

Creation

YENESIS

2021-22

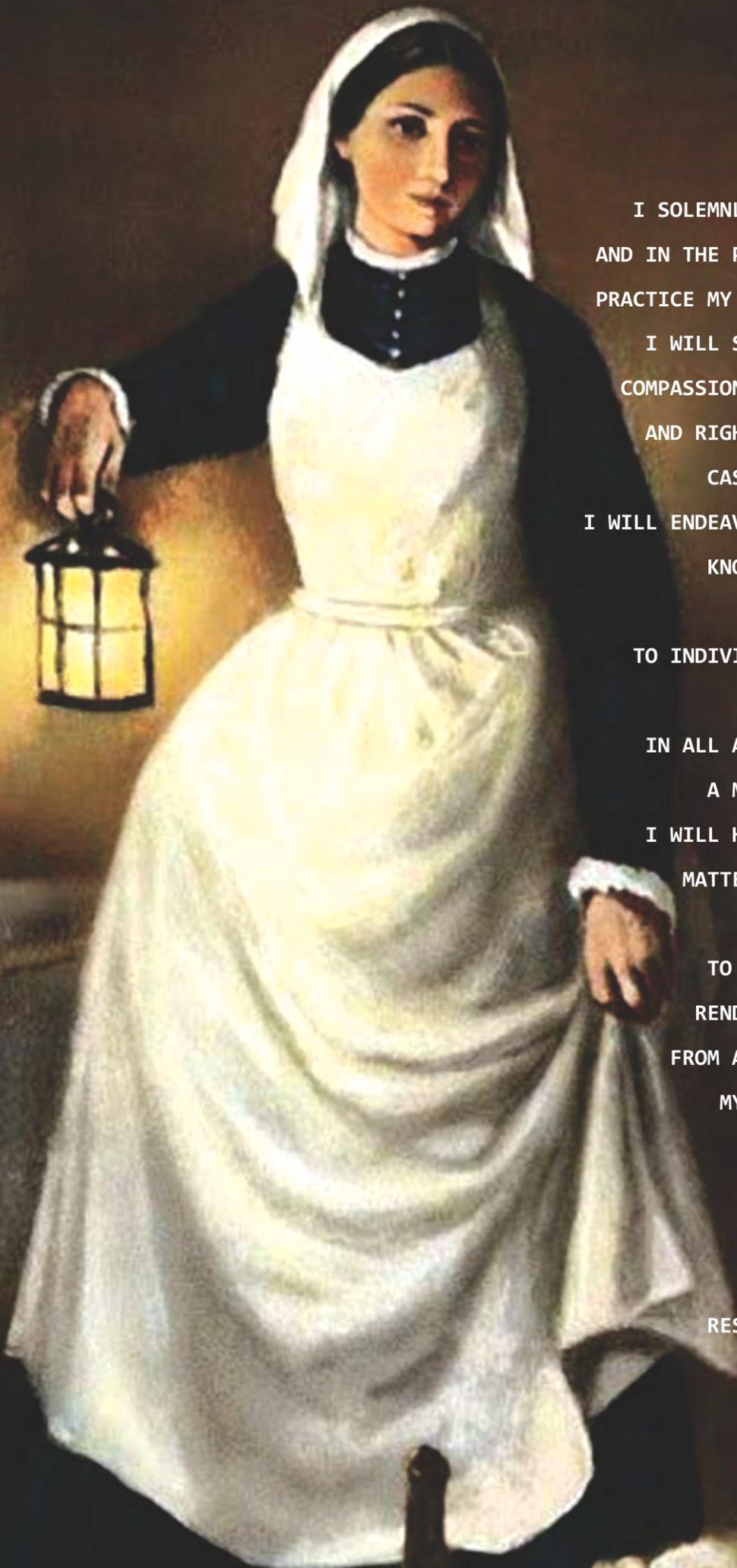


YENEPOYA
[DEEMED TO BE UNIVERSITY]

YENEPOYA NURSING COLLEGE

UNIVERSITY ROAD, DERALAKATTE, MANGALURU - 575018





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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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.

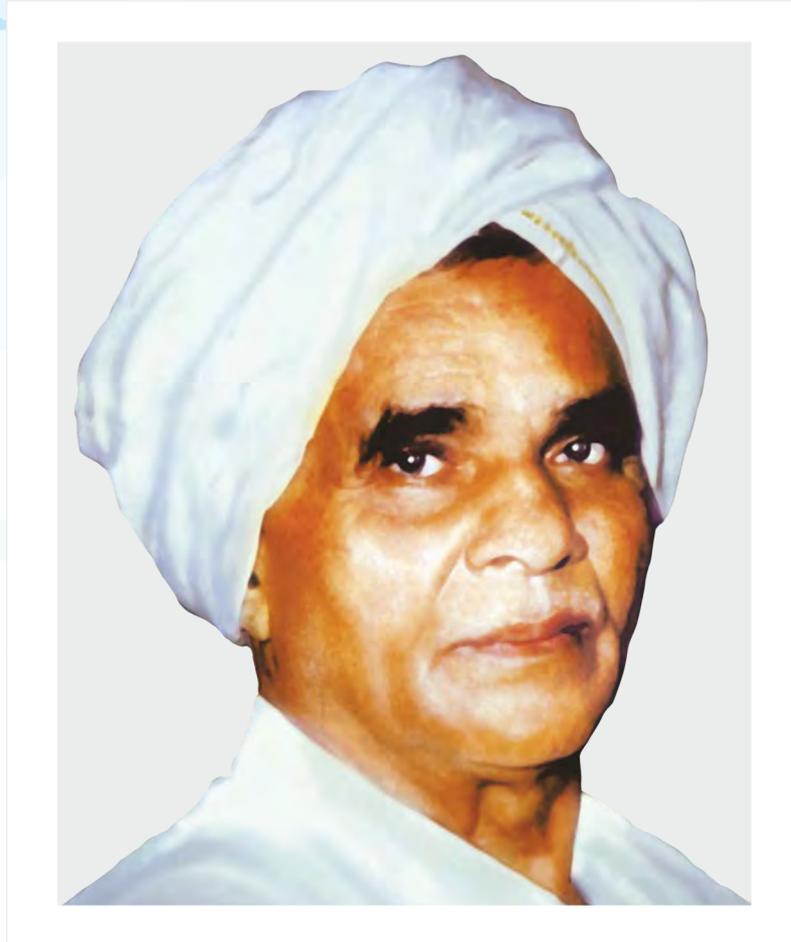


MISSION

- ◆ 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



LATE AL-HAJ YENEPOYA MOIDEEN KUNHI

FOUNDER OF THE INSTITUTION
(1905 - 1983)

MESSAGE



Knowing that Yenepoya Nursing College will be publishing the yearly college magazine, "Yensis 2021-2022" is undoubtedly a source of great pleasure.

In addition to serving as a platform for faculty and students to share their ideas, topics, and viewpoints, the college magazine plays a key role in showcasing the accomplishments of the institution. For their tireless work in publishing the college magazine, the editorial team deserves my appreciation and best wishes.

Thank you.

A handwritten signature in blue ink, which appears to be "Y. A. Kunhi". The signature is stylized and written in a cursive-like font.

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

MESSAGE



A magazine is a significant publication that serves as a cheerful archive of accomplishments and happenings. It serves as a platform for faculty and students to highlight their curricular and extracurricular Achievement.

The fact that the staff and students at Yenepoya Nursing College publish the college magazine 'Yenesis' each year makes me happy. I commend the editorial team for their effort in releasing "Yenesis 2021-22."

A handwritten signature in blue ink, appearing to read 'Dr. M. Vijayakumar'. The signature is stylized and fluid, with a prominent flourish at the end.

Dr. M. VIJAYAKUMAR
Vice Chancellor
Yenepoya (Deemed to be University)

MESSAGE



I am extremely happy to know that Yenepoya Nursing College is coming out with its annual college Magazine. I had the privilege of seeing the growth of YNC from its inception, presently under the ambit of Yenepoya Deemed to be University.

Primarily college magazines focus on inspiring students to come out with innovative ideas & to give a platform to showcase their creative talents in literacy & art.

The nursing college empowers their students to be lifelong learners & creative thinkers to prepare them to face the fast growing Global scenario this also reflects & records various achievements & activities of the college. Nursing college is always in the forefront in conducting curricular or co curricular activities.

I congratulate the Principal, editorial board & its active contributors in bringing out an excellent college Magazine.

Dr. Sripathi Rao

Pro Vice Chancellor
Yenepoya (Deemed to be University)

MESSAGE



I am very happy to know that the Yenepoya Nursing College is bringing out this year's issue of their annual magazine "Yenesis 2021-22".

Magazines serve to bring out the hidden talent & creativity out of the staff & the students. They can also serve as the space for the college to reflect their curricular & co-curricular achievements in one place. My congratulations to the Principal & the editorial team for their sincere efforts in bringing out the College Magazine year after year without fail.

Best wishes for the entire team once again.

Dr. GANGADHARA SOMAYAJI

Registrar
Yenepoya (Deemed to be University)

MESSAGE



Each issue of "Yenesis 2021-22" is a milestone that celebrates the spirit, creativity, and talent of the students of Yenepoya Nursing College. Apart from developing the knowledge and skill of students to provide competent, compassionate, culturally sensitive care, the college has seen the overall growth of the students both academically and in extracurricular activities. As you flip through the pages of this magazine, you will see the incredible talents and works of the students. I am happy that yet another edition of the Magazine is being published for the year 2021-22. I applaud the coordinated efforts of the editorial team in bringing out this annual college magazine.

Best wishes,

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

MESSAGE



I am very happy that over the years Yenepoya Nursing College has given the students a variety of opportunities to share their fond memories, views and ideas in a creative way through the college magazine -"Yenesis 2021-22" It is also an authentic record of all the co-curricular and extra- curricular achievements of the students. Doing the best at this moment puts everyone in the best place for the next moment. I wish the students would explore their potential to bring many more laurels to Yenepoya Nursing College. I congratulate the editorial team for their hard work, perseverance and tremendous contribution to successfully generating "Yenesis 2021-22."

Dr.Umarani J

Vice Principal, (Administration)
YNC

MESSAGE



"The best teachers are those who show you where to look but don't tell you what to see. - Alexandra K. Trenfor

Curiosity is a powerful force. Take some time and search for something you've always wanted to know more about. Indulge your curiosity.

At the outset I have great pleasure in conveying my best wishes to the College Magazine Committee is bringing out the college magazine "Yenesis 2021-22" All contributors and students deserve congratulations. I hope other students will also feel inspired and motivated to build up their writing and presenting skills.

I congratulate the entire Editorial team led by the Convenor Mrs. Shycil Mathew for bringing together this edition of the magazine.

Mrs. Janet Prima Miranda
Vice Principal, (Academic)
YNC

MESSAGE



Welcome to the fifth issue of "**Yenesis 2021-22**" the college's yearly magazine. This publication is to be seen as a springboard for the students' innate creative desires to develop. As they say, like a parachute, the mind functions best when it is open. This small endeavour seeks to liberate young minds by giving them full rein to explore the world of experience and imagination in order to build a world of beautiful words. Making sure that this magazine has achieved its goal gives me a great deal of pleasure. The magazine's pinnacle is the reflection of the student's originality and accomplishments. Students have expressed ideas and concepts that are too profound to be contained and too powerful to be ignored. The Editorial Board of YENEPOYA NURSING COLLEGE worked together to bring this publication to you. I wish to take this opportunity to thank all of the contributors because it is because of their work that our readers enjoy this magazine so much.

I would like to thank all the dignitaries for taking the time to submit "Messages" with their best wishes for the magazine. I send my warmest greetings to each and every reader, and I sincerely hope that this reminiscence receives your praise as well as serves a crucial function in the pupils' overall growth.

Mrs. Shycil Mathew
Assistant Professor Stage-II
Dept of Community Health Nursing
Staff Editor, Magazine 2021-22



STUDENT EDITORS



Keziya T James
3rd Year BSc Nursing



Steny Thomas
2nd Year BSc Nursing



Alana Dalu
3rd BSc Nursing



Sona Melbin
4th Year BSc Nursing



Scoat Augustine Sanil
2nd Year BSc Nursing



DEEKSHARAMBH 2021-22

A week long Orientation and Induction Program “DEEKHARAMB-2021” from 4th to 8th October 2021 was organised by Yenepoya (Deemed to be University) to new entrants of Yenepoya Nursing college, Yenepoya Physiotherapy College, Yenepoya Pharmacy College & Research Centre, Yenepoya Faculty Of Allied Healthcare Professionals, Yenepoya Institute Of Arts Science Commerce And Management and Yenepoya Medical College (Hospital Administration And Audiology & Speech Language Pathology)



Inauguration



Orientation Session

The programme covered interesting & useful sessions on Human values, Mentoring scholarship opportunities, Importance of Physical activity & sports facilities at Yenepoya, Familiarisation with the campus, lecture by eminent people, Gender sensitisation, Student clubs etc. The program was live streamed through Google meet & YouTube.



EXIT EXAMINATION (2021-2022)



Skill assessment on CPR

Exit examination was conducted for the 2021-2022 outgoing batch with the objective to evaluate the essential competencies achieved by the students during the four years of B.Sc Nursing programme. The essential competencies (knowledge and skills) required by a novice graduate nurse were identified by the respective departments. Online MCQ test (50 items) through LMS platform (YENGAGE) was conducted on 13.08.22 from 9.30am to 1pm at digital library. Student's interpersonal and technical skills were assessed on 22-08-2021 from 9 am to 4 pm by conducting OSPE at Nursing Foundation and Community Health Nursing Lab. There were total 10 stations including two response stations.



Skill assessment on
Naso gastric tube insertion and feeding



ACADEMIC HIGHLIGHTS



Skill assessment on
Bio Medical Waste management



Skill assessment on Antenatal palpation



Skill assessment on
Blood Pressure monitoring



Online (YENGAGE) MCQ examination



GLIMPSE OF FINISHING SCHOOL 2021-22

The 5 "FINISHING SCHOOL PROGRAMME" (a comprehensive programme for outgoing batch with focus on overall) was organized in collaboration with Advanced comprehensive Clinical Training and Simulation Centre, Yenepoya (Deemed to be university). Finishing school Programme included basic nursing skills and advanced Skills.



Hands on training on BLS



Management of PPH



Airway management Skill



Demonstration on Hospital Infection Control



FACULTY / SNA

FACULTY PHOTO



SNA Office Bearers 2021-22





COLLEGE LEVEL ACTIVITIES



Student Cultural Competition



Staff Cultural Competition



COLLEGE LEVEL ACTIVITIES



Yenthusia-2022 by SNA



SNA Handing Over ceremony 2021-22



SNA COMPETITION WINNER

KLIN LAMP COMPETITION



1st Prize

Josmy Jose
4th Bsc (N)



Ann Mary Thomas
4th Bsc (N)



2nd Prize

Feba Thampi
3rd BSC (N)



Asiya Banu
3rd BSC (N)



3rd Prize

Femi Sebastian
3rd BSC (N)



Aprana Reghu
3rd BSC (N)



RANGOLI COMPETITION



1st Prize

Brighty Thomas
1st Bsc



2nd Prize

Madona Mathew
2nd BSC (N)



Riya George
2nd BSC (N)



3rd Prize

Aneena Felix
4th BSC



Aswathi Mani
4th BSC



SNA COMPETITION WINNER

ANGEL COMPETITION

1st Prize



Feba Thampi
3rd BSC (N)

2nd Prize



Angel P Babu
II BSc (N)

3rd Prize



Safa Hanan
2nd BSC



Shananaz V N
2nd BSC



CAROL SINGING COMPETITION

1st Prize



Aguns Thomas
2nd BSC



Agnus Philp
2nd BSC



MahimaBoby
2nd BSC



Asiya Banu
2nd BSC



Madona Mathew
2nd BSC (N)



Riya George
2nd BSC (N)



CAROL SINGING COMPETITION

2nd prize



Abin
1st BSC



Abhijith
1st BSC



Susmin
1st BSC



Annmaria
1st BSC



Sandra
1st BSC



Dhanya
1st BSC



CAROL SINGING COMPETITION

3rd Prize



Varna Vinod
3rd BSC



Anoosha Theres
3rd BSC



Anett Chacko
3rd BSC



P. Gopika
3rd BSC



JovimolVino
3rd BSC



Jismy Raju
3rd BSC



CHRITMAS CRIB COMPETITION

1st Prize



Aleena Reji
1st BSC



Aliya Sherin
1st BSC



Brighty Thomas
1st Bsc

2nd Prize



Femi Sebastian
3rd BSC (N)



Prathiba Maria
3rd BSC (N)



Aprana Reghu
3rd BSC (N)

3rd Prize



Anju Jonney
4th BSC



Aswathi Mani
4th BSC



Aneesha Mary
4th BSC



SANTA COMPETITION

1st Prize



Varna Vinod
3rd BSC

FACE PAINTING COMPETITION

1st Prize



Aleena Joseph
4th BSC

2nd Prize



Brighty Thomas
1st Bsc

HAIR STYLE COMPETITION

1st Prize



Reia Lilian
1st BSC

2nd Prize



Angel Mathew
2nd BSC

3rd Prize



Aleena Joseph
4th BSC



MEHANDI COMPETITION

1st Prize



Rahiyanath
4th BSC

2nd Prize



Ayishath Safa
1st GNM

3rd Prize



Fathmath Sahala
1st BSC

MELODY DUET SONG COMPETITION



Thomas Antony
1st GNM

1st prize



Stephen Sunny
1st GNM



Mohammed Shameer
3rd BSC

2nd prize



Asiya Banu
3rd BSC



ANTHAKSHARI COMPETITION

1st Prize



Sanam Sunil
2nd BSC



Fidha
2nd BSC



Hanuna
2nd BSC



Shananz V N
2nd BSC



Brezin
2nd BSC



ANTHAKSHARI COMPETITION

2nd Prize



Nifana
3rd BSC



Mahak
3rd BSC



Salwa
3rd BSC



Prathiba Maria
3rd BSC



Almas
3rd BSC



SOLO SINGING COMPETITION

1st Prize



Sandra
4th BSC

2nd Prize



Stephen Sunny
1st GNM

3rd Prize



Aswathy UK
3rd BSC

SOLO DANCE

1st Prize



Sreeshma
4th BSC

2nd Prize



Kajol Bhaskar
4th BSC

3rd Prize



Angel P Babu
2nd BSc



FOLK DUET DANCE



Aswathy UK
3rd BSC



MAHAK
3rd BSC

1st prize



Aswathi
2nd BSC



Dona
2nd BSC

2nd prize



GROUP DANCE

1st Prize



Susmin
1st BSC



Radhika
1st BSC



Minu
1st Bsc



Aleena Reji
1st BSC



Sandra
1st BSC



Sreya
1st Bsc

2nd Prize



Aprana, ShilpaReji, Annu Jaison,
Nishitha, Aswathy Mani, Jerin , Sreeshma
4th BSC



FASHION SHOW

1st Prize



Anatol Biju, Andriya Benny, Merin C Babu, Brezin P Baby, Swathy A, Nivya, Anusree, Aleena Jossy, Santra Sara Nibu, Safa - (2nd BSC)

2nd Prize



Moideen Muhaz
4th BSC



Sidharth
4th BSC



Munna Jasim
4th BSC



Neeladri Panikar
4th BSC



Mohammed Faisal
4th BSC



MELODY DUET SINGING

1st Prize



Kasturi Banerjee , Paulina Kumari (2nd MSC)

2nd Prize



Anusha Reji
1st PBBSC



Jasmiya KP
1st PBBSC



ANTHAKSHRI

1st Prize



Dr. Priya and Team

2nd Prize



Mr. Jithin and team



LAMP LIGHTING CEREMONY 2021-22



2021 batch B.Sc and GNM Nursing



YOUTH RED CROSS



Disaster management and Mockdrill session for Youth Red Cross Volunteers in collaboration with department of Community Health Nursing on 24th and 25th of June 2021, The resource person was Mr. Ashwin Kumar, SERV instructor, IRCS D.K.



National Integrated Forum of Artists and Activist honored with "International Life saver Award" on 26.09.2021 at Gandhi Bhavana, Kumarapark, Bangaluru



Mega Cancer Screening and Awareness Camp in collaboration with Indian Red Cross Society D.K branch and Mangalore University on 02.02.2022 at Jana Shikshana Trust, Mudipu.



Orientation programme for Youth Red Cross Volunteers and workshop on disaster Management (Including First Aid and Mock drill) in collaboration with Department of Community Health Nursing in collaboration with Indian Red Cross Society, Dakshina Kannada from 01.04.2022 to 04.04.2022.



RED RIBBON CLUB



World AIDS day 2021 program in collaboration with D.K District Administration, Zilla Panchayath, District Health & Family welfare, District AIDS Control & Prevention Unit, District Human rights Department, District Information broadcasting and public relation department, , Self Service Association, Red Ribbon clubs of NSS units organized on 1st December 2021 at Infant Jesus church, Modankapu, B.C road.



Health talk on Prevention and management of Reproductive tract infection to Anganwadi workers by Mrs. Akshatha Kamath, DSRC Counsellor, Wenlock Hospital, Mangaluru



RED RIBBON CLUB



Distribution of eco-friendly napkins by Mrs. Prameela Rao, founder of Kalpa trust, Mangalore



Observation of International day for Elimination of Racial Discrimination. Talk by Dr. Sharath Kumar Blood Bank Officer, District Hospital Wenlock



Clean India Program at Ullal Beach on 31st October 2021

"World No Tobacco Day 2022" on 01.06.2022 at KSRTC Bus stand, Bejai



Awareness talk for anganwadi children and their parents on 22/12/2022 at KudmulRangarao Sabha Bhavana, Gandhinagar, Ullal



EXTENSION ACTIVITIES



Dental screening and health awareness on the occasion of Dental health month 2022



Participants with the resource person; Hands-on workshop -WHO Anthro and Anthroplus software for paediatric and adolescent survey



Observation of World breast feeding day by YMCH



Children's Day Celebration



Distribution of information booklet on Child Nutrition on the occasion of Nutrition Week



Seminar on the occasion on World Day Against Child Labour



TV Talk on Vaccination at Namma TV Mangaluru



In collaboration with DISHA Trust and District Wenlock Hospital, Mangaluru along with IV year B.Sc nursing students observed the Sexual and Reproductive Health Awareness Day and Medical Camp for Sri Shakthi SHG on 14th February 2022 at DISHA Trust, Kinnikambla, Mangaluru, between 10.30 am to 2pm.



In collaboration with D.K District Administration, Zilla Panchayath, District Health & Family Welfare, District AIDS Control & Prevention Unit, District Human Rights Department, District Information broadcasting and Public Relation Department, Self Service Association, Red Ribbon Clubs of NSS units Organized World AIDS day 2021 Program on 1st December 2021 at Infant Jesus church, Modankapu, B.C road.



Blood Donation Camp



Disaster management Mock drill program in collaboration with Youth Red Cross Unit of Yenepoya Nursing College in collaboration with Indian Red Cross Society, Dakshina Kannada organized on 24th and 25th of June 2021.





Nutrition Demonstration Programme regarding Preschool Age Diet on 04/06/2022 at Kumpala Anganwadi





School Health Program at Chethan Nagara Higher Primary School Kumpala on 07.06.2022.



In-service education on First Aid in Emergency, mime and Role play on "Safe Environment Save Life"



COMMUNITY HEALTH NURSING

On account of World No Tobacco Day 2022, National Service Scheme (NSS) Unit V and Centre for Prevention of Substance Abuse-Satellite Unit of YNC in collaboration with Dakshina Kannada Tobacco Control Cell on 01.06.2022 at KSRTC Bus stand, Bejai, Mangaluru.



Inauguration of the program



Presidential address by Vice Principal, YNC



Flash mob by YNC students



Placard display



As a part of International day of action for Women Health conducted Radio Programme in 100.7.FM Community Radio Sarang , St. Aloysius college, Mangaluru on the topic " Women and Reproductive Health".



MEDICAL SURGICAL NURSING

DEPARTMENT OF MEDICAL SURGICAL NURSING



Rally on Observation of World Tuberculosis Day 24.03.2022



Radio talk on observation of World Cancer Day 2022



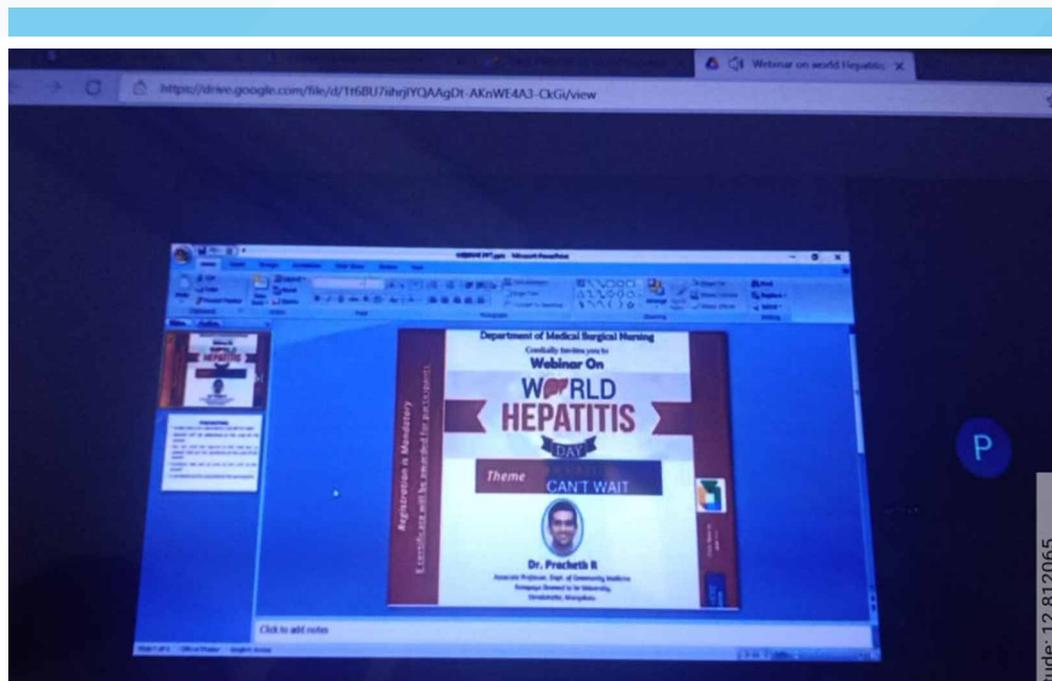
Health checkup and blood donation On the Occasion of World blood donor day on 28.06.2022 at KSRTC bus stand Mangalore



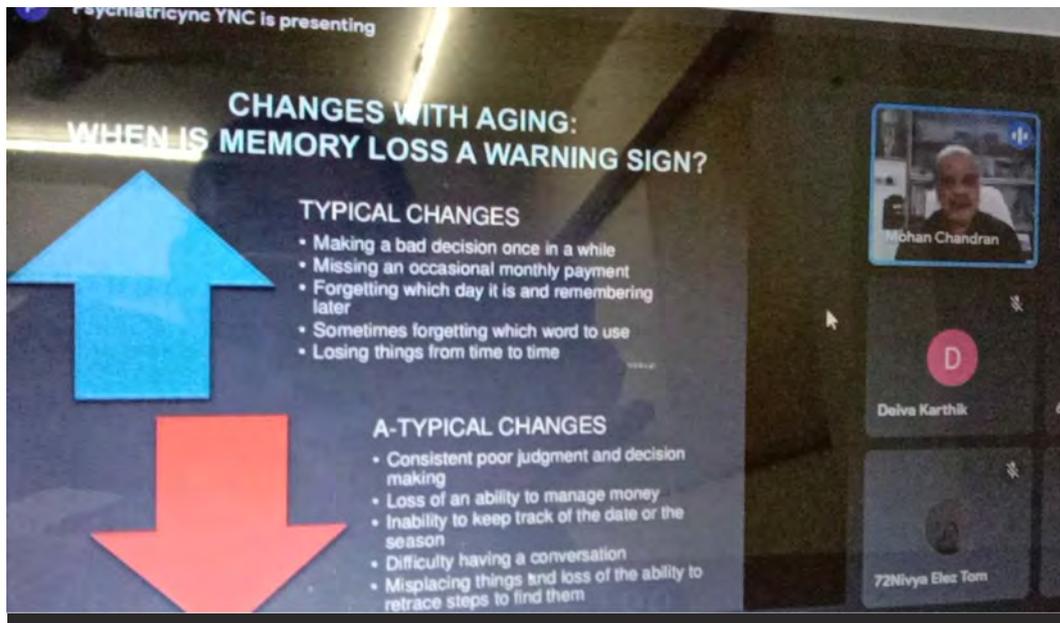
CNE on world liver day 2022



Inter Collegiate E-Poster Competition On Behalf of Anti Terrorism



Webinar on World Hepatitis Day 2022



On account of World Alzheimer's Day 2021 organized a webinar on the theme "Know Dementia, Know Alzheimer's" on 21 September 2021. Resource person was Dr. W.Mohan Chandra.



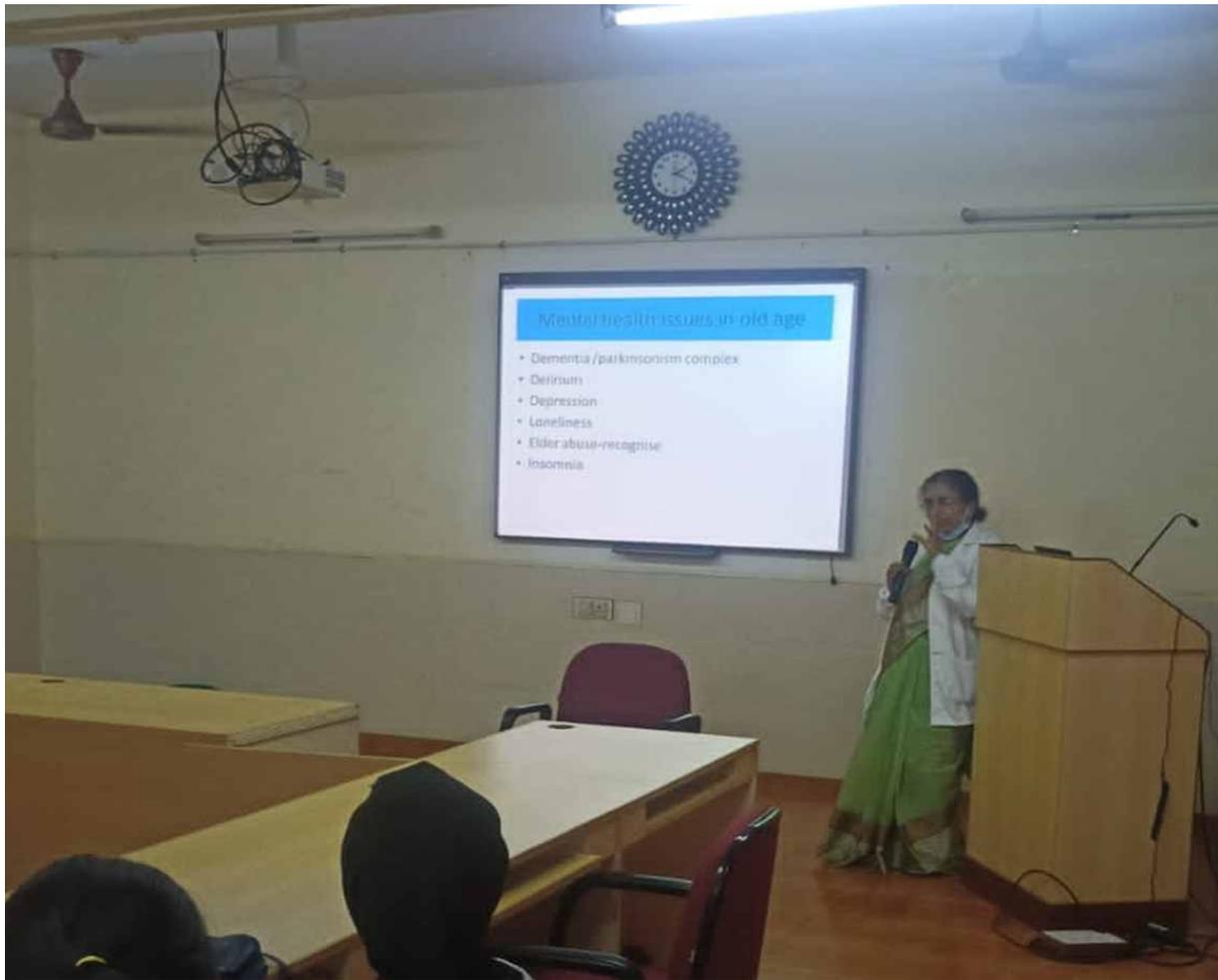
On account of World Autism Awareness Week 2022 organized program in collaboration with the Department of Paediatric and Preventive Dentistry, Yenepoya Dental College on 08.04.2022 & 09.04.2022. Resource person was Ravichandran Karkal, Associate professor, Department of Psychiatry, Yenepoya Medical College



Figure:3 Observation of World Autism Awareness Week -
Activity ton the autistic child



Figure Observation of World Autism Awareness Week -
Psycho education by Students (YNC)



Extension lecture on the topic "Geriatric Care: Scope & Current Scenario" on 12 April 2022 at board room, YNC by Dr. Prabha Adhikari MR, Professor & HoD, Department of Geriatric Medicine, Yenepoya Medical College, Yenepoya (Deemed to be University).



On the occasion of International Day Against Illicit Trafficking & Drug Abuse organized a guest lecture on " Substance Free Campus: Role of Teachers & students" in collaboration with Centre for Substance Abuse Prevention, Yenepoya (Deemed to be University), Satellite unit of YNC & YDC on 25.06.2022 at Dental auditorium, Yenepoya Dental College. The resource person was Mrs. Mamtha Bhandary, Director, Motivitalz, Mangaluru.



International Day Against Illicit Traffic & Drug Abuse



Newborn week poster competition NOV 2021



World breast feeding week health awareness program August 21



Breast cancer awareness program October 21



Observation of girl child day-march 22



Health awareness talk to ASHA workers on tips to ensure safe pregnancy



Health awareness talk to ASHA workers



Vanamahotsava July 2022



Health awareness talk on reproductive tract infections to Anganwadi workers



Observation of Alzheimer's month in collaboration with PAGE, Mangaluru -cognitive assessment among elderly



Launch of Alzheimer's month At Kadri park, Mangaluru



Tenzin Norzom
I BSc (N)



Sandra
II BSc (N)



Priya P Thomas
III BSc (N)



Shilpa Regi
IV BSc (N)



Tsering Chokyi
I P.B.B.Sc (N)



Maya Maria Mathai
II P.B.B.Sc(N)



Yashaswini
I MSc(N)



Bonika Surendran
II MSc(N)



FACULTY ACHIEVEMENTS



Mr. Anand S Assistant Professor, Department of Community Health Nursing National best teacher of the year 2022 at Avishkar achievers award felicitated by Avishkar Foundation, Solapur.



Mrs. Nithyashree B V, Assistant Professor, Department of Community Health Nursing receiving the International Life Saver award.



STUDENT ACHIEVEMENTS



Ms. Asiya Banu of III B.Sc Nursing receiving the best NSS Volunteer award



Ms. Asiya Banu of III B.Sc Nursing receiving International Life saver award



CHILD HEALTH NURSING



COMMUNITY HEALTH NURSING





MEDICAL SURGICAL NURSING



MENTAL HEALTH NURSING





OBG NURSING



NON TEACHING STAFF





YEN PETALS



I YEAR BSc NURSING (2021-22 BATCH)



II B.Sc NURSING (2020-21 BATCH)



III B.Sc NURSING (2019-20 BATCH)



YEN PETALS



IV B.Sc NURSING (2018-19 BATCH)



I YEAR P.B.B.Sc NURSING (2021-22 BATCH)



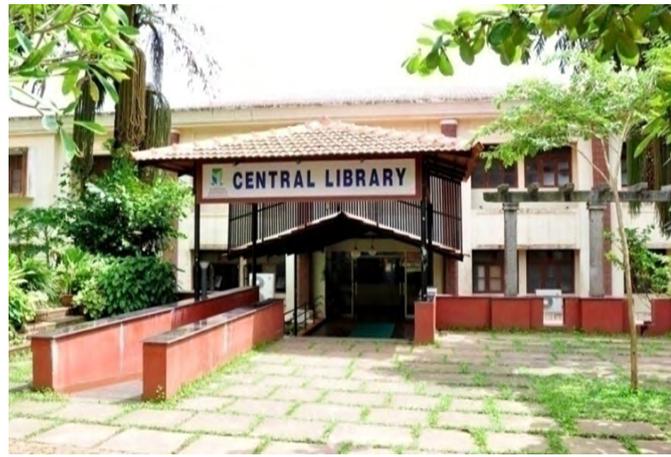
II P.B.B.Sc NURSING (2020-21 BATCH)



I YEAR M.Sc NURSING (2021-22 BATCH)



II M.Sc NURSING (2020-21 BATCH)



CENTRAL LIBRARY



GARDENIA HOSTEL



HOSTEL ROOM



GYM



SOCCER GROUND



YENDURANCE



LOTUS CAFE



MINI THEATRE

പ്രണയമേ



Ms. Nimisha Thilakan
Second Year PBBSC Nursing
2020- 2022 Batch

അനന്തതയുടെ ഇരുളിലേക്ക് ഞാൻ
ചേർന്നലിയാൻ നേരം
യൗവനത്തിലേക്ക് ഒന്ന് നീ കാതോർക്കണം
അന്നേരം വീശുമീ കാറ്റിൻ ശക്തിയിൽ
മിന്നിമറയും നിന്നിലെൻ മുഖം
കാർമ്മേഘം പോൽ മുഖം വീർപ്പിച്ചു നിന്നിലെ
പേമാരിയായി പെഴ്ന്നിറങ്ങിയ എൻ മുഖം ...

ഒരു നേർത്ത വിങ്ങലിൻ നനവായി
ഞാൻ പെയ്തൊഴിയുമ്പോൾ
നീ അറിഞ്ഞീടും
എൻ ഹൃദയ രേണുവിൽ
നിനക്കായ് ഞാൻ സൂക്ഷിച്ചു
ചിതലരിച്ചൊരു സിന്ദൂരച്ചെപ്പിൻ പ്രണയ കഥ
നിനക്കായ് ഞാൻ കാത്തിരിക്കുന്നു
നാളെയൊരു വസന്തകാലമെത്തുമ്പോൾ
പുവായി വിരിഞ്ഞു...സുഗന്ധമേകി നിൻ പ്രാണനായി മാറാൻ ...

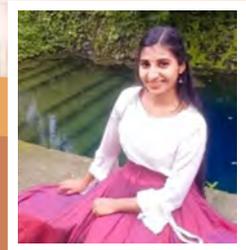
ജീവിതം



ഇതെന്നിൽ കൈപ്പായും
ഇതെന്നിൽ മധുരമായും
കാർമ്മേഘമായി മാറിയും
മഴയായി പെയ്തും
നിഴലിനോട് ചേർന്നു.....

ഓരോ ദിനവും
പുതുമയായി...അതൊരു ഉണർവായി
രോഗമായി പിന്നീടത് സൗഖ്യമായി
എന്നിൽ ചേർന്നലിഞ്ഞും
പകർന്നാടുമ്പോൾ

ഒരർത്ഥത്തിൽ ഇതല്ലേ ഞാൻ?
ഇതല്ലേ നിങ്ങൾ ...?
ഇത് തന്നെയല്ലേ നാം ഓരോരുത്തരും



Ms. Sandra George
2nd PBBSC Nursing
2020-2022 Batch





പോയി മറഞ്ഞാരു കലാലയ ജീവിതം

ഒന്നായി എന്നുംതോളോട് തോൾ ചേർന്നു നാം...
ഒരു മരത്തണലിൽ ഒന്നിച്ചിരുന്നു നാം....
ഒത്തിരി ...ഒത്തിരി കഥകൾ പറഞ്ഞു നാം...
കളിക്കൂട്ടുകാരുമായി കൈകോർത്തു നടന്നു നാം...

കളിച്ചും ചിരിച്ചും നടന്ന നാളുകൾ ഇന്നും എന്നോർമ്മകളെ തഴുകുന്നു...
കൂട്ടായും കുടെപ്പിറപ്പായും ഒന്നായി നിന്ന കൂട്ടുകാർ
പോയി മറഞ്ഞാരു കലാലയ ജീവിതം.....

ഇനി ഒരു നാളും തിരികെ വരില്ലെന്നതോർക്കുമ്പോൾ മിഴികൾ
നനയുന്നു.....ഹൃദയം പിടയുന്നു.....

പലവഴിയായി നാം ഒഴുകി അകന്നെങ്കിലും.....
മനസ്സിൻ കോവിലിൽ മായാതെ നിന്നിടും ആ ഓർമ്മകളെന്നും....

ആശിക്കുന്നു ഞാൻ ജീവിത വഴിയിൽ വീണ്ടും കലാലയ
മുറ്റത്തെത്തിടുവാൻ....

ഓർമ്മകൾ പതിയിരുക്കുമ്പോൾ വരാന്തയിലൂടെ കൈകൾ കോർത്ത്
ഒന്നുകൂടി നടക്കുവാൻ...
തോളോട് തോൾചേർന്ന് ആ മാവിൻ ചുവട്ടിൽ ഒന്നിരിക്കുവാൻ...
കുറുമ്പുകാട്ടി പിണങ്ങുവാൻ...
എല്ലാം മറന്ന് വീണ്ടും പുഞ്ചിരിതുകി അടുക്കുവാൻ

ഇനിയും ഒരു മടക്കമില്ലെന്നറിയാംഎങ്കിലും ആശിക്കുന്നു ഞാൻ...



Mrs. Starmoon V. Mathew
2nd year P.B.B.Sc Nursing





Tenzin Chemey
IGNM



འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་
འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་
འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་
འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་

འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་
འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་
འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་
འཇམ་མཁའ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་

ഓർമ്മയിലുണ്ട് നീ.....



Mr. Vishnu P. B
2nd year PBBsc
2020-2022 Batch



നിന്നെ കുറിച്ചു ഞാൻ ആരോട് പറയുവാൻ?

പറയുകില്ല ഞാൻ

നീ തന്ന മിഠായി കടലാസ്സുകളുടെ കഥ.....

ടവ്വലുകൊണ്ട് ഞാനുണ്ടാക്കിയ പാവക്കുട്ടിയെ നീ ഉറക്കുവാൻ പാടുപ്പെട്ട കഥ...

ബസ്സിൽ വെച്ചേറെ സീറ്റിലിരുന്ന് കുസൃതികൾ കാണിച്ച് കലഹിച്ച് പിന്നിട്ട ദുരന്ദങ്ങളുടെ കഥ.....

തണൽ മരങ്ങൾ വിയർത്തപ്പോൾ നമ്മൾ ചേർന്നിരുന്ന് വീശിക്കൊടുത്ത കഥയും ...

ആകാശത്തുനിന്ന് പറന്നു വന്ന അപ്പൂപ്പൻ താടികൾ ചുമലിലിരുന്നപ്പോൾ ദേഷ്യത്തോടെ ഉഴുതി പറപ്പിച്ച കഥയും ഞാൻ ആരോടും മിണ്ടിയതേയില്ല.....

നമുക്ക് പറക്കുവാനായി ചിറകുകളുള്ള കുതിരക്ക് നിറം നൽകുമ്പോൾ ചായം വെച്ചിരുന്ന പാത്രത്തോടൊപ്പം ആ കുതിര പറന്നു പോയ കഥയും.....

അക്ഷരങ്ങൾ വെളിച്ചമേകുന്ന ക്ലോസ് മുറിയിലെ പൗരൂഷത്തിൻ പ്രതീകമാം മുൻ ബെഞ്ചിലിരുന്നു കൂകി വിളിച്ചതും....

എന്നിക്കായ് മാത്രം നീ മിഴിനീർ വർത്തതും..... ഞാൻ ആരോടും മൊഴിഞ്ഞില്ല.....

ഡിസംബർ 20 എന്ന ശൈത്യകാല രാജകുമാരി എന്നിക്ക് ഏറ്റവും പ്രിയപ്പെട്ട ദിനമായതും....

ഞാൻ ആരോടും പറഞ്ഞതുമില്ല

അല്ലേലും നീയില്ലാത്ത ഈ നശ്വര ലോകത്തു നിന്നെ പറ്റി ഞാൻ ആരോട് പറയുവാനാണ്?.....

എങ്കിലും പറയാൻ ഞാൻ ബാക്കി വെച്ചു വാക്കുണ്ടെൻ്റെ ഹൃദയത്തിൽ.....

“ഓർമ്മയിലുണ്ട് നീ” എന്നൊരു വാക്ക് മാത്രം



ഇരുട്ടറയിലെ സാവിത്രി..



Agnes S. Philip
2nd year BSc Nursing



മെഴുകുതിരിയുടെ ആ അരണ്ടവെളിച്ചത്തിൽ കാലങ്ങൾ പിന്നോട്ട് നീങ്ങിയതുപോലെ . എന്താണ് സംഭവിച്ചത്. അരണ്ടവെളിച്ചത്തിൽ എന്റെ ഓർമ്മ എന്നെ ഒരു തറവാട്ടിലേക്ക് നയിച്ചു . സന്ധ്യാദീപം തിണ്ണയിൽ കാറ്റിന്റെ താളമനുസരിച്ച് അങ്ങോട്ടുമിങ്ങോട്ടും നൃത്തം ചെയ്യുന്നു. പുറത്ത് നിലവിന്റെ വെളിച്ചം . ആ തറവാട്ടിലെ ഓരോ ദിക്കുകളിലൂടെയും ഞാൻ നടന്നു. പക്ഷേ ആരും എന്നെ കണ്ടില്ല . കുറേപേർ അടുക്കളയിൽ ചിലർ നടമുറ്റത്തെ വരാന്തയിൽ , ഒരാൾ തറതിണ്ണയിലിരുന്ന് രാമായണം വായിക്കുന്നു . പെട്ടെന്നാണ് ആരോ അലറുന്ന ശബ്ദം ഞാൻ കേട്ടത് . ഞാൻ കോണിപ്പടികൾ കയറി മുകളിലേക്ക് നടന്നു . അതാ തെക്കെ മൂലയിൽ ഒരു ഒറ്റപ്പെട്ട മുറി . പെട്ടെന്ന് ആ വാതിലുകൾ തനിയെ തുറന്നു . ഞാൻ എന്താണ് കാണുന്നത്? അതാ കിടക്കുന്നു സാവിത്രി! ചങ്ങലകൾ അവളെ മുറുകിയിരുന്നു. അവളുടെ മുഖം വൃക്തമല്ല. എന്തൊക്കെയോ പറയുകയും ചേഷ്ടകൾ കാണിക്കുകയും ചെയ്യുന്നുണ്ട്. ചെറുപ്പത്തിൽ തന്നെ സ്വാഭാവൈകല്യമുള്ള സാവിത്രിയുടെ ജീവിതം ഈ ഇരുട്ടറയ്ക്കുള്ളിൽ തന്നെ അവളുടേതെന്ന് പറയാനും, അവളോട് എന്തെങ്കിലും പറയാനും ആ മുറിയിലെ നാല് ചുവരുകൾ മാത്രം!

ഞാൻ അവളുടെ ചങ്ങലകൾ അഴിക്കാൻ ശ്രമിച്ചു. എന്തെ എന്നിക്ക് പറുന്നില്ല വീണ്ടും അഴിക്കാൻ ശ്രമിച്ചപ്പോൾ ഏതോ അന്ധകാര ശക്തി വന്ന് എന്റെ മുഖത്ത് ആഞ്ഞടിച്ചു. കണ്ണുതുറന്ന് നോക്കുമ്പോഴാണ് ഇത്രയും നേരം ഞാനൊരു മായാലോകതാണെന്ന് മനസ്സിലായത്.

വീണ്ടും ഞാൻ ആ പഴയ തറവാട്ടിലേക്ക് എന്റെ ഓർമ്മയെ പിരിച്ചുവിട്ടു . എന്നാൽ എന്തുകൊണ്ടോ എനിക്കത് പറുന്നില്ല .എങ്കിലും ഞാൻ ആ മുറിയിലേക്ക് എത്തി. വൃക്തമല്ലാത്ത അവളുടെ മുഖം ഞാൻ കാണാൻ ശ്രമിച്ചപ്പോൾ ആരോ ശക്തിയായി വന്ന് എന്റെ വലത്തെ കരണത്ത് ആഞ്ഞടിച്ചു . എന്റെ വേദന ഏറ്റത് സാവിത്രിക്കാണോ. അവൾ അലറിക്കൊണ്ട് എന്റെ മുഖത്തേക്ക് നോക്കി . ഞാൻ അത്ഭുതപ്പെട്ടുപോയി. കാരണം സാവിത്രി..

.....അത് ഞാൻ തന്നെ!

ART GALLERY



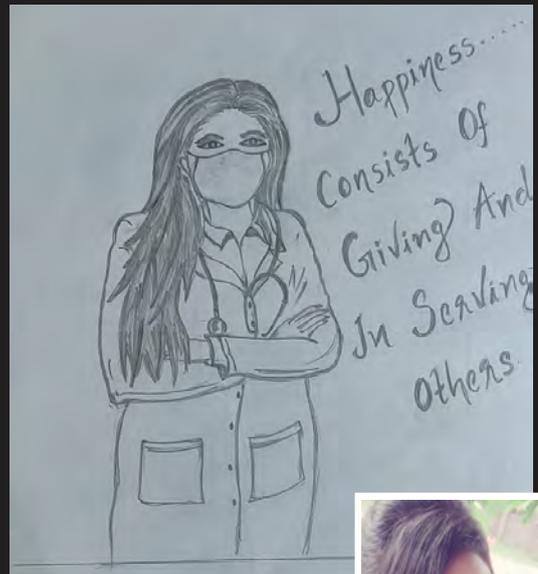
ABIN SHIBU
1st Year Bsc Nursing



ALANA DALU
3rd Year Bsc Nursing



AMRUTHA BAI
2nd YEAR P.B.B.Sc



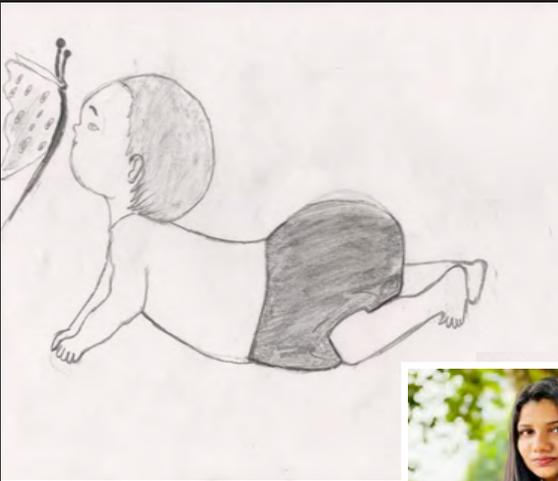
JOSHINA JOHNSON
2nd year P.B.B.Sc
2020-2022



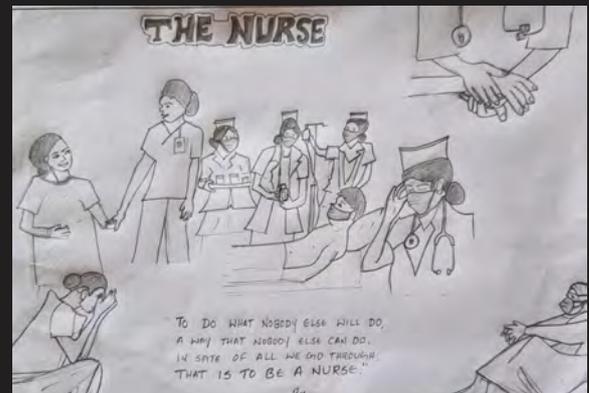
DONS BIJU
1st Year GNM



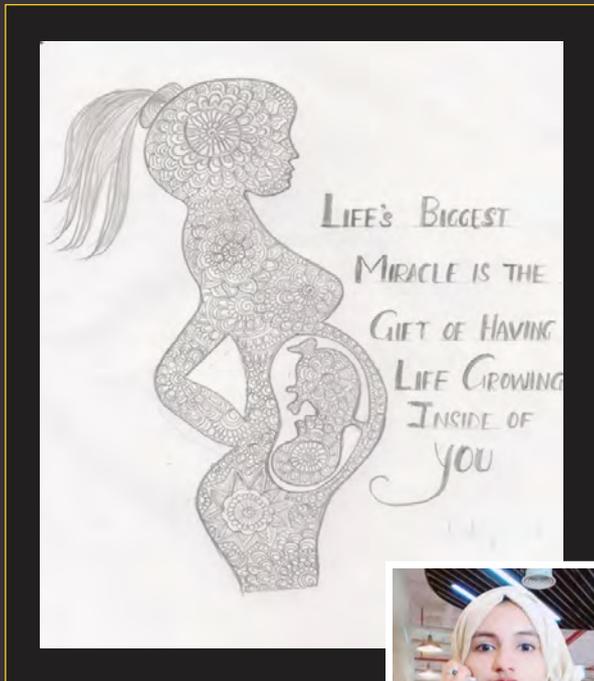
ATHIRA SANTHOSH
1st Year Bsc Nursing



JENITTA JOY
IV BSc Nursing



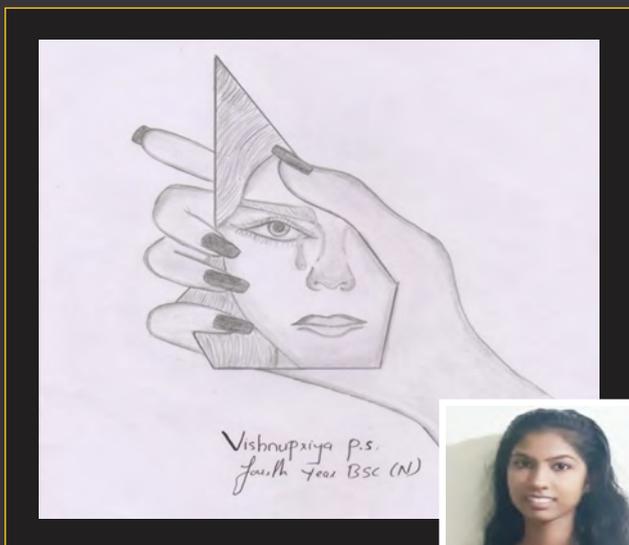
MS. JINCY K VARGHESE
2nd P.B.B.Sc Nursing



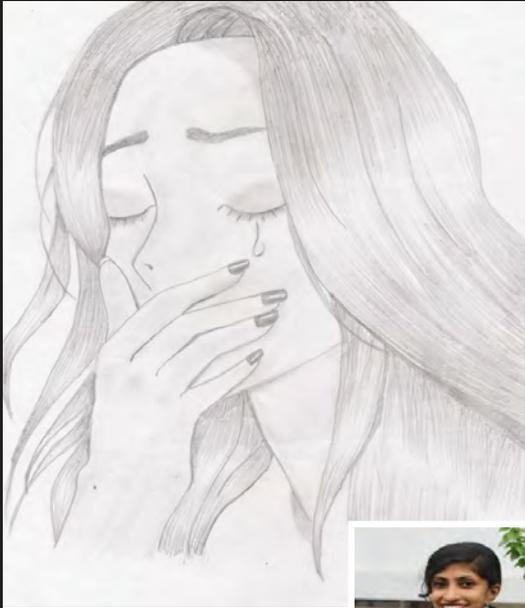
RAHIYANATH
IV BSc Nursing (2018 batch)



YASHASWINI P L
I MSc (N)



VISHNUPRIYA
IV BSc Nursing (2018 batch)



JOSMI JOSE
IV year (2018 batch)



KAJOL BASKER VILS
IV BSc Nursing (2018 batch)



MOHAMMED SABEEHUDHIN
IV BSc Nursing (2018 batch)



RAHEEMA C K
I BSc (2021 batch)







OUR CONSTITUENT UNITS

- MEDICINE
- DENTISTRY
- NURSING
- ALLIED HEALTHCARE
- FACULTY OF SCIENCE
- PHARMACY
- AYURVEDA
- HOMOEOPATHY
- NATUROPATHY & YOGIC SCIENCES
- ARTS & SOCIAL SCIENCES
- COMMERCE & MANAGEMENT

UNDER GRADUATE

MBBS
 BDS
 B.Sc Nursing
 PBB.Sc Nursing
 Bachelor of Physiotherapy (BPT)
Bachelor of Pharmacy (B. Pharm)
Pharm D
 Bachelor's in Hospital Administration (BHA)
 B.Sc. Medical Laboratory Technology
 B.Sc. Medical Imaging Technology
 B.Sc. Renal Dialysis Technology
 B.Sc. Perfusion Technology/ Anesthesia & OT Technology
 B.Sc. Cardiac Vascular Technology
 B.Sc. Respiratory Technology
 B.Sc. Medical Technology
 B.Sc. Optometry
 B.Com (Hon.)
 B.Com with ACCA
 BA (Eng/Journalism/Social Work)
 B.Sc (Hospitality Science)
 BAMS
 BHMS
 BNYS

POST GRADUATE

MD
 MS
 Mch
 MDS
 M.Sc (Nursing)
 Master of Physiotherapy (MPT)
Masters of Pharmacy (M. Pharm)
 Masters in Hospital Administration (MHA)
 Masters in Social Work (MSW)
 Masters in Public Health (MPH)
 M.Sc. Medical Anatomy
 M.Sc. Medical Biochemistry
 M.Sc. Medical Microbiology
 M.Sc. Medical Pharmacology
 M.Sc. Medical Physiology
 M.Sc. Research Ethics
 M.Sc. Computational Biology
 M.Sc. Bioscience

DOCTOR OF PHILOSOPHY (Ph.D)

CERTIFICATE/DIPLOMA

Post Graduate Diploma in Bioethics & Medical Ethics
 Post Graduate Diploma in Clinical Ethics
Diploma in Pharmacy (D. Pharm)
 Post Graduate Diploma in Forensic Anthropology & Odontology
 Certificate courses in Child Health
 Certificate courses in Ophthalmic Theatre Assistant
 Certificate Course in Hospital Safety & Infection Control
 Certificate courses in Health Care & Hospital Planning
 Post-Doctoral Fellowship in Cleft & Craniofacial Surgery
 Post-Doctoral Fellowship in Cleft Orthodontics
 Certificate courses in Dental Ceramic & Technology
 Certificate courses in Basic Implantology

For details contact: 📞 **0824 2206000** IVR **8130198855**

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