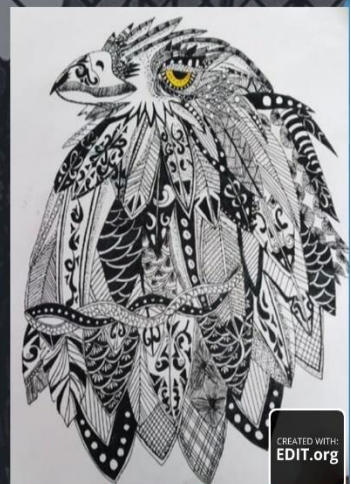


COLLEGE OF NURSING CMC VELLORE
CHITTOOR CAMPUS, CHITTOOR, A.P.

VIDYARTHULA SRISHTI 2024



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SNA Cabinet, College of Nursing, CMC Vellore Chittoor Campus



Staff, College of Nursing, CMC Vellore Chittoor Campus



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FOREWORD



It is a privilege for me to write a few words of introduction and felicitation for the 2nd & 3rd edition of Vidyarthula Srishti, on the occasion of the College Day-2024 for the College of Nursing, CMC Vellore Chittoor Campus. Our nursing students continue to shine as a beacon of hope of the bright future ahead of us. The pages that follow are only a small sample of the creativity and imagination that lies within the student nursing community, and also carries the promise of greater things ahead for their individual lives as well as for the work and witness of Chittoor campus.

Dr. Kenny Samuel David
Associate Director
CMC Vellore Chittoor Campus

FROM THE PRINCIPAL



Greetings from College of Nursing, CMC Vellore Chittoor Campus. It gives me immense pleasure to bring out the second and third edition of the student magazine ‘Vidyarthula Srishti’, a creation of the students. This magazine is an outlet to our students to exhibit their creativity in language, art and emotions. The magazine unfurls the talents of young nursing students of College of Nursing, CMC Vellore Chittoor campus. Students’ vibrant talents are portrayed in the form of stories, poems, puzzles, book reviews, drawings and photography. A narration of the activities of the students and faculty of the College of Nursing is also presented to enthuse the readers.

I congratulate the Editorial Committee, the Senior and Junior Advisor and all the Committee members for the hard work and effort in making this magazine a reality. I thank all the contributors for their enthusiastic participation.

With best wishes

Mrs. Nirmala Margaret P
Principal
College of Nursing
CMC Vellore, Chittoor Campus

NOTE FROM THE EDITOR



Welcome to the 2nd & 3rd edition of the annual magazine 'VIDYARTHULA SHRISHTI' of the College of Nursing CMC Vellore Chittoor Campus. We are really proud and joyful to publish this issue, which is going to surely unfold the most unforgettable and precious moments of the College.

The magazine is to be viewed as a launch pad for the student's creative urges to blossom naturally. As the saying goes, "mind like parachute works best when opened", this humble initiative is to set the budding minds free, allowing them to roam free in the realm of imagination and experience to create a world of beauty in words and art. The enthusiastic write ups and drawings of our young writers are undoubtedly sufficient to hold the interest and admiration of the readers. This souvenir is indeed a meticulous attempt to make our students' budding talents give shape to their creativity. We are sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young buddies will surely stir the minds of the readers and take them to the world of undefined joy and pleasure. The students have put in relentless efforts to bring excellence to this treasure trove.

It gives me immense pleasure to ensure that this magazine has successfully accomplished its objective. The reflection of the students' creativity and achievements is the epitome of the magazine. I take the opportunity to thank all the contributors as their contribution is the reason that makes this magazine endearing with our readers. This task of publishing the magazine would not have been possible without the sincere support of the members of the Editorial Committee in particular. I am really thankful to our respected Principal Mrs. Nirmala Margaret P for entrusting me with the responsibility. I take this opportunity to thank all the dignitaries for sparing their valuable time to send their best wishes for the magazine. I heartily wish all the readers my best wishes!

Mr. John Wesley P
Senior Advisor - Editorial Committee
College of Nursing CMC Vellore Chittoor Campus

FROM THE SNA EDITORIAL COMMITTEE CHAIRPERSONS



Ms. Keerthana H



Ms. Dissona Bennichen

We welcome you to the latest issue of the College magazine 'Vidyarthula Srishti'! This issue is packed with stories, photos, and artwork from students across the College. We hope you enjoy reading it as much as we enjoyed putting it together. We are extremely delighted to be a part of the editorial team and we are proud to present the talents and creativity of the students of College of Nursing, CMC Vellore, Chittoor Campus. We hope that this issue of the college magazine will inform, entertain, and inspire you. We encourage you to share it with your friends and family. Thank you for reading!

Ms. Keerthana H
Editorial Committee Chairperson - 2022
College of Nursing
CMC Vellore Chittoor Campus

Ms. Dissona Bennichen
Editorial Committee Chairperson - 2023
College of Nursing
CMC Vellore Chittoor Campus

STORIES / HISTORY

SLAVES OR SONS?

Are we slaves? No, definitely not!

But, are we slaves to sin? Am not sure.

Are we slaves to worldly pleasures? Yes, I guess.

Are we slaves to internet? Yes, definitely....

We all are slaves to various things of this world, be it knowingly or unknowingly.



Ms. Abiya P Sasi
Batch 2020

Once there was a little boy who went to visit his grandmother along with his sister Claire. As he felt bored in the wood land area, he was given a slingshot to play. He went out in the woods to practice daily but he couldn't hit the target. He felt utterly disappointed and dejected and he returned home. On returning he found a pet duck of his grandma and out of impulse he hit the duck and the duck died. The little boy panicked. He hid the dead duck and buried it in the woods, only to see his sister watching him. Claire saw everything but she said nothing.

In the evening after dinner Grandma asked Claire to wash the dishes. Claire said, "My brother will help me at the kitchen". Claire then turned to her brother and whispered in his ears, "Remember, the duck" He had no choice but to do it. Later the next day Grandpa asked the kids to join for fishing. Grandma said I need Claire for making food. Again, Claire said that her brother would help and she whispered, "Remember the duck?". This went on for few more days until the boy couldn't stand any longer. He came to Grandma crying and confessed his mistake. Grandma smiled and hugged him and said, "I was standing at the window and saw everything on the day of the incident, and because I love you, I forgave you. I was wondering how long you let Claire make a slave of you"

Whatever mistakes we have done in the past, the devil keeps throwing it up in your face (it can be fear, hatred, anger, addiction etc.). But we need to know that God is watching us from the heavenly window and he sees us, our whole life (for everything is laid base and naked before God). God wants us to know that we are loved, accepted and forgiven. He is wondering how long will we let the devil make a slave of us.

God called us not to be a slave to sin but to be slaves to God, slaves to righteousness. We are no longer a slave to sin but we are heirs of God and co-heirs with Christ. It is important for us to ponder about the steps that we take in this world, is it leading us into the path of slavery of this world?

Do you want to be a slave or a son?

ART AND EXPRESSION FOR HEALING

Art and expressions are powerful avenues for healing and self-discovery. Creative outlets, such as painting, writing or sculpting offer therapeutic release, allowing individuals to visually represent and process emotions. Art serves as a means to externalize and confront emotions providing a cathartic experience.

The interpretation of art is subjective, allowing individuals to find personal meaning and significance in the creative work of others. This universality of interpretation fosters a sense of connection and shared humanity, breaking down barriers and promoting empathy. Engaging in creative processes promotes mindfulness, offering a break from daily pressures. The focus required encourages a state of flow, fostering peace and tranquillity. Artistic expression also builds community and shared understanding.

The subjective nature of art allows for personal interpretation, fostering connection and shared humanity in therapeutic settings, art therapy has proven effective in dealing with trauma and anxiety. Overall, art's transformative power facilitates self-discovery, resilience and community building, standing as a testament to creativity's role in healing individuals and communities.



Ms. Jyoti Rajkumari
Batch 2022



Ms. Jerin A Varghese
Batch 2020



Ms. Bincy Raju
Batch 2021



THE ANGELS

Back in the days when diseases were considered curse or result of sin, people prayed to God for His hands for the upliftment of his people. As God was pleased with their prayers, He sends His guards, the Angels to protect and save people. These Angels took initiative to take care of the people and help them for a fast recovery or peaceful death. These Angels were called by different names like Florence Nightingale, Clara Barton, Virginia Henderson, Shanthi Teresa Lakra, Aruna Shanbaug, Lini Puthussery, Veronica Guy etc.

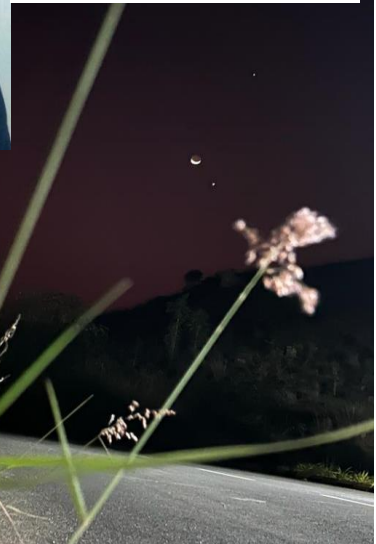


**Ms. Resnija Grace Sajan
Batch 2021**

**Ms. Rima T G
Batch 2020**



**Ms. Adlin Jerushah
Batch 2022**



**Ms. Sonia Mary Eapen
Batch 2021**



"I AM STRONGER THAN FEAR" - MALALA YOUSAFZAI

Malala Yousafzai was born on 12th July 1997 in the Swat Valley region of Pakistan. She grew up with her two younger brothers in the city of Mingora. She had a happy childhood. Her father, Ziauddin was a teacher and ran a school for girls where she could attend. Malala was a bright girl and dreamt of becoming a teacher, a politician or a doctor one day.



**Ms. Niya Minu
Batch 2020**

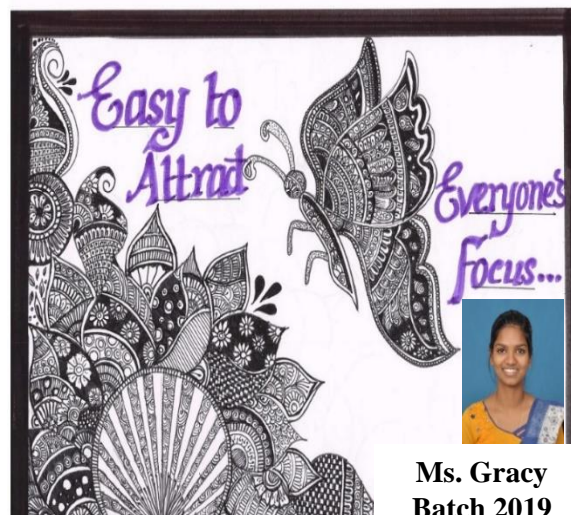
At the young age of 11, Malala began advocating for girls' education. She spoke out against the Taliban saying "How dare the Taliban take away my right to education?" Her speech was covered by Newspaper and TV channels. The Taliban were strict Muslims who were against women going for work or having the right to vote. They demanded that all girls' school be shut down. About this time, Malala's father was approached by the BBC. They wanted a female student to write about her life under Taliban rules, so Malala began writing a blog called **"Diary of a Pakistan School Girl"**.

The Taliban were not happy about this and Malala received many death threats. On October 9, 2012, Malala was returning home from school in the school bus, a man boarded the bus and shot Malala; the bullet stuck Malala's head, but luckily, she survived. After many surgeries, she regained her normal self and went back to school six month later after the attack.

On her sixteenth birthday, Malala gave a speech to the United Nations about wanting all girls to go to school and be educated, stating **"Invest in books, not bullets"**. She also spoke about opportunity and peace for all. Later, Malala's Autobiography 'I am Malala': The story of a girl, who stood up for education and was shot by the Taliban was published in October 2013.

On 10th October 2014 Malala become the youngest person to receive the Nobel prize for Peace.

"WHEN THE WHOLE WORLD IS SILENT, EVEN ONE VOICE BECOME POWERFUL".



**Ms. Gracy
Batch 2019**

THE SPOOKY GLASSES

Hanna, a 15-year-old girl lived with her grandmother. She lost her parents in a car accident 5 years ago. Since then, she is living her life like hell. She acquired selective mutism. Selective Mutism is a disorder when people cannot speak even though they want to, it is due to some kind of shocking event or traumatic situations in their life.



**Ms. Tanisha De
Batch 2020**

Hanna is a calm, quiet girl with few expressions. But very soon her friends were scared of her sudden silent behaviour and outragic actions. Hanna had a habit of imitating others from her childhood. So, her friends started to think of her as a freaking bizarre. Some even called her ill-omened child. The teachers even felt uncomfortable with her.

5 years ago, Hanna went with her parents to visit her grandparents. They were very cheerful and enjoying the trip. Hanna's home was in Bangalore and her in grand parents lived in Mysore. It almost takes 4 hours by car. The way to her grandparents is a road with twist and turns and its dark and deep into forest. That day it was raining.

Few days ago, Hanna's father bought a pair of lenses for himself. He had weak eyes. The glasses were quite good quality. While driving he decided to wear his new lenses for better vision. Suddenly some noises came out of nowhere. It was as if some giant group of people from the tribe or dead bodies rushed over from one side of the road to the other. Her father tried to stop the car but the car was out of control as if the car was under some spell working on its own and it fell into the deep forest where it toppled and crashed. The next day, a fisherman found a car and heard some noises from inside, he hurried there and found a kiddo crying. He pushed the kid out but he could not save her parents, they were badly injured. He called for the ambulance but it was too late to save them. The girl was crying badly; she was treated in the nearby hospital. It so happened that the girl lost her memory and was diagnosed to have selective mutism. She lost her ability to speak. She was handed over to police by the hospital and when the police started investigating about her family members, but their effort was in vain.

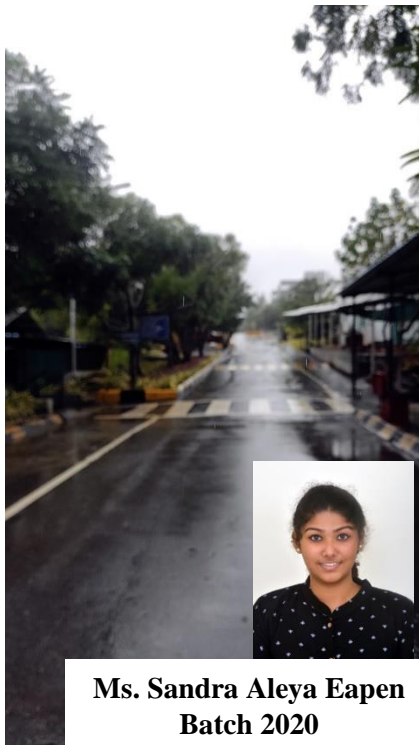
The fisherman and his wife decided to adopt the girl as they were longing for a girl child. With lot of requests and understanding they were granted permission to adopt the child. Both of them loved the girl dearly and took her as their own child. They named her Hanna. They already knew that she had amnesia and selective mutism yet they poured their love on her. They sent her to a school and she was trying to live a normal life with signs and symbols, imitation and action. Hanna was very careful about her things and would not let anyone touch her belongings. There was some strange object in her belongings, one of those were a pair of lenses, a glass. She used to wear those and do

some strange imitations in front of the mirror. It seems she stole those pair of lenses from her father on the day of accident.

In her school all students treated her as a dumb freak as she could not speak but use horrible expressions and write strange things or pictures. But no one tried to bully her. But her friends Lucy and Felis were a little close to her. They started understanding Hanna's expressions and grew closer, sometime they even invited each other to their house for night stay. That day, Hanna invited Lucy and Felis to her house for the first time. Hanna's step parents were so happy to see that she got some nice friends after so long. Lucy and Felis found out something strange that night. Hanna sat in front of her mirror when no one was there in the room. She took out the glasses and wore it even though it did not fit her properly. She started speaking in front of the mirror and then turned back and started commanding something to someone as if a group of people were hearing her. But no one was present there. Lucy and Felis found it weird. They realised that Hanna could speak, but was hiding all this while. Lucy and Felis decided to have a talk with Hanna in the school. In school, Lucy and Felis took Hanna to the musical room and spoke softly. Felis said, "Hanna are you hiding something from us, please tell we will help you?" Lucy said, "What hiding, she is just putting on a show". Hanna said through expressions that she had to show something and she is not hiding anything. That night again they all went to Hanna's house. Hanna closed the room and asked them not to shout or make noise. She opened her draw and took out the glasses and asked Lucy to wear. What a miracle...! Horror Lucy started shouting, screaming, "What the hell, why are there so many people but they have no faces, they are moving here and there. It's dark no one can hear me." Felis thought that Lucy is blabbering, she took the glasses from her and wore it herself she was dumbfounded at this. Then in a low voice suddenly Hanna spoke out. "Yes, I can speak but only when I'm wearing these glasses or when it is in contact with me as if those people without faces that I'm seeing are encouraging me to speak out and I'm the only one who can speak here as they have no mouth". Lucy and Felis were astonished to see something like this and were horrified.

Hanna asked both Lucy and Felis to keep it a secret as it is the only source for her to speak and may be in future she will overcome her speech problem and discard the lenses. Lucy and Felis kept quiet about it and slowly they were becoming close friends with each other. One day in school, the girls were playing Volleyball. Hanna also was playing with them. When it was Hanna's turn to hit the ball. Lucy and Felis shouted her name and suddenly Hanna was taken back and she scored the goal and shouted "Yes, I did it", All were dumbfounded and Lucy and Felis came and hugged Hanna saying, "Hanna, you did it, girl". Hanna didn't realize that she was actually speaking. What a miracle! It was the outcome of the contact lenses which improved her condition by mingling with her with a different approach, encouraging her to speak and drop out of that traumatic depression. Hanna did not remember her past but got her voice and speaking power back.

Later, one day, the glasses were sent to a repairing shop as it was half broken and owner of the shop found out that the glasses were not normal, it was highly technological. The glasses had features of 3D picture, a CCTV camera, imaginary, inanimate creatures who will do the things that you want to see or hear. These glasses were made for those who felt lonely, tongue tied, and with hearing impairment who can live in different world without worries about the reality and cruelty of this brutal world.



NEVER QUIT

Once there was a man who was frustrated and wanted to end his life. So, he went into the woods to have a last talk with God.

He asked God, “God, can you give me one good reason not to die?”. God’s answer surprised the man. “Look around”. God said, “Do you see the ferns and bamboos here?” “Yes” said the man.



Ms. Abiya P Sasi
Batch 2020

Then God said, “I planted the fern and bamboo seeds and took very good care of them. I gave them water and I gave them light. The fern quickly grew from the earth, it became green and covered the floor. Yet nothing came from the bamboo, I did not destroy the bamboo”.

“In the second year, the fern grew more vibrant and plentiful and nothing came out of the bamboo seeds. I didn’t quit.

In the third year, still nothing came from the bamboo seeds. But I would not quit.

In the fourth year, again nothing came from bamboo seeds. I still didn’t quit.

In the fifth year, a tiny sprout emerged from the earth, comparing to the fern it seemed small and insignificant. Six months later, the bamboos rose over to a 100ft tall.

The bamboo spent five years growing roots to make it strong and gave it what it needs to survive.

I could not give any of my creation a challenge it cannot handle.

My child, all these times you have been struggling, you were actually growing roots. Just as I didn’t quit on the bamboo. I would not quit on you. Don’t compare yourself to others. Just as the fern adds its own beauty to the forest, the bamboo is still essential to the forest”.

“How high should I rise?” the man asked.

“How high did the bamboo rise?” God asked him back.

The man replied “As high as it can”

God said, “Yes, give me glory by rising as high as you can”

“And always remember I will NEVER GIVE UP ON YOU. NEVER GIVE UP ON YOU”.

Good things bring happiness and bad things brings experiences; Both are essential for life.
SO NEVER GIVE UP!!!

ME FOR YOU

And at one fine dusk, when the moon was in its finest shape just like the canopy over the lake, in slight red, I started across the window to the moon.

All I wanted to watch the beauty together with her. Steps to the third floor felt lighter as I heard her giggles afar eyes nevertheless wandered for her and caught as usual. Even though the ocean inside my heart was hosting a storm; lips spelled some “did you saw the moon”. The reflex sound made their steps towards watching moon together. The moon played a little, she went from window side little north. But it didn’t stop me. With my hands on her shoulder, I took her through the dark veranda into my room, towards the open window. With the silence echoing, we saw the ever-romantic moon. She turned towards me, the proximity between us affected the surrounding. Northing but silence, then I whispered with evident reluctance “that’s it, you can go now”. But I was the eyes in front of me laughing and cheeks dressing up like cherries, saviour hands did come the next second covering her face, and she ran back towards dark.

I stood still looking the dark she vanished into replying the cherished moment just passed by.



Ms. Nikhitha Mathew
Batch 2020



Ms. Swathi Priya
Batch 2019



THE UNKNOWN ME!

The pain over my hands was agonizing. I am deadlocked, my legs were clenched. All over my body the pain flared. There is no one here. All I could see was a flickering light from a corner in that dark room. I was scared.... I was scared of everything; scared of what's going to happen next! was I here for a long time or it's just been a day?? ... I can't remember but all I can recall is a vague memory of buying candies from a candy shop for my sister. What happened to me? Where



**Ms. Nissi Jacob Mathew
Batch 2020**

am I? am I tied here to be raped? I want to scream but absurd.... my mouth is covered to bury my voice. If I cry out or yell, will someone come to save me? Will they be able to hear my cry? Will they be able to locate me and take me out of this tenebrous area? Will they.....???

Wait... I can hear something! I can hear some footsteps treading towards me, blocking that dim light. I can faintly see a person with large leather jacket, bristly hair and the chains around his neck is dashing, producing sound as he moves. He dragged a chair from one of the corners towards me and sat on it facing me. He started to come closer to me. As he was nearing me, the scent of the perfume was really strong that reminded me of someone I know.

He stroked my cheek and gently asked me, "are the ropes hurting you?"

"I know this sound, it's very familiar to me ... is it is that you Jerome?" I asked

He laughed and replied, "I'm so happy that you recognized me yes, it's me, your long-time best friend ahhhh! [A SIGH OF RELIEF] I really longed to see you ...in my way [gives a sharp stare] are you scared? ... don't be!... I'm there with you. I will end your memories slowly by slowly but you should not cry or make sound. I don't like it. If you scream or cry, I'll hurt you even more! [EVIL LAUGH] ... and when you expire gradually, you have to laugh and fade...and for that I would like to draw a smile over your mouth.... [REACHES OUT TO THE MARKER AND DRAWS A SMILE OVER HER COVERED MOUTH] ahhh! I love to see that and I long to see that in you I know that you will do it for me, won't you? [EVIL STARE] hmmm... why is your nails not trimmed Tara?"

That's how he calls me since our childhood. My real name is Teresa. He calls me Tara.

'Tara, Tara...come on don't be scared. It's time to make you clean ...

He moved his hands towards his pocket and took out pliers, looking at me ...

'Let's start off with your nails, Tara' he said.

My eyes widened in sheer horror and I clenched my fist tightly but out of force he took my hand and started one by one to take off my nails. Pain was ripping me off my soul and the floor was blood soaked.

Suddenly I felt a tap on my shoulder and calling aloud my name 'Teresa, Teresa, wake up. come let's go home, the bus is waiting for us, hurry! 'Yeah yeah ... I'm coming!'

'Hey, are you okay? Why are you sweating so much? Did you see any dreams? asked my friend.

'Yeah, oh ...it was just a dream, infact a horror and terrifying one! I saw Jerome'

'Hey, don't be upset. The police are searching for him. He will be found soon. Don't worry. He 'll be safe. Come let's go home.'

(AT HOME)

'Teresa, Dad and I are ging for the inauguration party of his friend's new company. We will be away for few hours. I have prepared your favourite food. When you are hungry, go have it. Be safe child. I love you and complete your homework. Don't forget! Bye! Take care!

'Yes mom, don't worry about me. I'll be fine, love you too! Take care!'

(BOTH OF THEM HUGS AND HER PARENTS DEPART FROM THEIR HOME)

(AS HER PARENTS MOVED OUT, TERESA LOCKS THE DOOR, HUMS A SONG AND GOES TO HER ROOM, TAKING THE BOOKS TO COMPLETE THE HOMEWORK. SHE PICKS OUT HER STATIONERY ARTICLES AND REACHES FOR HER MARKER.)

'Where is that marker? Where did I keep it? Uhhh ...Oh no... it's in the warehouse! (CLICKS HER TONGUE) Why do I always forget things!

'Should I go there and take it? Mom warned not to leave the house but I love going to the warehouse. Hmm... Anyways I'm going.'

(TERESA WALKS DOWN TO THE BACK DOOR OF KITCHEN AND REACHES HER WAREHOUSE. THE WAREHOUSE CONTAINS 5 ROOMS IN WHICH THE ROOM AT THE CORNER IS HER FAVORITE ROOM, TERESA ENTRED THE ROOM)

'Ahh ... (SIGH OF RELIEF)! this is the place that I love the most. The place where it reminds me of who I am and what I really wanna do. The four walls around this room knows me better than anyone.' Jerome, didn't you like this room?!(WITH AN EVIL SMILE)

(JEROME, TIED UP ON THE CORNER, HIS MOUTH COVERED, EYES EVIDENED OF SHEER HORROR, BREATHING HEAVILY)

'What happened Jerome! Are you scared?! Don't be! You should always smile. Hmm ...yup, here's my marker. (DRAWS A SMILE OVER HIS COVERED MOUTH). That's it! No one is going to find you and separate us again! because that hurts me! I am obsessed of you. If you didn't let the girl touch you, maybe you wouldn't be here! Isn't it, Jerome Let me see your hands ... ahh Now it looks clean and I forgot to wash the pliers after I used it on your nails.'

(TERESA TAKES THE PLIERS AND PUTS IT ON A BUCKET OF WATER TO CLEAN THE BLOOD STAIN AND CONTINUE TALKING)

‘Do you know Jerome, that ... the person I hated the most was my sister because she took all the love and care that my parents ought to give it to me ...

So, I brought her here, to this room.’

(TERESA WIPES HER HAND ON HER DRESS AND LEANS FORWARD TO WHISPER IN HIS EARS)

‘And she has never been found!’

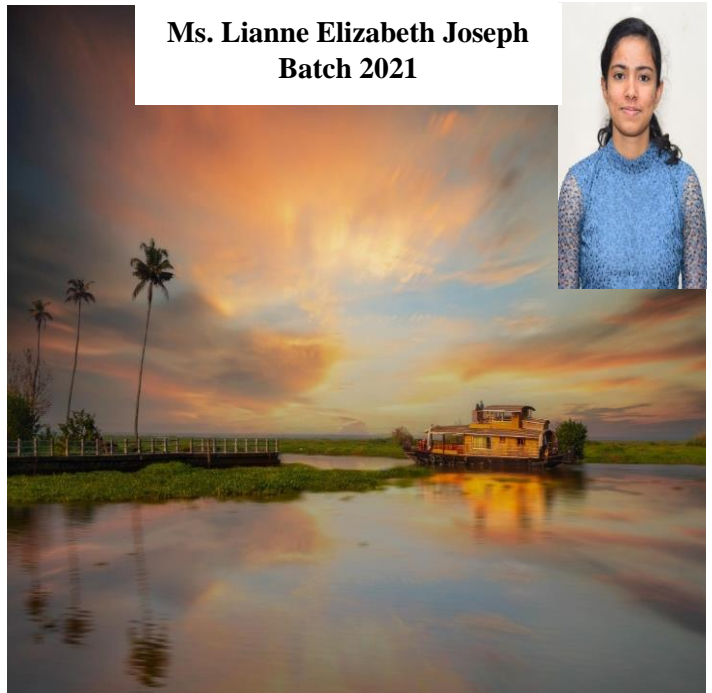
(TERESA LOOKS AT HIM AND SMILES)

‘Yesterday I did your nails

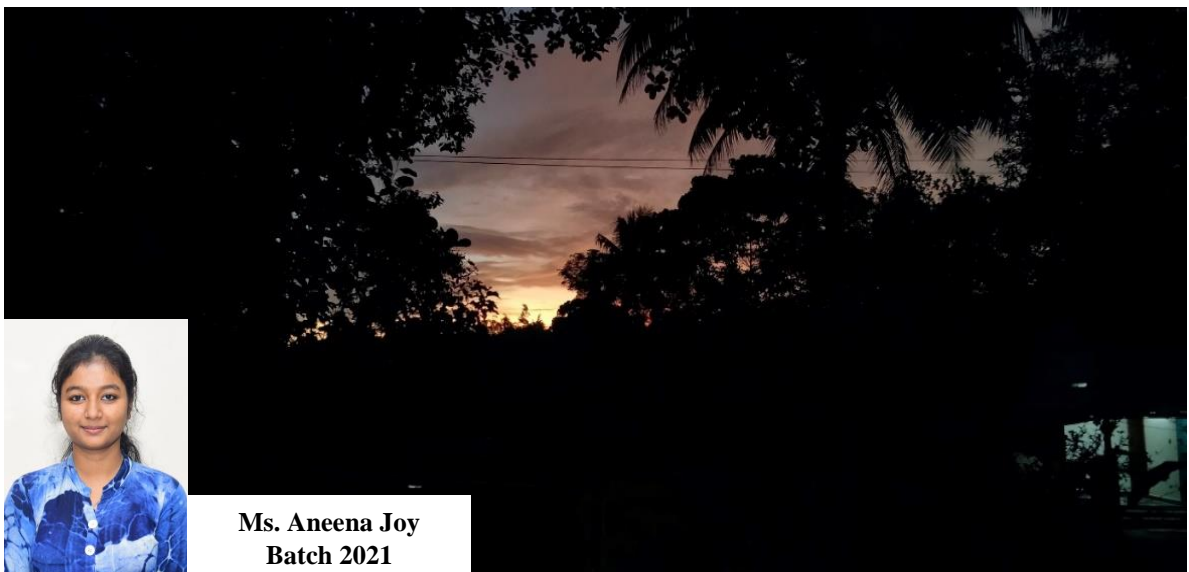
What shall I do for you today?’ (EVIL SMILE).



**Ms. Niraimathi
Batch 2021**



**Ms. Lianne Elizabeth Joseph
Batch 2021**



**Ms. Aneena Joy
Batch 2021**



Ms. Rona Mary Mathew
Batch 2020



Ms. Anubha Augustine
Batch 2021



RE-LIFE

There is always a saying that those did good deeds in the past, have a good fate while those who sinned in their past lives will have to suffer their destined ill fate and this is what repeats one generation after the other.

I'm a thinker and an alibi of this story

There was a man who used to stand out in everything whether it may be studies or sports. He was called Kojin. He fell in love with an arts student who was a great writer. She was called Megan and she too felt his sincerity and accepted him. They dated for almost 3 years now and Megan was pursuing her degree as a professional writer. On the other hand, Kojin was from poor family background and his mother was autistic and he had to earn for running the family. Kojin was working at a café as waiter and with the earned money of this month he wanted to buy something as an anniversary present for Megan.

That day Megan came with her friends at the café and her friends was very curious about her boyfriend. They were having meal. When Kojin came to serve, Megan stopped him and proudly introduced her boyfriend to her fellow friends.

Although there is always a barrier between the high class and low classes of people in the society. But Megan broke the barrier and proudly introduced him, holding his hands. Her friends also appreciated her and congratulated them for their fourth anniversary.

A few days later, Kojin was hurrying for a job interview and this was his seventeenth interview after failing in sixteen interviews. On the way he met with an accident and the victim family asking for



Ms. Tanisha De
Batch 2020

help but he could not wait or care for them because he had to make it for an interview. He reached the destination on time and interview started but he was nervous and tensed. During his interview he was shaking and could not answer a single thing. Unfortunately, the next day the result came out and he failed this too. On the same day the debtors came to collect the money for the rented house but he was broken so they threw all his belongings out of the house and it was raining heavily that day. Kojin was very depressed and Megan was his only hope and wanted to see her for one last time. When he reached near her house, he stopped by the wall for a moment seeing Megan coming out from someone's car with a bouquet of flowers and smiling prettily at the man. Kojin understood something and made a random decision. After the man left, he walked towards her and said, "I'm so happy to see you this time, just one last time I wanted to see your beautiful smile. I was really happy throughout these three years and loved the times we spend together. Let's end this. It cannot go like this anymore. Take care. Kojin didn't even listen to a single word from Megan and ran away.

That night Kojin jumped off from the roof of a sixteen-floor building. He thought for two minutes before jumping and there was nothing left for him in this world or nothing could hold him back. He wanted to free himself from this cruel world. Kojin did not know the consequences of the sin he had committed. He couldn't believe what was happening around him and more than that he did not even know who he was, his identity and why he was suspected. When he saw his face on the mirror, he was shocked and dumbfounded knowing it was the victim's wife whom he encountered on the day of his interview. He could not believe he was possessed in the body of that woman or it was soul of the victim that possessed him to take revenge on him.

According to the murder report, Kojin was murdered by this mysterious woman a few days ago. This woman pushed Kojin from a sixteen-floor building, he was horrified to death when he read the report. He could not understand what was happening around him and he wanted to go back to his own body so badly but it was not possible. He has to stay back in same body as a woman. It was a middle-aged woman, 35 years old.

I think it has reborn so the readers will try to think about the past lives and who do you think is the protagonist of this story. You may see her in real life because she has born again as a new person...



Ms. Annie Rose J
Batch 2020



LIFE QUOTES – INSPIRING THE HAPPY AND GOOD IN LIFE

“Don’t think what people say, just DO and ENJOY what you love”

“Be somebody, nobody thought that you could be...”

“People says find good people and leave the bad ones but I say: Find the good people and ignore bad in them because nobody is perfect.”

“Switch your mentality from...I’m BROKEN and HELPLESS to I’m GROWING and HEALING then watch how your life changes... for the better...”

“SELF CONFIDENT is a super power once you start believing in you, MIRACLES starts happening.....”

“If you want to live a happy life, tie it to a GOAL. Not to PEOPLE or THINGS”

“The whole secret of a SUCCESSFUL LIFE is to find out what is one’s destiny to do, and then do it.”

“Turn your wounds into WISDOM”.

“I like criticism.It makes you strong.”

“The healthiest response to life is JOY.”

“Keep smiling, because life is a beautiful thing and there’s so much to smile about.”

“Life shrinks or expands in proportion to one’s courage.”

“When you learn to dream you learn to live.”

“Every moment is a fresh beginning.”

“There are no mistakes, only opportunities.



Ms. Blessy Prasella
Batch 2019



**Ms. Achsah Elsa Sanal
Batch 2022**

**Ms. Chrsiteena Biju
Batch 2022**



POEMS

ONCE AGAIN

While turning the pages of an ended script
Out of complete contentedness
My heart missed a beat
I realized...

Some buried memories are still alive
With freshness and love

Once again, I wanted to live my life
I wanted to enjoy the moments
That's for my never-ending happiness

Let's start it from where I ended
Let's meet one more time...

At the place where we got lost
Once again let's go back

To our little secrets
Let's recreate everything that's missing
And end it all



**Ms. Aleena Mary Jacob
Batch 2021**

With some hugs and kisses

It's all because...

I wanted to live my life once again



Ms. Keerthana H
Batch 2019



Ms. Raina P Varghese
Batch 2022



A WALL FLOWER

Within my heart, a longing burn so bright,
To join the throng and dance into the night,
But through I yearn to be a part of it all,
I fear that my presence may cause them to fall.

For I am but a wall flower, you see
And though I long to join in with glee,
The thought of breaking their harmony
Fills me with a deep anxiety.

I watch from afar, their laughter and joy,
Their carefree spirits, like a child's toy,
And though I crave to join in the fun,
The fear of ruining it for all weighs a ton.
But then, a voice inside me speaks,
You have a light that no one seeks,
A spark within that longs to shine
So why not share it and let it align?

So I take a deep breath, and step on in,
And as I mingle, I let my light begin,
To shine with a warmth that spreads so wide,

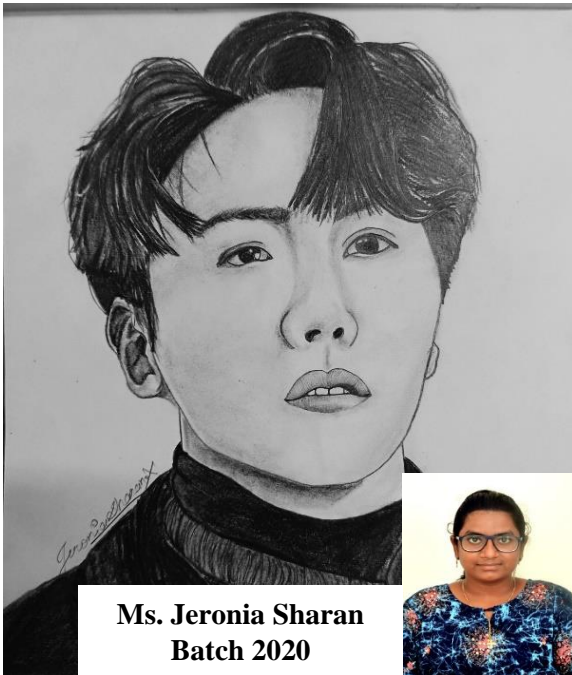


Ms. Sneha Sara Jacob
Batch 2020

And soon enough, I find myself by their side.

For I realize that my fears were just lies,
And that my presence brings a new surprise
A touch of depth, a sense of calm,
A hidden gem, a soothing balm.

And so, I dance into the night
Embracing all with a new delight
For though I'm still a wallflower at heart,
I know that my presence can play a part.



**Ms. Jeronia Sharan
Batch 2020**



**Ms. Jeni Lims
Batch 2022**

A PART OF ME

I don't know what went wrong,
What made her walls away?
I tried to figure out, but nothing she would say,
For my questions pestered her, my tears made her embarrassed.
I never wanted to be a priority, but a little love and chance,
Was all I expected.
I still kept giving, giving, day in and out.
But all went in vain, when all she beheld were doubt.
Doubts of an uncertain tomorrow, so she told me, 'I have to go'
My dreams, my wishes, my love were shattered in a single blow.
I stood by the balcony, looking into the thin air.
I clung on to her picture, crying silently so that no one saw.



**Ms. Esther Dais
Batch 2020**

All I begged of my fate, was a sight of her.
 Occupied with things important, she had moved on well in life.
 I was just another person by her side.
 She thought I must be over her by then; least was she aware
 That I died each day.
 I moved out, I had forgotten how it felt being loved.
 I sought a place to pour my heart out, I looked below and above
 When saw no place to confine, saw no place to cry my heart out.
 I kept walking towards a dead end, against the fate I had enough fought
 I reached the valley, stood there high, saw down the abyss and looked behind.
 When I saw, no one would call me back, I set my body
 Be taken down by the wind.
 They located my body amidst the woods, with a note in my hand clutched tight.
 And a picture of her in my hand.
 It read, 'I will love you till I die,
 Don't let her know of my death,
 She might live life in guilt.
 Just tell her I went to a place afar,
 And though, I love her still.'

 I stood there while they laid my corpse; a kid asked me, who is that?

THE BARD

Upon the Avon high
 Today lives a bard unfaded
 Quarantined and writing
 Sonnets of despair
 Epidemic world will turn
 Mad around the world
 He sits straight
 And sings many songs
 Soud loudly despair but
 No virus can afford them
 Such a man is penning them
 Those lines floating around
 Here and there with majesty

MYSTIC AWAKENING

It was a silent dream, but
 Something heard unclear
 Disturbing the silent night
 Some dramatic noise...
 Knocking...knocking.... And knocking..
 Strange! But melodious
 It was the waking time of life
 Silence.... The small of breeze!
 It was the waking time of earth
 The cracking of sun
 Here...Here... my dream ends
 A Mystic awakening



Ms. Dissona Bennichen
Batch 2019



Ms. Mariya Varghese
Batch 2021



Ms. Ridhiya Alloycious
Batch 2021

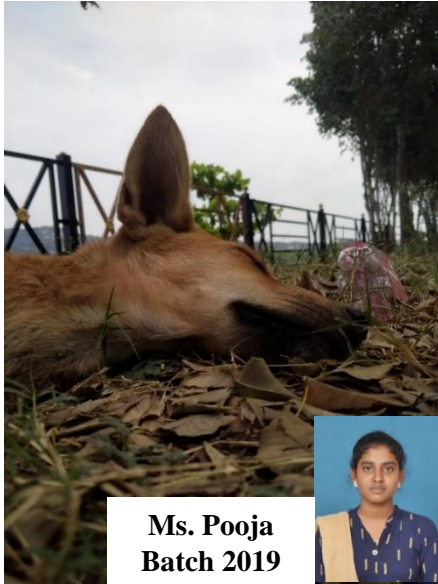
FRIENDS

The one to whom I can share
The one who hears my speech
The one who talks well
The one who doesn't judge me for who or what I am
The one who will always be there for me
The one who knows all my secrets
The one who understands even my deepest thoughts
The one who will stand by side even at my worst
The one who won't leave me alone
The one who loves and cares me

LIFE OF HOPE

What the hell is going on?
I can't take it anymore
Am I trapped in here?
It's hard to breath
Its suffocating
I'm so weak
I can't hold this in, I can't....
When you told me to have hope in life
I didn't know what it meant
But I think it's right
Now I understand
Still, I don't know
What to do? Whom ton trust?
And from where should I start?
Life with all these burdens
Is this all I have?
Will it ever heal,
Heal the wounds I have?
I still don't know
Am I on the right path?
Were my choices the best?
But as you said:
I'm hoping for a life
Where I get a peace of mind
Where I can be happy
Happier than ever...

The one who takes me as a family
The one who lifts me when I fall
The one who pampers me when I'm down
The one who makes me smile
And That's you...



**Ms. Pooja
Batch 2019**

SHE

In a world full of expectations and desires
There is a heart seeking a desire
A desire to live, a desire to inspire
A desire that is beyond a desire

Alone she stands in the midst of troubles
With hope in eyes but still holding the fears
A fear of loss, a fear of being apart
A fear that is tearing her heart

But still, she stands with a different smile
Those lights her up like a light
She fails to believe all the lies
And takes her stand for what is right

She is the one writing her part
In love with skies moon and stars
With pain and tears in her eyes
She is writing with a heavy heart



**Ms. Ritu Jyotsna
Batch 2020**



**Ms. Aneeta P Sunny
Batch 2020**



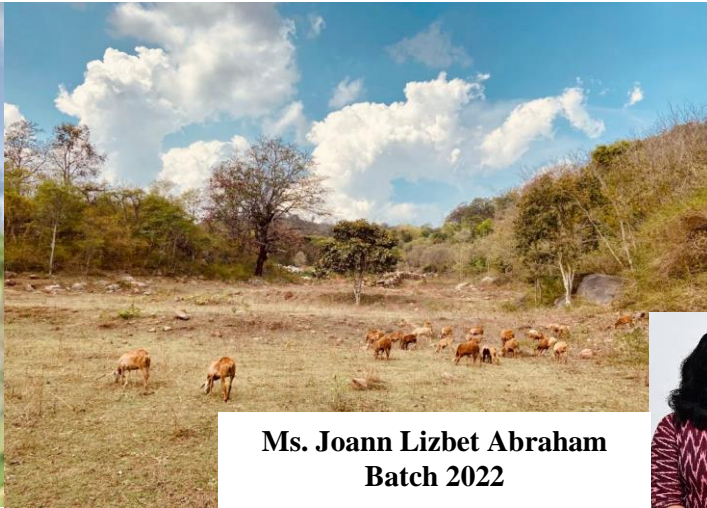
THE LOVELY FREEDOM!

I felt myself stuck between those thorns
Like a rose trying to bloom
I tried with my effort to bloom
But it didn't work
I felt the hurt in my petals
I looked around for people
People never noticed me
In the end, I looked at my saviour
I called for help
My saviour removed all the thorns from me
He let myself bloom in him
He gave me a crown and called me;
Beautiful, wonderful and chosen.
The Rose started spreading its aroma,
To let know that there is a SAVIOUR for all....

**Ms. Roopa
Batch 2019**



**Ms. Sally D
Batch 2022**



**Ms. Joann Lizbet Abraham
Batch 2022**



Ye hills, the far off lift up your heads
Against the hard and pale blue skies
Then in the valley of Yelagiri, by the yet shining river
My friend, You won't see how beautiful you are
If you sit afraid under the shade
To see you're flowers are in bloom.

ALWAYS HERE

Silent and still, I sit alone
People wonder if I am but a stone
For in my silence, they cannot see
The depths of thought that dwells in me
For though my silence may confound
It's in the quiet that answers are found
And I'm here, ready to lend an ear
When they're ready to share what they fear.



**Ms. Sneha Sara Jacob
Batch 2020**



**Ms. Angelin Olishya
Batch 2019**





Ms. Angileena Kanwar
Batch 2019

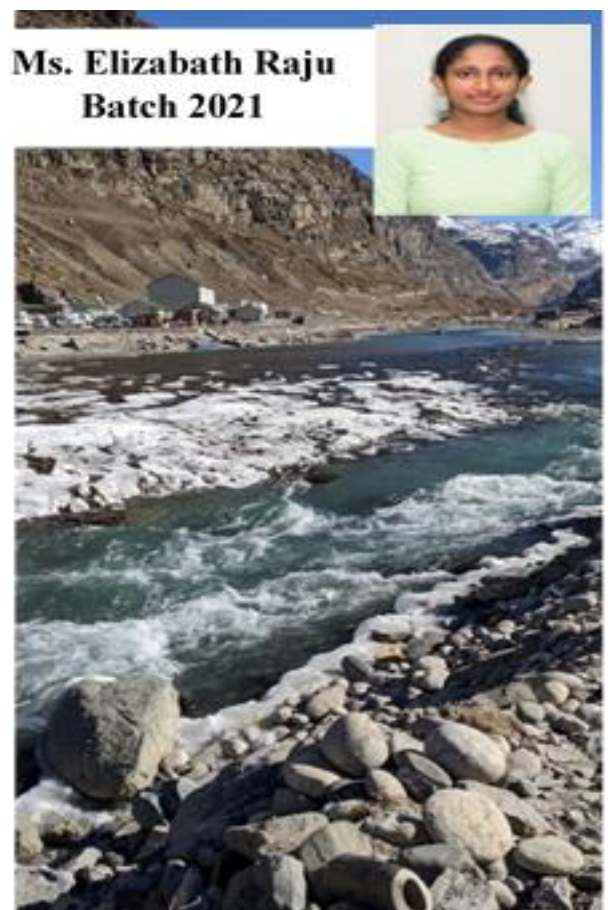


HELP

I don't wanna live this life
It's making me someone else
I'm not gonna do this
Not anymore
What should I do?
I don't have the courage
The courage to come out
To come out from this
This world is so cunning
Its feeding on my fears
My weaknesses and sorrows
It's getting stronger day by day
I can't fight back anymore
I'm tired
I've been calling out for help
No one heard me
Still I'm trying to hold on
Somebody please helps!!
'Cause I can't breathe
I don't wanna die in here
I don't wanna give up
I wanna be like a phoenix
Who will rise from the ashes
Will you help me?



Ms. Ann Maria Dileep
Batch 2021



Ms. Elizabath Raju
Batch 2021

THE MOONLIGHT

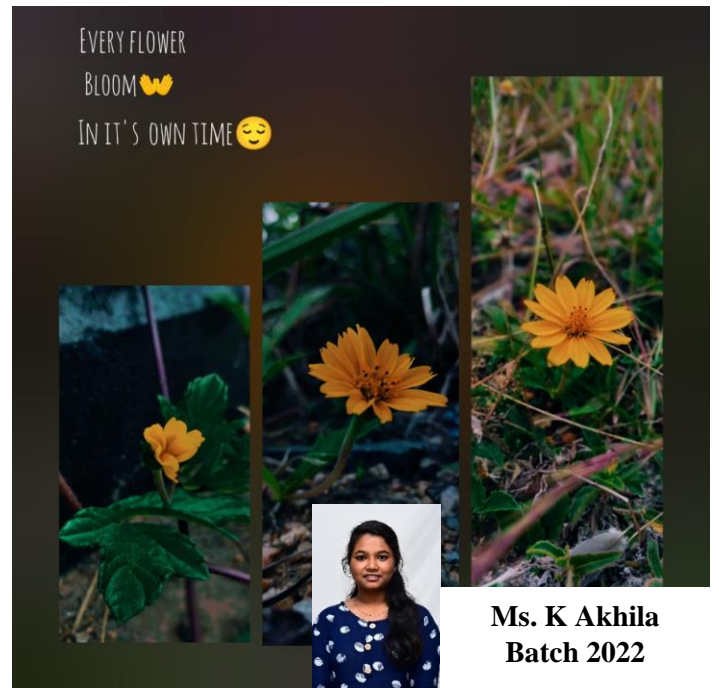
I saw a moonlight
Through the white window
Standing still, but
Spreading the graceful light
To lit the dark world
Giving hope for someone hopeless
Sending happiness in shadows
With a smile in her face and
Lovely patches all over the body
She gives me hope
She makes me dream
She makes me fly high
She was the one whom
I was craving throughout
My life.



Ms. Donsa R Thomas
Batch 2021



Ms. Susan Varghese
Batch 2021



Ms. K Akhila
Batch 2022

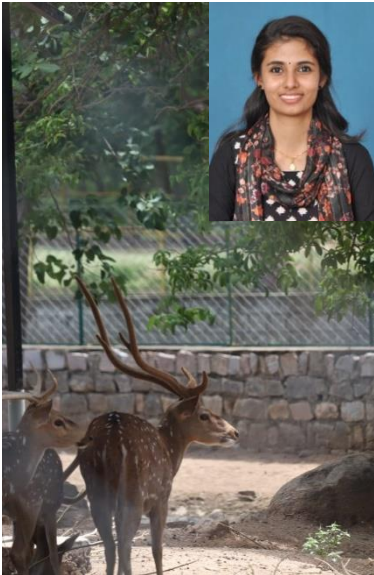
PEOPLE'S TENSION

The moment you are in TENSION
You will leave your ATTENTION
You are in total CONFUSION
And you fell IRRITATION
Then you will spoil personal RELATION
Ultimately you won't get COOPERATION
Then you will make things COMPLICATION



Ms. Swathi K
Batch 2019

Then your Blood pressure will give CAUTION
And you may have to take MEDICATION
Instead understand the SITUATION
And try to think about SOLUTION
Many problems will be solved by DISCUSSION
Which will work out later in your PROFESSION
Don't think it is my free SUGGESTION
It's only for your PREVENTION
If you understand my INTENTION
You will never come again to TENSION



Ms. Amala Rose Babychan
Batch 2019



PRANA

She'll wing her way from the clouds
Even though the mist covers her
She'll walk her way from the fire
To the prasinous pasture
She'll rise up the tides to her control
To lay down her path.
She fought with the veins
To see the light.
For she is every single thing
What the earth is made of,
For she is me
And for she is you.



Ms. Aneeta P Sunny
Batch 2020

TO THE MOON

To the moon,
I really thought you left,
And I was disheartened,
But little did I know you were just hiding away from me,
And then, there you stood unveiling the beauty of the dark,
Holding a little star closer to your arms...
I wish it was me at the place,
So that I could stay with you
In every single phase.
When you are whole or even.
When you are broken into little pieces,
Shining for you making your night bright....
And all these I wish in this soil.
Cause I know how far we are
And there is no way, I could reach you
However hard I try...
But every night will I go to the window side searching for you...
Because little did they know that,
You were my infinite and beyond I

POV: FROM THE CLOUDS

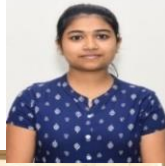
She'd been dreaming about nearing to the mountain for a long time, but
She did not have the courage to... I guess,
Cause if she did so, she was sure to be afraid
Whether she'll be able to leave for above
Where she belonged...
She was sure that the mountain would hold her close,
Trying not to bid goodbyes...
She was sure to fall in love with all the stories
the mountains had to speak for her...
she was sure that she'd wish to be down a little earlier...
but here today with all the spirit I saw her mounting down,

towards the mountaintops leaving all her safe haven...

was it just like a dream to watch?

Indeed, it was until I wake up and see that it was hopeless after all

**Ms. Anat Baby
Batch 2021**



**Ms. Aleena Mary Jacob
Batch 2021**

அம்மா...!!!

அன்பின் உருவம் நீயே
ஆசையின் அலைகடல் நீயே
இன்னிசை மொழியும் நீயே
ஈன்றெடு தெய்வமும் நீயே
உன் விரல் பிடித்து நட்டுக்க வைத்தவன் நீயே
ஊக்கத்தின் துவக்கமும் நீயே
என்றென்றைக்கும் என்னை காதலிப்பவள் நீயே
ஏமாற்றம் தராதவளும் நீயே
ஐயம்மின்றி வளர்த்தவள் நீயே
ஒளியாய் திகழ்ந்தவளும் நீயே
ஓவியத்தின் கலையும் நீயே அம்மா...!!!

இத்தகைய வர்ணணங்களை கற்றுக் கொடுத்துவிட்ட
உன்னை நான் எப்படி மறவேன்...!!!



**Ms. Gracy A
Batch 2019**

அப்பா...!!!

எனக்கு கை கொடுக்க யாருமில்லை
என்று நினைக்கும் போது
என் கைகளைக் கோர்த்து,
தோல் மிது தட்டிக்கொடுத்து,
என் நிழலாக என்னோடு இருந்தது
நீ தானே அப்பா...!!!
உன் அன்பு மறைவானது
அது எப்பொழுதும் நிலையானது...!!!



Ms. Aneena Benny
Batch 2020



PUZZLES

HOSPITAL WORD SEARCH

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



Ms. B Durga Devi
Batch 2021

- | | |
|---------------|--------------|
| 1) ECG | 7) GLOVES |
| 2) SYRINGE | 8) DOCTOR |
| 3) NEEDLE | 9) MASK |
| 4) NURSE | 10) BANDAGE |
| 5) DNA | 11) GAUZE |
| 6) MEDICATION | 12) CATHETER |

BIBLE CHARACTERS PUZZLE

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

KEY:

1. Benjamin
2. Abigail
3. Abraham
4. Jehovah
5. Esther
6. Isaiah
7. Joseph
8. Samuel
9. David

10. Jacob
11. Jesus
12. Jonah
13. Peter
14. Adam
15. Noah
16. Paul
17. Ruth
18. Eve



Ms. Keerthana H
Batch 2019

FACTS

DO YOU KNOW?

- A person will die from lack of sleep sooner than they will from starvation
- Like fingerprints, every person has a unique tongue print.
- Your heart beats 100,000 times a day.
- The cornea is the only part of the body with no blood supply.
- There are approximately 10,000km of blood vessels in the human body
- Every organ you have two of, you only need one of to survive.



Ms. Jubiya Jomon
Batch 2020

TUBERCULOSIS NEEDS YOUR ATTENTION

Tuberculosis (TB) is one of the top 10 cause of death worldwide and leading cause of death from a single infectious agent (mycobacterium tuberculosis). TB has devastating impact on public health and economy of our country. Out of 1.4 million TB deaths worldwide 400,000 TB cases are reported from India. The herculean task of eliminating TB has been there for 50 years and was called National Tuberculosis Elimination Programme previously known as RNTCP.

Our Prime Minister Shri. Narendra Modi has accelerated the program to eliminate it by 2025.

Challenges: The obstacles of reaching the goals were there for so long like delay in diagnosis and treatment. Another adverse reason is poor drug compliance that leads to drug resistant tb that further leads to burden in our country.

Responsibilities: As a health professional we should break the stigma, counsel them on drug compliance and we should be an advocate to decentralize the treatment. Moreover, we should spread awareness of TB.



Ms. Janvi Ravi George
Batch 2020

ACCIDENTAL INVENTIONS IN THE FIELD OF MEDICINE

1. Penicillin

Penicillin was first discovered by alexander Fleming in 1928. It was accidental discovery that saved millions of lives in the coming years. Alexander discovered mould grown in the petri dish after he returned from the vacation. He noted that there was some kind of defence mechanism that destroyed the bacteria in the petri dish. It became the mostly used drug in World War 2 with the help of Howard Florey and Ernst Chain.

2. Quinine

It began to be used in treatment of Malaria from 1600. It was called as Sacred Bark. The tree is named after the Countess of Chinchon from Peru. In 1630 she was very sick with malaria and had a high fever. Her doctor gave her a drink made from cinchona and she got better. People in Europe heard about this medicine and then came to the rainforest to collect the plant. It was first called quinine in 1820 by two French scientists, Mr Pelletier and Mr Caventou, who made the first modern medicine from the tree bark.

3. X ray

X ray was accidentally discovered in 1895 by Wilhelm roentgen, professor of physics. that time he was studying cathode rays. He was surprised when an incandescent green light escaped and projected on fluorescent screen from his cathode tube that was covered in heavy black paper. He studied that this ray could pass through most of the substance and leave a shadow of impenetrable objects.

4. Small pox vaccine

Edward Jenner heard that a dairy girl says, "I shall never have small pox, for I have had cowpox". Jenner proposed a safer approach to small pox vaccine. Jenner harvested pustule from young dairy maid Sarah Nelves and inoculated his gardener's eight-year-old son. he inoculated the boy with small pox later but he didn't develop small pox.

5. Movement of ions

Luigi Galvani discovered that the muscles of dead frogs' legs twitched when struck by an electrical spark. He accidentally touched a nerve with a scalpel. It was the idea that signal that moved from nerve to nerve and nerve to muscle was by electricity- the influx and efflux of charged ions

Reference

- <https://en.wikipedia.org/wiki/X-ray>
- <https://www.pbs.org/wgbh/nova/article/accidental-discoveries/>
- https://en.wikipedia.org/wiki/Luigi_Galvani

RIDDLES

1. What do you take in without realizing and is making you alive?
2. What is that place where you want to live with your family together?
3. What is always in front of you but cannot be seen?
4. I have marked towns, cities, states, countries. I have water but no animals. What am I?
5. Peter has four sons, each of the sons have one sister and sister has one son, and everyone in the family is alive. So in total how many members are there in the family.
6. Two fathers, two mothers and two sons are in the car, yet there are only five people in the car. How?
7. It starts and ends with letter 'E' and contains only one letter.
8. What is $\frac{3}{5}$ March, $\frac{2}{4}$ Rice and $\frac{3}{3}$ Age?
9. There are 5 red balls, 4 yellow balls and 3 blue balls in a basket. One ball of each color is taken out. 4 green balls are inserted and two balls of each color are taken out. All the balls are again kept inside. What is the total number of balls presently?
10. I grow every day and I fall every day and I am as light as feather. What am I ?
11. You can see me but cannot feel me, I stay on the ground and always with you?

1. Air

2. Home

3. Future

4. Map

5. Nine

6. Father, Mother, Grandfather,
Grandmother, Son

7. Envelope

8. Marriage

9. 16 balls

10. Hair

11. Shadow



Ms. Tanisha De
Batch 2020

VERBAL JAZZ

INFUSE YOUR VOCABULARY WITH CAPTIVATING PHRASES

- 1) Instead of “very tired” : exhausted to the bone
- 2) Instead of “happy” : on cloud nine
- 3) Instead of “smart” : as clever as a fox
- 4) Instead of “sad” : feeling a bit under the weather
- 5) Instead of “angry” : seeing Red
- 6) Instead of “small” : itty bitty
- 7) Instead of “big” : as large as life
- 8) Instead of “loud” : making a racket
- 9) Instead of “quick” : in the blink of an eye
- 10) Instead of “talkative” : having the gift of gab
- 11) Instead of “beautiful” : a sight for sore eyes
- 12) Instead of “easy” : a walk in the park
- 13) Instead of “difficult” : like climbing Mt. Everest
- 14) Instead of “surprised” : caught of guard
- 15) Instead of “tired” : running on fumes



Ms. Jyoti Rajkumari
Batch 2022

BOOK REVIEW

“THE GIRL ON THE TRAIN” – PAULA HAWKINS

“The Girl on the Train” by Paula Hawkins is a gripping psychological thriller that keeps you on the edge of your seat from start to finish. The narrative unfolds through the perspective of three women, each with their secrets and struggles, weaving a complex and suspenseful story of love, betrayal and obsession. Hawkins masterfully builds tension and suspense, keeping readers, you guessing until the very end. With its unreliable narrators and unexpected twists. “The girl on the train” is a captivating read that will leave you questioning everything you thought you know.



Ms. Jensen Christina
Batch 2022

THE THREE MISTAKES OF MY LIFE – CHETAN BHAGAT

“The three mistakes of my life” by Chetan Bhagat is a compelling narrative that delves into the life of three friends in Ahmedabad, India. Though their interwind journeys, Bhagat skillfully explores themes of friendship, love, ambition and social pressures. The novel’s vivid portrayal of characters and their struggle makes them it relatable and engaging. However, some critics argue that the plots predictability and occasional cliché’s detract from its overall impact. Nonetheless “The three mistakes of my life” remains a thought-provoking lead that offers insight into the complexities of the life in modern India.

COOKING CORNER

BANANA FRITTERS

INGREDIENTS:

- Banana – 3 nos.
- Maida -1 cup
- Rice flour -1 tablespoon
- Sugar – 1 tablespoon
- Turmeric powder – 1 pinch
- Water – $\frac{3}{4}$ cup
- Salt – 1 pinch
- Oil – for deep fry



Ms. Anliya K J
Batch 2019

Method:

- Slice the banana length wise
- In a bowl, take maida flour, rice flour, sugar, turmeric powder and salt. Blend it nicely by adding $\frac{3}{4}$ cup of water
- Dip the banana slices in the prepared batter and evenly coat them
- Heat oil in a deep bottom pan. When it is hot, deep fry the batter coated banana slices by turning both sides till golden brown
- Ready to serve

NO GHEE NO OIL HALWA RECIPE

Ingredients

Tapioca – $\frac{1}{2}$ kg

Jaggery – 100g

Cardamom powder - $\frac{1}{2}$ tsp



Ms. Mohana Priya S
Batch 2019

Cashews -½ tbsp

Method of preparation

- Peel off the skin of tapioca and cut into medium pieces. Wash it thoroughly; steam the tapioca for about 15-20 minutes.
- Transfer it to a bowl after cooking; using a fork smash it
- Now transfer it to a blender and grind it till it turns to stretchy consistency like a dough.
- Add 100g jaggery to it and also ½ tsp cardamom powder. Then blend it properly again.
- Transfer it to a bowl and add 2 tbsp broken cashew nuts. Mix it well
- Again steam this for about 100 minutes, cool it and serve.

SWEET POTATO KHEER RECIPE

- Ingredients:
- Sweet potato – 300grams/3 cups
- Ghee – 3tbsp
- Milk-1l
- Cardamom – 3 nos(crushed)
- Saffron – a pinch
- Sugar – ½ cup
- Salt – a pinch
- Condensed milk – ¼ cup(optional)
- Mixed nuts-3 tbsp (chopped)



**Ms. Angelin Olishya
Batch 2019**

Method of preparation

- Peel the sweet potatoes and grate them
- Heat ghee in a pan and saute the sweet potato for 5 mins on low heat. Set this aside
- Heat milk in another pot along with crushed cardamom and saffron. Bring it to a boil
- Add the sweet potatoes . Cook in medium flame for 15 minutes stirring regularly
- Add sugar and cook until the sugar dissolve, around 5 minutes
- Add condensed milk and cook for 3 to 4 more minutes
- Allow it to cool before serving. Serve garnished with chopped nuts.
- You can serve either hot or chilled.

HONEY BUTTER CHICKEN

Ingredients:

- Boneless chicken cubes – 500g
- Cornflour – ¼ cup
- Maida – ¼ cup
- Egg – 1no
- Salt – ½ tsp
- Water – ¼ cup
- Oil – for deep frying + 1 tbsp
- Chopped garlic – 2 tbsp
- Soy sauce – 1 tbsp
- Honey – 2 tbsp
- Brown sugar – 2 tsp

- Butter – ¼ cup
- Spring onion – to garnish

Method of preparation:

- Wash the chicken thoroughly. To the chicken, add corn flour, maida, salt, egg, water and mix till the chicken is coated with the batter.
- Heat oil in a pan and deep fry the chicken to a golden-brown color
- In another pan, add oil, chopped garlic and saute till it turns light brown
- Add water, soy sauce, honey and brown sugar and mix till they combine evenly
- Reduce the flame to low, add butter and let it melt slowly and blend it with the other ingredients to form a smooth sauce.
- Garnish it with chopped spring onion and serve it hot.

RASAMALAI RECIPE

Rasamalai is a popular and delicious Bengali sweet where lip-smacking cottage cheese balls are soaked in lusciously thick, sweetened milk

Servings -8 to 10

Preparation – 5min

Cooking – 20min

Ingredients:

- Nestle milkmaid – ½ tin
- Nestle toned milk – 4 cups(600ml)
- Well mashed paneer – 300gm
- Saffron – 8 to 10 strands
- Cardamom powder – ½ tsp
- Pistachios – 10 to 20 (chopped)
- Water – 1L
- Sugar – 2 cups(300gm)

Method of preparation:

- Mash paneer with hand for at least 6 minutes to make smooth dough.
- Alongside take a pan add sugar and water together and bring to boil to make syrup for cooking rasamalai.
- Make small balls of paneer dough and flatten, add into boiling sugar syrup, cover and cook for 10 minutes on medium heat. Remove and keep aside to cool.
- Take out the rasagullas from sugar syrup squeeze gently to remove the sugar syrup
- In another pan pour into nestle toned milk and nestle milkmaid, bring to boil and reduce to half. Turn off the flame, add saffron and cardamom powder and mix well. Allow to cool.
- Now put rasagullas into saffron mixture
- Garnished with chopped pistachios and serve chilled.



**Ms. Blessy Prasella
Batch 2019**

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STAFF AND STUDENT ACTIVITIES - 2023

COLLEGE ACTIVITIES



1. Student Admission

The admission of fifth batch of B.Sc Nursing students (Batch 2023) was conducted based on AP EAPCET score in accordance with the regulations from Dr. YSR University of Health Sciences, Vijayawada. Students were admitted in two phases. Students from management quota were admitted on October 21, 2023 and those from Convener quota and unfilled Convener quota were admitted on November 30, 2023. The Revised B.Sc. Nursing curriculum is being implemented from Batch 2022. Currently there are 197 students (I year – 50, II year – 49, III year – 49, IV year – 49). Students from the Batch 2019 will be joining as staff nurses in CMC Vellore after their results are published.

2. Lamp Lighting Ceremony – Batch of 2023

The Lamp Lighting Ceremony for the fifth batch (B.Sc. Nursing - Batch of 2023) of the College of Nursing, CMC Vellore, Chittoor Campus was held on 2nd February 2024, at the Hospital Chapel, Chittoor Campus. The Chief Guest was Mrs. Rosaline Jayakaran, the former Dean of College of Nursing, CMC, Vellore and the former Principal, College of Nursing CMC Vellore Chittoor Campus. Dr. Banerjee Jesudason, Retired Professor of Surgery, CMC Vellore, and the Consultant Surgeon,



CMC Vellore, Chittoor Campus was the guest of Honour. Rev. Giftus Joshua, Chaplain, CMC Vellore Chittoor Campus offered the prayer of dedication. Mrs. Alice Sony, Nursing Superintendent CMC Vellore, and Mrs. Nirmala Margaret P, Principal, passed on lamps to the students. The programme was

attended by the administrative officers of CMC Vellore and Chittoor Campus, the Dean and faculty College of Nursing, the medical and nursing staff of Chittoor Campus, and parents of students from Batch 2023.

3. National Service Scheme

3a. Batch 2021

The NSS Unit of the College of Nursing CMC Vellore, Chittoor Campus conducted the NSS Special Camp for the NSS Volunteers in Thummindapalayam Village, Chittoor Mandal, Chittoor District from 28th August, 2023 to 2nd September, 2023. The camp Coordinators were Mrs. Yoneko Magdalene, M.Sc. Nursing Tutor, Mrs. Thamarai Selvi, Lecturer in Sociology and Mr. John Wesley, M. Sc. Nursing Tutor and was attended by B.Sc. Nursing II year students.



The camp was formally inaugurated on 26th August, 2023 at College of Nursing CMC Vellore, Chittoor Campus. Dr. Venkata Raghava Mohan, Professor and Head, CHAD was the Chief Guest. The activities of the camp included village health survey, health education, shramadan and tree plantation, social games, rally, health camps and school health programme. Role plays and dance were used to create health awareness among the village people.

On 2nd September, 2023 NSS Camp Valedictory programme was organised in the village of Thummindapalayam. Dr. Reginald Alex, Professor and Head, Department of Medicine, CMC Vellore, Chittoor Campus was the Chief guest. The programme was attended by Mr. Babu Naidu, President, Zilla Parishad Territorial Constituency (ZPTC), Mrs. Ranjini, President, Mandal Parishad Territorial Constituency (MPTC) and Mr. Suresh, Sarpanch.



3b. Batch 2022

The NSS Unit of the College of Nursing CMC Vellore, Chittoor Campus conducted the NSS Special Camp for the NSS Volunteers from B. Sc (Nursing) 2nd year, Batch of 2022 in Narigapalli Village, Chittoor Mandal, Chittoor District from 2nd March 2024 to 9th March 2024. The camp Coordinators were Mr. John Wesley, M.Sc. Nursing Tutor, Mrs. Thamarai Selvi, Lecturer in Sociology and Mrs. Annie Solomon, M. Sc. Nursing Tutor. The camp was formally inaugurated on 2nd March 2024 at College of Nursing CMC Vellore, Chittoor Campus.



Mr. Gopala Krishnan Varma, Revenue Officer, Chittoor Mandal, was the Chief Guest. He appreciated the service rendered by CMC, Vellore Chittoor campus to the community in and around the Chittoor District. He also encouraged the Camp Organizers and NSS Volunteers to perform the Social Service activities heartfully. The programme was attended by Dr. Kenny S. David, Associate Director, Mrs. Nirmala Margaret, Principal, College of Nursing CMC Vellore Chittoor Campus, Rev. Giftus Joshua, Chaplain, Camp coordinators, NSS programme officer, faculty of College of Nursing and the NSS volunteers.

The activities of the camp included village health survey, health education, Shramadan and tree plantation, social games, rally, health camps (Eye, dental and general health) and school health programme. Role plays and dance were used to create health awareness among the village people



3c. National Youth Festival

The NSS Unit of College of Nursing CMC Vellore Chittoor Campus celebrated the National Youth Festival on 12-01-2024. Around 48 NSS Volunteers participated in this event. The University Level NSS Youth Festival online meet was organized by the NSS Cell of Dr. YSR University of Health Sciences. Dr. Korukonda Babji, Vice-Chancellor of the Dr. YSR University of Health Sciences addressed the NSS Volunteers and motivated them to have a broader vision for Nation building and quoted the thoughts of Swami Vivekananda. The NSS Volunteers actively took part in the various online competitions.



4. Annual Sports Meet

The Annual Sports Day of College of Nursing, CMC Vellore, Chittoor Campus was held on 9th September, 2023 at CMC Vellore, Chittoor Campus. The Chief Guest for the programme was Mrs. Florence Segaran, Former Principal, College of Nursing, CMC Vellore, Chittoor Campus. The Guests of honour were Dr. Kenny David, Associate Director, Chittoor Campus, Dr. Manoranjitham

Sathiyaseelan, Professor and Head of Psychiatric Nursing department and Deputy Director (Hospitality and International Relations), CMC Vellore and Mrs. Anne Jarone, Associate Nursing Superintendent, CMC Vellore.

The students of College of Nursing CMC Vellore, Chittoor Campus performed a spectacular March-past parade, which was led by Ms. Arthi A, SNA Sports Chairperson. The Chief Guest Mrs. Florence Segaran lighted the Olympic torch that was carried by students and declared the Annual Sports Meet open by releasing the doves which symbolises peace, hope and freedom. Students from all the batches performed colourful mass drill.

The finals for relay race, tug-of-war, staff and staff children sports were conducted. Mrs. Florence Segaran, Dr. Kenny David, Mrs. Anne Jarone, and Dr. Manoranjitham Sathiyaseelan, distributed prizes for the winners of the events conducted over the past few weeks. The Individual championship was won by Ms. Sindhuja. T, IV-year B.Sc. (N) student of Taylor House. The rolling-shield for march-past was won by Taylor House and Overall Championship was bagged by Nightingale House.



5. Community Orientation Programme



The NSS unit of College of Nursing CMC Vellore Chittoor Campus, Chittoor District, A.P. on conducted the Community Orientation Programme in Babuji Nagar, Chittoor District from 22nd to 27th January for the B. Sc. (Nursing) First Year Students. A total of 50 students were involved conducting Village surveys, Mapping, Health awareness sessions and Cooking Demonstration.

Dr. Vathsala Sadan (Former Dean & HOD of Community Health Nursing, CMC Vellore) and Dr. Vibisha (Consultant in Community Medicine, CMC Vellore) addressed the students on the importance of being sensitive to the Needs of the Community. The NSS Volunteers were supported by 5 group guides, Programme Officer and Faculty.

The Village Leaders Meeting was organized on 25-01-2024 in the Church Premises. Mr. Ashok, Corporator briefed the village administration and his role in the welfare of the Village. Health education programme was conducted



on the same day on *Cancer Prevention, Dengue Prevention* and various other topics. Around 75 people attended the session.

6. National Workshop on OSCE

The College of Nursing, Christian Medical College Vellore, Chittoor Campus organized a National workshop on “Objective Structured Clinical Examination” on 28th April, 2023. The workshop commenced with an opening session. The Chief Guest of the programme was Mrs. Rajeswari Siva, Professor, College of Nursing, CMC Vellore, Chittoor Campus. She addressed the delegates and highlighted the significance of the workshop and the need for OSCE in Nursing Education. Prof. Hemagiri Kumari, Principal, Government College of Nursing, Kadapa deputed by the Andhra Pradesh Nurses and Midwives Council as CNE Observer greeted the delegates and informed them about the credit hours given by the APNMC. Dr. Kenny David, Associate Director Chittoor Campus greeted the delegates and wished them for a fruitful learning. Mrs. Florence Sujia Bai, Principal and organizing Chairperson gave an overview of the workshop. The resource personnel for the workshop were Mrs. Rajeswari Siva, Dr. Jayanthi T, Principal, Apollo College of Nursing, Murukambattu, Dr. Lokeswari M, Principal, Aragonda Apollo College of Nursing, Mrs. Florence Sujia Bai, Dr. Aruna Arputha Malar, Principal, Sri Venketeswara College of Nursing, Chittoor and other faculty of College of Nursing, CMC Vellore, Chittoor Campus.



Sessions were taken on the significance of OSCE in Nursing education, its uses, challenges, organization, evaluation and preparation for OSCE. Lectures, group discussions, panel discussion and observation of the set-up of OSCE were the methods of teaching. Participants expressed the usefulness and relevance of the workshop. There was a significant improvement in the pretest and post test scores. There were 35 registered nurses and 20 undergraduate nursing students who participated in the workshop. There was representation from Tamil Nadu, Karnataka and Andhra Pradesh. The workshop was accredited by the Andhra Pradesh Nurses and Midwives Council (APNMC). Four credit hours were awarded to the delegates, 2 credit hours per session for the resource person and the CNE Coordinators.

7. Seminar on First Aid

College level seminar on First Aid Module was organized on 31st October 2023. The target group was the first semester B.Sc. Nursing Students. Prof. Lilly Prasad, Professor, Child Health Nursing, College of Nursing, CMC Vellore was the resource person.



8. Staff Retreat

Staff retreat was organized on 17th March 2024 in Christukula Ashram, Tirupattur. The guest speaker was Mr. T.S. Ravikumar, Former Professor, College of Nursing, CMC Vellore on the theme ‘Where are you going?’. All staff felt that it was spiritually nourishing and personally motivating.



9. Staff Picnic

Staff picnic was organized on in a farm house ‘Nannilam’ near Paratharaami, Vellore. The day started with social games, relaxation in the swimming pool and a delicious lunch. The natural scenic environment and being away from the monotony gave a heartfelt refreshment.



10. Celebration of special days

10.1 The World Environment Day

The World Environment Day was by celebrated on 5th June, 2023 at CMC Vellore Chittoor Campus, Chittoor, Andhra Pradesh. The Chief Guest Dr. I.Karuna Kumar, Secretary-cum-senior Civil Judge, District Legal Services Authority, Chittoor, Andhra Pradesh addressed the gathering about safe environment and plastic pollution. He also gave information about laws pertaining to individual rights. He encouraged young students to work towards a clean and pollution-free environment. The Guest of honour Mr. A. Narendra Babu, Environmental Engineer, Andhra Pradesh Pollution Control Board, Tirupati, a special address about the theme and encouraged everyone to avoid usage of disposable plastics. The 1st year B.Sc. Nursing students performed a mime show about the benefits of a healthy environment, the consequence of pollution, and the way forward for a renewed and healthy environment.



Photography competition on the theme 'Nature Heals' and a craft work competition on the theme "Beat the Plastics; Choose an alternative" was organized and prizes were distributed to the winners. Mr. Madan Reddy, staff of the Environmental Pollution Control Board, Chittoor led the participants in taking an oath on stopping plastic pollution.

Tree plantation was done by the Medical, Nursing and Administrative staff and Nursing students of Chittoor Campus at the New College of Nursing premises. Public awareness was also created among households of Seshachalapuram and Bandapalli programme to create awareness was organised by the second year B.Sc. Nursing students and staff, nearly 50 participants through song, puppet show and role play on the theme 'Beat the Plastics'. Seeds of various plants were also distributed to the villages who took part in the programme

10.2 International Day Against Drug Abuse and Illicit Trafficking



In commemoration with the International Day against Drug abuse and Illicit Trafficking, an awareness programme for youth was organised Mental Health Nursing and Community Health Nursing, College of Nursing, CMC Vellore Chittoor Campus on 26th June, 2023 on the theme “People first: Stop stigma and discrimination, strengthen prevention”. School Mental Health programme was organized at RK Junior and Degree College in Chittoor and CNR High School and Junior College in Gudipala to create awareness on drug use, its effects and measures to quit the habit. Awareness was created through role play on causes of drug abuse among youth. Signs and symptoms of drug abuse were presented through a song and effects of drug abuse portrayed in a mime left the entire audience motionless. The educative session was wrapped with myths and facts about drug abuse. Around 250 students attended the programme and took an oath on prevention of drug use. A Community outreach programme was organised and second year B.Sc. Nursing students conducted mass health education programme on prevention and management of drug abuse.

10.3. World ORS Week

The World ORS Week was celebrated from 24th to 29th July. The theme for this year was ‘The



Amrut in Dehydration’. An awareness programme on diarrhoea prevention and management including identification of dehydration among children and rehydration at home by giving ORS fluids was continuously imparted to the parents of children attending the Paediatric OPD and those admitted in the Paediatric wards by the Nursing students. As part of the commemoration of the event there were essay and slogan competitions organised. Staff and students of Chittoor campus

participated and the winners were awarded certificates and prizes. On 29th July, 2023 the valedictory programme was organised at the patient waiting area of the Paediatric OPD. Dr. Premila Doss, Paediatrician was the chief guest of the programme who addressed the gathering and created awareness about management of dehydration and the importance of ORS in treating dehydration. Dr. Reginald Alex, Medicine Consultant was the guest of honour who also through real life examples provoked the minds of the people gathered and emphasised the importance of ORS for children with acute diarrheal infection. Participants and beneficiaries of the programme included inpatients, outpatients and their relatives. Through the week programmes were also organized in the form of role play, songs and group discussion in the community.

10.4. World Breastfeeding Week

The World Breast Feeding Week was organised from 1st to 7th August, 2023, focusing on the theme 'Enabling Breast Feeding: Making a Difference for Working Parents'. Health education programmes were organised in the community and hospital by the nursing staff and students on the importance of breastfeeding and the available



options for feeding the baby for working mothers without early weaning. Competitions like video making, essay writing, poster making and quizzes were organised as part of the programme. Staff and students enthusiastically participated and bagged prizes. The valedictory programme was conducted on 10th August, 2023 in the patient waiting area. The chief guest for the day Mrs. Rajeswari Siva, retired Professor, College of Nursing CMC Vellore addressed the gathering and emphasised the importance of breast feeding and the role of family in supporting the mothers in ensuring exclusive breast feeding. Dr. Kenny David, Associate Director, Chittoor Campus and Dr. Shiny, Assistant professor, Chittoor Campus highlighted different strategies for working mothers to continue breast-feeding without weaning. An awareness programme was conducted on the benefits and techniques of breast feeding for mothers through the performance of traditional Villupaattu and a skit by the 4th year BSc Nursing students. There were prizes distributed to the winners of all the competitions.

10.5. Gynaecological Cancer Awareness Programme



The event of Gynaecological Cancer Awareness was conducted on 23rd September 2023 with Dr. Raju Titus Chacko, Professor and former Head of Medical Oncology, as the Chief Guest. The programme included various activities, including song and dance performances by the nursing students. Stalls were put up with information on early detection, prevention, and management of gynaecological cancers and poster and slogan writing competitions were organised.

10.6. World Mental Health Day

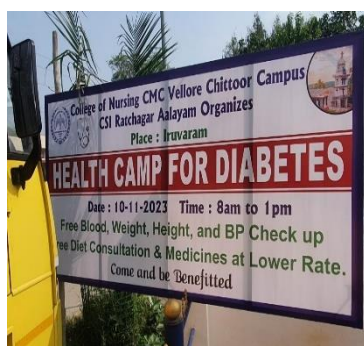
The World Mental Health Day 2023 was celebrated on 10th October 2023, the theme being 'Mental Health is a Universal Human Right.' School Mental Health was emphasized this year. About 14 schools in the locality were invited to participate, of which 7 of them actively participated in the mental health awareness programmes like quiz, slogan and poster competitions. The guest speaker was Dr. Swetha Madhuri, Assistant Professor, Child and Adolescent Psychiatry Unit, MHC Bagayam. In her address, she clearly explained in the native language and exhorted all the stakeholders in the community including the peers, parents, teachers and elders to be aware of the various subtle symptoms of mental distress manifested among school students and guide them to prompt help available at each level. Suicide prevention was highlighted with a pledge taken by the participants including staff and students of CMC as well as the participating schools. The programme was attended by Dr. Kenny David, Associate Director, CMC Vellore, Chittoor Campus, Mrs. Alice Sony, Nursing Superintendent, CMC Vellore and Dr. Sachin Tito, Consultant, CMC Vellore, Chittoor Campus. Mental health awareness mime and song were presented by the students of the College of Nursing following which prizes were distributed. The programme concluded with a tree planting ceremony.



10.7. World Diabetes Day

The World Diabetes Day was commemorated on 14th November, 2023. Mrs. Grace Angeline and Mr. John Wesley, Faculty, College of Nursing, CMC Vellore Chittoor Campus organised a series of events to create awareness among the public and the health care workers. The rally and diabetes screening camp were conducted on November 10, 2023 at Iruvaram, Chittoor, Andhra Pradesh. Dr. Reginald Alex Senior Consultant, Chittoor Campus and Mr. Ashok, Corporator were the Chief Guests. Students of the College of Nursing presented a role play on the prevention of Complications in patients with Diabetes Mellitus.

An awareness rally was held by the 2nd year B. Sc Nursing students, College of Nursing, CMC Vellore, Chittoor Campus. A medical camp was conducted from which a total of 105 community members benefitted. The poster and short film competition took place on November 13, 2023 on the topics 'Trends in Diabetes Management' and 'Lifestyle modifications in the prevention of diabetes



mellitus' respectively. A seminar was organised for the staff and students on 'Diabetic Foot Care'. The concluding event was the public awareness meeting which was organised on November 14, 2023. Dr. Nihal Thomas, Senior Consultant & Professor, Department of Endocrinology was the Chief Guest. Prizes were distributed to the winners of poster and short film competitions. Dr. Kenny David, Associate Director, Chittoor Campus, Mrs. Anbarasi S, Associate Nursing Superintendent and Mrs. Nirmala Margaret P, Principal, College of Nursing offered felicitations.

10.8. World Cancer Day

'Cancer Awareness Programme' was organized on 5th February, 2024 in commemoration of World Cancer Day. The theme "Close the Care Gap: Uniting our Voices and Taking Action". The Chief Guest for the programme was Dr. Patricia Solomon, Professor, Department of Radiation Oncology Unit III, CMC Vellore. She provided information about the magnitude of cancer, emphasized the importance of creating cancer awareness and appreciated the efforts taken to organise the programme.

Four cancer survivors from Chittoor Campus shared their experience and motivated the participants to be hopeful. Third year B.Sc. (N) students performed a skit and mime focusing on the causes, signs and prevention of cancer. Posters on causes, signs and symptoms and prevention of lung cancer, cervical cancer, oral cancer, breast cancer and colorectal cancer were displayed to educate the patients and their relatives attending the outpatient department. Third year BSc.(N) Students demonstrated self-breast examination to the patients and their relatives with a breast model. Informative pamphlets were given to the general public on cancer awareness.



10.9. National Immunization Day



The College of Nursing, CMC Vellore Chittoor campus organized programmes in commemoration of the National Immunization Day 2024. Mrs. Bindhu P, Professor, College of Nursing, CMC Vellore, Chittoor Campus coordinated the programme. Pencil sketch competition for staff and students was organized and winners were awarded prizes. Health play was performed by the II year B.Sc Nursing students in the West/Pediatrics OPD and North OPD and the Obstetric and Gynaecology wards on the topic "Vaccine for all" through which the awareness was created among postnatal mothers

about importance of vaccination. There was a positive response from the audience and doubts were clarified.

10.9. World Sleep Day

On 15th March 2024, students from batch 2022 participated in the World Sleep Day programme organized by the Department of Pulmonary Medicine, CMC Vellore in Ranipet Campus. They performed a wonderful awareness mime on Sleep Hygiene. Students also participated in poster and slogan competition based on the theme 'Sleep is essential to health' and Ms. Sneha Saji from batch 2020 won third prize in poster competition.



STUDENT ACTIVITIES



1. Participation in Blood Donation Camp

Voluntary blood donation camp was organized by the Department of Transfusion Medicine CMC Vellore in CMC Vellore Chittoor Campus on 21st April 2023, 25th August 2023 and 23rd January 2024. Students who volunteered to donate blood were encouraged for blood donation. Those students who were eligible donated blood and received the certificates for the same. Mrs. Nirmala Margaret P, Principal, College of Nursing CMC Vellore Chittoor Campus, was presented with a memento for being a source of constant support and encouragement in motivating the Volunteers to donate blood every year.



2. Farewell to Former Principal

Student body organized farewell to the former principal Mrs. Florence Segaran on the occasion of her retirement in Working Women's Hostel CMC Vellore Chittoor Campus. The program was graced by the presence of Mrs. Rajeshwari Siva, Former HOD, Community Health Nursing College of Nursing CMC Vellore. Student body cherished the memories with the former principal and expressed their gesture of gratitude by presenting cultural programs.



3. Independence Day Celebration

The 75th Independence Day of our nation was celebrated on 15th August 2023 at Working Women's Hostel CMC Vellore, Chittoor Campus. The programme started at 6.30am. Flag hoisting was done by Mrs. Nirmala Margaret P, Principal, College of Nursing, CMC Vellore, Chittoor Campus Chittoor. Students presented several cultural programmes that rekindled patriotism in the audience.



4. CONFEST 2023

CONFEST 2023, the interclass cultural event was organized by the Student Nurses Association from 14th to 19th August 2023. Various competitions were conducted under each committee of SNA. Students enthusiastically participated in all the events and displayed their talents. The overall trophy was bagged by the batch of 2021.



5. Teachers' Day Celebration

Teachers' day celebration was organized on 5th September 2023. Students greeted the teachers with cards prepared by them. A cultural programme on the theme 'Retro' was organized.



6. SNA grand sale

Student Nurses Association organized a grand sale 2023 on 24th August 2023 and raised fund for the SNA activities. Food counter, Art and Craft, Jumble sale, Garments, Juke box, Games count, Beauty counter and Biryani counters were set up and the entire student body actively involved in raising fund under the guidance of teachers.



7. Charity visits

Part of the fund raised during the SNA Grand sale was used for various charity activities like Person-to-Person Transfer, supporting girl children's education, Old age home visit, Migrant Labourer Visit and prison visit.



8. PEGASUS 2023

Students from all the batches participated in various events during the Pegasus 2023- Inter Collegiate Cultural and Sports Events organized by MBBS students of Christian Medical College Vellore. They participated in individual athletic events, throw ball, Classical singing, Western singing, Duet singing, Mandala Art, Badminton and Group Dance. They won first prize in group dance and high jump, third prize in long jump and Mandala Art.



9. SHILOH

The annual mission conference was held by CMC Vellore from 28th September 2023 to 01st October 2023. There were 106 students from College of Nursing CMC Vellore Chittoor Campus registered for the conference along with two community staff Ms. Allora and Ms. Aleena. From each batch five students were partially sponsored from College of Nursing CMC Vellore, Chittoor Campus. Our worship team led morning worship on 29th September 2023.



10. Diabetes Day Dance competition

The Department of Endocrinology, Diabetes & Metabolism organized Diabetes Day 2023 Dance Programme on 23rd February 2024. Students from our college participated and won first prize.



11. Christmas programme

On 12.12.2023, Christmas programme was organized in the Working Women's Hostel by the Student Nurses Association. Several programmes like carol signing, nativity play, choreography was performed by student body. Christmas message was delivered by Rev. Arul Dhas, Former HOD Chaplaincy, CMC Vellore. The programme ended up with a song Silent Night sung by all with the lit candles in their hands.



12. Fresher's welcome

Fresher's welcome for the batch 2023 was organized by the students of Batch 2022 on 06.02.2024 at 3.00 pm in the Working Women's Hostel. Various cultural events like dance and special song were performed by the senior students to welcome the fresher batch. The organizers displayed their creativity in the organization of self-introduction of fresher batch and made the event fun filled interaction.



13. Student Picnic

Batch	Date	Place
2019	31 st March to 2 nd April 2023	Mysore
2020	04 th November 2023	VGP Universal Kingdom, Chennai
2021	07 th October 2023	VGP Universal Kingdom, Chennai
2022	25 th November 2023	Blue Land, Tirupathi



14. Student Retreat 2023

Batch	Date	Place
2019	21 st April to 23 rd April 2023	YMCA, Yelagiri
2020	17 th June 2023	Pravaham, Vellore
2021	24 th June 2023	Pravaham, Vellore
2022	24 th March to 26 th March 2023	YMCA, Yelagiri



15. SNA Biennial Conference at State and National Level

The 30th Andhra Pradesh State Student Nurses' Association (SNA) Conference was held on 1st and 2nd October, 2023 in Vijayawada. The conference was attended by 20 student nurses along with a faculty. Students participated in various competitions and won prizes.

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|---|-------------------------------|
| ▪ Ms. Angileena Kanwar (Batch 2019) | – I prize in Poster making |
| ▪ Ms. Joann Lizbet Abraham (Batch 2022) | – III prize in Poster making |
| ▪ Ms. Helen Metilda. S (Batch 2020) | – I prize in Essay Writing |
| ▪ Ms. Asha P Jose (Batch 2021) | – I prize in Pencil Sketching |
| ▪ Ms. Lianne Elizabeth (Batch 2021) | – I prize in Badminton |
| ▪ Ms. Sindhuja T (batch 2019) | – II prize in 100-meter run |



The national level SNA Conference was held in New Delhi from 28th to 29th November 2023 . Six of our student nurses along with a faculty attended the conference and Ms. Lianne Elizabeth won third prize in Badminton. Ms. Angileena Kanwar, Vice President of CON, CMC Vellore Chittoor Campus unit participated in the Parade and represented AP State SNA.



16. Republic Day Celebration – 26th January 2024

Republic day celebration was held on 26th January, 2024 at 6.30am in Working Women's Hostel CMC Vellore, Chittoor Campus. The Chief Guest for the program was Mr. Anand Kumar, Senior Engineer, CMC Vellore, Chittoor Campus, Chittoor who hoisted the National Flag. Patriotic song, dance performance and skit were performed by the student body. The program ended by closing prayer followed by sweet distribution. This was followed by the Tree Plantation in the New College of Nursing Premises.



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