

MULLER SPRING 2018-19

*Cresco*

Grow to Glow



**FATHER MULLER COLLEGE OF NURSING**

*Accredited by NAAC with 'A' grade*

Kankanady, Mangaluru 575002



## **GROW TO GLOW**

**When we were young and dumb,  
We thought that life was as beautiful as a fall of snow  
Life seemed to be a lot more easy and fun,  
But gradually we realized that life was beyond the beautiful rainbow.**

**In this beautiful journey called 'LIFE',  
We might encounter herds and heaps of difficulties  
Though we encounter hundreds of them,  
We should never forget the bundles of opportunities.**

**Just like a small caterpillar grows into an awesome butterfly,  
Never forget that these difficulties and opportunities will make you fly!  
We all know that growth is a gradual process and rule of nature,  
It will definitely lead us to a better future.**

**So please my friend listen to me for a while,  
“You're a champ born with those beautiful brows  
Just smile and face everything that life throws  
All these storms will help you to grow  
And it will mould your personality and make you glow”**





राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद

विश्वविद्यालय अनुदान आयोग का स्वायत्त संस्थान

**NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

*An Autonomous Institution of the University Grants Commission*

# *Certificate of Accreditation*

*The Executive Committee of the  
National Assessment and Accreditation Council  
on the recommendation of the duly appointed  
Peer Team is pleased to declare the  
Father Muller College of Nursing  
Kankanady, Mangalore, Dist. Dakshina Kannada,  
affiliated to Rajiv Gandhi University of Health Sciences, Karnataka as  
Accredited*

*with CGPA of 3.21 on four point scale*

*at A grade*

*valid up to July 09, 2019*

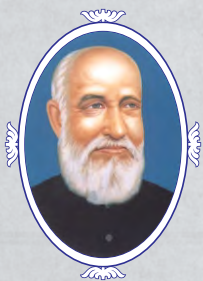
*Date : July 10, 2014*



*Anant Kumar*  
Director



FATHER MULLER  
COLLEGE OF NURSING



## FATHER MULLER COLLEGE OF NURSING

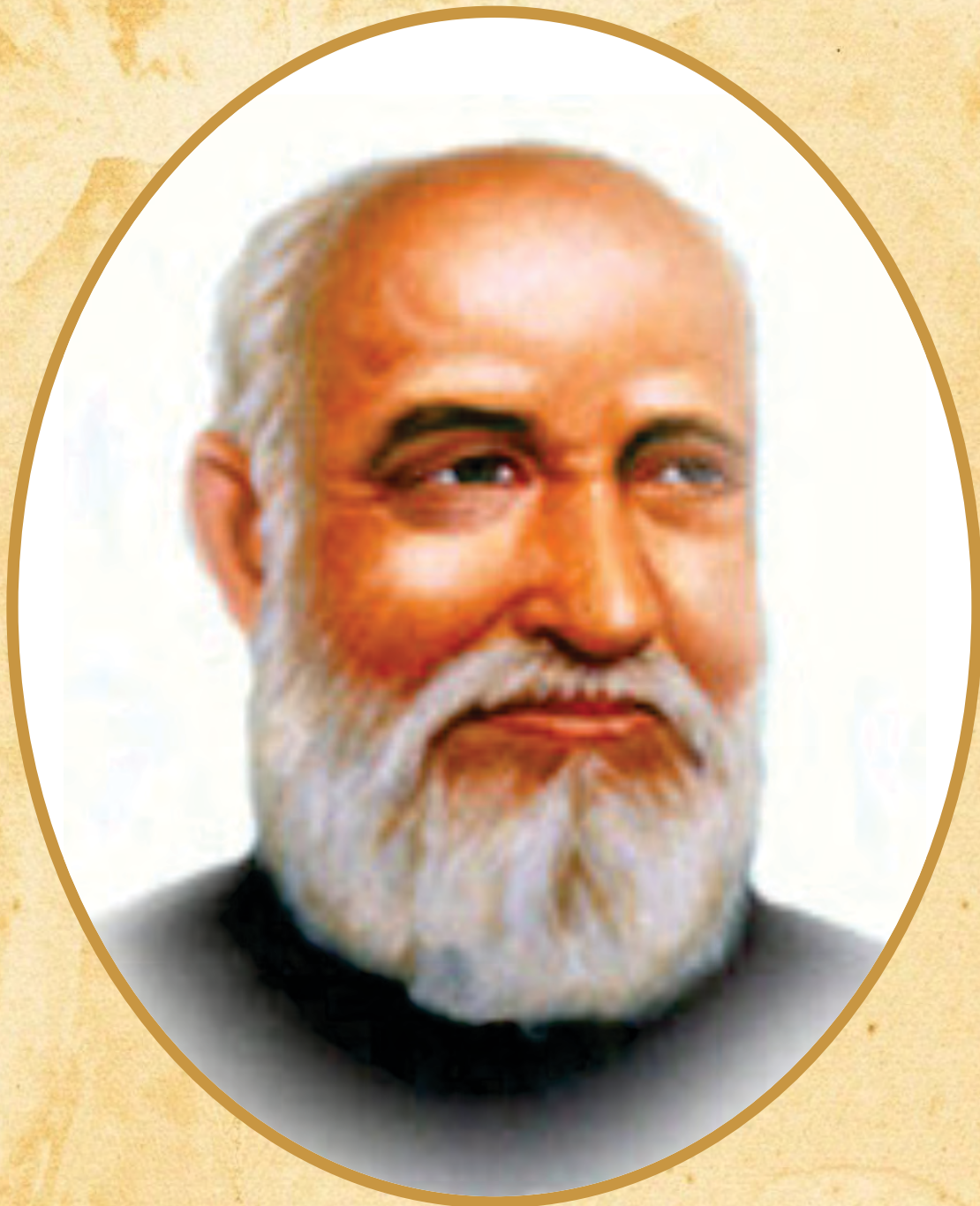
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Kankanady, Mangaluru 575002



To heal and comfort the suffering humanity with compassion and respect, and to be recognized as a global leader in nursing education and research.



- To promote professionalism by quality and value driven education with a global outlook.
- To make learning an exciting experience that inspires learners to reach their full potential as lifelong learners.
- To train young professionals for leadership to respond to the health care needs of the public.
- To foster synergy and integration between research, education and practice by promoting interdisciplinary collaboration and partnership.



**Fr Augustus Muller S.J.**  
*Founder*  
*Father Muller Charitable Institutions*

# Bishop's Message



I am very happy to be informed that you wish to bring out your annual college magazine to highlight the progress made by Father Muller College of Nursing during past academic year. At the outset I congratulate and appreciate the management, principal, staff and the students on the achievements of the college in the past academic years. But without your support and encouragement it would not have been possible!

Nurses are an integral part of healthcare. They are the backbone of the healthcare services along with the doctors. One cannot imagine the healthcare facilities without the presence of nurses. Patient care is the primary concern of a nurse. Patient care is founded on critical thinking and caring in a holistic framework.

Nursing includes promotion of health and well-being, prevention of illness, care for the ill, disabled and dying people.

More than medicine, it is the approach of the nurse that brings about healing. Her loving care, kindness and concern for the patient's speedup the healing process. It is God who heals and a nurse is an instrument of God's healing. When one realizes this, nursing doesn't remain at the level of profession but a generous response to God's vocation to serve.

I call upon the staff to guide the students to discover their vocation they received from God to serve and encourage them to nurture it. I wish that the students of Father Muller College become beacons of light to others. My best wishes to the editor and the editorial board of the annual college magazine

With renewed wishes and blessings

† **Most Rev. Dr Peter Paul Saldanha**  
Bishop of Mangaluru

# *Vice Chancellor's Message*



The Father Muller College of Nursing, Mangaluru is a unit of the Father Muller Charitable Institutions, who are doing yeoman service in the areas of healthcare and education.

I am happy to learn that the Father Muller College of Nursing, Mangaluru, will be publishing its annual magazine - Mullerspring - to bring out the creativity and aptitude of its students and staff. I hope that the magazine will continue the tradition of its preceding annual magazines in nurturing the literary forte of the students, and that the magazine will be found useful for their profession.

I congratulate the management, staff, and the students of Father Muller College of Nursing, Mangaluru and wish them well in all their ventures.

**Dr S. Sacchidanand**  
Vice Chancellor



# Registrar's Message



Good things remain good only because they are always scarce. I am glad to greet you for bringing out 'Muller spring 2019' of 'Father Muller College of Nursing' Mangaluru. Commendable effort put forth by the team is appreciable. I extend my good wishes to Father Muller College of Nursing Mangaluru - Mullerspring 2019

**Ms Usha M. Bhandari**  
Registrar  
Karnataka State Nursing Council

# Director's Message



*“I mould my mind, to shape my future.”*

Greetings to all of you. The fact that each year the College of Nursing brings out the Magazine “Mullerspring” is a matter of joy and gladness. With this joyful tone, I would like to pen a few words of my appreciation and encouragement. The future is built on strong values. With these strong values one should shape one's future. The Father Muller College of Nursing is built on strong values of Compassion and Care. In fact, these are the two by words for a Nurse. For a nurse, it is required to be both competent and confident but these competence and confidence must be translated into Compassion and Care while rendering service to the suffering humans.

Our College is built on the strong edifice of its motto “Search, Share and Care”. Education is a never-ending process. One must Search for knowledge. Knowledge is an enlightenment towards what is good. Good has to be Shared. When we share our joys they are doubled and sorrows shared are lightened. Sharing is the driving principle which indicate that we Care for each other. I have seen this family spirit in our College campus. We feel that we belong to this Institution.

Dear faculty and student fraternity, in our College of Nursing you have a beautiful infrastructure, serene campus and a spiritual ambience. You are lacking in nothing. The College has NAAC Accreditation and it is the most sought-after College across the Country. Nurses who come out of our College are employed not only in India but across the globe because of the brand name “Father Muller”. So you should be really proud of your College and thank God for the fruit that you enjoy as the result of hard labour and sweat of our predecessors both in the Management and Faculty. Stay connected to your Alma Mater by building a strong Alumni association. Be our ambassadors to spread the fragrance of our Institutions.

I am told that the theme for the Magazine is CRESCO – “Grow to Glow”. We all need to grow in one another's company appreciating and encouraging one another. As we grow in love and friendship we also glow as a sign of joy and happiness. Ultimately the purpose of our existence is to live in peace and harmony shedding rays of hope and encouragement. I am sure through your critical thinking, innovative spirit and creative mind set, you will be bringing out your literary talents in this Magazine. Your original and creative thinking will certainly make this Magazine a real 'Spring' of your talents.

Congratulations to the editor and editorial collaborators on your hard work and kudos to all other contributors. God bless you.

“Always churn, never stop, ever evolve.”

**Rev. Fr Richard Aloysius Coelho**  
Director  
Father Muller Charitable Institutions

# Principal's Message



I am indeed happy to pen these few words to Muller Spring: “Cresco – grow to glow”. I feel that the theme is so appropriate because all who enter into the portals of Father Mullers, and specially students who join college of nursing are helped to realize the above theme in their lives. College of nursing has contributed much over the last 31 years not only in the form of knowledgeable, skillful, value oriented smart nurses but also in research and community oriented activities. We strive tirelessly to make our students 'the best' in everything.

Muller Spring is one forum where the students and faculty can unfold their hidden talents of literacy, imagination and creativity. I appreciate the efforts taken by Sr Nancy Mathias, staff editor and Ms Ashel Pinto, student editor and congratulate them. May this annual college magazine help everyone who read it to live a better life.

**Rev. Sr Jacintha D'Souza**  
Principal  
Father Muller College of Nursing

# *Vice Principal's Message*



It gives me immense pleasure that Father Muller College of Nursing is bringing out the annual magazine “Mullerspring”.

The world is changing very rapidly in many different ways, particularly in communication. “Mullerspring” is driven by the need to enhance communication between students, teachers, alumni and the stakeholders. It also brings the students and the teachers on a common platform to share and display their ideas and creative talents.

I wish the staff editor, student editor and the editorial board a very big success in all their ventures. I applaud the coordinated efforts of the team to bring out this issue. Wish you all the very best.

**Prof. Victoria D Almeida**

Vice Principal

Father Muller College of Nursing

# Chief Nursing Officer's Message



I am very delighted to pen these words in the current issue of Muller Spring, the magazine that works as a platform to highlight the talents of our students and the minds of their mentors.

I am glad that the faculty at the College of Nursing is rendering high quality nursing education to the aspiring young minds. Humanity is at crossroads. Currently, mankind lives solely on science and technology and in the bargain, these young minds will face challenges in providing nursing care of a high order. Patient care can be tough work and extremely challenging. Nursing demands the incorporation of the head, heart and

hands. It necessitates a humane attitude. Integrating compassion with action is paramount in nursing practice.

The young minds at Father Muller College of Nursing are gifted, creative and resourceful. As the Head of the Nursing Service Department, I call upon each one of you to put into practice the knowledge you gain in the classroom and at the bedside of the patient and communicate and educate the patients and their families in consultation with the members of the health care team. Be always grateful and joyful that you are a nurse.

I congratulate Sr Jacintha D'Souza and her team, the Editor and the Editorial committee for their efforts to showcase the commitment and outstanding work of the students through this magazine.

**Rev. Sr Janet D'Souza**  
Chief Nursing Officer  
Father Muller Medical College Hospital

# Staff Editor's Message



***“I planted the seeds, Apollos watered them, but God made them sprout and grow”  
-1 Corinthians 3:6 (Holy Bible)***

It is a moment of great joy and pride to see the magazine 'Cresco-Grow to Glow' being released. It was a beautiful experience and a new learning, working hand in hand with my wonderful team of students to bring out this masterpiece. This experience really made me grow in patience, collaboration and team spirit. This magazine is an evidence that our students are glowing and blooming with talents and potentialities.

Growth is a gradual yet a painful process. It is invisible as the scripture says it is the work of the Holy Spirit who dwells within us. No doubt, sincerity and hard work together with determination make us achieve our goal to glow in the right spirit.

I am thankful to Rev Fr. Richard Aloysius Coelho, Director, Father Muller Charitable Institutions for his support. I remain indebted to Principal Sr. Jacintha D'Souza for her trust in assigning me this responsibility and constant guidance in the completion of this project. I am grateful to all the faculty members for their support, encouragement and timely help in bringing out this magazine.

I sincerely acknowledge the effort, dedication and cooperation of all my team members, without whom this would have been impossible.

With a grateful heart

**Sr Nancy Priya Mathias**  
Staff Editor

# Student Editor's Message



*We don't grow when things are easy,  
we grow when we face challenges!*

A college magazine is the ultimate daily guide to campus life, our goal is to inspire and guide students to achieve balanced success in both academic career and social life by bringing out their hidden talents.

Coming together is beginning, keeping together is progress, working together is success. We are pleased to publish our college magazine “MULLER SPRING 2K19 CRESCO-Grow to Glow” which emphasise the growth, a journey which takes us through wonderful pictures, arts, soulfully written poems, articles and much more which covers up the glimpses of talents of our students.

As a student editor I take this opportunity to express my sincere gratitude to the management and principal for their guidance. I am very grateful to our staff editor for all her timely support through out the path of the completion. I am more than happy to receive contribution from language editors and my co-team members. However, without you it would not have been possible to accomplish this huge task.

Finally putting forward the whole package MULLER SPRING 2K19, take your time and enjoy the spring!!!

**Ms Ashel Christal Pinto**  
Student Editor

# EDITORIAL BOARD



- ★ **Staff Editor:** Sr Nancy Priya Mathias   ★ **Student Editor:** Ms Ashel Pinto   ★ **Assistant Student Editor:** Ms Dillon D'Souza
- ★ **Members:** Ms Meenu Francis, Ms Roopa D'Souza, Ms Roshni Raju, Ms Loycee Mascarenhas, Ms Maria Mascarenhas  
Ms Ancilla Pais, Ms Aleena Sebastian, Ms Maria C.S, Ms Marydielle Godinho, Ms Melissa Lewis, Ms Gloria Menezes  
Ms Tenzing Bhutia, Ms Wilma D'Almeida, Ms A Kosha O, Ms Josephine Marngar, Ms Nikitha D'Souza, Ms Arti Ravi



## \* LANGUAGE EDITORS \*

English Editor

**Fr Frank Rodrigues**  
*Chaplain FMCI (2000-2009)*



Malayalam Editor

**Mr Rajeeve Mathew**  
*Asst. Prof (Dept. of Mental Health Nursing)  
Father Muller College of Nursing*



Hindi Editor

**Mrs Sandra Saldanha**  
*Lecturer (Dept. of Paediatric Nursing)  
Father Muller College of Nursing*



Konkani and Kannada Editor

**Mrs Vinaya Alvares**  
*Lecturer (External)  
Father Muller College of Nursing*



# Congratulations

## TOPPERS 2018

I Year BSc (N)



**Ms Sreya Thomas**

II Year BSc (N)



**Ms Josna J Machado**

II Year BSc (N)



**Ms Maria Jyothi Mascarenhas**

III Year BSc (N)



**Ms Andrea D Souza**

III Year BSc (N)



**Ms Glenita Fernandes**

IV Year BSc (N)



**Ms Charitha Clavia Lewis**

I Year PBBSc (N)



**Ms Tenzing Dolkar Bhutia**

II Year PBBSc (N)



**Sr Nishamol Joseph**

I Year MSc (N)



**Ms Nancy Divya D Silva**

II Year MSc (N)



**Ms Mukta Aurelia Tirkey**

# *What's Inside...*



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The background of the page is a vibrant, abstract composition of overlapping brushstrokes in various shades of red, pink, and magenta. The strokes are dynamic and expressive, creating a sense of movement and energy. The colors transition from deep reds on the left to lighter pinks and purples on the right, with some areas appearing more saturated than others.

*Annual  
College  
Report*

**2018-2019**

**Father Muller College of Nursing** started in the year 1987 an “Edifice of Enlightenment and Empathy” has undergone series of milestones, recognizes with pride its emergence as one of the best Nursing Institution in the country. Over the years 2691 BSc, 901 Post Basic BSc, and 711 Postgraduates have walked out of the portals of college and have become its brand ambassadors. We are proud to say that this year 2018 has been a year of blessings to all of us.

### **ACADEMIC PROGRAMME AND STUDENT STRENGTH:**

For the year 2018-19 - BSc (N)100, PBBSc (N) 21and MSc (N) 5, Total -126 students were admitted to the college and the total strength is:

BSc Nursing	-	395
Post Basic BSc Nursing	-	50
MSc Nursing	-	9
<b>Total</b>	-	<b>454</b>

### **FACULTY:**

Father Muller College of Nursing has an excellent, efficient and highly motivated faculty who plan meticulously all the curricular and co-curricular activities for the students throughout the year.

Professors	-	05
Associate Professors	-	08
Assistant Professors	-	09
Lecturers	-	15
Assistant Lecturers	-	04
Physical education Instructor	-	01
<b>Total</b>	-	<b>42</b>

### **ACADEMIC ACHIEVEMENTS:**

Results of the University exam September 2018 is as follows:

I & II MSc Nursing	-	100%
I BSc	-	80%
II BSc	-	94%
III BSc	-	95%
IV BSc	-	98%
I PBBSc	-	73%
II PBBSc	-	100%

We wish to place on record that our students have won 80 subject wise ranks below 10 in the University examinations. Congratulations to all the students.

**This year 2018 has been marked by series of activities.**

The following are a few of them:

We organized a “Nutrition, Health and Fitness Expo-2K18” on 5<sup>th</sup> May at FMCI campus, opposite to Out-Patient Department with the theme “Go Further with Food”.



### **CONFERENCES / WORKSHOPS/SEMINARS:**

During the year college of nursing organized:

Seminars	-	02
Workshops	-	03
CNE programs	-	02
Guest lectures for faculty and students	-	10

### **OUT REACH PROGRAMMES:**

Staff and students regularly organize and conduct outreach programmes in various rural and Urban Health Centers. This year various Health Educations and Information Programmes were conducted in various Community Health Centers, and the students participated in mass health educations, telecast in V4 channels, street plays, awareness rally, health camps, and National Health Programmes.

### **ENGLISH CLUB:**

In order to help students, learn better English, the English Club was inaugurated on 25<sup>th</sup> May 2018.



### LAMP LIGHTING AND OATH TAKING:

Father Muller School and College of Nursing held lamp lighting and oath taking ceremony on 19<sup>th</sup> December 2018.



### FAREWELL PROGRAMME:

Father Muller College of Nursing organized a befitting farewell programme 'ALOHA 2K18' for the outgoing BSc 2014-18, PBBSc and MSc 2016-18 batch of students on 30<sup>th</sup> August.



### COURSE INAUGURATION:

On 11<sup>th</sup> September, the course inauguration of 32<sup>nd</sup> batch of B. Sc, 31<sup>st</sup> batch of PBBSc and 27<sup>th</sup> batch of MSc Nursing was held. Mr. Srikanth B Pullari, Registrar, Karnataka Nursing Council was the honorable chief guest.



### FRESHERS' DAY:

Father Muller School and College of Nursing held Freshers' day Programme on 16<sup>th</sup> November, with the theme "Novato Fiesta 2K18" giving them an opportunity to unfold their talents.

### **OPEN FORUM INTERFACE:**

Open forum interface was organized by the Student Welfare Committee on 31<sup>st</sup> January 2019. Interface, the Academic Forum, is the medium through which students share, discuss, and debate their ideas and concepts with the teachers.



### **ALUMNI NEWS:**

The Alumni Association handed over alumni scholarship for two deserving students on 15<sup>th</sup> September 2018.



### **SPORTS, GAMES AND EXTRACURRICULAR ACTIVITIES:**

We congratulate our students who have won medals in the 19<sup>th</sup> RGUHS Inter Collegiate Athletic Meet held in JJM Medical College, Davangere from 12<sup>th</sup> to 14<sup>th</sup> November 2018.





Ms Ramya - 800mts, 4x100 mts, Relay 4x400mts 5000mts	Silver Medal	3
	Bronze Medal	1
Ms Lenisha - 100mts Hurdles 4x100mts Relay, 4x400mts	Bronze Medal	1
	Silver Medal	2
Ms Flavia - 4x100mts Relay, 4x400mts Relay	Silver Medal	2
Ms Quency - 4x400mts Relay	Silver Medal	1
Ms Gladys - 4x100mts Relay	Silver Medal	1
	<b>TOTAL MEDALS</b>	<b>11</b>

Father Muller College of Nursing students participated and won prize in the RGUHS Mysore Zonal Men's and Women's Throwball and women's Tennikoit tournament 2018-19, held on 24<sup>th</sup> January 2019 organized by Father Muller Medical College, Mangaluru. Our college women's throwball and tennikiot team was the runner up in this tournament.

### **ANNUAL ATHLETIC MEET IGNITE 2K19:**

The Annual Athletic Meet 'INGNITE 2K19' was organized by Father Muller College of Nursing on 12<sup>th</sup> January 2019 at Father Muller Stadium. Ms Venizeia Annie Carlo, National sub-junior power lifter was the chief guest, she declared the athletic meet open by hoisting the flag and releasing the balloons.



**Geethanjali:** Our students participated in the competitions held at Geethanjali, Mangaluru Musical Association and bagged several individual and group prizes and second runner up rolling shield.



**Student Nurses Association induction programme** as conducted on 10<sup>th</sup> December 2018 and the new office bearers took the oath.



## OTHER EVENTS

MOUs: College has established MOUs with University of Applied Sciences of Western Switzerland, Yenepoya University- Mangaluru for Ph. D programme, Swami Vivekananda Yoga Anusandhana Samsthana- Bengaluru, Indian Cancer Society- Bengaluru, and St Aloysius College, Mangaluru.



A group of Medical and Nursing students from School of Nursing Sciences – Switzerland visit us every year and undertake a research project under the guidance of our faculty.



An inspector from MHRD visited the college of Nursing, for the **Swatch Bharath ranking** in the month of September 2018. Ours was the only Nursing College which applied for Swatch Bharath ranking



### **VISITORS:**

- Ms. Madeleine Baumann, project assistant of International Affairs University of Applied Sciences of Western Switzerland visited us on 7<sup>th</sup> to 9<sup>th</sup> January 2019.

### **FACULTY IN NEWS:**

We congratulate Dr Agnes E.J on being awarded Ph.D from National Consortium for Ph.D in Nursing, Indian Nursing Council, New Delhi & RGUHS, Bengaluru on 25<sup>th</sup> October 2018 for defending the thesis on “Effectiveness of Positive Family Interactions Module on the Expressed Emotion of the Care givers and Relapse of the Patients with Schizophrenia: A Prospective Study in a Selected Psychiatric Inpatient Facility, Mangaluru.



### **FACULTY ACHIEVEMENTS (2018-19):**

Total Publications	:	33
Total Paper / Poster Presentation	:	51

### **AWARDS:**

Mrs. Laveena Rodrigues & Mrs Joyce Fernandes received the Best Poster Award for– Human Resource- the Work Force Management at a national workshop, A.J. Institute of Health Sciences, Mangaluru.



Mrs. Jasmine Vas was awarded for the Best Scientific Paper at State Level Conference.

## NSS ACTIVITIES:

The NSS unit of Father Muller College of Nursing participated in a marathon as part of Systematic Voters' Education and Electoral Participation Programme (SVEEP) organized by Dakshina Kannada Zilla Panchayath, Mangaluru City Corporation and Department of



Youth Empowerment and Sports Mangalore on 31<sup>st</sup> March 2019.

The unit conducted 7 days special camp for volunteers from 19.1.19 to 25.1.19. The camp was inaugurated by Rev Fr Ajith Menezes, Administrator, FMNC. This camp was led by Mr. Shajan Xavier, NSS programme officer, FMCON, Mrs. Arokia Benita and Mrs Hezil Asha.



The unit has conducted various health surveys in the community, street plays, health educations and school health programmes. NSS volunteers also attended various motivational and informational sessions from experts in the same field.

The unit collaborated in a walkathon organized by the Indian Medical Association, Mangaluru on 25/11/18. The main motto of this walkathon was to bring awareness on Organ Donation among the public. Nearly 30 NSS volunteers of Father Muller College of Nursing participated in this event.

The unit also participated in Vanamaotsava in collaboration with Father Muller Charitable Institutions on 7/7/2018.

Ms. Jasmin J and Ms. Swathi, students of IIIrd Year BSc Nursing attended National integration camp organized by Government of India for the National NSS volunteers from 24/3/2018- 30/3/2018 at Mangaluru University.



Total of 148 NSS volunteers of different State participated in this event.



Articles



# Friend of mine

Just thought I'd let you know,  
Even though we are apart,  
Wherever I go, whatever I do,  
You're always in my heart

There's not a day that passes by  
When I don't stop and wonder why  
Why was I blessed with a friend like you,  
Even what after I've put you through?

Through all the pain and all the tears,  
You're always there to clam my fears  
Thanks for always being around,  
To help one up when I am down

So, I want you to know  
No matter what happens,  
Or what time may do,  
I am always here for you

A friend of mine  
You will always be  
To you, with love  
From me.



**Ms Roshni D'Souza**  
III Year BSc (N)

# We Will Still Be FRIENDS FOREVER

The friendship we have is so rare to find,  
We hate to see each other in a bind,  
We have made each other laugh so hard,  
That we've cried,  
We feel each other's pain if we are hurt inside,

We always can find the right words to say,  
To help us get through any dreadful day,  
We have told our darkest secrets,  
feeling shameless,  
We will tell each other the truth  
even if we are to blame.

Thinking of you not being here  
makes me feel so sad,  
We will have to look back on our  
crazy memories to make us glad.  
And as our lives change, come whatever  
We will still be "FRIENDS FOREVER".



**Ms Josna Machado**  
III Year BSc (N)



# THE FIRE WITHIN

She hid under the bed  
Fearing the world would eat her up  
She suppressed her tears  
Realizing it was all in vain  
She regrilled coming to this place  
With all this pain  
She was losing her only hope  
Fearing this was the end  
But,  
She had within her, a fire  
Like her unsuppressed tears  
She told herself it wasn't the end  
Yet,  
Because her new hope was she herself  
She realized all she wanted was a hero,  
So she ultimately became one.



**Ms Reena Saldanha**  
III Year BSc (N)

## BE BRAVE LIKE A SOLDIER

I am a soldier to be called,  
To protect my nation,  
We leave our mother  
for the sake of another “mother”  
And without thinking about our life,  
we think about others.  
“Being strong and brave” is our moto,  
And to protect our nation is our responsibility.  
Before any storm hits the nation,  
It has to face a soldier and try to defeat him.  
No matter what, we will save our nation  
So be brave like a soldier,  
Who isn't less than any tiger!



**Ms Welcita Ianya Ferrao**  
II Year BSc (N)



# Those Hands

Those were the hands that showed me,  
The beautiful sunset  
And never allowed me,  
In the rain to get wet.

Those hands tried hard,  
To teach me seven means sept,  
And always expected me,  
To try to be perfect

Those hands always surprised me,  
With delicious pie,  
And always conveyed that,  
I was apple to her eye,

Those hands taught me to love  
To be an ocean of the glee,  
And encouraged to take some risks  
So that successful I will be

And so they say,  
The hands that rock the cradle  
Rule the world  
But mother for me,  
You are the light of my world.



**Ms Lavita Pinto**  
III Year BSc (N)

# Learn

Learn from flowers  
Always smiling and spreading the sweet fragrance of  
beauty, health, happiness and fearlessness.  
Learn from bee's co-operation and always with pleasure and enthusiasm.  
Learn from trees bearing fruits and bending their heads in humility.  
Learn from the sun giving heat and light to all, high and low, good and bad,  
irrespective of cast, colour and creed.  
Learn from the moon shining diving pleasure and calmness  
even during darkness and trouble.  
Learn from a river regularly marching towards its goal and overcoming  
all difficulties in its way.  
Learn from autumn trees patience during trouble and waiting for the  
good days to come.



**Sr Litty Mol George**  
I Year PBBSc (N)

Believe in that what you do  
And the best you can  
And do the best you can  
And the best you can  
This is all I can say to all  
Look not for the beauty  
Nor whiteness of skin but  
Look for the heart that's loyal  
Within for beauty may fade  
Skin may grow old  
But a heart that's loyal  
Will never grows old  
Wherever there is love  
There is hatred  
This is how God has made it  
Joy and sorrow are the two sides of life  
Whatever it may be, we have  
To experience it  
God has placed their hand in hand  
Who can ever change this fake?  
This is the reality of life.



**Ms Jasica Lima Suvaris**  
III Year BSc (N)



**Ms Marydielle Lyn Godinho**  
I Year BSc (N)



## CHILDHOOD

Inside a box enclosed somewhere?  
Or under the coverings of a cozy little bed?  
How could you just vanish without a clue?  
Was it my turn now to seek for you?

Are you in the darkroom, scared of the dark?  
Or inside a tub full of water, fishes and sharks?

Maybe you're just sleeping, listening  
to mama's lullaby.  
Or playing doctor, doctor and  
trying to cure a baby boy.  
Wherever you are oh please come back  
Life without you has turned into a threat.

# LAZINESS

*I was a girl full of madness  
Wherever I went, I took along my craziness  
Though my life was totally a mess  
In little things I found happiness!*

*As my childhood got to an end  
I met a new 'friend'  
Being with 'it' everything was easy  
For the name of the new friend was 'LAZY!'*

*Initially it seemed to be well and good  
Because all I dreamt of was sleep and food  
All the works were postponed to tomorrow  
And it taught me to beg and borrow.*

*All the time was its rule  
It made me think of myself a fool  
One fine day I woke up and realised  
My life has to be more synchronised*

*Though it was hard to leave this friend  
I didn't want that beautiful 'ME' to end  
I made my mind to get rid of it  
I trained myself to 'So be it!'*

*Now I'm a girl with determined goal  
Discipline rooted deep within my soul  
Even now everything seems to be fun and easy  
It's because I keep my self-busy!*



**Ms Ancilla Alisha Pais**  
II Year BSc (N)

NEVER  
GIVE  
UP!



*Just let the rain pass by  
One cold chill is over;  
Another dawn has broken,  
New day is here to remember  
Neither light nor shine shall bring*

*Gladness to the blue.  
March first in the morning  
As the shadows disappear  
Evening dusk has vanished,  
Into the twilight of fear.  
Deal with the biggest black,  
Aim for the highest prize;  
Learn to conquer your doubt,  
Until the dream is realized,  
Sweet success doesn't come  
Overnight one ought to know;  
Not for a moment must you ignore,  
Giving time to grow and glow.*



**Ms Josephine**  
I Year PBBS (N)

# YOU GOT THIS



“Today's generation will be known for memes and depressed kids”. This was a time that I joined Instagram. It hit me hard. Truly, not just our age group but even adults and kids are being persistent victims of brooding over minor issues and complaining about them.

Some lock it in their hearts, some share it with their trusted ones while some hypocrites over express them in order to gain sympathy. Many even go ahead to forget about their bad times by resorting to alcohol, drugs while some simply find a rope and kick the bucket!

These flow of events reminds me of the good old days my grandparents used to tell me about, which surely were completely contradictory. Weren't there problems those days? Didn't they have to deal with them? Surely the intensity of problem has evolved over time, but so have we!

“Let it go!” this is the one principle that is considered to be the most effective.

Letting go of the pain or the defeating moment and letting time take hold of it is not an onwards treatment! Time heals! Maybe the thing you are worried about now, won't even matter after a month or maybe a year! So be patient or else take charge! Challenge the situation even more! Drag it your own way, you might sure run out of energy at some point, but do not give up! Cling on to the things you know you can reform to your will!

Don't brood over it. Pondering but not getting into action is of no use! The harder it falls, the greater it rises. Surely, at one point you'll look back to your worst of the days and smile as you didn't give up. Mostly it is in the worst of the days when an artist comes up with the best of the songs!

Be strong, maybe someday your success story through the bad times will become an inspiring one for many!

**Ms Melissa Sweezal Fernandes**  
I Year BSc (N)



# SAY NO TO FOOD WASTE



Dear friends, am going to keep before you two situations.

Situation 1: "Dad ...am very hungry please give me some food to eat".

Situation 2: "Dad...I just don't like this food am throwing it".

And I tell you there's a lot of difference between these two sentences even though they may sound similar. We come across similar situations in our everyday life.

According to Indian philosophy "ANNAM PARABRAHMASWAROOPAM" which means that food is equal to God. But we though their descendants do not walk by the same teachings. Do we respect the food we consume? Or do we just take all of it for granted? According to statistics Millions of people die out of hunger. As Mother Teresa said "When a poor person dies out of hunger, it is not because God did not take care of him or her. It is because neither you nor I wanted to give that person what he or she needed".

Sometimes I feel we are the actual reasons behind their food deprivation. We may assume wasting food not to be a universal problem. But let me make it clear to you that even a morsel wasted makes a huge difference. There are a number of reasons why you should care about food that is being wasted. When you waste food you waste hard earned money, you waste the efforts of many people who struggle to cultivate, the trouble of the people who cook the food.

Wasted food is also a social concern because if people contribute one tenth of the amount of food they prepare, it would be a great help for many food insecure countries in the world. So, here after please think twice before you waste food and motivate yourself not to do so. We people walk to get ourselves healthy and fit but remember there are millions of people all over the world who walk every day and night just in search of one meal.

**Ms Anu Rachel Madtha**  
I Year BSc (N)



# DAD OH DAD!!

You are my role model!!  
You are my hero!  
For you have always been there for me,  
In situations that were narrow

I have seen you struggle, since I was a kid...  
For our every wish you fulfilled...  
You didn't care whether it was day or night  
Worked hard every hour to make our future bright...



**Ms Sheryl Fernandes**  
III Year BSc (N)

Sundays were our Sundays  
Early evening you would come  
And off we would go together  
With the brightest smile on...

No leave for my dad,  
Till date he is working  
How I wish I could give,  
You a sleep comforting...

Dad Oh Dad!!  
You are my ideal!  
You are my pride!  
With respect in my heart  
You will always reside...



# LIVING WITH INTENT

A well-defined purpose in life would help individuals reach great heights in their career. There are various stages in life and each stage has its own challenges and purpose. Our response to these various stages in life need to be well knitted through our actions and behavior. Understanding this concept and committing ourselves to our duties is the first step towards becoming a great achiever. One must know what is expected from her/him as a student or a teacher.

Having dreams and aspirations is very good but what is more important are the efforts that go into making our dreams a reality. We need to be a part of this modern world and adapt to its changes, but not at the expense of our own moral values and responsibilities. I recall my high school days when one of my classmates described school as a place to 'Make Merry'. Sadly, I still see her struggling in her middle age for her daily bread, and on the contrary all those who had a purpose in life then are self-sufficient and independent today.

Another menace to society today is people spending most of their time on social media. We can either be slaves of technology or we can be its masters. Today, most graduates and post graduates are unable to cope up with their professional responsibilities independently - a simple example would be to find the time to study and pass their final examinations. We need to ponder and ask ourselves as to where we have failed as teachers or students?

“Work is Worship” -This meaningful phrase needs to be inculcated into every individual, in any profession. In order to lead a balanced life, we need to give some time for everything but not at the expense of our very purpose in life. Life is beautiful when we live it with intent. Therefore, Let us pause and reflect because self-realization is the best tonic. Our Response will be our outcome towards a happy and content life.

**Prof. Dr Devina E Rodrigues**  
HOD, Nursing Research,  
FMCON



# My love story

It's said by many; our first love cannot be forgotten.  
Yes, it's true and for me,  
I don't remember how and when it happened with me,  
I just fell in love with her.  
I cannot measure my depth of feelings I have for her,  
but the day I found her in my arms,  
I just kept staring at her forgetting the reality,  
I had to punch her to love more and more.  
I had absolutely no idea how much this would impact my life thereafter.  
Days, months and years passed, we became closer and closer.  
Every day I wait eagerly to meet and hold her in my arms,  
to spend time playing with her.  
I cherish those moments.  
There isn't a single day I haven't played with her.  
My volleyball, you are my life, you make my journey beautiful and sportive.  
I believe we are made for each other.  
Every time I hold u, my eyes get fixed at your beauty  
and when I close my eyes,  
you kiss me with a punch and bring me back to reality.  
I can never live without you.  
It's true when we fall in love with volley ball,  
she becomes our lover, the court becomes our home, the team becomes our family  
and this sport becomes our lifeline.  
My love for her continues forever...  
This was my journey of love.

**Mr Shreekanth S.K.**  
II Year PBBSc (N)





## MY FUTURE KIN

*The bundle of warmth you spread out,  
Makes me the saddest to shine out!  
You mean a lot to me  
Even though you are not like me...*

*Though you are not  
From the same womb as mine  
Still you'll be  
The soul near to mine...*

*Our paths may change  
As life goes along!  
But the bond between us  
Remains ever strong.*

*I just want to say  
That I owe you a lot....  
If a wish had to be fulfilled!  
A dream has to come true!  
I wish that,  
I'd choose you as kin  
For all my lives through.*

**Ms Ashel Christal Pinto**  
IV Year BSc (N)



*Still somewhere inside me,  
There is a little life remaining!  
A new heartbeat came up...  
I got to know that I am still alive,  
Some such tenacity is there in this moment  
Where was this moment of mine?*

*Now its in front of me,  
Should I die, or should I live a little...  
Should I kiss joys,  
Or should I cry a little...*

*The body is burning down in the sun,  
Got the shade of a tree,  
Something like that is  
what my heart is feeling now!  
Come back on a little cajoling.*

## INNER FEELING

*Something like that is what  
My heart is feeling now,  
Is there some balm  
(healing, comfort applied)?  
Such as mercy,  
Where was this moment of mine?*

**Ms Anusha Roseline A**  
IV Year BSc (N)



# **“DOCTORS ARE THE BRAIN OF THE HOSPITAL, BUT NURSES ARE THE HEART”**

***You cannot build a house without its foundation,  
you cannot run a hospital without its nurses.***

“Doctors are the brain of the hospital, but nurses are heart”. If the brain fails the heart will manage, but if the heart fails, nothing will be managed.

Being a nurse means to hold our own tears and start drawing smiles on peoples faces. To go above and beyond the call of duty, the first to come and last to leave, the heart and soul of caring. A unique soul who will pass through your life for a minute and impact for eternity.

Without nurses the hospital is dead because all the things and all the activities of the hospital are related to the nurse. Doctors prescribe treatment but taking care of the patient mentally, emotionally and physically all are done by the nurse. Additionally, they also take care of the hospital and all the belongings too. A nurse earns very less when compared to a doctor. Even though she has a family to feed and kids to look after, she hides her pain behind her smile and takes care of her patients whom she met only before an hour.

A doctor attends to an emergency only when he gets the call of duty, but a nurse is always ready for it. she is waiting every second with her hands warm to receive her next patient and take care of him or her. She doesn't sleep. She doesn't get to go out of the hospital even after consulting hours. When we enjoy our precious moments with our family, the nurses sacrifice their precious moments of life for others happiness. They don't get to enjoy the beauty of sunshine or sunset.

They enjoy the happiness that a patient feels, when he/she is free from illness. If doctors are the software, then the nurses are the source codes... they are unique individually but can't do anything without each other just like a vehicle which won't run without the engine.

**Ms Rakshitha**  
III Year BSc (N)



# *Do they Really become True*



It was a Sunday night, I had my dinner and went to sleep. As soon as I slept, I entered the world of dreams, where everything is possible to happen which cannot take place in the real world. I opened my eyes and saw a sparkling light flashing my eyes. I opened the door and saw everything around me was looking beautiful. And at that moment I saw a lady walking towards me. She was very beautiful, and she had a magic wand. She came and stood next to me and held my hand and took me near a palace gate. The gate was very huge. The lady opened the gate by using her magic wand and said some spells. At that moment I remembered about the Harry Potter movies. She opened the gate, and I saw a big palace and small houses, but the place was magical, and the people welcomed me warmly. They took me into the palace and gave me a beautiful dress and told me to wear it. I wore the dress and came to the main hall. All the people had gathered, and I was made to sit on a chair. They crowned me as their queen. I was very happy. I enjoyed their services and especially the food. After a few days some people came to me and said that “I was chosen as their queen for some reason. And I thought “Kuch toh gadbad hai”? They said that in order to save their land I had to marry a devil and sacrifice my life. At that moment everything around me stopped moving and I fainted and fell to the floor. And I heard a voice saying “you're getting late, wake up”. I woke up and sat for a while thinking was it real or just a dream. I was like “no it cannot be”. I hoped that this dream would never become true.

**Ms Welcita Ianya Ferrao**  
II Year BSc (N)





# Learn to Succeed...

A few years back I thought the word success was just used when one scored good marks or maybe topped the class. Think about it, we don't do great things like some people do and when they do it, they call it success.

Success to many people is attaining great achievements, But to me success is just something that I usually did; which I confidently knew that I am going to "succeed at". But what if life takes us to a point where everything is new for us? Let me give you an example...

I am Giya and I was brought up in Abu-Dhabi; My life turned over when I was studying in 9<sup>th</sup> standard. I have an elder sister, Riya, we are just 2 years apart. We used to study in the same school. My sister was someone who was well known among the teachers and popular among the students as she was good in studies, sports, singing etc. She participated in almost all the co-curricular and extra-curricular activities. On the other hand there was me; who used to rarely participate. I was not that determined to go out there and embarrass myself if it was failure awaiting me. I know it is a lame excuse, but that's what I thought .

It all started with our school Inter-House Competitions. My sister played basket ball, she was really good at it; it so happened that in my team i.e. Red house, we were lacking basketball players, so me being Riya's sister, they expected me too to be good at basketball and to be one of the players in the basketball team. I know it sounds cliché, but that's what they thought. I did know the basics in basketball, but definitely not experienced on the court. So I informed the team captain that I wasn't experienced enough to play for the team; but she insisted that I play, since I had Riya to teach me and my team lacked players, which would cut the scores of our house/team; In our school, The Inter-House Competition was important as everyone had a competitive streak and our school was well known for sports events. I ended up being a part of the team. I informed my sister that she would have to coach me and she agreed. I was relieved knowing that I was being coached by the best.

The following summer vacation, we did not visit India, so it was the best time for me to learn. I started practicing basketball with my sister and her friends. It started off well although I felt invisible running around the court and

a part of me never wanted to receive the ball because I knew I would mess up and embarrass myself . After a couple of days, I felt terrible because, every time the ball was passed to me, I either passed it to the wrong team or didn't catch it at all. I ended up telling my sister that I did not want to continue as I wasn't any good at it and ended up embarrassing myself each time I tried, and that basketball is not my cup of tea. After hearing my endless excuses, she said to me "Giya it is your negative thinking that holds you back from playing properly. You are too scared to mess up as you don't want to disappoint your team, you are not willing to take risks in the game. That's what you need to change if you want to succeed. Everyone has to be a beginner to become the best in any particular field; so what, if u get embarrassed? You should try to learn from your mistakes and eventually you will become a better player". This inspired me to a point where I gave my best in each match I played, I put in more efforts in practicing and day by day I got better, and eventually helped my house\team in winning the inter-house basketball tournament .Our team had worked hard and we deserved it. I was felicitated with the 'Best Player' trophy. I received a trophy for something that I thought I would never be able to succeed in. That day I realized, we need to face our challenges head on."NEVER BACK DOWN AND NEVER GIVE UP".

Remember, I told you that life takes us to a point where everything is new to us. Well friends, this is reality, life presents us with challenges so that we face them, survive them and learn from them. We usually find it difficult to step out of our comfort zones, but friends that's not life, life is filled with many challenges at which you may fail or succeed and these challenges are what makes life interesting; when we overcome it, that's what makes it meaningful. I also believe that God plans everything we are meant to do.

So believe and strive to be the best version of yourself. It's not about succeeding at everything, it's about the effort you put in every single day. That's how change occurs and you succeed in life.



**Ms Giya Rose Reji**  
1 Year BSc (N)

# SIMULATION... AN EXPERIENTIAL LEARNING

*“Education is all a matter of building bridges.” – Ralph Ellison*



Delivery of healthcare is a dynamic process to meet evolving needs. Education is the foundation of health care system and it leaves time long indelible imprints on the memory lines of the individual. Innovative teaching methods have a vital role in leaving this imprint in health care professionals. The growing awareness of the need for patient safety has brought simulation training to the forefront as an innovative method of teaching. Simulation based learning (SBL) is a generic term that refers to an artificial representation of a real world process to achieve educational goals through experiential learning. It provides trainees with the chance to practice their skills in a learner-centred, risk-free environment. Rapid changes during the past two decades have seen a growing challenge to prepare newly qualified nurses who are clinically competent and confident to meet the demands of contemporary healthcare. The relationship between theory and practice is a complex challenge in professional education. An integrated task is required to bridge this gap. SBL is one of the best integrated methods to bridge this gap and it embeds learning in a meaningful clinical context.

Simulations with high fidelity mannequins provide multiple chances to practise, including making attempts with higher risks and spectacular failures, and to learn, retry, and master new skills faster and with less effort. In addition to these benefits, communication, teamwork, and delegation can be simulated. Thus, a mix of technical and non-technical experiences can be offered. Hence self confidence increases among student nurses during their clinical experience. Educational institutions play a major role in shaping the career of their students. SBL is a platform which provides a great opportunity for teachers to play the role of a potter moulding clay into a variety of shapes, especially to create a wide variety of innovative classroom environments. In teachers preparation, simulations that provide targeted feedback can develop teachers' understanding and practice, and may be as effective as in-classroom field experience.

Father Muller Charitable Institution is always towards being one step ahead of the time to configure excellence. Our simulation centre is an added golden feather to its excellence. Our centre imparts not only hands on clinical expertise but also train health care professionals to deal with multiple complexities and quick decision making in a high pressured environment where every minute may make the difference between a life saved or lost. This enables them to deliver the best healthcare by consistently upgrading their skill set. Education is not filling the vessel but lighting a fire, it is the light meant for enlightening the world. The wisdom shared from this centre will enlighten the minds and hearts of the health care professionals to save many lives. May the divine light continue to illuminate the pathways to a bright future in our simulation centre. May the blessing released through our caring hands cause windows to open in darkened minds. Let our presence itself be always a blessing.



**Sr Judy SIC**  
Assistant Professor  
Department of Medical Surgical Nursing, FMCON

# **TECHNOLOGY**

## **A Boon or Bane**



Over the years, technology has revolutionized our world. Technology has created amazing tools and resources, putting useful information at our fingertips.

Modern technology has made it possible for the discovery of many functional and utility devices like the smartwatch and the smartphones. With all of these revolutions, technology has also made our lives easier, faster, better and more fun.

When it comes to the way we communicate, modern technology has had an impressive influence. In the past, writing a letter was the only mean of communication for people who lived miles apart. The letter could take days before it was delivered. You also had to trace the letter to see if it had been sent to and received by the appropriate person. Errors were not uncommon as well. However, all thanks to science and technology there is no such inconvenience today. All you need to do to converse with someone today is to send them a message on social media or put a call through.

Who hasn't heard of Facebook, Twitter, or Skype? They are all part of everyday life. Irrespective of the location of the individual, the message gets delivered at the same rate and speed even if they are right beside you or on the other side of the globe. You can also send a voice message which is delivered in seconds.

No more do you have to enter a bank to withdraw or transfer money. Many banks are already making registration possible online and accessible to people. Some companies have created a platform where people can send and receive money from any location using the Internet. Paying bills has also been simplified, thanks to technology. You don't have to carry cash with you when going shopping. With your cell phone and a banking app, you can do all the necessary bill payments online.

There are more ways in which technology has changed the way we live. But does technology make life more convenient? Or was life better when it was simpler? Does this technology really make us smart and civilized or is it changing us into stupid and inhumane people? Technology is taking over every part of our lives; every part of society; every waking moment of every day.



To me technology has not improved our lives as much as it has decreased our life quality; because humans have become very technology dependent, people have become sluggish in their lifestyles since they spend much time on their gadgets. The Internet has permitted individuals to bully others online. Cyber crimes affects kids and teenagers very severely; according to BBC news and online facts 16% of teens are cyber bullied and 8% of them commit suicide. Almost every month a new cyber bullying story goes viral, in which the victim commits suicide.

These days we just have to press a little button on a small remote controller so the gate at home opens by itself. It seems normal nowadays, but twelve years ago we had to step out of the car to open the gate by ourselves. With tech keeping us glued to our seats, we are less active and we have changed our eating habits. The rate of obese people only keeps on increasing.

When I was in primary school I used to play with sand, ride bicycles or create my own games. Internet, smart phones, Facebook and Google were words that were never uttered by me until some years ago. Even tablets were just medicines and not a computer device that looks like a small flat screen. Technology is getting advanced day by day. People are connected to everything that is related to technology, such as the internet, social media, television or smart phones. It is very difficult to imagine life nowadays without technology.

**“TECHNOLOGY IS A USEFUL SERVANT BUT A DANGEROUS MASTER”**  
– CHRISTIAN LOUS LANGE

**Ms Gloria Lyra Menezes**  
I Year BSc (N)





A silhouette of a person climbing a rock face against a sunset background. The person is positioned on the left side of the frame, reaching up with their right arm. The background is a warm, golden sunset sky with soft clouds. The overall mood is one of perseverance and achievement.

# REWARD OF HARDWORK & SINCERITY

On a hill far away stood an old rugged house there lived a family comprising of seven children and their parents. This family was the happiest family in the entire village. Though they were extremely poor, they were content with what they had. Though there were ups and downs in their life, they never failed to worship God Almighty who had given them life. The mother and father were very happy to raise their seven children, in the measure and the way they could. The father was a farmer and he used to toil day and night to provide for their livelihood. The mother was a housewife staying with the children and teaching them the right way to go. She was a guiding star to the children. She taught all the children to be truthful and faithful no matter what situation they are in.

The names of the children were Ramu, Sonu, Alphy, Phillips, Grace, Mercy, Glory. As days passed, the children grew up and with much hardships and struggles, the elder son reached the 10<sup>th</sup> std. and was on the verge that he committed himself that no matter what he wanted to become a doctor. However, the situation at home and their financial situation did not support. In spite of all these hindrances he had an aim that he would reach his goal no matter what.

Ramu, started studying hard, and kept his aim alive with, and used to say that “If you want to shine like the sun first burn like the sun”. He toiled hard day and night. Though their family had scarcity of food that never hindered or blocked his path. With a hungry stomach he used to walk miles and miles to reach school, yet he never complained to God saying “why am I poor”? Never did he say “Enough of all this difficulty all I want is happiness”. Since deep inside he craved for happiness, he knew that, after this long dark hour there would come a ray of light that will shine on his entire life.

Amidst all these struggles he was able to pass his 10<sup>th</sup> class with a good rank. Ramu later joined a college to study for class 12<sup>th</sup> through scholarship and by God's grace he was able to secure a scholarship for his higher studies. As he joined his new college, he was shocked to see the way people behaved towards one another. He was devastated by the unethical practices going on in the college. The teachers were simply passing on the question papers of the exams to the children with high level of financial state. This amazed him and he used to run to his mother and cry on her lap, saying “how can this prevail in our world, how can people simply cheat and not regard us just because we are poor”? At this his mother would reply “My son, take heart, take control though you are being put down, though you study hard but you are not rewarded, take heed all will be well. Be an example to them and stand up against this and try to fight with your actions. Let the people around you see your behavior and leave the injustice they are doing”.

Ramu was deeply inspired and he started to be more honest and truthful. He was determined to achieve his goal and he never gave bribe and told lies. Instead he used to toil hard and the people around him were amazed to see the success he had achieved just because he was truthful. Through his honesty and perseverance, he was able to secure a government seat in the Medical entrance exam and he started his career for medicine.

**Ms S Grace**  
II Year BSc (N)



# A FRIEND IN NEED IS A FRIEND INDEED

It was the middle of the night; no lamps flickered on the deserted street of Aspen. Georgianna, a young girl of 21 years made her way home after completing her 8-hour shift at the local mall. Georgiana wasn't timid or scared since she had been walking back home every night after the shift was over. The sound of her ankle pumps were the only noise to keep her company.

After walking for about twenty minutes Georgiana heard a loud shrill cry in the alley opposite to which she has been walking. Unable to contain her curiosity, she took a detour and stepped out into the dark alley, where she came face to face with a man trying to shove a woman. A string of curses poured out of his mouth and his staggering gait told Georgiana that the man was dead-drunk. Gathering her courage, she walked towards him, simultaneously trying to find a sort of weapon to hold him down. The other woman was in a bad shape and had injuries on her skin. Finding a hockey stick in the trash, Georgiana picked it up and advanced towards the man. Georgiana struck the man on the back of his head and because the man was drunk, he couldn't balance himself and fell to the ground with a loud thud. Georgiana made her way towards the other woman who had half sprawled onto the ground.

“Are you okay miss”? She asked while trying to wake her up. She inspected the injuries; thankfully she just had scratches on her arms and face. “Can you walk”? She enquired again and this time the lady nodded her head. Georgiana helped her to stand up and she dialled 911 on her cell phone and stated the incident. The cops showed up within 15 minutes and arrested the drunken man. The woman who Georgiana rescued was Samantha and she told the cops about the mental abuse that she was subjected to by her husband. The cops filed a report in the police station and escorted Samantha back to Georgiana's house, since Samantha was to go back to her own place.

3 hours later

Georgiana and Samantha sat in Georgiana's living room, sipping coffee, it was past 3 am but both couldn't sleep. “I'm very glad you were there today to save me”, said Samantha in a tired voice. “I'm happy that I did that and Samantha you can stay here with me as long as you want. The house does not get lovely with just me around”, Georgiana stated quietly. Samantha and Georgiana became close friends. Often, they remembered that night and its horror but Georgiana always saw it as a blessing in disguise because she was thankful for saving a life and getting a friend. Samantha's husband was charged with physical and mental abuse of his wife and got shipped off to jail. After Samantha left, Georgiana and she often sent letters to each other, in particular, there was one letter that touched Georgiana in ways nothing could.

It reads:

Dearest Georgiana,

It's been 6 years that we've been friends ever since that fateful day. I know I have said 'thank you' many times but please know that you saved me that night. I was afraid to die; I had almost died if you hadn't showed up. I know bad things will always happen but if others have friends like you Georgiana, they will be saved. I also wanted to invite you for my wedding. I met a great guy, he's very sweet, we always talked about you, so please do come. Shawn is in prison and I'm so relieved. I've started going to the gym and looking forward to learning self defence in the near future. It would be amazing if you could come along too. Take care of yourself dear and remember “you're my angel”

Love

Samantha

- Mullerian

## Making the World a Better Place: An Everyday Challenge

In today's world people are becoming more and more time-conscious. It is a time to achieve many things in life. Indeed, wealth or poverty, success or failure, happiness or sadness depend on how we spend our precious time. Once, I had attended the Christian Fellowship in Mangalore, at Bendur. As the service began, I got a call from my cousin saying, they had come to give me a parcel which was sent from my native place (Mizoram) but it was left behind in an unknown auto-rickshaw and she didn't know how to get it back. I was very upset about that because the parcel was containing a rare herbal medicine. It cost three thousand rupees! To get that medicine my sister had to wait for three months. All my excitement disappeared at that instant my cousin waited for four hours but the auto rickshaw never returned to its stand. I, along with her reached the place and waited for two hours more. With a prayer in my heart, I didn't want to give up. The other auto-drivers tried to help us out but there was nothing they could do to help us since we did not know the Auto driver's name. They suggested that we should check out the auto number from the nearby shop which has a CCTV facing towards the auto stand. Unfortunately, the shop was closed as it was Sunday. While I kept praying, two young men came and stood beside us. To my surprise, one of them was the owner of that shop. I enquired from them whether the shop would be opened. But they said that it won't be opened as it was Sunday. I explained to them all the problems we went through, and requested them to help us out. The man opened the shop and checked out the Auto number. In spite of the fact that they were in a hurry heading back to their homes they spent two hours to help us out. I just wondered at the sacrifice they made for unknown people like us. It is not easy to spend a little time for others as we all have our own task to accomplish. Unless we know to spend our time well, the allotted time itself will not be sufficient to do our work. So, then when can you have time for others? When will you contribute your time and energy to make this world a better place every day?

Making the world a better place is not only the duty of some people who can do great things or politicians and the leaders of different nations. We all have to contribute something good such as a sweet smile, a kind look, a word of appreciation or recognition of the presence of a person, a little respect etc, in making the world a better place. The Holy Bible says, “the measure you give is the measure you get”. Your little good work will change someone's heart and life for the better. Indeed, we are the world who need a better world every day.

**Sr Veronica**  
I Year PBBSc (N)



# DEATH - THE LAST SLEEP

I'm lying on the ground, pale and cold,  
Ghastly with fear and pain untold.  
I open my mouth to scream,  
Hoping this is just a dream,  
But is not and I try to get up and look around  
I can't because I'm chained to the ground.  
I see the demons that have haunted me my whole life,  
The very reason, I stabbed myself with a knife.  
I try to let loose, but in vain  
All I feel is despair and disdain.  
I watch these demons dance in joy,  
So victorious, because they snapped me in two, just  
Like a toy  
They come for me slow and steady  
Making their way through, every inch so painful.  
I lay there slowly being consumed by this darkness,  
Blood and bone entwined,  
As I feel these demons shatter the remaining pieces  
Of my broken soul  
All of a sudden, a figure standing over me,  
Causing these demons to flee.  
He unchained me with his cold, pale hands  
What is happening? I don't understand.  
Though that place was scary and horrid  
It somehow made me feel at home, like  
No place else did.



**Ms Cheryl Veigas**  
III Year BSc (N)

So, I walk the tall hooded figure  
Together, hand in hand  
Stones pricking my feet as it touched the bare land  
He introduces himself as 'Death' and he led  
me to the cart pulled  
By innocent and sweet sin  
We rode side by side as I asked  
Death "is this going to be my last sleep?"  
He looked with eyes, piercing me,  
Deep within, and answered me,  
"No love, we still have an eternity".

# A LOVE LETTER TO JESUS

TO,

DEAREST LOVE OF MY LIFE JESUS...

Every dawn breaks into my life thinking of your unconditional love for me, that you rendered your precious life to save a wretched sinner like me. I have never thought love could make me feel like this when you changed my world by your words..." I will never leave you, nor forsake you..." Sweet Jesus what a wonder you are... you are brighter than the morning star... you are fairer, much fairer than the lily way aside. You are precious much precious than pearls...

My unfailing Jesus, I simply can't wait for the day to come, when you would come back to the earth for me, because you deeply, passionately, longingly loves me and wants to spend eternity in intimate relationship with me...

I want you to know that your love has made me complete and I thank you for the moment when you walked into my life... your love never fails and my heart never ceases to love you...

YOURS LOVINGLY,  
EAMI JOSEPH



**Ms Eami Joseph**  
III Year BSc (N)

# ಅನ್ನದಾತ

ಕೈಯಲ್ಲಿ ಹಿಡಿದರೆ ನೇಗಿಲನು ರೈತ,  
ಫಲವ ಬಯಸದೆ ದುಡಿಯುವನು ದಿನವೆಲ್ಲ ಈತ,  
ಅನ್ನದಾತನು ಇವನು ಶ್ರೀನಿಧಿಯು ನಮಗೆ,  
ನಿಸ್ವಾರ್ಥತೆಯ ಮನೆಮನೆಗೆ ಮೆರೆಯುವನಾತ.

ರೈತ ದುಡಿದರೆ ಬೆವರು ಸುರಿಸಿ,  
ಫಲವು ಸಿಗುವುದು ಭೂಮಿಯಲ್ಲಿ,  
ಅನ್ನದಾತನು ಇವನು ಅನ್ನದಾತನು,  
ನಮ್ಮಸಿರನು ಉಳಿಸುವ ಜೀವದಾತನು.

ಗೌರವಿಸುವೆ ನಿನ್ನನ್ನು ಅನ್ನದಾತ,  
ನೀ ನಮಗೆ ಎಂದೆಂದಿಗೂ ಭಾಗ್ಯದಾತ.



– ಇಂತಿ ನಿಮ್ಮ ಮಣ್ಣಿನ ಮಗ  
**Mr Prajwal Keerthi Raj C.B**  
I Year BSc (N)

## ನನ್ನ ಸ್ನೇಹಿತೆ

ಬೆಳದಿಂಗಳ ಬಾಲೆಯಾಗಿ ಬಂದೆ ನನ್ನ ಬಾಳಲ್ಲಿ,  
ಭರವಸೆಗೆ ಸ್ಫೂರ್ತಿಯಾದೆ ನನ್ನ ಈ ಬದುಕಲ್ಲಿ,  
ಹೀಗೆಯೇ ದೂರ ಓಡುವೆ ನೀ ನನ್ನ ಕಂಡು,  
ನಿನ್ನ ಹಿಂದೆ ಹಿಂದೆ ಬಂದರೂ...

ಕಾಣದೆ ನಿನ್ನ ಕಳೆದೋದೆ ನಾನು,  
ನಿನ್ನ ಪ್ರೀತಿ ಪಡೆಯುವುದೇ ನನ್ನ ಗುರಿಯು,  
ನಿನ್ನ ನಗುವೆ ಸಾಕು ನನ್ನಗಿನ್ನು,  
ನಿನ್ನ ಮಾತೇ ಮಧುರ, ನಿನ್ನ ನಗುವೇ ಅಮರ

ನಿನ್ನ ನೆನಪಲ್ಲಿ ನಾನು ಬಂದಿಯಾಗಿರುವೆ,  
ಹೀಗೆಯೇ ಕಾಣದೇ ಹೋದೆ ನೀ  
ನಿನ್ನ ನೋಡಲೆಂದು ನಾ ಕಾತುರನಾಗಿರುವೆ  
ನಿನ್ನ ನಗುವನ್ನು ನೋಡಲು ನನ್ನ ಮನಸ್ಸು ಕಾಯುತ್ತಿದೆ.

ನೀನು ನನ್ನ ಬಳಿ ಬರಲು ಕ್ಷಣಗಣನೆ ತುರುವಾಗಿದೆ  
ನೀನು ನನ್ನ ಬಿಟ್ಟು ಹೋದ ಕ್ಷಣದಿಂದ  
ನೀನು ನನ್ನ ಮನಸ್ಸಲೇ ಇರುವೆ  
ನೀ ಎಲ್ಲೆ ಇದ್ದರೂ ಎಂದೆ ಬಂದರೂ  
ನನ್ನ ನಿನ್ನ ಸ್ನೇಹ ಎಂದೆಂದೂ ಅಮರ ಅಮರ....

**Mr Prajwal Keerthi Raj C.B**  
I Year BSc (N)

# ಅಮ್ಮ ಇಲ್ಲದ ಬದುಕು

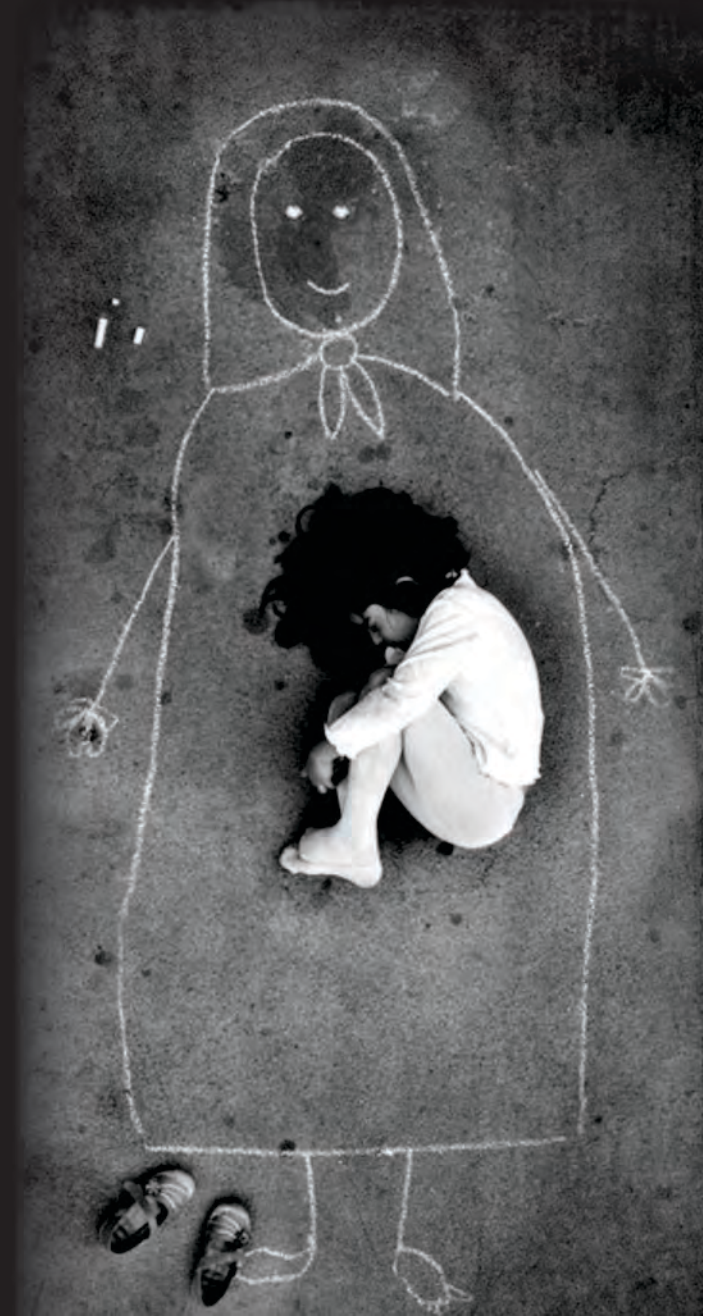
ಅಮ್ಮ ನೀ ಎನ್ನ ಅಗಲಿದಾಗ  
ಅಳುವಿನಂಚಿನಲಿ ನೀ ನನ್ನ ಕೈ ಹಿಡಿದೆ,  
ಹೇಳುತ್ತಾ ಹೋಗಿಬರುತ್ತೇನೆಂದು  
ನಿನ್ನ ಕೊನೆ ಉಸಿರಿನಲ್ಲಿ ನಿನ್ನ ಅಳುವನ್ನು ನೋಡುತ್ತಾ,  
ಹೇಳುತ್ತಾ ನೀ ನನ್ನ ಬಿಟ್ಟು ಹೋಗಬೇಡವೆಂದು  
ಆದರೂ ಕೊನೆಗೂ ನನ್ನನ್ನು ಬಿಟ್ಟು ಹೋಗಿ ಬಿಟ್ಟೆ....



Mr Prajwal Keerthi Raj C.B  
I Year BSc (N)

ನಿನ್ನ ಕಣ್ಣುಗಳನ್ನು ತೆರೆಯಲು,  
ನಾ ಒಂದೇ ಸಮನೆ ಪ್ರಯತ್ನಿಸಿದೆ,  
ಏಕೆಂದರೆ, ಅದರಲ್ಲಿ ನನ್ನ ಬಿಂಬ ಕಾಣಲೆಂದು  
ಆದರೆ ವಿಫಲವಾದೆ ನಾನು ನಿನ್ನನ್ನು  
ಮರುಕಳಿಸುವ ಹಂಬಲದಲಿ

ನೀನಿಲ್ಲದೆ ನನ್ನ ಬದುಕು  
ಈ ವಿಶ್ವದಲ್ಲಿ ಒಂಟಿಯಾಗಿದೆ  
ವಿಶಾಲವಾದ ಜಾಗದಲ್ಲಿ,  
ಬದುಕಿದರೇನು ಪ್ರಯೋಜನ? ಎನ್ನುವಂತಾಗಿದೆ...  
ಕಡಲಿದ್ದರೂ ನೀರಿಲ್ಲದಂತಾಗಿದೆ,  
ಸುಂದರ ಗಿಡವಿದ್ದರೂ ಹೂವಿಲ್ಲದಂತಾಗಿದೆ,  
ವಿದ್ಯೆಯಿದ್ದರೂ ಗುರುವಿಲ್ಲದಂತಾಗಿದೆ,  
ಕೊನೆಯಾದಾಗ, ನಿನ್ನಿಲ್ಲದ ನನ್ನ ಬದುಕು.  
ಶೂನ್ಯವಾಗಿದೆ





# ತುಜೆ ವಿಠ್

*I have an angel in heaven watching over me!!  
And I call him Pappa!!*

ಹಾಂವೆಂ, ತುಕಾ ಪಯ್ಲೆ ಪಾವ್ಲಿ ದೆಖ್‌ಲ್ಲೆಂ ಮ್ಹುಕಾ ಉಗ್ಡಾಸ್ ನಾ!  
ಪುಣ್ ತುಜೊ ಅಪರಿಮಿತ್ ಮೋಗ್ ಹಾಂವ್ ಕೆದಿಂಚ್ ವಿಸ್ರಾನಾ  
ತುಜ್ಯಾ ಸಾಂಗಾತಾ ಆಸ್ತಾನಾ ಮ್ಹುಕಾ ಜಾಲ್ಲೊ ಸಂತೊಸ್ ಅಪಾರ್  
ಮ್ಹುಜ್ಯಾ ಜಿಣ್ಯೆಚ್ಯಾ ಹರ್ಯೇಕ್ ಮೆಟಾಂನಿ ಮ್ಹುಕಾ ಸಾಂಗಾತ್ ದಿಲ್ಲೊ  
ತುಂ ಮ್ಹುಜೊ ಸಲಹಾಗಾರ್!

ತುಂವೆ ಮ್ಹುಕಾ ಜಿವಿತಾಂತ್ ಶಿಕಯ್ ನಾತ್‌ಲ್ಲೆ ಲಿಸಾಂವ್ ನಾ  
ಮ್ಹುಕಾ ರಾಕಾನಾತ್‌ಲ್ಲೊ ಸಂದರ್ಭ್ ನಾ..  
ಮ್ಹುಜೆ ಜಿವಿತ್ ತುಜೆ ಥಾವ್ನ್‌ಚ್ ಪ್ರಾರಂಭ್ ಜಾಲ್ಲೆಂ  
ತುಜ್ಯಾ ಮೊಗಾನ್, ದೆಖಿನ್, ತೆಂ ಮುಂದರುನ್ ಆಸಾ!!

ಮೊಗಾಳ್ ಪಪ್ಪಾ.. ತುಜೊ ಮೋಗ್ ವರ್ಣುಂಕ್ ಹಾಂವ್ ಸಕನಾ..  
ತುಜ್ಯಾ ಸಾರ್ಕೊ ಕೋಣ್‌ಚ್ ನಾ..  
ಮ್ಹುಜ್ಯಾ ದೊಳ್ಯಾ ಮುಕಾರ್ ತುಜೆಂ ಸಾರ್ಕೆಂ ನಾ..  
ತುಜೆಂ ವಿಣ್ ಜೆಣೆಂ ರಿತೆಂ ಜಾಲಾಂ..  
ಮ್ಹುಜ್ಯಾ ಜಿವಿತಾಂತ್ ತುಜೊ ಸ್ಥಾನ್ ಅನಿಂ ಕೆದಿಂಚ್ ಭರ್ಜೊನಾ..



**Ms Roopa D'Souza**  
IV Year BSc (N)

# ದೇವಾನ್ ದಿಲ್ಲೆಂ ವರ್ತೆ ದೆಣೆಂ ಭಾಗಿ ಕುಟ್ಮಾಚೆಂ ಯೆಣೆಂ!!

ದೇವಾನ್ ದಿಲ್ಲೆಂ ವರ್ತೆ ದೆಣೆಂ  
ಹೆಂ ಸೊಭಿತ್ ಸುಂದರ್ ಕುಟಾಮ್ ಮ್ಹಜೆಂ  
ಮ್ಹಜ್ಯಾ ಮೊಗಾಳ್ ಮಾಂ-ಬಾಬಾ ಸಂಗಿಂ  
ಜಿಯೆತಾಂ ಹೆಂ ಭಾಗಿ ಜೆಣೆಂ!!

ಮಾಯಾಮೊಗಾನ್ ಭರ್ಲೆಂ  
ಸದಾಂ ಎಕ್ವೊಟಾನ್ ಜಿಯೆಂವ್ಚೆ  
ಕಷ್ಟ್-ದೂಖ್ ಸಾಂಗಾತಾ ವಾಂಟ್ಚೆ  
ದೇವಾನ್ ದಿಲ್ಲೆಂ ವರ್ತೆಂ ದೆಣೆಂ!

ಕುಟಾಮ್ ಮ್ಹಜೆಂ ಪಯ್ಲೆಂ ಇಸ್ಕೊಲ್  
ಹಾಂಗಾ ಆವಯ್ ಮ್ಹಜಿಂ ಪಯ್ಲಿಂ ಟೀಚರ್  
ಬಾಪಯ್ ಮ್ಹಜೊ ಪಯ್ಲೊ ದೆಖಿದಾರ್  
ಘರ್ ಜಾಲೆಂ ಮ್ಹಜೆಂ ಪಯ್ಲೆಂ ಮಂದಿರ್  
ಮ್ಹಜಿಂ ಜಿಣಿ ರುತಾ ಕರ್ತಾಕ್ ಎಕ್ ಬಿಡಾರ್  
ದೇವಾನ್ ದಿಲ್ಲೆಂ ವರ್ತೆಂ ದೆಣೆಂ  
ಭಾಗಿ ಕುಟ್ಮಾಚೆಂ ಯೆಣೆಂ!

ಲ್ಹಾನ್ ಥಾವ್ನ್ ವ್ಹಡ್ ಪರ್ಯಾಂತ್  
ದೇವ್-ಭಿರಾಂತ್ ಕಾಳ್ಜಾಂತ್ ಆರೋವ್ನ್  
ಜೆಜುಚ್ಯಾ ಮೆಟಾಂನಿ ಚಲೊಂಕ್  
ಶಿಕೊವ್ನ್ ದಿಲೆಂ ಮ್ಹಜ್ಯಾ ಕುಟ್ಮಾನ್  
ದೇವಾನ್ ದಿಲ್ಲೆಂ ವರ್ತೆಂ ದೆಣೆಂ  
ಭಾಗಿ ಕುಟ್ಮಾಚೆಂ ಯೆಣೆಂ!

ಪುಲಾ ಬರಿಂ ಮ್ಹಕಾ ಮೊಗಾನ್ ವಾಡಯ್ಲೆ  
ಕಷ್ಟಾಂಚ್ಯಾ ಕಾಟ್ಯಾಂತ್ಲೆ ಮ್ಹಕಾ ನಿವಾರ್ಲೆಂ  
ಪಿಡೆ-ಶಿಡೆಂತ್ಲೆ ಮ್ಹಕಾ ರಾಕ್ಲೆಂ  
ಖಿಂತ್-ದುಖಾನ್ ಆಸ್ಲಾರಿ, ಹಾಸ್ತೆಂ ಮುಖಾಮಳ್  
ಮ್ಹಜ್ಯಾ ಮುಖಾರ್ ನೆಸ್ಲೆಂ  
ಭಾಗಿಂ ಕುಟಾಮ್ ಮ್ಹಜೆಂ

ಹ್ಯಾ ಕುಟ್ಮಾಚಿ ಹಾಂವ್ ಎಕ್ ಚಲಿ,  
ಎಕ್ ದೀಸ್ ತುಕಾ ಸೊಡ್ನ್ ವೆತಾಲಿಂ  
ಚಿಂತಾನಾ ಕಾಳಿಜ್ ದುಖಾನ್ ಭರ್ತಾ  
ಕಶೆಂ ಸಾಂಡುಂ.. ಏ ಕುಟ್ಮಾ ತುಕಾ..  
ತುಜೊ ಉಗ್ಡಾಸ್ ಆಸ್ತಾಲೊ ಸದಾಂಚ್  
ಮ್ಹಜ್ಯಾ ಕಾಳ್ಜಾಂತ್

ತುಂ... ಮೊಗಾಳ್ ಕುಟ್ಮಾ ಮ್ಹಕಾ ದೇವಾನ್  
ದಿಲ್ಲೆಂ ವರ್ತೆಂ ದೆಣೆಂ  
ಹ್ಯಾ ಖಾತಿರ್ ದೇವಾಕ್ ಸದಾಂಚ್ ಋಣಿ  
ಜಾವ್ನಾಸಾ ಹೆಂ ಮ್ಹಜೆಂ ಜೆಣೆಂ.

**Ms Roopa D'Souza**  
IV Year BSc (N)



# ಫಟ್ಟಯೂಱ ಇಫ್ಫಾಂಚಿ ಚತ್ರಾಯ್ ಘೆಯಾ

ಸರ್ವಾಂಚಿ ನಶೀಬ್ ಏಕ್‌ಚ್ ಲೇಖ್ ಆಸಾನಾ. ಜಿಣಿ ಆಮ್ಕಾಂ ಸಬಾರ್ ಸಂಗಿ ಶಿಕಯ್ತಾ.  
ಜಶೆಂ ಆಮಿ ಚಿಂತ್ತಾಂವ್ ತಶೆಂ ಆಮ್ಚಿಂ ಜಿಣಿ ಆಸಾನಾ. ಜಿಣಿಯೆಂತ್ ಆಮಿ ಬೊರ್ಯಾ ಮನ್ಯಾಂಕ್ ಆಶೆತಾಂವ್.  
ತರೀ, ಆಮ್ಕಾಂ ಮೆಳ್ಳಿ ಮನ್ಯಾಂ ತಾಂಚ್ಯಾ ಸ್ವಾರ್ಥಾ ಖಾತಿರ್ ಉಪಯೋಗ್ ಕರ್ಚಿ ತಸಲಿ.  
ಭಾಯ್ಲೆ ರುಪ್ಣೆ ಪಳೆವ್ನ್ ಆಮಿ ತಾಂಚೊ ಸಾಂಗಾತ್ ಆಶೆತಾಂವ್, ಉಪ್ರಾಂತ್ ತ್ಯಾ ವ್ಯಕ್ತಿ ಖಾತಿರ್ ಆಮಿ  
ಅಮ್ಚೆಂಚ್ ರೂಪ್ ಬದ್ಲುಂಕ್ ಸಯ್ ತಯಾರ್ ಆಸ್ತಾಂವ್ ಆನಿ ಬದಲ್ತಾಂವ್.  
ಅಶೆಂ ಆಸ್ತಾಂ, ಆಮ್ಚೆ ಇಷ್ಟ್ ಆಮ್ಕಾಂ ತಾಂಚಿ ಥಾವ್ನ್ ಪಯ್ಸ್ ರಾವೊಂಕ್ ಸಲಹಾ ದಿತಾತ್.  
ತವಳ್ ಆಮ್ಚ್ಯಾ ಮತಿಚ್ಯಾ ಆನಿ ಕಾಳ್ಜಾಚ್ಯಾ ಭೊಗ್ಲಾಂ ಮಧೆ ಶಿಕೊವ್ನ್ ಪಡ್ತಾಂವ್ ಆನಿಂ ಪರ್ತಾನ್  
ಆಮಿ ತ್ಯಾಚ್ ಮನ್ಯಾ ಪಾಟ್ಲಾನ್ ವೆತಾಂವ್ ಆನಿಂ ಆಮಿ ಆಮ್ಚ್ಯಾಚ್ ಇಷ್ಟಾಂಕ್ ಆಯ್ಕಾನಂವ್.  
ಆಕ್ರೇಕ್ ಅಮ್ಕಾಂ ತ್ಯಾ ಮ್ಹನ್ಯಾಂಚಿಂ ಸತ್ ಕಳಿತ್ ಜಾತಾ. ತೆದಳಾ ಆಮ್ಕಾಂ ಖಿಯಾ ವಚಾಚಿ,  
ಕಿತೆಂ ಕರಿಜಯ್ ಮ್ಹಳ್ಳೆಂ ಸಮ್ಜನಾ. ಪರ್ತಾನ್ ಆಮ್ಚ್ಯಾ ತ್ಯಾ ಇಷ್ಟಾಂಚ್ಯಾ ಸಲಹಾ ಘೆಂವ್ನ್ ಸಕನಾಂವ್.  
ಉಪ್ರಾಂತ್ ಆಮಿ ಆಮ್ಚೆ ತಿತ್ಲ್ಯಾಕ್ ತ್ಯಾ ವ್ಯಕ್ತಿಕ್ ವಿಸ್ತೊಂಕ್ ಪ್ರಯತ್ನ್ ಕರ್ತಾಂವ್.  
ತ್ಯಾ ಮನ್ಯಾಚಿ ತೋಂಡ್ ಪಳೆವ್ನ್ ನಜೊ ಆನಿ ತಾಚಿ ಲಾಗಿಂ ಉಲೊಂವ್ಕ್ ನಜೊ ಮ್ಹಣ್ ಚಿಂತ್ಲಾರಿ,  
ನಶೀಬ್ ತ್ಯಾಚ್ ಮ್ಹನ್ಯಾಂ ಮುಖಾರ್ ಆಮ್ಕಾಂ ಪಾವಯ್ತಾ. ತೆದಳಾ ಆಮಿಂ ಆಮ್ಚೆ ಇಷ್ಟ್ ಅಮ್ಚೆ ಹಾಲಾತ್  
ಪಳೆಯ್ತಾತ್ ಆನಿ ಆಮಿ ವಿಸರಿನಾ ಜಾಲ್ಯಾರಿ ಆಮ್ಚ್ಯಾ ಗರ್ಜಾಂತ್ ಪಾವ್ತಾತ್.  
ತಿಂ ಜಾತಾತ್ ಆಮ್ಚಿ ಸಕತ್ ಅನಿ ಬಳ್. ಹ್ಯಾ ವೆಳಾರ್ ತೊ ಮನಿಸ್ ಪರ್ತಾನ್ ಆಮ್ಚೆ ಮುಖಾರ್  
ಆಯ್ಲಾರಿ ಆಮ್ಕಾಂ ಕಿತೆಂಯ್ ಫರಕ್ ಪಡನಾ. ಆಕ್ರೇಕ್ ಮ್ಹಜೆ ಸಲಹಾ ಇತ್ಲಿಚ್, ಆಮಿ ಆಮ್ಚ್ಯಾ  
ಜಿವಿತಾಂತ್ ಇಷ್ಟಾಂಕ್ ವಿಂಚುನ್ ಕಾಡ್ತಾನಾ ಜಾಗ್ರುತ್ ರಾವಾಚೆ. ಆಮ್ಕಾಂ ಚಡ್ ಮಹತ್ವ್ ದಿತಲ್ಯಾಂಕ್  
ಅನಿಂ ಆಮ್ಚ್ಯಾ ಗರ್ಜಾಂತ್ ಪಾವ್ತಲ್ಯಾಂಕ್ ಆಮಿ ಚಡ್ ಮಹತ್ವ್ ದೀಚೆ.  
ತೆದಳಾ ಆಮ್ಚೆಂ ಜಿವಿತ್ ಸುಫಳ್ ಜಾತಲೆ ಆನಿಂ ಆಮ್ಚ್ಯಾ ಜಿವಿತಾಂತ್ ಕಿತೆಂಚ್ ಸಮಸ್ಯಾ  
ಆಯ್ಲಾ ವೆಳಾರಿ ಬೊರ್ಯಾ ಇಷ್ಟಾಗಾತ್ ಸವೆಂ ಪರಿಹಾರ್ ಸೊಧುನ್ ಕಾಡುಂಕ್ ಸುಲಭ್ ಜಾತಲೆ.  
ತರ್ ಆಮಿ ಬರಿ ಇಷ್ಟಾಗಾತ್ ಕೆದಾಳಾಂಚ್ ಸಾಂಡಿನಾಸ್ತಾನಾ ತಾಂಚಿ ಮಹತ್ವ್ ಸಮ್ಜವ್ಚ್ಯಾಂ.



Ms Sweeta D'Souza  
IV Year BSc (N)

# ಜಿವಿತ್

ಜಿವಿತ್ ದೆವಾನ್ ಮನ್ಯಾಕ್ ದಿಲ್ಲೆಂ ಪಯ್ಲೆಂ ಆನಿ ಆಪೂರ್ಬಾಯೆಚೆಂ ಮೊಲಾಧಿಕ್ ದಿವೆಂ ಜಾವ್ನ್ ಆಸಾಂ. ಜಿವಿತ್ ಮ್ಹಳ್ಳಾ ಸಬ್ದಾಚೊ ಅರ್ಥ್ ಕಿತೆಂ? ಲೈಫ್, ಜೀವನ್, ಜಿಂದಗಿ ಅಸಲ್ಲ್ಯಾ ನಾನಾ ಥರಾಂನಿಂ ವಾಪಾರ್ಚಾ ಹ್ಯಾ ಜಿವಿತ್ ಮ್ಹಳ್ಳೊ ಸಬ್ದ್ ಸಮ್ಜೊಂಚೆಂ ಸುಲಭ್ ಸ್ವಯ್. ಸಬಾರ್ ನಾಂವಾಡ್ಲೆಕ್ ಕವಿಯಾಂನಿಂ ಜಿವಿತಾಚೆಂ ಅರ್ಥ್ ತಾಂಚ್ಯಾ ಜಿಣಿಯೆಂತ್ ಜಾಲ್ಲ್ಯಾ ಘಡಿತಾಂ ಉತ್ರಾಂ ಮಾರಿಫಾತ್ ಬರಯ್ಲ್ಯಾಂತ್.



ಮನ್ಯಾಚೆ ಜಿವಿತ್ ಎಕ್ ಲ್ಹಾನ್ ಸಾಸ್ಣಾಚ್ಯಾ ಬಿಯಾಬರಿ. ಜಶೆಂ ಎಕ್ ಲ್ಹಾನ್ ಬೀಂ ಕಿರ್ಲೊನ್ ಝಡ್ ಜತಾ, ತಶೆಂಚ್ ಮನ್ಯಾಚೆ ಜಿವಿತ್ ಎಕ್ ಲ್ಹಾನ್ ಬಾಳ್ಕಾ ಥಾವ್ನ್ ಪ್ರಾರಂಭ್ ಜಾಲ್ಲೆ ವಾಡೊನ್ ಯೆತಾನಾ ವಿಶಾಲ್ ಜಾತಾ. ತಶೆಂ ಮ್ಹಳ್ಳಾರ್ ಜೀವನ್ ಎಕ್ ಪರೀಕ್ಷಾ ಸ್ವಯ್. ಜಿವಿತ್, ಜಿಣ್ಯೆಂತ್ ಜಾಂವ್ಚ್ಯಾ ಘಡಿತಾಂ ಥಾವ್ನ್ ಅನ್ಬೊಗ್ ಜೊಡ್ಚೆಂ. ಸಬಾರ್ ಜಣ್ ಹ್ಯಾ ಜಿಣಿಯೆಚೆಂ ಮೋಲ್ ಸಮ್ಜುನಾಸ್ತಾನಾ ತಾಚೊ ವಿಭಾಡ್ ಕರ್ತಾತ್. ಹಾಕಾ ಕಾರಣ್ ಕಿತೆಂ! ಅನೇಕ್ ಕಾರಣ್ ಆಸ್ಲಾರಿಂ ಮೂಳ್ ಕಾರಣ್ ಗರ್ಜೆಚ್ಯಾ ವೆಳಾರ್ ಜಾಯಿ ಪುರ್ತಿ ಜಾಣ್ವಾಯೆಚಿ ಉಣೆಪಣ್.

ಹಿ ಜಾಣ್ವಾಯ್ ಖಂಯ್ ಥಾವ್ನ್ ಆಪ್ಣಾಂವ್ಚಿಂ? ಇಸ್ಕೊಲಾಚೆ ಪುಸ್ತಕ್ ಆಮ್ಕಾಂ ಜಿವಿತಾಂ ವಿಶ್ಯಾಂತ್ ಮಾಹೆತ್ ದೀನಾಂತ್. ಬರ್ಯ್ ಆದರ್ಶ್ ಆನಿ ಮೌಲ್ಯಾನಿಂ ಬಾಂಧುನ್ ಎಕ್ ಬರೆಂ ಜಿವಿತ್ ಬಾಂಧುನ್ ಹಾಡ್ಚೆತ್. ಹಿಂ ಮೌಲ್ಯಾಂ ಆನಿ ಆದರ್ಶಾಂ ಆಮ್ಕಾಂ ಆಮ್ಚಾ ಕುಟ್ಮಾಂ ಆನಿಂ ಪರಿಸರಾ ಮಾರಿಫಾತ್ ಪಳೆಂವ್ಕ್ ಮೆಳ್ತಾತ್. ಕಶ್ಟ್, ಸುಖ್, ರಾಗ್, ಮಸೂರ್, ಮೋಗ್-ಮಯ್ಸಾಸ್; ಹಾಂಚೆಂ ಮಿಶ್ರಣ್ ಜಾವ್ನಾಸಾ ಆಮ್ಚೆಂ ಜಿವಿತ್. ಜಿಣಿಯೆಂತ್ ಕಶ್ಟಾಂ ಸಂಕಷ್ಟಾಂ ಮಧೆಂ ಜೊ ಮನಿಸ್ ದೆವಾ ವಯ್ರ್ ಭರ್ವಸೊ ದವರ್ನ್ ಧೃಡ್ ರಾವ್ತಾ ತ್ಯಾ ಮನ್ಯಾಕ್ ಜಿವಿತಾಚೊ ನೀಚ್ ಅರ್ಥ್ ಕಳಿತ್ ಜಾತಾ.

ಜಿವಿತ್ ಸುರ್ವಾತೆಕ್ ಎಕ್ ಖಾಲಿ ಪುಸ್ತಕ್ ಜಾವ್ನಾಸಾ. ದೀಸ್ ಪಸಾರ್ಲ್ಲ್ಯಾ ಪರ್ಮಾಣೆಂ ಹ್ಯಾ ಪುಸ್ತಕಾಚಿ ಪಾನಾಂ ವಾಡೊನ್ ಯೆತಾತ್. ಹ್ಯಾ ಪಾನಾಂನಿ ಕಿತೆಂ ಅನಿ ಕಶೆಂ ಬರಯ್ಚೆಂ ತೆಂ ಆಮ್ಚಾ ಹಾತಾಂನಿಂ ಆಸಾ. ಹ್ಯಾ ಜಿವಿತ್ ಮ್ಹಳ್ಳಾ ಪುಸ್ತಕಾಚೊ ಪ್ರಕಟಣ್‌ಗಾರ್ ದೇವ್ ಜಾಲ್ಯಾರಿ ಆಮ್ಕಾಂ ದೆವಾನ್ ಲೇಖಿಕ್ ಜಾಂವ್ಚೊ ಅವ್ಕಾಸೊ ಕರ್ನ್ ದಿಲಾ. ಹೊ ಅವ್ಕಾಸ್ ಕಶೆಂ ಉಪಯೋಗ್ ಕರ್ಚೆಂ ತೆಂ ಆಮ್ಚಾ ಹಾತಾಂನಿಂ ಆಸಾಂ.



**Ms Merin Melanie DMello**  
III Year BSc (N)

# बेटी

जब जब जन्म लेती है बेटी,  
खुशियाँ साथ लाती है बेटी।  
ईश्वर की सौगात है बेटी,  
सुबह की पहली किरण है बेटी।

तारों की चमक है बेटी,  
आंगन की चिड़िया है बेटी।  
त्याग और समर्पण है बेटी,  
नए नए रिश्ते बनाती है बेटी।

जिस घर जाए, उजाला लाती है बेटी,  
हर बार याद आती है बेटी।  
बेटी की कीमत उनसे पूछो,  
जिनके पास नहीं है बेटी।



**Ms Sherin Mol V. S.**  
III Year BSc (N)

# हिम्मत से बनो महावीर

कोई क्या जाने हमारी तकदीर  
ऊपर वाले ने जो लिखी है  
हर एक कि लकीर  
जो हार कर भी जीतने की हिम्मत रखते हैं  
वो कहलाते हैं वीर।  
मत बनो कायर के कीर  
बल्कि मुश्किल का सामना कर के बनो महावीर।



**Ms Flavia Sequeira**  
II Year PBBS (N)

# मंज़िल

ज़िन्दगी एक ऐसा सफर है,  
जो मंज़िल को ढूँढते ढूँढते थक जाती है  
बिना कोई शिकायत के आगे बढ़ना है  
अपनी तकदीर को हमेशा गले लगा कर  
नामुमकिन को मुमकिन करना हमारी सीख है  
मंज़िल को पाना ही  
ज़िन्दगी का आखरी मकसद है।



**Ms Flavia Sequeira**  
II Year PBBS (N)

# एक अजनबी

आई मेरी ज़िन्दगी मे वैसे  
एक बड़ा तूफान के जैसे  
नहीं पता क्यों आती थी  
या फिर कहाँ से आती थी  
पर भाती थी तो सब कुछ  
अच्छा हो जाता था।

कभी नहीं देखा उसका चेहरा  
ना सुनी उसकी आवाज़  
पर पता नहीं क्यों है  
एक अपनापन उसके आ जाने से  
खु़ी हो जाती थी मैं रातों के अंधेरों में  
क्योंकि उसको महसूस करने का  
मौका जो मिलता था।

अचानक एक दिन से नही आई वो,  
कई क्षण बीत गए उसकी इनतेज़ार में  
वापस कभी भी मिलने नही आई  
रोज़ सोचती हूँ उसके बारे में  
नही है मालूम क्या मकसत था उसका  
शायद करने मेरी नींद को अच्छा  
कभी कभी लगता है यही है वो



**Ms Ashika Thomas**  
III Year BSc (N)

# ചകുറപ്പ്

ഇരുട്ടിൻ അറകളിൽ മുങ്ങിത്തപ്പി  
കണ്ടിട്ടിലയാത്തരി വെട്ടം പോലും  
മടുത്തിലുള്ളും ഒരു തരിപോലും.

ആഞ്ഞു നടന്നു, തട്ടി വീണു  
ഇരുട്ടിൽ തപ്പി, ആ കൈ സഹായം  
നീട്ടിയില്ലാരും പകരം  
മുതുകിൽ ചവിട്ടി ഓടി മറഞ്ഞു .

ഒരു നാഴിക പല നാഴിക കടന്നുപോയി  
ഇഴഞ്ഞും വലഞ്ഞും എണ്ണീറ്റും ഞാൻ  
ഉള്ളിൽ ചൊല്ലി വെളിച്ചം വരും  
ചകുറപ്പിനെ ചവിട്ടാനായില്ലൊരുത്താനും

ഒടുവിലെത്തി ആ വിളക്കിൻ ചുവട്ടിൽ  
സ്വപ്നവിളക്കിൻ ചുവട്ടിൽ  
സ്വപ്നവിളക്കിൻ വെളിച്ചം,  
തെറിച്ച രശ്മി തൻ ദിശയിൽ നടന്നു .

ഇനിയുമെത്ര നീളുമെന്നറിയില്ല.  
തോൽക്കില്ല, പക്ഷെ കാൽ കുഴഞ്ഞാലും  
ഒടുവിൽ തോൽവിയും പൊരുതി തോൽക്കുമെൻ  
ചകുറപ്പിനു മുന്നിൽ



**Ms Meenu Francis**  
IV Year BSc (N)



# കാറ്റിന്റെ കൂട്ടുകാരി

കാറ്റായി നീ എന്നെ പതിയെ തഴുകി  
കൂട്ടായി എൻ കൂടെ കൂടി  
സാന്ത്വനവാക്കുകളുമായി എൻ ചാരതലത്തു  
കാറ്റുപോലെൻ സങ്കടങ്ങളെ അകലെ പറത്തി  
എന്നും എൻ ചാരതലത്തു  
പതിയെ പതിയെ

നാം ചങ്ങാതിമാരായി  
ആരാലും വേർപിരിക്കാൻ കഴിയാത്ത  
കാറ്റത്തു പാറിപ്പറക്കുന്ന  
ചങ്ങാതിമാരായി

കാറ്റായി നീ അരികിലേയും  
കാറ്റിലൂടെ നീ പറന്നകലും  
കാറ്റത്തു പാറി പറക്കുന്ന  
എൻ സ്വന്തം പൂമ്പറ്റ...

**Ms Dona Matthew**  
I Year PBBSc (N)



**Ms Therase Sunny**  
III Year BSc (N)



## സൗഹൃദം

നക്ഷത്രങ്ങളിലെ പ്രകാശമല്ല. സൗഹൃദം ഹൃദയത്തിൽ ഹൃദയം തൊട്ട് അറിയുന്ന വികാരമാണ്. സൗഹൃത്ത്, കൂട്ടുകാർ, സഖി എന്നിങ്ങനെ എത്രയോ വാക്കുകൾ കൊണ്ടാണ് നമ്മൾ സൗഹൃദത്തെ വിവരിക്കുന്നത്. ഒരു സൗഹൃത്ത് നമ്മെ അച്ഛനെപ്പോലെ-വഴക്കുപറയും, അമ്മയെപ്പോലെ-ലാളിക്കും, സഹോദരനെപോലെ-കളിയാക്കും, സഹോദരിയെപോലെ-കൂടെനിൽക്കും, കാമുകി, കാമുകനേക്കാൾ നമ്മെ സ്നേഹിക്കും. സൗഹൃത്ത് നമ്മുടെ ജീവിതത്തിൽ ഒരു വഴികാട്ടിയാകുന്നു. ഇന്നത്തെ സമൂഹത്തിൽ സൗഹൃത്തുള്ളവരുടെ പ്രാധാന്യം ഏറി വരികയാണ് നമ്മിൽ പലരും ഏറെ സമയവും സൗഹൃത്തുള്ളവരോടൊപ്പം പങ്കിടുവാൻ ആഗ്രഹിക്കുന്നു. എന്നാൽ സൗഹൃത്തുകൾ ഇന്ന് ഫോണിൻ കീഴിൽ അകപ്പെട്ടു. സ്നേഹത്തിൻറെ നിറക്കൂട്ടിൽ ചാലിച്ചെഴുതിയ ആത്മാർത്ഥ സൗഹൃദങ്ങൾ ജീവിതത്തിലെ മുതൽക്കൂട്ടുകളാണ്. ആവ കാലത്തിന്റെ ഒഴുക്കിൽ അകപ്പെടാതെ സൂക്ഷിക്കുക. ഒരിക്കലും വാടാത്ത പൂ പോലെ ആരും പറയാത്ത കഥ പോലെ ഇതുവരെ കാണാത്ത സ്വപ്നം പോലെ എന്നും ഇപ്പോഴും മായാതെ നിൽക്കട്ടെ സൗഹൃദം.



# ചുവപ്പ്

പ്രഭാത വേളകൾ ഇളവെയിൽ കാണുന്ന

ആകാശശോഭകൾ, ചുവപ്പ്.

ആദ്യമായി മുറിവേറ്റ

മുട്ടിൽ നിന്നാദ്യമായി

വന്നൊരു തുള്ളിതൻ , ചുവപ്പ്.

പിന്നെ കൈയിൽ പിടിച്ച

കൊടിയിലും ചുവപ്പ്.

ചുമന്നു ചുമന്നു ചുമന്നു

നിന്നൊരു പൂവിനോടല്ലോ , പ്രണയം



**Ms Therase Sunny**  
III Year BSc (N)

# കാലമെന്നിൽ

നീ അരികിലെൻ കനവായ്  
നീ എന്നുമൊരോർമ്മയായ്  
നിന്നിലേക്കായ് കാതമേറെ  
നാളേറെ ... തിരയുന്നെൻമനം  
പിടയാതെ നിനക്കായ്.

ആരുമറിയാതെ കാലമെന്നിൽ  
ഒരു സ്വപ്നമായി നീയെന്നും.  
അറിയുന്നു ഞാനാമധുരമാം  
ഓർമ്മകൾ വരില്ലെന്നറിയാം.....

എൻ കൂടെ കിനാവുകൾ  
എന്നാലുമെന്തിനോ  
തിരയുന്നേൻ മനം

ഒരുനാളെൻ മോഹങ്ങൾ  
പൂവിടും നേരമറിയില്ല  
ഞാനാ സുദിനത്തിൻ  
പങ്കാളിയോ .....



**Ms Toji Joseph**  
IV Year BSc (N)

# ആതുര സേവനം ആധുനികയുഗത്തിൽ

മനുഷ്യരാശിയുടെ ചരിത്രമെടുത്ത് പരിശോദിച്ചാൽ ആതുര സേവനം മനുഷ്യന്റെ ജീവൻ ലോകത്തിൽ എന്ന് തുടങ്ങിയത് എന്നു മുതലാണോ, അന്നു മുതൽ ലോകം എന്ന് അവസാനിക്കുന്നുവോ അന്നുവരെയുള്ള യാഥാർഥ്യമാണ്.

മനുഷ്യന്റെ പിറവി മുതൽ മരണം വരെ രോഗാതുരരായി ആരും ഈ ഭൂമിയിൽ ജീവിച്ചിട്ടില്ല എന്നതാണ് സത്യം, എന്നു പറഞ്ഞാൽ മനുഷ്യർ നിത്യരോഗികൾ ആണെന്നല്ല അർത്ഥം. ആതുര ശുശ്രൂഷയുടെ പ്രധാന്യം ഇവിടെയാണ്. "ഞാൻ വന്നിരിക്കുന്നത് അവൾക്ക് ജീവനാകാനും അത് സമൃദ്ധമായി ഉണ്ടാകുവാനുമാണ്" (വി.യോഹ 10/10) എന്ന തിരുവചനാധിഷ്ഠിതമായിരിക്കണം നമ്മുടെ ആതുര ശുശ്രൂഷ. അവിടെയാണ് ആതുരശുശ്രൂഷ ദൈവശുശ്രൂഷയും സേവനവും ആകുന്നത്. ഈ ശുശ്രൂഷ മേഖലയെ ഒരു സ്നേഹശുശ്രൂഷയായി കണ്ടാൽ, നമ്മുടെ മുന്നിൽ നിൽക്കുന്ന രോഗികളെ ആ മനോഭാവത്തോടെ ശുശ്രൂഷിച്ചാൽ, ദൈവസ്നേഹത്തിന്റെ കരുണയുടെ ഒരു നല്ല വാക്ക്, ഒരു സ്പർശം കൊടുക്കാൻ സാധിച്ചാൽ, നമ്മിലൂടെ ഈ ആതുരസേവനം ദൈവസേവനം ആകും, ദൈവശുശ്രൂഷയാകും

"ഗോതമ്പുമണി നിലത്തുവീണു അഴുകിയില്ലങ്കിൽ, അത് അതേപടിയിരിക്കും. അഴിയുന്നെങ്കിലോ അത് വളരെ ഫലം പുറപ്പെടുവിക്കും" എന്ന തിരുവചനം സ്വന്തം ഹൃദയങ്ങളിൽ ഏറ്റുവാങ്ങി, ആതുരരെ, അശരണരെ, രോഗികളെ, ദൈവത്തെ എന്നപോലെ ശുശ്രൂഷിച്ച രണ്ട് മഹത്വ്യകളാണ് വി.മദർ തെരേസയും ഫ്ലോറൻസ് നെറ്റിങ് ഗേളും ഇവരുടെ ഈ വലിയ മാതൃക നമുക്കും സ്വന്തമാകാം.

ആധുനികത ഈ മേഖലയെയും പിടികൂടിയിരിക്കുന്നു. രോഗിപരിചരണവും ആതുര മേഖലകളും അതിന്റെ ലക്ഷ്യത്തിൽ നിന്നും മാറിപോകുന്നുവോ എന്ന് സംശയിക്കേണ്ടിയിരിക്കുന്നു. ഇങ്ങനെയൊരു സാഹചര്യത്തിൽ, നമ്മിൽ ഓരോരുത്തരിലൂടെയും ആയിരിക്കണം മങ്ങിപ്പോയ ആറിപ്പോയ ആതുര സേവനത്തിന്റെ മുഖം മാറ്റിയെടുക്കേണ്ടത്. ഇത് സാധ്യമാകാൻ നാം സ്നേഹത്തിൽ പ്രവർത്തനനിരതരാകണം.

ഓ.എൻ.വി.കുറിപ്പിന്റെ വളരെ പ്രസിദ്ധമായ ഒരു കവിതയുണ്ട് "സൂര്യ ഗീതം" മറ്റുള്ളവർക്കായി സ്വയം കത്തിയെരിയുന്ന "സുസ്നേഹ മുർത്തിയാം സൂര്യൻ "സൂര്യൻ പ്രകാശിക്കുന്നത്, ലോകം മുഴുവനും വേണ്ടിയാണ്. തനിക്ക്

വേണ്ടിയല്ല.മറ്റുള്ളവർക്കായി ജീവിതം മുഴുവൻ മാറ്റിവെക്കാൻ നമ്മുക്ക് സാധിക്കണം.സുര്യനാകുവാൻ നമ്മുക്ക് കഴിയുകയില്ല പക്ഷെ മിന്നാമിനുണ്ട് ആകുവാൻ കഴിയും.നമ്മുടെ ശുശ്രൂഷയ്ക്കായി നൽകുന്ന രോഗികൾക്ക് സ്നേഹത്തിന്റെ,സാന്ത്വനത്തിന്റെ,ഒരു തലോടൽ,സങ്കടങ്ങളിൽ ഒരാശ്വാസം , വേദനകളിൽ ഒരു സൗഖ്യം,തളർച്ചയിൽ ഒരു ബലം ,തകർച്ചയിൽ ഒരു കൈത്താങ്ങ് എല്ലാം നഷ്ടപ്പെട്ട് നിരാശയുടെ വഴിവഴിയിൽ നിൽക്കുന്നവർക്ക് വിശ്വാസത്തിന്റെ,കാരുണ്യത്തിന്റെ,ഒരു സ്പർശം.ഒരു സഹായം കൊടുക്കുവാൻ സാധിച്ചാൽ സ്നേഹം എന്ന രണ്ട് വാക്ക് നമ്മളിലൂടെ പ്രവർത്തനനിരതമാകും.ഇവിടെ ഒരു ആതമായ ആവശ്യമാണ് നിത്യ സ്നേഹമൂർത്തിയായ ഈശ്വരനോട് ചേർന്നുള്ള ജീവിതമായിരിക്കണം ഇവിടെ നാം കാഴ്ചവെക്കേണ്ടത്.

നമ്മുടെ ഹൃദയത്തിന്റെ ഉള്ളറയിൽ വസിക്കുന്ന ഈശ്വരനെ ഒന്ന് തിരിച്ചറിയാൻ,അവിടുത്തോട് ചേർന്ന് ജീവിക്കാൻ,ഈശ്വരസാന്നിധ്യം അനുഭവിച്ചാൽ നമ്മിലൂടെഅനേകായിരങ്ങൾ ഈ ഈശ്വരസാന്നിധ്യം അനുഭവിക്കാൻ ഇടയാകും .

അങ്ങനെ നമ്മുടെ ശുശ്രൂഷയിലൂടെ രോഗികൾ സൗഖ്യം പ്രാപിക്കും,ദൈവസ്പർശം അവർ തിരിച്ചറിയും,അവിടെ ഒരു പരമാനന്ദം ഉണ്ട്.മറ്റുള്ളവർക്കുവേണ്ടി എന്തൊക്കെയോ ചെയ്യാൻ ചെയ്യാൻ സാധിച്ചതിന്റെ ഒരു സംതൃപ്തി നമ്മുക്ക് അനുഭവിക്കാൻ സാധിക്കും."എന്റെ ഏറ്റവും എളിയ ഈ സഹോദരന്മാരിൽ ഒരുവന് നിങ്ങൾ ഇത് ചെയ്തു കൊടുത്തപ്പോൾ എനിക്കു തന്നെയാണ് ചെയ്തു തന്നത്"(മത്തായി 25/40 ) എന്ന തിരുവചനം നമ്മുടെ ഈ ജീവിതാവഴിത്താരയിൽ നമ്മുക്ക് ഒരു പ്രചോദനമാകട്ടെ.ഒരു പ്രോത്സാഹനമാകട്ടെ.അങ്ങനെ ഈ ആധുനികയുഗത്തിൽ ഒരു പ്ലോറൻസ് നെറ്റിങ് ഗേൾ ആയി,ഒരു മദർ തെരേസ ആയി ജീവിക്കാം .നമ്മുടെ ഈ ചെറുജീവിതം.ഇരുട്ടുഞ്ഞമനുഷ്യമക്കൾക്ക് ഒരു മിന്നാമിനിങ്ങിന്റെ വെളിച്ചമായി തീരുവാൻ ഇടയാകട്ടെ.അങ്ങനെ നമ്മുടെ ആതുരസേവനരംഗങ്ങൾ നമ്മുടെ കാതൽ ദേശങ്ങൾ ആയി മാറ്റം .

ഒരു പിടി നന്മയുടെ,ഒരു പിടി സ്നേഹത്തിന്റെ,ഒരു പിടി കാരുണ്യത്തിന്റെ,ഒരു പിടി ആർദ്രതയോടെ പ്രവാഹകരാകാം .നമ്മുടെ ജീവിതാവഴിത്താരകളിൽ കർത്താവ് കാവലാളാകും.

**Sr Tessa Devasia**  
I Year PBBSc (N)



# നീർക്കുമിള

സൂര്യകിരണങ്ങൾ മുറ്റത്തെ മാവിന്റെ ഇലകൾക്കിടയിലൂടെ ഒളിഞ്ഞുനോക്കുന്നുണ്ട്. ഉടയാതെ അറിയിക്കാൻ മുറ്റത്തെ മുല്ലയെ തഴുകി മീനാക്ഷിയുടെ മുടിയിൽ ആടിക്കളിച്ച വെള്ളത്തുള്ളിയെ വാരിപ്പുണർന്നു ഭൂമിയിൽ നിപതിച്ചു.

മീനാക്ഷി: മീനന്റെ കണ്ണുള്ളവൾ അതെ അവളുടെ കണ്ണുകൾ ആയിരം കഥ പറയുന്നവയായിരുന്നു. ചെറുചുരുളുകൾ കൂടിയ മുടി അവളുടെ പുറം മറച്ചിരുന്നു. രാവിലെ കുളി കഴിഞ്ഞാൽ കണ്ണുകൾ മിനുക്കി, മുടികൾ ഒതുക്കി, നെറ്റിയിൽ കുടുംബക്ഷേത്രത്തിലെ ചന്ദനവും നിറുകയിൽ സിന്ദൂരവും തൊടും, എന്നിട്ടേ അവൾ അടുക്കളയിൽ കയറുകയുള്ളൂ.

ഈശ്വരന്റെ മുൻപിൽ കണ്ണടച്ച് പ്രാർത്ഥിച്ചു നിന്നപ്പോഴാ ഓർമ്മ വന്നത് നാളെ ആണല്ലോ പോകേണ്ടത് തിരിച്ചു ഗൾഫിലേക്ക് ... എവിടെയോ പത്തുമണിക്ക് എത്തണം എന്നും പറയുന്നുണ്ടായിരുന്നു.

"ഈശ്വര.. സമയം എട്ടായി ആയി" അവൾ വേഗം അടുക്കളയിലേക്ക് നടന്നു. ചായകയ്യിലെടുത്ത് മുകളിലേക്ക് പോയി.

എട്ടാ... എണീക്ക് ... സമായിട്ടോ..... മടിപിടിച്ചെങ്കിലും മീനുമ്മിയുടെ വിളിയിൽ ശ്യാം കണ്ണുതുറന്നു. ചായക്കപ്പ് മീനുമ്മിയുടെ കൈൽ നിന്നും വാങ്ങിവെച്ചു. "എട്ടാ ഇന്നെവിടെക്കാ പോണെ? ഉച്ചക്ക് മുൻപ് തിരിച്ചെത്തുവോ?" "ഉം... എടി അതുപിന്നെ കമ്പനിയുടെ കുറെ പേപ്പർ എന്റെ കൈയിൽ ഉണ്ട് അത് കേൾവിന് കൊടുക്കണം ... പിന്നെ അവൻറെ അനിയൻ അവിടുണ്ടല്ലോ അവനും എന്തോ കൊണ്ടുവന്നിട്ടുണ്ട് അതാ... പത്തുമണിക്ക് അവൻ പ്രീ ആണ് അതാ ഇപ്പോ പോകുന്നേ" പറയുന്നനേരത്ത് മീനുമ്മിയുടെ മുഖത്തെ കാർമ്മേഘം ശ്യാം ശ്രദ്ധിച്ചിരുന്നു. "മീനുമ്മി നീ പോയി ഭക്ഷണം വല്ലതും എടുത്ത് വെക്ക് ഞാൻ റെഡി ആയിട്ട് താഴേക്കു വരും.."

അടുക്കളയിൽ ശ്യാമിന്റെ അമ്മയുണ്ടായിരുന്നു "മോളെ ... നിനക്കു ദോശ ചുടാനൊക്കെ അറിയാമോ?" മീനുമ്മി " അറിയാം അമ്മെ ... " എങ്കിൽ മോളെ ദോശ ചുട് ഞാൻ സാമ്പാറിനുള്ള വക നോക്കാം .. 'മീനുമ്മി ദോശ ഓരോന്നായി ചുട്ടു.

ശ്യാം റെഡി ആയി താഴേ എത്തി. അടുക്കളയിലേക്ക് നോക്കിയപ്പോ മീനുമ്മി ദോശ ചുടുന്നു. മുഖത്തു നിഴലിച്ചു കാർമ്മേഘം കല്യാണത്തിന്റെ രണ്ടാം ആഴ്ച ഒറ്റക്കാക്കി പോകുന്നതിനറെ ആണെന്ന് മനസിലാക്കാഞ്ഞിട്ടല്ല. ദോശ ചുടുന്ന മീനുമ്മിയെ പുറകിൽ കൂടി ചെന്ന് കെട്ടിവരിയാൻ ചെന്ന ശ്യാമിനെ 'അമ്മ കൈയോടെ പിടികൂടി. "മ്..? എന്താ? .... നിനക്കു അടുക്കളയിൽ കാര്യം?" "അല്ലമ്മേ ചായകൂടിച്ച കപ്പ് കഴുകിവെക്കാൻ വന്നതാ അതാകുമ്പോ അമ്മക്കൊരു സഹായകുല്ലോ ... കള്ളത്തരം പിടിച്ചപ്പോഴുള്ള ചമ്മലോടെ ശ്യാം പറഞ്ഞു. "ഉവ്വ് ... ഉവ്വ് കല്യാണത്തിന് മുൻപ് ഒരു ഗ്ലാസ് വെള്ളം തന്നെ എടുത്ത് കുടിയ്ക്കാത്തവനാ .... കപ്പ് കഴുകാൻ വന്നിരിക്കുന്നു" മീനുമ്മിയുടെ മുഖത്തെ ചിരി

അവൾക്കു എല്ലാം മനസിലായിന്നു തോന്നുന്നു ..അത് ശ്യാമിനെ തെല്ലും  
ചൊടുപ്പിച്ചു

മുഖം വീർപ്പിച്ചുവെച്ചിട്ട് ശ്യാം പറഞ്ഞു?" ഞാനിറങ്ങുവാ " "ഏട്ടാ ഒന്നും കഴിച്ചില്ല  
""എനിക്കുവേണ്ട"ശ്യാം ഗർജിച്ചു .."മോളെ ആ ദോശ അങ്ങോട്ടു എടുത്തവെക്ക്..  
സാമ്പാർ ഇപ്പൊ ആകും " മകനെ കടുപ്പിച്ചു നോക്കിട്ടു പറഞ്ഞു "വേഷം കേട്ട്  
കാണിക്കാതെ കഴിച്ചേച്ചു പോടാ...."

കൈകഴുകുന്നതിനിടയിൽ ശ്യാം പറഞ്ഞു "മീനുട്ടി എന്റെ ബൈക്കിന്റെ കീ  
ഇങ്ങോട്ട് എടുത്തേ പിന്നെ ഹെൽമെറ്റും .." മീനുട്ടി ഓടി പോയി പറഞ്ഞതെല്ലാം  
എടുത്തുകൊടുത്തു ..എവിടേലും ഇറങ്ങുമ്പോ മീനുട്ടി പടിക്കൽ നിന്നു എന്ന്  
ശ്യാമിന് നിർബന്ധം ആയിരുന്നു " മീനുട്ടി ഞാനിറകുവാണെ ....അടുക്കളയിൽ  
പത്രങ്ങൾ വെച്ചിട്ട് അവൾ ഓടിച്ചെന്നു .ബൈക്കിൽ കയറിയപ്പോഴാ ഓർത്തത്  
ഫയൽ എടുത്തിട്ടില്ല ..."മീനുട്ടി ആ ഫയൽ ഇങ്ങോട് എടുത്തോ...." കൈയിൽ ഫയൽ  
കൊടുത്ത മീനുട്ടി സമ്മാനമായി ശ്യാം കവിളിൽ ഒരു മുത്തം കൊടുത്തു  
.ചുവന്നുപോയ അവളുടെ മുഖത്തു നോക്കി കള്ളച്ചിരിയോടെ ശ്യാം ബൈക്ക്  
എടുത്തു .പടിപ്പുരയിൽ എത്തിയതും ബൈക്ക് നിർത്തി അവളെ ഒന്നുടി നോക്കി  
പെണ്ണുകാൻ വന്നപ്പോ നോക്കിയാ അതേ നോട്ടം .അവൾ ചിരിച്ചുകൊണ്ട്  
അകത്തേക്ക് കയറി .

അല്പ സമയത്തിന് ശേഷം കറുത്തിരുണ്ട കാർമേഘം ആ തെളിഞ്ഞ ആകാശത്തെ  
മൂടി .പെട്ടെന്നൊരു ഇടിമിന്നൽ അവരാകെ നടുങ്ങി..അപ്പോഴാണ് ലാൻഡ്ഫോൺ  
ബെല്ലടിച്ചത് എടുക്കാൻ പോയ മീനുട്ടിയോടു അമ്മ പറഞ്ഞു "ഇടിവെട്ടുവല്ലേ  
മോളെ കുറച്ചു കഴിഞ്ഞെടുക്കാം." ഫോണിന്റെ നിറുത്താതെ ഉള്ള കരച്ചിൽ. അവൾ  
ഫോൺ എടുത്തു " ശ്യാമിന്റെ വീടല്ലേ?...".അതെ.ഞാൻ ശ്യാമിന്റെ ഭാര്യയാണ്  
.ഇതാരാ സംസാരിക്കുന്നു? എന്താ കാര്യം? മഴയുടെ അവ്യക്തതയിലും  
മറുവശത്തുനിന്നു പറയുന്ന കാര്യങ്ങൾ ഇടിമുഴക്കം പോലെ അവൾ കേട്ടു .  
കണ്ണുകളിൽ നിന്നും അണുപൊട്ടിയൊഴുകിയ കണ്ണുനീർ . 'അമ്മ ചോദിക്കുന്നുണ്ട്  
"എന്താ മോളെ? ആരാ വിളിച്ചു?"അവൾ ഒന്നും മിണ്ടാതെ പൂജാമുറിയിലേക്ക്  
തികച്ചുയോന്ത്രികമായി നടന്നു .എന്നിട്ട് എല്ലാ ദൈവങ്ങളോടും എന്തിനു എന്ന  
ചോദ്യമെന്നോണം അവൾ നിന്നു..അവൾ തന്നെ ആ സിന്ദൂര പൊട്ടു മായിച്ചു  
കളഞ്ഞു .. എന്നന്നേക്കുമായിട്ടും...ഇത് കണ്ടു കൂഴഞ്ഞുവീണ അമ്മയെ വെറും  
നിസ്സഹായതായോടെ ആ വരാന്തയിൽ നോക്കി നിൽക്കാനേ അവൾക്ക്  
കഴിഞ്ഞുള്ളൂ ,



**Ms Roshni Raju**  
IV Year BSc (N)



സ്നേഹിച്ചവനെ കാമിച്ചവൾക്കായി വിട്ടുകൊടുത്ത്  
അവന്റെ വശവും പേറുന്നവൾ സ്ത്രീ,  
കാമിച്ചവന്റെ മാനത്തിനായി മനസിനെതെറ്റിച്ച  
ഭ്രാന്തിയായവൾ സ്ത്രീ.

അവന്റെ കാമത്തിനയി ഒരു തുടം രക്തമായി  
പുറത്തേക്കൊഴുക്കാൻ വിധിക്കപ്പെട്ടവൾ സ്ത്രീ,  
പിഴച്ച ഭർത്താവിനെ സ്വമനസ്സാൽ  
മാറിലാണച്ചവൾ സ്ത്രീ.

അവന്റെ ഗർഭം പേറി ,തലമുറകളുടെ പാപക്കരകൾ  
അഗ്രഹാരത്തിന്റെ ഇരുട്ടറയിൽ മറച്ചവൾ സ്ത്രീ,  
തന്നിലേക്ക് നീണ്ട കരകളിൽ  
വിശ്വസിച്ചവൾ സ്ത്രീ,  
അവനായി വേശ്യയെന്നു  
മുദ്രകുത്തപ്പെട്ടവൾ സ്ത്രീ

ഇവർക്കിടയിലെവിടെയോ  
ഞാനുണ്ട് നീയുണ്ട്  
തലമുറകളുടെ പാപക്കരകൾ പേറി  
നടക്കാൻ വിധിക്കപ്പെട്ട്



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# *Despedida Graduates*



# BSc NURSING



**Aishwarya T S**



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**Alphonse K Toms**



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**Angela Sebastian**



**Ani Jose**



**Anina Saji**



**Anit Shaju**



**Anjali Jose-min**



**Anjana Babu**



**Anjumol Antony**



**Ann Mary Paul**



**Anni Philip**



**Ansa Thomas**



**Anu Maria George**



**Arya Antony**



**Ashi Abraham**



**Ashlin D'Almeida**



**Barikynti Shadap**



**Bibimol Abraham**



**Biby Benny**



**Bilcy Joseph**



**Bismi Thomas**



**Caroline D'Souza**



**Charitha Clavia Lewis**



**Chelsa George**



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**Cilla Reji**



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Crystal Rincia D'Souza



Deepa Rose Mathew



Diniya Sebastian



Diya James



Dona Sebastian



Elizabeth Sunny



Elsu Abraham



Fiona Sis Wilson



Francilla Soniya D'Souza



Giftymol D Joseph



Glory Mariam Mathew



Harsha Thomas



Jasmine Mathew



Jayapradha



Jayarani Joseph



Jillu Mathew



Jincy Chacko



Jinumol Kurian



Jis Maria Jose



Jismy Joseph



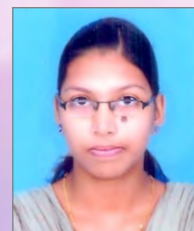
Jismy Maria T Devasia



Josline Melita Crasta



Josmy Andrews



Josna Joseph



Josna Mary Jose



Joyline Sandria Pinto



Leonza Mariolla D'Rozario



Lidiya Justin



Linta Mariyam Jose



Linta Vincent

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**Liyamol Siby**



**Mariya Joseph**



**Melany Nathasha Lewis**



**Meper Pangia**



**Mereena Reji**



**Merlin Mary Cherian**



**Merlin O F**



**Minu Sony**



**Nikitha Nisha D'Souza**



**Pereira Abigail Salvation**



**Prathima Castelino**



**Priyanka Mathew**



**Raina Rose Johnson**



**Reema D'Costa**



**Roja Sam**



**Roopa**



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**Serah Abey**



**Shaleena D'Souza**

# BSc NURSING



**Shalu Sebastian**



**Snehamol Thomas**



**Soji S Saji**



**Soorya George**



**Stephy Elizabeth John**



**Stephy Noronha**



**Sumi Mathai**



**Sushma Cutinho**



**Tiara Carrol Pinto**



**Vencilla Monthu Rodrigues**



**Vrinda**



**Wilsha Ujwalitha D'Silva**

# MSc NURSING



**Dini Davis**



**Lauvra S Carvalho**



**Mukta Aurelia Tirkey**



**Neha Mathew**



**Rizma Bezami Fernandes**



**Shiji Jacob**



**Suneetha Merlin Fernandes**

# PBBSc NURSING



**Aswathi Babu**



**Bincy Jose (Sr)**



**Bindhu P P**



**Elveera Cutinha**



**Fernandes Jeycilla**



**Harit Philip**



**Jeena Joseph**



**Jesteena Jose**



**Jhancy Joseph**



**Joyner Priyanka Pais**



**Jyothi Varghese**



**Jyotsna Jose**



**Lincy Kurien (Sr)**



**M. V. Jancy (Sr)**



**Nishamol Joseph (Sr)**



**Priya Fiola Pinto**



**Rosmy Savy**



**Sarika A V**



**Shainy Angadiyath**



**Sherin Jose**



**Shini Mathew (Sr)**



**Sijimol K.J (Sr)**



**Vinita Sharol Pinto**



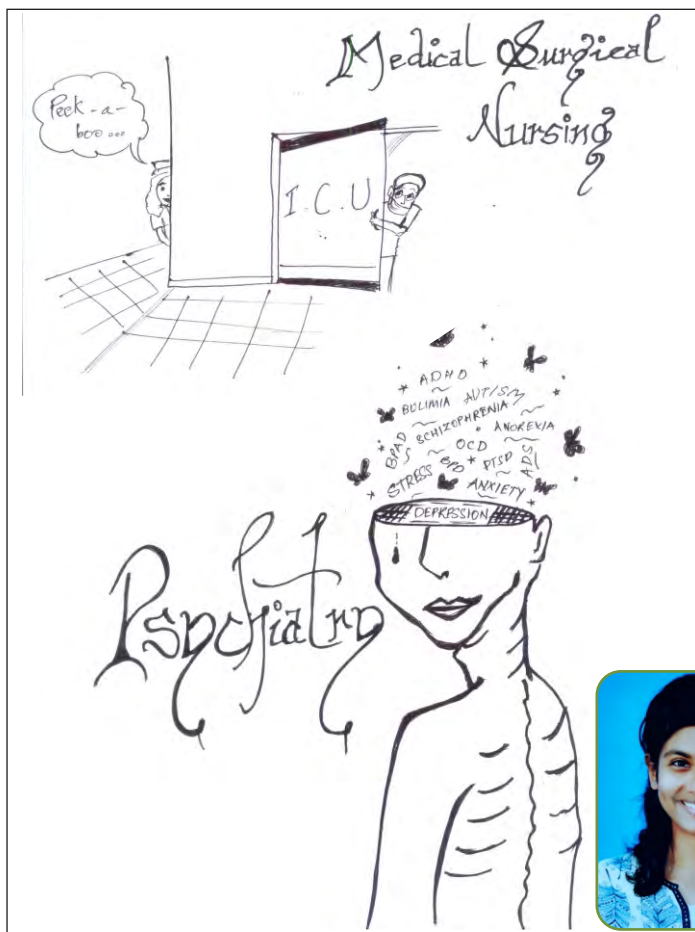
# Art Gallery

MARCO

MARCO

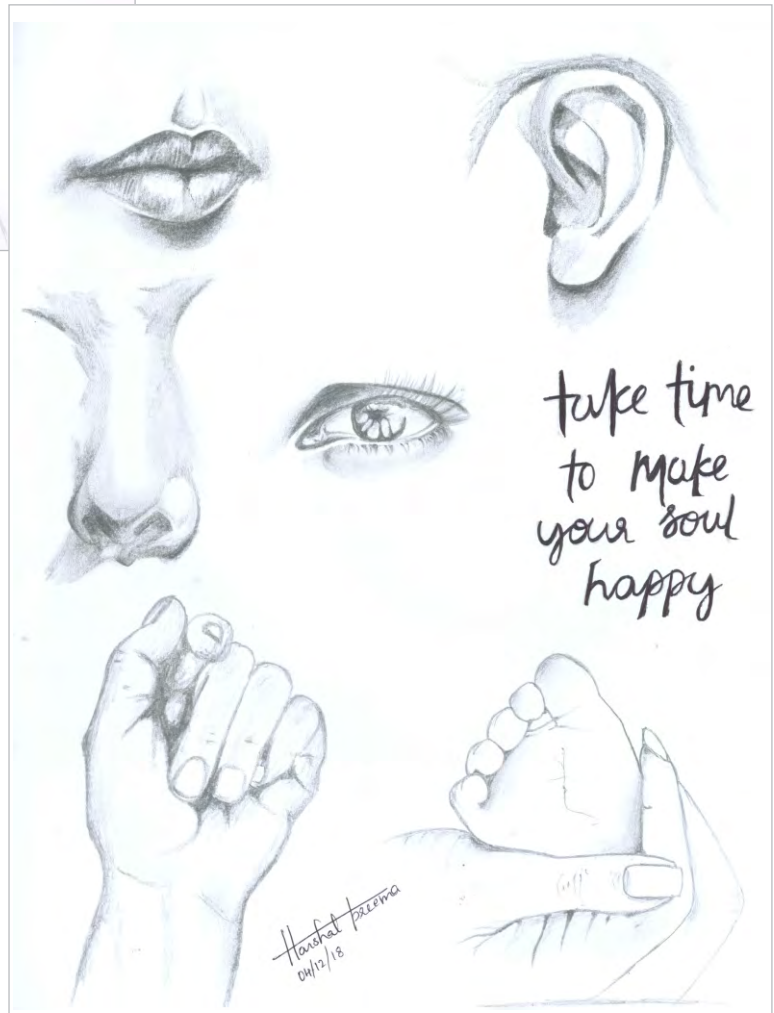


**Ms Flavia D'Souza**  
I Year BSc(N)



**Ms Cheryl Veigas**  
III Year BSc(N)

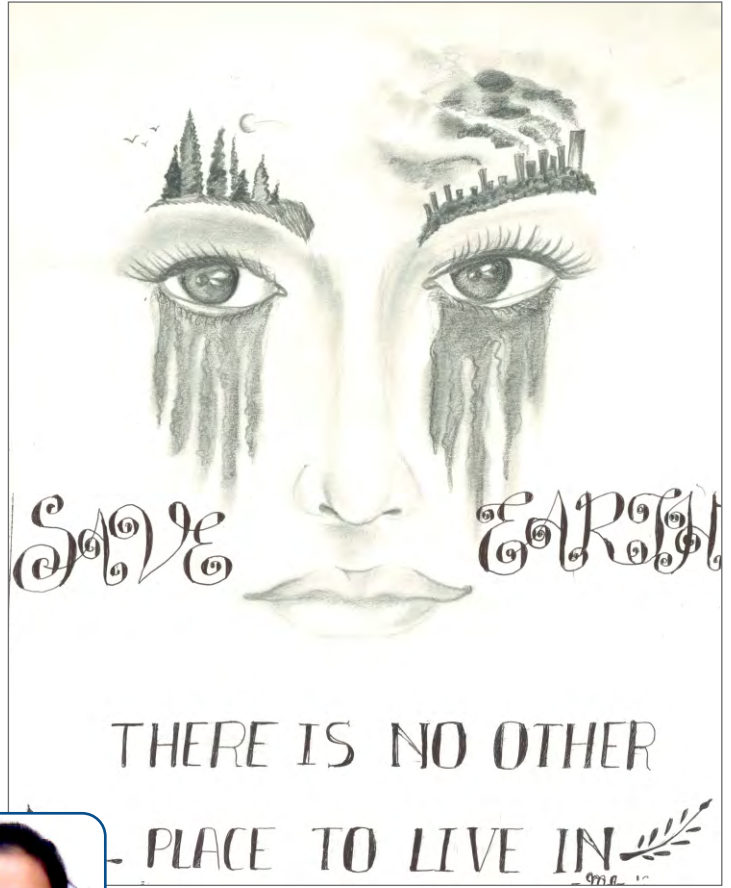




**Ms Harshal Preema D'Souza**  
1 Year BSc(N)



**Ms Melissa Neomi Lewis**



**1 Year BSc(N)**





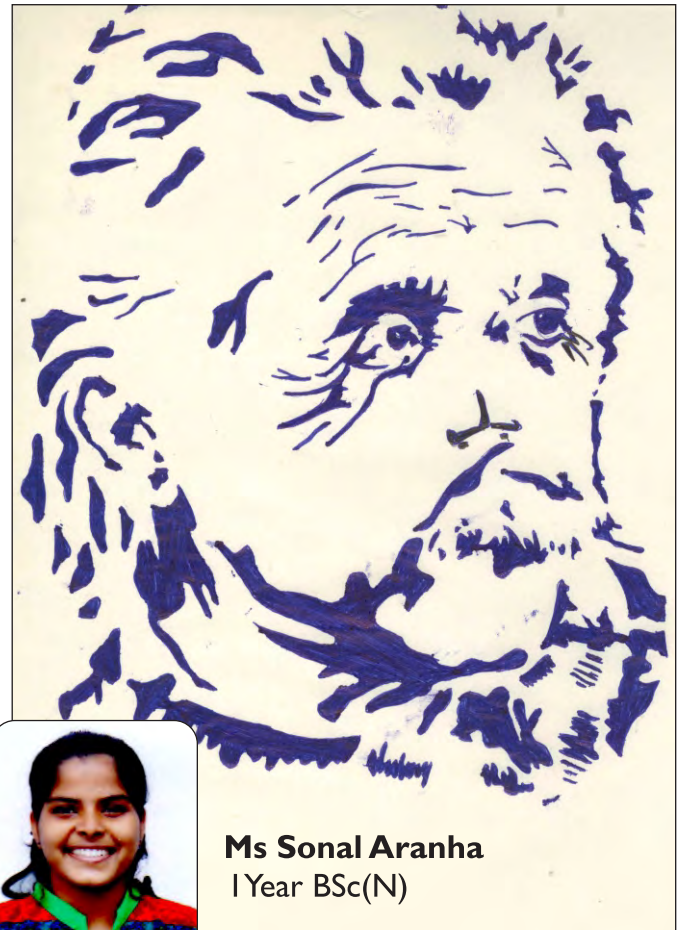
**Ms Welcita Ianya Ferrao**



**II Year BSc(N)**



**Ms Jeswin Lolita**  
**I Year BSc(N)**



**Ms Sonal Aranha**  
**I Year BSc(N)**



if you  
stumble  
it **MAKE**  
part  
of the  
dance

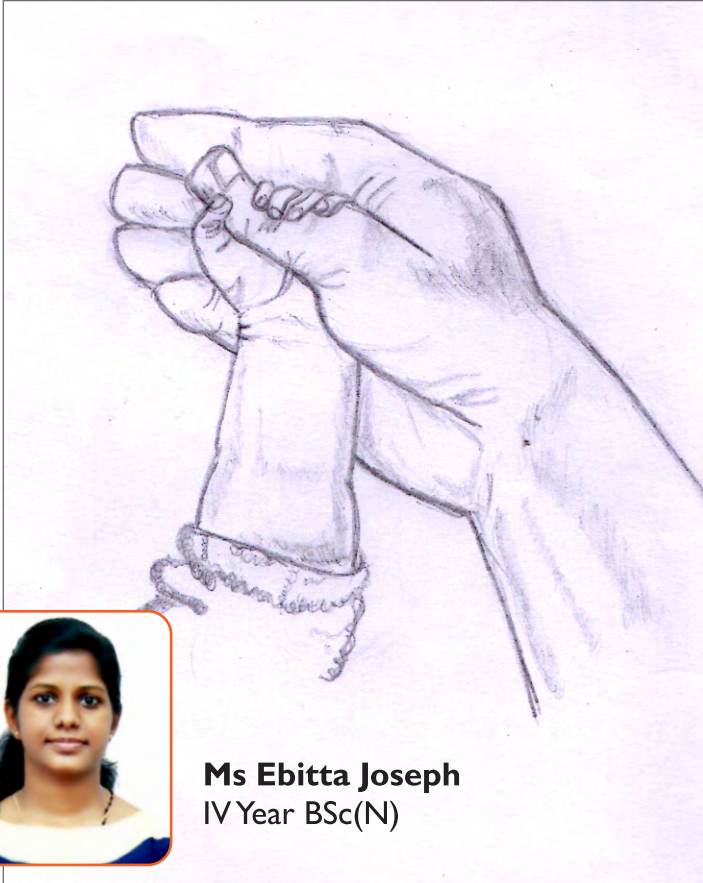


**Ms Samantha Conrad**  
1 Year BSc(N)



THE  
best  
VIEW  
COMES AFTER  
THE hardest  
CLIMB





**Ms Ebitta Joseph**  
IV Year BSc(N)



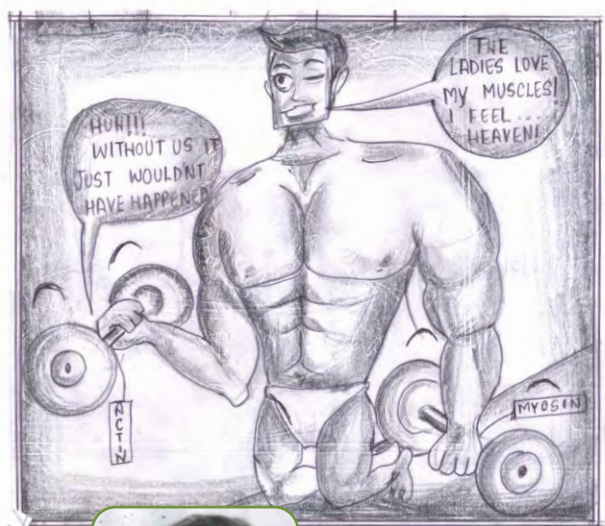
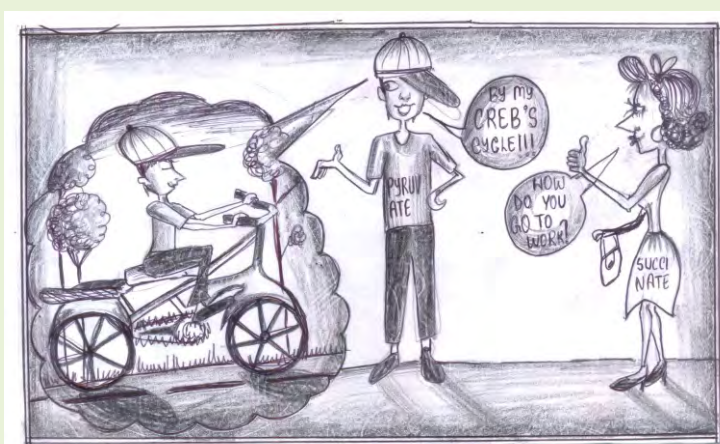
**Ms A. Kosha O.**  
I Year PBBSc(N)

**Mrs Nijisha Sharli**

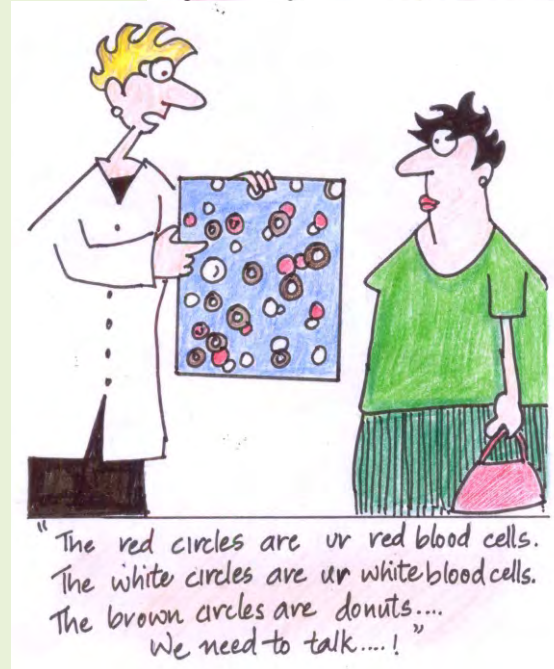
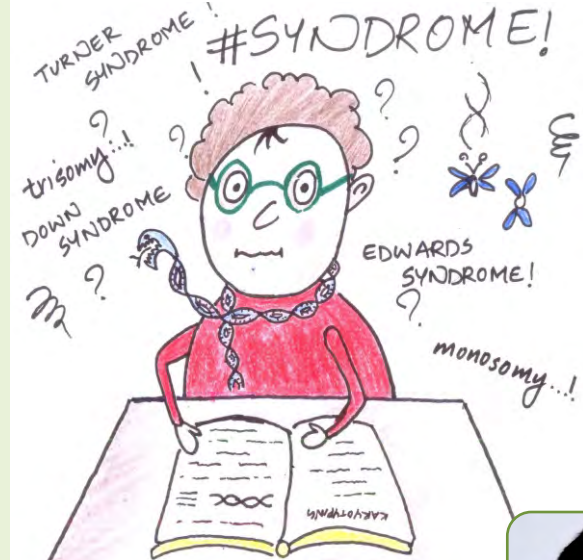


Lecturer, Dept. of OBG, FMCON





**Ms Flavia D'Souza**  
I Year BSc(N)



**Ms Alida K. Tom**  
II Year BSc(N)



**Ms Arathi Krishna**  
II Year BSc(N)



# Photo Gallery



**Ms Aishwarya Philip**  
IV Year BSc (N)



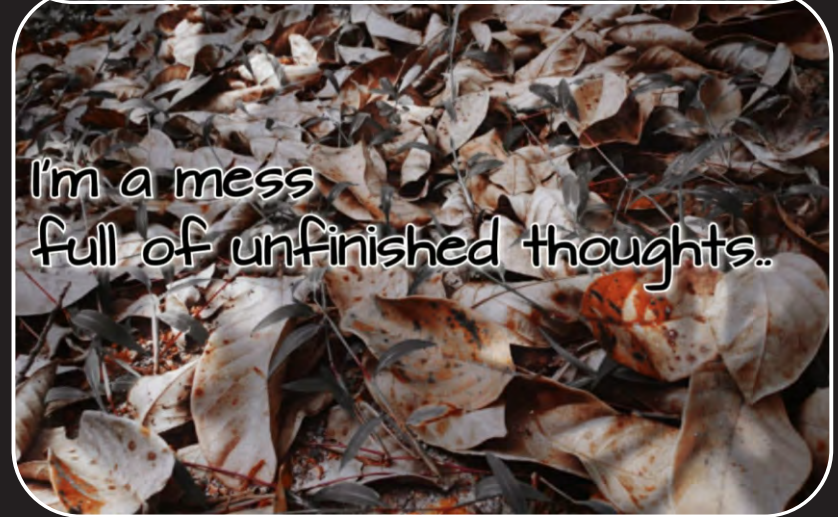
**Ms Anupama Mathew**  
III Year BSc (N)



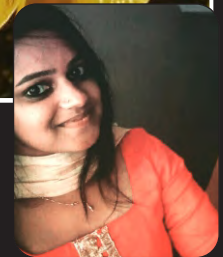


Stop looking for happiness in the same place where you lost it...

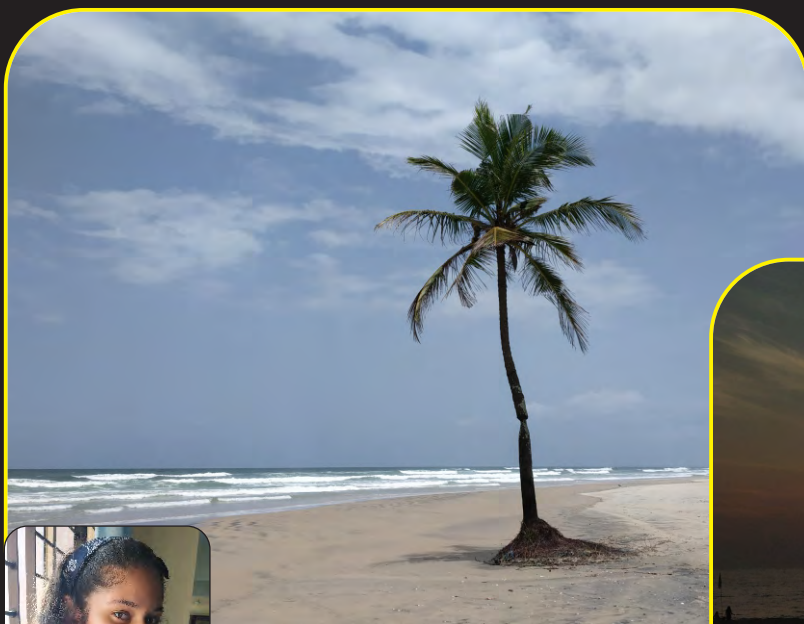
**Ms Lisa Rosario and Ms Pearl D'Silva**  
I Year BSc (N)



I'm a mess  
full of unfinished thoughts..



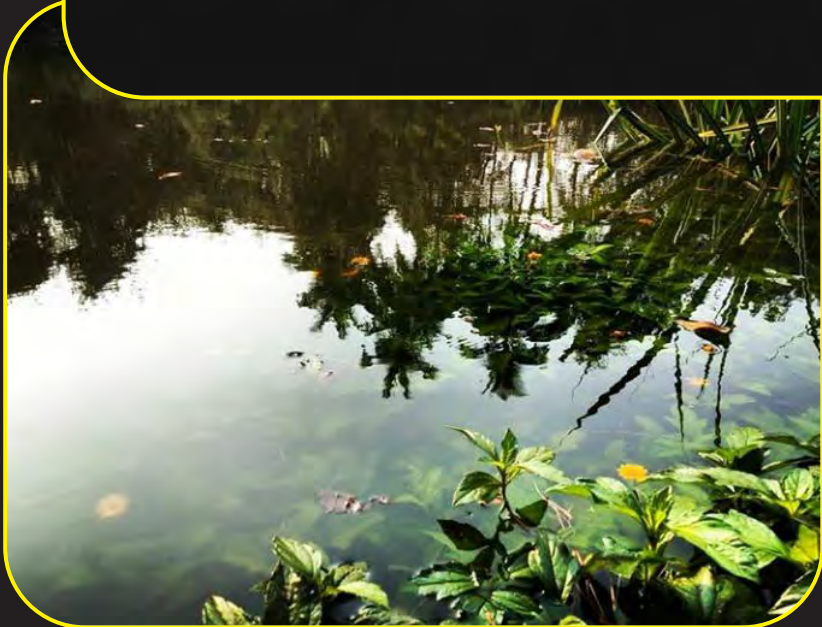
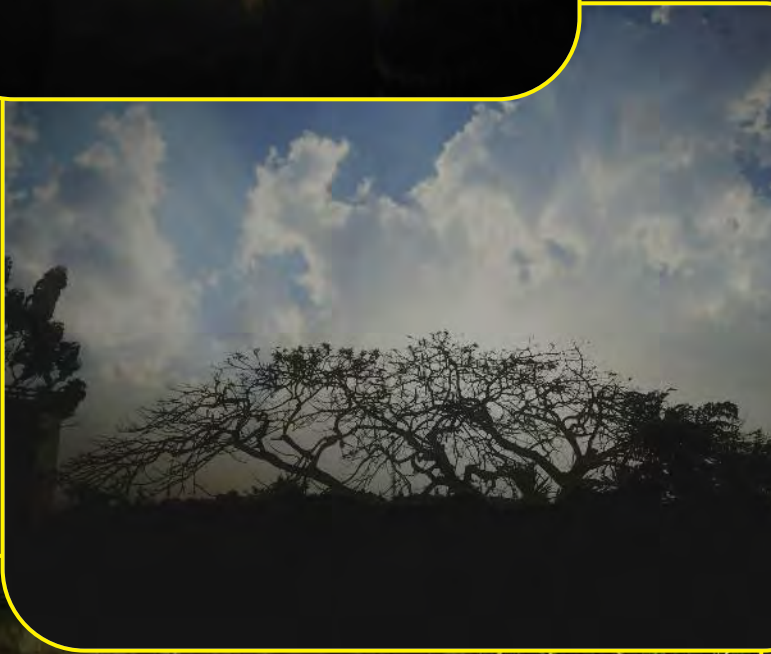
**Ms Anuja George**  
IV Year BSc (N)



**Ms Marydielle Godinho**  
I Year BSc (N)

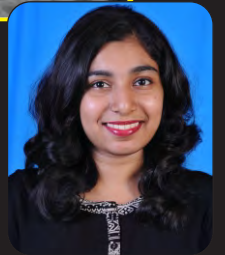






**Ms Pearl D'Silva**  
I Year BSc (N)





**Ms Roopa D'Souza**  
IV Year BSc (N)



**Ms Sweeta D'Souza**  
IV Year BSc (N)



**Ms Ashel Christal Pinto**  
IV Year BSc (N)



# *Activities At A Glance*

















# Kodak Moment



**FMCON TEACHING STAFF**



**FMSON TEACHING STAFF**



**NON TEACHING STAFF**



**MSc NURSING**





**I YEAR PBBSc NURSING**



**II YEAR PBBSc NURSING**





**I YEAR BSc NURSING**



**II YEAR BSc NURSING**





**III YEAR BSc NURSING**



**IV YEAR BSc NURSING**





**I YEAR GNM**



**II YEAR GNM**





**III YEAR GNM**



**INSTITUTIONAL REVIEW COMMITTEE**







**IQAC TEAM**



**STUDENT NURSES ASSOCIATION**





**CURRICULAM COMMITTEE**



**TEACHING LEARNING AND EVALUATION  
COMMITTEE**





**RESEARCH CONSULTANCY AND EXTENSION  
COMMITTEE**



**STUDENT SUPPORT AND PROGRESSION  
COMMITTEE**





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COMMITTEE**





**INNOVATION AND BEST PRACTICE COMMITTEE**



**ANTIRAGGING COMMITTEE**





**STAFF DEVELOPMENT COMMITTEE**



**STUDENT COUNSELLING COMMITTEE**





**SPORTS COMMITTEE**



**REDCROSS TEAM**





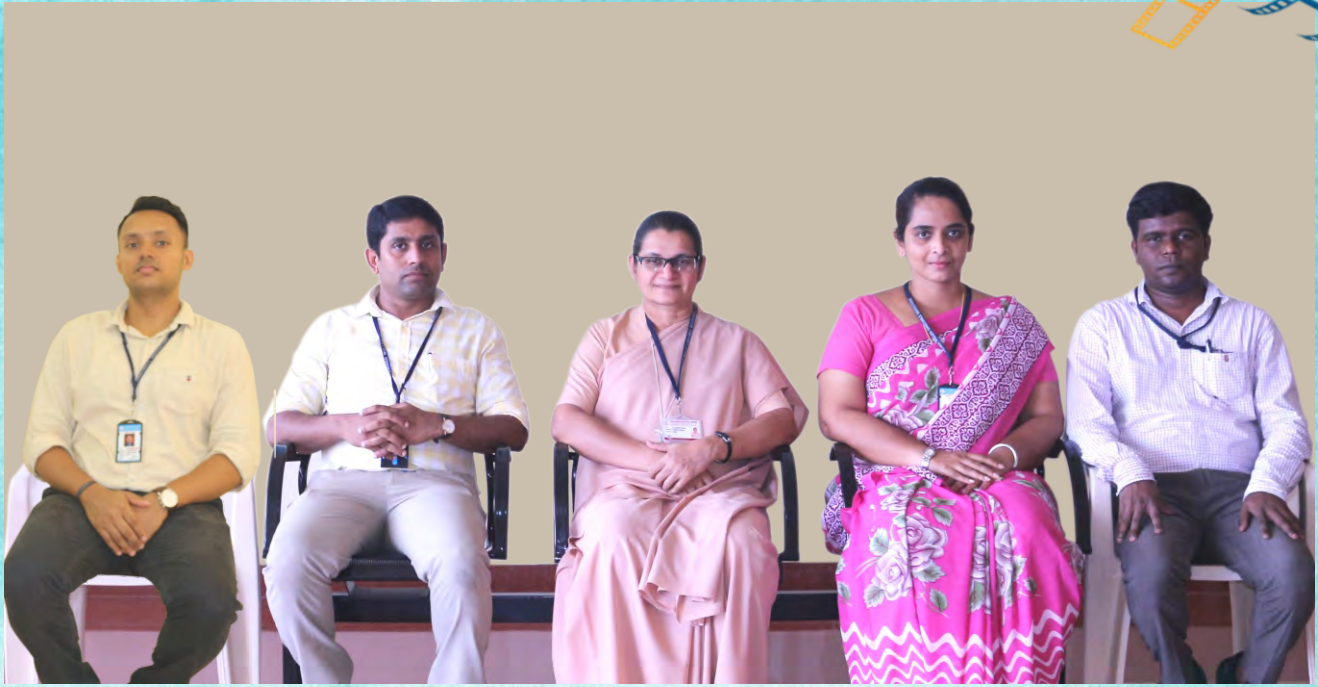
**NSS TEAM**



**MIS COMMITTEE**







## MEDIA COMMITTEE

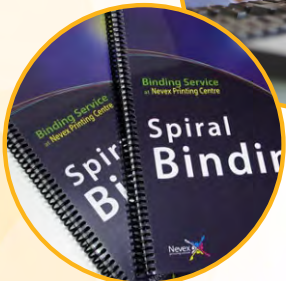
*Best Wishes*

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## SYMPHONY OF GRATITUDE

Give thanks to the Lord, says the psalmist, for He is good.

We must always thank God because all that we have is a gratuitous gift from God. Gratitude is the response that arises from our hearts as we have succeeded in bringing out our annual magazine.

“O Lord who lends me life, lend me a heart replete with thankfulness” by William Shakespeare

We would like to express our sincere gratitude to our Director, Rev. Fr Richard Aloysius Coelho for his support and encouragement throughout the magazine work. A sincere word of appreciation and thankfulness to our Principal Rev. Sr Jacintha D'Souza for giving us this unique privilege of bringing out this annual magazine, for her constant guidance and accompaniment throughout the process of bringing out this magazine.

We thank our Vice Principal, Prof. Victoria D'Almeida and the entire teaching faculty and non-teaching staff of our College for their cooperation and support. We express our sincere thanks to all our Language editors for their valuable contribution for the magazine.

We are extremely thankful to Rahul Advertisers for their contribution towards our magazine designing.

Finally, a word of appreciation to all members of the editorial board for their untiring and generous contribution and to all those who directly and indirectly helped us in the successful completion of “CRESCO - GROW TO GLOW”

**Editorial board**





## **COLLEGE OF NURSING ANTHEM**

**We seek to grow in benign ministry  
At this institute of renowned history  
Stirred by Augustus Mullers great bequest  
To give of our nurturing best.**

**We strive to always be gentle and kind,  
Gods work to do among sick human kind  
Pain to relieve, discomfort mitigate,  
To wellness rehabilitate.**

**Ch: Onward we go, ignited with zeal,  
To succor the sick, to comfort and heal,  
And always serve with cheerful smile  
Care, share and dare the challenging while**

**Nightingales cap reassures in distress  
A symbol to soothe when afflictions oppress  
Tender yet competent, that's how to blend  
Our manner on those whom we tend.  
We aim to build up a most treasured wealth  
Of people enjoying their vigor and health  
Life's priceless value to firmly uphold  
Our mission in letters of gold.**

# The Anniversary

