിലും ഊർജ്ജത്തോടെ അവർ ഇരുവരും നടന്നു.  
കഴിഞ്ഞുപോയ പാതയിൽ ധാരാളം സഹിക്കേണ്ടിവന്നു അവർക്ക്.  
എങ്കിലും ലക്ഷ്യം മറുകെപിടിച്ച് അവർ യാത്ര തുടർന്നു.  
യാത്ര എന്ന് അവസാനിക്കുമെന്ന് തീർത്തീർച്ചയല്ല.  
എന്നാലും പ്രതീക്ഷ കൈവിടാതെ മുന്നോട്ടു നീങ്ങുകയാണ്.  
യാത്ര ആരംഭിച്ചപ്പോൾ എല്ലാം വളരെ ശാന്തമായിരുന്നു.  
എന്നാൽ ഇന്നതെല്ലാം തലകീഴായി മാറിക്കഴിഞ്ഞു.  
ഓരോ പടവുകൾ കറയുമ്പോഴും പുതിയ പുതിയ ഓരോ അനുഭവങ്ങൾ  
അവരെ തേടിയിരുന്നില്ല. അവയിൽ ചിലതു മധുരമുള്ളതായിരുന്നു.  
ചിലതാവട്ടെ കയ്പേറിയതും. ചിലയിടത്ത് അവർ വീഞ്ഞു കുടിച്ചവരെപ്പോലെ  
മത്തു പിടിച്ചുകിടന്നു. ചിലയിടത്ത് അവർ കുരിശുട്ടിലേക്ക് താഴ്ന്നുപോയി.  
എങ്കിലും തളരാതെ, പതറാതെ അവർ മുന്നോട്ടു വന്നു.  
ഒരിടത്തു പോലും തങ്ങളുടെ ആത്മനിയന്ത്രണം അവർ നഷ്ടപ്പെടുത്തിയിട്ടില്ല.  
യാത്രയുടെ ദൈർഘ്യം വളരെ കൂടുന്നുണ്ടായിരുന്നു.  
അവർ അതൊന്നും അറിയുന്നുണ്ടായിരുന്നില്ല.  
തന്റെ ചുറ്റുമുള്ളതിന്റെയൊക്കെയും ഭംഗി ആസ്വദിച്ച്,  
തങ്ങളുടെ നിരീക്ഷണപാഠവത്തിൽ എല്ലാം ഉൾപ്പെടുത്തിക്കൊണ്ട്  
അവർ യാത്ര തുടർന്നു.  
യാത്രയിലൂടെ നീളമുള്ള ഇംകുണ്ടും പിണക്കങ്ങളും അവരുടെ യാത്രയെ  
മധുരമുള്ളതാക്കി മാറ്റി.  
വിജനമായ കാട്ടുപാതകളിൽ കൂടി നടന്നു നീങ്ങുമ്പോൾ എന്തെന്നില്ലാത്ത ഭയം  
ഇരുവരിലും ഉണ്ടായിരുന്നു.  
പരസ്പരം ഉള്ള കരുതലും താങ്ങലും അവരുടെ മനസ്സിനു സമാധാനം നൽകി  
മുന്നോട്ടു പോകാൻ ഉള്ള ഊർജ്ജവും അവർ ഇരുവരും പരസ്പരം പകർന്നു.  
എത്ര ദൂരം ഇനിയും ഉണ്ടെന്നറിയില്ല. ഒരിക്കൽ ഈ അന്ധകാരത്തിൽ നിന്ന്  
വെളിച്ചത്തിന്റെ പടവുകൾ കയറുമെന്ന ആശയിൽ അവർ ഇരുവരും നടന്നുനീങ്ങുന്നു.  
ഇന്നല്ലെങ്കിൽ നാളെ അത്യാധിം എന്നറിയാം അവർക്ക്. അതിനായുള്ള  
തയ്യാറെടുപ്പിലാണ് അവർ ഇരുവരും. ആത്മനിയന്ത്രണം കൈവിടാതെ  
ഒരുചെറുപുഞ്ചിരിയുമായ് അവർമുന്നോട്ടു നീങ്ങുന്നു,  
ഒരുമിച്ച് ഒറ്റ സ്വരത്തിൽ മന്ത്രിച്ചുകൊണ്ട്, 'ഈ സമയവും കണന്നു പോകും'.



**APARNA SURESH**  
(1 Year)

# Dew Drops

Wind blowing, as cold as ice  
I was there to observe the clouds.  
The cloud was in my pretty eyes,  
It was as beautiful as nature moulds.

The little drop fell into my lips,  
As it holds and touches my hips.  
Rain is pouring heavily.  
And it looks at me shyly.

It fills the empty pot,  
The maid came wearing a coat  
Gently take the pot and walk.  
And I began to talk:  
Hey rain, come closer!  
Come and make the earth moisture.

The rain stopped,  
birds cried loud Nature looks very proud.

As I walked along the side,  
I felt the smell of cakes that the maid had made.

Wow! the tip of the leaf is charming  
I touched it by closing my eyes,  
I felt the mysterious touch of leisure,  
and I danced with pleasure.

I stepped into the grass barefooted,  
and I was enchanted by the real beauty of nature.

Rose petals are glittering by the drops,  
which makes my eyes shine;  
my heart smile.  
With the glorious touch of dew drop,  
I was feeling at the top.





**ARYA C L**  
(III Year)

# നിറങ്ങൾ

വ്യത്യസ്ത നിറങ്ങൾ എത്ര വ്യത്യസ്തമാണ്. ചിന്തിച്ചുനോക്കിയാൽ ഓരോ മനുഷ്യരും ഓരോ നിറങ്ങളായിരിക്കും. എല്ലാപേരും വ്യത്യസ്തർ. സാമൂഹങ്ങൾ കാണിച്ചാലും അവരുടെതായ വ്യക്തിത്വം എന്നും വ്യത്യസ്തയുളവാക്കുന്നവയാണ്. ഓരോ മനുഷ്യരും ഓരോ ഭാവങ്ങൾക്ക് നിറമേകുന്നു. ചിലർക്ക് സന്തോഷം, ചിലർക്ക് വാശി, ദേഷ്യം, വെറുപ്പ്, വിഷമം, കണ്ണുനീർ ചിരി എത്രയെത്ര ഭാവ പ്രകടനങ്ങൾ എല്ലാ ചിന്താശകലങ്ങളും പ്രതിഫലിക്കുന്ന കണ്ണാടിയാണ് മനുഷ്യൻ അതിൽ ഓരോരുത്തരും വ്യത്യസ്തർ. ഓരോരുത്തരും കടന്നുവന്ന പാത അനുസരിച്ച് അവർ പാകപ്പെട്ടിരിക്കുന്നു. ഏറ്റക്കുറച്ചിലുകൾ സ്വാഭാവികം. ചിലർടെ കഴിവുകൾ, ചിലർടെ പോരായ്മകളായിരിക്കാം.. എന്നാൽ അവർ മാറ്റിനിർത്തപ്പെടേണ്ടവരുമല്ല.. ഈ വ്യത്യസ്തതകൾ തന്നെയാണ്. മനുഷ്യനെ അവരായി അംഗീകരിക്കാൻ പ്രാപ്തരാക്കുന്നതും.. അങ്ങനെ അംഗീകരിക്കുമ്പോഴാണ് ഓരോ മനുഷ്യരും മനുഷ്യനാകുന്നത്.

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## FURNISHING

**ARYASALAI, TRIVANDRUM-36**



**CURTAIN & FURNISHING CLOTH**  
**CARPETS, FLOORING, MATTRESS**





**BAIJU D**  
**Peon**

# എൻ പ്രണയമേ



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കാത്തിരുന്നു ഞാൻ  
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എൻ മനം എന്നോടു ചൊല്ലി  
ഏറെയായി നാളേറെയായി  
നീ എൻ ചാരത്തണയാതെ  
വീരഹത്തിൻ നോവ്  
സമ്മാനിച്ച് നീ അകന്നിടുന്നു  
അലയുന്നു ഈ പാവം  
ഭ്രാന്തൻ ഈ ധരണിയിലെ  
സർവ്വ ദിക്കുകളിലും  
നിന്നെ ഒന്നു കാണുവാൻ  
സാധിക്കുന്നില്ല ഒന്നു കാണുവാൻ  
എവിടെയാ നീ  
ഒന്ന് നീ ചൊല്ലിപ്പോ  
എന്റെ പ്രണയമേ

നിൻ മിഴിയിൽ  
പിലികളായിടാൻ  
വെമ്പുന്നു ഈ മനം  
നിൻ മിഴിയിലൂടെ ഈ  
ഉലകത്തെ ദർശിച്ചിടുവാൻ  
എൻ മനസിനൊരു  
അതിയായ വാഞ്ച  
നിൻ മിഴികൾ കാണുന്ന  
നയന മനോഹര ദൃശ്യങ്ങളിൽ  
ഞാനും കൂട്ടായിടാം  
നിൻ മിഴി ചെപ്പിലൂടെ  
എൻ പ്രണയമേ നീ എവിടെ  
ഒരുനാൾ സന്ധിക്കും  
ഞാൻ മരണമാം  
താഴ്വരയിൽ  
ആ ദിനത്തിലെങ്കിലും  
അണയുമോ നീ  
എൻ ചാരേ  
മരണത്തിൻ പാശങ്ങൾ  
എന്നെ ചുറ്റുമ്പോളെങ്കിലും  
അറിയുമോ നീ  
നീന്നോടുള്ള എൻ പ്രണയം





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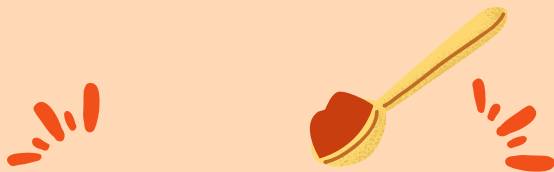




AVAANTIKA V R  
(III Year)

# PIECE OF HEAVEN

Starry night under the moonlight,  
Seeing you away  
When we apart,  
All I see is you but,  
you are beneath the boundary  
Shinning like a Star  
that I can't even dream of..  
Praying for you is enough.  
You know or not.  
I am here with a sparkle of hope...



## SHIBU STORES

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J.A.  
Fruits and Vegetables  
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**Gouri P Sivan**  
10th Batch

“College isn't the place where you come from, it's where you are going that counts”

My college experience was a whirlwind of vibrant friendships, exciting extra curriculars, and a constant sense of exploration. Every day brought new opportunities to learn, grow, and connect with people from diverse backgrounds, making this chapter of my life truly unforgettable. I actively sought out opportunities to engage with people from different majors and walks of life, joining organizations that aligned with my interests. These experiences led to lifelong friendships and valuable connections. I thrived in the energy of campus life-attending sporting events, participating in cultural festivals, and contributing to the vibrant community around me.

Balancing academics with an active social life taught me the importance of time management and discipline. Stepping outside my comfort zone, taking risks, and embracing challenges-even in the face of setbacks-helped me grow, uncover hidden strengths, and shape the person I am today.

“PRS college of nursing, the college which I spend more than 4 years of my life are the most enjoyable phases of my life. Those days help me to teach some important lessons of life and help to make some strong relationships. Moreover, I can say that my college helps me to showcase my talents and to stay independent really missing those days



**Devika Gopinath**  
9th Batch



**Rohini**  
7th Batch

"I am truly blessed and proud to be a part of my PRS family. This college is not just an institution; it is a home where my dreams are nurtured, my skills are shaped, and my future is secured. Every moment here teaches me the true essence of nursing—not just as a profession but as a noble calling to serve with love and compassion. The guidance of our incredible faculty, the warmth of my friends, and the hands-on experience make this journey unforgettable. PRS has given me confidence, purpose, and a heart full of passion to heal and care. No matter where life takes me, a part of my soul will always belong here."

The most memorable was the period from 2018 to 2023. I was a student of PRS College Of Nursing. It has been a great experience . All the teachers are very much supportive, interactive and are highly qualified. They always support me not only in my studies but also provide mental support. My college days are the best part of my life.College helped me to become independent and figure out what I want in life. I met amazing people and gained valuable skills!



**Annie B Saju**  
8th Batch





Shirin Sarah Vinod  
1<sup>st</sup> Year, 1<sup>st</sup> Sem, 14<sup>th</sup> Batch  
PRS CON



Deepak Das. L  
2<sup>nd</sup> Year 3<sup>rd</sup> Sem



Gopika G Krishnan  
1<sup>st</sup> Year



Gopika G Krishnan  
1<sup>st</sup> Year

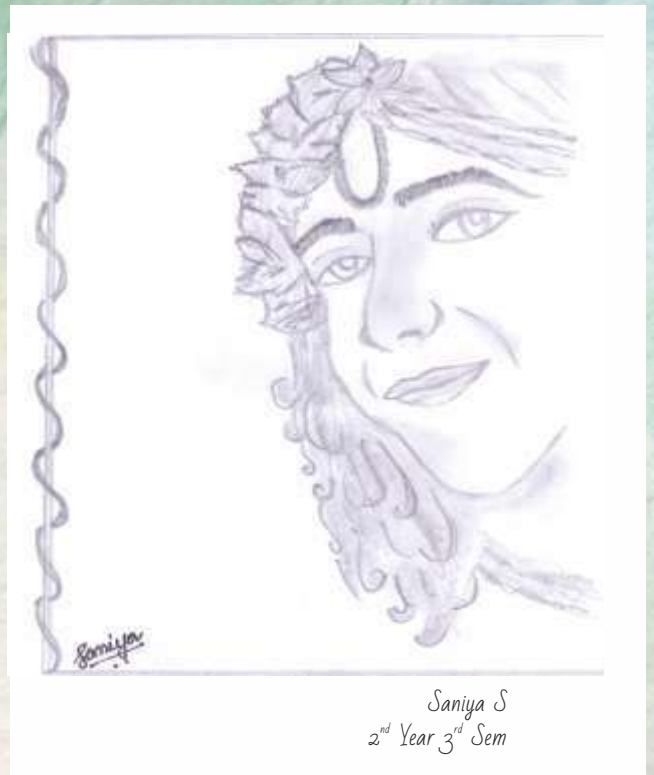


PAINTING





Adithya B  
2<sup>nd</sup> Year 3<sup>rd</sup> Sem



Saniya S  
2<sup>nd</sup> Year 3<sup>rd</sup> Sem



Aswani L A  
1<sup>st</sup> Sem



Shirin Sarah Vinod  
1<sup>st</sup> Year 1<sup>st</sup> Sem

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Arya CL  
5<sup>th</sup> Sem BSC Nursing



Kripa RA  
3<sup>rd</sup> Year 5<sup>th</sup> Sem



Arya CL  
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**11th Batch**



**12th Batch**

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**13th Batch**



**14th Batch**

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# ACADEMIC TOPPERS



**Anjali B.S**  
(5th Sem)



**Rihanna**  
(4th Sem)



**Ganga S**  
(3rd Sem)



**Lakshmi Prasanth**  
(1st Sem)



**Nakshathra**  
(2nd Sem)

## BEST OUTGOING



**Gilba J N**

## BEST BED SIDE STUDENT NURSE



**Devika Gopinath**

## BEST ACADEMIC EXCELLENCE



**Uzma Muhammed**



# Academic Activities









# Graduation & Lamp Lighting





# Arts & Sports





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