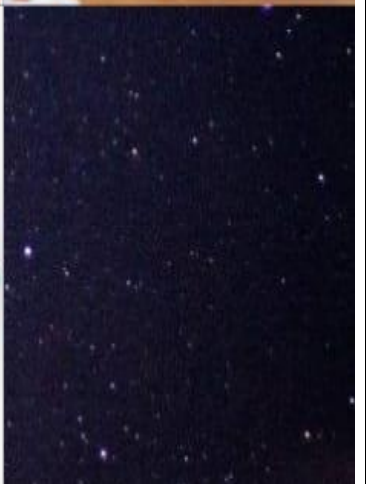


COLLEGE OF NURSING CMC VELLORE,
CHITTOOR CAMPUS, CHITTOOR, A.P

VIDYARTHULA SRISHTI 2022





COLLEGE OF NURSING CMC VELLORE, CHITTOOR CAMPUS, CHITTOOR A.P.

VIDYARTHULA SRISHTI 2022



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FOREWORD



The students of the College of Nursing at Chittoor Campus have always been the center of the life of the Campus. Their diverse backgrounds and upbringings have created a rich environment of learning to live together and sharing their lives with each other, even as they pursue their B.Sc Nursing course which is undoubtedly one of the best that this country has to offer. This combination of excellence in education and a shared campus life is what we believe is preparing them for the future, not just as highly competent nurses, but also as compassionate human beings.

I have personally witnessed their creativity and passion for life over the past 2 years, and these qualities will be very evident in the contents of this magazine.

On behalf of all members of Chittoor Campus, I wish our College of Nursing students the very best in their training, and onwards into their future professional lives. May we all together be the salt and light that our country needs during these times.

Dr. Kenny David
Associate Director
CMC Vellore Chittoor Campus
Chittoor, A. P.

FROM THE PRINCIPAL



I am immensely delightful and proud to pen a few words as prologue in the release of our College magazine, “Vidyarthula Srishti”. Vidyarthula Srishti is a Telugu word meaning Students’ Creation. The prime aim of this magazine is to inspire innovative ideas and motivate creativity of our students. It reflects the vibrant dynamic creativity of young minds which is carved out from a variety of talents, and creative skills. Students exhibit their flowering ideas, humour, creativity, dreams and emotions throughout the pages.

Our College of Nursing Christian Medical College Vellore, Chittoor Campus Chittoor A.P. was started in 2019. We are having 4 batches of B.Sc Nursing students. It is a place for sprouting young students to empower them to be lifelong learners, critical thinkers and productive members of ever-changing global society. We are also committed to equip the students with academic discipline which will help them to meet the challenges of a rapidly changing world and ensure that they emerge as good leaders in their chosen profession.

I appreciate the sincere efforts of the Editorial Committee in shaping this magazine “Vidyarthula Srishti” which is indeed like a beautiful tapestry that brings to light the varied and commendable talents of our students.

We sincerely hope that this edition will be interesting to read. This publication is one of the assets to the Student Nurses Association, College of Nursing Christian Medical College Vellore, Chittoor Campus Chittoor A.P. I wish my students and staff all the very best for their future endeavours.

Mrs. Florence Sujia Bai
Principal
College of Nursing
CMC Vellore Chittoor Campus
Chittoor, A. P.

FROM THE EDITOR



‘Vidyarthula Srishti’ meaning ‘Students’ Creation’ is a publication for internal circulation within the institution, which is a humble beginning to expose the talents and activities of the Nursing students at College of Nursing CMC Vellore, Chittoor Campus. I am really proud to compile and edit the articles, poems, stories, riddles and the art work of our students. This magazine is aimed to be published every year which will be a channel to identify, shape and perfect the artistic skills of the students.

The Nursing students at Chittoor campus are vibrant group of young minds who aspire high in their professional and personal life. The life of students in the College of Nursing and the Hostel provides an environment for all round development of the students. Every student has an opportunity to explore their talents and utilize it effectively. The group living enables them to imbibe the good values and learn new life skills from one another. I wish our students success in all their strivings.

Mrs. Nirmala Margaret
Senior Advisor, Editorial Committee
College of Nursing
CMC Vellore Chittoor Campus
Chittoor, A. P.

FROM THE SNA EDITORIAL COMMITTEE CHAIRPERSON



I am greatly privileged to work with the editorial team of the Student Nurses Association of College of Nursing CMC Vellore, Chittoor Campus in the preparation of our student magazine 'Vidyarthula Srishti'. This magazine is a forum for our student body to express their artistic skills. We as nursing students have a wonderful opportunity in the College of Nursing to learn new skills and strengthen our talents. Hostel life gives us beautiful experience to learn team building and community living. Though students are from different states and different culture, we are able to live in harmony accepting the differences and uniqueness of cultures and religions.

I hope this magazine will become an interesting one for students to treasure it for future reminiscence.

Ms. Swathi Priya S
Editorial Committee Chairperson
College of Nursing
CMC Vellore Chittoor Campus
Chittoor, A. P.

POEMS

HARDWORK PAYS

Oh! How painful is hardworking
Trust me you will always gain something
You may look stupid in faces of people
But trust me looking stupid doesn't describe person

Always be sure of what you are doing
Because you might end up doing nothing
If you know what you are doing
All embarrassment you had, will be washed away

Happy and glory will be all yours

Your sad face will be charming
Smile will be on your face
Even though you are poor and skinny
You can still do it
And always remember that hard work pays



**Christy P
Batch 2019**

I WALK ALONE

I walk alone in a lonely road
The only one that I
Ever known

I walk alone in this empty street
On the boulevard of
Broken dreams

Where the city sleeps
And may I walk alone
My shadow is the only
One thing that is beating

Sometimes I wished
To still their living
Till that I walk alone
That divides me somewhere
In my mind
On the border line,
Of the edges of where

I walk alone...



**Blessy U J
Batch 2019**

THE BLACK ...

When I go in the sun, I'm **Black**
When I go in the moon, I'm **Black**
If I drink hot, I'm **Black**
If cold nears me, I'm **Black**
If I sneeze with fever, I'm **Black**
If I go in rain, I'm **Black**
If I'm slapped, I'm **Black**

But you white fellow,

When you go in the sun, you're **Red**
When you go in the moon, you're **Black**
If you drink hot, you're **Yellow**
If cold nears you, you're **Orange**
If you sneeze with fever, you're **Pink**
If you in rain, you're **Blue**
If you're slapped, you become **Pinkish**

But you call me "COLOURED" !!!



Blessy U J
Batch 2019

HOPES & DREAMS

Maybe right now
My journey is about healing
Giving myself permission
To take a space and
Take care of myself
On my own with Hopes and Dreams ...

May be right now
I'm taking time for myself
To know who I'm ...
And realise my worth
For never put myself down,
Still stand with Hopes and Dreams ...

May be right now,
I've succeeded my goals
Learning from my mistakes,
And never giving up
For my Hope and Dreams ...



Blessy Keren A
Batch 2019

RAINBOW WITHIN HER

Caliginous clouds gridle
Oh how she is not afraid of the hurdle
Her shoulders are weakened by the plight
Yet she gathers courage and fright
To people she might appear to be slight
But trust me she is a chrysolite
Within her evinces the lucent light
That emanates to see the beautiful sight



Stuti S Martin
Batch 2019

YET ANOTHER STORY

Time brought me out, Fate pulled me back
Its happy to be there, But a sorrow to my moment
I cannot to myself to be strong and brave
Why can't I release myself out of those days?
The thoughts were so good that it keeps on pulling me back
But yet it is a restrain to my moment
Sometimes it's necessary to break those chains
To bid a farewell to those days is exhausting
All those days is hard coiled in my brain
It is too good
Yet, its too exhausting to my weak heart
That made it necessary to break the chain
But its hard for me to do
For some moving on easy,
For others it's another story.



Janvi Ravi George
Batch 2020

DOOR

I opened my eyes
It was dark, cold and still
I stood rooted in the labyrinth
Fear took over me
That I couldn't breathe
Yes, I couldn't breathe

I needed a door to let some
Air and light fill the room
I ran, screamed, cried
But no one heard me
I desperately needed that door

I slammed every corner and
Yes, I found the door,
The small cube door,
A glimmer of hope
Enlighted me to live, explore and dream



Nikhitha Mathew
Batch 2020

I breathed my heart full

A flicker of light still lived undying

I unleashed the beautiful

Soul caged inside me

I found the door of happiness

Within me, the magic door

WE ARE TRANSFORMING

We are beginners, we are growing

Animosity and resentment are the weed,

Faith and love which our beloved dug in our brains,

Sprouting and one day it will bear the fruits

Trust enriches our thought and soul

Trigger of satisfaction ignite the spirit to move

Every rejection is moldings us to be stronger

Every adversity carries blessing

Small actions and small thoughts put together with consistency

Make us to move forward

We are looking for integrity, not popularity;

We are looking for security, not wealth;

We are looking for love, not admiration;

We are looking for satisfaction, not status;

We are looking for fulfillment, not fame;

We are beginners, we are growing;

We are moving forward by crushing the weeds;

And one day we will be the gem of the world.



**Janvi Ravi George
Batch 2020**

YES, 'BEAUTIFUL' IS ENOUGH

Yes, I need you to come over
Join me and complete some part of my story
Yes, you can too
You can add colors into it

It needs beauty as you say, I'm
Waiting for you to add up some parts
With your most beautiful words
Fill it with your love for me

Yes, I trust you and I need the change
The change that I can be to fit
Into your most beautiful words
You can make it right

Yes, I will read it with passion
Because I know 'beautiful' is
Overflowing with beauty over you,
I'm letting your lexicon to spill over me.



Nikhitha Mathew
Batch 2020

TWO SOULS: ONE MIND

We are two souls
Beating with one heart
Beating in perfect rhythm
Our heart dissolve each other
Our hands so closely
Weaved with the string of love
We are sitting so far, but could see the heaven
Filled with our sweet memories
Weave
 Heart to heart
 Soul to soul
Our pure blood the symbol of true love
Could stain there would with rid
Like the soft flow of water
Our love may resume till the end of our life
I am ready to die
If you accompany me
Because – for me
Dying for you is a festival



Sneha Saji
Batch 2020

KNOW THIS ...

There's a fear
Looking deep within,
That you can lose
Your will to try
That in time
You will give in,
That one day
That flame will die.

But every time you fail
You fail, you crawl, you fake
Your strength and hope is frail
Know this you will not break.



Siya K B
Batch 2020

IN THE HOSTEL

I'm far away from home
Where I was born
At first I was in the dorm
And I started to mourn

Then I got my friends
Who gave me joy
When I was in the phase of despondence
They taught me to enjoy

Some said I'd get deserted
Some said I'd be swayed
What I say is,
Just don't care, it would be awesome there

It's like seconds the days and months passed
Still I don't seem to like the tasks
Early morning breakfast, rushes after college to bath first
And the sleepy study hours

All the fights we have
All the arguments we had
Made us go from friends to family
Even if its just a beginning
I want it to be never ending



Raina P Varghese
Batch 2020

HISTORY / STORIES

THE TRUE VALUE OF LIFE



**M Vasuvadha Vani
Batch 2019**

A man went to God and asked, “What’s the value of life, God gave him one stone and said, “Find out the value of this stone, but don’t sell it. The man took the stone to an orange seller and asked him what its cost would be? the orange seller saw the shiny stone and said, “You can take 12 oranges and give me the stone”. The man apologized and said that God has asked him not to sell it. He went ahead and found a vegetable seller. “What could be the value of this stone?” He asked the vegetable seller. The Seller saw the shiny stone and said, “Take one sack of potatoes and give me the stone”. The man again apologized and said he can’t sell it. Further ahead, he went into a jewelry shop asked the value of the stone. The Jeweler saw the stone under a lens and said, “I will give you 50 lakhs for this stone”. When the man shook his head, the Jeweler said, “Alright, take 2 crores, but give me the stone”.

The man explained that he can’t sell the stone. Further ahead, the man saw a precious stone’s shop and asked the seller the value of this stone. When the precious stone seller saw the big ruby, he laydown a red cloth and put the ruby on it. Then he walked in circles around the ruby and bent down touched his head in front of the ruby. “From where did you bring this priceless ruby?” He asked.

Even if I sell the whole world, I won’t be able to purchase this priceless stone. Stunned and confused, the man returned to God and told him what had happened. “Now tell me what is the value of Life?” God asked, “The answer you got from the orange seller, the vegetable seller, the jeweler and the precious stone seller explains the value of our Life. You may be precious stone, even priceless, but people may value you based on their level of information, their belief in you, their motive behind entertaining you, their ambition and their risk-taking ability.

But don’t fear, you will surely find someone who will discern your true value.

In the eyes of God, you are very precious. Respect yourself, you are unique, no one can replace you!!!

NELSON MANDELA



**Keerthana H
Batch 2019**

There was a time when facilities were divided among people on the basis of their skin color, from seat reservation in public transport to any other public facilities. Everywhere Whites used to get better facilities compared to the dark-skinned people, the blacks got the worst services. White supremacy existed in every country under British Colonialism. In some countries, racial discrimination was found on a larger scale. During this era, Nelson Mandela brought a revolution in the society.

Nelson Rolihlahla Mandela was born on 18th July 1918 in the Transkei village, South Africa. Nelson Mandela was sent to Healdtown, a Wesleyan secondary school with some reputation where he enrolled after getting primary education at a local mission school. He then registered for the Bachelor of arts degree at Fort Hare University College where he was appointed to the representative council of the student. Also, he was suspended for joining a protest “Boycott from college”. He went to Johannesburg where he finished his B.A. through correspondence and completed LLB later.

“Education is the most powerful weapon which you can use to change the world”

Before becoming actively involved in the anti-apartheid struggle, Mandela received many years of his life as a subject of colonialism. As a child in Africa Mandela was a victim of the European colonial project which involved civilizing indigenous communities by silencing African ways of life in favor of euro-centric culture. In the early 1960’s Mandela was imprisoned for his stand against the racist laws of government. He stayed in prison for nearly three decades but refused to compromise his position, which was to fight for justice and equality for all people.

“One of the most difficult things is not to change the society but to change yourself”

A courage and uncompromising hero, Mandela was a man of principles, strength and integrity. In 1994, he led the country to the end of apartheid and was elected the first black President of South Africa. He served as President of South Africa from 1994 – 1999. After this he retired from public life. Mandela continued to embody the hopes and dreams of a free and equal world. He died on 5th December 2013 at the age of 95 at Johannesburg, South Africa.

Nelson Mandela received more than 250 honors including the 1993 Nobel peace price, the US Presidential Medal of freedom, the soviet orders of Lenin and Bharat Ratna. Today Nelson Mandela popularly known as “Madiba” in South Africa is a household name all over the world.

“Young people are capable when aroused of bringing down the towers of oppression and raising the banners of freedom”

IMPACT OF COVID-19



**Sneha S Chavadiyil
Batch 2019**

The covid-19 pandemic has led to dramatic loss of human life world wide and presents an unprecedented challenge to public health, food system and the world of work. The economic and social disruption caused by the pandemic is devastating, millions of people are at risk for falling into extreme poverty. Economy workers are particularly vulnerable because the majority lack social protection and access to quality health care and productive assets.

For many, no income, no means of food, or less food and less nutritious food. As breadwinners lost job or their life due to illness, many families faced shortage of food and nutrition of millions of men and women were under threat, which was the hardest hit. Millions of agricultural workers, daily waged and self employed who feed the world, regularly faced high levels of working poverty, malnutrition and poor health, and suffered from lack of safety and labor protection. Further the experience of loss of income led to distress.

Covid-19 has made us realize the values of virtual meetings and fortified digital India once again. This emergency has an immensely colossal dark side but has positive sides as well. Since all opportunities require a quiet fundamental space in how we approach the world. In that sense and in the event that we outwardly look at the more brilliant sides of life, the longer crisis lasts, the chances of making changes to our deeply rooted habits and convictions. We must recognize this opportunity to build back better, to develop long term sustainable strategies to address the challenges. We must rethink the future of our environment and tackle climate change and environmental degradation with ambition and urgency. Only then we can protect the health, livelihoods, food security and nutrition of all people and ensure that our 'new normal' is a better one.

Now it is the time for global solidarity and support, especially with the most vulnerable in our societies, particularly in emerging and developing world. Only together we can overcome the negative impact of the pandemic on health, social and economic affairs and prevent its escalation into a protracted humanitarian.

**We are in this together and
We will get through this together ...**

Physical Distancing + Social Distancing = In this together



JOURNEY OF COVID-19

Libina T B
Batch 2020

Something that made us pause all our day to day activities. Something that made us fear a very small cold or headache. Something that made us to cover our faces and wash our hands every time and everywhere. Something that took the lives of so many of our health care workers and even our loved ones. Something that made us to stay and care for our loved ones. But at some point, of time even made us take a break and be a little relaxed and spend time with our loved ones.

Yes, the one and only virus that took around millions of lives - the SARS COV2 or the COVID-19. It is called by the name COVID-19 because the virus has a shape like a ball and is also called the CORONA virus because of the shape like a crown.

This virus started to spread from the province of Wuhan in China. It all started when an unknown infected person contracted the infection at a meat market and carried it all around. It started spreading to the world when non-native workers and students were sent back to their own countries, to minimize the spread. It entered India when a medical student from China returned to Kerala their hometown. It spread across the borders of the states when people in contact with the primary source moved across the borders.

Having signs of common cold, infected people spread the virus very fast. Wave one though fearsome left with less deaths compared to wave two as many people did not follow the restrictions strictly. The treatment for Covid-19 included the treatment of the symptoms primarily and focused on prevention of further attacks of the disease through vaccines named COVAXINE, COVISHEILD and PFIZIER which has 2 doses which are given at the intervals of 2 weeks to 8-10 months.

At present most of the people have been vaccinated for the both doses in the either way. These vaccines do not make us to completely prevent the viruses from entering into our bodies, it just provides us with a safety line when it enters a body.

But with Covid-19 and of 2 years of sitting at home due to the various lockdown announced we have learned many things and come to know more about our various hobbies and talents. As a conclusion I would tell that the Covid-19 time has been relaxing stressful and helpful in different ways.



Aksa Abey
Batch 2020



Agnes Karunya
Batch 2020



LIFE OF A GIRL



Jessica P Varghese
Batch 2020

There once was a girl, who lived in India with her parents and two siblings. She was good looking and loving. She grew up with all struggles, sadness, and hatred from others. When she completed her education, she aspired to be a doctor. But her parents refused to put her in a medical college since they felt she was only a girl and to invest on a girl for this high-level profession is a waste. They forced her to apply only for nursing courses in various colleges which had minimal fee with no donation.

There was no response from any college, but the girl waited with hope that she will definitely have a bright future. Parents started complaining, that they have spent almost Rs. 10,000/- for the applications.

She started to cry at night by closing her mouth with the sheet. At that time a word came to her saying “God is not done writing your story”. She was encouraged with that word and moved forward in her life. Even though many struggles, problems came from her relatives, she was confident with the word. “I can do all things through Christ who strengthens me”.

Then after few months she received a call from a world-renowned Christian institution. When her parents, relatives and friends thought that she would not make it through any course, she was proud to say that only with God all things are possible. Now, she is happy with her life. Even though problems may come, which make us to think life is over. I am encouraging you that God is not done writing your story, he will finish what he has started.

THE GREATEST HITLER IN THE WORLD



Annie Rose J
Batch 2020

A little boy was overheard talking to himself as he strutted through the backyard, wearing his baseball cap and toting a ball and bat. “I am the greatest Hitler in the World”, he announced. Then he tossed the ball into the air, swung at it, and missed. “Strike one!” he yelled. Undaunted, he picked up the ball and said again, “I am the greatest Hitler in the world!”. He tossed the ball into the air. When it came down, he swung again and missed. “Strike two!” he cried.

The boy then paused a moment to examine his bat and ball carefully. He spit on his hands and rubbed them together. He straightened his cap and said once more, “I am the greatest Hitler in the World!” Again, he tossed the ball up in the air and swung at it. He missed “Strike Three! Wow!” The boy exclaimed. “I am the greatest pitcher in the world”.

Your attitude determines how circumstances impact your life. The little boy’s circumstances hadn’t changed, but his optimistic attitude prompted him to give an encouraging meaning to what had happened.

What difficult time are you in? can you do something to change it? If you can, don’t wait for another day, make the needed changes. If you can’t change the circumstances, change your attitude and mindset, you’ll discover that circumstances won’t have the last word!

LET ME LIVE MY LIFE



**Delna Jose
Batch 2020**

I was born as a girl. It was big celebration for my family. My parents' relatives and friends came to see me with gifts. Everyone was very happy. I grew up. I was fascinated by racing cars when other girls were interested in barbie dolls.

I started going to school. I had a lot of friends. I did not like my school uniform. It was a skirt and shirt. I came home and told my mother that "I think the boy's uniform at my school is enough for me". Dad and mom smiled. They told me that I am a girl and this is how I should dress.

My friends circle got smaller when I got to my higher classes. I wanted to get along with the boys gang. But my dad and mom said, "It would be a shame if others knew it". My parents were disappointed but they never told me anything. In school, the children were reluctant to cooperate with me. Why is that, even children are so discriminating?

Although I was a girl by birth, my mind and thoughts were like that of a boy. I tried a lot to be like a girl because my dad and mom was facing a lot of humiliation from the society and other family members. I have to be like a girl, so that my father can raise his head in front of others and I won't see my mother crying. I tried so hard to be like a girl but those around me did not consider me either as a boy or a girl. It hurt me a lot.

When I got to my high school, I only had one friend but later she told me that I am incomplete and left me. Everyone made fun of me and laughed at me. I was very lonely. It is not my fault that I'm like this. It is not your ability that you are like all others and not like me.

The neglect and ridicule I experienced is indescribable. I have cried so much at night, I cried to God and asked why I'm like this. I did not get an answer, I don't remember a single night that I didn't cry. Do you know how much your insults hurt me and my parents.

I wonder why people are so interested in other's life. I wonder why not everyone address each other as human beings regardless of gender? Do only males and females have the right to live this earth? Then why don't you accept me as a boy or a girl. I wanted to be a boy, but I could not live like a boy, when I tried to be a girl, no one accepted me. Then what should I do?

Is it not the right of a human to live their life as they wish? Why does the society interfere in the lives of others? Can you lead your life and let me live my life !!!

LAL BAHADUR SHASTRI IS MY FAVOURITE LEADER



Annie Rose J
Batch 2020

The leader is a prominent personality who can inspire us to do something in our life. They are required in every field to motivate others to do their best. India is a country that is the place of different shining jewels in the form of great leaders in the world.

Shri Lal Bahadur Shastri – A Great Indian Leader

Shri Lal Bahadur Shastri has served our nation as a great political leader, patriot and second prime minister of India. Shastri ji also served the nation earlier as police minister, Transport Minister, Rail Minister and Minister of Home Affairs. His leadership qualities of firm determination, patience, honesty in words, and action gave him recognition in the whole world.

Apart from simplicity, his unique way of finding solutions for different issues was appreciative. Being raised in a common family he was well known for being sensitive to the pain of the common people in our nation.

As an active politician he made a lot of efforts to uplift the condition of the poor people in our nation. He was also a part of the Indian struggle for independence. The spirit of nationalism arose in Shri Lal Bahadur Shastri from a very early age. He was greatly inspired by Mahatma Gandhi, Annie Besant and Swami Vivekananda. He was one who gave the slogan “**Jai Jawan Jai Kisan**”. He died on 11th January in Tashkent in Uzbekistan on 1966. He was awarded Bharat Ratna in 1966 after his death.

Early Life of Lal Bahadur Shastri

Every good leader arises from the common people. It is their qualities and their way of working that marks them popular among all to reach this position. The great Indian leader Shri Lal Bahadur Shastri was born to Sharada Prasad Srivastava and Ramdurai Devi on 2nd October 1904 in Mughalsarai. His father died when Shastri was very young. This incident made his family shift to Ramnagar in Varanasi at his maternal grandfather's house. He was also awarded. He completed his initial education in Mughalsarai and later shifted to Varanasi and took admission in Harish Chandra high school for completing his schooling. During his schooling only he was inspired by the great leaders of freedom of struggle for independence, later he completed his graduation from Kashi Vidyapeeth in Varanasi. Lal Bahadur Shastri tied the knot with Lalita Devi of Mizapur on 16th February 1928. Later they became the parents of six children. They had four sons and two daughters.

Contribution of Shri Lal Bahadur Shastri to the Nation

He was a great political leader and his contributions to the nation are difficult to state in words. He spent his whole life serving the entire nation and also helping it to overcome difficult situations. He was the leader of the common people and therefore worked for their betterment.

1. Aimed for self-Reliant India

He was the second prime minister of our nation. Our nation was dependent upon the other countries for fulfilling the need for food grains as productivity was very low in India. He was the leader who had the courage to make the nation become self-reliant for their food grain production as he fostered the green revolution in 1965. He encouraged the farmers to increase their labor and thus productivity. This idea worked well and slowly the nation became self-reliant for food grain productivity.

2. Active Participation in freedom Struggle

He has greatly contributed to the freedom struggle for independence. He took part in different movements and therefore was imprisoned several times. He was the great follower of Gandhiji and this followed him in the struggle for independence. The freedom of India had been possible due to the efficient leadership of these great leaders that inculcated the spirit of patriotism and made them fight for their rights.

3. Fight for Harijans Betterment

He was actively involved in the struggle for the betterment of Harijans. He was guided by Gandhiji. He was also removed his surname Srivastava and adopted the title shastri that he had been honored after completion of his graduation.

4. Wise Leadership in Indo-Pakistan War of 1965

Shri Lal Bahadur Shastri was the Prime Minister when India was attacked by Pakistan in 1965. It was then that He gave the slogan “**Jai Jawan Jai Kisan**”. It was a great way of addressing the people of the nation by giving the importance of soldiers and farmers in our nation. This slogan encouraged the soldiers and farmers to fight bravely for the nation. As a result, we won this war against Pakistan. It had all been possible due to the firm determination and great leadership of Shri Lal Bahadur Shastri.

Conclusion

The life of Lal Bahadur Shastri is a great inspiration for us and future generations. It is not easy to climb the ladders of popularity and success despite hardship and no political background. He is still alive in our souls because of his great deeds and ideas. He lived a life which inspires our life even now.



Anu Cheriyan
Batch 2020



Angeline Olishya
Batch 2019

MONALISA SMILE



Tanisha DE
Batch 2020

Martin Coates returned home from his father funeral, filled with a sad feeling. These past years had been difficult, his father's madness and paranoia kept both of them prisoners in their house. Martin quickly changed out of his funeral clothes and into his old jeans and t-shirt and felt much better. He grabbed a beer and wandered around his house. His house looked much unfamiliar to him now. He felt weird, as if someone had taken everything from the house and replaced it with an exact replica.

He stood for a minute outside his father's study room, then pushed the door open. His father had banned Martin from going into his study room, and he felt like a trespasser as he stepped into the dim room. He opened the curtains and the window, listening to the sounds of the neighborhood going about its business as if nothing had happened. Martin sighed heavily and wondered where and how to start packing up his father's belonging. He opened the file cabinet drawers and looked at the tagged dividers, tax papers, receipts from paid bills, bank statements. His father never threw anything away. There was one file marked "Personal papers" that contained an out-of-date passport, both their birth certificates, a copy of both their wills and an A4 buff envelop marked "To be opened after my death".

A wave of pain rolled over Martin, as the reality of his father's absence sunk a little deeper. He ripped open the envelop, and withdrew a thick sheaf of papers. The bulk of the documents appeared to be deeds of prominence for several artworks, including the Monalisa. Martin laughed out for his discovery and wondered if his father also bought the Brooklyn Bridge at some point. There was a letter included with the documents and Martin flattened it out at the desk. He was shocked at the sight of his father's handwriting, recognizable from uncountable Christmas cards, birthday cards, letters from overseas. He started to read those "My son," the letter began.

"These last few years have been difficult, I know, and I am sorry. I know you and others thought me quite mad, but there was reason for my behavior for my secrecy. I tell you my secrets now, and beg you to be careful. I have amassed a great body of art; you don't need to know now. It is hidden in a room behind the bookcase in my study. The code to open the door behind the bookcase is 246810. These are the genuine articles, brilliant forgeries hanging in their place in the louvre and other galleries around the world.

Do with these what you wish
Don't go into the room after dark
Your loving father, William".

Martin read the letter twice and also turned it upside down searching if it made any other sense. He stared at the bookcase for a moment before walking over to it. He tugged and pushed one and then the other side of the bookcase, feeling a little foolish. He patted and stroked the bookcase from top to bottom shelf. Martin gently pulled the lever and heard a quiet click as the bookcase came forward, allowing him to slide it to one side.

There was a door behind the bookcase. Martin hesitated, aware of the darkening shadows as the evening slid into night time. He listened at the door but there was only silence. What was wrong with the room that he couldn't go in after darkness? Or was this just a part of his father's madness?

Martin punched in the code and opened the door, standing in stunned awe at the sight within. Rows upon rows of painting lined the wall, softly glowing under the downlights. He recognized Van Gogh's Irises, the rich blue flowers mesmerizingly real. Edward Hopper's Nighthawk's nearby, but far away enough to not intrude. More Van Gogh's, Monet's signature water lilies. American Goblin

And at the end of the room, hanging in splendid isolation, was the Monalisa. There was no doubt in Martin's heart that it was the genuine, original painting. He stood in front of her, his hand raised in reverent worship. Martin didn't know how long he stood there for, but he suddenly realized he was cold and tired and decided it was time to go to bed. The beauty in this room would still be there in the morning. Unable to resist, he gently brushed Monalisa's Cheeks, marveling at the texture, "Good Night", he whispered.

Martin turned his back and walked towards the door, but stopped at a strange sound behind him. A quiet whispering, rustling. He felt the hair prickle at the back of his neck as he slowly turned around. She was right behind him. The Monalisa, her narrow lips pulled back to reveal her yellow fangs. She smelled of blood and death. Her mouth opened impossibly wide, her stinking carrion breath overwhelming.

Martin stood paralyzed with fear. Unable to move as the woman-beast leaned over him, engulfing his entire body with one four bite. Alone again, the Monalisa stepped back into her painting, a satisfied smile painted on her face.



Jeronia Sharan X
Batch 2020



Mudigolam Vasudha Vani
Batch 2019



Jeronia Sharan X
Batch 2020

MY DREAM

I opened my eyes I saw myself lying on the cold floor in an unknown place. I got my vision cleared. My hands were tied and my mouth was taped. I started to sweat badly. I don't know how long I have been here. The first question came in my mind is "Why Am I here?". The room is dark but a small bulb hanging on the ceiling in venture of the room. It is the only source of light that I have.

My body aching badly, gathering up all my strength I stood up, the room is really cold, seeing a door, I walked towards it. But I realized that my hands are still tied. I sighed. My eyes wandering around the place, hoping to find some object to tear the rope. Suddenly something shined in the dark. I went near to it.

Hurrah! Some rusted metallic sheets are there without wasting anytime I ripped the rope and took off the tape. I turned around why my leg is shivering as if I see a ghost. May be because of the cold. My... my heart is becoming heavy what is going on?. I am breathing heavily. Am I scared to open this door. Is this some trick that is played on me. But everything looks real. What will happen to me if I open the door, I am losing my hopes. When the bulb begins to blink, I started panicking along with negative thoughts that emerges from nowhere. Time is running I am thinking of what should I do. I have to take the decision now or never. Whether to move forward or to stay there. Slowly I am getting my memories when I was with my dad.

He is very special to me. But destiny look his life. When I was 14 years old in my school I had an assignment about my future plans and careers. I was so confused in the situation. I felt really lost. Seeing my situation he approached me. He started to ask some questions. Why was he asking me these silly questions but I answered truthful. At last he asked, "what is your dream? Even it is silly just tell me?" without thinking or hesitating I told him that I love to fly and count them - stars, while pointing my index finger towards the sky and he said, "Go and Explore, Don't limit your challenges but challenge your limits".

Tears rolled down my cheeks. Time is so cruel. I miss him so much. So I decided to open the door. I want to know what is behind the door step by step I went near the door. I feel a little fire burning in me. The bulb which was blinking for past few minutes started to blink faster. Suddenly someone or I can say some thing barged through the door and locked it behind. I can't say it is a man or a living thing. The figure is irregular and dark. Even ghost will have a proper shape.

It turned towards me and came closer to me. I flinched and stepped back until my back hit the wall. I asked it to stay away. But it smiled. My heart is racing with fear. I heard it saying, "you can't do it" what? how dare? can it say something like that. I replied back with confidence, "No, I can do it no matter what". The image in front of me started to shrink, I laughed loud, I could see that it was afraid of me. I said to it, "I promised him that I will stand till the end as a warrior, so leave from here". What am I doing? How can I talk to it in a heroic way. Finally, it vanished I came forward and opened the door, I heard "YA !!! wake up your going to be late" what? Why am I going to be late. Then I remembered today was my final exam "AH AH AH !!!" I fell off from my bed. "OUCH" I whined in pain. I rubbed my eyes and saw my mother fuming in anger, standing in my room with my broken alarm clock. Oh no I am dead now. Oh God please help me, this is my 2nd alarm clock that had been broken in 3 days. "Sorry mom" I said while showing my glittering puppy doll eyes. She smiled and said "get ready for your exams otherwise you will be late for sure my little comet". I giggled with that I got up from my bed to accomplish my dream.

**"Don't be scared of your fears
But scare your fears"**

BOOK READING



**Renuga B
Batch 2020**

Reading is a multifaceted process involving word recognition, comprehension, fluency and motivation. Simply reading is known as making meaning from print.

Involved Process

Word recognition - identifying the words in printed form

Comprehension - to construct an understanding content from the printed form

Fluency - accurate reading of connected text at a conversational rate with appropriate prosody or expression. Simply the ability to read like you speak.

Motivation is the process that initiates, guides and maintains goal-oriented behaviors.

Benefits of reading Books

Lengthens Lifespan

Strengthen the Brain

Increases Empathy

Builds Vocabulary

Prevents Cognitive Decline

Reduces Stress

Aids Sleep

Alleviates Depression

The first book

The first Actual book written on paper made in China. Each sheet of paper was rough, the size of a newspaper called as “Leaf or Folio”. Years later in 1454, a German man called Johannes Gutenberg built his very own printing press or movable type. The first book Gutenberg printed is the Gutenberg Bible.

Pocket Sized Books

Aldus Manutius founded a printing press in Venice with the desire to create pocket sized book that retold the Greek Classics.

Advantages of reading books

Improve focus and concentration

Improve vocabulary, creativity, writing skills

Provide inspiration, Perspective

Help you make friends

Fun to read

Helps you to improve your professional life

Help you build discipline

Teach you about personal growth

Develop your personality

Make you calm and peaceful

Wisdom allows you to see through bullshit

Books allow you to pass on your legacy. (Let's face the truth)

Make you rich, by reading finance books you won't be able to become rich but if you work hard for it with help of reading you will be rich.

Improve productivity. Eg: The one thing Gary Keller taught me why I should focus on only one thing and stop multitasking at a time is to avoid context switching.

Disadvantages

Consume time

People call you a Nerd

Eat up storage

Cause double mindedness sometimes due to contradicting opinions.

Conclusion

From the points discussed above, you can conclude that reading books has both its pros and cons. Its pros outweigh its cons through. If you take care of its cons, then nobody can stop you from achieving big goals. Reading is a super power with great power comes great responsibility. Love reading then life loves you because unknowingly you will follow every good thing that you have read from book.

**“Reading isn't Boring
It just looks like Boring”**



**Keerthana H
Batch 2019**

PUZZLE

SUMMER WORD SEARCH



Niya Minu John
Batch 2020

S	J	C	A	M	P	M	C
W	G	L	A	M	C	H	M
I	J	M	M	P	Y	Y	Z
M	V	K	B	E	A	C	H
S	U	M	M	E	R	M	S
M	H	O	T	E	B	H	U
K	O	I	G	U	F	U	N
W	A	T	E	R	O	Q	E

- BEACH
- CAMP
- HOT
- FUN
- SUMMER
- SUN
- SWIM
- WATER



Dhivya Shree G
Batch 2020

RIDDLES

1. Why couldn't the leopard play hide & seek?
 - Because he was always spotted.
2. Why does humpty dumpty love autumn?
 - Because humpty dumpty had a great fall
3. Why can't male ant sink?
 - They are "buoy-ant".
4. Why did it get so hot in the baseball stadium after the game?
 - All the fans left
5. What is the difference between a cat & a Comma?
 - A cat has claws at the end of its paws, and a comma is pause at the end of a claws
6. Your dinner vs you're dinner?
 - One leaves you fed and the other leaves you dead.
7. The more there is, the less you see?
 - Darkness.
8. What can you hold in your left hand but not in your sight?
 - Your right elbow.
9. If a rooster sits on a roof facing north, which way will the egg role?
 - Roosters don't lay eggs.
10. What word is spelt "Wrong" in the dictionary?
 - Wrong.
11. What has 13 hearts, but no other organs?
 - A dick of cards.
12. Which word becomes shorter when you add 2 letters to it?
 - "Short" – The word.



Annie Rose J
Batch 2020

RIDDLES

1. Eva's mother had 3 children, the first was called April, the second was called May, what was the name of the third?
 - EVA
2. I cannot talk but will always reply when spoken to what am I?
 - An Echo
3. What occurs twice in a week, once in a year but never in a day?
 - Letter "E"
4. What is always in front of you but can't be seen?
 - Future



Siya K B
Batch 2020

RIDDLES

1. What can travel all around the world without leaving its corner?
- A Stamp
2. What has a thumb and four fingers, but is not a hand?
- A Glove
3. What has a head and tail but no body?
- A Coin
4. Which building has the most stories?
- The Library
5. What kind of wat is best put om wet?
- A Coat of Paint
6. Two father and sons are in a car, yet there are only three people in the car how?
- They are grandfather, father and son
7. What goes through cities and fields, but never moves?
- A Road
8. People make me, save me, change me, raise me, what am I?
- Money



Sneha Byju
Batch 2020



Rona Mary Mathew
Batch 2020

RIDDLES



Medona Rosy
Batch 2020

1. The faster you run, the harder you catch me?
- Breath
2. What is more useful when it is broken?
- An Egg
3. This belongs to you, but everyone else uses it?
- Your name
4. I have 3 eyes, all in a column, when one opens all freeze like the snow, who am I?
- Traffic Light
5. What gets wetter and wetter the more it dries?
- Towel
6. If you speak its name, you break it what is it?
- Silence
7. I have a tail, and I have a head, but I have nobody I am NOT a snake what am I?
- A Coin
8. I begin with T ends with a T and has a T in it?
- A Teapot
9. The more you take, the more you leave behind what are they?
- Footsteps
10. What can you break even if you never pick it up or touch it?
- A Promise
11. The more of this there is the less you see what is it?
- Darkness
12. What has many keys but can't open a single lock?
- A Piano
13. What can you hold in your left hand but not in your right hand?
- Your Right Elbow
14. Where does today come before yesterday?
- The Dictionary
15. What has many needles but doesn't sew?
- A Christmas Tree
16. What has hands, but can't slap?
- A Clock

THE EDITORIAL COMMITTEE - 2022



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COLLEGE OF NURSING, CMC VELLORE, CHITTOOR CAMPUS

Report 2019 – 2022



The College of Nursing, Christian Medical College Vellore, Chittoor Campus, Chittoor was inaugurated on February 25, 2019. Established in the year 2019. The admission of first batch of 50 students was done in November 2019. The team of faculty at the commencement of the College were



Mrs. Rosaline Jayakaran, Principal, Mrs. Valliammal Babu, Vice Principal, 2 Tutors and 3 staff, currently Mrs. Florence Sujja Bai is the Principal along with

10 M.Sc Nurses, 8 Tutors and 5 staff.

College of Nursing Faculty



2019-2020



2020-2021



2021-2022

COLLEGE FACILITIES

College of Nursing, CMC Vellore Chittoor Campus, Chittoor has well-furnished class rooms for students. Students practice their skills in the laboratories which is equipped with low and medium fidelity manikins. Library with current text books and journals and a computer lab is available for student reference and study purpose.



COLLEGE AND STUDENT ACTIVITIES

Lamp Lighting Ceremony

Three batches of Nursing students have committed their lives for the noble profession through the lamp lighting ceremony.



2019 -2020



2020-2021



2021-2022

Community Orientation Programme

The first year B.Sc Nursing Students of every batch get oriented to the culture and practices of the local community to enable them to provide culture specific care to the patients who come to the hospital.



2019 -2020



2020-2021



2021-2022

Annual sports Meet

The annual sports meet was conducted for the students at Chittoor Campus. Field and track events were organized and prizes were distributed to the first three winners. Group games such as throwball, volleyball, tug-of-war were organized and the best group was awarded prizes. March past was done the students in their four groups and the best group was given the rolling trophy. The overall individual and group champion were also awarded.



National Service Scheme (NSS) Camp

Our B.Sc Nursing students participate actively in the NSS programme of the University. They do outreach work in providing social and health awareness to the community through general health camp, school health survey, health education, and disaster training.



Education trip

The second year B.Sc Nursing students visited the Heritage Milk and Milk Product processing unit, Tirupati and Fruit factory, Chittoor as part of their educational field visit.



Retreat & Picnic

The students are taken for retreat every year to enrich their spiritual journey with the Lord Almighty. Picnics are also planned to provide relaxation and to strengthen fellowship among the students.



Special Day Celebrations

Special days related to health and social awareness such as International days on population control, cancer awareness, mental health, tuberculosis prevention, breast feeding, diabetes etc are celebrated every year to create awareness to the public. Slogan, poster, quiz and essay writing competitions are conducted to on these special occasions and students and staff participate actively and win exciting prizes.



CONFEST

Students celebrate the College of Nursing Festival every year, which is a series of competitive events to exhibit and explore their talents. Group and individual events such as Choreography, Dance, Quiz, Face Painting, Rangoli, Mehendi, Just-a-Minute, Dam Charades, fruit and vegetable carving, fireless cooking etc are conducted and prizes are given to the winners.



Independence Day and Republic Day Celebration

Our National days are celebrated every year by hoisting and unfurling the flag and by conducting rally, sports events and social games. Slogan, quiz and poster competition are also organized every year to create awareness among the students and public and to strengthen our patriotic feelings.



Student Nurses Association (SNA) Fund Raising

The student Nurses Association conduct mini sales and grand sales for raising fund for their activities. Food stall, arts and crafts stall, games and garment stalls are organized to raise funds.



Awards and Accolades

Students regularly participate in local, state and Nation wide events and secure prizes.



CABINET MEMBERS 2020 - 2021



FACULTY & CABINET MEMBERS 2021 - 2022





STUDENT NURSES HOSTEL



COLLEGE OF NURSING CMC VELLORE, CHITTOOR CAMPUS
190 RAMAPURAM VILLAGE, 189 KOTHAPALLE POST
GUDIPALA MANDAL, CHITTOOR-517132, A.P
Email Id: [concmc_chittoor @cmcvellore.ac.in](mailto:concmc_chittoor@cmcvellore.ac.in)
Website: <https://www.cmcvellorechittoorcampus.ac.in/>
Contact Number: 08572115695/93