



# chaitanya

*A pure consciousness or the cosmic intelligence the consciousness that knows itself and also knows others.*

*In Samkhya philosophy the highest real modality is pure consciousness and pure energy. There is an ocean of pure vibrating consciousness inside each one of us, and it is right at the source and base of mind, right at the source of thought and it's also at the source of all matter.*

*We each, exist already has absolute pure light. We only need to get out of our own way to shine the brightest.*

*Be the light you want to spark*

## OUR FOUNDER CHAIRMAN



### **PROF. DR M. SHANTARAM SHETTY**

**M.B.B.S., M.S. (Ortho), F.I.C.S. (Ortho), F.I.A.M.S**

Pro Chancellor, Nitte University  
Chairman, Tejasvini Hospital & SSIT  
Adjunct Professor, the TN Dr. MGR Medical University  
AO Trustee 2006-11 and Past Chairman AO Trauma India Council  
Past President, Indian Orthopaedic Association, Mangalore - 2



**Prof. (Dr) M Shantharam Shetty**

M.S.(Ortho), FRCC, FACS

Pro Chancellor, Nitte University

Chairman, Tejasvini Hospital & SSIOT

Adjunct Professor, the TN Dr. MGR Medical University

AO Trustee 2006-11 and Past Chairman AO Trauma India Council

Past President, Indian Orthopaedic Association, Mangalore - 2

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Congratulations on your effort to bring out the institutional magazine this year. Ever since Tejasvini Hospital was born, we have strived hard to maintain high ethical, moral and academic standards in all our institutions. Though our growth of our institutions was steady and need based. The credit of whatever we have achieved goes to the staff and the students and the alumni.

Let this magazine feature our past achievements, the present steps and the future plans and vision. Let it also depict how to improve and deliver what is good for our institutions. My vision is to see all our institutions to grow to be model institutions and bring about best of the graduates.

I wish you and your editorial board all well.



**Dr. S Sacchidanand**

MD, DVD, DHA, FRCP (Glasgow)

Vice-Chancellor  
RGUHS, Bangalore

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I am pleased to learn that the Tejasvini Hospital Group of Institutions, Mangalore has been providing the society with health care services in multiple specialties and general care. The institutions are also providing quality education in health care sector, especially in the para-medical sector, which is a significant need for the society.

The Tejasvini group of institutions are presenting their second edition of institutional magazine. I am sure that the magazine will consist of much useful information that can be shared and useful for the profession.

I compliment the students, staff and management of Tejasvini group of institution and wish the magazine well.





**Prof. Dr. Lathika Shetty**

Managing Trustee  
Tejasvini Hospital Group of institutions

I have great pleasure in conveying my best wishes to the Principal, staff and students of 'Tejasvini group of institutions' on releasing the second issue of magazine which brings our students and teachers of all disciplines on a common platform to share and display their ideas and creative talents.

Education is the very foundation upon which we build our future. There is no end to education; it is a process of learning which continues all our lives. Our goal is to prepare our students into well rounded future professionals who provide leadership and exemplary health care services to improve society. We aim to foster a learning environment that promotes responsible and principled behavior which respects the dignity of all members of our society.

I applaud the efforts of the team to bring out this issue, extend my greetings and wish them all success in their future endeavors.



**Dr Mohammed siddiqui**

Special Officer Karnataka Nursing  
& Para Medical Regulating Authority, Bangalore.

It gives me immense pleasure to receive a letter Dated: 03/12/2018 and to note that your institution has desired my message to be printed in the second institution magazine

Tejasvini Hospital Group of Institution, after its establishment in the year 2007, with a span of 12 years has rendered very admirable service to the society in the medical field under the able and eminent leadership of Prof. Dr. M. Shantharam Shetty. This Institution has grown up for the service motive and zeal to work in the medical field has the result of which it as offered courses like General Nursing, B.Sc Nursing, P.B.B.Sc Nursing, M.Sc Nursing,, B.Sc Medical Imaging Technology, B.Sc Physiotherapy, B.Sc Medical Laboratory, and Para Medical Diploma Courses. Further you have also attached super Speciality hospital with capacity of 250 beds which is a parent hospital. On occasion of bringing out a magazine of institution, I wish all success and any support will be there unto satisfaction of your expectation.



**Mr. Somashekarayya Kalmath**

Senate Member, RGUHS  
Asso. Profesoor, KLES Institute of Nursing Sciences,  
Vidyanagar, Hubli – 31  
Mob: 9886359310  
Email: somukalmath123@gmail.com

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I am quite pleased to learn about the upcoming Second issue of the Institutional Magazine by Tejasvini Hospital Group of Institutions, Mangalore. Nurturing creativity and inspiring innovation are two of the key elements of a successful education, and a college magazine is the perfect amalgamation of both. A magazine carries the contributions reflecting ethos and aspirations of the students, faculty and other team members of an institutions.

Tejasvini Group of Institutions has been simply unstoppable in its progress as it has been actively involved in various activities that have brought to light the hidden talents of the college students and staffs.

Hence I am delighted and I do appreciate the Editorial team for their successful completion of this tedious task of putting together the myriad thoughts and dreams of students and faculty into a meaningful and delightful visual fest.

Wish You Good Luck...!!!



**Dr. Satish Mallya**

M. Com, M.P.Ed, Ph.D  
Administrative officer

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I am extremely glad that Tejasvini Hospital Group of Institutions is bringing out the second edition of their institutional magazine “CHAITANYA”. The word “CHAITANYA” has its origin in Sanskrit, which stands for ‘consciousnesses or ‘spirit’. The magazine true to its name captures the spirit of all the students and faculty here at Tejasvini Hospital Group of Institutions.

Further I wish to say that our institution which was established in 2007 has completed 11 years of its existence. It has served the purpose of imparting excellent education in the field of paramedical and nursing through the use of latest technology. It was a dream and vision of our founder Dr. M Shantharam Shetty to build one of the most prestigious institution in the field of Para medical sciences which led to the foundation of Tejasvini Hospital Group of Institutions. I feel proud to know that students graduated from our paramedical and nursing courses have gone ahead to join few of the prestigious hospitals and institutions globally.

This magazine contains outstanding articles published by students in Kannada, English and Malayalam languages. I congratulate the extra effort put in by the members of the Editorial Board in bringing out this magazine, and wish them all the success.



**Prof. Bridget D'Silva**

MA, MSc (N) RNRM

Principal, College of Nursing  
Tejasvini Nursing Institute

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It is a matter of pride to pen down the significance of our Institutional Magazine “Chaitanya” under the umbrella of Tejasvini Hospital group of Institutions, Nursing Institute, College of Nursing. The Academic excellence is a composite of curricular, co-curricular & extracurricular activities. It gives me a great satisfaction that the college is progressing in all its endeavors towards the overall development and personality of the students.

Institutional magazine is a platform for the students to express their creative pursuit, originality of thought and perception. The content of the magazine reflects the wonderful creativity of thoughts and imaginations of our students who can grow as leaders and not followers.

I wish plentiful success to all our staff and students



**Mrs Usha P**

RN.RM

Principal, School of Nursing  
Tejasvini Nursing Institute  
Kudupu, Mangalore

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It is an occasion to recall the women services rendered to the humanity by the legendary figures like Florence Nightingale – “The lady with Lamp”, and a galaxy of those committed to the nursing profession who apart from giving dignity to the nursing service, lit the light of compassion in human hearts, awakening the spirit and dawning the hopes and aspiration of the seafaring masses during this century throughout the world.

I wish all the success to the 2019 graduation ceremony.

**“Service to the mankind is Service to the God”**



**Ms. Seema**

Principal  
Amar Shanth Paramedical Institute

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“Greetings for New Year from Amar Shanth Paramedical Institute”

Tejasvini Hospital Group of Institutions is all set to bring out the second edition of the Institutional Magazine ‘CHAITANYA’. I am indeed very delighted to mention this.

‘CHAITANYA’ is a wonderful platform to showcase the creativity and potential of our students and faculty. It brings into the forefront the academic achievements of our students.

My sincere regards to the editorial team for keeping up their high spirit and enthusiasm throughout the compilation of this venture. I wish our institutional magazine grows with fame and content in the coming years, keeping our hopes and spirits high.

Best wishes to all for the upcoming year. Enjoy the journey of our esteemed Institution through ‘CHAITANYA’



**Dr. Rehamath Nujoom**

Principal  
Tejasvini College of Physiotherapy  
Kudupu, Mangalore

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I am delightful to know that Tejasvini Hospital Groups of Institutions is coming up with their college magazine- ‘Chaitanya 2018-19’

The magazine is the platform for the students to express their creativity of thoughts and imagination. Every page of the magazine is a milestone that marks the growth.

The focus of any college is not only to impart the lessons but also to inculcate in the students an education that is synchronised towards reducing the global burden of disease with a social responsibility .

I congratulate all the contributors and the editorial board for bringing out “CHAITANYA 2018-19”



## Staff Editorial



Welcome to the Second edition of CHAITANYA, presenting before you with its unique creation which serves as a platform to highlight the literary abilities and artistic segment of Tejasvini Hospital Group of Institutions.

Magazines are all about context—how ideas and images are presented in relation to one another and within a larger point of view. The essential purpose of CHAITANYA II is to inform, engage, inspire and entertain a diverse readership, including alumni, faculty, staff, students, parents and other friends of Tejasvini Hospital Group of Institutions. We would like to place on record our gratitude and heart felt thanks to all those who have contributed to make this effort a success. We profusely thank management for giving support and encouragement and a freehand in this endeavour.

Magazines are about trust and partnership. We want it to be entertaining and informative, at times contrary, but above all useful. We truly hope the pages that follow will make some interesting reading.

**Mr. Mohan. S**

Asso. Professor  
Dept. of Child Health Nursing

**Mrs. Nireeksha Shetty**

Lecturer  
Dept. of Micro Biology

## Tejasvini Nursing Institute

**OVERVIEW:** Tejasvini Hospital Group of Institutions established under the eminent leadership of Prof. Dr. M Shantharam Shetty with righteous vision to impart quality education on par with international standards in the field of Health care.

The institution began in the year 2007 with the inauguration of GNM program and Paramedical courses with the intake of 30 and 18 students respectively. Today the strength is grown up to 250 students in Nursing program and 280 in paramedical courses which includes X-ray technology, operative theater technology and Medical Laboratory Technology.

The milestone of Tejasvini hospital group of institutions is the establishment of nursing college namely Sanjivini College of Nursing in the year 2009 with an intake of 40 and raised to 60 students in the academic year 2018. Later on the institution was renamed as Tejasvini Institutions in the year 2012. The master program in nursing with three specialty namely Medical Surgical Nursing, OBG and Community Health Nursing was initiated in the year 2014. This Institution has also progressed in incepting the bachelors' degree courses in Medical Imaging Technology (MIT) in the year 2014, bachelor degree in medical Laboratory Technology (MLT) in 2015, diploma in dialysis in the year 2016 and Tejasvini Physiotherapy College in the year 2018.

Our institution is recognized and approved by statutory bodies namely Karnataka State Diploma in Nursing Examination Board & Paramedical Sciences Education Board, Government of Karnataka. The B.Sc, P.B.B.Sc, M.Sc (N) programs are approved by RGUHS, INC and KNC. Over 680 students from different states namely Karnataka, Kerala, Maharashtra, Jharkhand, Delhi, Tamilnadu, Lakshadweep & Nepal live harmoniously, learn and excel in the sprawling region nestled on a plateau at Kudupu.

**ACADEMIC EXCELLENCE:** The Educational Institutions have secured good results during the Academic year 2018. The colleges with an exemplary result of 100% for MSc and BSc, & 98% for

PBBSc and GNM. Tejasvini Nursing Institute is recognized as an Examination Centre for the academic year 2017-18 for both theory and Paper valuation.

**CLINICAL EXPERIENCE:** We are also proud to state that our parent institution Tejasvini Hospital and SSIOT is accredited with NABH on March 2017. Our students are provided with rich clinical facility from parent hospital, and SSIOT & have an affiliation with K S Hedge Hospital & Medical Academy, Derlakatte, Mangalore, which caters wide range of services for orthopedics and Traumatology, Medical and Surgical care, Child Health Geriatric care and Superspeciality services. The community training for our students includes the catchment area of Kudupu and Padil. The Departments have been carrying out various projects and programs every academic year to educate the public and bring awareness about various aspects of preventive, promotive and Rehabilitative care.

### CONTINUING NURSING EDUCATION:



Health care is a challenging professional and ever-changing practice needs constant motivation to upgrade self and others. To keep abreast with advancements continuing education was organized for the school and college of nursing staff periodically focusing on improving the quality of nursing. The topics of revision and updates, reviews are taken up as a CNE. Overall about 10 such programs were carried out during the academic year.

## REPUBLIC DAY CELEBRATION:



Tejasvini group of Institutions celebrated republic day on 26th Jan 2018 at college. The program began at 9 am with escorting the chief guest Dr (Lt.Col) Sampath Kumar, Professor, General Medicine, K.S. Hegde Medical Academy by ceremonial march led by Ms. Jinsha k. BSc (N). The tricolour flag was unfurled by the chief guest and other dignitaries joined him followed by that national anthem. The chief guest addressed on the significance of republic day and congratulated the parade group for their stately ceremonial march.

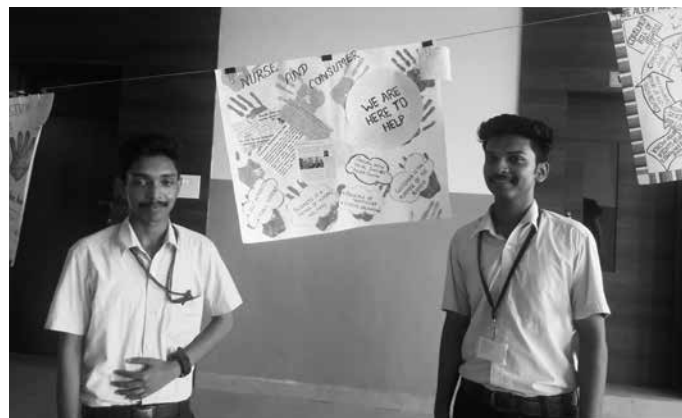
## INTERNATIONAL WOMENS DAY:



NSS Unit of Tejasvini Nursing Institute observed "International Womens Day" on 8th March 2018 on the theme: "Press for progress". In the Samiksha hall. The program emphasized more on self defence techniques. Swaraksha for women program was carried out by Mr. Karthik Kateel, who demonstrated prime five (05) techniques which women can use when attacked by a stranger or a group of people without using the usual kick, block & punch techniques of martial arts. Therefore the session emphasised that the technique can be choreographed on the basis of psychology &

real life incidents said Karthik. The techniques were so simple that it can be mastered easily. About 470 students of various colleges of Mangalore attended the workshop.

## WORLD CONSUMER DAY:



SNA unit organized Poster competition on the theme "role of nurses in consumers protection" on 19th March 2018. The aim of the completion was to create awareness & find the issues related to health care in Megahana hall. All the batches from GNM, B.Sc, P.B.B.Sc and M.Sc nursing students' participated 18 posters were presented.

## WORLD WATER DAY:



SNA unit observed world water day on 22nd March 2018 with the aim to motivate the students to check all the water sources in and around college and hostel and to submit the report on water wastage and preservation of water.

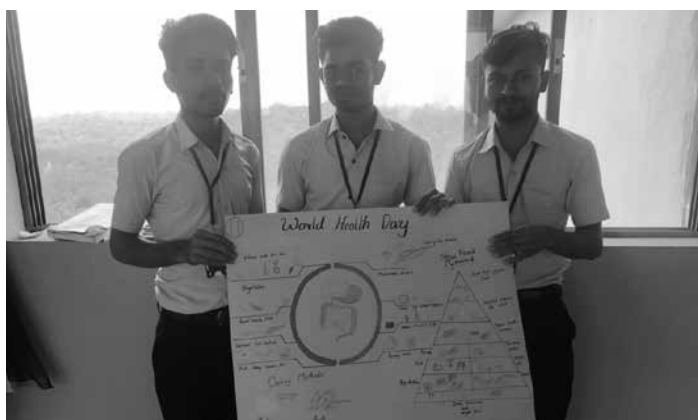


## WORLD TUBERCULOSIS DAY:



SNA unit organized collage competition on the theme “leaders for TB free world” on 26th March 2018 in Megahana hall. Students from all the batches of GNM and BSC participated to create awareness in preventing and treating TB.

## WORLD HEALTH DAY:



On behalf of world health day, poster presentation competition was held by Amarshanth paramedical Institute organized poster competition on 7th April 2018 at Meghana hall. The purpose of the poster presentation competition was to create awareness about the health and health care among the students.

## NUTRITION DAY:



the ambassadors of preventive, promotive and restoration of Health. The aim of the activity focused on the students to learn on various aspects of balanced and therapeutic diet. This empowers the student to plan, organized and educates the clients of various diseases and across the age group the kind of diet to be provided. The students had hands on skill in various therapeutic diet such as cardiac diet, diabetic diet, naturopathy diet, pregnancy and lactation diet, pre- school and weaning diet, adolescents diet, renal diet and geriatric diet. Students were enthusiastically and actively participated in preparing sumptuous therapeutic diet.

## NSS SPECIAL CAMP:



NSS 05 days special camp was held at Manela, Vitla, Bantwal Taluk in the month of April 12<sup>th</sup> 2018 on the theme “Cleanliness and Healthy life style”. The aim of the camp was to channelize the energy of students into a creative force to steer in social change through a wide range of community related activities. Program began by invoking god’s blessings. Rev. Fr. Prakash D’souza inaugurated the camp. Mr. Urban, secretary hoisted the NSS flag. During the camp students covered almost 5km radius houses and conducted health checkup, awareness programs and house hold survey to identify lifestyle disease.



## SHRAMADHAN:



An initiative to Swachh Bharat Abhiyan: The NSS program officer, staff of Tejasvini Nursing Institute and volunteers carried out extensive regular cleaning program in and around Kudupu on May 5th 2018 totally four such programmes were carried out during the academic year with an aim to join hands with the national mission of “Swachh Bharat Abhiyan”.

## CULTURAL FEST 2018:



The college students exhibited various on and off stage programs like dance, skit, singing, mime, fancy dress, Elocution, rangoli, mehendi, pencil sketch etc. The exhibited extraordinary astonishing talents in the various events.

## NURSES DAY CELEBRATION:



The International nurses' day was observed by Tejasvini Nursing Institute on May 20th at college auditorium. Prof. Dr M. Shantharam Shetty was the chief guest, addressed the gathering and appreciated about the services of nurses towards the society and unveiled the theme. The students conducted panel discussion on the theme “A voice to lead achieving the sustainable development goals”. The program was concluded with honoring the nursing teachers followed by cultural program.

## YOGA DAY:



Yoga at Tejas, The students of Tejasvini College participated in the yoga session conducted by NSS officer and NSS volunteers on 21/06/2018. A regular weekend yoga session was held in the month of 21st June 2018 to educate and inculcate the habit of practicing yoga by the students for the wellbeing.

## INDEPENDENCE DAY CELEBRATION:



Independence Day was celebrated on 15th August 2018 with the fervor of patriotism. Dr Suma Shetty, Professor, K S Hedge Academy of Medical Sciences, Nitte University was the chief guest hoisted the flag and addressed the gathering on patriotism.

## SAY NO TO DRUG:



The city Mangalore police in association with Vijya Karnataka organized drug free awareness campaign on August 28<sup>th</sup> 2018. The campaign started by awareness rally with the slogan Drug free Mangalore “say no to drugs” The rally started from Bunts hostel to road TMA Pai hall MG road. The students of Tejasvini School and College of Nursing actively participated in the awareness programme and acquired the knowledge on how the life stresses for young students to fall prey for drugs. Therefore the programme emphasized more on to strive for daily peace. It also emphasized on how to identify early and educate individual, family and community on drug free environment. Therefore Tejasvini School and College of Nursing students can participate in preventing many of drug addiction in the society.

## RGUHS ZONAL TABLE TENNIS TOURNAMENT:



Tejasvini College of Nursing organized RGUHS Zonal Table Tennis Tournament on 17/08/2018 at Sameeksha Hall of the campus. The tournament was inaugurated by the chief guest Mr. Bhaskar K Moily, (Mayor, Mangalore City Corporation) and Prof. Dr. M. Shantharam Shetty, (Chairman Tejasvini Hospital Group of Institutions) by tossing the ball. The chief guest addressed the participants

with the importance of sports in students’ life as a personality development. In the doubles and single Men category Father Muller Medical College were the winners and SDM Ujjire were runner-up. Women category SDM Ujjire were winners and Father Muller Medical College were Runner Up.

## FAREWELL MEET OF FINAL YEAR STUDENTS:



A 3rd B.Sc, 2nd GNM and 1st year PBBSC and 1st MSc students organized a pleasant cheerful farewell bid for the beloved final year students on 25th August 2018. The Mementos were presented as a token of Amity and reminiscence to the outgoing students.

## TEACHERS DAY:



The Teachers day organized by the MSc and 4th IV B.Sc nursing students to commemorate the teacher’s services to the students on 5th September 2019.

## ORIENTATION PROGRAMME:





The academic year 2018-19 was held on for the newly nursing and paramedical students to make the parents and students aware and academic aspects of course, rules and regulations of the institutions and ensuring parental participation in the progress of the students.

### SHARADHA POOJA:



Sharadha Pooja was held to bring the divinity of education among the students on 16/10/2018. It is a significant day for the students to seek blessings of goddess Sharadha. Hence students offered special prayers by chanting bhajans for success in their studies.

### SNA ELECTION AND INDUCTION PROGRAM 2018:



Beginning of the academic year the fervor of elections begins. After a week long canvassing students request for votes and file nominations. The induction program of SNA for the academic year 2018-19 was organized on 03/11/2018 in conference hall. The vibrant core committees were elected and followed by the ceremonial oath taking. Inauguration of SNA 2018-19 was done by Presidents of SNA, Prof Bridget D'silva, (Principal, college of nursing) and Mrs. Usha P, (Principal, School of nursing) Prof. Bridget D Silva addressed the gathering and emphasized on importance of leadership and coordination to be a successful leader.

### DIABETIC DAY:



A Mass health education programme was conducted on 14th November 2018 at D.K. district high-er primary school, Mallur. The programme was started at 10am with invocation. A total of 60 school children, 30 parents and 6 school teachers were present for the programme. Prof. Mrs. Bridget D Silva, Principal College of Nursing, Mrs. Usha P Principal School of nursing, Mrs. Indira ANM Mallur sub center Kudupu PHC, Mr. Prashant health inspector, Mr. Dhudappa Gowda Patil Panchayath development officer Mallur was present for the programme. A role plays on "Awareness on diabetes" was performed, followed by health education was given by the students. Mrs. Indira gave the information about the health services available for the diabetic patients in the government setup. Refreshment was provided to the gathering. The programme ended at 11.30 pm.

### ORGAN DONATION AWARENESS PROGRAMME:



Tejasvini Hospital Group of institutions observed an organ donation awareness programme on 24th November 2018. Dr. Vinaykumar K V was the chief guest of the programme addressed the gathering and highlighted the importance of organ donation.

## FRESHER'S DAY CELEBRATION:



Freshers day 2019 was organized on 28/11/2018 by student body for grooming the fresher's and giving a platform to exhibit their talent. Various cultural programmes and games were conducted for the fresher's on the eve.

## THE WORLD AIDS DAY- KNOW YOUR HIV STATUS:



Tejasvini college of nursing, Dakshina Kannada District authority District Health Department and Family Welfare Services, District AIDS control unit, District Law service Authority Dakshina Kannada Mangalore, NSS programme Unit of different universities, Red cross colleges Pre-university educational unit lions club Mangalore, staffs of District level and other non-governmental Institutions were jointly organized District level world AIDS day programme and rally regarding AIDS awareness on 1st December 2018. The rally was inaugurated by Dr. Ramakrishana Rao (District Health Officer and Family Welfare Services) and Mr. Mallanna Gowda Patil (Senior civil Justices of Mangalore.) About 700 students present for the rally. The chief guest Mrs. Meenakshi Shanthigodu inaugurated the programme.

## INTERCOLLEGIATE ATHLETIC MEET 2018-19:



Tejasvini Hospital Group Of Institutions organized 11th annual sports meet on 17-12-2018 at Mangala Stadium. Students participated in various track and non-track events. Mr. Lukmanual Hakeem of III paramedical MLT won the boys individual championship and girl's championship was shared by Ms. Athira of IV B.Sc and Ms. Shilina KP of III B.Sc. Nursing Overall championship was bagged by Amar shanth Paramedical institute.

## CHRISTMAS DAY CELEBRATION:



Christmas day celebration was organized by the Tejasvini nursing college students on 22-12-2018. Various cultural programmes and Christmas carol singing competition were conducted for the students.



## ANNUAL REPORT ASPMI 2018-19

ASPMI was constituted in the year 2007 under the aegis of Amar Shanth Charitable Trust offering diploma courses in MLT, OTT and MIT. Following this, in the year 2014, the bachelors' programme in MIT was started, then in 2015 diploma in DT & Bachelors' course in MLT begun. The total student strength of our institute at present is 250 backed by a 15 member team of well qualified and experienced faculty.

The academic performance of our students has been excellent over the years. Ms. Sarathi U K from DXRT and Ms. Cilin Simon from B.Sc. MLT have been awarded the best outgoing student award for the year for their outstanding performance in academics for the year 2015-18. This year, we have secured 2 distinctions viz; Ms. Preetha Fernandis from DMLT & Ms. Sarathi U K from DXRT. Today on this graduation day 24 Diploma holders & 04 B.Sc. graduates will be receiving their honours.

Academics being an integral part of student career, in addition we also provide opportunities for their all-round development. As a part of co-curricular & extracurricular activities, several programmes were organized. A Personality Development Programme was organized in Feb 2018 wherein eminent resource persons discussed about various adolescence issues. Dr. Kavyashree, Asst Prof in Psychology, St. Agnes Centre for PG studies was invited as a Chief Guest for the same. A poster presentation competition was organized in April 2018 on account of World Health Day. The 1st year paramedical diploma students visited the Regional Science Centre at Pilikula Biological Park as a part of their academic study tour accompanied by the faculty. Our 2nd & 3rd year DOTT students participated in the Annual Symposium on Upgraded Medical Techniques on Dec 18th at Mangala Institute of Paramedical Sciences accompanied by Ms. Grahitha, Asst. Lecturer in OT Technology.

The new academic year for the 12th batch of Diploma and 5th batch of B.Sc. students started on October 15th with an Orientation Programme. The students were given an insight about the Institution, faculty, study pattern & scope of their opted courses. The Fresher's day function for the new students was organized on

Dec 5th 2018.

The Annual sports meet of Tejasvini Hospital Group of Institutions was conducted on 17th Dec, 2018. The students participated in the various sports & athletic events organized and brought laurels to themselves as well as the college. I am delighted to say that ASPM students won the overall team championship for giving their best performance & bagging the maximum number of prizes in the sports meet. Mr. Lukmanul Hakeem bagged the Individual Championship award.

Our students are offered the best clinical practice at Tejasvini Hospital & K. S. Hegde Charitable Hospital, Mangalore. They are also trained for routine laboratory practicals at the well equipped laboratories in the college.

## TEJASVINI PHYSIOTHERAPY COLLEGE

The college commenced on 2nd October 2018 with the vision of imparting knowledge and increasing the professional values among the students. The aim of Tejasvini Physiotherapy College is to produce well established physiotherapists who can stand proudly among the crowd with handful of experience and knowledge. Our students began with their extracurricular activities by securing Second Prize in Chess competition conducted by Tejasvini Hospital Group of Institutions & participated in Yenepoya cricket Tournament 2018. Our student also left on impression by securing Second Prize in Master of Ceremony category in the cultural competition in 57th Annual International conference conducted by Indian Association of Physiotherapists (IAP), which had more than Five thousand delegates from all over India. Hoping to achieve many more milestones under the roof of Tejasvini Physiotherapy College.



**Foundation stone laying ceremony of the Tejasvini physiotherapy college**





**M.Sc (N)**



**P.B.B.Sc I YEAR**



**P.B.B.Sc II YEAR**





**B.Sc (N) I YEAR**



**B.Sc (N) II YEAR**



**B.Sc (N) III YEAR**





**B.Sc (N) IV YEAR**



**GNM I YEAR**



**GNM II YEAR**





**GNM III YEAR**



**NURSING STAFFS**



**SNA DISCIPLINARY COMMITTEE**





**SNA EDITORIAL COMMITTEE**



**SNA GRIEVENCE COMMITTEE**



**SNA OFFICE BEARER COMMITTEE**





**SNA SPORTS COMMITTEE**



**I B.Sc. MLT, MIT**



**II B.SC MLT, MIT**





**III B.SC MLT, MIT**



**I DIPLAMO, DMLT, DMIT, DOTT, DDT**



**II DIPLMO, DMLT, DMIT, DOTT, DDT**





**III DIPLAMO, DMLT, DMIT, DOTT, DDT**



**ASPMI CULTURAL COMMITTEE**



**ASPMI LIBRARY COMMITTEE**





**ASPMI SPORTS COMMITTEE**



**ASPMI STAFFS**



**I YEAR PHYSIOTHERAPY**



## Glimpses of Graduation Day-2018-19





## Pretty Ugly

I'm very ugly  
 So don't try to convince me that  
 I am a very beautiful person  
 Because at the end of the day  
 I hate myself in every single way  
 and i'm not going to lie to myself by saying  
 there is beauty inside of me that matters  
 So rest assured I will remind myself  
 that I am a worthless, terrible person  
 And nothing you say will make me believe  
 I still deserve love  
 Because no matter what  
 I am not good enough to be loved  
 And I am in no position to believe that  
 Beauty does exist within me  
 Because whenever I look in the mirror I always think  
 Am I as ugly as people say?

(Now Read bottom up)



**Mrs. Mable Lolita Baptist**

Associate Professor & H.O.D  
 Department of community health Nursing  
 Tejasvini Nursing Institute

## Discipline

D – Is the 4th Letter of alphabet  
 I – Is the 9th Letter of the alphabet  
 S – Is the 19th Letter of the alphabet  
 C – Is the 3rd Letter of the alphabet  
 I – Is the 9th Letter of the alphabet  
 P – Is the 16th Letter of the alphabet  
 L – Is the 12th Letter of the alphabet  
 I – Is the 9th Letter of the alphabet  
 N – Is the 14th Letter of the alphabet  
 E – Is the 5th Letter of the alphabet

$04+09+19+03+09+16+12+09+14+05 = 100$

what does that mean?

DISCIPLINE makes a man 100% perfect.



**Nusaiba**  
 1st Year BSc MLT

## Life

Life is like day and night,  
 Sometimes it's dark, Sometimes it's bright,  
 So people break up,  
 Its time to work not to fight.  
 Life is a precious gift given by God  
 So don't be lazy as life is very short  
 As there is a famous say,  
 "where there is a will there is a way"  
 Life is full of happiness  
 Life is full of sadness  
 So accept life in positive way  
 This is what i want to say



**Seema Anand Thole**

3rd Bsc Nursing

## Quotes of Rabindranath Tagore

- We gain freedom when we have paid the full price
- The roots below the earth claim no rewards for making the branches fruitful
- The butterfly wants not months, but moment and has time enough
- Don't limit a child to your own learning, for he has born in another time.
- You can't cross the sea, nearly by standing and staring at water
- The highest education is that, which does not nearly give us information, but makes our life in harmony with all existence.
- We come nearest to the great when we are great in humility.
- Everything comes to us that belongs to us if we create the capacity to receive it.



**Athira Augustine**

4th B.Sc(N)

## Unanswerd Questions In Our Minds

1. Are there any Fish that fly?
  - yes, there are as many as fifty fishes which are able to fly. Flying fish get airborne to evade predators. Flights lasting upto 13 seconds have been recorded, during which fish may travel upto hundreds of meters. An example for flying fish is South African butter fly fish.
2. Is there a tree which can produce milk or sap, for human consumption?
  - yes, the rubber tree found in Venezuela in South America secretes milk which is suitable for human consumption. This milk is said to be equal to cow's milk in terms of nutritive values.
3. Why does Goose Berry or Alma first tastes bitter & then sweet?
  - It is because of polyphenolic compounds such as salts & tannates present in a goose berry. While chewing these astringent compounds envelop the taste buds in the tongue & cause temporary desensitization & therefore the fruit taste bitter water or saliva washes down these salts & the taste buds regain their sensitivity. This gives the feelings of apparent sweetness.
4. Why don't spiders get stuck in their own web?
  - It is because a spider has an oily non stick coating, to resist its own snare, also it has special hard bristles on the underside of its feet, which slot over the threads in the web & allow the spider to move freely.
5. Why do dogs turn around so many times before they lie down?
  - Dogs do this to determine the direction of wind & then they lie down with their nose towards the wind. This helps them to be immediately aware of any strange scents in the air.



Collection  
**Varsha. Shetty**  
III B.Sc.(N)

## 7 Practical Tips to Achieve a Positive Mindset

Physical & Mental benefits of positive thinking have been demonstrated by multiple scientific studies. Positive thinking can give you more confidence, improve your mood & even reduce the likelihood of developing conditions such as hypertension, depression & other stress related disorders. Positive thinking is a mental & emotional attitude that focuses on the bright side of life & expects positive results.

1. Start the day with positive affirmation.
2. Focus on the good things, however small
3. Find humor in bad situations.
4. Turn failures into lessons.
5. Transform negative self-talk into positive self-talk.
6. Focus on the present.
7. Find positive friends, mental and co-workers.



**Jilna Thomas**  
3rd Bsc Nursing

## Do We Know Actual Full Form Of Some Words?

1. News Paper– North East West South Past and Present Event Reading.
2. AIM - Ambition in Mind.
3. DATE - Day and Time Evolution.
4. BYE - Be with you every time.
5. COLD - Chronic Obstructive Lung Disease.
6. JOKE - Joy of Kids Entertainment.
7. SMILE - Sweet Memories In Lips Expression.
8. FAIL - First Attempt In Learning
9. END - Effort Never Dies
10. FRIEND - First Relation In Earth Never Dies.



**Sushmitha. S**  
2nd DDT



## Letters To Follow

1. The most selfish, ONE letter word :- 'I' - Avoid it
2. The most satisfying, Two letter word :- 'WE' – Use it
3. The most damaging, THREE letter word :- 'EGO' – Twit it
4. The most blessed, FOUR letter word :- 'LOVE' – Spread it
5. The most friendly, FIVE letter word :- 'SMILE' - Keep it
6. The most spreading, SIX letter word :- 'RUMOUR' – Ignore it
7. The most admired, SEVEN letter word :- 'SUCCESS' – Achieve it
8. The most harmful, EIGHT letter word :- 'JEALOUSY' – Keep it away
9. The most powerful, NINE letter word :- 'KNOWLEDGE' – Acquire it
10. The most positive, TEN letter word :- 'CONFIDENCE' – Possess it



**Sushmitha. S**  
2nd DDT

## MOM

Mom is such  
A special word  
The loveliest  
I've ever heard  
A toast to u  
Above all the rest  
Mom you're so special  
You are simply  
the best



**Limzy Antony**  
4th year B.sc Nursing

## An Ice-Cream To Help You Live Longer

An Italian cardiologist and ice-cream enthusiast has created a gelato which he says will make you live longer and run faster. Dr. Valerio Sanguigni, from University of Rome Tor Vegata, has patented a recipe for ice cream which has antioxidant properties. The exact recipe is a secret but contains dark cowa powder, hazelnut and green tea extracts. These ingredients are known to have antioxidant properties, which can help to improve heart health and prevent certain diseases. Tests on human subjects at this university showed a marked improvement in the subjects performance of those who ate it.

Participants had blood tests taken before and after sampling the gelato, and were asked to pedal as fast as they could on an exercise bike. A standard chocolate ice cream was used as placebo on some of the participants. The tests found that vascular function was improved in participants who had eaten the new ice cream, while no changes were observed in those who ate the placebo. The results were published in the scientific Journal Nutrition.

Dr. Sanguigni's research document concluded: " To

our knowledge, this is the first study to demonstrate that a natural ice cream rich in polyphenols acutely improved vascular function and physical performance in healthy individuals through a reduction in oxidative stress."



**Sushmitha. S**  
2nd DDT

## Friendship

You are always willing to help me  
You are willing to show me the way  
You also stay beside me in life  
with you there is a glow  
with you I can solve  
all & my problems  
with you I feel so blessed  
My friend you make  
my life happy with glee



**Manju P J**  
4th year B.sc Nursing

## Quotes of Abdulkalam

- Great dreams of great dreamers are always transcended
- Failure will never overtake me, if my definition to succeed is strong enough
- If you want to shine like a sun, first burn like a sun
- The best brains of the nation may be found on last benches of the classroom
- Suffering is the essence of success !
- Man needs difficulties in life, because they are necessary to enjoy the success
- You cannot change your future, but you can change your habits and surely, your habits will change your future
- Don't take rest after your First Victory because if you fail in second, more are waiting to say that, your first victory was just luck
- All birds find shelter during rain, but eagles avoid rain by flying above the clouds. Problems are common, but attitude make the difference.



Collected by  
**Swathi Sabu**  
4th year B.sc Nursing

## Mother

M is for the million things she gave me.  
O means only that she's growing old.  
T is for the tears she shed to save me.  
H is for her heart of purest gold.  
E is for her eyes, with love light shining.  
R means right and right she'll always be.  
Put them all together,  
They spell "Mother"  
A word that means the world to me.



**Shonima. N. Devasia**  
4th year B.sc Nursing

## World Food Day

World Food Day is celebrated every year across the World on 16th October. It's an annual Celebration in hour of the founding date of the food & agriculture organization launched by the United Nation in the 1945. World food day

Is celebrated widely with great enthusiasm by several other organization which are concerned with food security such as the International funnel for Agricultural Development the world food programme & others.

## Why World Food day Is Celebrated

The principal reason behind launching & celebrating world food day is to secure & advance the food security across the world, particularly in day of crises. The commencement of food & Agriculture organization by United Nation has played a significant role making this possible & accomplishing the goal. It also help in increasing awareness of the crucial need for effective agriculture & food policies to be implemented by government across the world to ensure there is sufficient food available for everyone worldwide



**Sona J** 4th B.sc.

## Tension

The moment you are in Tension  
You will lose your Attention  
Then you are in Total Confusion  
And you will feel Irritation  
Then you will spoil your personal relation  
Ultimately, you won't get co-operation  
Then things will end in a Complication  
Your BP may also rise, so keep Caution  
And may have to take Medication  
Instead understand the situation  
And try to think about the solution  
Many problems will be solved by Discussion  
Which will work out better in your Profession  
Don't think that it is free suggestion  
It is only for Prevention  
So you will never face back to Tension!!!



**Sangeetha** 3rd GNM

## “Unsinkable” Titanic Sinks :- The Story of TITANIC



The RMS Titanic, billed as unsinkable, sinks into the icy waters of the North Atlantic after hitting an ice berg on its maiden usage, killing 1,517 people. The united kingdom's white star line built the Titanic to be the most luxurious cruise ship in the world, It was nearly 900 feet long and more than 100 feet high. The Titanic would reach speeds of 30 knots and was thought to be the worlds fastest ship, with its individualized water light compartments, it was seen as virtually unsinkable

On April 10, 1912 its first usage, from Southampton, England, to New York with stops in Cherbourg, France and Sweenstown, Ireland, the Titanic was carrying 2,206 people, including a crew of 898. A relatively mild winter had produced a bumper crop of icebergs in the North Atlantic but the crew, believing their ship was unsinkable, paid scant attention to warnings.

On the night of Sunday, April 14, 1912 other ships in the area reported icebergs by radio, but their messages were not delivered to the bridge or the captain of the Titanic. A Dead on collision was avoided, the Titanic's starboard side violently scraped the iceberg, ripping open six compartments, "The ships design would withstand only four compartments flooding".

Minute later, the crew radioed for help, sending out an

SOS signal, the first time the new type of help signal was used. Ten minutes after midnight, the order for passengers to head for the life boats was given, "Unfortunately, there were only lifeboats for about half of the people on board". Additionally there had been no instruction or drills regarding such a procedure and general panic broke, out on deck.

The survivors- those who successfully made it onto the lifeboats, were largely women who were travelling first class. Infact, the third-class passengers were not even allowed onto the ship. White star president Bruce Ismay jumped on to the cast lifeboat though there were women and children still waiting.

"At 2:20.am of April 15th the Titanic fanally sank'. Breaking in half it plunged down ward to the sea floor, with thousands of passengers including womens and childrens. "Captain Edward Smith went down with the ship. This was his last journey in his career & which becomes last in his life also."The 'Carpathia' arrived about an hour later and rescued the 705 people who made it onto the life boats. They tried to go back near the Titanic but when they reached it was too late. The people who were forced into the cold water all perished.

Official blame for the tragedy was placed on the captain and bridge crew, all of whom had died. "But the actual tragedy was happened by the negligency of the crew, and the president who left all the passengers in the mouth of the death and saved his life."

In the wake of accident, significant safety-improvement measures were established, including a requirement that the number of lifeboats on board a ship reflects the entire no. of passengers. The sinking of the Titanic has become a legendary story about the dangers of hubris.

In 1985, after many attempts ever may years, divers were finally able to locate the wreckage of the Titanic on the floor of the North Atlantic. The luxurious cruise ship in the world which was believed as unsinkable was today became a historical story.....



Anusha. U  
3rd DMLT. ASPMI.



## The Trip

“Once the God came and said”,  
let us go for a journey to ‘Heaven’.  
Do your all work and approach me  
The person answerd:  
I am busy chatting with my girl friend  
So, Now I am not ready for a ‘trip’  
The God gave an excuse and disappeared  
The person turned to chatting,  
But the girl disappeared

AND;

‘POSTED’ like this  
I am going for a ‘trip’ with my saviour



**Amalu Babu**  
4th year B.sc (N)

## Friendship

Friendship is a relation,  
Which doesn't know the meaning of separation.  
It is something between two persons  
Which will involve a fight for a simple reason.  
A single minute and second of joy,  
Cannot be forgotten for a year.  
It should share both happiness and sorrows,  
Not for today and tomorrow,  
But for ever and ever.



**Dhanyashree**  
2nd year DDT

## Friends... Forever...

Good friends are  
Like stars...  
You don't always  
See them...  
But you know they're  
always there...



**Prathiksha. M. Shetty**  
2nd GNM

## Life

Life isn't about  
Falling it's about  
getting back up  
Every time you fall...

Life is like riding a bicycle  
To keep your balance, You must  
Keep Moving...

A good life is when  
you smile often  
Dream big,  
laugh a lot and...  
realize how  
blessed you are  
for what you have...

A great attitude  
becomes a great day...  
which becomes a great month  
which becomes a great year  
which becomes a great life.



**Prathiksha M Shetty**  
2nd GNM

## How to be a winner

If you cannot come first  
Try not to come last  
If nobody is with you  
Try to take some body  
If you cannot win  
Try to participate  
If nobody trusts you  
Try to be confident  
If you cannot take risk  
Try not to fall  
If your talents are not the best  
Try not to be the worst  
Try... Try... Try...  
Try not be the loser  
You shall be the surprised  
You are now the winner



**Prashwini. Shetty**  
3rd GNM

## Did You Know?

A Floating Post Office India has the largest postal network in the world. The Floating Post Office in Dello, Srivagar was inaugurated in August 2011

Kumbh Mela gathering visible from space  
The 2011 Kumbh Mela was the largest gathering as people & the crowd was visible from space

The highest cricket ground in the world  
The chail cricket ground in chail, Himachal Pradesh is the biggest cricket ground in the world. It was built in 1893.

Shampooing is an ladies concept,  
Shampoo was invented in India, The word 'Shampoo' itself has been derived from the Sanskrit word "Champu" means "Massage".



**Sara Sunny**  
4th year B.sc (N)

## You Will Succeed Sure

Read, but write more  
Talk, but think more  
Play, but study more  
I promise, you will succeed sure.

Punish, but pardon more  
Spend, but save more  
Consume, but produce more  
I promise, you will succeed sure.

Eat, but chew more  
Weep, but laugh more  
Sleep, but work more  
I promise, you will succeed sure.

Hate, but love more  
Order, but obey more  
Quarrel, but compromise more  
I promise, you will succeed sure.



**Prabhavathi. B. Gowda**  
3rd GNM

## Friendship

Friendship is nice.  
Which makes us wise  
Friendship is fun,  
For everyone.  
Friendship is best,  
Which is like the nest.  
Friendship is forever,  
Which makes us clever.  
Friendship is beautiful,  
Which makes us cheerful.  
Friendship is like a star,  
But doesn't take us far.  
Friendship is like a ship,  
Which will never sink.



**Dhanyashree**  
2nd year DDT

## Happiness

Little Hugs can dry big tears  
Little candles can light  
the darkness  
Little memories can last  
for years  
It's the little things  
In life that bring the  
Greatest Happiness



**Raina Niyosha**  
4th BSc Nursing





## Blessed Parents

Every single day,  
I look out into the world  
and I see you in everything, everywhere.  
You have become my guiding light at  
Night and the sun every day. Sometimes to  
even say "I MISS YOU" My mind still talks to you,  
my heart still looks for you and my soul knows  
you are at place.

What comes to your mind when you  
Hear the word "Father"? The person who stands  
Firmly for his family, a person who provides each  
And every needs of his family, a person who cares  
And protects you, loves you, fulfills your every wish  
From your child hood.

For me it was missing by the last 15 years.  
And all the role taken up by my mother.  
She is my heart.

My mother is a woman like no other,  
But still now we are missing my father,  
"My father taught me everything  
Except how to live without him".



**Jishna. K. K.**  
4th B.sc Nursing

## Don't Allow Yourself To Be Controlled By These 5 Things

Many people spend their life at the mercy of circumstances. Living at the mercy of what happens to them, living at the mercy of other people. Not living in the prison of their past. If you want to live a Great life don't allow yourself to be controlled by any of these things:-

1. Your Past
2. Other people's opinions and judgments
3. Limited beliefs you project on yourself
4. Relationships
5. Money



Collected by  
**K. Arundhathi. Joy**  
3rd year B.sc Nursing

## Importance Of Time

To understand the importance of one year  
Ask a student who failed in the examination.

To understand the importance of one month  
Ask a mother who gave birth to a premature baby.

To understand the importance of one day,  
Ask an editor of daily News paper.

To understand the importance of half an hour  
Ask a sister who missed the episode of  
"Kyunki saas bhi kabhi bahu thi".

To understand the importance of one minute,  
Ask a passanger who just missed his train.

To understand the importance of milli second,  
As a athlete who lost gold medal in Olympics  
So, don't waste time.....



**Megha S.Naik**  
3rd GNM

## The Faded Dreams

Far, apart  
Memories detached  
Living in the shade,  
Of the shadow,  
Of memories  
That's the time, I love  
To dream.....  
The road is empty  
But to reach the  
Destiny is difficult...  
The end point,  
Where the memory blossoms,  
Is my dream place  
To live.....  
The colour of memories  
Will not fade ever....  
But the colour of dreams  
Can fade forever....



**Bismy Biju**  
3rd year B.sc Nursing

## National Health Policy- 2017

Release of a new National Health Policy (NHP) for the country after a gap of 15 years. The primary aim of the NHP-2017, is to inform, clarify, strengthen and prioritize the role of the Government in shaping health systems in all its dimensions-investments in health, organization of health care services, prevention of diseases and promotion of good health through cross-sectional actions, access to technologies, developing human resources encouraging medical pluralism, building knowledge base, developing better financial protection strategies, strengthening regulation and health assurance. The major commitment of the NHP-2017 is raising public health expenditure progressively to 2.5% of the Gross Domestic Product (GDP) by 2025. NHP-2017 has been duly supported by the government through provision of Rs.47352.51 crores to the Ministry of Health and Family Welfare (MoHFW) under the Union Budget 2017-18.



**Alphonsa Mathew**  
Lecturer, Dept.of Community  
Health Nursing

## E-Pill Medication Reminder

The e-pill MedTime Safe provides extra safeguards to guarantee that the patient has access to the right medicine, at the right time, and at the right dosage and can securely administer medications up to six times per day. The e-pill MedTime Safe helps patients who have a problem taking more pills than are prescribed.

Med Minder uses smart technology to alert clients when it is time to take a medication dose. New features of e-pill MedTime PLUS include: Patient Information Display, Auto-Lock Dispensing Door, Longer Alarm duration (up to 5 hours), Louder Alarm, enhanced Early Dose feature, Start date and Stop date. The new e-pill automatic pill dispenser can be programmed to start at a pre-set future time and date which makes it ideal for patients returning home from a hospital stay. It can help to avoid costly re-hospitalizations and allowing for proactive and responsive care.

This new locked e-pill dispenser only gives the patient access to their medications when they are due. This allows the patient to continue to go to work or school while taking their medications as prescribed without a daily visit to a clinic or the risk of taking too much medication. The cellular, wireless pillbox locks to keep medications safe and secure and can be easily programmed and managed online via a secure portal.

The device senses if the client has not taken a scheduled medication dose and will send a text or email notification to the client or caregiver. The sensor sits below the cup and if the cup is not removed the machine sends message to family that the medication was not retrieved.

Clients can also log into the secure Internet portal to track when they have taken medications and when or how often they have missed doses, so they can easily keep their doctors informed, taking the guesswork out of medication management.

The e-pill MedTime Safe is specially designed to prevent the patient as well as others in the household from accessing medications that are not scheduled to be dispensed at that time. The automatic pill dispenser itself has a lock for the pharmacist, two independent locks on the metal case operated by the clinic nurse, and a fourth lock allowing the patient to secure the e-pill MedTime Safe to a certain location in their own home.





## ಮನಸ್ಸು ಹೇಳಿದ ಮಾತು

ಈ ಪ್ರಪಂಚದಲ್ಲಿ ಒಂದು ಪುಟ್ಟ ಮನಸ್ಸು ತನ್ನ ಪಾಡಿಗೆ ತಾನು ಎಲ್ಲರ ಸಂತೋಷದೊಂದಿಗೆ ತನ್ನದೇ ಲೋಕದಲ್ಲಿ ವಿಹರಿಸುತ್ತಿತ್ತು. ಆ ಲೋಕದಲ್ಲಿ ತಾನು, ತನ್ನ ಕನಸು, ಆಸೆ, ಗುರಿ, ಆಕಾಂಕ್ಷೆಗಳಿಗೆ ಮಾತ್ರ ಅವಕಾಶವಿತ್ತು. ಜೊತೆಗೆ ಆ ಮನಸ್ಸಿಗೆ ತನ್ನ ಲೋಕವೊಂದನ್ನು ಬಿಟ್ಟು ಬೇರಾವುದರ ಪರಿವೆಯೇ ಇರಲಿಲ್ಲ.

ಇಂತಹ, ನೂರಾರು ಕನಸು, ಆಸೆ, ಬಯಕೆಗಳನ್ನು ಮನಸ್ಸಿನಲ್ಲಿ ತುಂಬಿಕೊಂಡಿದ್ದಂತರು ಮನಸ್ಸಿಗೆ ನಂಬಲಸಾಧ್ಯವಾದಂತಹ ಅನಿರೀಕ್ಷಿತ ಆಘಾತವೊಂದು ಎದುರಾಗಿತ್ತು. ತಾನು ಪ್ರಾಣಕ್ಕಿಂತ ಹೆಚ್ಚಾಗಿ ಪ್ರೀತಿಸಿದ ಒಂದು ಜೀವವೇ ಬಿಟ್ಟು ಹೋದಂತಹ ಅನುಭವ ಉಂಟಾಯಿತು. ಅಂದು ಕನಸು, ಬಯಕೆಗಳ ಜೊತೆಗೆ ರೆಕ್ಕೆ ಬಿಚ್ಚಿ ಹಾರಾಡುತ್ತಾ ಇದ್ದ ಮನಸ್ಸು ಇಂದು ರೆಕ್ಕೆ ಕತ್ತರಿಸಿದ ಹಕ್ಕಿಯಂತೆ, ನೀರಿನಿಂದ ತೆಗೆದ ಮೀನಿನಂತೆ ವಿಲವಿಲನೆ ಒದ್ದಾಡುತ್ತಿದೆ. ಕಾರಣ ಆ ಮನಸ್ಸಿನ ಮೇಲೆ ಆದ ಅನಿರೀಕ್ಷಿತ ಆಘಾತ, ತಾನಿರುವ ಜಾಗದಲ್ಲೇ ಪ್ರಳಯದ ಅನುಭವ. ಇಷ್ಟು ಕನಸುಗಳನ್ನು ಕಟ್ಟಿಕೊಂಡ ಪುಟ್ಟ ಮನಸ್ಸು ಅಷ್ಟು ದೊಡ್ಡ ನೋವನ್ನು ಹೇಗಾದರೂ ಸಹಿಸಿಕೊಂಡಿತೋ ಆ ಮುಗ್ಧ ಮನಸ್ಸು ಬೆಳ್ಳಗಿರುವುದೆಲ್ಲಾ ಹಾಲೆಂದು ತಿಳಿದ ಮನಸ್ಸು.

ಮನಸ್ಸಿನಲ್ಲಿದ್ದ ನೂರಾರು ಕಷ್ಟಗಳ ನಡುವೆ ನೋವುಗಳನ್ನು ನುಂಗಿಕೊಂಡು, ಅವಮಾನಗಳನ್ನು ಸಹಿಸಿಕೊಂಡು, ನಿರಾಶಾವಾದದಿಂದ ಮುಗ್ಧ ಮನಸ್ಸು ಈ ದಿನ ಬದುಕುತ್ತಿದೆ. ತನಗೋಸ್ಕರವಲ್ಲ ಇನ್ನೊಬ್ಬರಿಗಾಗಿ ತನ್ನ ನೋವನ್ನು ಮರೆಯುವ ಗುಣ ಅದರದು. ಆ ಮನಸ್ಸಿಗೆ ಸ್ವಾರ್ಥ ಎಂಬುದೇ ಗೊತ್ತಿಲ್ಲ. ಬದುಕಿನಲ್ಲಿ ತನಗಾದ ನೋವನ್ನು ಬದಿಗಿಟ್ಟು ಇನ್ನೊಬ್ಬರ ಒಳಿತು ಹಾರೈಸುವುದು ಆ ಮನಸ್ಸಿನ ಕಾಯಕ. ಇದಕ್ಕಿಲ್ಲಾ ಆ ಮನಸ್ಸು ಪರಿಹಾರ ಕಂಡುಕೊಂಡ ಮಾರ್ಗವೆಂದರೆ ನಗು. ಆದರೆ ಆ ನಗುವಿನ ಹಿಂದಿರುವ ನೋವು ಯಾರ ಕಣ್ಣಿಗೂ ಗೋಚರಿಸುವುದಿಲ್ಲ. ಆ ನಗು ಎಂತಹವರನ್ನಾದರೂ ಸಂತೋಷವಾಗಿಸುತ್ತದೆ. ಅಷ್ಟೇ ಅಲ್ಲ ನಗುವಿನ ಇನ್ನೊಂದು ಪ್ರಯೋಜನವೆಂದರೆ ಮನುಷ್ಯನ ಆಯುಷ್ಯ ವೃದ್ಧಿಸುತ್ತದೆ.



ಜ್ಯೋತಿ ಬಿ. ಬಿ  
2nd year GNM

## ನಗೆಹನಿಗಳು

ಸಂಗೀತ : ನಾನೀಗ ಒಂದು ಹಾಡು ಹಾಡಲಾ  
ಲಹರಿ : ಅಯಿತು, ಆದರೆ ಒಳ್ಳೆ ಚಲನಚಿತ್ರದ ಹಾಡನ್ನು ಹಾಡು  
ಸಂಗೀತ : ಮುಂಗಾರು ಮಳೆಯೇ...  
ಲಹರಿ : ನೀನು ಯಾಕೆ ರೇಡಿಯೋದಲ್ಲಿ ಹಾಡಬಾರದು  
ಸಂಗೀತ : ಯಾಕೆ? ನನ್ನ ಸ್ವರ ಅಷ್ಟು ಮಧುರವಾಗಿದೆಯೋ?  
ಲಹರಿ : ಅಲ್ಲ, ಹಾಗಲ್, ರೇಡಿಯೋದಲ್ಲಿ ಆದರೆ off ಮಾಡಬಹುದಿತ್ತು ಅಂತ.  
ಗುರುಗಳು : ಕವಿತಾ ಹೊಟೇಲ್ ಸ್ಟೆಲ್ಲಿಂಗ್ ಹೇಳು  
ಕವಿತಾ : HOEL ಸಾರ್  
ಗುರುಗಳು : 'T' ಏನು ಮಾಡಿದೆಯಮ್ಮಾ?  
ಕವಿತಾ : ಬೆಳಗ್ಗೆ ಕುಡಿದು ಬಂದೆ ಸಾರ್.

ಟೀಚರ್ : ಹಿರಿದಾದ + ಹುಲಿ ಅಂದರೆ ಹೆಬ್ಬುಲಿ. ಗುಂಡ  
ಇದಕ್ಕೊಂದು ಉದಾಹರಣೆ ಕೊಡು  
ಗುಂಡ : ಚಿಕ್ಕದಾದ + ಹುಲಿ ಅಂದರೆ ಚಕ್ಕುಲಿ  
ಮೇಷ್ಟ್ರು : ನಿಮಗೆ ಇಷ್ಟವಾದ ಬರಹಗಾರರು ಯಾರು?  
ಮಾಸ್ತಿಯೋ, ಕಾರಂತರೋ, ಕುವೆಂಪೋ  
ಟಿಂಟೂ : ಪಕ್ಕದ ಮನೆಯ ಗೆಳೆಯ  
ಮೇಷ್ಟ್ರು : ಹ್ಲಾಂ! ನಿನ್ನ ಪಕ್ಕದ ಮನೆಯ ಗೆಳೆಯ  
ಬರಹಗಾರನೋ?  
ಟಿಂಟೂ : ನನ್ನ Social Studies ನೋಟ್ಸ್  
ಬರೆದುಕೊಡುವುದು ಅವನೇ.

ತಂದೆ : ಯಾಕೋ ಲೆಕ್ಕದಲ್ಲಿ ಫೇಲ್ ಆದೆ?  
ಮಗ : ಏನ್ ಮಾಡಲಿ ಅ ಟೀಚರ್ ದಿನಕ್ಕೊಂದು ಲೆಕ್ಕ  
ಕಲಿಸಿದರೆ ನಾವು ಯಾವುದನ್ನು ಕಲಿಯುವುದು?  
ತಂದೆ : ಏನಾಯಿತು?  
ಮಗ : ಮೊನ್ನೆ 5+3 = 8 ಎಂದು ಹೇಳಿದ್ದರು  
ನಿನ್ನೆ 4+4 = 8 ಎಂದು ಹೇಳುತ್ತಾರೆ.  
ಹೀಗೆ ದಿನಕ್ಕೊಂದು ಕಲಿಸಿದರೆ ನಾವು ಪರೀಕ್ಷೆಗೆ  
ಯಾವುದು ಬರೆಯುವುದು ನೀನೇ ಹೇಳಪ್ಪ!!!

ಕಿಟ್ಟಿ : ಯಾವುದರಲ್ಲಿ ಹೆಚ್ಚು ಅಮಲು ಬರಿಸುವ ಶಕ್ತಿ ಇದೆ?  
ಪುಟ್ಟು : ಮದ್ಯದಲ್ಲಿ  
ಕಿಟ್ಟಿ : ಊಹುಂ  
ಪುಟ್ಟು : ಪ್ರೇಮದಲ್ಲಿ  
ಕಿಟ್ಟಿ : ಊಹುಂ  
ಪುಟ್ಟು : ಅದೂ ಅಲ್ಲ. ಮತ್ತೇ ?  
ಎಲ್ಲಕ್ಕಿಂತ ಹೆಚ್ಚು ಅಮಲು ಇರುವುದು  
ಶಾಲಾ ಕಾಲೇಜು ಪುಸ್ತಕಗಳಲ್ಲಿ  
ಏಕೆಂದರೆ ಪುಸ್ತಕ ತೆರೆದ ತಕ್ಷಣ ನಿಂದೆ ಬರುತ್ತದೆ.

ಡಾಕ್ಟರ್ : ಹೇಗಿದ್ದೀಯಾ  
ಪೇಶೆಂಟ್ : ಹುಶಾರಿದ್ದೇನೆ ಡಾಕ್ಟರ್.  
ಆದರೆ ತುಂಬಾ ಕಷ್ಟ ಆಗ್ತದೆ  
ಡಾಕ್ಟರ್ : ಏನು ಕಷ್ಟ?  
ಪೇಶೆಂಟ್ : ನರ್ಸ್‌ನ್ನು ಸಿಸ್ಟರ್ ಅಂತ ಕರೀಲಿಕ್ಕೆ




ಜಲಜಾಕ್ಷಿ ಬಿ  
2nd year GNM

## ಮನಸ್ಸಿನ ಮಾತು


ಮನಸೆ ಮನಸ್ಸೆ ನೀನೇಕೆ  
ಪ್ರೀತಿಸಲು ಕಲಿತೇ  
ಮನಸೆ ಮನಸ್ಸೆ ನೀನೇಕೆ  
ಕನಸುಗಳಲ್ಲಿ ಬೆರೆತೆ  
ನನ್ನ ಕನಸುಗಳಲ್ಲಿ ನಿನ್ನ ನೆನಪುಗಳ ಸರಮಾಲೆ  
ನನ್ನ ಕನಸಿನ ಪುಟದಲ್ಲಿ ನಿನ್ನದೇ ಮುಖಪುಟ  
ಮನಸೆ ಮನಸೆ ನೀನೇಕೆ  
ಪ್ರೀತಿಸಲು ಕಲಿತೇ  
ಮನಸೆ ಮನಸೆ ನೀನೇಕೆ  
ಕನಸುಗಳಲ್ಲಿ ಬೆರೆತೆ

ನೀನು ಬರಲು ನನ್ನ ಪ್ರೀತಿಯೊಳಗಡೆ  
ನಾ ಮರೆತೆ ನನ್ನನ್ನೇ  
ಮನಸ್ಸಿನ ಕಡಲ ಆಳದಲ್ಲಿ  
ನೀನೊಂದು ಮುತ್ತಿನ ಹಾರ  
ನಾ ಬರೆಯೋ ಕವನದಲ್ಲಿ  
ನಿನ್ನದೇ ಪದಗಳ ಉಸಿರು  
ಉಕ್ಕಿ ಬರುತ್ತಿದೆ ನಿನ್ನ ಮೇಲೆ  
ಸಿಹಿ ಪ್ರೀತಿಯ ಅಲೆಗಳು  
ನಾ ಬರೆಯೋ ಕವನದಲ್ಲಿ  
ಚಲಿಸುವ ಮೋಡದಂತೆ  
ಚಲಿಸುವ ನಿನ್ನ ಪ್ರೀತಿ ರಾಗ  
ನಿನ್ನ ಮಡಿಲು ಸೇರುವಾ  
ನನ್ನ ಪ್ರೀತಿಯ ರಾಗವಾಗಿದೆ.  
ಪ್ರೀತಿಯ ಸಿಹಿಗಾಳಿ ಬರೋ ಸಮಯ  
ನಿನ್ನ ಹೃದಯದಲ್ಲಿ ಸೇರುವಾ ತವಕದಲ್ಲಿದೆ  
ಚಲಿಸುವ ಮೋಡದಂತೆ  
ಚಲಿಸುವ ನನ್ನ ಪ್ರೀತಿರಾಗ  
ನಿನ್ನ ಮಡಿಲು ಸೇರುವಾ  
ನನ್ನ ಪ್ರೀತಿಯ ರಾಗವಾಗಿದೆ.

 ಜಲಜಾಕ್ಷಿ ಬಿ  
2nd year GNM


## ಕವನಗಳು

ಹೂವಿಗೆ ದುಂಬಿ ಚೆಂದ,  
ದುಂಬಿಗೆ ಗುಣ ಚೆಂದ  
ನನಗೆ ನಿನ್ನ  
ಸುಮಧುರವಾದ  
ಸ್ನೇಹ ಚೆಂದ

 ಕಾವೇರಿ ಬಡಿಗಾರ್  
4th year B.sc Nursing


## ನಗುವೆಂಬ ಬಿಂದು

ನಗುವೆಂಬ ಬಿಂದು  
ಇರಬೇಕು ಎಂದು  
ಗುರಿತೋರಿಸುತ ಅಂದು  
ಹಸನಾಯಿತು ಇಂದು  
ಬಾಳಿನ ಮುಂದು  
ಪ್ರೀತಿಯಲ್ಲಿ ಮಿಂದು  
ಒಂದಾಗಬೇಕು ನಾವಿಂದು  
ಪರರ ದುಃಖ ನನ್ನದೆಂದು  
ತಿಳಿದ ಭಾವಜೀವಿ ಒಂದು  
ನೈತಿಕತೆಯ ಅರಿತವರಿಂದು  
ಇದೇ ನಾಳಿನ ಬಾಳಿಗೆ ಪಾಠ  
ನಮಗೆಂದು ಎಲ್ಲವನ್ನು ತಿಳಿದಿರುವಬಲ್ಲವರು  
ತಮ್ಮ ಮಾತುಗಳಲ್ಲಿ  
ನಗುವುದನ್ನು ಬಣ್ಣಿಸಿದ ಬಗೆ  
ಹೀಗೆ ನಗುವುದು ಸಹಜ ಧರ್ಮ  
ನಗಿಸುವುದು ಪರಧರ್ಮ ನಗುತ  
ನಗಿಸಿ ಬಾಳುವುದು ಅತಿಶಯದ ಧರ್ಮ

 ಜ್ಯೋತಿ ಆರ್.ಬಿ.  
2nd year GNM

## ಜೀವನದ ಕಥೆ

ಜೀವನದ ಕಥೆ  
ಜೀವನ ಕಷ್ಟಸುಖಗಳ ಮಿಲನ  
ನೀರಲ್ಲಿ ನೆನೆದು  
ಬೆಂಕಿಯಲ್ಲಿ ಬೆಂದು  
ನಂತರವೇ ಆಗೋದು  
ಚಿನ್ನ ಅಭರಣ!

 ರೈನಾ ನಿಯೋಶ  
IV<sup>th</sup> year Bsc NSG.





## ಸೂರ್ಯನ ಕಾಂತಿ

ಮಲೆನಾಡಿನ ಮೈಸಿರಿಯಲಿ  
ಆಗಸ ಮುಟ್ಟುವ ಕಾತುರದಲಿ  
ಕಡು ದಟ್ಟ ಕಾಡಿನ ಮರೆಯಲಿ  
ಪಸರಿಸಿದೆ ವಿಶಿಷ್ಟ ಪ್ರಾಣಿಗಳ ಉಸಿರು  
ಮೈಮನ ಮರೆಸುವ ನಿಸರ್ಗದಲಿ  
ಮೈಕೊರೆಯುವ ಚಳಿಮಳೆಯಲಿ  
ಗಂಧದ ಮರಗಳ ಸುಗಂಧದಲಿ  
ಒಂದಾಗಿದೆ ಅಧ್ವತ ಪಶ್ಚಿಮ ಘಟ್ಟಗಳ ಸಾಲು  
ಗಗನಚುಂಬಿ ಮರಗಳ ಅಪ್ಪುಗೆಗಾಗಿ  
ಭೂಮಿಯ ಸವಿ ಸ್ಪರ್ಶಕ್ಕಾಗಿ  
ಪರದಾಡುವ ಸೂರ್ಯನ ಕಿರಣಗಳು  
ಮುಂಜಾನೆಯ ಮಂಜಿನ ಹನಿ  
ಕರಗಿ ನೀರಾಗಿ ಹರಿಯುವ ಸಮಯದಲಿ  
ಹೊರಟಿವೆ ಸೂರ್ಯನ ಹೊಂಗಿರಣಗಳು  
ಚಿಲಿಪಿಲಿಗುಟ್ಟುವ ಪಕ್ಷಿಗಳೆಲ್ಲ  
ಗೂಡಿನಿಂದ ಹೊರಬರಲು  
ಹಾರಡಿವೆ ಬಹು ಹರುಷದಲಿ  
ಮೊಗ್ಗುಗಳೆಲ್ಲಾ ಹೂವಾಗಿ ಅರಳಿ  
ಸುಗಂಧ ಬೀರಲು  
ಮಕರಂಧಕ್ಕಾಗಿ ದುಂಬಿಗಳು ಹಾರಾಡಿವೆ  
ಕಾತುರದಲಿ ಮಳೆಗಾಲದ ಈ ಸೊಬಗಿನ  
ನಿಸರ್ಗದಲಿ ಆವರಿಸಿದೆ ಮಸುಕಾದ ಮಳೆಗತ್ತಲು  
ಹಗಲೋ ರಾತ್ರಿಯೋ ತಿಳಿಯದಂತೆ  
ಎಲ್ಲೆಡೆ ಆವರಿಸಿದೆ ಕಗ್ಗತ್ತಲು  
ಮೋಡವನು ಸರಿಸಿ ಇಣುಕುತ್ತಿದ್ದಾನೆ ಸೂರ್ಯ  
ಮತ್ತೆ ತನ್ನ ಬೆಳಕನ್ನು ಸೂಸಲು  
ಇನ್ನೇನು ಬೆಳ್ಳಿಮೋಡಗಳನು ತಡೆಹಿಡಿಯುವ  
ಸಂದರ್ಭದಲಿ ಮತ್ತೆ ಗಾಳಿ ಬೀಸಿ ಮರುಕಳಿಸಿವೆ  
ಚದುರಿದ ಮೋಡಗಳು  
ಅಷ್ಟರೊಳಗೆ ತನ್ನ ಸಮಯ ಮುಗಿಯಿತೆಂದು  
ಪಶ್ಚಿಮ ದಿಕ್ಕಿನೆಡೆಗೆ ಸಾಗುತ್ತಿದ್ದಾನೆ ಸೂರ್ಯನು  
ನನ್ನ ಸಮಯ ಆರಂಭವಾಯಿತೆಂದು  
ಸಿದ್ಧನಾಗುತ್ತಿದ್ದಾನೆ ಚಂದ್ರನು.....



ರಂಜಿತಾ ಕೆ. ಕೆ  
II DMOT

## ಮುಂಜಾನೆ

ಇಂದಿನ ಮಸುಕು ಮಸುಕಾದ ಮುಂಜಾನೆಯಲಿ  
ಮೈಕೊರೆಯುವ ಚುಮುಚುಮು ಚಳಿಯಲಿ  
ತಂಪಾಗಿ ತೀಡುತ್ತಿರುವ ತಂಗಾಳಿಯ ಮಧ್ಯೆ  
ಆಗಮಿಸಿದೆ ಇಬ್ಬನಿಯ ಹನಿಮುತ್ತುಗಳು  
ಮಂಜು ಕರಗಿ ನೀರಾಗಿ ಹರಿದು  
ಮೋಡದ ಮರೆಯಲಿ ಇಣುಕುತ್ತಿರುವ ಸೂರ್ಯ  
ಮೈ ಮರೆತಿದ್ದಾನೆ ಪಕ್ಷಿಗಳ ಕಲರವದಲಿ  
ಈ ಮೈಮರೆತ ಸವಿಕ್ಷಣಗಳ ನಡುವೆ  
ಹೂವಾಗಿ ಅರಳಿವೆ ಕಂಪು ಸೂಸುವ ಮೊಗ್ಗುಗಳು  
ಸೂರ್ಯೋದಯದ ಹೊಂಗಿರಣವು  
ಮುಗಿಲಿನಿಂದ ಭೂಮಿಯನ್ನು ಸ್ಪರ್ಶಿಸಲು,  
ಆರಂಭವಾಗಿದೆ ಜೀವಜಂತುಗಳ ಚಟುವಟಿಕೆಗಳು  
ಅಜ್ಞಾನವೆಂಬ ಕತ್ತಲೆ ಅಳಿದು ಜ್ಞಾನವೆಂಬ  
ಬೆಳಕು ಹರಿಯುವಾಗ  
ಸ್ವರ್ಗವೇ ಧರೆಗಿಳಿದು ಬಂದ ಸಮಯವೇನೋ  
ಎಂಬಂತೆ ಗೋಚರಿಸಿವೆ ಸಿಹಿಕ್ಷಣಗಳು  
ಗರಿಬಿಚ್ಚಿ ನಿಂತಿವೆ ನೂರಾರು ನವಿಲುಗಳು  
ಮೈಮರೆಸುತ್ತಿವೆ ಜಿಂಕೆಗಳ ಒಡನಾಟಗಳು  
ಜುಳುಜುಳು ಎಂದು ಹರಿಯುವ ನದಿಗಳ ಮಧ್ಯೆ  
ಆ ನೀರನ್ನೇ ಅವಲಂಬಿಸಿರುವ ಜಲಚರಗಳು  
ಕಣ್ಣು ಕೋರೈಸುವ ಜಲಪಾತಗಳ ಜಲಧಾರೆಗಳು  
ಮತ್ತೆ ಮರುಕಳಿಸಲಿ ಈ ಸುಂದರವಾದ ಮುಂಜಾನೆ  
ಎಂದು ಕಾತುರದಿ ಕಾದಿವೆ ಭೂ ಚರಾಚರಗಳು.



ರಂಜಿತಾ ಕೆ. ಕೆ  
II DMOT

## ಜೀವನದ ಬೆಲೆ

ಮುಂಬರುವ ಜೀವನಕ್ಕೆ  
ಈಗಲೇ ಚಿಂತೆ?  
ನಗುತಿರಿ ಎಂದೂ  
ಆ ಚಂದ್ರನಂತೆ.....  
ಅಳಬೇಡಿ ನೀವು ಎಂದೂ  
ಒಬ್ಬಂಟಿಯಾಗಿ....  
ನಾನಿರುವೆ ನಿಮ್ಮ ಹಿಂದೆ  
ಎಂದೆಂದೂ ಸ್ನೇಹಿತನಾಗಿ

## ನೀನೇ ನನ್ನ ಉಸಿರು

ನೀನೇ ನೀನೇ ನನ್ನ ಉಸಿರು ನೀನೇ  
ನೀನೇ ನೀನೇ ನನ್ನ ಪ್ರಾಣ ನೀನೇ  
ನಿನಗಾಗಿ ಕಾಯುವ ಹೃದಯ ನಿನ್ನದೇ  
ಒಮ್ಮೆ ನೋಡಬಾರದೆ  
ನೋಡಿ ಒಮ್ಮೆ ಕೇಳಬಾರದೆ  
ಕೇಳಿ ಒಮ್ಮೆ ಹೇಳಬಾರದೆ ನಿನ್ನ ಪ್ರೀತಿಯ  
ಬಾರಬಾರದೆ ನನ್ನ ಸಂಗಾತಿಯಾಗಿ  
ಎಂದಿಗೂ ಜೊತೆಯಾಗಿ ನನ್ನ ಜೀವನವಾಗಿ  
ನನ್ನ ಈ ಹೃದಯದ ನೋವಿಗೆ ನೀನೇ ಕಾರಣ  
ಪ್ರೀತಿಸಿ ನೀನು ಮರೆತೆಯೆ ಇಂದು  
ಕಾಣುವ ಕನಸು ನೂರಾರು ಇವೆ.  
ಕಾಣದ ಕನಸು ಸಾವಿರಾರೂ ಇವೆ  
ನಾ ಕಂಡ ಕನಸು ಮರೆಯಲ್ಲ  
ನೀ ಬಿಟ್ಟು ಹೋದ ಕಾರಣ  
ಹೇಳುವಿಯೆ ಇಂದು  
ನೆನೆಯೆ ನೆನಪಾಗುವಿಯೆ ಇಂದು  
ಮರೆತರೆ ಮರೆಯುವೆಯೆ ಇಂದು ಮರೆತರೆ  
ಮರೆಯಾಗಿ ನನ್ನ ಮರೆಯಲು ಕಾರಣ ಹೇಳು  
ನನ್ನ ದೂರ ಆಗಲು ಕಾರಣ ಹೇಳು



ಜಲಜಾಕ್ಷಿ ಬಿ  
2nd year GNM

## ಅಮ್ಮಾ

ನವಿರಾದ ಹೊಸದೊಂದು ಭಾವನೆ  
ಮನದಲ್ಲಿ ಟಿಸಿಲೊಡದ ಸಮಯ..  
ನವಮಾಸ ಕಾಯುವಳು ಅಮ್ಮ  
ಎಂಬ ಹೊಸ ಪದವಿಗೆ...  
ಜಗತ್ತಿನ ಕಷ್ಟಗಳನ್ನೆಲ್ಲ ಕಂದನಿಗಾಗಿ  
ಸಹಿಸುವಳು ಅಮ್ಮಾ...  
ಆ ಕಂದನಿಗಾಗಿ ತನ್ನೊಲವನ್ನೆಲ್ಲ  
ಧಾರೆಯೆರೆಯುವಳು ಅಮ್ಮಾ...  
ಅತ್ತಾಗ ಜಾದೂ ಮಾಡಿ  
ಸಮಾಧಾನಿಸುವಳು ಅಮ್ಮಾ...  
ನೋವಾದರೆ ತನಗೆ ಎಂಬಂತೆ  
ದುಃಖಿಸುವಳು ಅಮ್ಮಾ...  
ನಕ್ಕಾಗ ಸ್ವರ್ಗವೇ ಸಿಕ್ಕಷ್ಟು  
ಖುಷಿಯಾದವಳು ಅಮ್ಮಾ...  
ಕಂದನಿಗೆ ಹೊಸ ಶಕ್ತಿ ಹುರುಪನ್ನು  
ನೀಡುವಳು ಅಮ್ಮಾ...  
ಗೆದ್ದಾಗ ಸ್ವಾರ್ಥವಿಲ್ಲದೆ  
ಸಂಭ್ರಮಿಸುವಳು ಅಮ್ಮಾ...  
ನಿನಗೊಂದು ನಮನ... ಅಮ್ಮಾ



ಕಾವ್ಯಶ್ರೀ  
1st DDT

## ಸಾಧನೆಯ ಹಾದಿಯಲ್ಲಿ

ಸಾಧನೆಯ ಹಾದಿಯಲ್ಲಿ ನಡೆಯುವವರು ಯಾವಾಗಲೂ  
ಪಕ್ಷಿಗಳಂತೆ ಇರಬೇಕೇ ಹೊರತು ನೀರಿನಲ್ಲಿರುವ ಮೀನುಗಳಂತಲ್ಲ  
ಬಾವಿಯಲ್ಲಿರುವ ಕಪ್ಪೆಯು ನೀರು ಖಾಲಿಯಾಯಿತೆಂದು ಭಯಪಡುವುದಿಲ್ಲ  
ಕಾರಣ ಅದು ನಂಬಿದ್ದು ನೀರನ್ನಲ್ಲ ತನಗಿರುವ ಸಾಮರ್ಥ್ಯವನ್ನು  
ಮನಸ್ಸು ಒಂದೇ ನಾಣ್ಯದ ಎರಡು ಮುಖವಿದ್ದಂತೆ  
ಒಂದು ನಡೆಯುವ ದಾರಿಯನ್ನು ತೋರಿಸುವ ಮನಸ್ಸು  
ಇನ್ನೊಂದು ಆ ದಾರಿಯಲ್ಲಿ ನಡೆಯುವ ಮನಸ್ಸು  
ನಾವು ದೊಡ್ಡ ಆಲದ ಮರವಾಗಿರದಿದ್ದರೂ ಪರವಾಗಿಲ್ಲ  
ಚಿಕ್ಕ ಹೂವಿನ ಗಿಡವಾಗಿರೋಣ, ಆ ಹೂವಿನ ಗಿಡಕ್ಕಿಂತ  
ದೊಡ್ಡದಾದ ಜಾಲಿಮರದಂತೆ ಮಾತ್ರ ಇರಬಾರದು.  
ಖಾಲಿ ಪುಸ್ತಕ ಅದು ಬರೆದು ಅಳಿಸಿದ ಪುಸ್ತಕ  
ಅದರಲ್ಲಿ ಏನೂ ಕಾಣುವುದಿಲ್ಲ ಆದರೆ ಒತ್ತಿ ಬರೆದ  
ಅಕ್ಷರಗಳ ಗುರುತು ಮಾತ್ರ ಕಾಣಿಸುತ್ತದೆ.  
ಒಂದು ದೊಡ್ಡ ಮರ  
ಆ ಮರದ ಕೆಳಗೆ ಬಿದ್ದಿವೆ ಬೇರೆ ಬೇರೆ ಗಿಡಗಳ ಬೀಜಗಳು  
ಚಿಕ್ಕ ಚಿಕ್ಕ ಸಸಿಗಳಾಗಿವೆ ಆ ಗಿಡಗಳ ಬೀಜಗಳು  
ಆ ಸಸಿಗಳು ಬೇರೆ ಸ್ಥಳಕ್ಕೆ ಅರ್ಹರೆಂದು ಬೆಳೆದಿಲ್ಲ ಆ ಮರದ ಕೆಳಗೆ  
ತಾನು ಇರುವಿಕೆಯನ್ನು ಇನ್ನಷ್ಟು ಬೆಳೆಸಿಕೊಂಡು ಹೋಗುವುದಕ್ಕೆ



ಅರ್ಪಿತಾ ಎಚ್. ಜಿ  
1st BSc. MLT





## മിനികഥ

### വിസിറ്റിങ്.

തവള കരഞ്ഞാൽ മഴവരും എറിഞ്ഞ ഞാൻ മെല്ലെ തൊടിയലേ കരി രങ്ങി. കുറേ നേരം അന്വേഷിച്ചപ്പോഴറിഞ്ഞു തവളകളെല്ലാം ഫൈസ്റ്റാർ ഹോലിൽ വിസിറ്റിങ്ങിനു പോയിരിക്കുകയാണ്....!!!



Athira. V  
4th BSC

### അവൾ ഒരു പറയുവൾ...

കെ'കുമയുടെ ചുരുളഴിയുമ്പോൾ,  
ആർക്കും ഒരിക്കലും -  
മനസിലാക്കാൻ കഴിയാത്ത  
ഏകാന്തതയിൽ  
അക്ഷരങ്ങളെ പ്രണയിച്ച്  
എഴുതിക്കുറിയ നൂണകഥകളുടെ  
കഥാകാരിയെ നിങ്ങൾ കണ്ടുമുട്ടും...  
അപ്പോൾ...  
ഞാൻ എഴുതിത്തീർത്ത അക്ഷരങ്ങൾ...  
ഞാൻ പറഞ്ഞുതീർത്ത കഥകൾ  
അങ്ങനെ കൈയും  
നിങ്ങൾക്ക് വെറുമൊരു ആശ്വര്യ ചിഹ്നമാവും...  
ആർക്കും മനസിലാക്കാൻ  
കഴിയാത്ത ഒരു ചോദ്യചിഹ്നവും...



Bismiy Biju  
3rd Year BSc Nsg

### പ്രണയം

മൊഴിഞ്ഞു തീരാത്ത മൗനമായ്  
പെയ്തൊഴിയാത്ത മഴയായ്  
ഇതൾ കൊഴിയാത്ത പൂവായ്  
ഇല പൊഴിയാത്ത പൂമരമായ്  
തിരയടഞ്ഞാത്ത കടലായ്  
എന്റെ പ്രണയം...  
മിഴികളിലെ മൊഴി മുത്തുകളായ്  
മഴയെ തഴുകു കാറ്റായ്  
പൂവിന്റെ പുണരീരിക്കു പൂമ്പാറ്റയായ്  
പൂ മരക്കൊമ്പിൽ കുറുകുടിയ പഞ്ചവർണ്ണ തത്തയായ്  
കരയെ ചുമിച്ചു നിരഞ്ഞ കടലായ് നിന്റെ പ്രണയം



Sanitha Sanny  
IV th BSC Nursing

### ഓർമ്മകളിലെ വസന്തകാലം

ഓർമ്മയിലുണ്ടെന്നിരിക്കാ ശിശിരവും  
വസന്തവും  
നമ്മൾ മൗനത്തിൽ ചാലിച്ച്  
തൊടുവിച്ച് ചന്ദനക്കുറിയിയും  
സ്വന്തമെ് വിശ്വസിച്ച്  
സമ്മാനിച്ച പുഞ്ചിരികളും  
ഒടുവിൽ യാത്ര ചോദിക്കാതെ  
ദിക്ക് പിരിഞ്ഞ നാം...  
ഓർമ്മകൾ സമ്മാനിച്ച ഋതുക്കളിൽ  
എപ്പോഴെങ്കിലും നി പുത്തിറങ്ങി...  
വീണ്ടുമെതോ സന്ധ്യതൻ  
യാമത്തിൽ ഒരു വാക്കുകൊണ്ടു  
നാം കണ്ടുമൂി...  
പൂവിടുതൊക്കെയും നീലെ  
വസന്തത്തിലായിരൂ  
പൂക്കുതൊക്കെയും നീലെ  
ഓർമ്മകളിലായിരൂ...  
ഇനിയെ് നാം  
വാകപുത്തടർ വീണ  
വഴിയരികിൽ കൈചേർത്തു നടക്കും...



Bismi Biju  
3rd Yr BSc Nsg



## അമ്മ ഉറങ്ങുകയാണ്

ഓ... ഓ... ഒരു പതിഞ്ഞ കരച്ചിൽ തന്റെ കുഞ്ഞു മിഴികൾ അവൾ പതിയെ തുറു. പേറ്റനോവിന്റെ തീച്ചളയിൽ ക്ക് ഉറുകി കീലിൽ കിടക്കു അമ്മയെ അവൻ ഇടം കണ്ണാൽ നോക്കി അമ്മ ഉറങ്ങുകയാണ്... ചുവ തുടുത്ത കുഞ്ഞിക്കൈ കുഞ്ഞി അവൻ കീലിനരികിലൂടെ നീങ്ങി നീങ്ങി, ക്ലിനരികിലായി സ്വർണമുടിയും, പ് വസ്ത്രങ്ങളും അണിഞ്ഞ് പളക്കു കണ്ണുകളിൽ കുറുമ്പു നിറച്ചു കിടക്കു ഒരു പാവക്കുറിയിൽ അവന്റെ കണ്ണുകൾ ഉടക്കി. അവന്റെ ഇളം ചുണ്ടുകൾ മെല്ലെ വിടർ. കുഞ്ഞിക്കൈ നീ അചാവക്കുറിയെ അവൻ മാറോടുചേർത്തു. പാവക്കുറിയുടെ പ് പാവയലിലൂടെ വിരലോടിച്ചു കൊണ്ടിരിക്കെ അവൻ നെഞ്ചിലൊരു കുളിരനുഭവപ്പെട്ടു. ചുവ തുടുത്ത ഇളം ചുണ്ടുകൾകൊപ്പം പതിയെ അവന്റെ കുഞ്ഞി കൈകളും വിറയ്ക്കാൻ തുടങ്ങി. അവൻ ചുറ്റും ഒരു പാളിനോക്കി. അമ്മ ഉറങ്ങുകയാണ്. മെല്ലെ മെല്ലെ കുഞ്ഞിക്കൈ കൊണ്ട് അവൻ ആ പ്ടുച്ച് അഴിച്ചു തുടങ്ങി. ശ്... ശ്... പ് തൊടുത്തു നിു ശബ്ദം കേ അവൻ ഞെറി വിറച്ചു. അവൻ തല ഉയർത്തി നോക്കി. മുറിൽ തല സ്വൽപ്പം കുനിച്ച് അവനേക്കാൾ കുറച്ചു മുൻപ് മാത്രം ഭുജാതനായ അവനേച്ചോലെത്തെ സുന്ദരനായ മറ്റൊരാളി നിൽക്കുന്നു. ജാലതയോടെ മുഖം കുനിച്ച അവന്റെ മുഖം പിടിച്ചുയർത്തി കൈയ്യിരിക്കു മൊബൈൽ ക്യാമറ കാണിച്ചു കൊണ്ട് ആ ആകുറി പരഞ്ഞു നീ അഴിച്ചോ, ഞാൻ ക്യാമറ ഓ ചെയ്തിട്ടുണ്ട്. ചോദ്യഭാവത്തിൽ നോക്കിയ അവന്റെ നേരെ കണ്ണിറുക്കിക്കൊണ്ടിച്ച്, അനുരണയില്ലാതെ മുളച്ചുവ കൊച്ചരിപ്പെല്ല മുറിച്ചു വയ്ക്കാൻ പാടുപെട് കൊണ്ട് ആ ആകുറി പറഞ്ഞു പെടിക്കണ്ട.. എന്റെ അമ്മയും ഉറങ്ങുകയാണ്... കാറ്റത്ത് കുറച്ചു പെരിഞ്ഞുപോയ .....

## മനസ്സ്

ഉച്ചരിക്കുമ്പോഴും വായിക്കുമ്പോഴും കേൾക്കാൻ വളരെ ലളിതമായതും എന്നാൽ കൂടുതൽ അന്വേഷിക്കുമ്പോൾ മനുഷ്യ തലച്ചോറിനെക്കാൾ സങ്കീർണ്ണവുമായ ഒന്നാണ് മനുഷ്യ മനസ്സ്. ലോകത്ത് ഇന്നേവരെ ഒരു ചിന്തകനാലും ഒരു ജ്ഞാനിയാലും ഒരു ശാസ്ത്രത്തിനാലും അലോപതിയുടെ തലതൊട്ടടനായ സാമൂവൽ ഹനിമാനെക്കൊണ്ടുപൊലും നിർവ്വജിക്കാൻ കഴിയാത്ത ഒരു അപൂർവ രഹസ്യം തന്നെയാണ് മനുഷ്യ മനസ്സ്. അതിന് കാരണം സർജിക്കൽ ബ്രേഡുകൾക്ക് കീറി മുറിക്കാൽ കഴിയാത്ത ഒരു അവയവമായി അത് മനുഷ്യ ശരീരത്തിൽ കാണപ്പെടാത്തതുകൊണ്ടാവാം.

എന്നിരുന്നാലും വേദങ്ങളും ശാസ്ത്രങ്ങളും പഴയ സംസ്കൃത സംസ്കാരങ്ങളും മനുഷ്യ മനസ്സിനെ നിർവ്വജിക്കുന്നത് എല്ലാ ഇന്ദ്രിയങ്ങളുടെയും കേന്ദ്രമായാണ്. കൂടുതൽ വിശദമായി പറഞ്ഞാൽ മനസ്സിന്റെ അഭാവത്തിൽ ഇന്ദ്രിയങ്ങൾ വെറും അവയവങ്ങൾ മാത്രമാണ്. ഇന്ദ്രിയ അനുഭവങ്ങൾ ഉണ്ടാവണമെങ്കിൽ ആ പ്രവൃത്തിയോടൊപ്പം മനസ്സ് കൂടിയെത്തീർ. ഉദാഹരണത്തിന്, നാം മറ്റൊരാളിലും ചിന്തയിൽ മുഴുകിയിരിക്കുമ്പോൾ നമ്മുടെ കൂട്ടുകാർ എത്ര വിളിച്ചാലും നാം അറിയുകയില്ല. കൂട്ടുകാരുടെ ശബ്ദം തരകങ്ങളായി ചെവിയിൽ എത്താത്തതുകൊണ്ടോ ആ തരകങ്ങളെ തലച്ചോറ് തിരിച്ചറിയാത്തതുകൊണ്ടോ അല്ല നാം അത് അറിയാതെപോയത്, നമ്മുടെ മനസ്സ് മറ്റൊരിടയോ ആയതുകൊണ്ടാണ് അങ്ങനെ സംഭവിച്ചത്. നമ്മുടെ മനസ്സ് എപ്പോൾ ആ പ്രവൃത്തിയോട് ഇഴുകിച്ചെരുങ്ങുമ്പോ അപ്പോൾ നാം അതിനോട് പ്രതികരിക്കുകയും ചെയ്യുന്നു.

മനുഷ്യ മനസ്സ് അശാന്തമാണെങ്കിൽ മനുഷ്യ ശരീരത്തിനെക്കൊണ്ട് എന്ത് പ്രയോജനമാണുള്ളത്. മനസ്സിൽ വിഷമമുണ്ടാകുമ്പോൾ നാം സാധാരണ ചെയ്യുന്ന കാര്യങ്ങൾ ചെയ്യാൻ കഴിയാത്തത് അശാന്തമായ മനസ്സ് മൂലമാണ്. മനുഷ്യ മനസ്സിനെക്കുറിച്ച് കൂടുതലായി പഠിക്കുമ്പോൾ നാം എത്തിച്ചേരുന്നത് എല്ലാറ്റിനും ഉപരിയായ പരമാത്മാവിലാണ്. ആൽകെനിസ്റ്റുകൾ പല തവണ പറഞ്ഞുവെച്ച ആ പ്രപഞ്ച സത്യത്തിലേക്ക് നമ്മെ നയിക്കുന്ന മാർഗ്ഗ ദർശിയാണ് മനുഷ്യ മനസ്സ്. ഏറ്റവും ലളിതമായി പറഞ്ഞാൽ നാം ഏതൊരു തീരുമാനം എടുക്കുന്നതിനു മുൻപും നമ്മുടെ മനസ്സ് പറയുന്നത് എന്തെന്ന് കേൾക്കുക. കാരണം നിന്റെ മനസ്സാണ് നിന്റെ മാർഗ്ഗദർശി.

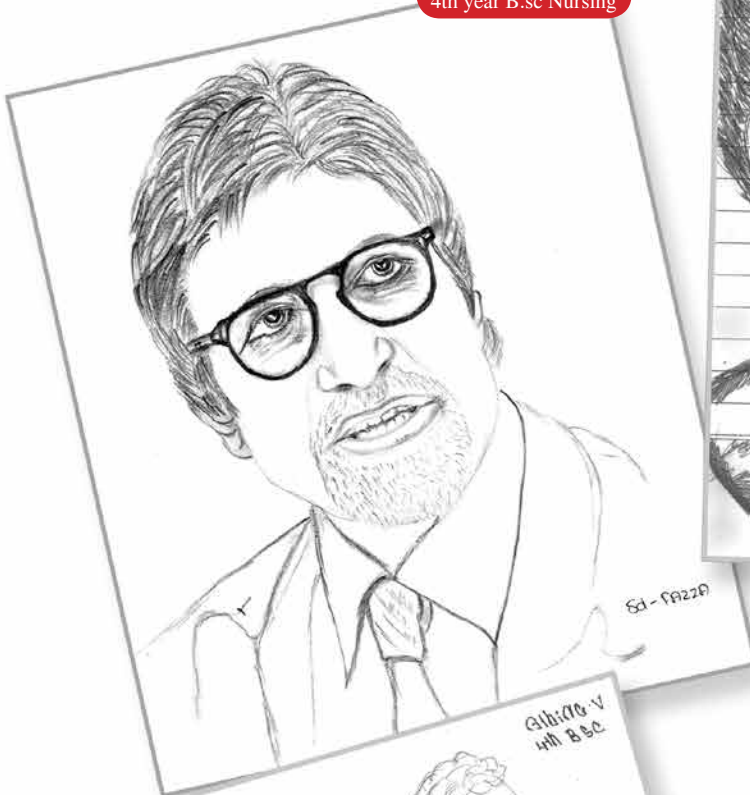


# Drawings

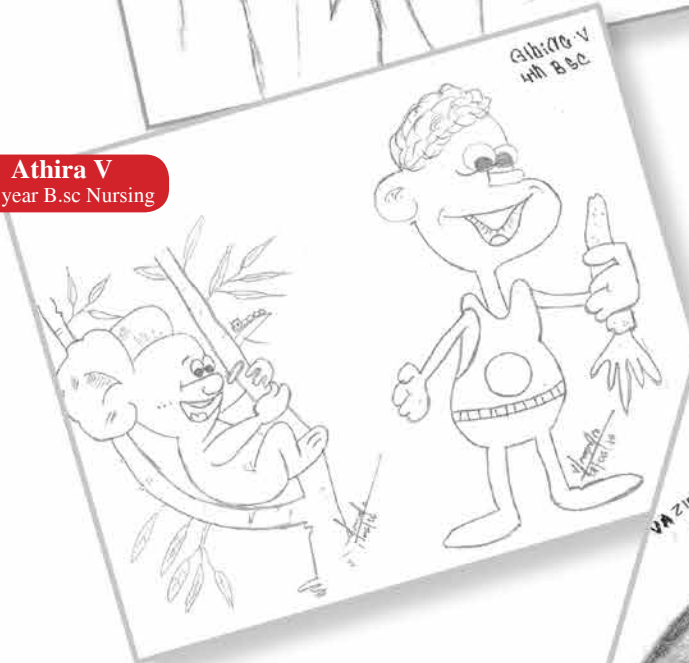
**Ajmal**  
4th year B.sc Nursing



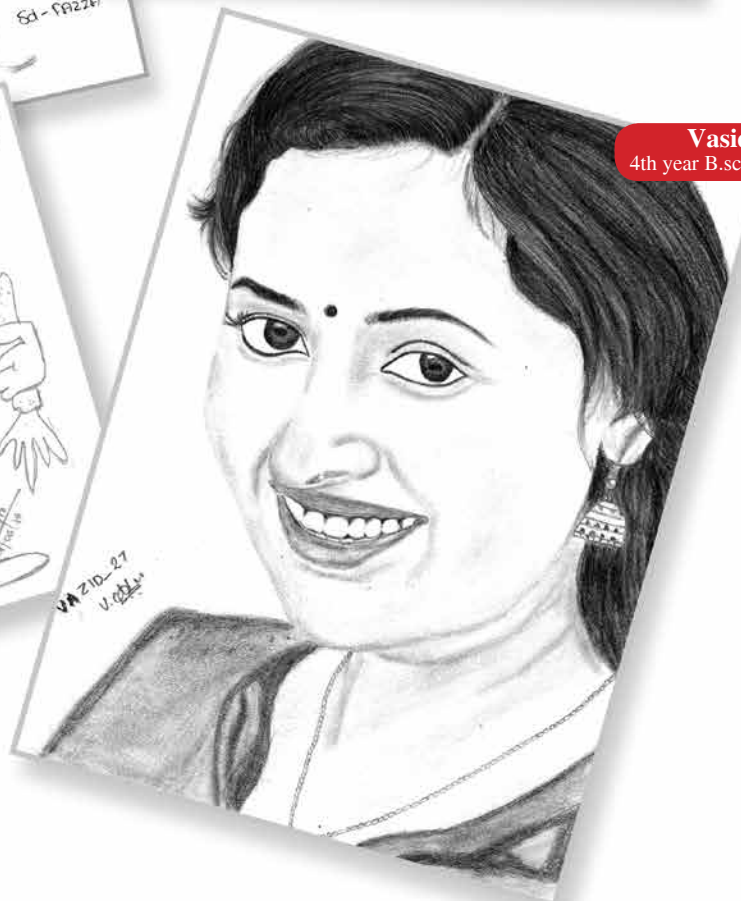
**Fazza**  
4th year B.sc Nursing



**Athira V**  
4th year B.sc Nursing



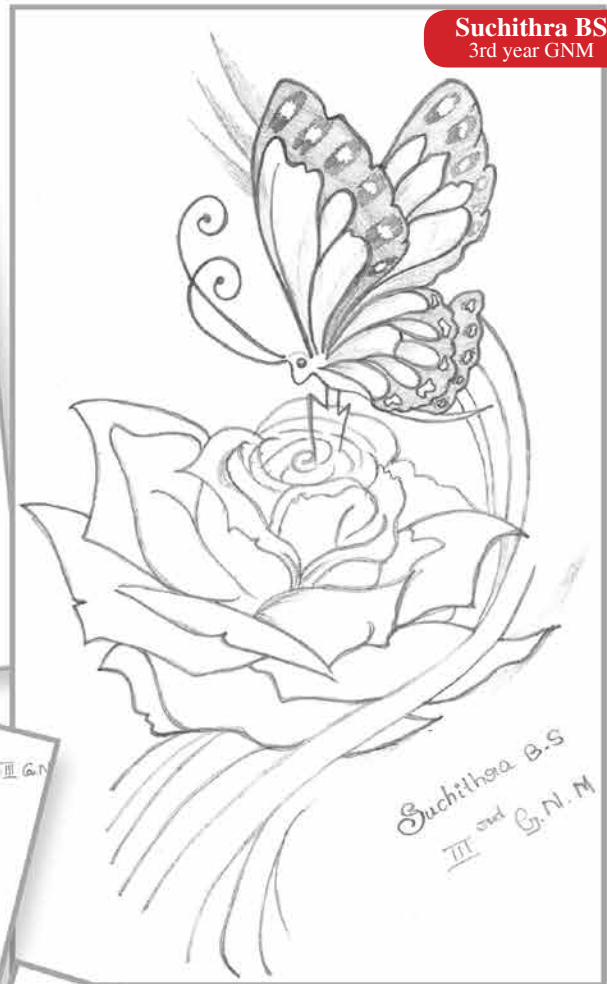
**Vasid**  
4th year B.sc Nursing



**Jamshad Begam K**  
4th year B.sc Nursing



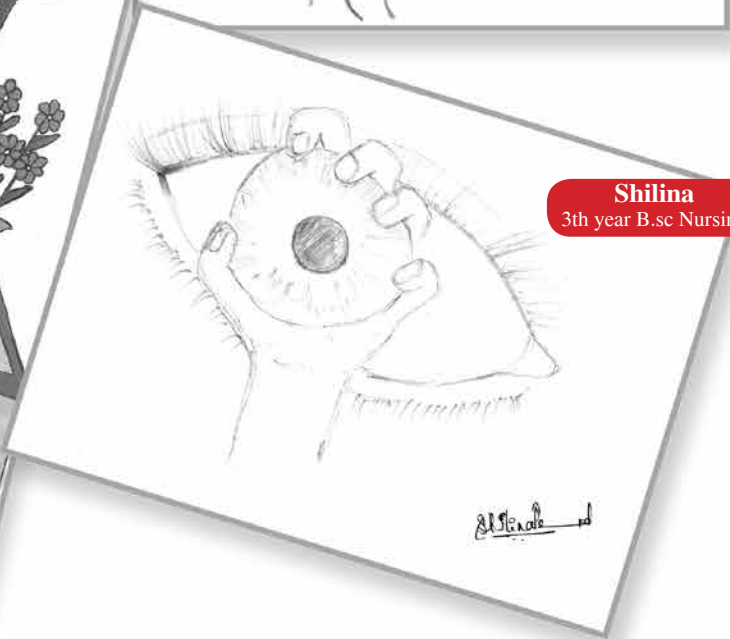
**Suchithra BS**  
3rd year GNM



**Nithya**  
3rd year GNM



**Shilina**  
3th year B.sc Nursing





**Meghana D Souza**  
3rd year B.sc Nursing



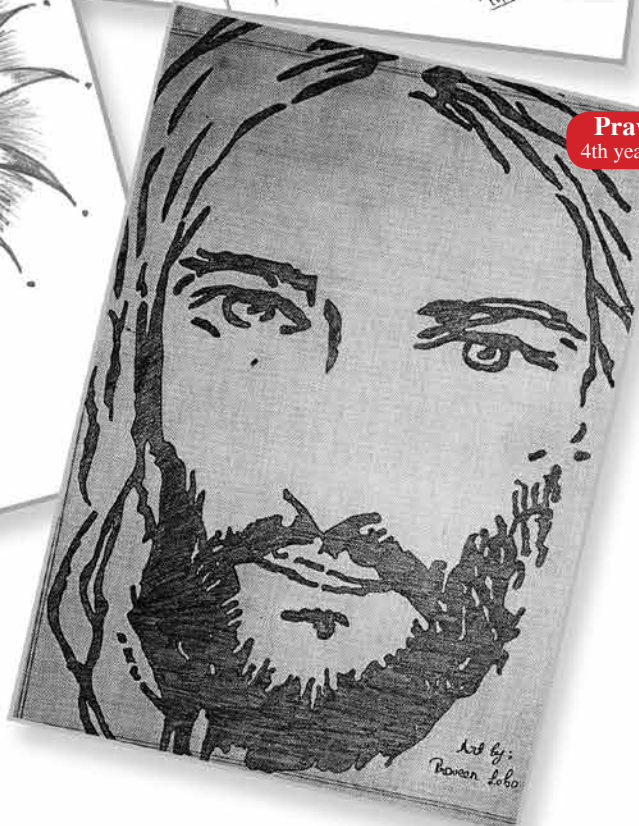
**Blessy M J**  
3rd year B.sc Nursing



**Varalakshmi A**  
3rd year B.sc Nursing



**Praveen Lobo**  
4th year B.sc Nursing





**Hisana**  
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# Cultural Fest





# Student Nurses Association





# Sports Day





# Sports Day









# ANNUAL DAY





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