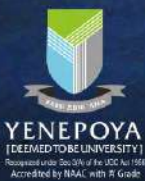


Creation

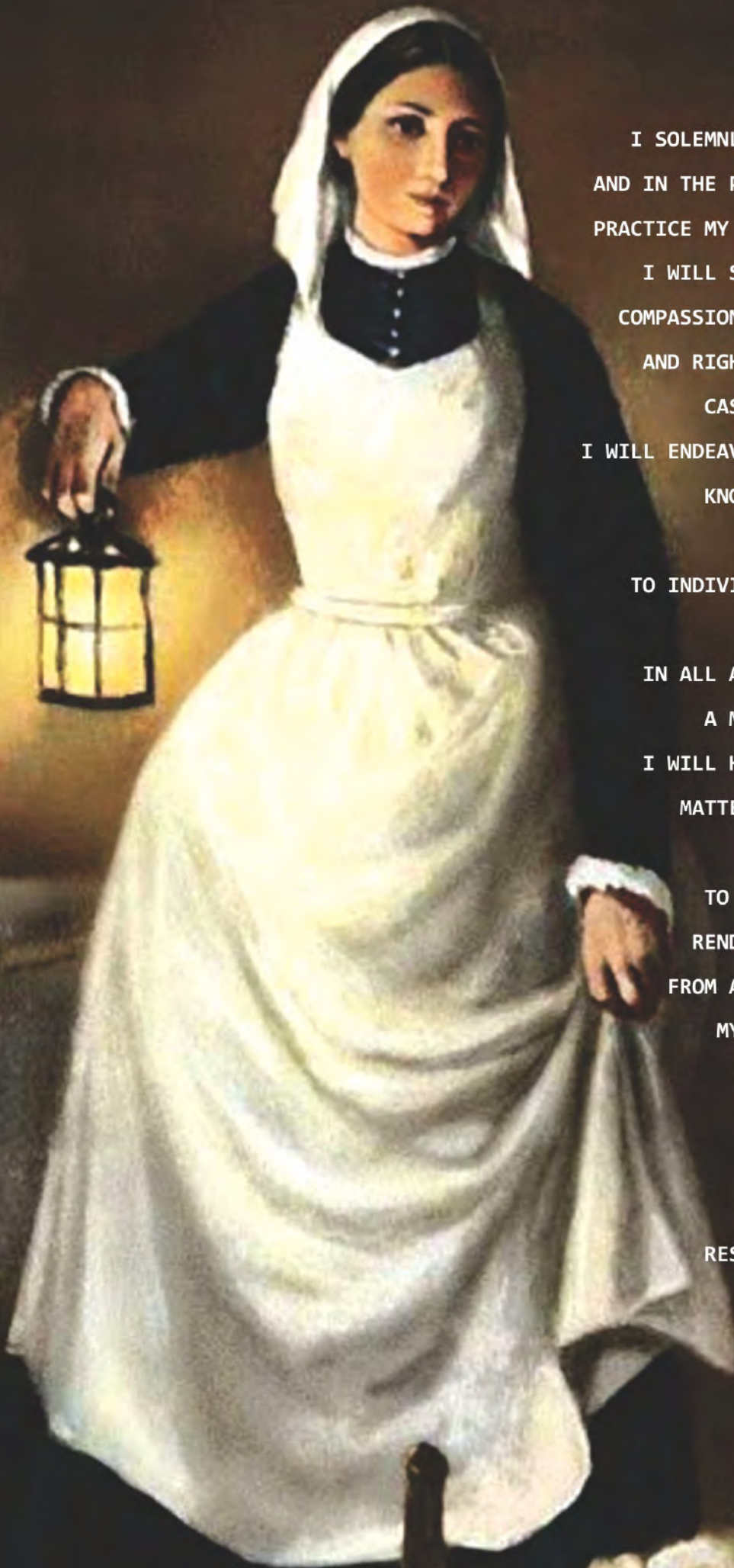
YENEPLOYA NURSING COLLEGE

2018-19



YENEPLOYA NURSING COLLEGE
MANGALURU





I SOLEMNLY PLEDGE MYSELF BEFORE GOD
AND IN THE PRESENCE OF THE ASSEMBLY TO
PRACTICE MY PROFESSION WITH DEDICATION
I WILL SERVE MANKIND WITH LOVE AND
COMPASSION RECOGNIZING THEIR DIGNITY
AND RIGHTS IRRESPECTIVE OF COLOUR,
CASTE, RELIGION, NATIONALITY.
I WILL ENDEAVOUR TO MAINTAIN UP-TO-DATE
KNOWLEDGE AND SKILL TO UPHOLD
STANDARDS OF NURSING CARE
TO INDIVIDUAL, FAMILY AND COMMUNITY
IN ALL SETTINGS AND
IN ALL ASPECTS OF HOLISTIC CARE AS
A MEMBER OF HEALTH CARE TEAM.
I WILL HOLD IN CONFIDENCE PERSONAL
MATTERS OF MY CLIENTS COMMITTED
TO MY CARE AND HELP THEM
TO DEVELOP CONFIDENCE IN CARE
RENDERED BY ME. I WILL REFRAIN
FROM ANY ACTIVITY THAT WILL HARM
MY PERSONAL AND PROFESSIONAL
DIGNITY AS A NURSE.
I WILL ACTIVELY SUPPORT
MY PROFESSION AND
STRIVE TOWARDS MY
RESPONSIBILITIES AS A CITIZEN
AND ENCOURAGE CHANGE
TOWARDS BETTER HEALTH.

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YENEPOYA
[DEEMED TO BE UNIVERSITY]
Recognized under Sec.3(A) of the UGC Act 1956
Accredited by NAAC with 'A' Grade

VISION

To provide access to quality higher education, ensuring equity, to create a vibrant knowledge capital and to create inspiring leaders of tomorrow who can take this country to the forefront of the developed nations.





MISSION

- ◆ To achieve academic excellence and global competencies among students.
- ◆ To create an environment for the generation of new knowledge through meaningful research, adopting latest methods of pedagogy and incorporating modern principles of academics integrated with highest ethical standards.
- ◆ To extend the knowledge acquired and new knowledge generated for the development of the community.



FOUNDER



AL-HAJ YENEPLOYA MOIDEEN KUNHI
FOUNDER OF THE INSTITUTION
(1905 - 1983)

MESSAGE



Yenepoya Nursing College under the ambit of Yenepoya (Deemed to be) University is making exceptional effort in bringing out the best from the nursing students. While remaining focussed towards producing qualified nurses who will serve the community in particular and humanity in general, they are also intent on creating greater career opportunities for the students, in what is considered one of the most respected of all professions.

YNC has always encouraged its students to make the best and maximum use of the training opportunities available and to take the initiative in developing the ability to practice quality nursing care.

Yenesi – the annual magazine of the college portrays the activities, both curricular as well as extracurricular, programmes and events involving the faculty and students of the college and also the enormous talents, in a bid to inspire and encourage their hard work and dedication.

In this regard, I congratulate the Principal and editorial team for working hard to bring out this beautiful and useful resource. I wish all of them and the students all the very best.

Mr. YENEPOYA ABDULLA KUNHI
Chancellor, Yenepoya (Deemed to be University)

MESSAGE



The college magazine 'Yenesis', a brain child of Yenepoya Nursing College provides a platform for the students to express their thoughts, innovative and unique ideas and also helps to bring out the hidden talents of the students. I am sure this magazine would be instrumental to develop the writing skills of the students, which is now recognized as an important attribute of highly successful students.

I am quite confident that this new edition of 'Yenesis' is fully packed with highly educative and entertaining articles written by the students, faculty and alumni of the college. I wish the magazine and the institute a huge success.

Dr. M. VIJAYAKUMAR

Vice Chancellor
Yenepoya (Deemed to be University)

MESSAGE



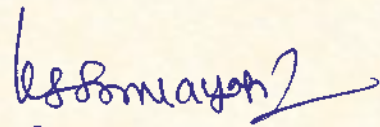
The Compilation of a Magazine by students of any college is a herculean task. The Staff and Student Editors ultimately have to shoulder the responsibility to bring out the literary piece. I am very happy to note that the Yenepoya College of Nursing is bringing out a Magazine of the year with contribution of articles, anecdotes, photographs, poems, short breath articles cross words and so on. May this Magazine prove to be yet another model literary endeavour. May the Magazine prove its objectives and shine as a good effort .I congratulate the Students and Faculty for their effort and commitment.

Prof. (Dr.) C V RAGHUVeer
Pro Vice Chancellor
Yenepoya (Deemed to be University)

MESSAGE



I am happy to know that the faculty & the students of Yenepoya Nursing College are coming out with this year's edition of their college magazine "YENESIS". I congratulate all those who have worked hard for getting this magazine released. Magazines serve to get the hidden talent and the creativity out of the student's mind on to print. It is like a document compiling the wisdom of the students. I appreciate your hard work in this difficult situation caused by the COVID pandemic. My best wishes to each one of you and I hope the nursing college faculty will continue to encourage their students to get many more such wonderful magazines in future.



Dr. GANGADHARA SOMAYAJI

Registrar
Yenepoya (Deemed to be University)

MESSAGE

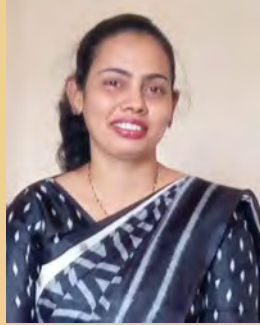


I am very pleased to pen down my appreciations to YENESIS 2018 -19. Yenepoya Nursing College has completed 17 years of successful contributions to society, so far preparing 1162 competent undergraduate and postgraduate Nursing workforce spread across the globe. The stimulating environment at the campus and dedicated team of faculty ensure to bring the best out of our students.

YENESIS every year unfolds the creativity of our faculty and students. What else could be the medium to systematically document cherishable memories? I appreciate the tireless efforts taken by the editorial team completing this mammoth task on time.

Dr. LEENA K C
M.Sc.(N)Ph.D(N)
Dean/Principal

MESSAGE



Annual magazine is a mirror of an institution. It shows all the events activities achievements and landmarks of the college in a beautiful manner. The magazine has the capacity to reach all around the world and through this it shows the calibre of the institution, staff and students to the world.

Editing the details for the magazine is an interesting but herculean task. It puts the person on gear and builds the creativity and constrcutivity in person. I thank Dr Leena KC, Dean, Yenepoya Nursing College for trusting me and handing over this task to me. I also thank everyone – Colleagues, Students, Friends, Staff from office & printers and well-wishers for all the help rendered to bring out the magazine.

Mrs Melba Roshini Lobo

Asst Professor
YNC

EDITORIAL COMMITTEE



Ms. Soniya Joseph
I MSc Nursing



Ms. Helna Anil
II BSc Nursing



Ms. Saada MTP
III BSc Nursing



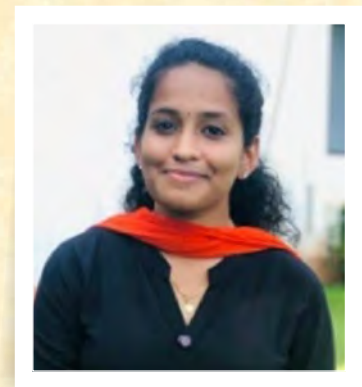
Mr. Chandan Kumar
II BSc Nursing



Mr. Abin George
I BSc Nursing



Ms. Taniya Varghese
III BSc Nursing



Ms. Silpa Reji
I BSc Nursing



Guest lecture on WASTE RECYCLE



On behalf of **150th birth anniversary year celebration of Mahathma Gandhi**, guest talk was organized by Yenepoya Nursing College on 30.11.2018 .

Mr Derrick Ian Joshua (Assistant Director Environment Sustainability Manipal Academy of Higher Education (MAHE), Manipal, explained about various waste management techniques beginning with waste segregation to composting, incineration, gasification, pyrolysis.

LAMP LIGHTING



The lamp lighting ceremony for the 17th Batch of B.Sc(N) students of Yenepoya Nursing college was held on December 20th 2018 at Yendurance Zone, Yenepoya (Deemed to be University). Col. Cecily PJ, Nursing superintendent, Justice KS Hegde Charitable Hospital, Deralakatte was the chief guest for the program. Nursing students should acquire knowledge and skill through class room learning and clinical practice was the key message from chief guest. Also encouraged students to acquaint with the new information and modern technology in nursing



Guest lecture on **Gender and Social sustain ability** :

On February 19th 2019 , guest lecture was organized on 'Gender and Social Sustainability' by Gender Sensitization Cell . Mrs. Merlyne Martis-Director DEEDs was the resource person. The key message was Gender balanced perspective should flow in to the system,we should foster society with gender neutrality and gender equality.

International Nurses Day 2019

The International Nurses day was celebrated by Yenepoya Nursing College and Nursing Service Department of Yenepoya Medical College Hospital on 9th May 2019 at Yendurance Zone. The chief guest for the day was Mrs. Biji S Wasim, Nursing Superintendent, KMC, Mangaluru. In her address, she highlighted and spoke about the theme of this year's Nurses day "Nurses: A Voice to Lead- Health for All".



FACULTY Development Programme

Yenepoya Nursing College organized guest talk for faculty members on **21.01.2019**. **Dr. Portia Bimray**, Lecturer, School of Nursing, University of Western Cape, South Africa spoke regarding Contemporary issues in nursing education and its impact on nursing practice





Radio Talk

As part of Gender Sensitization Cell activity Mrs. Prashma, Lecturer and Ms. Amisha S Amin, Lecturer, nodal teachers Yenepoya Nursing college gave a radio talk on “Gender Equality” in 107.8, FM Radio Sarang at St.Alyosius college, Mangaluru on 20/05/19 . High lights of the discussion were existence of gender inequality in society and promotion of gender equality.

Staff Development Programme on MIND MAPPING



The Yenepoya Nursing College, organized a staff development programme on “Mind Mapping” on 12th July 2019 at Acts-Yen, YMCH. Dr.Surfray J Hasim, Managing Director, Sadhana Academy Mangaluru & Director (Academics) PA Educational Trust Institutions,Mangaluru spoke on overcoming phobias and fears, enhancing leadership skill, eliminating negative thought, releasing negative emotions, helping to overcome rejections and failures, enhancing happiness and helping to achieve peak performance.



Finishing School Programme

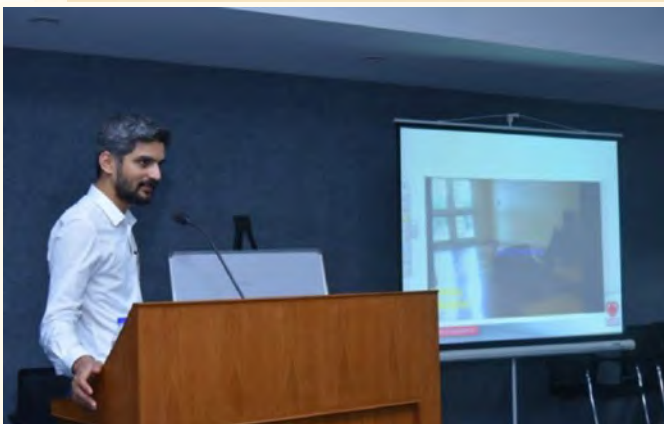
The Second “FINISHING SCHOOL PROGRAMME” was organized by Yenepoya Nursing college in collaboration with Advanced comprehensive Clinical Training and Simulation Lab from 22nd July 2019 to 27th July 2019 at EMD Auditorium, Yenepoya (Deemed to be University),Mangaluru. The main objective of the programme was to help students gain knowledge and develop competency in delivering healthcare at high technical and professional standards .Total 97 final B sc Nursing students of 2015 batch participated in the training programme



MEDICAL SURGICAL NURSING DEPARTMENT

In-service Education- Updates In Nursing Process

Department of Medical surgical Nursing organized an In-service education on Updates in Nursing process on 28th August 2018 with the objective to upgrade the Nursing Process skills with respect to the current global standards and to bring about the common nursing process format across all specialities.



Guest talk on Overview and Modern management of Syncope

Department of Medical surgical Nursing organized a Guest Talk on 4th October 2018 in ACTSYEN auditorium, YMCH. The purpose of the program was to understand the overview and Modern management of Syncope which was very well explained by Dr Maneesh Rai (Cardiac Electro physiologist , KMC Manipal)

Observation of World Diabetes day

Department of Medical surgical Nursing has observed World Diabetes day on 14th November 2018 in ACTSYEN auditorium, YMCH. This program mainly highlighted the theme "The family and Diabetes". Dr Prabha Adhikari (HOD Medicine YMCH) gave a lecture on diabetes and treatment modalities





Regional Workshop on ECG interpretation



Department of Medical surgical Nursing in collaboration with ACTYEN organized a Regional workshop on ECG interpretation- Beyond the basics in ACTSYEN auditorium, YMCH on 8th December 2018. The main focus was on imparting the knowledge and skill among the nurses to interpret life threatening arrhythmias.

Observation of World Cancer day



Department of Medical surgical Nursing observed World cancer day on 4th February 2019 in ACTSYEN auditorium, YMCH. This program mainly highlighted the theme “I am and I will”.



Guest lecture on Ostomy care



Department of Medical Surgical nursing organized a guest lecture on “Ostomy Care” on 27/03/19 at EMD auditorium Yenepoya (Deemed to be University). The resource persons were Mrs. Selvi B, Consultant Stoma Therapist, Adayar Cancer Institute, Chennai & Mr. Manohar, Co-Founder & Hon Secretary, Ostomates India. Mrs. Selvi B focused on the psychological preparation of patient for ostomy and home care management. Also demonstrated the different types of ostomy bags and its usage. Mr. Manohar shared his views being an Ostomate.





Guest Talk on **World Suicide Prevention Day**



World suicide prevention day was observed by organizing Guest talks by Dr. Maizy and Mrs. Ruksana, volunteers, Susheg lifeline, Mangalore on sensitizing the college students on how to handle emotions, manage anger and stress, myths about suicide and how it can be prevented at Yenepoya Pre University College on 12 September 2018

Radio Talk



Radio talk : A radio talk was given by Mr Syed Imran Assistant Professor (Dept of Mental Health Nursing) & Mr Anand , Asst Professor (Dept of Community Health Nursing)at “FM Sarang” on the topic “Alzheimer's disease and its prevention” on 21st September 2018 to mark the observance of World Alzheimer's day.



Psycho education on **World Mental Health Day**

World Mental Health day was observed by conducting a psycho education on the theme "Young people and mental health in a changing world" at Yenepoya Medical College Hospital on October 13, 2018

Group Psychoeducation

Group Psycho education was conducted on 01.03.2019 on the topic Drug compliance in psychiatry ward of Father Muller Medical College Hospital -Group Psycho education was conducted on 29.03.2019 on the topic Relapse prevention in De-addiction ward of Father Muller Medical College Hospital



Awareness programme on **Personal Hygiene**



As part of Community mental health programme, the department of mental health nursing, conducted an awareness programme at Harekala Rural Center, Mangalore on 05 April 2019 on the topics "**Personal Hygiene**" & "**Stress Management**".



Community Awareness Programme



A community awareness programme was conducted at Harekala rural center, Mangalore on 12 April 2019 on the topics **“Ill Effects Of Tobacco”** and **“Prevention of Mental Illness and Promotion of Mental Health”**. B.Sc Nursing students of 3rd year took active part in educating the gathering .

Guest lecture – World Autism Awareness week



A guest lecture by Dr. Jayashree Bhat, Professor & Head, Dept. of Speech & Audiology, KMC, Mangaluru on role of health professional, neighbourhood and parents in helping and caring a child with autism was at the Auditorium, EMD Building, Yenepoya Medical College hospital on 04 April 2019.

Radio Talk

Radio talk was given by Mrs Janet Prima Miranda (HOD Obstetrical & Gynaecological Nursing) and Mrs Vinaya Kumari (Asst Professor Obstetrical & Gynaecological Nursing) in 107.8 FM Radio Sarang, on the topic **Awareness on Cervical Cancer** on 26/02/19 as a part of extension activity.



Health Talk on Antenatal care

Extension activity for antenatal women was organized on 03.09.2018 in the seminar room, III Floor, Yenepoya Medical College Hospital, Mangaluru. The purpose of the program was to sensitize the participants about the importance of antenatal care. Students from final year BSc Nursing and MSc Nursing were involved in giving the health talk.

Guest lecture on Balance for Better

On the occasion of the International Women's Day a Guest Lecture with the theme **"Balance for Better"** by **Dr. Audrey Pinto**, (Professor & HOD M.Sc. Counseling, School of Social Work, Roshni Nilaya) was organized on 08.03.2019, in Auditorium, EMD Building, Yenepoya Medical College Hospital.





Regional workshop on Midwifery Simulation and Skills

A regional workshop on “Midwifery simulation and skills-Leading the way with quality care” was organized in collaboration with ACTS-YEN on 30.4.2019 at ACTS-YEN Auditorium of YMCH



Observation of Newborn Week

Newborn week was celebrated by conducting awareness programme carried out by nursing students on new born care with role play and health education for postnatal mothers at YMCH on 29.11.18

World cancer day Seminar on “I am and I will”

A seminar was organized on World cancer day with theme I am and I will in EMD Auditorium on 04.2.19



Breast Feeding Week Observation

As part of World Breast Feeding Week observation at Yenepoya Medical College Hospital, Departments of Child Health Nursing and OBG Nursing organized counselling session for the mothers in the post natal ward on 6.8.2018. The M.Sc. and III Year B.Sc. nursing students along with the faculty conducted health education programme.



Workshop on SPSS

One day workshop on “Statistical Package for Social Science” was held on 8th August, 2018 at Central Library :E-Learning center ,Yenepoya [Deemed to be University] .The resource persons were Dr.Asha Kamath (Professor and Head, Dept of Statistics,MAHE, Manipal) and Dr.Ashma Dorothy Monteiro, (Assistant Professor –senior scale, Dept of Statistics MAHE, Manipal) who gave a detailed hands on experience of using SPSS for data analysis .

Nutrition day Celebration

In collaboration with Community Health Nursing Department, **National Nutrition Day** was celebrated on 25/10/2018 at Thalapadi in Mr. Muhammed's House. Former Panchayath member Mrs.Surekha Chandradas was the chief guest for the program. Nursing students demonstrated the preparation of nutritious food.





Childrens Day Celebration



Along with 3rd year B.Sc Nursing students ,Childrens' day was celebrated on 17/11/2018 at De Mercide Orphanage Home, Panir, Deralakatte, Mangaluru. Around 121 children participated in the celebration.

Observation of **Dental Health Month**



In Collaboration with Department of Pedodontics, Yenepoya Dental College, Dental Health Month was observed at D.K.Z.P. Hr. Primary School, Kallarakodi, Naringana on 27.2.2019.

Dental screening of school children along with health talk to maintain dental hygiene was offered to children



Regional conference on “Preventive Pediatrics : Nursing Perspectives”

A one day Regional Conference on “Preventive Pediatrics: Nursing Perspectives” was organized on 9.2.2019. Dr. Suneel Mundkur,(Professor of Paediatrics, KMC, Manipal.) Dr SathishChandra (WHO Surveillance Officer) Dr Sharon Rasquinha (Asst Professor OBG Dept Kanachur Medical College) were the resource persons who shared information on importance of immunization , prevention of illness in children and on effective breastfeeding



Workshop on Systematic Review and Meta Analysis

A sensitization workshop on Systematic review and meta analysis was organized on 27.4.2019 at E- learning centre of Yenepoya deemed to be university .Dr Chandrashekar (Lecturer ,Medical Surgical Nursing Dept MCON , Manipal) described usage of Revman Software and how to work on systematic review.





Nutrition Exhibition



The Department of Community Health Nursing, Yenepoya Deemed to be University organized a Nutrition Exhibition Programme on 15/10/18 at Talapady Community area regarding DASH Diet

Nutrition day Celebration

Department of Community Health Nursing in collaboration with the Department of Child Health Nursing celebrated National Nutrition Day on 25/10/2018 at Thalapadi.



Guest Lecture

A guest lecture on “Updates on immunization” was organized on 28/11/18 at EMD auditorium Yenepoya (Deemed to be University). Dr.Satishchandra.D.M , Surveillance Medical officer , WHO, Mangaluru Division, Karnataka was the resource person for Guest Lecture.The lecture focused on the recent updates on immunization which includes the milestone of Universal immunization programme, Cold chain storage system, Surveillance and key messages for parents on vaccination.





Mass Awareness Programme



Along with II year P.B.B.Sc nursing students ,Mass Awareness Programme on World AIDS day Theme; "Know your status" was organized .A health camp was also held at Kinya Gram Panchyath hall on 1/12/18 at Kinya, Mangaluru.The programme was inaugurated by Mrs.Malini Kinya, Gram Panchayath President.

School Health Programme



As part of Community Health Nursing practical experience, the 2nd PBBsc Nursing students of Yenepoya Nursing College organized a School Health Programme and Mass Health Awareness Programme on 8-12-2018 at Govt. Higher Primary School, Meenadi, Kinya.Mangaluru.

Quiz competition on **World Health Day**



A quiz competition was organized for the students of Yenepoya Nursing College as part of World Health Day Celebration on 12/04/19 .



Radio Talk on **Leprosy Disease and Prevention**



As part of 'World Leprosy Day' 2019, Mr.Ananda.S(Asst.Professor, Department of Community Health Nursing) and Mrs.Navya (Lecturer, Department of Community Health Nursing) gave a talk in 107.8 FM Radio Sarang, on the topic “Leprosy disease and its prevention” on 31/01/19 .

National Conference on **Middle Level Health Provider**

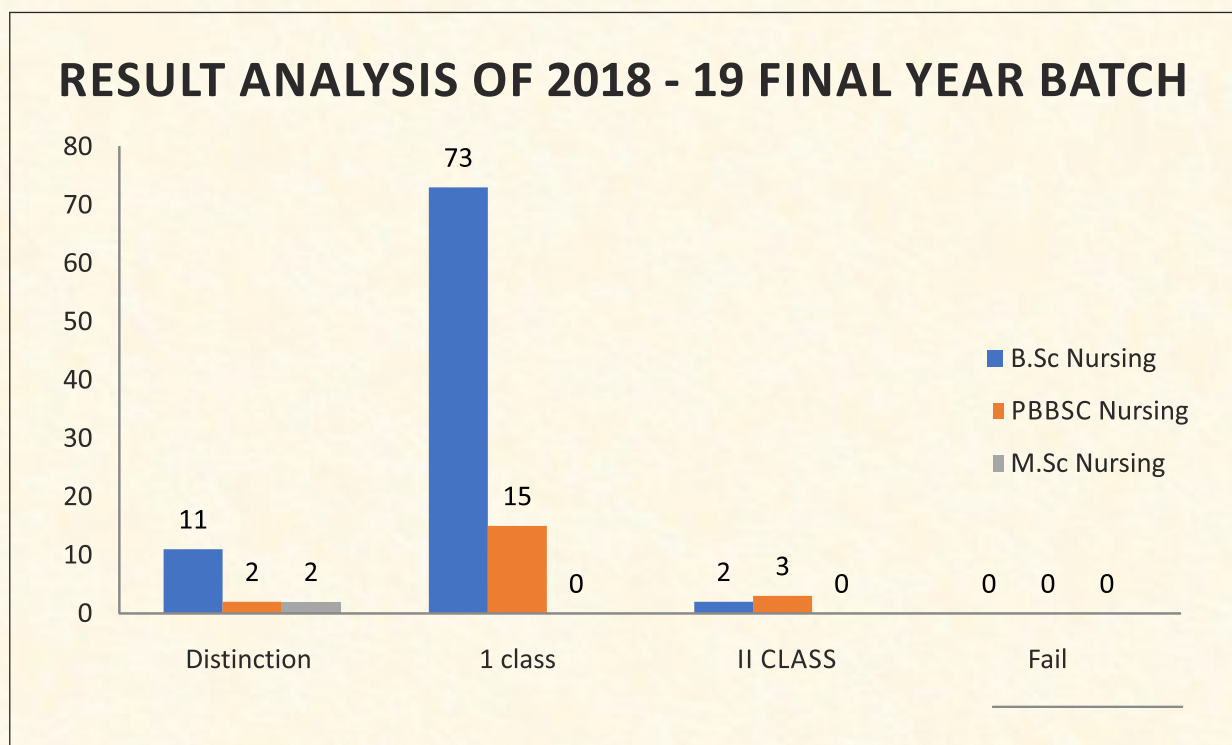


National level conference on “**Middle level health provider: A positive wavelength towards health care**” on May 17, 2019 at Yendurance zone, Yenepoya (Deemed to be University) . How middle level health care providers work in the setting was emphasized in the conference

RESULTS OF FINAL YEAR GRADUATES 2018-2019

YENEPOYA NURSING COLLEGE RESULT ANALYSIS OF 2018 - 19 FINAL YEAR BATCH

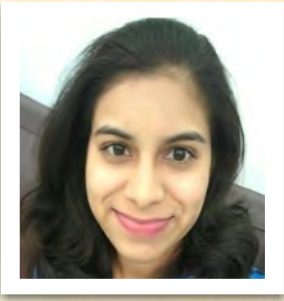
| Class | Distinction | I Class | II Class | Fail |
|---------------|-------------|---------|----------|------|
| B.Sc Nursing | 11 | 73 | 2 | 0 |
| PBBSC Nursing | 2 | 15 | 3 | 0 |
| M.Sc Nursing | 2 | 0 | 0 | 0 |



DISTINCTION HOLDERS

| SL NO | NAME | Year |
|-------|----------------------------|------------------|
| 1 | Ms.Anu Joseph | IV BSc Nursing |
| 2 | Ms.Athira Antol | V BSc Nursing |
| 3 | Ms.Jeril Maria Tom | IV BSc Nursing |
| 4 | Ms.Josey Mol Joy | IV BSc Nursing |
| 5 | Ms.Leema Jacob | IV BSc Nursing |
| 6 | Ms.Minu Scaria | IV BSc Nursing |
| 7 | Ms.Navya Abraham | IV BSc Nursing |
| 8 | Ms.Nayana Mathew | IV BSc Nursing |
| 9 | Ms.Neethu Domi | IV BSc Nursing |
| 10 | Ms.Riya Mol Roy | IV BSc Nursing |
| 11 | Ms.Sandra Sreekumaran | IV BSc Nursing |
| 12 | Ms.Anit Jose | III BSc Nursing |
| 13 | Ms.Silpa Regil | BSc Nursing |
| 14 | Ms.Jaseena Benny | II PBBSc Nursing |
| 15 | Ms.Nimisha Augustin | II PBBSc Nursing |
| 16 | Ms.Akhila Jolly | I PBBSc Nursing |
| 17 | Ms.Arpitha T.N | I PBBSc Nursing |
| 18 | Ms.Arya P.S | I PBBSc Nursing |
| 19 | Ms.Gittu Thomas | I PBBSc Nursing |
| 20 | Ms.Josna Johney | I PBBSc Nursing |
| 21 | Ms.Manjaima Paulose | I PBBSc Nursing |
| 22 | Ms.Shini Das | I PBBSc Nursing |
| 23 | Ms.Daisy D'souza | II MSc Nursing |
| 24 | Ms.Sweetey Theresa D'souza | II MSc Nursing |
| 25 | Ms.Carol Karishma Alphones | I MSc Nursing |
| 26 | Ms.Soniya Joesph | I MSc Nursing |

CLASS TOPPERS



Ms. DAISY DSOUZA
II MSc Nursing



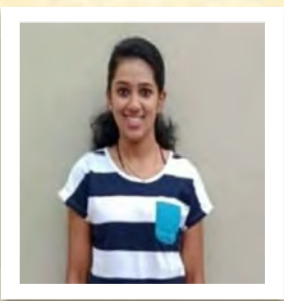
Mrs. CAROL KARISHMA ALPHONES
I MSc Nursing



Ms. JASEENA BENNY
II PBBSc Nursing



Ms. JOSNA JOHNEY
I PBBSc Nursing



Ms. RIYA MOL ROY
IV BSc Nursing



Ms. ANIT JOSE
III BSc Nursing



Ms. KEERTHI
II BSc Nursing



Ms. SILPA REJI
I BSc Nursing

PUBLICATIONS

1. Thomas N, Varughese N, Lakshmanan P, Prasad P, Philip P, Mathew M et al. Students opinion towards teaching learning methods and audiovisual aids used in nursing education. *European Journal of Biomedical and Pharmaceutical sciences*. 2018; 5(8): 362-367
2. Umarani J, Online capacity building for FAIMER Fellows of South Asian Region on Qualitative Research, *International Journal of Nursing Science Practice and Research*. 2018; 4(2): 1-5
3. Ragima P. V, Cyriac R, Joy S, Joshy S, Shahina S, Shamla T et al. Knowledge of mothers regarding administration of medication in children and difficulties experienced during medication administration to children. *EJBPS*, 2018 ;5(9): 440-443
4. Aparna A, Arun M, Issac AA , Thomas AD, Aswathi P, Imran S. Stress level and job satisfaction among nurses working in a selected hospital. *European Journal of Biomedical And Pharmaceutical Sciences*. 2018;5(9):9-12
5. Hafseena, Jaisy T. J, Reji J, Shaji J, Raju JK, Benazeera. Knowledge on weaning practices among mothers at selected hospital of Mangaluru. *EJBPS*. 2018 Sept; 5(9):222-228.
6. Sharin, Saji A, Sasidharan A, Asima A, Beneesha P.B, Baby B et al. Correlative study to assess the breakfast eating habits and cognitive ability among high school students of Mangaluru *EJBPS*, 2018;7(9)
7. Philip L, Manju MM, Rani A F M, Thankachan M, Mohan M, Sunny S et al. A descriptive study to assess the level of depression among patients with cancer in selected hospitals at Mangaluru. *EJBPS*. 2018; 5(9): 419-22.
8. D Souza V, Anusree K, Thomas A, Samuel A, Manuel A, Johnson A et al. Knowledge of mothers on diaper dermatitis: A descriptive survey. *EJBPS*. 2018;5(9):453-57
9. Joseph D, Baby H, Jacob H, John J, Varkey J, Libiya KB et al. Knowledge regarding healthy life style among adolescents studying in selected colleges at Mangaluru. *EJBPS*. 2018;5(8): 472-474.
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11. Priya A, Raj A, Siby A M, Aneesha P. N, Aneeshamol CP, Ashokan A et al. A descriptive study to assess the prevalence rate of self-medication among the people residing in the selected communities of Mangaluru. *EJBPS*. 2018; 5(9):449-52
12. D'souza S E, Quadiri G J, Leena K C . Patients right to education and information: Assessment of the effect of training on the knowledge and practice of nurses in two teaching hospital in India (*IERj E-ISSN No:2454-9916 Volume: 4 Issue:8 Aug 2018*)
13. Varughese S, Rajeev TP, Leena KC, Rodrigues DE. A study on co-morbidities, precipitating and associated factors of nocturia among adults-pilot study. *J Nurs Educ*. 2019; 11(1):96-101.
14. Mahindrakar S, Leena KC. Time utilization pattern of front line health workers in India. *J Nur Healthcare*. 2019;4(1)1-3
15. Jose J, Mathew S. Practice of self medication among adolescents: effectiveness teaching programme on knowledge regarding adverse effects of self medication at Mangaluru. *Ejbps*. 2019;6(3) 440-442
16. George A, Aiswarya M.S, Paiva A.A, Akhitha P, Shaji A, Binoy A et al. A study to assess the level of burden among the care givers of patients with mental illness in a selected hospital at Mangaluru. *EJBPS*. 2019;6(4): 219-23.



Sports Day Celebration



Yenpoya Nursing College, organized sports Day on 9th March 2019 to the students and faculty . The Sports day was inaugurated by Mr.Mohammad Bawa P, Finance Officer & Chairperson of Sports Committee, Yenepoya (Deemed to be University) and motivated the students by his speech.



Champions of the **11th B. S. A. Kumar Memorial Basketball Tournament 2018** **Women's** Yenepoya (Deemed to be University). The team consisted **Ms Adhiya S, Ms Sandra PS, Ms Athira Chandran, Ms Nimisha Jiji, Ms Ann, Ms Anju Jose** from Yenepoya Nursing College also Ms Adhiya received the prize for best shooter.



Champions of 11th B S A Kumar Memorial basket ball tournament 2018 bagged by Yenepoya (Deemed to be University) and **Mr Jithin Raj** from Yenepoya Nursing College was the member of the team .



Guest Lecture On Managing Self for Healthy Life

A guest lecture on “Managing Self for Healthy Life” was organized on 06/09/2018. Mr. Isaac Sikha (Professional Counsellor) spoke from his experience of counselling about time management, discipline in daily life, healthy habits and use of mobile phone, inter personal relationship .Around 480 students and faculties attended the programme.



Teachers Day Celebration

To show gratitude towards teachers for all the efforts they take in imparting knowledge to the students, SNA celebrated Teachers day. Cultural programs - dance, singing were performed by students followed by various spot games for the teachers

Poster competition on World Immunization Day

As a part of 'World Immunization Day' SNA conducted poster competition on the topic 'Protected Together' on 24-11-2018





Participation in Adventure Camp



The National Service Scheme-Yenepeya Deemed to be University, participated in the National Level Adventure Camp Held at Narkanda, Himachal Pradesh, from 21st September to 1st October. **Mr Christy, Ms Alphonsa, Ms Helna** took part in this camp from Yenepeya Nursing College

Participation in National integration camp



As part of National integration activity **Mr Chandan Kumar** from BSc Nursing took active part in camp which was held at SDM College Ujire from 28/12/2018- 3/1/2019

In collaboration with Department of Medical Surgical Nursing and Department of Community Health Nursing a mass awareness programme on the occasion of World tuberculosis day on 25/03/19 was organized at Panamburu beach premises, Mangaluru.



Rally on Anti Tobacco Day

In collaboration with Department of Public Health Dentistry organized public awareness rally on the occasion of world anti tobacco day 31/5/2019 . Around 100 students participated in the rally.



Best Teacher Award

Dr. Priya Reshma Aranha (Asst Professor, Dept of Child Health Nursing) was awarded as Best Teacher at Yenepoya (Deemed to be) University on the occasion of Teachers Day celebration on 5.9.2018.



Young Researcher Award

Mr. Syed Imran (HOD of Mental Health Nursing) received "Young Researcher" in Mental Health Nursing awarded by the board of management of the Venus International Foundation at VIHA 2018, Chennai on 29th September 2018



Ms. Sumiya Rose Mary Xavier (Lecturer, Dept of Mental Health Nursing) was awarded with Gold medal on 29.06.2019 for scoring Highest marks in M.Sc (N) from Dr. MGR Medical University, Tamilnadu



Parents FEED BACK

“Yenepoya Nursing College provides a great opportunity for the students to build a great career in health care. All the qualified faculties guide the students to improve their performance in academic and also in clinical. In addition college also encourages extracurricular activities of the students by conducting various programs like cultural, sports, etc. The students also get various chances to attend Conference, Seminars, at national and international levels. Overall Yenepoya Nursing College moulds the students in all aspects to be the perfect nurses”

Mr. Varghese

Father of Ms Taniya Varghese
III BSc Nursing

“I am extremely gratified that my daughter, Miss. Reshma Rajan is pursuing her Masters degree in Yenepoya Nursing College. The learning experiences, facilities and training provided by the institution is of par excellence. Yenepoya Nursing College is definitely one of the best platform for wonderful learning opportunities.”

Mrs. Radhamani Rajan

Mother of Ms Reshma
IMSc nursing

Yen to Aspire Events - When Alumni Visits The College



Mrs. Resmi Mohandas Nair 2006-10 batch Alumni and a Registered Nurse, Norfolk and Norwich community hospital, Norwich, UK visited her alma mater on 01/4/2019, Mrs. Resmi Mohandas interacted with the students on career opportunities in United Kingdom.



- On 9th April 2019 **Mrs Sithara**, 2006 BSc Nursing batch alumni visited the Alma Mater. Mrs Sithara has worked in Al-Noor Hospital Saudi Arabia for years and was migrating to UK. She addressed second year Bsc Nursing students regarding the procedure for processing to UK.



A walk down the Yenepoyan MEMORY LANE

As I sat down to pen my thoughts, a wave of emotions swept past me, leaving a lump in my throat. As I like to call it, my Yen days were fulfilled and cherished as one of the best memories of my youth.

First year gave me a lot of heartaches as I was away from my parents, and neither did I know the way of life in India being an NRI most of my life. I was petrified to make friends or trust anyone for fear of being made fun of or ridiculed. Then comes the supplementary exams like a blow to my entire career or so I thought. But as time flew, I jelled in with all and chose some extraordinary friends too who stood by me through thick and thin, and I learnt along the journey that it's not always about marks but being a human with values. And there were my Kannadiga friends who supported my journey with Kannada as a second language. Sweet blessings!

I will never forget, dear Mam Susan, our Principal, who was a beacon of guiding light for me. She scolded me, encouraged me, gave me that drive to choose the best in life. She was an inspiration as I saw her manage her Ph.D. studies beautifully with her responsibilities towards the college. Isn't that motivating? She was my Research guide, as well. It was an honour to learn from her. My lecturers, from Shanti Mam, the first day to my last year professors, were exceptional individuals who had so much to offer from their ocean of knowledge.

My college mates or Classmates, as we named ourselves, were a terrific bunch of humans. So lively, so creative and at the front for all activities be it dance, role play, campaigns, elections, you name it, we were there. I will never forget Mr. and Ms. Yenepoya's competition, which was my first onstage experience in the world of the beauty pageant. And we, the First year nailed it! That was a thrilling experience. My dearest seniors allowed me to have a debut music performance for the super senior's convocation. I will ever be grateful for that opportunity.

Community postings were a joy ride. I enjoyed visiting houses and doing community work, especially among the villagers, which also included eating tamarinds, mangoes, and spending time at the beach before boarding back the bus. The cream of those days was the clinical rotation, which was never complete without yummy masala dosa from the canteen and noodles from the small vendor inside the compound. Sleeping during night postings in the O.R rooms were some of the most peaceful naptimes I had. But of course, we did work hard to get our Cumulative record brimming with signatures. Those clinical rounds and case presentations were something that laid a foundation for my now Nurse Educator career.

I still remember the HIV facility's trip and the visit to Geriatrics home. I did not see one sad face there. They were all smiling, welcoming, and hopeful of a brighter and better future. My heart just went out to them. Once again, I learnt from them to be thankful and that I need to count my blessings every day. All my whining seemed so insignificant when I walked out from there.

By my final year, I realized all those silly stupid boys - girls fights and forming gangs just took a good chunk of what we could have done for our college and society as a team. Had we stuck together more and forgot our differences, Yen days would have been still more beautiful and memorable. Now I cannot undo any damage that I did then. But I can promise myself that I will teach my children to enjoy each moment, to be courageous and kind, and love all and hate none.

Mrs Bini John Babu

Nurse educator
Hamad General Hospital , Doha Qatar
(Batch of 2005 BSc Nursing)



Article

Human BODY



Number of bones - 206

Number of muscles - 639

Number of kidneys - 2

Number of milk teeth - 20

Number of ribs - 24 (12 pairs)

Number of chambers in the heart - 4

Largest artery - Aorta

Normal Blood pressure - 120/80 mmHg

pH of blood- 7.4 (7.35-7.45)

Number of vertebrae in the spine - 33

Number of vertebrae in the Neck - 7

Number of bones in middle Ear- 6

Number of bones in Face - 14

Number of bones in Skull - 22

Number of bones in Chest - 25

Number of bones in Arms - 6

Number of bones in each human ear - 3

Number of muscles in the human arm - 72

Number of pumps in heart - 2

Largest organ - Skin

Smallest cell - Blood cell

Biggest cell - Egg cell (ovum)

Smallest bone - Stapes

First transplanted organ - Heart

Average length of small intestine - 7 m

Average length of large intestine 1.5 m

Average weight of new born baby - 2.6 kg.

Body Temperature - 37C (98.60 F)

Average blood volume - 4.5 liters
(7% of body weight)

Average life of RBC -120 days

Average life of WBC - 5-8 days

Pregnancy period - 280 days

Number of bones in human foot - 33

Number of bones in each wrist- 8

Number of bones in hand- 27

Largest endocrine gland - Thyroid

Largest lymphatic organ - Spleen

Largest cell - Nerve cell

Largest part of brain - Cerebrum

Largest gland - Liver

Largest bone - Femur

Strongest bone - Femur

Number of chromosomes in human cell -46
(23 pairs)

Number of bones in new born baby -300

Largest muscle - Gluteus Maximus (Buttock)

Number of cranial nerves - 12 pairs

Number of spinal nerve - 31 pairs

Normal respiratory rate - 16-24 breaths/min

Normal pulse rate - 60-100 beats/min

Chandan Kumar, II BSc Nursing





My Life

Everyday of my life is great for me !
Nothing is there in my life as good or bad.
But thinking makes it so!
God loves to help me in my life
So I will strive to help others
If I have big desires, I will become
Poor in my life!
Reality of my thoughts and dreams
Makes me happy in my life!
I am happy everyday because,
I can handle more than, I think of !
My life is great, So I will make the most out of it.

Mohammad Ashraf. C, IBSc Nursing



STUDENT LIFE IS GOLDEN LIFE



It is said that “student life is golden life” because student life is the most important part of human life. It is the period of pure joy and happiness, because the mind of a student is free from worries of a grown-up life.

In this period, the character of a man is built So, it is called as the formative period of human life. Every student should try his/her best to make the best use of student life.

The primary duty of a student is to learn and to acquire knowledge. Students must do all the work at the right moment and maintain punctuality & discipline. Also must remember that if a student becomes successful in career and the character is built on a sound basis, he /she will be able to shine in any sphere of life and serve society and country.

A student should spend most of his time of this golden period in reading and learning. A good student never wastes time fixed for reading. But they must not be a book warm being always engaged in studies. They should be careful about their studies, health.

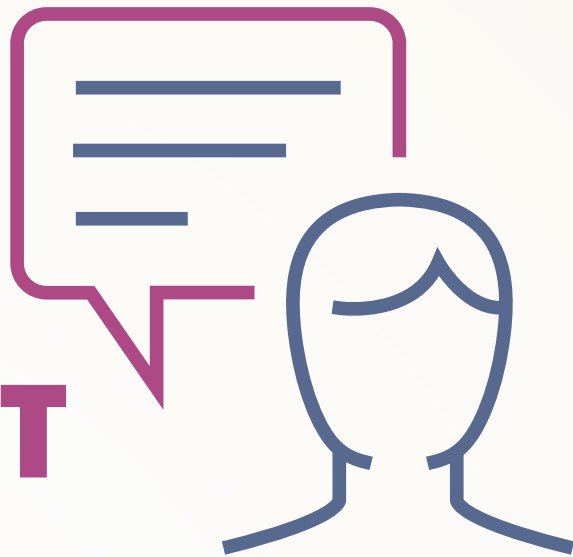
As a student one must try to develop intellect. Also should try to acquire some good qualities like obedience, dutifulness, respect, love and sympathy for fellow men in the society. The duty of a student is to obey parents & teachers and respect the elders of the society.

Students are the future hope of a country. So every student should try to be the best citizen in all aspect, so that they may serve the country.

Lithiya Mathew, III B Sc Nursing 

ADVICE FROM A PATIENT

Chandan Kumar, II BSc Nursing 



**This may be a normal day at work for you,
But it's a big day in my life.**

**The look on your face and the tone of your voice,
Can change my entire view of the world.**

**Remember, I'm not usually needy or scared
I'm here because I trust you, help me to stay confident.**

**I may look like I am out of it
But I can hear your conversations.**

**I'm not used to being naked, around stranger
Keep that in mind.**

**I am impatient because I want to get the heck out of here,
Nothing personal**

**I don't speak your language well
You are going to do what?**

**I may only be here for four days
But I will remember you the rest of my life**

**I may not be from your place, caste, religion or community
But I hope you see me as human being.**

**I may be dirty, diseased, and infectious
But I hope you will make me healthy.**

**Whatever I'm for you but you are an angel,
God who takes away sadness from me**

Your patient needs your patience...



LESSONS OF LIFE

There was a man who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest, in turn, to go and look at a pear tree that was a great distance away. The first son went in the winter, the second in the spring, the third in summer, and the youngest son in the fall.

When they had all gone and came back, he called them together to describe what they had seen. The first son said that the tree was ugly, bent and twisted. The second son said it was covered with green buds and full as promise. The third son disagreed: he said it was claden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen. The last son disagreed with all of them: he said it was ripe and drooping with fruit, full of life and fulfilment.

The man then explained to his sons that they were all right, because they had each seen but only one season in trees life. He told them that you cannot judge a tree, or a person, by only one season and that the essence of who they are and the pleasure, joy, and love that come from that life can only be measured at the end, when all the seasons are up.

If you give up when it's winter, you will miss the promise of your spring, the beauty as your summer and fulfilment as your fall. Don't let the pain as one season destroy the joy as all the rest. Don't judge life by one difficult season persevere through the difficult patches and better times are sure to come some time or later.

Fathima M.N, II B.Sc Nursing





**I never knew your worth, till this day,
The day you left me, oh! My love...
I was dropped down, deep into solitude
On this day, without you my love...
You made my mornings, as a 'Good morning'
And were my companion in joy and grief
But on this day, when I glanced around,
You were missing and left me broken.....
The days grew worst,
The nights grew long without you my love....
I missed you dears on the roads,
The mess, the room and all along
I wondered when he started hating you, my dad
He was the one who introduced you,
to me still I don't care dear,
I loved you and love you still
Ohh my dear, my heart, my mobile,
Pardon me for breaking you
It was an accident, you slipped from my hand
Sorry dear, forgive me...**

Hima Bindu L.G, I BSc Nursing



THE TASTE OF CLINICAL POSTING

Chandan Kumar, II BSc Nursing



During the month of November we started our first round of clinical posting at Yenepoya Medical College Hospital. In the first year they gave us a taste of what clinical is like. Now we are in second year so we were posted for Medical Surgical Nursing. I am so thankful I had clinical posting in the hospital earlier, so for me this posting has been a breeze. We were partnered with the best teachers (Mr. Jobin, Prof. Shashikumar, Mr. Santosh, Mrs. Anju and Ms. Pavithra) for our 8-hour shift. I have been so lucky to work and practice with some great teachers at this YMCH. The teacher I was assigned to really changed my perspective of the nursing staff and environment last month. This particular teacher really knew their responsibility. During this situation, I was trying to achieve my role of a student nurse while being professional in my actions.

Now here's thought, How many of students or nurses take the time to really know your patients. I know- A hospital is different than a practical room. Trust me I get that. What if we took 5 minutes, just a few, to learn our patients names and maybe how they like their blankets or what their routine is. If we took this short time to ask them how we can make them comfortable maybe less patients would be cranky, yell, cry, or complain. Something as simple as making sure the patient can follow their daily routine (to the best of our ability in the hospital) can do wonders for their sleep which we all know is important with healing. This can ease anxiety, fear, and can make their stay better. We are the one who spend most of the time with patients, not the Doctor. You know their illness, their medications, their treatment plan, and prognosis.

Patients are people. They are more than their illness and diagnosis and they are more than a IP number. Treat them that way and I know we will have less patients yelling and complaining which we all know would make a much better 8-hour shift.

Lastly- we thank our teacher and staff nurses. They are more than willing to help and teach us. I thank my Medical Surgical Nursing Department teachers for making us understand nursing and meaning of comprehensive nursing care. Doctors- respect and thank us. We are the advocates for our patients and are many times behind on struggling to keep up in the shift. Nurses have one of the hardest jobs and many times could not get it all done without doctors.

This experience has changed the way I look, at new situation with intimate care and that I will fulfil in the future. I have understood the nursing and really it is the best and noblest profession in the world. I am discovering that our education can only guide us, but it is the experience that allows us to develop our feelings and beliefs. By completing this taste of my clinical posting experience I learnt that I had a hidden personal issue with intimate care. With knowledge gained from this experience and from similar future situations, I believe that I can develop a comfort in my skill level. Having to adapt to a variety of different situations and conditions is a part of a nursing career and with experience and further education, I may come to terms with it and develop as a good nurse. Having reflected on my actions, I am confident in my ability to follow my values and ethical beliefs while giving my patients my full attention and providing them with the holistic care.

NEVER SINKING SHIP

Hima bindu L.G, I BSc Nursing



One ship which will never sink is friendship starts at age when we actually don't know about what is friendship? A reaction which starts unknowingly and gives lots of fun in our life. We share each and every incidence of our life with that person called friend. This relationship is most powerful which can be even compared with love between mother and baby. The purest love on the earth is friendship. The real development of a child start with good friend, choosing the friend also becomes very important as we grow up. During childhood, God decides the friend for us but at teenagers we have to choose our own friend who will be with us in every activities and support us when we have failed. Don't even choose a friend who will change you according to their wish but choose that friend who can change for you , as you wish to be with the one who brings lots of happiness in your life, encourages you in everything make you smile when you are sad. Friendship has the power to bring life changing turn you can eat and drink together, talk and laugh together . enjoy life together . I can't Imagine my life without my best friend. I don't need my life to be perfect. I just want to be happy with the few close friends who love me just the way I am. Real friends don't have to speak to or see each other daily, they just remain in each others heart always..... friends forever...



Life

Ms. Maya shaju,

III BSc Nursing



A bit of sour

A core of happiness

Some misunderstandings

Some adaptation's & adjustments

Yeah ! its called life

How we feel

What we acquire

How we rivert

What we give

Yeah! Its called life

FRIENDSHIP

Mrs. Navya, Lecturer
Dept of Community Health Nursing



Friend in need is friend indeed, it appears to be an old saying but same holds good for time forever. Recall the worst time of your life. Now try to remember that one person who stood by you in this hour of crisis. It could either be a parent, sibling or close friend. Your friend was there for you, comforting reassuring and supporting. That's what friends are about: providing constant support, our comforting confidant and our worst critic. They are the family we choose!

Friendship is both good and necessary. Man cannot live all alone. He is a social being. He or she needs someone to share his joys and sorrows. Generally, it is only the people of the same age, character and background, mentality, etc., who can understand him and understand his or her problems. Friends are needed for support and for sharing. Friendship is an elixir which is essential for a happy life. They are needed to turn to when one is in trouble, and facing difficulties.

A good friendship is very difficult to come across. That is why we should appreciate this divine relationship that is based on understanding and feelings. There are lot of benefits of friendship. We just need friends to live happily. Lasting friendship is a blessing for everybody. We don't have to pretend to be someone else when we spend time with our friends. They give us total freedom to be who we really are. We should be grateful to people who make us happy. A true friend is one of the most precious possessions that one can have in life.

According to great Roman Statesman Cicero "Friendship increases happiness and diminishes misery by doubling our joy and dividing our grief". Friendship requires devoting time and patience. There can be disagreements and quarrels also, which is natural, but one must have patience to deal with such frustrations. Being reasonable, a forgiving nature! Willingness to compromise when one can and persistence to rebuild friends are needed for a true and lasting relationship. And here is the great saga of we four friends Benazeera, Lenida, Navya & Melba. We are like different Indian spices added together in a balanced quantity to prepare a delicious dish. We used to share our sorrow, our happiness, our tensions, our comforts like as we share our home made dishes everyday.. We used to share our heroic act of feeding our kids, controlling their uncontrollable naughtiness. Our friends were the real advertisers of latest hairstyle, latest sandal designs, latest bags that has been introduced in the market. It has been the routine discussion when we were free.

Hey! Don't think that we never used to discuss or think about our academic activities. It was our part of life. We used discuss on newer methods of teaching style, regarding thesis works, research workouts, happenings of class room etc etc. More memorable is sharing our workload tensions, we used quarrel during when tensed but it used to last for a minute. Fact is we are daughters of different mothers, fighters of different problems, but we are lighters of same institution to lighten up our institution THE Yenepoya.

INDIA ART AND CULTURAL HERITAGE



Dr. Padma Priya, Associate Professor
Dept. of Obstetrical & Gynaecological Nursing



India is a nation where you can observe an ideal merged of countless traditions and culture. Indian culture and heritage is so unique and valuable. Cultural evolution has been a continuous process in the country.

Harappan culture (Indus Valley Civilization) marks the first stage in the development of Indian culture. Harappans created sculpture, seals, pottery, and jewellery from materials, such as terracotta, metal, and stone.

The Gautam Buddha and Mahavira, two great philosophers and thinkers on the land of India gave a new path to history of India. In around 6th century BC.

Kiln fired pottery was produced as early as B.C 4000.

Copperwares came to be produced around B.C 3000.

The Aryans contributed the Vedas.

During the later Vedic period, the Ramayana and Mahabharata were composed.

The Gandhara school of Art developed during the time of the Kushans.

Large and beautiful temples were built during the reign of the Gupta Empire.

The Pratiharas were great patrons of art, learning and literature.

The pallavas received Nalanda and founded the Vikramshila University at Magadha.

Taj Mahal were created during Mughal rule. The construction started in 1632 AD and completed in 1653 AD

The five great Tamil epics like Cilappatikaram, Manimekalai, Civaka Cintamani, Valayapathi and Kuntalakeci occurs in Mayilainathars commentary of Nannul in early 5th, 6th and 10th century.

The Sangam classics date mainly from the 300's B.C.

The Dravidian languages spoken in southern India have an ancient literature. The four languages of the group are Tamil, Telugu, Kannada, and Malayalam.

During the Delhi Sultanate period the famous Qutub Minor was built in Delhi.

Indian art consists of a variety of arts in the form of paintings, sculpture, pottery, and woven silks.

The origin of Indian art can be traced to pre-historic settlements in the 3rd millennium BC.

The early Indian Art include rock art, Mauryan art, Colossal Yaksha statuary, Buddhist art, and Gupta art

They are 8 Indian art styles like Madhubani painting (Bihar), Tanjore painting (Tamil Nadu), Warli Art (Maharashtra), Pattachitra painting (Orissa), Mughal painting (Mughal Era), Rajput painting (Rajputana), kalamkari painting (AP) Gond painting (MP) and Many more...

A smile is a curve that sets everything straight

Dr.Sasi Kumar. S

Professor, Dept of Medical Surgical Nursing 



College life is the life when you start focusing on career and become serious towards passion, dreams. Going off to college involves significant adjustments to daily routine like sleeping, eating habits, time management skills and stress levels altered. Stress is an inevitable part of life; it can take a toll on student's physical health, emotional wellbeing and academic success unless they learn to manage it appropriately. College students are balancing classes, exams, case study, case presentation, assignments etc

A good hearty laugh everyday relieves from stress and physical tension. Thus, even the muscles are relaxed after good laughter of 45 minutes. Laughter increases the immune cells in our body and decreases the stress hormones. Also, it fights the infection-fighting antibodies. So, it helps in improving a person's resistance to power against the diseases. Laughter increases the blood in your body and also the functioning of blood vessels. Thus, it can help in protecting a person against a heart attack.

Additionally, laughter helps you feel good. The good feeling that you actually get during laughter remains with you even when you stop laughing. Thus, laughter helps you with a positive view in difficult times. A slight smile or a laugh can do a world of good for you.

Benefits of Laughing Regularly

Improves Cardiovascular Health

Laughing is a good workout for your cardio. Especially for people who are not very active throughout the day can laugh several times. Also, you will burn calories and remain healthy by laughing. Laughing is an exercise where you inhale oxygen and this stimulates the heart.

Laughter reduces the pain. There are tiny neurochemicals in our body in the form of endorphins that acts as a pain reliever. So, when you laugh, it releases the endorphins. Thus, it can help in reducing the pain and thereby enhances your mood.

Laughter lowers Blood Pressure. One of the simplest medicines to reduce your blood pressure is laughter. Besides, there are no side effects of laughter. There are only positive effects on one's wellbeing through laughter. Thus, it becomes important to have a daily dose of laughter to control your blood pressure.

Laughter reduces Stress. Laughter helps in reducing the level of stress hormones in one's body. Thus, it will ultimately reduce the anxiety and stress that can negatively impact your body. Also, reduction in stress will lead to higher immune performance.

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. One study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter helps to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer also.



Ms. Neetha, Asst. Lecturer
Dept of Medical Surgical Nursing



ಬಂತು ನೋಡಿ ಸಮಯ, ಏನ್ ಡಿಮಾಂಡ್ ಅಲ್ವಾ? ಹೌದು ಆ ಸಮಯ ಯಾವುದು ಅಂದು ಕೊಂಡಿರಿ? ಅದು ಎಲೆಕ್ಷನ್ ಟೈಮ್. ಈ ಸಮಯದಲ್ಲಿ ಅತ್ತೆಗೊಂದು ಕಾಲ ಸೊಸೆಗೊಂದು ಕಾಲ ಎಂಬ ಗಾದೆ ನೆನಪಾಗುತ್ತದೆ.

ಮತದಾನ ಎನ್ನುವುದು ನಮಗೆ ಬೇಕಾದ ಅರ್ಹ ಅಭ್ಯರ್ಥಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡುವ ಪ್ರಕ್ರಿಯೆ ರಾಜಕೀಯ ಎನ್ನುವುದು ದೇಶದ ಬೆಳವಣಿಗೆಗೆ ತುಂಬಾ ಮುಖ್ಯ. ಒಬ್ಬ ಉತ್ತಮ ರಾಜಕಾರಣಿಯ ಪಾತ್ರ ದೇಶದ ಅಭಿವೃದ್ಧಿಗೆ ಬಹಳಷ್ಟಿದೆ. ನಿರ್ಲಕ್ಷ್ಯ ರಾಜಕಾರಣಿಗಳಿಂದಾಗಿ ದೇಶದಲ್ಲಿ ಅದೆಷ್ಟೋ ಸಮಸ್ಯೆಗಳು ಸರಿಹೋಗದೆ ಇನ್ನು ಬೇರೂರಿವೆ ಎಂದು ನಮಗೆ ತಿಳಿದಿದೆ. ನಮ್ಮ ಒಂದು ಮತ ಒಬ್ಬ ರಾಜಕಾರಣಿಯ ಆಯ್ಕೆಗೆ ಕಾರಣವಾಗುತ್ತದೆ ಎಂದಾದರೆ, ಅದು ದೇಶದ ಬೆಳವಣಿಗೆಯ ಮೇಲೂ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ. ಹಾಗಾಗಿ ಮತದಾನ ಎನ್ನುವುದು ಕಣ್ಣಿಡ್ಡು ಕುರುಡರಾಗಿ ಕಿವಿ ಇದ್ದು ಕಿವುಡರಾಗಿದ್ದುಕೊಂಡು ಅಭ್ಯರ್ಥಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡುವ ಪ್ರಕ್ರಿಯೆಯಲ್ಲ.

ಮತದಾನ ಪ್ರತಿಯೊಬ್ಬ ನಾಗರಿಕನ ಹಕ್ಕು, ಒಬ್ಬ ಸೂಕ್ತ ರಾಜಕಾರಣಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡುವುದು ನಮ್ಮೆಲ್ಲರ ಹಕ್ಕು ಅಲ್ಲವೇ? ಆ ಹಕ್ಕನ್ನು ಜವಾಬ್ದಾರಿಯಿಂದ ನಿಭಾಯಿಸುತ್ತಿದ್ದೇವೆಯೋ

ಇಲ್ಲವೇ!? ಎಂದು ಯೋಚಿಸಲೇಬೇಕಾದ ವಿಷಯ. ನಾವು ಪಕ್ಷಗಳಿಗೆ ಆಡಿಕಟ್ಟು ಆಗುತ್ತಿದ್ದೇವೆ ಎಂದರೆ ತಪ್ಪಾಗಲಾರದು. ನಾವೂ ಒಂದು ಪಕ್ಷಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ ನೀಡಿದದ್ದಲ್ಲಿ, ಆ ಪಕ್ಷದಲ್ಲಿ ಯಾರೇ ಅಭ್ಯರ್ಥಿ ಇರಲಿ ಅವರು ಅರ್ಹರೋ, ಅನರ್ಹರೋ ಎಂದು ಯೋಚಿಸುವ ಸಾಮಾನ್ಯ ಜ್ಞಾನ ನಮಗಿಲ್ಲವೇ, ನಾವು ಅವರಿಗೆ ಮತ ನೀಡುತ್ತೇವೆ ಹಾಗೂ ಅವರು ಏನೇ ತಪ್ಪು ಮಾಡಿದರೂ ಅದು ಸರಿಯೆಂಬಂತೆ ವಾದಿಸುತ್ತೇವೆ. ವಿದ್ಯಾವಂತರಾಗಿ ಈ ರೀತಿಯ ನಿರ್ಧಾರ ಎಷ್ಟರಮಟ್ಟಿಗೆ ಸರಿ?

ನಾವು ಸರಿಯಾದ ಅಭ್ಯರ್ಥಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡಲು ಅನರ್ಹರಾದಾಗ, ರಾಜಕೀಯವನ್ನು ದೂಷಿಸಿ ಏನು ಪ್ರಯೋಜನ? ಒಂದು ರೀತಿಯಲ್ಲಿ ರಾಜಕೀಯ ದಾರಿ ತಪ್ಪಲೂ ನಾವು ಕಾರಣರೇ !. ನಮಗೆ ಒಬ್ಬ ಉತ್ತಮ ಅಭ್ಯರ್ಥಿಯನ್ನು ಆಯ್ಕೆ ಮಾಡಲು ಆಗದಿದ್ದಾಗ, ನಮ್ಮ ರಾಜಕೀಯ ಪದ್ಧತಿ ಸರಿಯಲ್ಲ ಎಂದು ಮುಂತಾದ ದೂರುಗಳನ್ನು ಹೇಳುವ ಅಧಿಕಾರ ನಮಗಿರುವುದಿಲ್ಲ.

ನಮ್ಮ ದೇಶದ ಭವಿಷ್ಯವು ನಮ್ಮ ಕೈಯಲ್ಲಿದೆ. ಒಳ್ಳೆ ಅಭ್ಯರ್ಥಿಗೆ ಮತ ನೀಡುವ ಮೂಲಕ ದೇಶದ ಬೆಳವಣಿಗೆಗೆ ನಮ್ಮದೊಂದು ಅಳಿಲು ಸೇವೆಯಿರಲಿ.

ಸಿರಿಯ ಅಸಲಿ ಬೆಲೆ ಎಷ್ಟು?

MAHADEVA M.D, 1 YEAR PBBSC NURSING



ಇಂದಿದ್ದು ನಾಳೆ ಇಲ್ಲದಂತಾಗುವ ಈ ನಶ್ವರ ಪ್ರಪಂಚದ ಮೋಡವನ್ನು ಅಳೆದವರು ಸಂತರು, ಶರಣರು, ಮಹಂತರು. ಅವರಿಗೆ ಈ ಪ್ರಪಂಚದ ಸಿರಿ ಸಂಪದವೆಲ್ಲವೂ ಒಂದು ಹುಲ್ಲು ಕಡ್ಡಿಯಂತೆ. ನಮಗಾದರೆ ಈ ಪ್ರಪಂಚವೇ ಸರ್ವಸ್ವ ಧನಕನಕಾದಿಗಳಿಗಾಗಿ ನಾವು ಹೋರಾಡುತ್ತೇವೆ. ಒಂದು ಅಮೂಲ್ಯವಾದ ಆಯುಷ್ಯವನ್ನು ವ್ಯರ್ಥ ಕಳೆಯುತ್ತೇವೆ. ಒಂದು ಗೇಣು ಭೂಮಿಗಾಗಿ ಮಹಾಭಾರತದಂಥ ಘನ ಘೋರ ಯುದ್ಧವೇ ನಡೆಯಿತು ಅಣ್ಣ - ತಮ್ಮಂದಿರಾದ ಕೌರವರು, ಪಾಂಡವರು, ಬದ್ಧ ವೈರಿಗಳಂತೆ ಹೋರಾಡಿ ಮಡಿದರು. ಒಂದು ಕ್ಷಣ ರೂಪದ ಆಕರ್ಷಣೆ ಒಳಗಾಗಿ ರಾಮಾಯಣ ನಡೆದುಹೋಯಿತು. ಸುಂದರವಾದ ಲಂಕಾ ಪಟ್ಟಣ ಬೂದಿಯಾಯಿತು. ಮಹಾಶಿವಭಕ್ತನಾದ ರಾವಣ ಅಸುನೀಗಿದ, ಅಪಾರ ಜೀವಹಾನಿ ಸಂಭವಿಸಿತು. ಇಂಥಾ ನಶ್ವರ ಸಂಪತ್ತಿನ ಮೋಹವು ಸಂತರು, ಶರಣರ ಬಳಿ ಎಂದೂ ಸುಳಿಯಲಿಲ್ಲ.

ಚೀನಾ ದೇಶದ ಸಂತ ಲಾವೋಸ್ವೆ ನಾವೆಯಲ್ಲಿ ಕುಳಿತು ನದಿ ದಾಟುತ್ತಿದ್ದ. ಅದೇ ನಾವೆಯಲ್ಲಿ ಒಬ್ಬ ಸಿರಿವಂತನಿದ್ದ. ಸಂತನನ್ನು ಕಂಡು ವಂದಿಸಿ ಚಿನ್ನದ ಸರವನ್ನು ಕಾಣಿಕೆಯಾಗಿ ಕೊಟ್ಟ. ತಕ್ಷಣ ಸಂತ ಆ ಸರವನ್ನು ನದಿಗೆ ಎಸೆದ. ಸಿರಿವಂತನು ನೀರಿಗೆಳಿದು ಅದನ್ನು ತಂದ. ಸಂತರ ಇದು ಚಿನ್ನದ ಸರ ಇವರ ಬೆಲೆ ಎಷ್ಟು ನಿಮಗೆ ಗೊತ್ತೇ?. ಎಂದು ಕೇಳಿದ. ಸಂತ ಲಾವೋಸ್ವೆ ಹೇಳಿದ ಅದರ ಬೆಲೆ ನಿನ್ನನ್ನು ನೀರಿಗೆ ಜಿಗಿಸುವಷ್ಟು! ಈ ನದಿ ಸಾವಿರಾರು ಬಣ್ಣದ ಮೀನುಗಳಿಗೆ, ಮೊಸಳೆಗಳಿಗೆ, ಅಸಂಖ್ಯ

ಜಲಚರ ಪ್ರಾಣಿಗಳಿಗೆ ಆಶ್ರಯ ಕೊಟ್ಟಿದೆ. ಈ ಜೀವಂತ ಸಿರಿಯ ಎದುರು ನಿನ್ನ ಈ ನಿರ್ಜೀವ ಚಿನ್ನದ ಸರಕ್ಕೆ ಏನು ಬೆಲೆ? ಸಂತರ ಈ ನುಡಿ ಕೇಳಿದಾಗ ಸಿರಿವಂತನ ಕಣ್ಣು ತೆರೆಯಿತು.

ಹಸಿವನ್ನು ಇಂಗಿಸಿಕೊಳ್ಳುವುದಕ್ಕಾಗಿ ಒಂದು ಕೋಳಿಯು ಸಿರಿವಂತರ ತಿಪ್ಪೆಯನ್ನು ಕದರುತ್ತಿತ್ತು. ಅಲ್ಲಿ ಆಕಸ್ಮಿಕವಾಗಿ ಅದಕ್ಕೆ ಒಂದು ರತ್ನದ ಹರಳು ದೊರೆಯಿತು, ಅದನ್ನು ನೋಡಿದ ಕೂಡಲೇ ಕೋಳಿಯು ಕಾಲಿನಿಂದ ದೂರ ಎಸೆದು ಹೇಳಿತು. ನೀನು ರಾಜ ಮಹಾರಾಜರನ್ನು ಮರಳು ಮಾಡಿರಬಹುದು, ನಿನಗಾಗಿ ಅವರು ಹೋರಾಡಿ ಪ್ರಾಣಿಯನ್ನು ಕಳೆದುಕೊಂಡಿರಬಹುದು ಆದರೆ ನಾನು ಮಾತ್ರ ನಿನಗೆ ಮರುಳಾಗಲಾರೆ, ಏಕೆಂದರೆ ನಿನ್ನಿಂದ ನನ್ನ ಹಸಿವನ್ನು ನೀಗಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ. ಇಷ್ಟು ಹೇಳಿ ಕೋಳಿಯೊಂದು ಮತ್ತೆ ತಿಪ್ಪೆಯನ್ನು ಕೆದರ ತೊಡಗಿತ್ತು. ಆಗ ಅದಕ್ಕೆ ಒಂದು ಜೋಳದ ಕಾಳು ಸಿಕ್ಕಿತು. ಅದನ್ನು ತೆಗೆದುಕೊಂಡು ಕಣ್ಣಿಗೆ ಒತ್ತಿಕೊಂಡು ನೀನು ದೇವರು ಅನ್ನಬ್ರಹ್ಮ ನೀನು ಮಾತ್ರ ನನ್ನ ಹಸಿವನ್ನು ನೀಗಿಸಬಲ್ಲೆ ಎಂದು ಕಾಳನ್ನು ಸೇವಿಸಿ ಕುಣಿಯುತ್ತಾ ಹೊರಟಿತು. ಅಷ್ಟರಲ್ಲೇ ಅಲ್ಲಿಗೆ ಬಂದ ಒಬ್ಬ ಮನುಷ್ಯ ಕೋಳಿ ಎಸಿದಿದ್ದ ರತ್ನದ ಹರಳನ್ನು ಎತ್ತಿಕೊಂಡ ಇದನ್ನು ನೋಡಿದ ಸಿರಿವಂತರ ಮನೆಯವರು ಬಂದು ಆತನನ್ನು ಹಿಡಿದು ಶಿಕ್ಷಿಸಿದರು. ಕೋಳಿಯಷ್ಟು ಬುದ್ಧಿ ಮಾನವರಿಗೆ ಇರುವುದಾದರೆ ರಾಮಾಯಣ, ಮಹಾಭಾರತದಂಥ ಅನಾಹುತ ನಡೆಯುತ್ತಿತ್ತೇ? ಇದಕ್ಕೆಲ್ಲ ಕಾರಣ ಮನುಷ್ಯನಲ್ಲಿರುವ ನಶ್ವರ ಸಿರಿಯ ವ್ಯಾಮೋಹ.



ಅಮ್ಮ ನಿನ್ನ ತೋಳಿನಲ್ಲಿ ಕಂದ ನಾನು

ನಡೆದು ಸಾಗುತ್ತಿದ್ದೆ ನನ್ನದೇ ಹಾದಿಯಲ್ಲಿ
ಮನಸ್ಸಿನ ಕಲ್ಪನೆಗೆ ಒಂದಷ್ಟು ಬಣ್ಣಹಚ್ಚಿ
ಅದ್ಯಾವ ಬಂಧನದ ಕೊಂಡಿ ಹಿಡಿಯಿತು ನನ್ನ
ಅರೇ ಇದ್ಯಾವುದಿದು ನನ್ನನೆಲ್ಲಿಗೆ ಕರೆತಂದಿದೆ
ಪ್ರಶ್ನೆ ಅಷ್ಟೇ ಮನದೊಳು ಮೂಡಿ ನಿಂತಿತು
ಕ್ಷಣಕ್ಕೆ ಈ ಕೈ ಬೆಸೆದು ನುಡಿಯಿತು
ನಾನು ಲಿಪಿ ಸಾಹಿತ್ಯ ಲೋಕ ಸೃಷ್ಟಿಸಿರುವೆ
ಬಾ ಒಮ್ಮೆ ನನ್ನ ಮಡಿಲಲ್ಲಿ ಮಲಗು ಕಂದ
ಎಂಬ ಮಾತು ಕಿವಿಯೊಳು ಜಿನುಗುತ್ತಿರಲು
ಅನುಕ್ಷಣದೊಳು ನುಡಿದೆ ಮರು ಯೋಚಿಸದೆ
ಇದೋ ಓಡಿ ಬಂದಿರುವೆ ಅಮ್ಮ
ನಿನ್ನ ತೋಳಿನಲ್ಲಿ ಸದಾ ನಲಿಯಲು.

Chandan Kumar
I Year PBBSc Nursing



ಉದ್ವೇಶ

ಉದ್ವೇಶ ಒಳ್ಳೆಯದಾದರೆ
ಕಡ್ಡಿ ಗೀರಿದರೆ ಬೆಳಕು
ಬೆಳಕಿನಲ್ಲಿ ಮಿಂಚಿನ ಹೊಳಪು
ಉದ್ವೇಶ ಕೆಟ್ಟದಾದರೆ
ಕಡ್ಡಿ ಗೀರಿದರೆ ಬೆಂಕಿ ಬೆಳಕು
ಸರ್ವನಾಶ ಮಾಡಿದ ನೆನಪು

Elvisha D'souza
II Year B.sc Nursing



ತಾಯಿ

Reveena Rameeza B

II year B.Sc Nursing



ಅಂಬೆಗಾಲಿಕ್ಕುತ್ತ ನಿನ್ನನ್ನು ಹುಡುಕಿ ನಾ ಬರಲು,
ಕೈ ಹಿಡಿದು ನಡೆಯಲು ಕಲಿಸಿದವಳು ನೀನಮ್ಮ!
ಪೆದ್ದು ಪೆದ್ದುಗಿನಾ ತೊದಲು ನುಡಿಯುತ್ತಿರಲು,
ಮುದ್ದು ಮುದ್ದಾಗಿ ಮಾತಾಡಲು ಕಲಿಸಿದವಳು ನನ್ನಮ್ಮ!!

ಕತ್ತಲಿಗೆ ಹೆದರಿ ನಾ ಅಳುತ್ತಿರಲು

ಮೃದು ಅಪ್ಪುಗೆಯಿಂದ ಬೆಳಕನ್ನು ತಂದವಳು ನೀನಮ್ಮ!

ಹಸಿವಿನಿಂದ ನಾ ಕೂಗುತ್ತಿರಲು,

ಪ್ರೀತಿ ತುಂಬಿದ ಕೈತುತ್ತು ತಿನ್ನಿಸಿದವಳು ನನ್ನಮ್ಮ

ನಾನಿಂದು ಇಷ್ಟು ದೊಡ್ಡವಳಾಗಿ ಬೆಳೆದಿರಲು

ಕಾರಣವೇ ನೀ ಜೊತೆಯಲಿರುವೆ ಎನ್ನುವ ನಂಬಿಕೆಯಮ್ಮ!

ನಿನ್ನ ಪ್ರೀತಿ ವಾತ್ಸಲ್ಯ ನನ್ನೊಡನಿರಲು,

ನನಗ್ಯಾಕೆ ಬೇಕು ಬೇರೆ ಸಂಪತ್ತು ನೀನೆ ಹೇಳು ನನ್ನಮ್ಮ!!

ನಾನಿಂದು ಈ ಜಗವನ್ನೊಡಲು

ಜನ್ಮ ಕೊಟ್ಟವಳು ನೀನಮ್ಮ!

ನಿನ್ನ ಕಾಲಡಿಯೇ ನನ್ನ ಸ್ವರ್ಗವಿರಲು,


ನಿನ್ನ ಮಡಿಲಿಗೆ ಆ ಸ್ವರ್ಗವು ನಶ್ವರ ಅಲ್ಲವೇ ನನ್ನಮ್ಮ!!

ನೀ ಮಾಡಿದ ತ್ಯಾಗಗಳಿಗೆ

ನಾ ಹೇಗೆ ಕೋರಲಿ ಧನ್ಯವಾದ, ತ್ಯಾಗಮಯಿ ನೀನಮ್ಮ!!

കണ്ണാടി കഥപറയുന്നു
 കണ്ണുകൾ കഥ പറയുന്നു
 ഒരിക്കലും പറഞ്ഞു തീരാത്ത കഥകൾ
 അയാൾ കണ്ണാടിയിലൂടെ ആ കഥ വായിക്കുന്നു
 കൂറെ കഥകൾ ഒഴുകിയിറങ്ങുന്നു
 ആ മിഴിയിലൂടെ...

അതും അറിയാതെപ്പോലെ
 ആരോടും പറയാതെ മാഞ്ഞു പോയ
 ഒരാഴിരം കഥകൾ
 ഒരിക്കൽ ചില അപരിചിത കുട്ടുകാർ
 ഈ കഥകൾ കൈമാറിയിരുന്നു...

Minnu Sebastian
 II year B.Sc Nursing 

കണ്ണാടികഥകൾ...



മുറിവ്



എന്റെ മറിവുകേൾക്കിനിമുഖം
 മരണം വെള്ളാക്കാൻ നിന്റെ
 മരണകേൾക്കാലിട്ട്...
 ചില പൊന്നുകൾ കേൾക്കുകയാണി
 താലമെത്ര കഴിഞ്ഞാലും
 ഒരു നിമിഷം
 കേൾ കേൾക്കുകയാണി.....

Krishnapriya K V
 II year B.Sc Nursing 

ഓർമ്മകൾ



ഓർമ്മകൾ കുളിർകാറ്റായ്
 എന്നു തഴുകുമ്പോൾ
 സൗഹൃദങ്ങളുടെ ഓർമ്മയ്ക്കായ്
 ഞാൻ കരുതീയ മണിച്ചെപ്പ് താഴെ വീണുടയുന്നു...

കുറവുകൾ പൂക്കുന്നുകാലം
 സ്വപ്നം നെയ്തത് കുടനീവർത്തി
 ചിന്തകൾ പ്രതീക്ഷിതൻ സാഗരത്തിൽ
 ഒന്നിത്ത ഭരതലിൻ ഒരോർമ്മയായ് ഞാൻ

സ്വന്തമാവെന്നും നഷ്ടംസ്വപ്നങ്ങൾ
 ദുരൈക്കൊടു വിരിയുന്ന വസന്തം
 നഷ്ടം സ്വപ്നത്തിൻ നൊമ്പരങ്ങൾ
 നീറുന്ന മനസ്സിൽ ഒത്തിരിയോർമ്മകൾ

ഓർമ്മയായ് നീ കാടിലകലുമ്പോൾ
 ഏകനായ് ഞാനിതാ
 വിത്തുവന്നു മനസ്സും പൊഴിയുന്ന സ്വപ്നങ്ങളുമായ്
 ദുഃഖ സ്മൃതിയിൽ പലതീപിറക്കുന്നതും..
 പ്രതീക്ഷിച്ചിതാ.....

Amrutha Sunny 
 II year PBB.Sc Nursing

സൗഹൃദത്തിന്റെ വഴിയോരങ്ങളിലൂടെ
 ചില പഴുകൾ ഒഴുകുന്നു
 സൗഹൃദത്തണലിൽ കുളിച്ചു
 സൗഹൃദ മഴയിൽ നന്നത്ത്
 നിർവൃതിയോടെ.....
 മിഴി നിറഞ്ഞു...
 സൗഹൃദം പൊലിയുന്നതു ക്
 മനം പിടഞ്ഞ പഴുകളുക്
 അവലും ഒഴുകുന്നു.
 ഓരോരുത്തിൽ മിഴികൾ നിറച്ച്..
 ഒരു പക്ഷെ
 ഈ മിഴിയിൽ കുടി കലർന്നതാലാം
 കടലിന്റെ കരളിൽ ഉഷ്ണത്തത്
 അത് കൊമ്പാം
 ചില കിരകൾ നമുക്ക്
 സൗഹൃദ സന്ധികൾ സമ്മാനിക്കുന്നത്.....

സൗഹൃദം

Sheena Babu 
 I year PBB.Sc Nursing





നീ എന്നു കവ്യം

എന്നിലെ നീന്നു തിരയുകയാണ് ചിലരിപ്പോഴും
 ഉത്തരമില്ല എന്നല്ല.....
 എന്റെ എല്ലാ ഉത്തരങ്ങളും നീയിൽ തുടങ്ങി
 നീയിൽ തീർന്നിരിക്കുന്നു
 നീ എന്നിക്ക് ആരാണു.....എഴുതിയാൽ തീരാത്ത
 കവ്യം തന്നെയാണു..... മിഴി തുളിപ്പിൻ
 നിറയുന്ന നന്മ തന്നെയാണു....
 എണ്ണിയാൽ കരുങ്ങാത്ത ആകാശഗംഗയും
 പറഞ്ഞാൽ തീരാത്ത കടംകിടപ്പും
 കൈയ്യും കൈയ്യും നീ തന്നെയാണു.....


Shiju Kurian 
 II year B.Sc Nursing

നഷ്ട പ്രണയം

എന്തിനോ വേണ്ടി കുമ്പസാരം നാം
 എന്നും എന്തോ പറഞ്ഞതാണായി
 സന്തോഷം നാം ദുഃഖങ്ങൾ
 പരസ്പരം പങ്കുവെച്ചു നാം
 എന്നാൽ ഒരു നിമിഷം കൊണ്ട്
 നിലച്ചു പോയി..
 നില തെറ്റി വീഴാൻ ഒരുങ്ങിയ
 രിലകൾ ആയവർ-
 ജീവിതം എന്തെന്ന് അറിയാത്ത-
 പ്രായത്തിൽ തോന്നിയ ഒരു ചെയ്തി,
 എങ്കിലും അവർ അതിനെ-
 സന്തോഷിച്ചിരുന്നു, ആഗ്രഹിച്ചിരുന്നു.
 കാണാതെയിരുന്നു നാനൂറുകൾ കടന്നു പോയ്
 മാസങ്ങൾ ആയി മാറിയത്..
 എന്ത് കൊണ്ടോ ഈശ്വരൻ പോലും
 അവർ ഒന്നാകരുതെന്ന്
 തോന്നലായിരുന്നിരിക്കണം
 നീ എന്ന ഓർമ്മ.....



വായിച്ചാൽ വിളയും, വായിച്ചില്ലെങ്കിൽ വളയും

Maria Mathew
IV year B.Sc Nursing 



വായന വളരെ നല്ലൊരു ശീലമാണ് എന്നാൽ ഇന്ന് പല കുട്ടികളും ഇത് ഉപേക്ഷിച്ചു കൊണ്ടിരിക്കുകയാണ് പുതിയ പുതിയ വിനോദങ്ങൾ അവർതന്നെ കണ്ടെത്തിക്കഴിഞ്ഞിരിക്കുന്നു. പക്ഷേ വായന മനുഷ്യന്റെ തലച്ചോറിനെ വികസനത്തെ സഹായിക്കും. വായിച്ചാൽ വളരും വായിച്ചില്ലെങ്കിലും വളരും എന്ന പ്രയോഗം വളരെ അർത്ഥവത്താണ്. ഇക്കാലത്ത് നാം വായനയുടെ ആവശ്യകത മനസ്സിലാക്കേണ്ടത് വളരെ അത്യാവശ്യമാണ്. വായനയിലൂടെ മാത്രമേ നമുക്ക് നമ്മുടെ ഉള്ളിൽ ഉള്ളത് പുറത്തു കൊണ്ടുവരാൻ കഴിയൂ. വായിക്കാതെ നമ്മൾ മറ്റു കാര്യങ്ങൾ മാത്രം നോക്കുകയാണെങ്കിൽ നാം ചെയ്യുന്ന പലതും തെറ്റായി പോകും വായിക്കുന്നതിലൂടെ നമ്മുടെ മനസ്സിനെ ബോധവൽക്കരിക്കുകയാണ്.

വായനാദിനം വന്നെത്തിയപ്പോൾ കുഞ്ഞുണ്ണി മാഷിന്റെ ഈ വരികളാണ് ആദ്യം മനസ്സിലേക്ക് ഓടിയെത്തുന്നത്. ഇങ്ങനെ ഒരു ദിനം വായിക്കാന്മാത്രമായി വേണോ എന്നതാണ് എന്റെ ചിന്ത. മറക്കാതിരിക്കാനായി ഒരു വായനാ ദിനം എന്നു വേണമെങ്കിൽ പറയാം. എന്താണ് ആദ്യമായി വായിച്ചതെന്ന് ഓർമ്മയില്ല, ആരാണ് വായിക്കാൻ പഠിപ്പിച്ചതെന്നും ഓർമ്മയില്ല, എങ്കിലും വായനാ ദിനത്തില് ഓർക്കൻ പലതുമുണ്ട്.

കുമാരനാശാൻ , വള്ളത്തോള്, ബഷീർ , ഒ.എൻ .വി കുറുപ്പ്, മാധവിക്കുട്ടി തുടങ്ങി മലയാളത്തിൽ വായനയുടെ സുകൃതം പകർന്നവർ നിരവധിപേരുണ്ട്. മലയാളിയെ അക്ഷരത്തിന്റേയും, വായനയുടെയും ലോകത്തേക്ക് കൈപിടിച്ചു ഉയർത്തുകയും, കേരളത്തിലെ ഗ്രന്ഥശാലാ പ്രസ്ഥാനത്തിന് അടിത്തറയിട്ട ശ്രീ പി.എൻ പണിക്കരുടെ ചരമദിനം ആയ ജൂൺ 19 ഇത്തരമൊരു കാര്യത്തിന് ഏറ്റവും അനുയോജ്യമായ ദിവസം എന്നുതന്നെ പറയാം.

വായിച്ചാലേ വളരൂ എന്നുണ്ടോ..? വായന ഇഷ്ടമില്ലാത്ത ചിലർ ഇങ്ങനെ ചിന്തിക്കുന്നുണ്ടാകാം. വായിക്ക്, വായിക്ക് എന്ന് അലമുറയിടുന്ന അമ്മയും അച്ഛനും, സ്കൂളിൽ ചെന്നാൽ അധ്യാപകരുടെ ശാസന, എന്നാൽ അവരൊക്കെ പറയുന്നത് പാഠപുസ്തകം തുറന്ന് വായിക്കാനാണ്, പിന്നെങ്ങനെ പുസ്തകം തുറക്കാൻ തോന്നും എന്നാണ് ചില കുസൃതിക്കുട്ടന്മാർ പറയുന്നത്. പാഠപുസ്തകത്തിൽ നിന്നും ഒരുപാട് ദുര സഞ്ചരിക്കേണ്ടിയിരിക്കുന്നു. നിരന്തര വായനയിലൂടെ മാത്രമേ യഥാർത്ഥത്തിൽ നമ്മൾ ഉദ്ദേശിക്കുന്ന ലക്ഷ്യത്തിൽ എത്തിച്ചേരാനാകൂ. അതിന് കുട്ടിക്കാലം മുതലേ വായന ഒരു ശീലമാക്കുക തന്നെ വേണം. കയ്യിൽ കിട്ടുന്നതെന്തും വായിക്കാനുള്ള ഒരു മനസ്സ് എല്ലാവർക്കു ഉണ്ടാകണം.

വായന മരിക്കുന്നു എന്ന് പലരും പറയുന്നു. എന്നാൽ അതല്ല യാഥാർത്ഥ്യം. വായനയുടെ രൂപവും രീതികളുമാണ് മാറിയിരിക്കുന്നത്. ഇന്റർനെറ്റും, ഇമെയിലും ഉപയോഗിക്കുന്നവരാണ് പലരും. പുസ്തക വായന ആയമുള്ളതാണെങ്കിൽ, ഓൺലൈൻ വായന പരന്നതെന്ന് പറയാം.

ഒരു വിരലത്തുമ്പിൽ ഒരുങ്ങുന്ന വായന തീർച്ചയായും കൗതുകമുള്ളതു തന്നെ. സാങ്കേതിക വിദ്യ വികസിച്ചതോടെ കത്തുകളുടെ സ്ഥാനത്ത് ഇടംപിടിച്ച ഇമെയിലുകളും, ബ്ലോഗുകളും ആധുനിക തലമുറയെ വായനയോട് അടുപ്പിക്കുന്നുണ്ട്. വായന താളിയോലകളിൽ തുടങ്ങി പേപ്പർ വഴി മോണിറ്ററിലേക്ക് എത്തിയിരിക്കുന്നു. വരുംകാല സാങ്കേതിക വിദ്യ വായനയെ ഏതു തരത്തിൽ നമുക്ക് മുന്നിൽ എത്തുമെന്നു പറയാൻ കഴിയില്ല.

എന്നാൽ ഒരിക്കലും മണവും സ്വർശവും അറിഞ്ഞുകൊണ്ടുള്ള പുസ്തകവായന മാറ്റിവെച്ച് ഓൺലൈൻ വായനയെ പരിപോഷിപ്പിക്കരുത്. സ്കൂൾ തുറന്ന് പുത്തൻ ബാഗും ഉടുപ്പുമൊക്കെ ഇട്ട് സ്കൂളിലെത്തുമ്പോൾ നിങ്ങളക്കായി സ്കൂൾ ലൈബ്രറിയിൽ എത്ര സുഗന്ധമുള്ള പുസ്തകങ്ങളാണ് ഒരുക്കിയിരിക്കുന്നത്. പുസ്തകങ്ങൾ ഹൃദയത്തോട് ചേർത്ത് പിടിക്കാൻ ഓരോരുത്തർക്കും കഴിയണം. ലോകം വിരൽ ത്തുമ്പിലേക്ക് ഒരുങ്ങിയപ്പോൾ നമ്മുടെ കുഞ്ഞുങ്ങൾ പുസ്തകങ്ങളിൽ നിന്ന് അകന്നു. കേവലം സർട്ടിഫിക്കറ്റുകളിലേക്ക് മാത്രം ഒരുങ്ങുന്ന അക്കാദമിക് പുസ്തകങ്ങളിൽ മാത്രം വായന അവസാനിക്കുന്നു. ഇത് ലോകം അറിയാതെ പോകുന്നു.

യഥാർത്ഥത്തിൽ ഇത് ഒരു അപകരകരമായ അവസ്ഥയാണ്. ജോലിക്കുപോകുന്ന മാതാപിതാക്കളെ സംബന്ധിച്ച് കുട്ടികളുടെ അവധി പേടിസ്വപ്നമാണ്. ലോകമെങ്ങുമുള്ള

രക്ഷിതാക്കൾ കുറെക്കാലമായി പറയുന്ന ഒരു പരാതിയുണ്ട്. കുട്ടികൾക്ക് പുസ്തകം വായിക്കാൻ താല്പര്യമില്ല.

അവരുടെ വായനാശീലം കുറയുന്നു. അതുകൊണ്ട് അവരുടെ വിജ്ഞാനനിലവാരം വേണ്ടത്ര ഉയരുന്നില്ല. വായനാശീലം വളർന്നാൽ കുട്ടികളുടെ വിദ്യാഭ്യാസം വിജയിക്കും. പക്ഷേ, എങ്ങനെ വായനാശീലം വളർത്താനാകും? അതിന് നമുക്കും ചിലത് ചെയ്യാനാവും.

എല്ലാ രക്ഷിതാക്കളും ഒരു കാര്യം മനസിലാക്കണം. വായനയ്ക്ക് പകരം വായന മാത്രമേയുള്ളൂ. കമ്ബ്യൂട്ടറും ഇന്റർനെറ്റും സി.ഡി.യുമൊക്കെ ജ്ഞാനസമൃദ്ധമാണെന്ന് നല്ലതാണ്. പക്ഷേ, അതൊന്നും പുസ്തകത്തിന് പകരമല്ല.

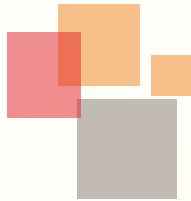




PHOTO Gallery

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HOD



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Professor



Mr. Gireesh GR
Associate Professor



Mr. Jobin
Asst. Professor



Mrs. Hezil Reema Barboza
Lecturer



Mrs. Anju Ullas
Lecturer



Mrs. Indumathi
Lecturer



Mrs. Prashma
Lecturer

DEPARTMENT OF MEDICAL SURGICAL NURSING – FACULTY



Mr. Santhosh
Lecturer



Ms. Pavithra
Lecturer



Mrs. Jyothi Rao
Lecturer



Mr. Nidhina Paul
Lecturer



Mr. Melwin Jacob
Lecturer



Mrs. Juliet
Asst. Lecturer



Mr. Neetha
Asst. Lecturer



Mrs. Alexy
Asst. Lecturer

DEPARTMENT OF MENTAL HEALTH NURSING – FACULTY



Mr. Syed Imran
HOD



Mrs. Viji Prasad
Asst. Professor



Ms. Renita Monteiro
Lecturer



Mrs. Nissi Angel Baby
Lecturer



Ms. Sumiya Mary Xavier
Lecturer



Mrs. Vineesha Dhanesh
Asst. Lecturer

DEPARTMENT OF COMMUNITY HEALTH NURSING – FACULTY



Dr. Leena K C
HOD



Mr. ANADA
Asst. Professor



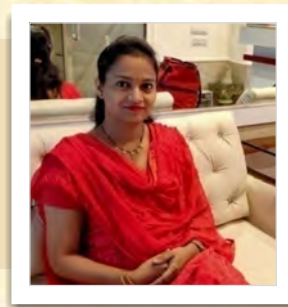
Mrs. Savitha
Asst. Professor



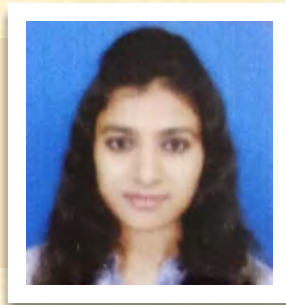
Mrs. Shycil Mathew
Lecturer



Mrs. Nithyashree
Asst. Professor



Mrs. Nayva
Lecturer



Ms. Chaithra
Asst. Lecturer

DEPARTMENT OF OBSTETRICAL AND GYNECOLOGICAL NURSING - FACULTY



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HOD



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Professor



Mrs. Padmapriya
Associate Professor



Mrs. Vinayakumari
Asst. Professor



Ms. Vinitha Dsouza
Asst. Professor



Ms. Amisha Amin
Lecturer



Ms. Pallavi
Asst. Lecturer

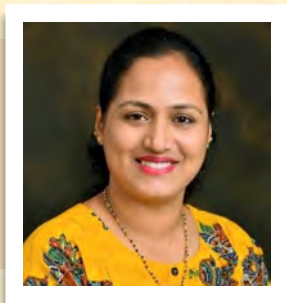
DEPARTMENT OF CHILD HEALTH NURSING



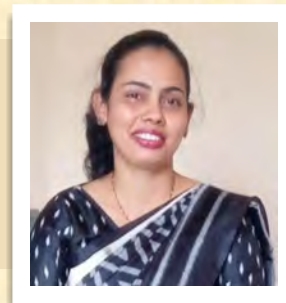
Prof. Umarani J
HOD



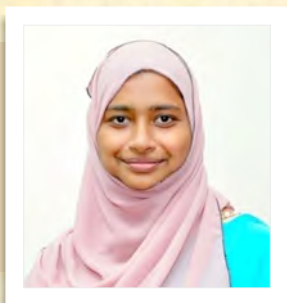
Dr. Priya Reshma Aranha
Asst. Professor



Mrs. Renita Priya Dsouza
Asst. Professor



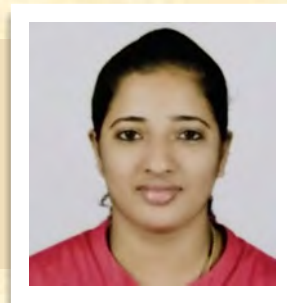
Mrs. Melba Roshini Lobo
Asst. Professor



Mrs. Benazeera
Asst. Professor



Mrs. Sharin Neetal Dsouza
Lecturer



Mrs. Anna Thomas
Lecturer

Parents Teacher Meeting

December 2018



TEACHERS DAY – TASK



YEN FLAG BEARERS

PBBSC STARS



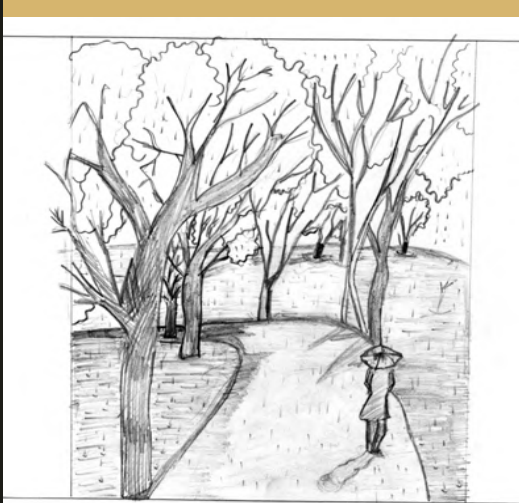
BSC Nursing Sunshine





Art Gallery

Art Gallery



Abhirami P R
II B Sc Nursing

Abhirami P. R
01/04/2020

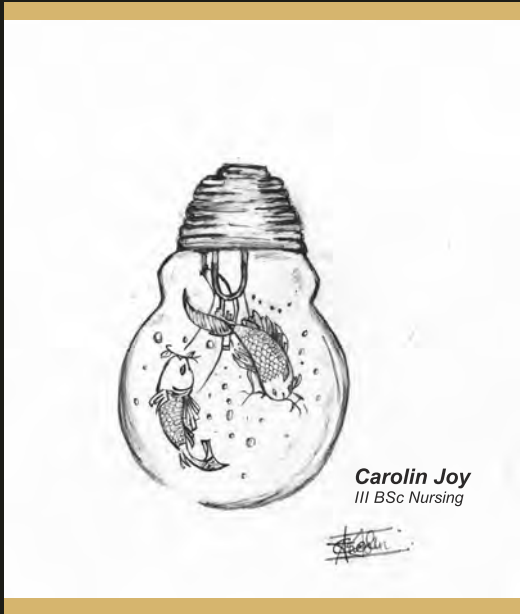
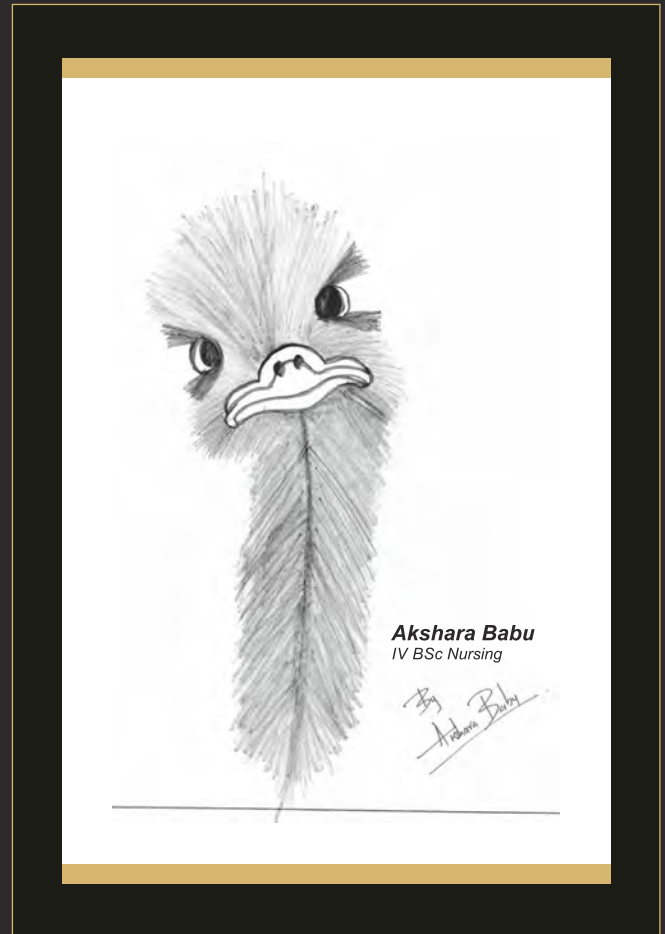


Adheena M
II BSc Nursing

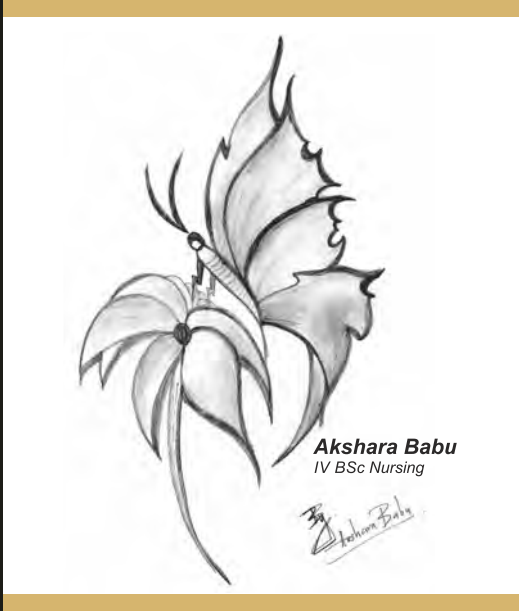


Adheena M
II BSc Nursing

Art Gallery

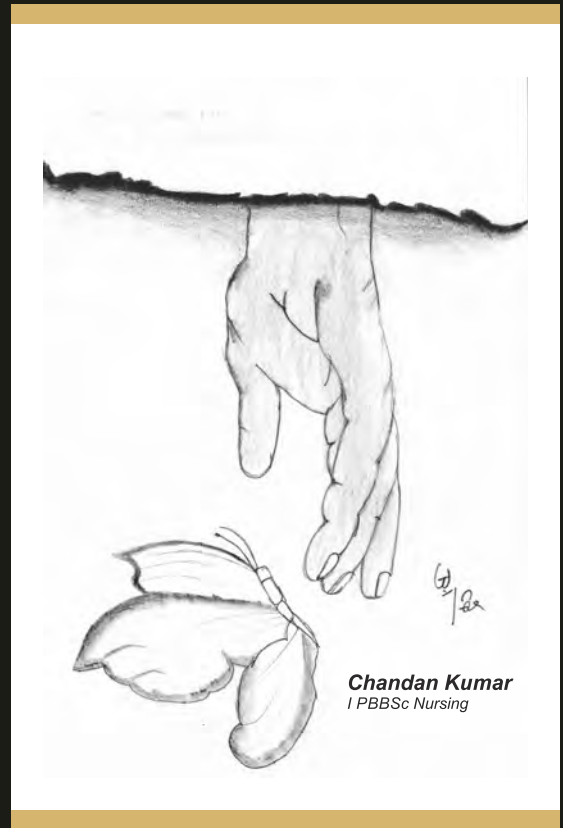


Art Gallery



Akshara Babu
IV BSc Nursing

Akshara Babu



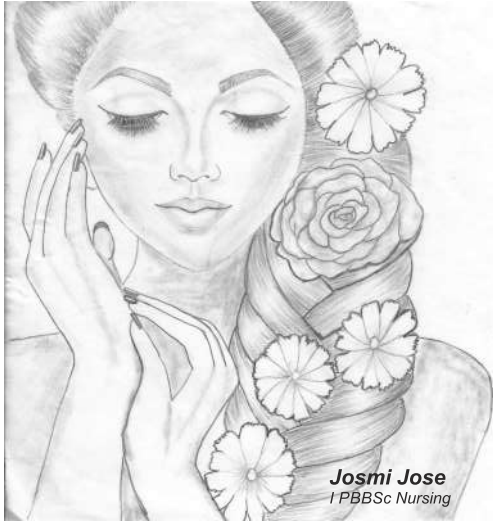
Chandan Kumar
I PBBS Nursing

Chandan Kumar



Anshika
20/10/2020

Art Gallery



Josmi Jose
I PBBSc Nursing

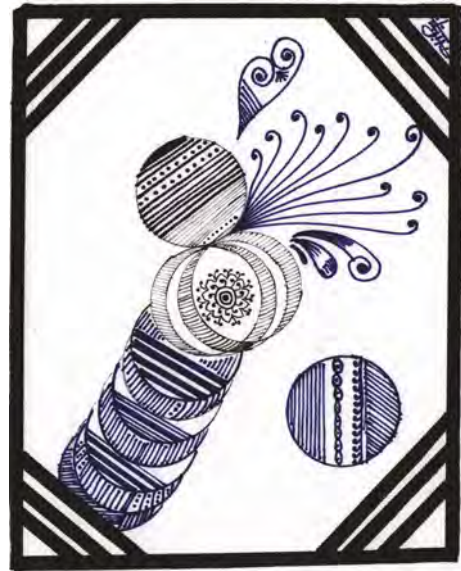


Vidhya
I BSc Nursing



Mary Thomas
II BSc Nursing

Art Gallery

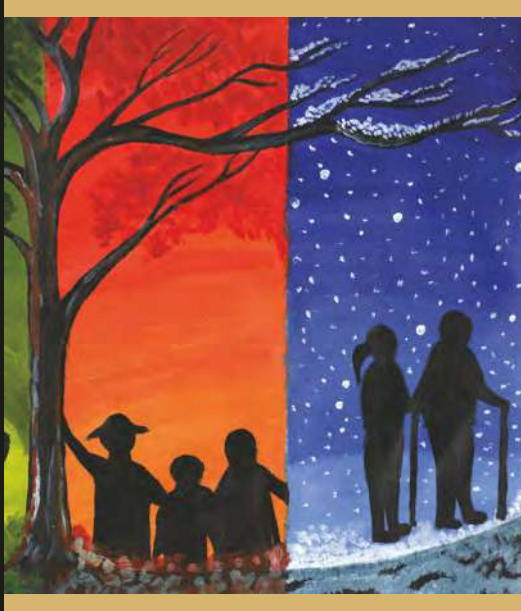


Mrs Nithyashree BV
Asst Professor
Dept of Community Health Nursing



Sheena Babu
I PBBS Nursing

Art Gallery





Vidhya, I year B.Sc. Nursing



Neethu, II year B.Sc. Nursing



Varsha, II year P.P.B.Sc. Nursing



Athira Bhaskaran, III year B.Sc. Nursing

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