

Vneraki 2022

something of yourself



PRS COLLEGE OF NURSING
THIRUVANANTHAPURAM



PRS COLLEGE OF NURSING
THIRUVANANTHAPURAM



Dedicated to



P. Ratnaswamy

1920-1990

Founder, PRS Group



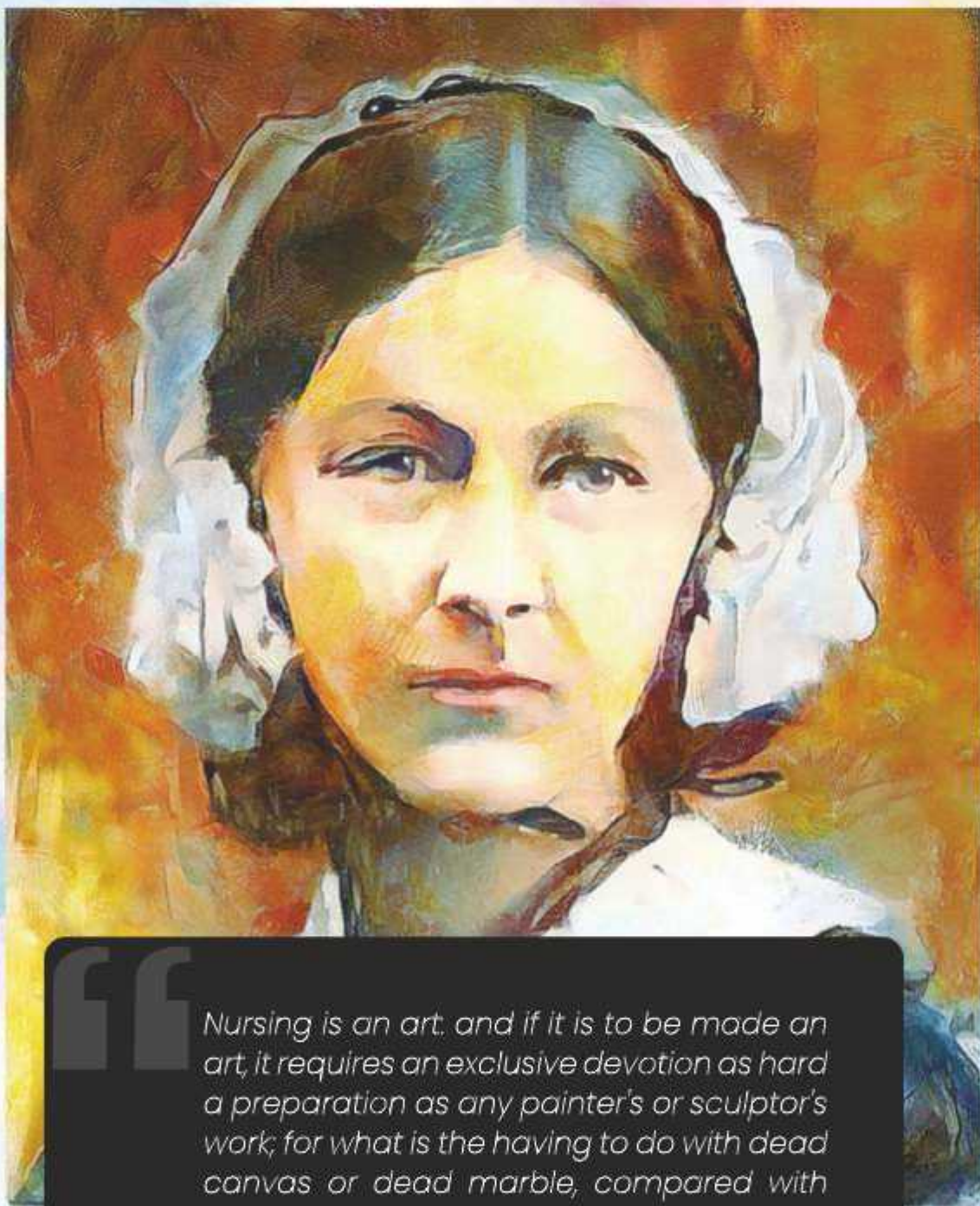
Krishnammal Ratnaswamy

1926-2011

Chairperson, PRS Group: 1991-2011



PRS COLLEGE OF NURSING
THIRUVANANTHAPURAM



“

Nursing is an art, and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts. I had almost said, the finest of Fine Arts.

Florence Nightingale

PRS COLLEGE OF NURSING
THIRUVANANTHAPURAM

Meraki
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No. 112/Press/CMO/23

31 January, 2023.

MESSAGE

I am happy to note that the PRS College of Nursing, Pallyode, Neyyattinkara, is planning to bring out a magazine titled 'Meraki-2022' for the current academic year.

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

My best wishes.

Pinarayi Vijayan

The Principal
PRS College of Nursing
E-mail : pranursing@gmail.com

141, 3rd Floor, North Block, Government Secretariat, Thiruvananthapuram. Pin 695001 T 0471 2332241, 2333812, 2333610 F 0471 2333489
S chiefmister@kerala.gov.in Facebook.com/cmokerala Twitter.com/cmokerala
Residence: Cliff House T 0471 2318406, 2314853
www.keralacm.gov.in

PRS COLLEGE OF NURSING
THIRUVANANTHAPURAM



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, with many opportunities, challenges and rewards. I am glad to hear that PRS College of Nursing, Paliyode is bringing out its Fifth magazine "MERAKEI-22."

I take this opportunity to congratulate the team of students and the faculty for their effort.

Prof. (Dr.) Mohanan Kunnummal
Vice Chancellor



KERALA NURSES AND MIDWIVES COUNCIL

RED CROSS ROAD, THIRUVANANTHAPURAM – 35

Phone: 0471-2774102,

Email: registrarknmc@gmail.com

Website: www.nursingcouncil.kerala.gov.in

MESSAGE

It gives me immense pleasure to pen a few words to the College magazine “MERAKI-2022”. I extend my hearty wishes to those behind this effort. I wish all the success. I wish to assure you that positive and productive ideas will always be nurtured and encouraged by all in the society. We must ensure that we continue to support the students as best as we can in this venture. My best wishes are with the Principal, staff and students of PRS College of Nursing, Paliyode, Neyyattinkara, Thiruvananthapuram.

13/02/2023




Asha P Nair
REGISTRAR I/C



MESSAGE

I am happy to know that PRS College of Nursing family is engendering their 2022 College Magazine "MERAKI". As the name suggest, I believe that the hands behind and in front in moulding this Magazine might have done it with their soul, creativity, love, passion, absolute devotion and undivided attention. When you put "something of yourself" into what you're doing, whatever it may be ending in Meraki. My hearty congratulations on the well-deserved success and wishing even more success in the future


Prof: Dr.SALEENA SHAH
JOINT DIRECTOR (NURSING EDUCATION)
Directorate of Medical Education



MESSAGE

Nurses constitute one of the largest groups of healthcare professionals and without a doubt nurses have received a great deal of interest in recent times, especially during and after the pandemic. This moment, post-pandemic, is yet another huge paradigm-shifting moment for nursing as a profession. The future of nursing is here and now and it is here to stay. The question you need to ask yourself is "Are You Ready?"

It is very important that you respond effectively to the trends in nursing that is revolutionizing patient care. I strongly urge you to embrace this revolution and change and use it to build your future, the way you would want it to be. Let me share with you a few opportunities for you to grow and emerge as winners in your profession.

Embrace technology – the future of healthcare will be heavily driven by technology-enhanced care. Keep yourself abreast with the latest technological advances and acquire skills to use technology at least as much as it is needed for your profession.

Recognize the revolution in Education – adopt virtual reality, team based learning and interprofessional platforms wholeheartedly.

Embrace the changing workforce – there are a set of new work such as flexibility, autonomy and support.

Despite all the advances in your profession, do remember that nursing is work of heart. The very act of nursing calls for compassion, which is a gift of the heart.

On behalf of the management, I wish all our students the very best in their career and future endeavours. All the best wishes for college magazine.

R. Murugan
Chairman and Managing Director, PRS Hospital
& Chaitman, KREF



FROM THE DESK OF THE EXECUTIVE MEDICAL DIRECTOR

The ability of nurses to serve as change agents in creating systems that bridge the delivery of health care and social needs care in the community has gained even more significance in post pandemic era. PRSCON has always remained committed to providing the next generation of nurses with an exceptional education that will ensure they can transform health care.

Nursing offers abundant rewards but it is important that you find your place in today's ever changing field of healthcare. It is in this context that I would like to highlight the myriad increased leadership opportunities that nursing has to offer today, all of which require advanced degrees and technological skills.

American Nurses Association has defined nurse leaders as individuals who excel in their career, represent the interests of their profession, and work in a leadership role in a healthcare organization. Not only do nurse leaders improve the work environment, they also inspire their colleagues to grow professionally.

I urge you to become the best in your profession. May you stand out in excellent communication, self confidence and thoughtful mentorship.

A handwritten signature in black ink, appearing to read 'Dr. MS Thiruvarian MS'. The signature is stylized and fluid.

Dr. MS Thiruvarian MS
Executive Medical Director, PRSH



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

Message

“

I am extremely happy to know that our Nursing College students are bringing out the College Magazine of this year. Amidst your busy schedule of work it would be a change to project your interests in other extracurricular activities like writing a poem or writing a story or doing an art work. College Magazine is one way of expressing your hidden talents and expression of your inner feelings. It also gives you lot of happiness when your imaginations are put in printed form and seen by others.

I wish all success to your efforts.
May God bless you all.

Meraki

something of yourself



T. Priya Balan

CEO, Kalyan Group of Schools
Director PRS HOSPITAL

“

Dear Nightingales of PRS College of Nursing, I am indeed very happy to be presented with yet another, much awaited new edition of our college magazine, MERAKI. Which indeed sparks from within your soul which I am show whispers, selfless service, every smiling while facing adversities, caring and loving.

WISHING YOU ALL THE VERY BEST

Message



Dr. Mithun Rathen MD

Joint Managing Director
& Consultant, PRS Hospital

“

A portal to exhibit the abundant talents of young minds is imperative to mould the leaders of tomorrow. I wish the editorial team, faculty and students of PRS CON the very best for "Meraki 2022" Magazine!

PRS COLLEGE OF NURSING

THIRUVANANTHAPURAM



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

It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome. -

William James

PRINCIPAL'S DESK

“

The talented brains of our students have expressed their thoughts, ideas, feelings, hopes and personal experiences in a creative way through the colourful pages of Meraki 2022, the college magazine. It reflects the true talents, values and credentials of the students. I appreciate the efforts, interests and right attitude of our energetic students towards the beautiful creation of college magazine in the midst of hectic academic schedule.

My heart felt congratulations to the editorial board for unleashing the hidden potentials and talents of students for the successful bringing out of the magazine which adds another golden feather to the cap of College of Nursing.



Renjitha S. A.
Lecturer

EDITOR'S DESK

"Everything you can
imagine is real"

-Pablo Picasso

“

Nursing is not just an art or a science, but it has a conscience.

A college magazine has a virtual role in initiating a movement for setting budding minds, allowing them to freely roam in the realism of imagination and experience to create a world of beauty.

I am jubilantly putting forward 5th cherishing venture of the combined effort of our students and teachers in the form of the college magazine named as "Meraki-2022". 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 hearty thanks to our management members, our principal, vice principal, faculty, non-teaching staffs and students for this Meraki to be a success. So, my special accolades go to the authors for making sincere endeavour in pouring your heart through the magical writing. I want to extend my sincere thanks to my editorial board for their hard work and dedication.

I hope this magazine stimulates your thoughts, illuminate your journey and at least once in a while touch your heart.

Meraki

something of yourself



Athira Prathapan
4th Year BSc Nursing

STUDENT EDITOR

“Education is the
kindling of a flame,
no the filling of
a vessel”

-Socrates

“

Education of course is constant process of helping oneself fill with all noble qualities and excellent academic qualifications. Magazine is a platform for revealing innate qualities of students and staffs. It is with great delight that we bring out 'Veracious very own third college magazine. Each and every page of 'Meraki' breath out a lot of efforts has gone into the making your reading a different one. A magazine could not have been possible without the willing minds of lots of people. Good educational practices with proven academic tract notch up quality and creativity of young buds to assimilate new knowledge.

I thank God Almighty for the grace and blessings in all work and thank all contributed to make "Meraki" possible especially all the students who made their precious contributions to fill up the pages. Finally, I would like to thank all my editorial team members for helping me in this work.

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Editorial Board

Chief Editor& Publisher

Prof. Dr. BhasuraChandrachood

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Mrs. Renjitha S.A

Editorial Advisor

Mrs. Sindhu R.

Student Editor

AthiraPrathaban

Student Editorial Advisor

Sachin R. Gopal

Student Editorial Board

Sachin R. Gopal

AthiraPrathapan

Abisree

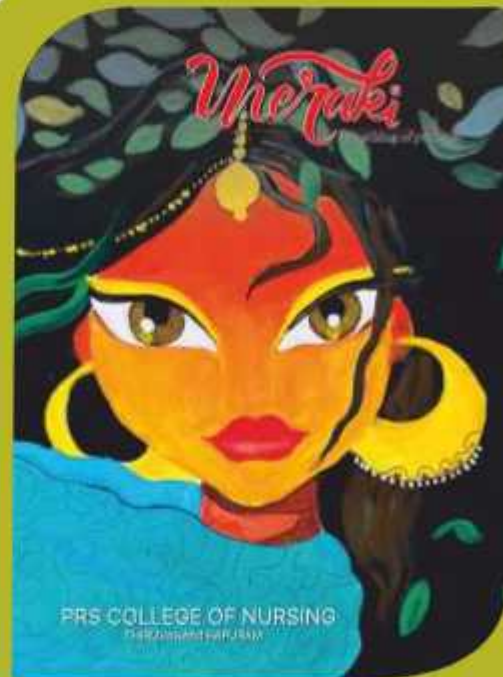
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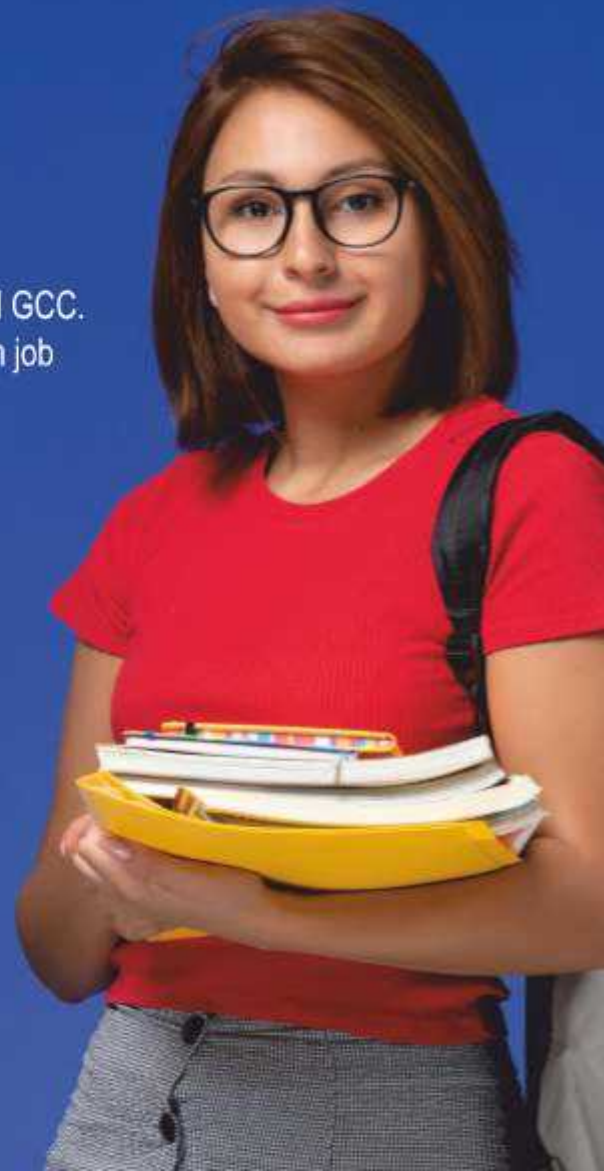


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Annual Report

PRS college of nursing was established in 2011, with the recognition of INC, KNC and KUHS under the chairmanship of Shri. R. Murugan, (Krishnamalrathnaswamy Education Foundation) and Managing Director, PRS College Pvt.Ltd.

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 40 students for B.Sc. Nursing. Four batches of students are graduated from our college.

Vision

To be recognized as a center 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 setting of health care.

- To uphold the ethical values and be loyal to the professional standards of nursing.
- To foster team work 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.

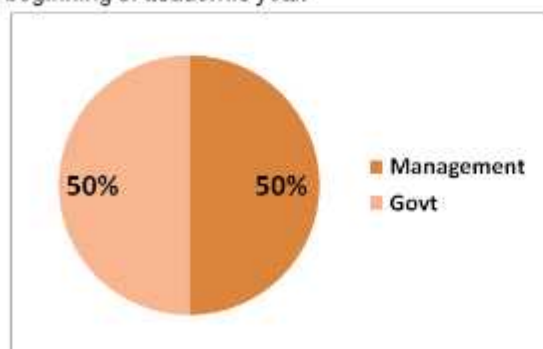
Milestone

- PRS College of Nursing is a self-financing professional college under Krishnamal Ratnaswamy Educational Foundation (KREF). This college was started in the year 2011 is affiliated to the 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 on 2011. At first the scholarship was awarded only for 8 students and now it was giving for 10 students.
- First college magazine SHRISHTI was published on 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. 3 PTA meetings were conducted after each sessional exam.
- 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.
- An inspection regarding seat enhancement was conducted on 18.11.2022 and we received a Government order to enhance seat to 80.
- In 2023 February college has shifted to new building at Paliyode.

Admission

Admission process is as per the rules and regulation of government of Kerala and private management association of Kerala. Out of the annual intake of 40 students, 50% is from the government allotment and 50% through private management association. 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 program 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

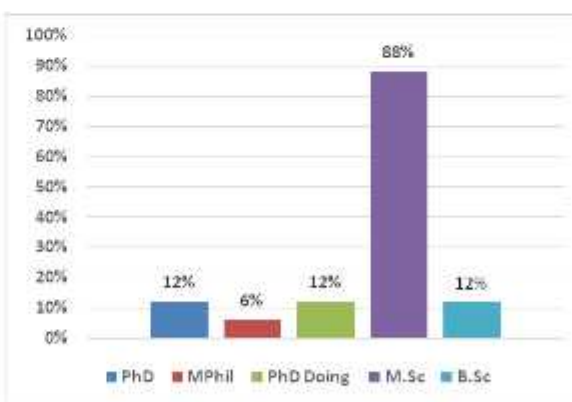
statutory body's guidelines. We have adequate classroom with facility of using AV aids well equipped laboratories are there to provide practical skill training to the students before they are sent to the clinical area. PRS Hospital, 300 bedded, multi specialty, NABH accredited hospital is the parent hospital for the clinical practice for the students. In addition we supplement clinical learning by sending students to institute mental health Perurkada, Women and Children hospital Thaykad and General Hospital. Students are encouraged and motivated to do self directed learning by conducting seminars and symposium

Library

We have well furnished library with more the 41000 books which are added up with new books every year National 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 faculties are post-graduate, one with M.Phil and two PhD.



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 there is close proximity to discuss student's performance to identifies, their difficulties related to

learning. Special classes are provided for the students those who are weak in studies.

Academic achievement

Sixth batches of students are graduated. Last year students had 100% passing result with 6 distinction and 31 first class. There will be 95% of students passed in 3rd year, 35 students got first class. In 2nd year 95% of students are passed with 7 distinctions 31 first class. 1st year 55% of students are passed with 3 distinctions and 19 first class.

Co-curricular activities

College takes keen interest in conducting co-curricular activities. Antileprosy Day was observed on January 30 2022. Second year students under the guidance of Mrs. Aiswarya JC prepared a video and uploaded on social media. The theme for antileprosy day 2022 is "United for Dignity"

World Cancer day was observed on February 4th. A video related to theme was prepared and presented by 3rd year students under the guidance of Mrs. Chithra SS. The theme of the year is "Close the Care Gap"

World Kidney Day was observed on March 10th. Theme of the year was "kidney Health for All". 2nd year students under the guidance of Mrs. Lord Blessy CS did a theme presentation on college auditorium.

World TB Day was observed on March 24th. Theme of the year was "Invest to End Tuberculosis Save Lives". 1st year students under the guidance of Mrs. Nisha M. prepared a poster and present it on college notice board.

World Autism Day was observed on April 2nd. Theme of the year was "Inclusive Quality Education for All". 3rd year students under the guidance of Mrs. Sree Sandhya did a theme presentation on college auditorium. All students are aware about incidence, causes, symptoms, treatment, management and preventive measures of autism.

World Health Day was observed on April 7th. Theme of this year was "Our Planet Our health" and we observed this day by conducting a skit by 4th years at Perinkadavila PHC under the guidance of Mrs. Happy S Kumary. 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 focussed 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. The skit was concluded by giving a sapling to the medical officer of the PHC there by creating an initiativeness to make our planet healthy and green.

Anti Malarial Day was observed on April 25th. Theme of the year was "Harness innovation to reduce the malaria disease burden and saves life". 2nd year student Mehas S. Khan under the guidance of Mrs. Bency, took an awareness class for Asha workers at Thathiyoor ward. The programme was organised by Mr. Radha Krishnan JHI of Perumkadavila.

World Immunisation day was observed on Last week of April. Fourth year students along with Mrs. Renjitha SA conducted health education regarding importance of immunisation of children at Perunkadavila CHC. Theme of the year was "Long Life for All"

Nurses week was observed from May 6th to 12th. Various competitions on arts and sports are conducted by staff nurses under KNMC in General Hospital, Thiruvananthapuram. Our students Pranav won 1st prize for Mimicry, Remya Roy won 2nd prize Malayalam recitation, Bismi won 3rd prize for essay writing English. In sports Badminton doubles 3rd prize for Devakrishna and Swarban. In college level we conducted a theme presentation by Mrs. Chithra SS. The theme of the year was "Nurses: A voice to lead- Invest in Nursing and respect rights to secure global health".

World Anti-tobacco day was observed on 31st May. 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. Theme of the year was "Tobacco Threat to our environment".

World Environmental day was observed on June 6th. The theme of the year was "Only One Earth". As the part of environmental day Principal mam Prof. Dr. Bhasura Chandrachood inaugurated the day by planting a tree, our students and faculty planted trees in our college premises.

World Population day was observed on 11th July. With the guidance of Mrs. Sheeja 1st year students prepare a video regarding population explosion, hazards of over population. The theme of the year was "A world of 8 billion: Towards a resilient future for all harnessing

Blood Doners Day was observed on 14th July. 1st year students under the guidance of Mrs. Divya S prepared posters regarding the importance of the day and displayed in our college. "Donating blood is an act of solidarity. Join the effort and save lives" is the slogan for 2022.

World Hepatitis day was observed on July 28th. The theme of this year was "Being Hepatitis care closer to you". We observed the day by conducting skit regarding causes of disease, spreading, signs and symptoms and preventive measures under the guidance of Mrs. Divya Giji Raj.

Breast feeding week was observed on 1st week of August. Third year and fourth year students organised a health education programme based on the importance of breast feeding, positions, advantages and contraindications. The health education was conducted at paediatric OPD, Gynecology OPD and paediatric ward in PRS Hospital. Around 50 parents attended the session. The theme of this year was "Step Up for Breast Feeding"

On 3rd August the Onam celebration was held on PRS College of nursing with onapattu, thiruvathirakali, malayalimanka and kerala sreeman competition. Students participated in onasadhya and onakalikal.

World Heart day was observed on September 29th. Second year students prepared posters and painting and exhibited in wards under the guidance of Mrs. Bency Mony. Awareness programme connected in cardiac OPD based on the theme "Use Heart for Every Heart".

National Mental Health day was observed on 10th October based on the theme "Make Mental Health and Well Being for All Global Priority". Students prepared a video based on the theme and posted in social media under the guidance of Mrs. Sree Sandhya.

Pooja was celebrated on 30th October in PRS College of nursing library. On the day book from all students and articles from fundamental lab were collected and arranged in front of Lord Saraswathy. We started pooja at 10am and students song prayer. After pooja prasatham was distributed to whole students and faculty. Pooja taken at 10:30am by Principal and books were distributed back to students and faculty.

Diabetic day was observed on 14th November. Second year students prepared health education

related the management of diabetic, insulin therapy and prevention of complication of diabetics and foot care management under the guidance of Mrs. Sophiya. The theme of this year was "Access to diabetes education".

World AIDS day was observed on December 1st. Second year students under the guidance of "Mrs. Divya Giji Raj conducted AIDS awareness rally and flash mob at Perunkadavila. This year AIDS day theme was "Equalize".

SNA zonal sports competition conducted at CSIM College of nursing, Karakonam. Students are participated in various indoor and sports games students Deva Krishna and Adarsh won 3rd prize for badminton doubles boys section and Devika Gopinath and Abhishree got 3rd prize for badminton doubles girls as well as our college football team won 2nd prize.

SNA arts day competition conducted at Co-Operative College of nursing, Karakulam on 16th and 17th December. Students are participated in cultural events. 1st year student Pranav got first prize in mimicry and 2nd year Uthara Gopakumar got 3rd prize in Extempore speech.

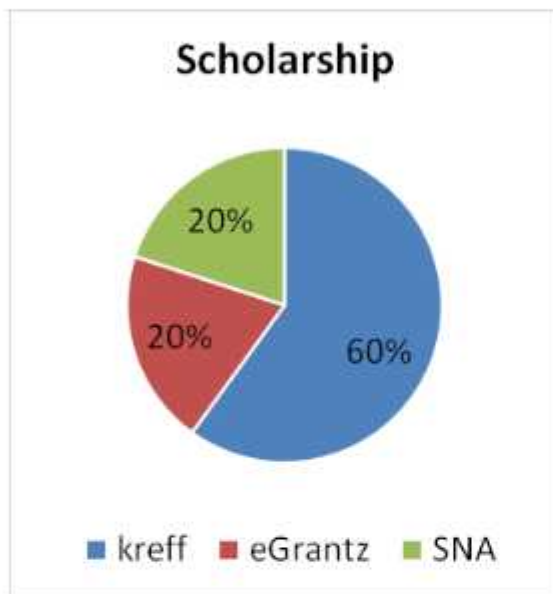
Christmas celebrated on 23rd December in PRS College of nursing Auditorium. Programme started with prayer song followed by Inauguration and Christmas message by Principal. Entrance of Christmas papa and carol song was conducted. Cake cutting done by Principal, thereafter students Christmas gift exchange in their own class rooms itself. Finally the programme was finished up have refreshment.

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
- Grievance cell
- De-addiction committees
 - Sradha
 - Nerkoottam

STUDENT WELFARE PROGRAMES

- a. Every year 10 students receive management scholarship. All documental supports and assistance for applying various outsourcing scholarship are done from college. Our students getting the scholarship like NSP, KREF, E-Grand, Muhammedkoya, Muthoot, Snehapoorvam, Laboursunion, and Norka Roots Schoolarship etc.



b. Sports & Cultural activities

Annual sports meets is organized every year. Student are encouraged to participate in various cultural activities organized under SNA. All important National International days are celebrated and student's awareness and significant of the days are ensured. SNA unit levels arts competitions and Onam celebrations, X'mas celebrations, fresher's day celebrations, farewell functions etc. are arranged every year students has provisions for indoor games at college and hostel. Film shows are arranged periodically. Students organized 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 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, ODEPCI 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 there after 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. Heath record is maintained. As medical facility, consultation for any health issues are ensured free of cost for students and discount for investigations. 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. 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.

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. For attending workshop and conference management is giving Rs1000 for each staff. 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.

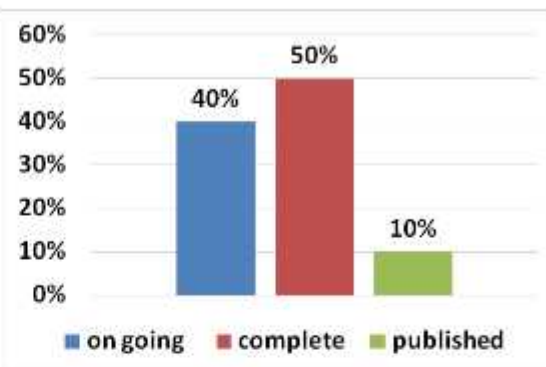
Faculty picnic is arranged every year which gives an opportunity to know each other out of the walls of professional environment. Every month, during faculty meeting, birthdays are celebrated of those faculties whose birthday falls in that month. Cordial, supportive and warm academic environment is maintained in the college which promotes smooth functioning of our college.

Research activities

In our college, around 40 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. Last year they won 3rd prize for the study STP on dental care.

Each year faculties are doing departmental research and last year departmental research is

completed. It was published and presented in various conferences.



Faculty Achievements

Principal has completed PhD programme and is recognised PhD guide under KUHS. Vice principal has completed M.Phil programme and doing PhD. HOD of OBG nursing has completed PhD programme. She was also the co-editor for the book multi disciplinary in Arts, Science & Commerce. HOD of community health nursing is doing MA Sociology. Assistant professor in community health nursing is doing PhD. Many of the faculties are doing certified courses of KUHS. A faculty have participated in poster presentation competition and has won prizes.

Future Initiatives

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





REPORT OF THE YEAR 2022

The new academic year 2022 started with SNA general body meeting along with the executive committee election.

The new SNA office bearers are:

Vice President: Roshna AS (IV year)

General Secretary: Deva krishn (III year)

Joint Secretary: Helen Anna Benny (III year)

Treasure: Adithya AS (IV year)



Chithra SS
Lecturer

Educational committee chairperson:

Ist year: Bhavana Baiju

IIInd year: Jeenu R

IIIrd year: Ruth Jibu Thomas

IVth year: Annie B Saju

Arts and Sports committee chairperson

Ist year: Al Ameen

IIInd year: Savio Alexander

IIIrd year: Uzma Muhammed

IVth year: Neelima Rejith

Programme committee chairperson

Ist year: Abhaya S

IIInd year: Gowri P Sivan

IIIrd year: Gopika MS

IVth year: Sreelekshmi Rajan

Social committee chairperson

Ist year: Abhisree AN

IIInd year: Roshna V

IIIrd year: Gilba

IVth year: Nidhi Shyni Jose

Antileprosy Day was observed on January 30 2022. Second year students under the guidance of Mrs. Aiswarya JC prepared a video and uploaded on social media. The theme for antileprosy day 2022 is "United for Dignity"

World cancer day was observed on February 4th. A video related to theme was prepared and presented by IIIrd year students under the guidance of Mrs. Chithra SS. The theme of the year is "Close the Care Gap"

World Kidney Day was observed on March 10th. Theme of the year was "kidney Health for All". IIInd year students under the guidance of Mrs. Lord Blessy CS did a theme presentation on college auditorium.

World TB Day was observed on March 24th. Theme of the year was "Invest to End Tuberculosis Save Lives". Ist year students under the guidance of Mrs. Nisha M prepared a poster and present it on college notice board.

World Autism Day was observed on April 2nd. Theme of the year was "Inclusive Quality Education for All". IIIrd year students under the guidance of Mrs. Sree Sandhya did a theme presentation on college auditorium. All students are aware about incidence, causes, symptoms, treatment, management and preventive measures of autism.

World Health day was observed on April 7th. Theme of this year was "Our Planet Our health" and we observed this day by conducting a skit by IV th years at Perinkadavila PHC under the guidance of Mrs. Happy S Kumary. 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 focussed 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. The skit was concluded by giving a sapling to the medical officer of the PHC there by creating an initiativeness to make our planet healthy and green.

Anti Malarial Day was observed on April 25th. Theme of the year was "Harness innovation to reduce the malaria disease burden and saves life". IInd year student Mehas S Khan under the guidance of Mrs. Bency, took an awareness class for ASHA workers at Thathiyoor ward. The programme was organised by Mr. Radha Krishnan JHI of Perumkadavila.

World immunisation day was observed on Last week of April. Fourth year students along with Mrs. Renjitha SA conducted health education regarding importance of immunisation of children at Perunkadavila CHC. Theme of the year was "Long Life for All"

Nurses week was observed from May 6th to 12th. Various competitions on arts and sports are conducted by staff nurses under KNMC in General Hospital, Thiruvananthapuram. Our students Prenavwon 1st prize for Mimicry, Remya Roy won IInd prize Malayalam recitation, Bismi won IIIrd prize for essay writing English. In sports Badminton doubles 3rd prize for Devakrishna and Swarban. In college level we conducted a theme presentation by Mrs. Chithra SS. The theme of the year was "Nurses: A voice to lead- Invest in Nursing and respect rights to secure global health".

World Anti-Tobacco day was observed on 31st May. 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. Theme of the year was "Tobacco Threat to our environment".

World Environmental day was observed on June 6th. The theme of the year was "Only One Earth". As the part of environmental day Principal

Prof. Dr. Bhasura Chandrachood inaugurated the day by planting a tree, our students and faculty planted trees in our college premises.

World population day was observed on 11th July. With the guidance of Mrs. Sheeja 1st year students prepare a video regarding population explosion, hazards of over population. The theme of the year was "A world of 8 billion: Towards a resilient future for all harnessing

Blood Doners Day was observed on 14th July. 1st year students under the guidance of Mrs. Divya S prepared posters regarding the importance of the day and displayed in our college. "Donating blood is an act of solidarity. Join the effort and save lives" is the slogan for 2022.

World Hepatitis day was observed on July 28th. The theme of this year was "Being Hepatitis care closer to you". We observed the day by conducting skit regarding causes of disease, spreading, signs and symptoms and preventive measures under the guidance of Mrs. Divya Giji Raj.

Breast feeding week was observed on 1st week of August. Third year and fourth year students organised a health education programme based on the importance of breast feeding, positions, advantages and contraindications. The health education was conducted at paediatric OPD, Gynaecology OPD and paediatric ward in PRS Hospital. Around 50 parents attended the session. The theme of this year was "Step Up for Breast Feeding"



On 3rd August the Onam celebration was held on PRS College of nursing with onapattu, thiruvathirakali malayalimanka and kerala sreeman competition. Students participated in onasadhya and onakalikal.

World Heart day was observed on September 29th. Second year students prepared posters and painting and exhibited in wards under the guidance of Mrs. Bency Mony. Awareness programme connected in cardiac OPD based on the theme "Use Heart for Every Heart".

National Mental Health day was observed on 10th October based on the theme "Make Mental Health and Well Being for All Global Priority". Students prepared a video based on the theme and posted in social media under the guidance of Mrs. Sree Sandhya.

Pooja was celebrated on 30th October in PRS College of nursing library. On the day book from all students and articles from fundamental lab were collected and arranged in front of Lord Saraswathy. We started pooja at 10am and students sang prayer. After pooja prasatham was distributed to whole students and faculty. Pooja taken at 10:30am by Principal and books were distributed back to students and faculty.

Diabetic day was observed on 14th November. Second year students prepared health education related the management of diabetic, insulin therapy and prevention of complication of diabetics and foot care management under the guidance of Mrs. Sophiya. The theme of this year was "Access to diabetes education".

World AIDS day was observed on December 1st. Second year students under the guidance of Mrs. Divya Giji Raj conducted AIDS awareness rally and flash mob at Perunkadavila. This year AIDS day theme was "Equalize".

SNA zonal sports competition conducted at CSIM College of nursing, Karakonam. Students are participated in various indoor and sports games. Deva Krishna and Adarsh won third prizes for badminton doubles boys section and Devika Gopinath and Abhishree got III prize for girls badminton doubles as well as our college football team won IInd prize.

SNA arts day competition conducted at Co-Operative College of nursing, Karakulam on 16th and 17th December. Students are participated in cultural

events. Ist year student Pranav got first prize in mimicry and IInd year Uthara Gopakumar got IIIrd prize in Extempore speech.

Christmas celebrated on 23rd 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, thereafter students Christmas gift exchange in their own class rooms itself. Finally the programme was finished up have refreshment.





NSS

ANNUAL REPORT



Bency Mony
Asst. Professor

NSS annual report of the year 2022 which includes all the activities conducted by the NSS unit. We are presenting all the activities held by the NSS unit of PRS college of Nursing in the year 2022.

In the month of May

On May 31st 2022, an awareness class was arranged for the NSS volunteers regarding World Tobacco Day. Mr. Anandhakrishnan IAS from excise department was the chief guest. The session starts by 2pm and ends by 3pm. Following the lecture a signature campaign were also held.

In the month of June

On June 5th 2022, World Environmental day was celebrated by planting trees in our college campus. Our principal Prof Dr. Bhasura Chandrachood inaugurated the programme by planting a tree.

On June 14th 2022, in regards with Blood Donation day our NSS volunteers prepare posters and displayed.

On June 21st 2022, Yoga Day was observed at PRS auditorium. The class was conducted by Mr. Sajith, yoga trainer from Neyyattinkara. Basics of yoga were discussed and practical sessions was also included. The session starts by 10am and ends by 1pm.

On June 23rd 2022, International Olympic Day was observed. Our NSS volunteers participated in the Olympic run conducted by Thiruvananthapuram District Olympic Association. It starts at 7am from Kowdiar square to central stadium.

As a part of International Day Against Drug Abuse and Illicit Trafficking June 26th 2022. On 24th June 2022, our NSS volunteers conducted a mime based on the theme " Addressing drug challenges in health & humanitarian crisis" at Govt. HSS Marayamuttam along with a class on drug abuse by Excise Department. 12 students were participated in this programme. The main aim of the mime was to combat misinformation and encourage the exchange of drug fact. The mime concluded by educating the students to protect the rights to health for the most vulnerable, including children and youth.

In the month July

On July 29 th 2022, World Hepatitis Day was observed. Our NSS volunteers performed a roleplay regarding hepatitis at Mylachal school TVM. Around 120 school students attended the programme. The session starts by 10am and ends by 1pm.

In the month August

Breast feeding week was observed from 1/8/22-6/8/22. Our NSS volunteers gave awareness to the

antenatal mothers who visited the outpatient department at PRS hospital. And also gave awareness to the mothers who visited the Anganwadi at Perimkadavila. 75 th Independence Day was celebrated on 13/8/22. All faculty and students were participated.

In the month September

World Alzheimer's day was observed on 21/9/22. A rally was conducted by the NSS volunteers. The rally starts from Kanakakunn palace to Kowdiar. 40 NSS volunteers participated in the rally.

On September 24th 2022, we observed NSS Day by distributing food packets to the homeless people. And also we visited an old-age home at Kottamam and distributed dress and fruits to the inmates.

In the month October

On October 1st 2022, we observed Gandhi Jayanthi by clean campus. NSS volunteers clean our college campus. And also we observed Anti- Drug Addiction Day by conducting an anti- drug abuse rally. Rally starts from Kanakakunn and ends at Kowdiar.

16/10/2022, World food day celebrated our NSS unit. Students arranged a food fest to understanding of value of food and food preparation principles. 50 volunteers involved in the programme.

20/10/22 we have arranged a awareness programme on "Importance of hand washing" in the college campus and nearest place. Students and public got an awareness on the importance of hand washing day. 24/10/22 we have celebrated World development information day.

Students conducted a survey on public opinion about our developments in India and how to overcome it. Then the survey report presented to the College students and find out the inference.

In the month November

20/11/22, Universal children's day. Students conducted awareness programme at community centre about how to resolve minor ailment in children and importance of nutrition. 25/11/22, we

celebrated, international day for the elimination of violence against women. Students and conducted a flash mob in the college and the theme was violence against women.

In the month December

01/12/2022, we celebrated World AIDS day. Students got an awareness on the importance of World AIDS day and conducted a rally for awareness for the public.

In the month January

NSS special camp started on 25/01/23 to 31/01/23, and it was a great success. On 25/02/2023, a meeting was conducted as an inaugural function for the seven days with the esteemed presence of respected principal Prof. Dr. Bhasura Chandrachood, Vice Principal, Mrs Sindhu R, Ward Member Smt. Pushpakala , Rev. Father Pradeep Anto, school principal respected Sister Ansamma Thomas, NSS coordinators and volunteers. It was the last day of the Seven day NSS camp after the assembly and flag hoisting planting of saplings were done. At 1:30pm Vice Principal Mrs Sindhu R and Administrative officer Mr. Shibu joined the camp and a meeting was organized. Opinions was suggested by the Program Officers and Rev. Father Pradeep Anto and school Principal respected Sister Ansamma Thomas shared their experience with the students and gave hand crafted flowers to the coordinators as a token of love and tree saplings were planted by Administrative Officer and our Vice Principal as a token of love from PRS College of Nursing and at 4:30pm we returned back to college after the one week camp which was made a successful one under the efforts of the Program Coordinators, teaching and non teaching staff and students who actively participated in the activities.

In the month February

On 4/02/23 we observed World Cancer day by conducted street play and flash mob and awareness class to the public.

On 13/02/23 we observed class on "SAY NO TO DRUG" by conducted a class on "SAY NO TO DRUG", so students got an idea about importance of



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What's the role of dopamine in my body?

Dopamine plays a role in many body functions. As a neurotransmitter, dopamine is involved in:

- Movement
- Memory
- Pleasurable reward and motivation
- Behavior and cognition
- Attention
- Sleep and arousal
- Mood
- Learning
- Lactation

As a hormone, dopamine is released into your bloodstream. It plays a small role in the "fight-or-flight" syndrome. The fight-or-flight response refers to your body's response to a perceived or real stressful situation, such as needing to escape danger.

Dopamine also:

- Causes blood vessels to relax (at low doses, it acts as a vasodilator) or constrict (at high doses, it acts as a vasoconstrictor)
- Increases sodium (salt) and urine removal from your body
- Reduces insulin production in your pancreas
- Slows gastrointestinal (GI) (gut) content movement and protects your GI lining
- Reduces lymphocyte activity in your immune system

How does dopamine make someone feel happy?

Dopamine is known as the "feel-good" hormone. It gives you a sense of pleasure. It also gives you the motivation to do something when you're feeling pleasure.

Dopamine is part of your reward system. This system is designed, from an evolutionary standpoint, to reward you when you're doing the things you need to do to survive — eat, drink, compete to survive and reproduce. As humans, our brains are hard-wired to seek out behaviors that release dopamine in our reward system. When you're doing something pleasurable, your brain releases a large amount of dopamine. You feel good and you seek more of that feeling.

This is why junk food and sugar are so addictive. They trigger the release of a large amount of

dopamine into your brain, which gives you the feeling that you're on top of the world and you want to repeat that experience.

How might I feel if I have the right amount of dopamine?

If you have the right balance of dopamine, you feel:

- Happy
- Motivated
- Alert
- Focused

How might I feel if I have a low dopamine level?

If you have a low dopamine level, you might feel:

- Tired
- Unmotivated
- Unhappy
- Memory loss
- Mood swings
- Sleep problems
- Concentration problems
- A low sex drive

How might I feel if I have a high dopamine level?

If you have a high dopamine level, you might feel:

- Euphoric
- Energized
- A high sex drive

What health conditions are associated with high or low dopamine levels?

Diseases associated with low levels of dopamine:

- Attention deficit hyperactivity disorder (ADHD).
- Parkinson's disease
- Restless legs syndrome

Diseases associated with high levels of dopamine:

- Mania
- Obesity
- Addiction

What are dopamine agonists?

Dopamine agonists are drugs that mimic the natural neurotransmitter dopamine. Dopamine agonists bind to and activate the dopamine receptors

on nerve cells in your brain, causing nerve cells to react in the same way as they would to natural dopamine.

Dopamine agonists are used to treat Parkinson's disease, depression, restless legs syndrome, attention deficit hyperactivity disorder, low sex drive and hyper prolactinemia.

What are dopamine antagonists?

Dopamine antagonists are drugs that bind to and block dopamine receptors (on the receiving nerve cell) in your brain. This means they block or stop dopamine from being received by the next nerve cell. Many antipsychotic drugs are dopamine antagonists. Dopamine antagonists are used to treat schizophrenia, bipolar disorder, nausea and vomiting.

What are dopamine reuptake inhibitors?

Dopamine reuptake inhibitors are drugs that prevent dopamine from re-entering and being reabsorbed by the nerve cell that released it. This makes more dopamine available to more neurons in your brain. Dopamine reuptake inhibitors are used to treat depression and narcolepsy.

How can I improve my dopamine levels in a natural way?

- Eat a diet that's high in magnesium and tyrosine-rich foods. These are the building blocks for dopamine production. Tyrosine is an amino acid. It's absorbed in your body and then goes to your brain, where it's converted into dopamine. Foods known to increase dopamine include chicken, almonds, apples, avocados, bananas, beets, chocolate, green leafy vegetables, green tea, lima beans, oatmeal, oranges, peas, sesame and pumpkin seeds, tomatoes, turmeric, watermelon and wheat germ.
- Engage in activities that make you happy or feel relaxed. This is thought to increase dopamine levels. Some examples include exercise, meditation, yoga, massage, playing with a pet, walking in nature or reading a book.

DOPAMINE



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"To save a life is in gods hand
but he has made you
the source of recovery "

The Experts' Voice
DR. TINY NAIR



INTERVIEW

Unlike other profession doctors have to invest lot more time in their work. The profession is not confined to the 9-5hr timing. One has to risk their own lives in times of emergency for saving their patients. This is the kind of commitment that a doctor should have. Doctors also face problem of stress. So now let us know more about a doctor.

(Q) 1. Sir, everybody says being a doctor was my childhood dream, being a nurse was my childhood dream but when we grew up most of our path may change ,could you please explain why did you choose to become a doctor?

(A) You should actually ask why I choose biology. I think the entire credit goes to one of my school teacher ,actually she is not my biology or science teacher surprisingly she was my maths teacher. She was extremely strict if we make one mistake we will be fired in front of the class, so that many of us become lifelong enemies of maths. In contrast we had a very good kind-hearted science teachers in our school. I think now a days most of the student quit science because of seeing alimentary system of frog or some system of cockroach as biology, but look beyond that biology is so beautiful .So that all credit goes to my maths teacher.

(Q) 2. Medicine is just a straight awesomely fascinating profession. While being a doctor ,we can help others ,can have personal connection with patients and so on .Could you please explain ,what do you enjoy most being a doctor?

(A) Now I am practising in PRS hospital for almost 33 years, no other profession rather than medicine gives satisfaction. I see the variety. Look at medicine ,if there is 50 patients ,every patient is different. Their problems are different, 50 different problems. so firstly the interesting factor is variety. second interesting thing is the challenge. If 5 patients are seeking consultation for cough, 1 is having covid, 1 is having meningitis, 1 is having pneumonia and the other 1 is having tuberculosis. So we have challenges of finding the cause of cough. You should enjoy that as a challenge to solve the puzzle. Even if u treat 100 patient one of them become solved, other come and say thank you doctor for saving my child. So, variety, challenge and satisfaction ,all these 3 combinations will elevate you to different level of working satisfaction.

(Q) 3. As you said variety, challenges and satisfaction will help us to enjoy our profession. Is there anything else that makes you like least about your role?



(A) we should not say that everything is good in medicine, main challenge here is health care is a team work. Suppose the Doctor is a person sitting in home, a patient comes, I can't do anything, it's all about team work, Without me and you, it doesn't work, sometimes it feels extremely helpless because the team may not be able to provide care to a person despite your thinking that this patient can be cured. This is the main area where health care team become depressed.

(Q) 4. *Sir, have you ever been in a situation in which a difficult choice had to be made between two different things? For eg: The patient is suffering, patient life can be saved if right treatment is given, but the financial background of the family is poor?*

(A) There are times when we become helpless, 8-10 year back we had a medical camp in one of the impoverished area of Trivandrum, as we were finishing the camp a child was brought to the camp. child had some cough, when I examined the child I found that the child had a congenital heart defect (atrial septal defect) then I asked, why don't you get the child surgically corrected, the lady said that she had nobody at home and no money, so there is no way to get the surgery done. I said, "see our hospital CEO Mr. Murugan sir, sometimes he can help you". At the end of the camp Mr. Murugan sir came and we told him about the problem. He said he will try to help her. Exactly a week later we came to know that the lions club collected enough money and the child got admitted in Sree Chithra Medical Center Trivandrum and the surgery was done. Help sometimes come from unexpected areas.

(Q) 5. *There are individuals who have overcome some extraordinary circumstances to take control over their own health. There are stories of resilience, perseverance and personal strength. I am borrowing your own words "I think doctors make the good story tellers" Could you please explain the best medical story of your career?*

(A) There are lots of stories, if I start telling you the story we will go the entire night telling the stories. Since it is an interview from the nurses, I will tell you

a story which is truly unforgettable and that is years back when I was doing my MD in Trivandrum medical college I was posted in a unit called M6, suddenly a patient came to the ward and he was struggling for breath, we didn't know what it is, we tried to give injection, oxygen and we immediately shifted the patient from trolley to the ICU. We started IV, lasix etc. The ICU nurse in-charge in the medical college a senior lady, she was watching the whole thing. She said suddenly, doctor one minute please, she just came and took a macguills forceps, she opened the patient mouth and took out the patient artificial denture. Next moment the patient became okay. The patient had partly swallowed it which was obstructing the upper airway. Patient was not having cardiac arrest or pulmonary oedema. which all this so called doctors who were thinking we couldn't detect it but the senior nurse detected within one minute time. What did I and we learn from the story? Delivery of health care is a team work and second thing is that give importance to the nursing staff every time we have to follow that, because after the rounds first thing we ask is that, patient is okay, sister is it ok to shift the patient, mostly the sister says yes, but once in a while our sister would say sir, yesterday night the patient was not okay, then we will not shift because I am seeing the patient just for 10min but nurse is being with patient for the past 24 hours. She knows the patient much better. However educated the doctors is, we should take opinion from the nurse.

(Q) 6. *My most influenced person is mother Teresa, she influences me by not giving up her dreams and by making new things for others such as clinics for the ones who needed them and schools for children to get an education she also communicated with the poorest of poor. Who is the most influenced person in your life, Why?*

(A) The person who influenced me the most was my dad who was an office worker but I always wanted to become like him. He never asked me to become like him. There are couple of things that he always said:

- Whether you are happy, angry or stressed out it doesn't depend on situation it is your reaction about the situation.
- Never try to compare yourself with others.

These two principles have always been my guiding light.

(Q) 7. Managing conflict in workplace is a time consuming but necessary task for a team leader .conflict may exist between the staff or health care team and patient's family. Being a doctor do you face any conflict in professional situations?

(A) Conflicts occurs in high stress situation, such as medical field is a highly stressful situation, because people are suffering, breathless, going for surgery ,bystanders are crying this is a stressful situation, right. I might shout at the nurse, the nurse might get angry at doctor ,the nurse might get angry at staff ,everything may happen this is so called 'task conflict', but everyone want the patient to survive, everyone looks at same direction, which may create 'task conflict'. Task conflict is different from 'personal conflict'. So we should differentiate 'task conflict' from 'personal conflict'. So never confused about task conflict as personal conflict.

(Q) 8.What is your advice to nurses to overcome professional conflicts ?

(A)You should think you are doing an important job .you are the most important person in health care delivery system. Nurse decide what kind of care is to delivered for eg: junior doctor advises nurse to administer morphine for acute inferior wall MI the side effect being bradycardia so nurse asked advice from the senior doctor whether to. When you provide direct care they should realise their importance ,every nurse should work for dignity and realise that you are important in a health care.

(Q) 9. Being frontline workers doctors often face multiple challenges not only pertaining to the criticality of the care but also dealing with the brunt of patient and their family. They are often exposed to high levels of stress and anxiety in their day to day work. Sir according to you what will be your advice to students to deal with stressful clinical situation ?

(A)Hospital is not a nice place because the ambience is not good, it is a high stress situation which can

arouse emotional disturbance. All students are exposed to this environment so give them sufficient coverage. School or college is a place to learn, today people look at the students to scold them, now school has become a place of competition rather than inviting knowledge. Student should realise they have come to college or school for learning. In that learning process, as seniors we promise to guide you in and we slowly expose you to this jungle of confusion. The teacher shouldn't scold students. We should gradually expose them. So they become responsible doctors and nurses .

(Q)10. "you have to set goal that are almost out of reach if you set a goal ie, attainable without much work or thought you are stuck with something below your true talent and potential :- stevegarvey" We decide, write it down, tell some one, break our goal down so on could you please explain how do you set your goal for accomplishing?

(A) Setting big goals are good, is that attainable we don't know. but setting small goals which are attainable are more preferred I keep my goal small, so it is attainable and I reward myself. For example I write an essay, a paper or journal article, I reward myself an ice cream and share it with my family .Keep your goal realistic fix up a time frame that is attainable. once you do that gift yourself something that make you happy.

(Q) 11. How does a medical research and update influence the medical practice ?

(A)Medicine was not like it was 30, 40 years back, during my college, my professor Dr. Krishnadas always got angry when we students carry photocopy of notes. But now that system is changed internet offers huge amount of information so we don't read books .If we continue this we will never go back to reading. I have a habit of reading in my home. Me and my son continue walking back and forth, while reading something which always annoys my wife. If you want to succeed in your profession you should inculcate reading. I have developed reading since my childhood like when mom ask me to buy something from the shop they wrap it in old newspaper I always

read that newspaper .similarly, once when I was in a remote airport for 48hrs when all flight were cancelled, when I came back my wife said you might have a very bad time in Washington. I said, no, I found a very good book shop and I even completed reading 5 books. So you should enjoy reading.

(Q) 12. *Sir ,Though India's health care sector is one of the fastest growing in the world, lack of availability is still a major concern for the country's tremendous population .To add to that about 9.1% of urban India are likely to develop common health problem like DM, cancer etc what do you believe to be some of the most pressing health issue today and why?*

(A) More focus should be on prevention than treatment we have an excellent health care system in kerala, angioplasty, surgery etc are available but what about prevention? We knew the etiology regarding heart attack still many people spend huge amount of money on treatment than avoiding the cause. Now a days even cancer is preventable as we know the cause. Prevention is all linked to finance and market. Prevention in India is taken a backseat in hospitals, we have a program named karkinos which aims for cancer prevention. Prevention is the best hope for the future.

(Q) 13. *During my clinical posting, I saw that you*

have been working for long hours and you are very much workaholic. Could you please explain how you balancing your personal and professional life, do you get enough time to spend with your family?

(A) This is important for all of us .our job is not a 9-5hr job. When I come home, I am just a husband to my wife ,dad to my son when we come home we should change role, as quickly and smoothly. When you are with your family, suddenly if a phone call comes from the hospital. As a health care worker you have to change your role and quickly you have to adjust. If you couldn't take off the white coat at home you are an utter failure. It is not a question of how much time you spend with your family it is the quality time that matters. Every night I make it a point to chit chat with my son as we take a walk we grew closer .Everybody needs an outlet. if you have a problem its your family that is going to be with you.

Conclusion

I thank you from the bottom of my heart for taking time from your busy schedule .your presence and wise words helped to magnify our cause in the best possible way. Also I extend my sincere thanks on behalf of our P.R.S College of Nursing for being with us and made our interaction more beautiful and meaningful.



Interviewed by: Sachin R. Gopal, Jeeva Vimala Jiss, Prathibha M.R.



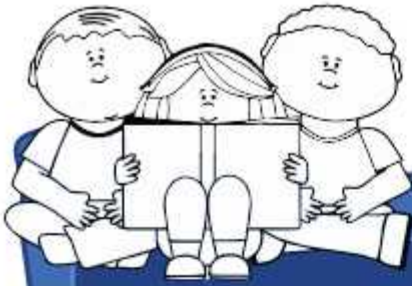
വായനാശീലം തുടങ്ങാം ചെറുപ്പം മുതൽ



Rekha G. Krishnan
Librarian

“

‘ചെറുപ്പത്തിലെ ശീലം ചെറുപ്പം വരെ’
എന്ന് പറയുമ്പോൾ
കുഞ്ഞുമുതൽ അവരിൽ
വായന വളർത്തി
തുടങ്ങിയാൽ
വലുതാകുമ്പോൾ
അതൊരു ശീലമായി
അവർക്കൊപ്പം വളരും.



കുട്ടികളിലെ വായനാശീലം വളർത്തുന്നതിൽ ഭക്ഷിതാക്കൾക്കും അധ്യാപകർക്കും ഒരുപോലെ പങ്കുണ്ട്. ചെറുപ്പം മുതൽ കുട്ടികളെ വായനയുടെ ലോകത്തേക്ക് കൊണ്ടുപോകാൻ നിങ്ങൾക്ക് കഴിയണം. വായിക്കാനായി അവരെ പ്രാപ്തരാക്കുന്നതിനുള്ള വായനാശീലം വളർത്തുന്നതിനായി അവരെ പ്രോത്സാഹിപ്പിക്കുകയും വേണം.

കുട്ടികളുടെ പ്രായത്തിനനുസരിച്ച് ആവണം അവർക്ക് പട്ടസ്മൃതികൾ തിരഞ്ഞെടുത്ത് കൊടുക്കുന്നത്. പട്ടസ്മൃതികൾ ഒരു സമയം അവരെ ചിന്തിപ്പിക്കുകയും ചിന്തിപ്പിക്കുകയും ചെയ്യുന്നത് ആയിരിക്കണം. നിറങ്ങളും ചാക്കുകളും ചിന്തകളും നിറഞ്ഞ ഒരു മാസികയോടൊപ്പം തീർക്കാൻ വായന കൊണ്ട് അവർക്ക് സാധിക്കണം. അക്ഷരങ്ങളും അക്കങ്ങളും അവർക്ക് സമ്പൂർണ്ണമായി ആകണം.

ഒരു വ്യക്തിയുടെ വികാസത്തിനും വ്യക്തിത്വത്തിനും വായന എന്ന പ്രധാനവശ്യമാണെന്നുള്ളതിൽ വായനാശീലം വളർത്തുന്നവരുടെയും നാം ആഗ്രഹിക്കുന്ന ചിന്തകളും കാര്യങ്ങളും ഗ്രഹിക്കാനും കൂടുതൽ വായനയുടെ വികാസങ്ങൾ ഉണ്ടാകണം. അറിവും ആശയങ്ങളും ജനിക്കും. ഇത് വ്യക്തിയുടെ ജീവിതത്തിൽ എന്ന സഹായകമാകുന്നു.

എന്ത് വായിക്കണം എങ്ങനെ വായിക്കണം എന്നുള്ളത് വ്യക്തികളുടെ അഭിരുചിക്ക് അനുസരിച്ച് ഇരിക്കും. നീ ഇന്നത്തെ വായിക്കാനുള്ള ഇന്ന് വായിച്ച കൂടെ എന്ന് ആരെങ്കിലും അടിച്ചുപറ്റിയാൽ ആകില്ല. അവൻ ജന്മമുളളതും തന്റെ ജന്മമുളളതുമായ പട്ടസ്മൃതികൾ വായിക്കാൻ അവസരം നൽകണം. എന്ത് കരുതി മനസ്സിൽ ദുർബ്ബലതകൾ വളർത്താനും തെറ്റായ ചർച്ചകളിലേക്ക് നയിക്കുന്നതുമായ പട്ടസ്മൃതികൾ തിരഞ്ഞെടുക്കാതിരിക്കാൻ ശ്രദ്ധിക്കണം. പട്ടസ്മൃതികൾ കുട്ടികളുടെ കൂട്ടുകാരായി ആവണം. വായന കുട്ടികളിൽ സാമൂഹിക പ്രതിബദ്ധത വളർത്തുന്നതിൽ ഒരു മുഖ്യ പങ്കുവഹിക്കുന്നു. കുട്ടികളുടെ ഭാഷാ നൈപുണ്യം വർദ്ധിക്കുന്നതിലും വായന വലിയ പങ്കുവഹിക്കുന്നു. അറിവെന്നൊപ്പം ആനന്ദവും വായന നമ്മുടെ സമാനിക്കും. മനസ്സ് ശാന്തമായി ഇരിക്കാനും വായന നമ്മെ സഹായിക്കുന്നു.

പട്ടസ്മൃതികൾ കുട്ടികൾക്ക് സമാനമായി നൽകുക, അവരെ വായനയുടെ ലോകത്തേക്ക് കൈപിടിച്ചു കൊടുക്കുക. പിറന്നാളിനും വിശേഷദിനങ്ങളിലും രസകരമായ നല്ല പട്ടസ്മൃതികൾ ആവണം അവർക്ക് സമാനിക്കേണ്ടത്. 'ചെറുപ്പത്തിലെ ശീലം ചുട്ടുവെച്ചാൽ എന്ത് പണയം പോലെ കൂടെയുണ്ടാകാൻ അവരിൽ വായന വളർത്തി തുടങ്ങിയാൽ വലുതാകുമ്പോൾ അതൊരു ശീലമായി അവർക്കൊപ്പം വളരും.

മലയാളത്തിലെ വായനയുടെ അഭ്യസ്ത ലോകത്തേക്ക് കൈപിടിച്ചു കൊണ്ടുപോയ മഹാനായിരുന്ന പി. എൻ. പണിക്കർ. ഭാരതത്തിലെ ഗാന്ധിജിയെ പ്രചോദിപ്പിക്കുന്നതിന് തുടക്കം കുറ്റിച്ചു പി. എൻ. പണിക്കർ വായനയെ എന്ന സീനേയ്ക്കിരുന്നു. അദ്ദേഹത്തിന്റെ ഓർമ്മയ്ക്കായി ഭാരതീയർ ജൂൺ 19 വായനാദിനമായി ആചരിക്കുന്നു. കുട്ടികളിൽ വായനാശീലം വളർത്താൻ ഇതിലും നല്ലൊരു വിധം വേറെ ഇല്ല. ഭക്ഷിതാക്കളും അധ്യാപകരും കുട്ടികൾക്ക് ഒരേ പട്ടസ്മൃതികൾ സമാനിക്കുക. അവരെ വായനയുടെ ലോകത്തേക്ക് കൊണ്ടുപോവുക. അവരും വളർന്നു നൽകുന്ന എല്ലാവരും നല്ല വ്യക്തിത്വത്തിന് ഉദാഹരണമായി.

YOUR BEST FRIEND AND HOW YOU MET



Uthara
2nd Year BSc Nursing

It has been a wonderful moment in my life and the most amazing part is that she met me before I could recognise her. My Mother she was my best friend and most trusted friend in world. She is my AMMA

My Amma is the one among very few best friend and my first best friend she is the one who do not expect anything back from me, she knows all my good part and my worst part that no one have ever seen. My constant support and the one to whom which I fight a lot. It is a strange story of the transformation from my mother to be a best friend.

My best friend told me that my dear you can tell anything towards me without any hesitation. It is a long journey from my smaller age till now through which she became the most lovable just like a best friend. Definitely the first time we met was on my birthday, but I do not remember that particular day. She may be the first friend who always praise my beauty on which the day I was born. She says that 'I was like a little angel' and I can't believe that you have grown this.

“

My Mother she was my best friend and most trusted friend in world.

Gradually years passed by and the bond between us increased day by day. She tells me stories, shares her day with me and she too indulge me to share my day with her too. On the first day I won't tell all my part of the day, but time made me increase my trust on her. I could share anything with her and she always leads me to the good part of life and "Always believed me and supported me" when no one else was there. The love and care which she gives me always make my day much beautiful. She devoted her life for her family and I truly believe that she can't tolerate any pain that happens to me too.

Later on day by day I became an adolescent from a small girl and I came to the college. From the day here on the college I got a new best friend or else I added one to the company of a very few. I can't explain her in simple words the most humblest heart I ever met she is very kind from the bottom of heart .i would say openly that she took this profession without her interest but the one I see most correct person for this profession. May be she may not like this profession but I should say it is the patient that they could get treatment from her.

It was my first time I got deprived from my parents and I went to the hostel. I should say that here comes the link between my two best both were a constant support and my most lovable and kind souls. And I believe that both of them are truly good and all mother in the world is a trust best friend and I wish everyone be truly enough to get one as I got later in my life.



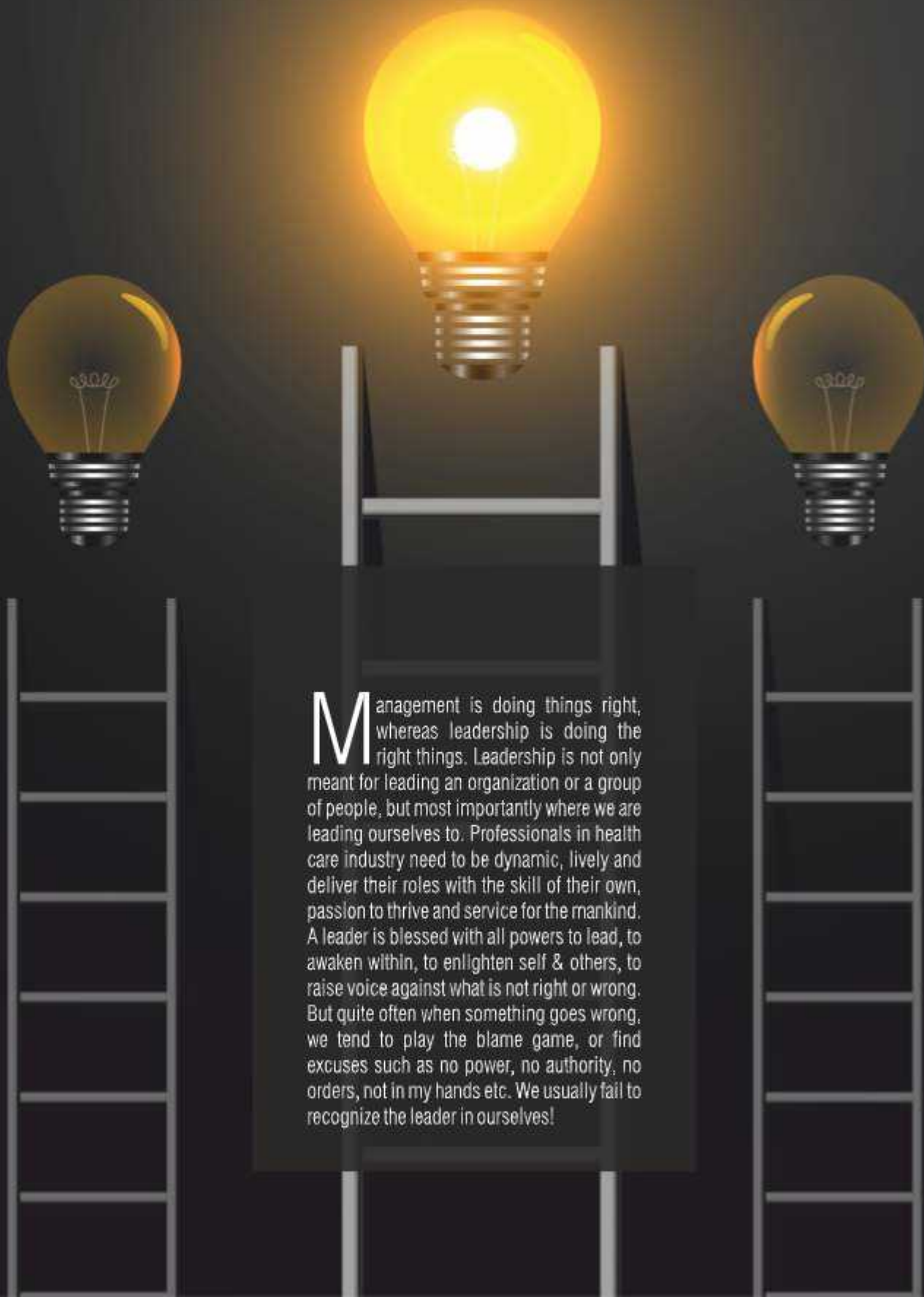
DISCOVER **THE TREASURE** OF LEADERSHIP **WITHIN YOU**

“

Leadership
is much more
an art, a belief,
a condition of
the heart, than
a set of things
to do.



Shibu K. B.
Administrative Officer



Management is doing things right, whereas leadership is doing the right things. Leadership is not only meant for leading an organization or a group of people, but most importantly where we are leading ourselves to. Professionals in health care industry need to be dynamic, lively and deliver their roles with the skill of their own, passion to thrive and service for the mankind. A leader is blessed with all powers to lead, to awaken within, to enlighten self & others, to raise voice against what is not right or wrong. But quite often when something goes wrong, we tend to play the blame game, or find excuses such as no power, no authority, no orders, not in my hands etc. We usually fail to recognize the leader in ourselves!

Everyone in the organizations have their own leadership roles to play according to their job specifications and duties. Leadership at one time meant muscles; but today it means getting along with people. Leadership doesn't come with any particular post but is required at every post, and it is action, not position. The first responsibility of a leader is to define reality and the last is to say thank you. In between, the leader is a servant. A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves. When the effective leader is finished with his work, the people say it happened naturally. The leaders who work most effectively doesn't think 'I', they think 'we'; they think 'team'. They accept responsibility and don't sidestep it, but 'we' gets the credit. This is what creates trust, what enables you to get the task done.



The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly.

Leadership is much more an art, a belief, a condition of the heart, than a set of things to do. The visible signs of artful leadership are expressed, ultimately, in its practice. Leadership is not a one-day thing. It is a constant commitment to excellence, a habit, a daily practice. Leadership and learning are indispensable to each other. Good leaders emerge as result of a never ending process of self-study, education,

training, and experience. Leader should have alertness, education, and Courage to lead people.

The leader has to be practical and they have to lead and inspire people. Don't try to manage and manipulate people. Inventories can be managed but people must be lead. The growth and development of people is the highest calling of leadership. The function of leadership is to produce more leaders, not more followers. Leadership is the ability to recognize a problem before it becomes an emergency. Competence goes beyond words. It's the leader's ability to say it, plan it, and do it in such a way that others know that you know how and know that they want to follow you.

The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly. There are various leadership style one could choose upon but don't attach yourself to one type of style alone.....because the human beings we deal with are not the same. Situational leadership will be the best among all leadership styles, because a leader needs to change his leadership according to the situation. Some time he needs to be tough with his subordinates if they are not doing well, some time he needs to teach his subordinates, some time when there is some conflict arises between two subordinates than he need to take democratic approach to deal with their problem.

We all are leaders in a workplace, we should realize this. Stop complaining or blaming and take the responsibility, you may not be told that you are a leader, but your presence is felt when you are there and when you have left, your foot prints should lead others to glory. A good leader would never hide his mistakes, but stand for what he is, as for him post, position, authority, recognition doesn't matter, he would do his part in what he believes the best!

If you do not choose to lead, you will forever be led by others. Find what scares you, and do it. And you can make a difference, if you choose to do so. Transform yourself into a born leader feel the world as a better place and make this world a better place, if you choose to lead or simply follow, the choice is yours....



പനിനീർപൂക്കിപ്പം



Della S.
1st year BSC Nursing

മനസ്സാൽ വിടർന്നു കുളിർത്തൊന്നൽ
മധുവാൽ പൊഴിഞ്ഞു മനസാകെ
കനവിൽ തെളിഞ്ഞ തുമിന്നൽ എൻ-
മിഴിയെ തഴുകി കുളിർമഞ്ഞാൽ
കനലാൽ എരിഞ്ഞൊരൻ മാറിൽ
നനവൊലും പുഞ്ചിരിയേകി നീ
നിന്നുടെ പരിമുഖം എനിലേകാത്തതയുടെ ഭംഗിയായി ...

പ്രണയമായ മാറുന്നു നീ
പ്രണയത്തിൽ ഭൂതാകുന്നു നീ
ഒടുവിൽ പ്രിയജനവിഹേത്തിൻ
സാക്ഷിയാകുന്നു നീ ...
നിനലെ കുളിർമയിൽ അലിഞ്ഞു ചേരുന്നു
ജരുമനസ്സിൽ കനവുകൾ
ഏകാന്തതയിലും ലോകം കാണുവാൻ
നിൻ കുളിരോർമകൾ തെളിക്കുന്ന പാതകൾ
നിന്നിലാൽ അറിയുന്നു പ്രണയവും വിഹേവവും
നിൻ മുളുളിനാൽ അറിയുന്നു -
സ്നേഹത്തിൻ മധുവുനും നോവുകൾ
എനിലേ കുളിരോളം ഓർമകൾ
ഈ പപഞ്ചത്തിൻ പനിനീർപ്പൂക്കളാൽ ശോഭിച്ചു
നിൽക്കുമീ മാലാഖവൃന്ദങ്ങൾ
മനമുരുകും നോവിലും തൻ ചുണ്ടിലെ പുഞ്ചിരി
ഉരുക്കുന്ന മനമത്തിൽ ആശ്വാസമായ്
അതിനാൽ ദൈവം ഒരുക്കിവെച്ച സമ്മാനമല്ലോ ഈ പൂക്കൾ.



Government of Kerala
Kerala Social Security Mission
കേരള സാമൂഹിക സുരക്ഷാ മിഷൻ

Vayomithram



Diva Giji Raj
Professor

Kerala Social Security Mission is implementing the Vayomithram project which provides health care and support to elderly above the age of 65 years residing at Corporation/Municipal Areas in the state. The Vayomithram project mainly provides free medicines through mobile clinics, Palliative care, Help desk to the old age. The project implemented as a joint initiative to LSGD in the area. (Municipality/Corporation).



The project started its function on 2010-11 financial year in Kollam and Trivandrum Corporation and extended to 12 district head quarters in 11-12 financial year. As a part of extension of project 9 new projects were started in 12-13 financial year and 2 new projects in 13-14 year. (Total 25 projects)

KSSM has decided to start 9 more projects in the current financial year up on the priority of the basic support provided by the municipality. Marad (Ernakulam), Manjeri, Kottakkal (Malappuram), Vadakara (Calicut), Chalakkudy (Thrissur) municipalities has expressed their interest for the project.

1) Mobile clinic service.

Vayomithram provides medicines free of cost by conducting mobile clinics in ward basis in the area. There is no economic criteria for availing the service. Each mobile unit comprises of Medical Officer, Staff Nurse and JPHN.

2) Palliative care service

This service intends to provide palliative care for the bed ridden patients in the project area. Special trained nurses and JPHN's are available for the service.

3) Help Desk

Vayomithram co-ordinators provide help desk service to the needy old age in the area. The old age can avail the help from the vayomithram office.

4) Other services.

- Special Medical Camps are conducted in project area for aged (eye camp etc)
- Special entertainment programmes like Sallapam, Snehayathra were conducted mainly for the destitute in old age home and vayomithram beneficiaries
- Sponsorship programmes were conducted with the help of NGO's, Institutions in the area.
- Conducted special day programmes (Related to health and welfare) in the area.
- Counseling service has been providing by vayomithram co-ordinators with reference of doctors from mobile clinics.
- Active involvement of Vayomithram in Social issues related to old age in the area. (Rehabilitation etc).

Vayo Amrutham

Evolution of finite health care protocols had added years to life thus resulting in increased old age population. But the lifestyle adopted



by the majority population had lead to deteriorated health status and the emerging life style disease is enhancing the morbidity even though has been declined. The nuclear family in the present society has paved the way to more number of old age homes. Old age people are forced to isolate from nuclear families. From this problem the number of old age people from society is a big issue. The old age population is living with social isolation along with physical and mental health problems.

The Social Justice Department with the support of Indian System of Medicine department has implemented this new initiative in 15 Old age homes for the treatment of inmates who are suffering from health problems. Majority of cases treated as health ailments Diabetes, Asthma, Skin diseases, Arthritis, eye and ear diseases, etc. Health care also includes palliative care for bedridden and counselling.

As part of this scheme Ayurvedic treatment is being provided to the Inmates belonging to all the Government Old Age Homes functioning under Social Justice Department.

The Inmate will be benefited with the service of a Medical Officer and an attender.

Age Friendly Panchayat

The age friendly panchayat implemented by Social Justice Department is a new initiative associated with State Old Age Policy, 2013. Converting all the panchayats in the State into age-friendly panchayats for ensuring good health, participation and assuring quality of life to the Senior Citizens is the objective of the programme.

Mandahasam

Mandahasam is a new initiative by Social Justice Department for giving free tooth set for the senior citizens. The scheme aims to reduce nutritional, physical and mental problems faced by the elderly people after loosing teeth.

The department would prepare a list of dental colleges and dental treatment centres from where the beneficiaries could avail treatment. It would also ensure the quality of artificial tooth and quality treatment by setting standards and norms.



| | |
|-----------------------------|---|
| Eligibility Criteria | Senior citizens who fall in BPL category would be eligible for the benefit under this scheme. |
| Benefit | One beneficiary would get maximum financial assistance of Rs.5,000/- for fixing the tooth. |
| Documents | Copy of Ration card/BPL certificate/Income certificate from concerned Village Officer Copy of Aadhar card/ Election ID/Certificate from Medical Officer Certificate in the prescribed format from a Dentist |

Integrated Programme for Older Persons

Integrated Programme for Older Persons - A Central Sector Scheme to improve the quality of life of the Older Persons

The main objective of the Scheme is to improve the quality of life of the Older Persons by providing basic amenities like shelter, food, medical care and entertainment opportunities and by encouraging productive and active ageing through providing support for capacity building of Government/Non-Governmental Organizations/Panchayati Raj Institutions/local bodies and the Community at large.

Assistance under the scheme will be given to the Panchayati Raj Institutions/local bodies and eligible Non-Governmental Voluntary Organizations for the following purposes:-

- (i) Programmes catering to the basic needs of Older Persons particularly food, shelter and health care to the destitute elderly;
- (ii) Programmes to build and strengthen intergenerational relationships particularly between children/ youth and Older Persons;
- (iii) Programmes for encouraging Active

and Productive Ageing;

(iv) Programmes for providing Institutional as well as Non Institutional Care/Services to Older Persons;

(v) Research, Advocacy and Awareness building programmes in the field of Ageing;

(vi) Any other programmes in the best interests of Older Persons

Extent of Support to the Project

(i) Up to 90% of the cost of the project indicated in the scheme will be provided by the Government of India and the remaining shall be borne by the organization/institution concerned.

(ii) In the case of schools, colleges, Educational Institutions and recognized youth organizations such as Nehru Yuvak Kendra Sanghathan (NYKS) and the National Service Scheme (NSS) undertaking programmes and services for Older Persons, up to 100% cost of the project indicated in the scheme shall be provided by the Government.

Implementing Agencies

Under the scheme, assistance will be sanctioned to the following agencies subject to terms and conditions laid down by this Ministry:-

- Panchayati Raj Institutions/Local bodies
- Non-Governmental Voluntary Organizations
- Institutions or Organizations set up by Government as autonomous/subordinate bodies
- Government Recognized Educational Institutions, Charitable Hospitals /Nursing Homes, and recognized youth organizations such as Nehru Yuvak Kendra Sanghathan (NYKS).
- In exceptional case, financial assistance under the Scheme shall also be provided to State Governments/Union Territory administrations.

'Sayamprabha Home' - Comprehensive scheme for Senior Citizens

The number of elderly population in India is growing rapidly. Nowadays one of the most widespread problems faced by senior citizens is loneliness in family atmosphere. Elderly men and women who lost their partners suffer isolation at home during daytime due to lack of company when their children go to work and grandchildren go to schools.

We need to improve the protection of older person's rights so that elderly people can fully enjoy their human rights. Senior citizens should also be brought to mainstream of the society along with others to create a better living situation. The State Government is initiating steps for setting up Community Care Centers in each block panchayat.

"Sayamprabha Home" project is a new initiative of Social Justice Department that

provides Day Care facilities in co-operation with LSGD institutions. These Day care centres will provide the most required services and help on a barrier free platform to the old age people in their age of need. These day care facilities offer an opportunity for the senior citizens to mingle with their own age group; it can also provide solace to elderly who suffer loneliness during daytime. As an initial phase 70 such Day care centres have been identified operated by LSGD institutions which will provide counseling programmes, Yoga meditation programmes to the Senior Citizens.

Beneficiaries

Persons above 60 years of age from the concerned Panchayats / Municipalities / Corporations will be benefited from this project. At least 20 beneficiaries from each Sayamprabha Homes can be provided with the services.

Key services provided through Sayamprabha Homes

- Create opportunity for social interaction among senior citizens.
- Provide yoga training classes.
- The centres offer wide range of activities to keep the elderly occupied with activities designed to meet physical, emotional and social needs.
- Engage them in activities which include physiotherapy, meditation, counseling, medical check-ups, etc.
- To provide food atleast 2 times a day for senior citizens who suffer from malnutrition.



അവൾ



Sruthi
3rd Year BSc Nursing

ജിവിതത്തിന്റെ ഓരോ തലത്തിലും ലക്ഷ്യങ്ങൾ മാറിക്കൊണ്ടേയിരിക്കും. 'അവൾ' എന്നു പറയുന്നതിൽ, അതിലേക്ക് എന്താണ് അവൻ ഒടുവാട് കടന്നുകൾ ഉണ്ടായിരുന്നു. എഴില മലയിലെ ഒരു കൊച്ചു ഗ്രാമത്തിൽ അവൻ ജനിച്ചുവളർന്നത്. അവനിലെ അവളെ കണ്ടെത്തുവാൻ അവനെ ഹൈസ്കൂൾ ഏതൊക്കെയായിരുന്നു.

തന്നിലെ അവളെ അവൻ പതുക്കെ മനസ്സിലാക്കി തുടങ്ങി. ആണ് സുഹൃത്തുക്കളോട് അവൻ എന്നും ഒരു അപരിചിതരും ഉണ്ടായിരുന്നു. എന്താൽ പെൺ സുഹൃത്തുക്കളോട് എന്നും ഒരു അനുകമ്പയും ഉണ്ടായിരുന്നു. അവൻ ഒറ്റയ്ക്കല്ല, അവനൊരു ചെപ്പിയുണ്ടായിരുന്നു. ചെപ്പിയുടെ എല്ലാ ഭീതികളും അവനും കടമെടുത്തു തുടങ്ങി. അങ്ങനെ പതുക്കെ പതുക്കെ അവൻ അവളായി മാറി.

സമൂഹത്തിന്റെ കണ്ണിൽ അവൻ വെറുമൊരു പേഷം കൊടുക്കാനായി. പേഷം അഴിച്ചു വയ്ക്കാൻ മാത്രം തയ്യാറായില്ല. അതെ അവനുമുണ്ട് ഒരു ലക്ഷ്യം 'അവൾ' എന്ന ലക്ഷ്യം. പതുക്കെ അതിലേക്ക് പോകുവാൻ വേണ്ടിയുള്ള ശ്രമങ്ങൾ തുടങ്ങി. അവനിലെ അവളെ പതുക്കെ വളർത്തി. അങ്ങനെ അവൻ ചന്ദ്രമതിയായി മാറി. ചന്ദ്രൻ അന്ത്യകും മനോഹരി അല്ലേ,

ഭാഗ്യത്തിലെ നിലാവല്ലെ ചന്ദ്രൻ.

പതിവെ പതിവെ ചന്ദ്രമതിയെ വീട്ടിൽ നിന്നും താട്ടിൽ നിന്നും ആളുകൾ ബഹിഷ്കരിക്കാൻ തുടങ്ങി. വെറും പെണ്ണാളെ, ഒൻപത് എന്ന പേരുകൊണ്ട് വിഴാൻ തുടങ്ങി. ഇതൊന്നും സഹിക്കാൻ വയ്യാതെ അപ്പളിലെ മനസ്സ് തേങ്ങി. തന്റെ ഒരു സുഹൃത്ത് വഴി പതിവെ ട്രാൻസ്ജെൻഡർ എന്ന പദത്തിലെ യാത്ര എളുപ്പമാക്കി. തന്നെപ്പോലെ സ്വപ്നങ്ങളും ലക്ഷ്യങ്ങളും ഉള്ള ഒരു കുട്ടം ആളുകൾ ഉണ്ടെന്ന് പതിവെ മനസ്സിലാക്കി. അവരിലേക്കുള്ള യാത്ര എന്ന ലക്ഷ്യമാണ് ഇപ്പോൾ.

ഇപ്പോൾ ചന്ദ്രമതി ഒരുമുറയിലാണ്. കാഴ്ചയിൽ അത്ഭവ സുരഭിയായവൾ, ആരും മോഹിക്കുന്നവൾ. ഇന്നവൾ ഇന്ത്യ കണ്ട ഒരു മികച്ച താരമാണ്. അവളുടെ ജീവിതത്തിലെ ലക്ഷ്യം ഓരോന്നായി ഇത് തുടർന്നു വാണു. അതിലെ ഓരോ മായാജാലങ്ങൾ മിന്നിമറയുകയാണ്.

അവനിലെ അവളിലേക്ക് എത്തുവാൻ കഷ്ടപ്പെടുമെങ്കിലും ലക്ഷ്യം ഭാഗ്യത്തുപിടിച്ചു. അവൾക്കറിയാം ചന്ദ്രമതി ഇന്നൊരു ചന്ദ്രന്റെ വെളിച്ചം പോലെ പ്രകാശിക്കുവാൻ. ലക്ഷ്യം വെറുമൊരു കാബനായെത്ത സ്വപ്നമല്ല. അതിലെ ശരിക്കും ലക്ഷ്യം എന്ന വാക്കിന്റെ മായാജാലം ആർജിച്ചുവെണ്.



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CAN WE SEE BACTERIA WITH THE NAKED EYES



Darsana JU
3rd Year BSc Nursing

What are bacteria? In simple words 'Bacteria are single-celled or simple organism that are invisible to naked eyes. Isn't that what we learned in school. Well not anymore.

When we think of bacteria, we think of microbes, organisms so small that they can't be seen with the unaided eye. And that's true. But on June 23, 2022, scientists announced that they've identified a species of bacteria that is 50 times larger than the previously largest known bacterium. In fact, it reaches up to about 0.4 inches (1 centimeter) in length, easily seen by the unaided eye!

Bacteria are the most diverse and abundant organisms on Earth. In 2019, scientists even found bacteria that eat and breathe electricity! *Shewanella oneiensis*, a species of bacteria that uses raw electricity for energy.

Scientists discovered the bacterium – called *Thiomargarita magnifica* – in shallow tropical marine mangroves in the Caribbean. *Thiomargarita magnifica* is huge for a bacterium, at nearly a centimetre long. Or more specifically, the researchers measured the filaments at up to 9.66 millimetres long.

Such bacterial giants raise the question of whether more macro-bacteria might still be out there but have not yet been identified. Some exceptional members of sulfur-oxidizing gammaproteobacteria

Thiomargarita namibiensis, for instance, are known to reach up to 750 micrometres (average size of 180 micrometres). While most model bacteria and archaea are small, some remarkably large cells, referred to as giant bacteria, are evident in at least four phyla and have cellular sizes in the range of tens or even hundreds of microns.

Now try to remember which is the largest cell in the world. If you said ostrich's egg you are right. Which is the longest self? It's a motor neuron that is around 1.3 long. Now you know the answer to the largest bacteria as well. But what do we know about the bacterium?

Thiomargarita magnifica is a single celled filamented bacteria. At such a size, it's easy to think that these filaments must be made of many individual cells. But no, the filaments of *Thiomargarita magnifica* are one giant cell. This is like other large sulfur bacteria. While the filaments are one single cell, each cell does contain novel, membrane-bound compartments. Those compartments contain clusters of DNA. The researchers named these compartments "pepins," after the small seeds found in fruits. The bacteria contain three times more genes than most bacteria and hundreds of thousands of genome copies (polyploidy) that are spread throughout the entire cell.

So now we know that bacteria giant is also present. But fear not, these bacteria have no business with us humans, not even immunocompromised people. Unless you have mysophobia you need not be scared.

Next time you teach a 5th grader the definition of bacteria, do tell them there are bacteria we can see with our naked eyes.



സ്വർണവളകൾ



Annie
Desig.

ഛായാഗ്രഹണത്തിൽ നിന്നും തിരഞ്ഞെടുക്കപ്പെട്ട അനേകം ഫോട്ടോകൾ തിരഞ്ഞെടുത്ത് വിളിച്ചു. ഇതിലൊരു വർഷങ്ങൾ എടുത്താണ് ഒരു പ്രതിഭാസം ആയിത്തീർന്നത്. ആദ്യം അവന്റെ മുഖത്ത് ഒരു പ്രായാസത്തിന്റെയും കഷിതത്തിന്റെയും ചുളിപ്പുകൾ ഇല്ലാത്തതായിരുന്നു. കാരണമെന്തെന്നു കേൾക്കാൻ അയാൾക്ക് സമയം കിട്ടിയില്ല. വടം ചവിട്ടുമ്പോൾ തീർത്തതായിരുന്നു സൈക്കിൾ പോലെ ആയിരുന്നില്ല അവന്റെ ജീവിതം. മുസ്ലിംസംഘടനയ്ക്ക് അവർ എങ്ങനെ ഇവിടെ എത്തിപ്പെട്ടോരവിയുടെ നീണ്ട നാളെ വടം കറങ്ങുന്നു. ദീയസങ്ങൾ ഇത്രയേറെ ഉണ്ടാകുമ്പോഴാണ്. ജീവിതം പഴയതുപോലെത്തന്നെ. പാൽ കവറുകളും കൈകൾ പൂർണ്ണമായി തീർത്ത അവർ വന്നപ്പോൾ കടയിൽ ഇറങ്ങിപ്പോകുന്ന വീടുകളിലായിരുന്നുവെന്ന്. വാണിയന്റെ അച്ഛൻ ഭാഗ്യം എന്ന് വിളിക്കപ്പെട്ട സങ്കീർണ്ണമായ ഒരു കാര്യം. നാട്ടിൽനിന്ന് ഒരു സുഹൃത്തിന്റെ കാണാൻ വന്ന ചെറിയത് അവസാനം അതേ ആയിരം ഭാഗ്യം. ഇന്നുമുതൽ ഭാഗ്യം വാങ്ങും. കൈകളിലൊപ്പം. എല്ലാവരെയും പണി പെടുത്തുന്ന ചെറിയൊരു ഭാഗ്യം വലിയ കാര്യമാണ്. പൊതുവെ ഉൾവലിയുന്ന ഒരു സ്വഭാവമാണ് വാങ്ങിയത്. ആദ്യം ഒന്നും വലുതായി സംസാരിക്കാത്ത സ്വഭാവം കാരണം സുരക്ഷയും ആവേശത്തോടുകൂടിയ രാജ്യപ്രകൃതിയും. മുഖത്ത് എപ്പോഴും രോഷത്തിന്റെ ചുളിപ്പുകൾ ഇല്ലാത്ത ആദ്യം അതികം അമ്പലം അടങ്ങിക്കൊണ്ടിട്ടു. 'അവർ അവരുടെയായ ഭാഗ്യം' ഭാഗ്യം എവിടെയാണെന്ന് തീർക്കുന്നവർ വാണിയന്റെ സുഹൃത്ത്. ഒരു ഉത്തരവ്. ഒരു പുത്തൻതൊട്ടുകൾ വാങ്ങിയല്ല. ഭാഗ്യം വാങ്ങിയ യാത്രയ്ക്ക് വേണ്ട ചെറിയൊരു വാങ്ങിയതുകൾ. പുത്തൻതൊട്ടുകൾ.

ഒരു ദിവസം പത്തുമ്പോലെ പീടികയിലെ പണികഴിഞ്ഞപ്പോൾ ഒരു കൂടി. ഒപ്പം ഗുരുവായിവാങ്ങുന്നു. ഇതിൽ ആദ്യത്തെയാളെ പടച്ചാൽ ഇല്ല എന്ന വാഗ്ദാനം വാങ്ങി. "പടച്ചാൽ ഉണ്ടായിരുന്നെങ്കിൽ എന്റെ ഉത്തരവ് വാങ്ങിയതായിരുന്നു" അങ്ങനെയോടുകൂടി പത്തുമ്പോൾ വാങ്ങിയതായിരുന്നു. വാണിയന്റെ കൈകൾ കാരണമായതായിരുന്നു ആദ്യം പിക്കാറുള്ളതും. ചെറിയൊരു സ്വഭാവം. ജീവിതം വേർതിരിച്ചു.

കൊമ്പത്തു കഴിഞ്ഞ് പൊലിയായിത്തീർന്നു. കിടക്കയിൽ കിടക്കുന്ന പാടം. കിഴക്കൻ കാറ്റ് ആഞ്ഞടിക്കുന്നുണ്ട്. കയ്യിൽ ഒരുപിടി ചുവന്ന കട്ടിയുള്ളതായിരുന്നു. ഒരു വീട്ടിലേക്ക് വാങ്ങിയതായിരുന്നു. ഒരു അടുക്കളയും. കിടക്കയിൽനിന്നും ഒരു വീടിലുള്ളതായിരുന്നു. ചെറിയൊരു അടുക്കളയിലേക്കാണ് അവർ കയറിയത്. അതിനോടൊപ്പം അടുക്കളയിൽ കയ്യിലേക്ക് അവർ ചുവന്ന കട്ടിയുള്ളതായിരുന്നു. കൈകൾ അടുക്കളയിലേക്കും കൂടി വാങ്ങിയതായിരുന്നു.

ചുവടുകൾ വെച്ചു. അദ്ധ്വാനിച്ച് ആസന്നോഷത്തിൽ തിരിച്ചിലു എണപോലെ അപ്പന്റെ ശബ്ദം അന്തരീക്ഷത്തിൽ മുഴങ്ങിയത്. അന്ന് വെറുമൊരു ശബ്ദം മാത്രമല്ല, അദ്ദേഹത്തിന് കഠിനമായ ചുമയോടെ. നാട്ടുവൈദ്യത്തിനുള്ള വക പൊലുവിലാത്ത ഒരു വീട്ടിന് പട്ടണത്തിലെ ചികിത്സ സ്വപ്നം മാത്രമാണ്. താഴോടിയാലി ചുറ്റുമായി വൃത്തം ചെയ്തു നടന്ന ആ മയ്യപ്പുറം സർവ്വഹിച്ഛ വിസ്വഹം കഴിക്കുമ്പോൾ എതിർ അന്ന് 16 വയസ്സ്. എന്റെ ശ്രദ്ധയിൽ തീർന്ന അദ്ദേഹത്തിന്റെ കൂടെ ഓടിവരുമ്പോൾ ഈ കൂടെ മാത്രമാണ് സ്വന്തമായിത്തുടങ്ങിയത്. അത്യാഗ്രന്ഥമാണ് ഇദ്ദേഹം, പിന്നെ നിയമം. രാജാവിനെ പേർത്തുപിടിച്ച് അത് അവനെ തലോടി.

അങ്ങനെയൊന്നുപോലാണുപട്ടണത്തിൽ തിന്നും അവനെ തിരക്കി അവന്റെ ബലകല സ്വപ്നത്തിൽ വരുന്നുണ്ട്. ഒരുപോലെയായി പരിഷ്കാരത്തിന്റെ ലക്ഷണങ്ങൾ ഉണ്ടായിരുന്നെങ്കിലും പട്ടണത്തിലെ കളവിന് ശേഷം ഒളിച്ചിരിക്കാൻ ആയിരുന്നു അവൻ വന്നത്. പട്ടണത്തിലെ സുഖസൗകര്യങ്ങളെ പറ്റി അവൻ രാജാവിനോട് പൊതുവെ പറ്റാത്തതോടെ എന്തെങ്കിലും അങ്ങോട്ട് കൊണ്ടുപോകാലോയെന്ന് അവൻ ചോദിച്ചിരുന്നു. അങ്ങനെ സ്വപ്നത്തിൽ പിരിയായ നേരം അവനെക്കുറിച്ചു മേൽവിലാസം എഴുതിക്കൊടുത്തു. പ്രാഥമിക വിദ്യാഭ്യാസം മാത്രമുണ്ടായിരുന്നു രാജാവിന്റെ മുമ്പിൽ വന്നിരുന്ന സ്വപ്നം.

എകദേശം ഒമ്പതാംകുറി കഴിഞ്ഞപ്പോൾ അച്ഛൻ പെട്ടെന്ന് അന്ധനും കൂടി, ഭഗവാനും എടുക്കാൻ പോലും ബുദ്ധിമുട്ടായി. അമ്മയുടെ ഉണ്ടായിരുന്ന ആ വീട്ടിൽ അവർക്ക് നിലനില്ക്കാനാവാതെ വേണ്ടെന്നായിരുന്നു കഴിഞ്ഞില്ല. അച്ഛന്റെ ആശ്വാസത്തോടൊപ്പം ഒരു വീടിന് കുറിയായി വീട്ടിലേക്ക് വന്ന രാജാ കണ്ടത് ശ്രദ്ധം എടുക്കാൻ പടയുന്ന അച്ഛനായിരുന്നു. അവസാനമായി എന്തെന്നും രാജാവിനെ തോടി മുന്നിൽ കൊണ്ട് അദ്ദേഹം യാത്രപറഞ്ഞു. എടുക്കുകയും കിറിയുന്നതും കാര്യമില്ലാത്ത ഒരു ദിക്കു അലയുന്ന അവിടെ ഉയർന്നു. 25 വർഷത്തെ ജീവിതത്തിന്റെ പകുതി അടർന്നുപിടിച്ചതിൽ തളർന്ന് അമ്മ കേൾക്കുമ്പോൾ തളർന്നു കിടന്നു. ഒരത്താവ് ഒഴുക്കിപ്പോയി രാജാ ലാക്കിക്കൊമ്പുകൾ ഉപേക്ഷിക്കണമെന്ന ഒരു ആചാരം അവിടെ ഉണ്ടായിരുന്നതായിരുന്നു. അവിടെ ആർക്കും മരുണിയിരുന്നു.

എന്നുപോലും മലയിൽ ഒഴിച്ച് നീന്തുന്നതായി മാത്രമല്ല, ഒഴുകിയിരുന്നതും കണ്ണിടുന്നതുമായിരുന്നു ആരും തുടച്ചില്ലെങ്കിലും അമ്മയുടെ മുമ്പോലെ പൊലിക്കൊണ്ടിരുന്നു. ശേഷം കൈകൾ കൂട്ടി അടിച്ച് കുടിവളകൾ പൊട്ടിക്കുറിച്ചിരുന്നു. ചില വളച്ചിലുകൾ അവരുടെ കൈകളെ മുറിഞ്ഞുപോയി. ഒളിച്ചിരുന്ന അമ്മയുടെ ഇരുപതു വയസ്സ് എന്ന തീർപ്പിൽ അവർ മരിച്ചത് പോലെ തോന്നി. എന്നാൽ അമ്മയുടെ കുലി വളകൾപൊട്ടിക്കുന്നത് കണ്ടതിൽക്കൂടെ ആ കൈ കഴിഞ്ഞില്ല. അവൻ ആചാരത്തെ തടയ്ക്കുകയായി. വീക്ഷണമായ ആശ്വാസത്തിനൊപ്പം വീട്ടിൽ തിന്നിരുന്നിരുന്നവർക്കും മേലേ പോയത് സേട്ടിന്റെ കയ്യിലാണ്. മാത്രമല്ല സ്വർണ്ണ കടക്കാരായ സേട്ടിനോട് കയ്യിലെ ചിലർ കാത് കൊടുത്തിട്ടുണ്ട് ഒരു സ്വർണ്ണവള ചോദിച്ചു. അവനെ തോടി ചിരിച്ചതല്ലാത്ത എന്തെങ്കിലും എന്ന് തിരിച്ചിരിച്ചു. സേട്ടിന്റെ പരിഹാസം കലർന്ന ചിരിയിൽ ഒരു നിമിഷം ഒരു പ്രാണനെ പോലെ അവൻ പെരുമാറാൻ തുടങ്ങി. സേട്ടിന്റെ പിടികയ്യിലെ ചിലർക്കെതിരെ തകർത്ത് ഒരു സ്വർണ്ണവള എടുത്തുകൊണ്ട് അവൻ ഓടി. "അമ്മയെക്കുറിച്ച് അവൻ മുറുത്തുനിന്ന് വീട്ടി വീട്ടിലും ശേഷം കൈകൾക്ക് ശേഷം ആ വീട്ടിൽ അമ്മ ഓടുന്നതായിരുന്നു ഉണ്ടായിരുന്നത്. കൊണ്ടുവന്ന

സ്വർണ്ണവള അമ്മയുടെ കയ്യിൽ ഇട്ടു കൊടുത്തിട്ട് അവൻ പറഞ്ഞു, 'ഇതി ഇത് എങ്ങനെ പൊട്ടിക്കും കുലി വള പൊട്ടിക്കാത്ത അവർക്ക് കഴിയും' ഇത് എവിടെ നിന്നാണ്? എന്ന് അമ്മ ചോദിക്കുന്നതിനു മുമ്പേ നേട്ടും കുട്ടാളികളും വീട്ടുമുറ്റത്ത് എത്തിയിരുന്നു. വന്നവരോട് കൂടെ പറഞ്ഞു അമ്മ വളകൾ തിരികെ സൽക്കരിച്ചു.

രാജാ അമ്മയെ കെട്ടിപ്പിടിച്ചു കണ്ടെന്നു. എന്നിട്ട് അവൻ അമ്മയോട് പറഞ്ഞു "ഞാൻ എന്റെ അമ്മയ്ക്കും സ്വർണ്ണവളകൾ വാങ്ങി തന്നുകൂടും". കൈയ്ക്ക് സ്വന്തമായിത്തന്നു മുന്നിൽ റോക്ക് കിട്ടാതെ ആ അമ്മ തിന്നു.

അമ്മയോട് കഴിച്ചു കിടന്ന കൈയെ പിറ്റേദിവസം അമ്മ കണ്ടില്ല. കൈയെ തിരികെ അമ്മ ശ്രദ്ധം മുഴുവൻ നടന്നു. താഴ്വരയിൽ ഇറങ്ങി വന്നിട്ടില്ല എന്ന വീട്ടവൻ പോയതെന്ന് അമ്മയ്ക്ക് മറ്റു ബോധമുണ്ടായിരുന്നു. അമ്മയെ ഓർക്കാത്ത ഒരു ദിവസവും അവന്റെ ജീവിതത്തിലും ഉണ്ടായിട്ടില്ല. പതിവുപോലെ അമ്മയെ സ്വപ്നം കണ്ടവൻ ഉണ്ടായി. പിറ്റേദിവസത്തെ ദിവസങ്ങളെക്കുറിച്ചും മേലേ പോയി തൽക്കിയ പൊന്നു പെട്ടിയിലോട് കൊണ്ടുപോയപ്പോഴാണ് അവൻ ഓർക്കുകയും പൊട്ടിച്ചത് കണ്ടത്. "വീട്ടെയും പൊട്ടിച്ച്" അവൻ പറഞ്ഞു. തന്നുപോയി പൊട്ടിച്ചു. ചിലപ്പോൾ കൂടും തോട്ടം കൂടും മാത്രം ഏകദേശം 2500 രൂപയിൽ കൂടുതലുണ്ടായിരുന്നു. നീ ഇതിന് എന്ത് ചെയ്യാൻ പോകുന്നു എന്ന് അവന്റെ ചോദ്യത്തിന് അവൻ അവന്റെ കഥ പറഞ്ഞു. അവന്റെ കഥ കേട്ടു ഓർക്കു അവനെക്കുറിച്ചും കൊണ്ട് പട്ടണത്തിലെ കടയിൽ പോയി ഒട്ടേറെ ഗ്രാമ്പൂ വളകൾവാങ്ങി. ഓയി തൽക്കിയ പുത്തൻ കുപ്പായങ്ങളും അന്നിന്റെ അമ്മയ്ക്ക് വളകളായി അവൻ ഓയിയോട് യാത്ര പറഞ്ഞു ഓർക്കുന്നതും യാത്ര തിരിച്ചു.

തിന്ന യാത്രയ്ക്കൊപ്പം അവൻ ശ്രദ്ധത്തിന്റെ അർത്ഥത്തിൽ എത്തി. അവിടെ ഇറങ്ങി നടക്കുകയായിരുന്നു അവൻ. ഇതിനും ഒരുപോലെ പോകണം വീട്ടിലേക്ക്. അപ്പോഴാണ് ഒരു ശബ്ദം അമ്മയ്ക്കായി കൂടി. ആരുകൾ വരുന്നു എന്ന് കണ്ടത്. സന്തോഷത്തോടെ മറിച്ചൊരു യാത്ര അമ്മയ്ക്കായി ഒരു തീർപ്പുണ്ടല്ലോ തമ്മിൽ എന്നാൽ മുകളിലായ ശബ്ദത്തോടൊപ്പം കണ്ടു അവർ അവരെന്നും. പട്ടണത്തിൽ ശബ്ദത്തെയാത്രയ്ക്ക് തൃപ്തം ചെയ്യാൻ മറ്റു പൊന്നു കിട്ടും. ഈ ശബ്ദം അമ്മയെക്കുറിച്ചാണ് അമ്മയ്ക്കായി. തലോട്ടു കാണുന്നതിന് പോകുന്നവർ തമ്മിൽ കൂടെ പോകും, ഓർക്കു പറഞ്ഞപ്പോൾ അവനും ശബ്ദം വെട്ടി. തൊട്ടടുത്ത കടയിൽ നിന്ന് ഒരു വല രാജാ വാങ്ങി. ഓർക്കു അത് ശബ്ദത്തിൽ ഇട്ടു കൊടുത്തു. ശേഷം പട്ടണം തുടർത്തു ചുവടുവെട്ടുമായി അവൻ ഉണർന്നുപോയി. പെട്ടെന്ന് ഒരു കാറ്റിപ്പറ്റി. ശബ്ദത്തിന്റെ മുഖം മാറ്റിരുന്നു അമ്മയ്ക്ക് മാറിപ്പോയി. അപ്പോഴാണ് രാജാ ആ കാഴ്ച കണ്ടത്. അത് അവന്റെ അമ്മയായിരുന്നു. പെട്ടെന്ന് എല്ലാ സന്തോഷവും അന്തർവിച്ചു. തിരിച്ചിരിക്കാൻ ഉണ്ടെന്നും മരിച്ചിട്ട് മൂന്നു ദിവസത്തിലേറെയായി. അമ്മയായി കിടക്കുന്നതായിരുന്നു. വീടൊന്നിന് മരിച്ചത് എന്ന് തോന്നുന്നു. മകൾ ആരുമില്ലാത്തത് ആയിരിക്കാം വഴിയ്ക്കലുള്ള ഒരു മുലയിൽ ആരെ കൊണ്ടുവന്നിട്ടുണ്ടായിരിക്കാം. അമ്മയ്ക്കൊരു ഒരു മകൻ ഒരിക്കലും കേൾക്കാൻ പാടില്ലാത്ത നാക്കുകൾ ആണ് ആ ശബ്ദത്തോടെ പറഞ്ഞത്. ആർക്കുവേണ്ടി അവൻ ജീവിച്ചു ഇത് അവൻ ഇല്ല. അവനായ ആരും പോലെ അവൻ കൈയ്ക്ക് അമ്മയെക്കുറിച്ചും കണ്ടുമുട്ടി. അമ്മയുടെ സ്വർണ്ണ വളകൾ എന്ന് ആശ്വാസം ജീവിത ലക്ഷ്യമായി ഒരു മകൻ ആ വഴിയിൽ തിരിച്ചുവന്നു ഒട്ടേറെ കാലങ്ങൾ ഉണ്ടായിരുന്നു എന്ന് കൈയെ അവനായി കാണാൻ കഴിയാത്ത ഒരു അമ്മയും, അമ്മയുടെ സന്തോഷം കാണാൻ കൊതിച്ച് വീട്ടിലേക്ക് ഒരു കൈയ്ക്ക് കണ്ണുകളും.

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Reshma
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Riddle

The more I appear the less you see what am I?

Darkness

What goes up never comes back down?

Your age

What is the end of Rainbow?

White

What starts with the letter "T" is filled with T and end with T

Teapot

*I am an odd number, take away one letter and,
I become Even, what number am I?*

Seven

How many months have 28 days?

All months

What has hands but can't clap ?

Clock.

What is easy to get into but hard to get out?

Trouble.

What never ask question but is often answered ?

Door bell.

The more you take the more you leave behind what are they?

Footsteps.

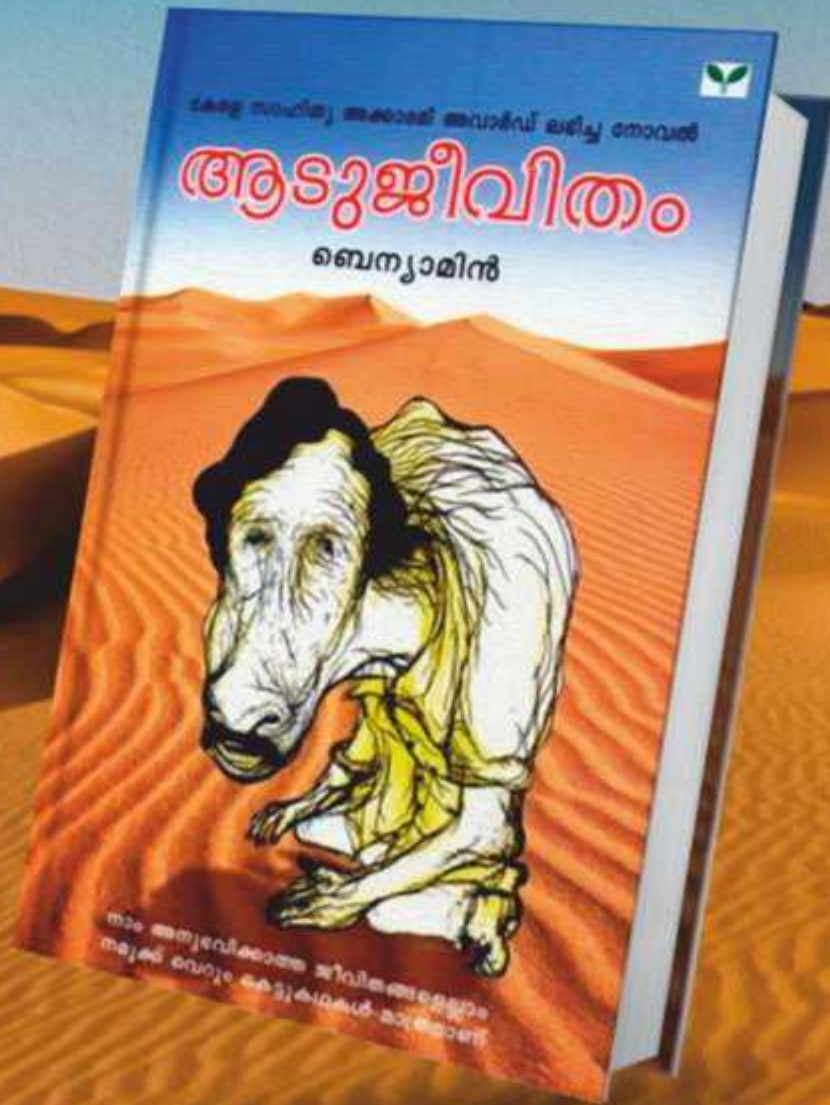
I am tall when I am young, and I am short when I am old , Who am I?

Candle

People buy me to eat but they never eat me. Who am I?

Plates





ആദ്യമായി വായിച്ച പുസ്തകം



Sruthi
3rd Year BSc Nursing

ആദ്യമായി വായിച്ചു പട്ടസ്മരണം 'എന്ന വാചകം ശ്രവിക്കുമ്പോൾ രണ്ടു ജാർമ്മ വരുമ്പോൾ ബെന്റാമിന്റെ 'ആദ്യജീവിതം' ആണ്. അദ്ദേഹം പേരുള്ള നിർദ്ദേശപ്രകാരവും കുടുംബത്തെ മരുഭൂമിയിലെ ജീവിതങ്ങളുടെ കഷ്ടപ്പാടും വെളിപ്പെടുത്തുന്ന കഥാകൃത്താണ്. ബെന്റാമിൻ എന്ന വ്യക്തിയുടെ ആത്മകഥ പറയുന്ന ഒരു പട്ടസ്മരണകാണ്. വായിച്ചു തുടങ്ങുന്നതിനുള്ള മുമ്പോ ജീവിത പൊരുൾ എന്നെന്നുറിയുവാൻ ആയിരുന്നെങ്കിൽ ആകാം. മുമ്പുവന്നും. ബെന്റാമിൻ എന്ന വ്യക്തി തന്റെ ജീവിത പരജയങ്ങളിലൂടെ കുടുംബവുമായി അദ്ദേഹം ദളിതനെന്നായിട്ടുള്ള ജാതിക്കുവരിച്ചിരിക്കുന്നതിന്റെ ഇതിൽ പറയുന്നതാണ്.

മരുഭൂമിയിലൂടെ ചുറ്റും, ജീവിതപരജയങ്ങളിൽ കുടി കുടുന്നവൻ അന്വേഷണം തന്റെ ജീവിതം തിരികെ കിട്ടിയെടുത്ത് കുടുംബം, തിരികെ പിടിച്ച് മഹാപ്രതിഷേധം ബെന്റാമിനെ ആനന്ദിപ്പിക്കുകയും തോൽക്കുന്നു.

വീശലിന്റെയും ദാഹത്തിന്റെയും വിലയിരുത്തൽ, കണ്ണീരുമുണ്ടായിട്ട് മരുഭൂമിയിൽ വെന്റാമിന്റെ ആദ്യകാല മേഖല ജീവിതം നയിക്കേണ്ടി വന്നതാണ് അന്വേഷണം. ഈ നോവലിന്റെ അന്ത്യത്തിൽ ബെന്റാമിന്റെ ജീവിതം എന്തായി കണ്ടുകൊണ്ട് ജീവിക്കുകയാണുണ്ടായതെന്ന്.

"കുടുംബസമുദായത്തിൽ" കുടുംബം എത്രയും ഒരു വ്യക്തി മരുഭൂമിയിൽ ജീവിതം പേറും? എന്നതായിരുന്നു ബെന്റാമിന്റെ ചോദ്യം. പട്ടസ്മരണകളുടെ ആയിരുന്നെങ്കിലും ഈ ചോദ്യം നമ്മുടെ ചോദ്യങ്ങളായിത്തീർന്നുപോയി.

വീശലും ദാഹവും മാത്രമല്ല അനേകമായിട്ട്. വ്യക്തിശ്രദ്ധയില്ലായ്മയും പേറാൻ അവിടെ തീരെ അന്വേഷിച്ചിരുന്നില്ല. "പണ്ട് നാളിലായിരിക്കുമ്പോൾ ഭക്ഷണത്തിനുള്ള ഭക്ഷണം, കുടിക്കാനും കുടിക്കാനും ആവശ്യപ്പെടാതെ വെള്ളം" എന്നൊക്കെയുള്ള ചിന്തകൾ നല്ലതും പട്ടസ്മരണകളായിരുന്നു ബെന്റാമിൻ.

മേഖലപറഞ്ഞ ഈ അനേകമായിട്ട് കുടി നമ്മുടെയൊക്കെ മനസ്സിലാക്കാൻ സാധിക്കുന്നത് എന്നെന്നാൽ, ഒരു വ്യക്തിക്ക് അദ്ദേഹം ഒരു നിമിഷം നിൽക്കാൻ സാധിച്ചില്ല. അയാൾ ഒരു കോണിപ്പടിയിലൂടെ എത്തിയ സഞ്ചരിക്കുന്നതുമായ അദ്ദേഹം പൊതുവെയാണ് ജീവിക്കുകയും. ചിലപ്പോൾ നീളമുള്ള സംഭവങ്ങൾ. അവിടെ നിന്ന് ഉയിർത്തെഴുന്നേൽക്കാനും വേണം ഒരു കൈയും. നീളത്തിനുള്ളിൽ കിടന്നുവെന്ന്, കിടന്നുവെന്ന് പറഞ്ഞിട്ടുള്ളതാണ്. പക്ഷെ, ഉയിർത്തെഴുന്നേറ്റു നീക്കം ചെയ്തെന്ന് ജീവിതത്തിലും കൈവരിക്കാനും നമ്മുടെ ജാതീയതയും, ആരും മറ്റൊരാൾ പിന്മാറ്റത്തിൽ നിൽക്കുന്നില്ല. എല്ലാവരും ഈ ഭൂമിയിൽ തുല്യ അന്വേഷണവും സമത്വമുണ്ടാക്കുകയും ആരും ആരുംകൂടും ഒന്നും ആഗ്രഹിക്കാതെ സ്വന്തം വിജയത്തിനും, പറ്റാത്ത മറ്റുള്ളവരെ സഹായിക്കാനുമുള്ള സമത്വം കാണിച്ചുവെക്കുകയും; എന്തും ഉൾക്കൊള്ളും കീഴടക്കാൻ സാധിക്കുമെന്നാണ് ബെന്റാമിൻ വ്യക്തമാക്കിത്തന്നത്. പ്രവാസിയിലൂടെയോ മറ്റോ വെള്ളം, ഒരു മനസ്സ് അതും മാത്രം ഉണ്ടാക്കാൻ മതി. ചുറ്റുമ്പോഴുള്ള മരുഭൂമിയിലും, എത്ര പാതകളും എത്ര സമയത്തും എത്രകാലം വേണമെങ്കിലും തെളിയിച്ചിട്ടുള്ളതാണ് മറ്റൊരു വശം സാധ്യമാകും.

എന്റെ വ്യക്തി പരമമായ അനേകമായിട്ട് കുടുംബസമുദായത്തിലും കുടുംബസമുദായത്തിൽ. ബെന്റാമിന്റെ 'ആദ്യജീവിതം' എന്ന നോവൽ എനിക്ക് ഒരു വലിയ പ്രചോദനമാണ് നൽകിയത്. 'ആദ്യമായി വായിച്ചു പട്ടസ്മരണം' എന്നതിലൂടെ എനിക്ക് വലിയ ഏറ്റവും വലിയ ഒരു അനേകമായിട്ട് തോൽ ഈ പട്ടസ്മരണകളും ആത്മകഥയെക്കുറിച്ചും കാണുന്നതും. "അദ്ദേഹത്തിൽനിന്ന് അഭിമുഖം" എന്നു പറയുന്നതുമ്പോൾ ജീവിതത്തിന്റെ താഴെത്തട്ടിൽ നിന്നും ഒരുപക്ഷേ ദളിതനെന്നുണ്ടാക്കിയെടുക്കുന്ന സഞ്ചരിച്ച് അന്വേഷണം എത്തിച്ചേർന്ന ബെന്റാമിനെ മനസ്സിൽ തോൽക്കാത്തതും. എത്രസഹായമില്ലാത്തതും പിടിച്ചു നിൽക്കാനും തുടരാതെ പിടിച്ചുകൊണ്ടും ആത്മഹത്യാ പ്രവണത മറ്റൊരു കൈയ്ക്ക് ജീവിക്കാനും വേണം ഒരു ചുരുക്കം.

13

STEPS TO BE
SUCCESSFUL
IN **LIFE**



“

Here are
13 steps
that can
help you
to be successful
in life



Annie B Saju
4th Bsc Nursing

1. Find a passion

To be successful it is important to define what you want in life. Consider reading books or taking classes about different subjects until you find something that interests you. Finding an area, you are passionate about helps you enjoy the steps you take towards achieving your goals. See if there are potential career opportunities in your passion to see if it is something you want to pursue.

2. Show commitment

Commitment means dedicating yourself to becoming successful and working hard in all circumstances. Set both short-term and long-term goals and act everyday towards these. Showing commitment can help keep you motivated while achieving your goals.

3. Learn from the journey

Rather than focusing strictly on the results of your accomplishments, take notice of the small steps needed to achieve success. If you allow yourself to enjoy small victories along your journey, reaching your goals can feel more achievable, and you're more likely to stay on track. Each step you take can teach you lessons that you can apply to future goals and challenges.

4. Have fun along the way

Be sure to enjoy the steps you take towards achieving your goals. Becoming successful can have some challenges but having fun while learning new things and meeting new people can motivate you and make the journey enjoyable. It is important to keep your goals light and fun in order to have an emotionally positive experience.

5. Think positively

It is important to keep a positive mindset and believe that you can achieve your goals. Positive thinking keeps your expectations high and reminds you of what is possible. If negative thoughts arise replace them with positive ones. For example, if you think "I will never get this job.", consider thinking "the right position is going to come."

6. Be honest with yourself

If you find your goal is at standstill, you might need to be honest with your yourself about the reasons. After you have come to an understanding, try to find a solution to push yourself towards success. An honest review of your situation and goals allows you to make better decisions about the next steps.

7. Take away distractions

Make a list of things in your life that take up time or distract you. This could be a phone a television show or even a person who causes you stress. If you set a certain amount of time each day to work towards your goal, make sure you avoid these distractions.

8. Depend on yourself

It is important to depend on yourself by focusing on the actions you can take. This can assure you that despite challenges, you have tried your best. It is beneficial to rely on others for emotional support, but focusing on your accountability on yourself can motivate you as you achieve success.

9. Keep planning

Stick to a schedule when working on your goals. Give yourself challenges according to your personal calendar, such as "I will finish a training course by the end of the year."

10. Avoid overworking

It is important to focus on your goals and avoid burnout. Your goal should be something that brings you continued joy and challenges rather than a burden.



11. Create SMART goals

- a. Specific: specific goals mean stating exactly what you want to achieve.
- b. Measurable: measurable goals have metrics you can use to track your progress.
- c. Attainable: attainable goals are realistic.
- d. Relevant: relevant goals are those are set with a larger goal in mind
- e. Time based: your goals are most effective if they have realistic timelines.

12. Start small

Though you set ambitious goals starting with simple tasks can help you feel productive.

13. Build good habits

Building good habits can help you achieve goals as well as learn important skills like focus, time management and attention to detail. It is important to prioritize rest and good mental habits. Meditating for 5 minutes in the morning can improve your focus and attitude and help you build your goals.

കനൽ



Sheena SS
4th year Bsc Nursing

പുഞ്ചിരിവിരിയുംഎൻ ചുണ്ടിൽ നിറുന്നു
എരിയുന്നകനാലിൻഛിണകൃഷം...
ജനനംനൽകിയവരവേൽപ്പിൽ,
ചെറുപുഞ്ചിരിനൽകിയതെൻതെന്നി!
ഇരുണ്ടൊരുരാവിൽ, ദുർമിതൻമടിയിൽ
താലോകക്കൈയത്തോ, ദീർഘനിശ്വാസം...
ദീർഘനിശ്വാസമോ...നേടുവീർജോ...
അതിനുള്ളടക്കംതേടിഅലയാനായിത്താൻ...

ഒരുഇടവേളത്തന്നിൽത്താനിയുന്നു
അതോഅതിജീവനത്തിന്റെദീർഘനിശ്വാസം!
ഒരുമാലാഖയായിമണ്ണിൽവിരിഞ്ഞതാൻ,
സുഗന്ധംപകരുവാതാകതെകോഴിത്തീടവേ...
ഒരുനോടിത്തന്നിൽചവീട്ടിയരക്കുന്നു,
നെയ്തെടുത്തഎൻസ്വപ്നങ്ങളും...
ദീർഘമായ്എന്നുടെജീവശ്വാസംപോലും,
അടക്കപ്പെടിയെന്നെൻഉയിർത്തുടീക്ഷും...

ഒരുപാട്സ്വപ്നങ്ങൾഉള്ളിൽനിറയവേ...
നൽകിത്താൻഎന്നുടേവിയർപ്പും, വിശപ്പും...
'കഴിയില്ല, നീവെറുംപെണ്ണെന്ന്' വാക്കിൽ—
നിന്നായത്താൻതന്നെനൽകിഒരുകനൽവെളിച്ചം
എരിയുന്നവേനലിൽഅഗ്നിശ്വാലപോൽ
പടവേത്താൻതന്നെയല്ല, എൻകനൽവെളിച്ചം...
അടുക്കളകോണിൽപിടയുമ്പോഴും,
കരിയുംപുകയുംവഹിക്കുമ്പോഴും,
ആണിൻകൈയ്യിൽപിടയുമ്പോഴും,
അസാധ്യമെന്നുറക്കെഅലറുമ്പോഴും...
പുഞ്ചിരിയല്ലോഎൻമറുപടി...

മഹത്വമായതലയിരുനിച്ചിട്ടും...
വിടരുംമലരായ്ശോഭിച്ചിട്ടും...

എന്തിനോവേണ്ടിപരദേശിതന്നുടെ
കുചവടചരകായ്താറ്റിടുന്നു...
പൊന്നിനുംപണത്തിനുംനൽകിയ
വിലയല്ലേ, നൽകിനിന്നുടെആത്മാവിനും...
എന്നിട്ടുംമതിവരാ, കൊടിയവിഷഹമ്പായ്
കൊത്തിയെടുക്കുന്നുഎൻഉൾത്തടം,
പലരുംകെട്ടിത്തൂക്കുന്നുഎൻസ്വപ്നവും...

പുലർക്കാലവേളയിൽകിരണങ്ങളെറുപ്പൻ
ശരീരവുംചുട്ടെരികുന്നുലോകം,
ദുർമിതൻമടിയിൽകാറ്റായ്അലയുന്ന
തെന്നിപുത്രിയായ്എൻമനസ്സും.
ഒരുനോടിയെങ്കിലുംഎന്നുടെസ്വപ്നം
താൻഅഗ്നിപക്ഷിപോൽതേടിടുമ്പോൾ,
അപ്പോഴുംഎരിയുന്നൊരുകൊടകനൽ
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Sreethu S.S.
4th year Bsc Nursing.

ജീവിതയാഥാർത്ഥ്യങ്ങൾ കണ്ടുമുഖിൽ

ആ രേഖകളായിക്കൊടുവിൽ ഒന്നട്ടിയെഴുതേണ്ട അപ്പു പരപരാ നോക്കി. വൈകാരിക ഇന്ദ്രിയമായിരുന്നു... സമയം 4 മണി. അടുത്ത കിടക്കുന്ന സുരഭിപ്പുഷ്പം സുരഭിപ്പുഷ്പമായി നോക്കി. ഒന്നും അറിയാതെ കിടന്നുറങ്ങുന്നു. സുരഭിപ്പുഷ്പം അങ്ങനെ വയസ്സ്. അവൾക്ക് ഒരു വയസ്സായപ്പോൾ അമ്മമരിച്ചു. ഇത്ര പഠിപ്പായിരുന്നു. അപ്പൻ മാത്രമായിത്തീർന്നു കൂട്ടി. അപ്പനുമായി സ്വന്തം പഠനത്തിലെ കൃഷിയുടെ വരുമാനം കൊണ്ട് കുടുംബം പോറ്റുന്നു. സുരഭിപ്പുഷ്പം ഇന്ന് അപ്പന്റെ സ്വപ്നവും പ്രതീക്ഷയും. ഒരുപാട് ജീവിതലക്ഷ്യം ഉള്ള വ്യക്തിയായിരുന്നു ഒരു നാൾ.

“ഇന്നെനിക്ക് സ്വപ്നവും പ്രതീക്ഷയും ഇവൾ” ഇവളുടെ എനിക്ക് നാടകത്തെ പോലെ യാഥാർത്ഥ്യങ്ങൾ നാടകീയമാക്കുന്നു.

“അപ്പ...എന്നാ അപ്പാ, വാ ഉറങ്ങാം” സുരഭി ഉറക്കപ്പട്ടുവിൽ പറഞ്ഞു.

“ഒന്നുമില്ലേമോളെ, ഉറങ്ങിക്കോ...” അവൾ പിന്നെയും ഉറക്കത്തിലേക്ക് വഴുതിവീണു.

കൈവഴുപ്പുരയ്ക്കു സമയം 6 മണി. രെയിൽവേസ്റ്റേഷൻ

“മിരേ...മിരേ സമയമായി പെട്ടെന്ന് വാ. ട്രെയിൻ ഇപ്പോൾ എടുക്കും.”

“വരുത്തു അപ്പുവേട്ടാ... ഹോ...വയസ്സാക്കാനാ”

“പെട്ടെന്നുവാ”

ട്രെയിൽ പാളത്തിൽ നിന്ന് ചലിക്കാൻ തുടങ്ങി. മണുപേരും ഉള്ളിൽ കയറി. സ്റ്റീലിമിരുന്നു. അപ്പു നോക്കിയിരിക്കുന്ന ആളിനെ നോക്കി. നല്ല പരിചയമുള്ള മുഖം. അപ്പുവിന്റെ സർ... വൈകാരിക

“സർ എന്ന് ഓർക്കുന്നുവോ... സർ ഞാനാ അപ്പുകുട്ടൻ.”

“അപ്പു...എന്താ നീ എന്നാ ഇവിടെ?”

പോകുകപോക ട്രെയിൽ ഉള്ളിലേക്ക് എണ്ണം കൂടി കൂടി വന്നു.

“സർ ഞാൻ ഇപ്പോൾ കൃഷിയൊക്കെ ആയി നടക്കുന്നു. ഇതാ ഭാല്യ. ഇവൾക്ക് ഭാഗ്യമായിത്തീർന്നു പോകുന്നു. ഭാഗ്യം നേടുക. സാറിന് അറിയാം നമ്മുടെ പഞ്ചായത്തിന്റെ ഓഫീസിലൂടെ ഇവൾക്ക് ഒരു പദീക്ഷ”

“ആ ഞാൻ അടുത്ത സ്റ്റേഷൻ ഇറങ്ങും.” സർ പറഞ്ഞു

“ശരി സർ”

പോകുന്ന വഴിയിൽ നിറഞ്ഞു കവിഞ്ഞു ഉന്നം തള്ളുമായി. പെട്ടെന്ന് ട്രെയിൽ നിന്നു പോയി.

“വൈകാരിക അപ്പുവേട്ടാ...” നോക്ക് ഇന്നും എനിക്ക്യോഗമില്ല പദീക്ഷ എഴുത്താൻ. സമയം 10 മണിക്ക് എപ്പോ എത്താനാ?” മിര കയ്യാൻ തുടങ്ങി.

“നീ വിഷമിക്കരുതെ, നമുക്ക് നോക്കാം.” അപ്പു ട്രെയിനിന് പുറത്തുനിന്നിറങ്ങി. ആളും അനേകവും ഇല്ലാത്ത ഒരിടം. എണ്ണം യോജിക്കുകയും എല്ലാവരും പുറത്തുനിന്നിറങ്ങി നോക്കുന്നു. ട്രെയിൽ ഇൻസ്പെക്ടറും കാലും മനസ്സിലായില്ല. അപ്പുകുട്ടൻ വേറെ വണ്ടി കിട്ടുമോ എന്ന് നോക്കുകയായിരുന്നു. പെട്ടെന്ന് ഒരാളിനെത്തുടർ.

“ആ...അപ്പുവേട്ടാ ഓടിവാ” അപ്പു തിരിഞ്ഞുനോക്കുന്നു നോക്കിയപ്പോൾ ചുറ്റും പൊടിപടലവും ആളിനെത്തുടർ നീയും.

“മിരേ...മിരേ” മിരയുടെ ശബ്ദം പോലും അപ്പുവിന് കിട്ടിയില്ല. തലയിൽ കൈവെച്ച് മറവിച്ച് അവസ്ഥയിലായിരുന്നു അപ്പു. എന്ത് ചെയ്യണമെന്ന് അറിയാതെ...മനസ്സിൽ ഒന്നെ വയസ്സായ സുരഭി കുട്ടിയുടെ മുഖം മാത്രം.

ഇന്ന് അവൾക്ക് 5 വയസ്സ് തികയുന്നു. അവളുടെ അമ്മയുടെ ഓർമ്മകൾ ഇന്നും മായുന്നില്ല എന്റെമനസ്സിൽ നിന്ന്.

“മോളെസമയം നോക്ക് ആറുമണിയായി നമുക്ക് അവലത്തിൽ പോകണം” അപ്പുപറഞ്ഞു. അവൾ അപ്പനെ നോക്കി എഴുന്നേറ്റു.

“മോൾപിന്നാലാ ഇന്ന്.” അവൾ അപ്പനെ വാലിപ്പുറംനോക്കുന്നു എനിക്ക് പറഞ്ഞു

“അപ്പാ, എനിക്ക് അമ്മയെ പോലെ ആകണം.” എനിക്ക് അവൾ ഒന്നിരുത്തി ചിരിച്ചു.

അപ്പു സ്വന്തം മിരയെ മനസ്സിൽ ഓർത്തു. എനിട്ടവളെ ചുംബിച്ചു.

“നീയുണ്ടായിരുന്നെങ്കിൽ... നീന്റെ സ്വപ്നങ്ങൾ പൂർത്തിയാക്കാൻ എന്ന് നമ്മുടെ കൂടെ നമ്മുടെ മോളുണ്ട്.”

എന്റെ മിരയുടെ സ്വപ്നങ്ങളും ആഗ്രഹങ്ങളും ഞാൻ ഇവളിലൂടെ പൂർത്തീകരിക്കും. അപ്പു കണ്ണുകൾ അപ്പു ധാരാളമായി ഒഴുകുന്ന കണ്ണുനീർ സുരഭി കുട്ടിയുടെ നെറ്റിയിൽ പതിച്ചു...

Hey! Mr.

When you blink out your eyes
Sparkling out the blooming
Wave of ray
I trace you...

You raised out sounds
When you felt full up
You wiped out the
Tears on you...

You make me happy
When I'm in you
When I look upon,
You glow out with glaze...

I travelled with you,
Solo nights
Long roads
We loved roads than people...

I fill you up in the morning
We travelled till the dawn
Till you became down
To your special settings

You rest up in the
Moonlight
Watching out the
Smiling stars...



Mahima Susan Jacob
3rd Year BSc Nursing

HOOPTIE



നഴ്സിങ്ങിൽ നിന്നും IAS ലേക്ക്



Rohini I.B.
Clinical Instructor

(പ്രിയപ്പെട്ട കുട്ടികളേ,

നമ്മളെല്ലാം നഴ്സിംഗ് വിദ്യാർത്ഥികളാണ്. നഴ്സിംഗ് എന്ന ഈ പ്രൊഫഷൻ തിരഞ്ഞെടുത്തത് എല്ലാം അവരുടെ പരിപൂർണ്ണ ഇഷ്ടത്തോടെ ആകണമെന്നില്ല. ചിലപ്പോൾ നമ്മുടെ രക്ഷകർത്താക്കളുടെ ഇഷ്ടത്തോടെ ആകാം, അല്ലെങ്കിൽ വിദേശത്ത് പോകണമെന്ന ആഗ്രഹത്തോടെയും ആകാം എന്നാൽ ഞാനിന്ന് നിങ്ങളോട് പങ്കുവെക്കാൻ ആഗ്രഹിക്കുന്നത് നഴ്സിംഗ് എന്ന തൊഴിലിൽ നിന്ന് കൊണ്ട് രാഷ്ട്രസേവനം എന്ന വിശാലതയിലേക്ക് സഞ്ചരിച്ച **ആനിസ് കണ്ണണി ജോയ്** എന്ന IAS ഉദ്യോഗസ്ഥയുടെ ജീവിതത്തിലേക്കാണ്.

ആനിസ് കണ്ണണി ജോയ് എറണാകുളം ജില്ലയിലെ പിറവം പാമ്പാക്കുട ഓണക്കൂർ എന്ന കാർഷിക ഗ്രാമത്തിൽ ജനിച്ച പെൺകുട്ടി. അച്ഛൻ പെട്രോളിയം ജോയ്, അമ്മ ലീല, അച്ഛൻ ഒരു കർഷകൻ ആയിരുന്നു. തികച്ചും ഒരു സാധാരണ കുടുംബത്തിലായിരുന്നു ജനനം. 10ാം ക്ലാസ് വരെ പഠിച്ചത് ഫാത്തിമ സെൻട്രൽ സ്കൂളിൽ ആണ്, പൂമ്പുട്ട പഠനത്തിന് ശേഷം തിരുവനന്തപുരം നഴ്സിംഗ് കോളേജിലാണ് നഴ്സിംഗ് പഠനം. ഈ പഠനകാലത്താണ് ആനിസിസ് ജനസേവനത്തിന്റെ ചിന്തകൾ മനസ്സിൽ ഉദിച്ചത്. മെഡിക്കൽ കോളേജിൽ നിന്നും രോഗികളുടെ അവസ്ഥയും ഓരോ വ്യക്തികളുടെയും ജീവിതസാഹചര്യങ്ങളും ആനിസ് മനസ്സിലാക്കി.

പഠനകാലത്ത് തനിക്ക് ലഭിച്ച ഡിസിപ്ലിൻ ആണ് തന്നെ ഈ പ്രൊഫഷണലിലേക്ക് നയിച്ചതെന്ന് ആനിസ് പങ്കുവെക്കുന്നു. നഴ്സിംഗ് പഠനത്തിന് ശേഷമുള്ള ഒരുവർഷത്തെ ഇന്റർഷിഫ് കാലത്താണ് IAS പഠനമെന്ന ചിന്ത മനസ്സിലേക്ക് ഉദിച്ചത്. തന്റെ കുടുംബ പഠിച്ച സഹപാടികളൊക്കെയും നാട്ടിലും വിദേശത്തുമായി ജോലിക്ക് ശ്രമിക്കുമ്പോഴും അനിസിന്റെ സ്വപ്നങ്ങൾ നയിച്ചത് IASലേക്ക് ആയിരുന്നു. അതിനുശേഷം തിരുവനന്തപുരത്തുതന്നെയുള്ള മറ്റൊരു കോളിങ് സെന്ററിൽ തന്നെ ചേരുകയും അതിന് പരിശ്രമിക്കുകയും ചെയ്തു. സൈക്കോളജിയും മലയാളവും പ്രാഥമിക വിഷയങ്ങളായി തിരഞ്ഞെടുത്തു. നഴ്സിംഗ് II ഇയറിലെ സൈക്കോളജി പഠനം അപ്പോൾ ഒരു അടിത്തറയായി തീർന്നുവെന്നാണ് ആനിസ് പറയുന്നത്. ആദ്യ പരിശ്രമത്തിൽ

A യിൽ 580ാം നമ്പർ വാങ്ങി ഇറങ്ങാൻ സിവിൽ അക്കൗണ്ട് സർവീസിൽ ജോലിക്ക് അർഹയായി. എന്നാൽ അവിടെയും ഒരുങ്ങിയില്ല. വീണ്ടും കഠിനാധ്വാനത്തിലൂടെ തന്റെ സ്വപ്നത്തിൽ എത്തുമെന്ന ദൃഢപ്രതിജ്ഞയോടെ 2011ൽ (UPSC) പരീക്ഷയിൽ 65ാം നാളാക്കട തന്റെ 25ാം വയസിൽ IAS എന്ന പദവിക്ക് ആനിസ് അർഹയായി. ആനിസ് അതിനുശേഷം കർണാടകയിലെ കൂടകിൻ DCP ആയും ഇപ്പോൾ അവിടെത്തെ തന്നെ കളക്ടർ ആയും പ്രവർത്തിക്കുന്നു. നഴ്സിംഗ് പഠനകാലത്തെ അറിവും സേവനവും ഉപയോഗിച്ച് ആനിസ് കൂടകിലെ ജനതയെ COVID എന്ന മഹാമാരിയിൽ നിന്നും രക്ഷിക്കാൻ ധ്വനിച്ചു.

നമ്മളൊക്കെയും നഴ്സിംഗ് വിദ്യാർത്ഥികളാണ്. നഴ്സിംഗ് എന്ന തൊഴിലിൽ അഭിമാനംകൊള്ളുകയാണ് നാം ചെയ്യേണ്ടത് നമ്മുടെ സ്വപ്നം ഇവിടെ അവസാനിക്കുന്നില്ല, യഥാർത്ഥത്തിൽ APJ അബ്ദുൾകലാം പറഞ്ഞതുപോലെ "നാം ഉറക്കത്തിൽ കാണുന്നതല്ല സ്വപ്നം, നമ്മുടെ ഉറക്കം നഷ്ടപ്പെടുത്തുന്നതാണ് യഥാർത്ഥ സ്വപ്നം" നമ്മളാവും കഴിവില്ലാത്തവർ അല്ല നമ്മുടെ കഴിവ് നാം കണ്ടെത്തുകയാണ് ചെയ്യേണ്ടത്. നഴ്സിംഗ് പഠനം കഴിഞ്ഞും അതിനുശേഷമുള്ള ജീവിതത്തെപ്പറ്റി നിങ്ങൾ തീരുമാനിക്കുക. നഴ്സിംഗ് നിങ്ങളുടെ വെറുമൊരു അറിവല്ല അല്ല പകരം ജീവിതത്തിലേക്കുള്ള ഒരു ചുവടുപടിയായി കരുതുക. എവിടെയായാലും നിങ്ങളുടെ തിരുത്താനുള്ള അവസരങ്ങൾ ഒരുപാട് ഉണ്ട് അതിനു വെറും ഒരു ഉദാഹരണം മാത്രമാണ് "നമ്മളിലൊരാളായ ആനിസ്."

'നാം ഉറക്കത്തിൽ കാണുന്നതല്ല സ്വപ്നം, നമ്മുടെ ഉറക്കം നഷ്ടപ്പെടുത്തുന്നതാണ് യഥാർത്ഥ സ്വപ്നം'
A. P. J. Abdul Kalam

യഥാർത്ഥത്തിൽ പരാജയത്തിൽ നിന്നും ജയത്തിലേക്കു നടക്കുന്ന സ്ഥിരദാരുണപാതയുടെയും ഉള്ള ചുവടുവെയ്പാണ് വിജയം. ജീവിതത്തെ പരാജയപ്പെടുത്തുവതായി ആരുമില്ല. പക്ഷെ ആ പരാജയത്തിൽ നിന്നും കഠിനാധ്വാനത്തിലൂടെയും ആത്മയെടുത്തോടുകൂടെയും സ്വാഗതത്തിലൂടെയും ലക്ഷ്യസ്ഥാനത്തു എത്തുന്നവരാണ് ചരിത്രത്തിൽ പുതിയ താളുകൾ സൃഷ്ടിക്കുന്നത്. ജീവിതത്തിൽ പരാജയപ്പെടും എന്ന് ഭയന്നുന്ന നിലയിൽ നിങ്ങൾ സ്വയം തന്നെ പറയുക ഈ നിലയിലും കടന്നുപോകും എന്ന ആത്മ യെടുവും ഉണ്ടെങ്കിൽ നിങ്ങൾ ജീവിതത്തെ വിജയിക്കുകതന്നെ ചെയ്യും.

വിജയത്തിലെത്താൻ നമ്മെസഹായിക്കുന്ന ചിലകാര്യങ്ങൾ കൂടെയുണ്ട്. പ്രാർത്ഥിക്കുക അതിപ്പോൾ എന്തുശക്തിയും ആയിക്കോട്ടെ രക്ഷകർത്താക്കളെയും അധ്യാപകരെയും ബഹുമാനിക്കുക. നിങ്ങളുടെ ജീവിതത്തെ കിട്ടുന്ന ഒരു അറിവും ചെങ്കുത്തായ അതിജീവനം പകർന്നു നൽകിയതാണെങ്കിലും ഓരോ അറിവിനെയും ഹൃദയത്തോട് ചേർക്കുക. പരിശ്രമിക്കുക വിജയം നിങ്ങളോടൊപ്പം തന്നെയുണ്ട്.



MEIGS Syndrome



Dr. Gitty George
Associate Professor

Meigs syndrome is an uncommon presentation, where a benign ovarian tumor presents along with ascites and pleural effusion. About 1% of ovarian tumors can present as Meigs syndrome.

Causes

The cause of Meigs disease is unknown. The condition is thought to be genetic because it tends to run in families, and other forms of primary lymphedema have been found to have a genetic cause.

PATHOPHYSIOLOGY

The exact pathogenesis of the ascites is still unknown. A possible theory is that there is filtration of interstitial liquid into the peritoneum through the ovarian tumour capsule. This then moves from the peritoneal cavity to the pleural cavity through diaphragmatic defects or via the lymphatic channels and eventually causes an exudative pleural effusion. An imbalance between the blood supply to a large tumour and its venous and lymphatic drainage may be responsible for stromal oedema and transudation. However, some new studies suggest the fluid accumulation may be related to proteins such as vascular endothelial growth factor (VEGF) that raise capillary permeability.



SIGNS AND SYMPTOMS OF MEIGS SYNDROME

- Fatigue.
- Shortness of breath.
- Increased abdominal girth.
- Weight gain/weight loss.
- Nonproductive cough.
- Bloating.
- Amenorrhea in premenopausal women.
- Menstrual irregularity



EXAMINATION

- Reduction in lung capacity may produce tachypnoea and tachycardia.
- Examination of the chest will reveal dullness to percussion over the effusion. There will be decreased breath sounds and decreased tactile vocal fremitus.
- The effusion tends to be right-sided but can be bilateral. There appears to be no adequate explanation for this unilaterality. A large right-sided effusion will displace the mediastinum to the left with deviation of the trachea to the left and displacement of the apex beat.
- Abdominal examination may reveal a tumour arising from the pelvis but this may be obscured by ascites. The features of ascites include a fullness of the flanks and shifting dullness.
- Pelvic examination may reveal an ovarian mass

DIAGNOSIS

- Check urine for protein.
- Routine blood tests would include FBC, U&E, LFTs, including plasma proteins.
- Cancer antigen 125 (CA 125) is often elevated both in serum and in pleural and peritoneal fluid.
- However, CA 125 is not reliable and cases are described with very high CA 125 and with normal levels.[9] It can also be normal in ovarian malignancy.
- CXR (AP and lateral) will show the degree of pleural effusion.
- Abdominal ultrasound will demonstrate the ascites and should outline the ovarian tumour too.
- Imaging also includes CT of the chest, abdomen and pelvis, and MRI of the pelvis.
- Paracentesis and aspiration of pleural fluid:
 - These procedures also help to relieve symptoms. Fluid should be sent for cytology. This is very important in distinguishing malignant ascites from Meigs' syndrome.
 - The fluid tends to have the features of an exudate, although some studies describe it as a transudate.[10] In ovarian carcinoma the protein content is usually high.
 - Pleural and ascitic fluid should also be examined for protein, glucose, amylase, cell count, organisms and AAFB if indicated.
 - If congestive heart failure is suspected, ECG will be required. Echocardiogram is indicated only if the ECG is abnormal.



TREATMENT

The essential management is surgical removal of the tumour. Before operation, aspiration of pleural effusion and ascites may be required to improve pulmonary function.

The operation includes full laparotomy to exclude other causes of malignancy, including bowel:

- In women of reproductive age a unilateral salpingo-oophorectomy is usually performed.
- In girls who are before the menarche, wedge resection may be preferred if feasible.
- After the menopause an operation of total abdominal hysterectomy with bilateral salpingo-oophorectomy is usual.

PROGNOSIS

Within weeks to months of operation the ascites and pleural effusion resolve and the CA 125 returns to normal. Postoperative resolution of the fluid is part of the definition of the disease. As it is a benign tumour the prognosis is excellent. If there is functioning ovarian tissue, fertility should be preserved.

നന്നവായി നീ ...

മൃഗമായി പൊഗിഞ്ഞു വിളമ്പി വന്ന നീ
ഹിമാലയ പർവ്വത എന്ന് നന്നായി നീ
മൃഗമല്ലാത്ത വരവിൽ , മധുരമായി നമിക്കാൻ
താൻ വിരമിച്ചിട്ടേ, വന്നിട്ടാ നീ
വാടി മറഞ്ഞുവേണ്ട നീ ? ...
ഏഴുപ്രകാശം വർണ്ണമായി വാനിൽ വരവേ
നോക്കി താൻ ചിരി തുളുമ്പിക്കൊണ്ടിരുന്ന താൻ
എന്നിലെ ഭ്രമരയെ ഭരിച്ചിരുന്നതായി നീ ?
നന്നവർന്ന മിഥുനൻ താൻ പൊരിയവെ
നിന്നിലെ മൃഗമായി താൻ
പൊരിയൊന്നിടവെ
വന്നിട്ടാ നീ ...
വാടിമറഞ്ഞു വല്ലോ നീ ...



Sanithya S. L.
1st year BSc Nursing

NEW TECHNOLOGICAL ADVANCEMENTS IN OBSTETRICS & GYNECOLOGY



Mrs. Happy S. Kumari
Assistant Professor

"New technology is
not good or evil in
and of itself. It's all
about people choose
to use it."

David Wong

The pandemic has disrupted the medical world. A boom in technology has yielded new and innovative procedures in Obstetrics and Gynaecology to improve diagnoses, efficiency, and patient satisfaction. Advanced imaging technology, endoscopic equipment, medicinal treatment, and scientific inventions have contributed immensely to recent technological advancements in Obstetrics and Gynaecology. From maintaining electronic medical records to carrying out minimally invasive surgery, technology is moving Obstetrics and gynaecology forward. Health care providers are able to cure more patients of conditions that were never imagined to be treatable. However, there should be a balance between using technology to enhance medical care and the human role in medicine.

1 Clearblue Digital Ovulation and Pregnancy Test



Clearblue Digital Pregnancy Test is a highly effective and advanced digital pregnancy test. It is more than 99% accurate in detecting fertility. Clearblue is the first one-step home ovulation test, enabling women to measure their surge in Luteinizing Hormone (LH) to determine their most fertile days.

2 The Vita HEAT during labor

The Vita HEAT is a portable system that moves with the woman throughout entire labour and delivery process. Portable, under-body system delivers warmth and helps to improve women's satisfaction & comfort. Also, use as non-pharmacology pain relieve measure.

3 Virtual reality (VR) Eases Labor Pains



Virtual reality (VR) is one of the newest non-pharmacological labor pain management. VR is a new technology which helps patients to learn pain management skills like breathing exercises, meditation, and visualization. Using VR to distract from the pain is completely drug-free, and research has proven effectiveness of VR during labor.



4 Soft Sensors for Wireless Monitoring During Labour

A series of soft sensors that can provide wireless monitoring of pregnant mothers during labour. The sensors are a replacement for the wires and belts typically used for monitoring during labour, and can send data directly to a clinician's smart phone, opening the possibility of remote monitoring in rural or low-resource settings, or even for home births during the current pandemic. At present, clinicians monitor pregnant women during labour using a series of cumbersome belts and wires. These measurements include vital signs and data on the frequency of contractions, and are important to ensure that the mother and baby are safe. However, the devices can slip out of place and tether moms to their hospital beds, making it difficult to get up or move around. These new devices are wireless, and much less cumbersome. They include a soft and flexible monitor that adheres to the abdomen, which monitors the contractions and the baby's heartbeat. A second monitor, another small device, wraps around a finger to measure oxygen levels and peripheral temperature, while a third postage stamp-sized patch adheres to the chest and monitors the maternal heart and core temperature.

5 My Peri Tens device

It is a new pelvic floor muscle trainer which helps women with post-partum complications and incontinence. It is a stimulator technology which helps to do the pelvic exercises automatically. Kegel exerciser and muscle stimulator helps women to strengthen the pelvic floor muscles. Apply lubricant onto the stimulator and place device comfortably inside the vagina, with the silver parts facing toward their hips. Only 20 minutes a day can help women to get results effortlessly and proven results.

Benefits of the My Peri Tens device

PELVIC FLOOR TRAINERS:

helps women to prevent bladder leaks, urges to urinate, urinary incontinence, and other pelvic floor issues.

BETTER BLADDER CONTROL: Regain and maintain bladder control to women of all ages and sizes and helps to avoid bladder leaks.

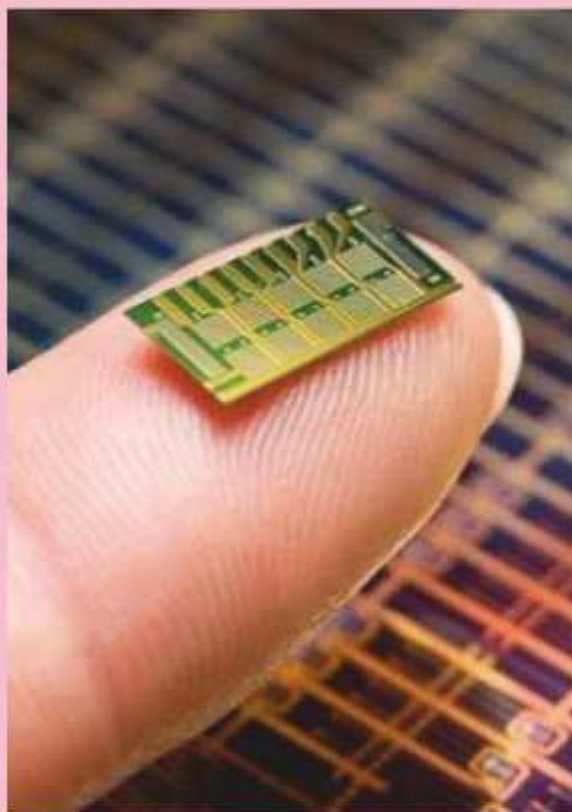


6 Massaging Bra (The Lilu)



Massaging Bra helps to move more milk into breast pump. The milk is collected in a specially designed bag that fits inside the unit. It is used to stimulate milk glands and help to achieve let down by using the wireless, re-chargeable remote. The Lilo is a powered bra that has a built-in massager. It used to prevent blocked milk ducts. The Lilo is one of the strategies to relief breast engorgement.

7 Remote control - A contraceptive computer chip



A contraceptive computer chip that can be controlled by remote control has been developed. The chip is implanted under a woman's skin, releasing a small dose of levonorgestrel daily. It is a safe, effective, long-term birth control measure. A small electric charge melts an ultra-thin seal around the levonorgestrel, releasing the 30 mcg dose into the body for 16 year. The device measures 20mm x 20mm x 7mm and will be "competitively priced"

8 Cryoablation for Treatment of Heavy Menstrual Bleeding:

It is a new pelvic floor muscle trainer which helps women with post-partum complications and incontinence. It is a stimulator technology which helps to do the pelvic exercises automatically. Kegel exerciser and muscle stimulator helps women to strengthen the pelvic floor muscles. Apply lubricant onto the stimulator and place device comfortably inside the vagina, with the silver parts facing toward their hips. Only 20 minutes a day can help women to get results effortlessly and proven results. This technology aims to provide an effective treatment for heavy menstrual bleeding, a procedure which can be performed in a doctor's surgery in just a few minutes, and which does not require general anaesthesia. The procedure involves the insertion of the device into the uterus, where cryoablation of the endometrial lining occurs. It is intended for premenopausal women who do not plan to have any further children. It uses cryotherapy, or cooling technology, to remove the lining of the uterus, known as the endometrium. It is a 2.5 minute treatment, as part of a 7 minute procedure, that can be performed in the comfort and familiarity of a woman's doctor's office without the need for general anaesthesia. Unlike heat-based ablation technologies, cryotherapy provides a natural pain-relieving or numbing effect during treatment.

9 Excitable Nanoparticles to Destroy Endometriosis Lesions

A nanoparticle system that can aid with the removal of endometrial lesions in a minimally invasive fashion. In endometriosis, endometrial tissue grows outside of the uterus, causing pain and affecting fertility. Surgery to remove these lesions is often unsuccessful and repeat surgeries are often required. The research team's nanoparticle technology can aid in minimally invasively destroying such lesions. The iron oxide nanoparticles can be delivered intravenously and are targeted to accumulate in

endometrial lesions, and also handily act as an MRI contrast agent. By applying an alternating magnetic field externally, clinicians can then induce the particles to produce localized heating, destroying the endometrial lesions.

9 Robotic Gynecological Surgery

In the field of surgery robotics is a new field especially in complex operations where movement is critical. It is capable of taking a patient's vitals, medical history and updating medical records. The robotic nurse plays an essential role in a successful robotic surgery. As part of the robotic surgical team, Each one of the robotic nursing team "nurse coordinator, scrub-nurse and circulating-nurse" has a certain job description to ensure maximum patient's safety and robotic surgical efficiency. Well-structured training programs should be offered to the robotic nurse to be well prepared, feel confident, and maintain high-quality of care.

Uses

Hysterectomy & tubal ligations, Removal of fibroid tumors & Myomectomy, Removal of ovarian cysts & ovarian tumors. Infertility surgery, Endometriosis surgery, Genital Prolapse surgery.

Conclusion

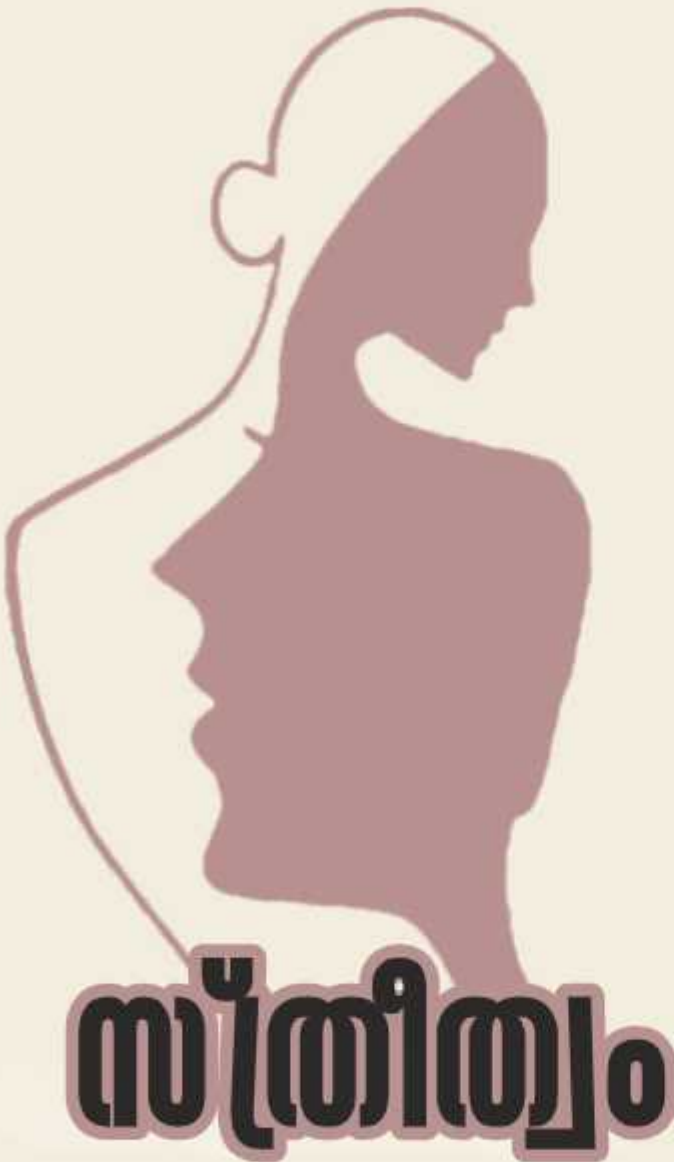
It is important for maternity nurses to recognize the new technologies which helps to improve the field of obstetrics and gynecology. Building skills, continuous training is very important to improve maternal health and improve quality of care.



ROBOTIC GYNECOLOGICAL SURGERY



Lekshmi Raj
4th year Bsc Nursing



“ആദ്യം തുണയ്ക്കാൻ ആകുമില്ലെങ്കിലും സാമ്പത്തികമായി ചെറുപ്പമേറ്റവൾ ആർക്കും തുണയ്ക്കാൻ മനസ്സുദിവസവൾ അവളാണ് പാരിസ്ഥിതിസൗകര്യമുള്ളവൾ”

“എന്തെന്നോടുകൂടെയിതുകൂടാൻ അന്തിമതലത്തിൽ മാറ്റമുള്ളവൾ അക്രമസംഭവങ്ങൾ എല്ലാവിധവൽ ചോദ്യങ്ങൾക്കുമേൽ തയ്യാറായി”

“അതായതായുള്ള പെരുമാറ്റവുമായും മകളായുള്ള സ്ത്രീയായുള്ള എന്തെന്നോടുകൂടെയെങ്കിലും അവളാണ് പാരിസ്ഥിതിസൗകര്യമുള്ളവൾ”

“താഴെപ്പാട്ടുകൾ പാടി കൊടുത്തവൾ സാക്ഷി പൊന്നിൻ കാഴ്ചകൊടുത്തവൾ മാറ്റമില്ലാത്തതൊക്കെയും മനസ്സുകൊടുത്തവൾ”

“സങ്കല്പങ്ങൾ കൂടാതെ ചോദ്യങ്ങൾക്കും താഴെ തന്നെ ചോദ്യങ്ങൾക്കും സാക്ഷി പൊന്നിൻ കാഴ്ചകൊടുത്തവൾ താഴെപ്പാട്ടുകൾക്കും മനസ്സുകൊടുത്തവൾ”

“താഴെപ്പാട്ടുകൾക്കും ചോദ്യങ്ങൾക്കും സാക്ഷി പൊന്നിൻ കാഴ്ചകൊടുത്തവൾ താഴെപ്പാട്ടുകൾക്കും മനസ്സുകൊടുത്തവൾ”

“വെള്ളത്തിന്റെ താഴെപ്പാട്ടുകൾക്കും ചോദ്യങ്ങൾക്കും സാക്ഷി പൊന്നിൻ കാഴ്ചകൊടുത്തവൾ താഴെപ്പാട്ടുകൾക്കും മനസ്സുകൊടുത്തവൾ”

“ആദ്യം തുണയ്ക്കാൻ ആകുമില്ലെങ്കിലും സാമ്പത്തികമായി ചെറുപ്പമേറ്റവൾ ആർക്കും തുണയ്ക്കാൻ മനസ്സുദിവസവൾ അവളാണ് പാരിസ്ഥിതിസൗകര്യമുള്ളവൾ”

“പാരിസ്ഥിതിസൗകര്യമുള്ളവൾ അവളാണ് പാരിസ്ഥിതിസൗകര്യമുള്ളവൾ”



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വളർന്ന് ഒരു മരമായി തീർന്നപ്പോൾ
ആരോരുത്തിയതെ
അവർ ആ മണ്ണിനടിയിൽ അനിക്കുകയായിരുന്നു,
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അടുത്തു പോയിയെന്നു,
അവൻ നിലം പരിചിപ്പോൾ അവൻ
അവസാനമായി അവനെ നോക്കി.
തന്റെ വേരുകൾ ഒരിക്കലും അവന്റെ വേരുകളെപ്പോൾ
തിരിച്ചു കൈവിട്ടില്ല. അവൾക്ക് സ്വർഗ്ഗം നഷ്ടപ്പെട്ട്
പ്രകാശത്തിലേക്ക് അടിച്ചെന്നതിനും തെറ്റു മറ്റൊരു
ഒരു നിസ്സഹായതയായ നോട്ടമുണ്ടായിരുന്നു. തിരിച്ചും
നിന്നതെ ഒരു നോട്ടം. അവൻ മരിച്ചുവെന്നിരുന്നെങ്കിലും
അവളുടെ ജീവനുള്ള വേരുകൾ,
ജീവനില്ലാത്തതെപ്പോലെ
അവന്റെ വേരുകളെ
കൈവിടാതെ ചേർത്തു പിടിച്ചു,
ജനനം ചേർത്തുപിടിച്ചു കൈയൊഴിച്ചിരുന്നു ..



HIMA. R
1st year BSc Nursing

വേരുകൾ



PAIN MANAGEMENT



GILBA
3rd year BSc Nursing

Across

4. All patients are at risk for----- treatment of pain
5. Pain management is also a patient's -----
8. The uses of medications delivered into the spinal column
10. A neurobehavioral disorder characterized by compulsive seeking of mood – altering substances
11. Pain also includes spiritual

Down

1. Usually a last resort in cronic situations
2. The process by which the body requires a progressively greater amount of a drug
3. Pain experiences may include acute and ----- pain
6. Adjustment of medication levels within the dosage
7. Synthetic opioid
9. A drug whose origin is the opium poppy

Answers :- 1. SURGERY, 2. TOLERANCE, 3. CHRONIC, 4. UNDER, 5. RIGHT, 6. TITRATION, 7. FENTANYL, 8. INTRATHECAL, 9. OPIATE, 10. ADDICTION, 11. EMOTIONAL

It is fear that stops us from doing many good deeds in our lives. Fear is considered as our companion, who is always with us. We may have a great desire to avoid fear, but it always remains with us. Gradually, we give it so much power, that it becomes our master. Fear affects us in many ways.

When we are afraid of a teacher, we just avoid asking doubts, thus, we lose an opportunity to get things clarified. When we are afraid of our parents, we hesitate to discuss our issue with them. As a result, we lose their proper advice. The list of our issues due to fear is endless. So fear is considered as the most dangerous enemy of man. It takes away all our happiness, contentment and peace. It converts us into slaves.



JEEVA VIMALA JISS
4th year BSc Nursing





Mrs. ANCY
Lecturer

WHY THE DUALITY?

Women are the chief architect of the family and constituted the key role in the arch of society through their sacrifices and family first commitment. No wonder for centuries women's role is supposed to be bound within the four walls of the house with household responsibilities as such taking care of family members and saying "Yes" to everything.

The word women have so much of meaning, she assumes the role of a mother, a daughter, a sister and so on. But now women in India are facing a lot, a lot that cannot be explained through words. With low female school enrolment, low age of marriage, maternal mortality and low earned income by females, women in India suffer a lot. Why the duality?

Atrocities against women are increasing at an alarming rate; just walking out from home to catch a bus has become a difficult task. Selective abortion and female feticide, domestic violence, dowry and bride burning, sexual harassment is few among many. We must think what caused this change. Is it because that we are evolving or because of things we talk about like commercialization and the access to things like internet and to be specific things like social networking. What caused this change? Clearly, we don't have a clue. Who do we blame Ourselves? Our attitude towards women has changed. The ever-evolving society needs to accept the change happening in the society.

Women are becoming more empowered, there is no doubt in that, but the society should be ready to accept the changing roles of women. A girl is working late because she needs to provide for her family, that

doesn't give any one the right to say that 'She was raped because she went out at night'. Women in government sector are very less in India when compared to Global standards. That needs to change. We need policy makers, who are women, officials who are decision makers, authority which can be exercised by women. Women as leaders is not a novice concept to India (Indira Gandhi, Smt. PrathibhaPatil, SmtDroupadi Murmu)but the concept needs to be rooted in families. Women should feel safe in the society they live in. The helpline that are functioning must be made more efficient.

The word women
have so much of
meaning, she assumes
the role of a mother,
a daughter,
a sister
and so on.

As a profession that involves mostly women, nursing can take the next big step in women empowerment. Nursing is one of the preferred professions for women in India. Historically nursing profession emerged as a gendered profession and the majority of nursing professionals are women in India. The nursing profession has a wider acceptance as a reputed profession in Indian

society. Nurses are the backbone of any country's healthcare system and represent the largest portion of healthcare workers.

We can set an example of how a girl can become a productive member of society, a pillar to her family, a skilled juggler of both family and work and much more. A girl born is not just for procreation but is an individual on her own, with dreams and aspirations. But the most important step must be taken by each one as by promising to ourselves that "I will not tolerate any level of harm against me or any other fellow beings and that I will react immediately in such a scenario and protect my honour as well as that of my fellow beings. So lets hope for the best.....!"



Athira Prathapan
4th year BSc Nursing



ജീവിതം

ചിരിക്കാൻ മറന്നുപോയ ഒരു ജീവിതം
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മറ്റൊരു പക്കംചെടി പോലെ
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Aman A.J.
3rd year BSc Nursing



FACE OF LIFE

Power and money are fruit of life
But Family and friends are root of life
We can manage without fruit
But We can never stand without root

"Life comes around only once, so do whatever makes you happy and be with whoever makes you smile."

"Be thankful for everyone in your life. Good and bad, Past and present. They all helped to shape you into the person you are today."

"You cannot change what has already happened, so don't waste your time thinking about it. Move on, let's go and get over it."

"Time won't make you forget, it will make you grow and understand things."



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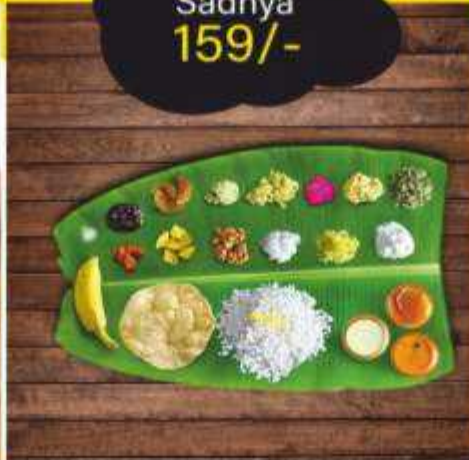
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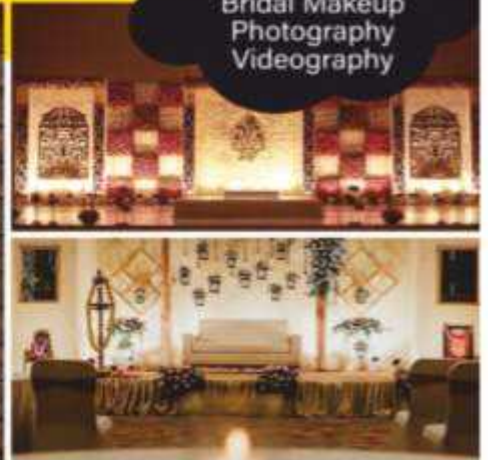
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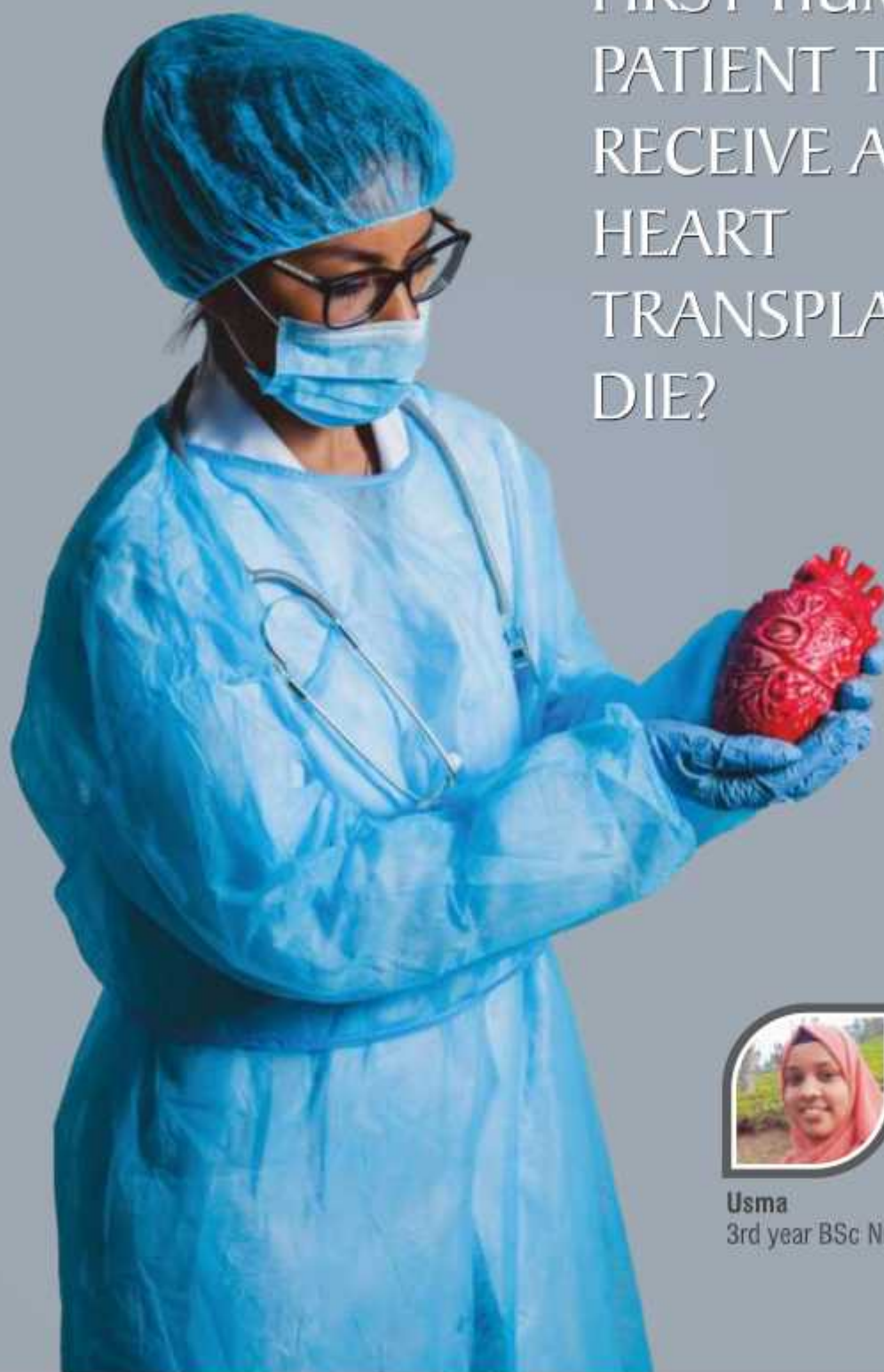
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WHY DID THE FIRST HUMAN PATIENT TO RECEIVE A PIG HEART TRANSPLANT DIE?



Usma
3rd year BSc Nursing

Bartley Griffith is a cardiac surgeon at the University of Maryland, Baltimore, who says he's probably done over a thousand heart transplants over a career that has spanned four decades. But on January 7 of this year, Griffith performed an operation unlike any other. He transplanted a pig heart into a human for the first time.



When Griffith released the clamp off his 57-year-old patient's new heart, blood rushed through David Bennett's coronary arteries and transformed the pale lifeless pig organ into a vivacious scarlet pump. "The heart fired right up," Griffith says.



But 60 days later, Bennett passed away, and doctors could not identify a specific cause of death. Answers have only now begun to emerge after Griffith's team published their report. "Cardiac xenotransplantation," or the transfer of a heart between species, was first performed in 1964 with a human recipient: University of Mississippi surgeon James Hardy implanted a chimpanzee heart into the 68-year-old Boyd Rush. At least eight other similar cardiac xenotransplants took place over the next half-century, none of them quite successful.

With the gene-editing possibilities of CRISPR though, this time was different. Biotech company designed pigs with ten genetic changes, deleting four pig genes and adding in six human ones, so that their organs would be more compatible with humans. Bennett, who had end-stage heart failure, was not eligible for a human heart because of his history of not following his doctors' orders. So, on his deathbed and

without any other options, Bennett got a heart from one of pigs under the Food and Drug Administration's (FDA) "compassionate use" authorization, allowing experimental treatments for emergency cases.

Currently, 17 individuals die every day on the transplant waiting list, and xenotransplantation, if fully realized, could end the national shortage of 100,000 organs with an almost unlimited supply of pigs. If these pig organ transplants are to one day replace human-to-human transplants, scientists will have to learn how to make xenotransplantation safe, accessible, and truly life-extending.

As such, attention has naturally shifted away from the novelty of Griffith's operation toward trying to understand Bennett's cause of death. Griffith's report clearly lays out the facts of the case. Capillaries around Bennett's heart exploded, which caused fluid to leak out and his heart to double in size. Because those busted capillaries fed the heart with oxygen, cardiac muscle cells began to die in their absence. On day 60, Griffith's team withdrew life support because Bennett's heart had been irreversibly damaged.

But why'd this happen? "We still don't really know," Griffith admits. His paper considers three major possibilities, but a fourth unifying explanation exists as well.

ORGAN REJECTION MAY HAVE OCCURRED

One of the biggest concerns with any transplant is the risk of rejection where the body's immune system sees the donor organ as foreign and destroys it. Unless the donor

and recipient are identical twins, some rejection is inevitable, but doctors can usually limit organ rejection with drugs that suppress the patient's immune system.

In Bennett's xenotransplant, genetic changes "humanized" his pig heart to evoke less of an immune response, and Griffith's team gave him a cocktail of immunosuppressive drugs for additional protection. Consequently, Bennett tolerated his new organ well over the first month, and the biopsies never showed evidence of acute rejection, according to Griffith.

But evidence exists that rejection did in fact occur, according to xenotransplantation pioneer David Cooper, whose early work helped kickstart the genetic engineering effort to make pig organs more human-like. Griffith's report declares that damaged capillaries and a swollen heart are "not consistent with typical rejection," but Cooper, who is also a senior investigator at Massachusetts General Hospital, says that these findings are classic signs of organ rejection from xenotransplant experiments 30 years ago. Cooper believes that not keeping immunosuppression levels high enough over time, perhaps because of medical professionals' lack of experience with this novel experiment, may have contributed to organ rejection in Bennett's case.

ANTI-PIG ANTIBODIES MAY HAVE ATTACKED THE HEART

On day 43 after surgery, Bennett was given something called intravenous immunoglobulin (IVIG) in order to treat a potential infection. Prepared from blood



donations from thousands of individuals, IVIG is a highly concentrated antibody therapy that is given to boost a patient's debilitated immune system.

The problem is that, among a diverse collection of antibodies, IVIG naturally contains anti-pig antibodies that could've attacked Bennett's heart. Griffith is quick to point out that, in testing, IVIG didn't appear to kill pig cells. But he also recognizes that, in real life, IVIG's anti-pig antibodies could have nonetheless targeted and destroyed the pig heart, killing Bennett in the process.

A PIG VIRUS MAY HAVE BLOWN UP THE HEART

One of the more dangerous infections Bennett contracted was porcine cytomegalovirus (pCMV). The virus is found only in pigs and usually has no bearing on their health beyond sneezing and a runny nose. But if pCMV makes it into humans, it could theoretically cause a deadly pandemic. The company thus takes extensive precautions in raising pigs for xenotransplantation, for example housing them in biosecure facilities and testing them for pathogens with regular nasal swabs.

But this viral testing may not have been stringent enough. Griffith thinks the pig heart may have been infected with an inactivated form of pCMV that, when inside Bennett's immunosuppressed body, "woke

up, blew up some capillaries, and killed the heart," he says.

BENNETT MAY HAVE BEEN TOO SICK TO BENEFIT FROM THE ORGAN

The failure, maybe it wasn't any one thing, but it was a combination of all.

Cooper thinks a simpler explanation exists. "They chose a patient who was too debilitated to undergo this procedure," he says.

Bennett had been confined to his hospital bed for two months before his operation, with his condition so bad that he needed ECMO (extracorporeal membrane oxygenation) to replace the function of his heart and lungs. While ECMO is a life-sustaining technology, over long periods of usage, it causes organs to gradually deteriorate. Bleeding in his digestive tract and a bacterial infection in his blood also probably weakened Bennett before the operation.

"The odds were stacked against them from the beginning," Cooper says about Griffith's team. "You have to choose a patient that has a realistic chance of doing well."

Griffith similarly recognizes that "David was almost too sick to benefit," but he frames this xenotransplant as a learning opportunity.

We take
something of yourself

The Last Night



Lekshmi Narayanan
4th year BSc Nursing

Climbing up the stairs to be
able to see the sky, the sun and
the moon has been the essential
part of my routine through these years.

And this last night is special.
The moon above the head,
Playing hide and seek amidst the cloud.

A delicate breeze blows around.
I look upon the panoramic view
across the river.

This is the exact place where
I grew into myself.
It is an emotion where I learnt
that magics are real.

It is this place that has seen me
crying out the loudest and also
the most peaceful smile of mine.
The place that supported me when
I was fragile and rejoiced with
my happiness.

If there's goodness within me
I owe it all to this place.
Leaving a part of myself
I bow down to its eternity and divinity.

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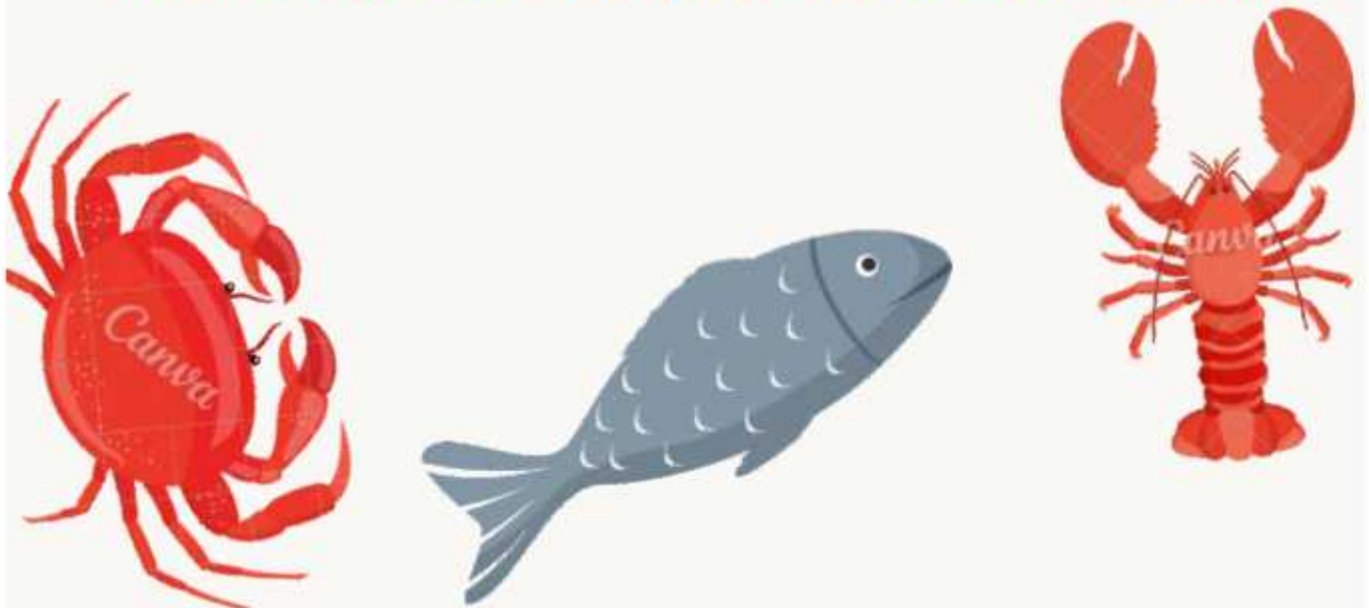
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I am **Assenshya Raju** a pass-out student from the batch 2013 to 2017. Presently, I am staying in Doha Qatar, and working as a staff nurse, Further, I have had a passion for teaching since my childhood, I am taking classes and giving effective coaching to prometric examiners as a freelancer.

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