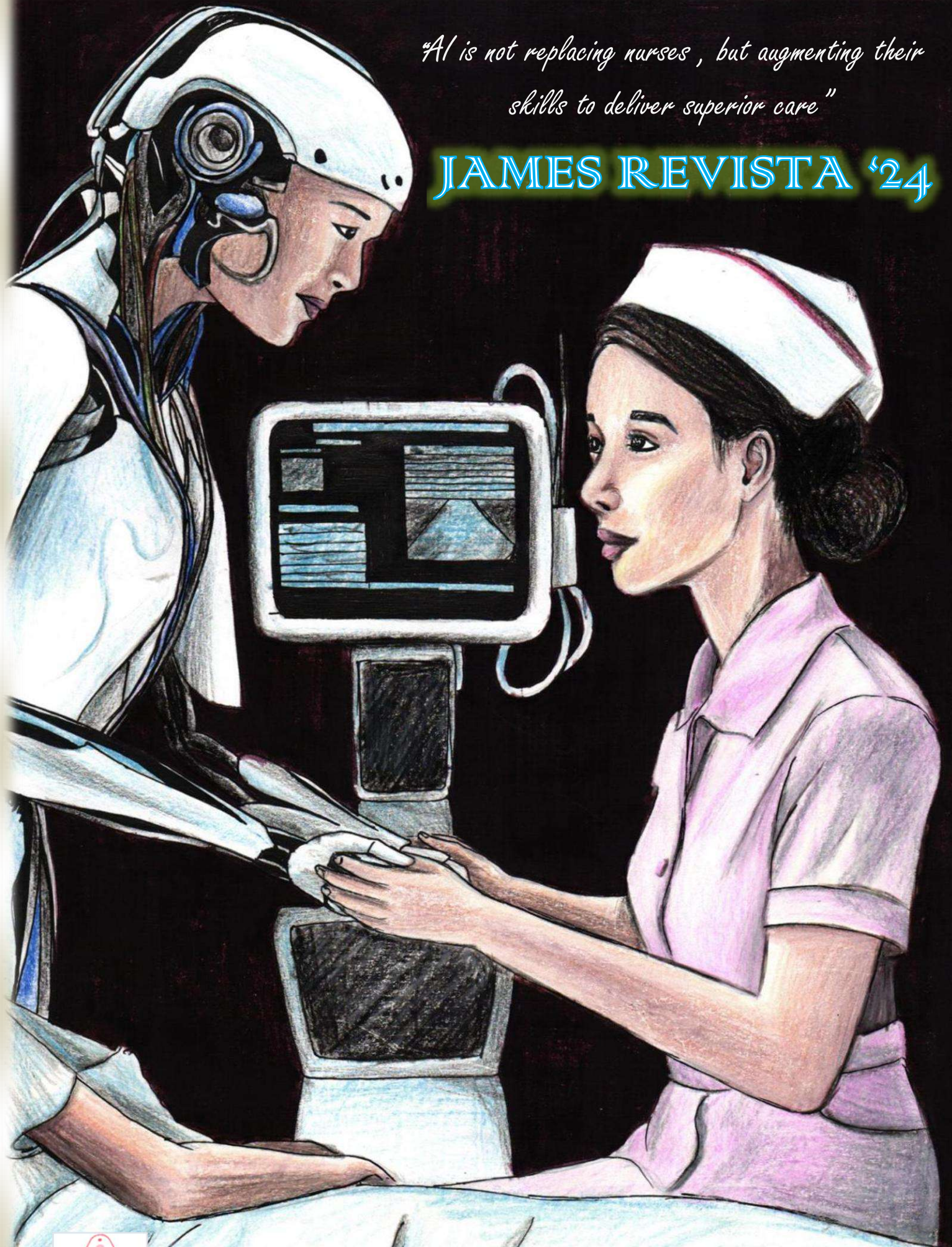


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JAMES REVISTA '24



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DELINEATING OUR COLLEGE HISTORY...

St James College of Nursing, Chalakudy is situated in 10 acres of vast and exuberant landscape surrounded by emerald green foliage. The college campus is embellished by the Chalakudy river on south, which renders a soothing environment for the pursuit of immense academic wisdom.

The Irinjalakuda Diocese in commemoration of the Silver Jubilee of it's first Bishop and our patron, His excellency Mar James Pazhayattil, established our parent institution, St James Hospital Trust in the year 1989. The Silver Jubilee year of Irinjalakuda Diocese 2002 was made memorable when the trust gave birth to an off shoot 'St. James Medical Academy'. In the same year St. James college of Nursing was blessed by Mar James Pazhayattil, Bishop of Irinjalakuda, on 30th December 2002 and inaugurated by Padmasree Dr. K. J. Yesudas on 29th January 2003. Presently we have B.Sc. Nursing and PBB.Sc Nursing programs running successfully.

Our Vision

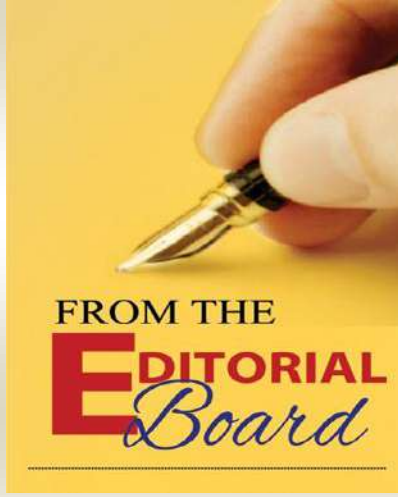
Be the co-workers in creating a healthy society by catering to the health needs of all especially the sick and suffering, following Christian values and respecting the uniqueness of each individual and dignity of life.

Our Mission

The youth of this college develop their full potentials to be matured, academically excellent professional nurses who co-ordinate their services with other health care professionals to render preventive, curative and restorative care to all.

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Dear Readers,

Welcome to the new edition of our college magazine. We are excited to share a collection of voices and stories that reflect the vibrant spirit of our campus community.

In this edition, we highlight the creativity, passion, and diversity of our student body. From thought-provoking articles and insightful interviews to artistic expressions and campus events, each piece showcases the unique perspectives that make our college special.

As an editorial board, we believe in the power of storytelling to connect us all. We encourage you to engage with the content, share your own experiences, and contribute to future issues. Your input is invaluable, and together, we can create a platform that truly represents our community.

Thank you for being part of this journey, we hope you enjoy reading as much as we enjoyed putting it together.



OUR

GOOD SHEPHERD
GUIDING LIGHT
LOVING FOUNDER PATRON



**HIS EXCELLENCY MAR JAMES
PAZHAYATTIL**

BISHOP EMERITUS, EPARCHY OF IRINJALAKUDA

FOUNDER-ST.JAMES HOSPITAL TRUST



MESSAGE

H.E. MAR PAULY KANNOOKADAN
Bishop, Diocese of Irinjalakuda & Patron,
St. James Hospital Trust

As Patron of St. James College of Nursing, it is both an honor and privilege to convey my heartfelt message to all the students, faculty, and readers of this college magazine.

Nursing is not just a profession; it is a calling of the heart, mind, and spirit. It requires compassion, resilience, and dedication to the well-being of others, often during their most vulnerable moments. At St. James College of Nursing, we are committed to nurturing these qualities, preparing our students not only to excel in clinical expertise but also to embody empathy and leadership in their field.

Our students are the future of healthcare, and in a world that constantly presents new challenges, the need for skilled, compassionate nurses has never been more essential. I am proud of the way our college continues to foster a learning environment that encourages growth, innovation, and care, empowering our students to make meaningful impacts in their communities.

I extend my best wishes to all of you as you continue on this noble path. May this magazine serve as a reminder of your efforts, accomplishments, and the bright future ahead of you in nursing.



Message

MSGR. JOSE MALIEKAL
Vicar General & President
St. James Hospital Trust

Dear Students, Faculty, and Friends of St. James College of Nursing,

It is with great joy that I share a few thoughts as we celebrate another milestone in our journey together. Nursing is a vocation that transcends mere profession; it is a profound commitment to service, healing, and compassion. Each day, you embody the values of empathy and dedication that define this noble calling.

At St. James, we not only strive for academic excellence but also seek to cultivate the spirit of care that is at the heart of nursing. Your journey here is not just about acquiring knowledge; it is about preparing yourselves to touch lives, offer comfort, and make a difference in the world.

As you progress in your studies and begin your careers, remember that you are ambassadors of hope and healing. Embrace every challenge as an opportunity for growth, and continue to inspire those around you with your passion and commitment.

I am proud to be a part of this vibrant community and look forward to witnessing the incredible contributions you will make in the field of nursing. May you always find strength in your purpose and joy in your service.

Blessings to you all



Message

Rev. Dr. ANTU ALAPPADAN

Director, St. James group of Institutions

Dear Students, Faculty, and Readers,

It gives me immense pleasure to extend my heartfelt greetings to all the members of the St. James College of Nursing family through this edition of our college magazine. This publication serves as a reflection of our vibrant community, showcasing the diverse talents, creativity, and academic accomplishments of our students and faculty.

At St. James College of Nursing, we are committed to nurturing compassionate, skilled, and well-rounded nursing professionals who will make a meaningful difference in healthcare. Our focus on holistic education, combining theory with hands-on clinical experience, has allowed our students to excel not only in academics but also in their roles as empathetic caregivers and future leaders in healthcare.

As we look to the future, I am proud of the progress we have made in expanding our programs, facilities, and community outreach initiatives. Our college is not just a place of learning; it is a hub for personal growth, collaboration, and the development of lifelong friendships. The dedication of our faculty and staff, combined with the enthusiasm of our students, continues to inspire me every day.

I encourage all of you to continue striving for excellence and to embrace the challenges that come your way. Remember, the journey you are on is not just about acquiring knowledge but also about shaping your character and values. Let us continue working together to uphold the highest standards of nursing education and care.

Best wishes to everyone contributing to this magazine, and congratulations to the students for their achievements and creativity.



Message

REV.FR. MANOJ MEKKADATH

Associate Director, St. James Group of Institutions

It is with great pride and joy that I extend my heartfelt greetings to the faculty, students, and staff of St. James College of Nursing. Our institution stands as a beacon of excellence, dedication, and service in the field of nursing education, and it is through the hard work and commitment of every member of this community that we continue to thrive.

Nursing, as a profession, demands more than just knowledge and skills; it calls for compassion, resilience, and a deep sense of responsibility toward the well-being of others. At St. James College of Nursing, we are committed to fostering these values, ensuring that our students not only excel academically but also grow into empathetic and capable healthcare professionals who are ready to make a meaningful impact in society.

As we reflect on the past year's accomplishments, I am reminded of the importance of collaboration and teamwork in achieving our shared goals. Our students have excelled in both academics and clinical practice, our faculty has contributed to research and innovation, and our institution has strengthened its reputation as a leader in nursing education.

The publication of this magazine serves as a testament to the vibrant life of our college celebrating creativity, diversity, and the dedication of our students and staff. It provides a platform for reflection, expression, and inspiration, highlighting the unique talents and achievements of our community.

I encourage all of you to continue striving for excellence, embracing the challenges and opportunities that come your way. Let us work together to uphold the values that make St. James College of Nursing a distinguished institution and remain steadfast in our commitment to shaping the future of healthcare.



Message

DR. K. KRISHNAKUMAR

**Principal, St. James College of
Pharmaceutical Sciences, Chalakudy**

Dear Readers,

As we celebrate the ongoing achievements and growth of the St. James Academy community, I am delighted to extend my warmest greetings to all students, faculty, and staff of St. James College of Nursing. The synergy between our institutions plays a vital role in fostering a rich educational environment that benefits both our nursing and pharmaceutical students.

At St. James College of Pharmaceutical Sciences, we believe in the power of collaboration and shared knowledge. Our commitment to excellence in education and patient care resonates throughout our campus, inspiring our students to strive for greatness in their respective fields. Together, we are shaping the future of healthcare, equipping our students with the skills, compassion, and integrity they need to make a meaningful impact in the lives of others.

As we continue to support one another, let us celebrate our shared mission of providing high quality education and nurturing the next generation of healthcare professionals. I look forward to witnessing the continued success and contributions of St. James College of Nursing, as we work hand in hand to enhance the health and well-being of our community.



Message

Dr. Sr. Jijimole Mathew

**Principal, St. James College of Nursing,
Chalakudy**

As we turn the pages of this year's College **James Revista '24**, I am filled with gratitude for the vibrant community we have at St. James College of Nursing. Our commitment to excellence in nursing education is reflected not only in our NAAC accreditation and adherence to Quality Assurance Standards but also in the holistic development of our students.

We take great lead in nurturing globally competent graduate nurses, equipped with right skills, attitude and knowledge to excel in diverse healthcare settings. Our emphasis on both academic rigor and extracurricular engagement ensures that our students grow into well-rounded professionals. Whether it's through sports, cultural events, or humanitarian initiatives, our college fosters an environment where leadership, teamwork, and empathy thrive.

Research plays a vital role in advancing our understanding of healthcare challenges. We actively support and encourage a research-driven mindset among our students and faculty, believing that inquiry and innovation are key to improving patient care and nursing practices.

The strength of our college is reflected in our alumni, who continue to shine in various fields around the globe. Their achievements inspire current students and serve as a testament to the foundation laid here at St. James. As you read the stories and highlights in this magazine, I hope you feel the pride of being part of a legacy that prioritizes quality education, compassionate care, and community service. Let us continue to strive for excellence together, upholding the values that define our institution. I look forward to witnessing the incredible journeys our students, faculty and alumni will undertake in the years to come.

BOARD OF ADMINISTRATION



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Kannookadan**

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Irinjalakuda
Diocese

Patron, St.James
Hospital Trust



**MSgr. Jose
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Vicar General,
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Principal, St.James
College of
Nursing



Sr. Symphoria CSC

Vice Principal &
HOD St.James
College of
Nursing

ANNUAL REPORT 2023-24

Established in the year 2002 as a unit of St. James's Hospital trust, St. James college of nursing provides the right platform to train academically and professionally skilled and knowledgeable nurses with humane values to reach out to the sick and the broken. Approved by Indian Nursing Council and Kerala Nursing and midwifery council and affiliated to Kerala University of health sciences, the college makes available a conducive environment for learning and all-round development of the individuals with competent teachers, physical facilities and clinical and other field setting for adequate experiential learning. **True to our motto "We Foster Health"**, our graduates are well equipped to take up key roles in various health care facilities and are globally placed.

Courses offered and student strength

The College of Nursing has fruitfully completed the 22nd batch of B.Sc. Nursing and 9th batch of PB B.Sc. Nursing. We are currently training 215 B. Sc Nursing students and 39 Post Basic B. Sc Nursing students. About 870 BSc. Nursing graduates, 251 Post Basic B.Sc. Nursing graduates and 32 M.Sc. Nursing post graduates have successfully passed out of this College till date. At present we have an intake of 65 B.Sc. nursing and 30 PBB.sc Nursing candidates per year.

Accreditations

The college has obtained B⁺⁺ accreditation by National Assessment and Accreditation Council (NAAC) and Quality Assurance Scheme (QAS) A grade from Kerala University of Health Sciences.

Curriculum administration

The institutional curriculum is well framed in keeping with the rules and regulations of the statutory bodies and Kerala University of Health Science. The curriculum committee meet at regular intervals for discussions, planning and appraisal of the feed backs from the teachers, students, parents and the hospital staff. The Annual academic plan, Master rotation plans, Clinical rotation plans and Master timetables are prepared at the beginning of each semester/ year together by the class co-ordinator's and subject co-ordinators. Innovative teaching methods are incorporated into the educational activities.

Clinical facilities and field experience

In addition to standard theory classes, students typically gain extensive clinical experience from the parent Hospital and at various esteemed government and private hospitals, as well as community health centers. The college is affiliated with Amala Medical College Hospital in Thrissur for oncology, Dhanya Mission Hospital in Potta for OBG nursing,

THQH Chalakudy for Adult health nursing, OBG and Community health Nursing, CHC Elanjipra and PHC-Meloor for Community Health nursing and the Government Mental Health Centre in Thrissur for Mental Health Nursing. Students also participate in observational visits to facilities such as a leprosy hospital, de-addiction center, rehabilitation centers, old age homes, anganwadies special schools, factories, water purification plant, sewage plant, and food processing units.



Faculty

The faculty of the College is composed of highly qualified professionals dedicated to create a conducive learning environment to provide quality educational experience. They are committed to continuous improvement, through professional development opportunities and staying abreast with the latest advancements in healthcare. Guest faculty is available for special subjects and their selection is in keeping with the regulations of KUHS. Faculty log books serve several important purposes in an academic setting: it gives a comprehensive record of faculty activities, including teaching schedules, student interactions, meetings, and professional development efforts.



Faculty meetings, are conducted every fortnight where the several key activities like updates on student progress, clinical experiences, internal quality assurance cell, KUHS- Quality assurance scheme, activities of Student Nurses Association, Learning management system, Outcome based education, College Union and National service Scheme. Opportunities for faculty training and development are discussed, important announcement from college administration, policy changes, and upcoming events are shared in the meetings. Faculty also share feedback on departmental issues and collaborate on solutions to improve the overall educational experience. These meetings foster communication, collaboration, and continuous improvement within the nursing program.

Infrastructure

The college has excellent infrastructure, spacious classrooms and well-equipped demonstration laboratories with advanced simulators and mannequins, Smart Boards, computer lab with Remote Digital Valuation, CCTV surveillance, and adequate faculty rooms. The QNAP (Quality Network Appliance Provider) software for data management and accessibility and instacampus is installed.

Library



The library is spacious, covering 4,200 square feet and accommodating up to 210 people, with designated sections

for faculty and students and Gate Register and OPAC System. It houses 6,152 books, along with five international and ten national journals, plus 145 e-journals and has access to the Delnet database.

Academic activities and achievements

The academic year 2023-24 commenced in October 2024 with an intake of 65 B.Sc. Nursing and 30 PB B.Sc. Nursing Students. The students were given orientation for one week by experts on Professional adjustments, Moral values, Responsible citizenship, Team building healthy life style and anti-ragging. The academic calendar is meticulously prepared in alignment with Kerala University of Health Sciences, in view of the holistic development of the students giving adequate focus both curricular activities. It is made available to all the students. The 65 B.Sc. Nursing students of 2023 batch were officially welcomed into the noble profession of Nursing through lamp lighting ceremony on 27th January 2024. The Graduation ceremony of the 22nd batch of B.Sc. Nursing and 9th batch of PB B.Sc. Nursing students took place on 11th September 2024. Students have also made commendable achievements in their academics. For the last academic year B.Sc. (N) and PB B.Sc. nursing got good result.

II Year PB.B.Sc. Nursing (2021 Batch): Secured 100% with one distinction and twenty one first-class marks

I Year PB.B.Sc. Nursing (2022 Batch): Secured 100% with first-class marks for all students.

IV B.Sc. Nursing (2019 Batch): Achieved a 96% with two distinctions and forty-two first-class marks, and

two passes in the final year examination.

III Year B.Sc. Nursing (2020 Batch): Secured 100% with 2 distinction and forty-nine first class.

Fourth Semester B.Sc. (2021): Secured 100%, with five A grades, thirty-nine B+ grades, and six B grades.

Third Semester B.Sc. (2022): Achieved a 90%, with four A grades, thirty-three B+ grades, four B grades, and three C grades.

Second Semester B.Sc. (2022): Achieved a 97.9%, with one A+ grade, eleven A grades, twenty-eight B+ grades, one B grade, and seven C grades.

First Semester B.Sc. (2023): Achieved a 98.4%, with one A+ grade, five A grades, forty-two B+ grades, thirteen B grades, and three C grades.

Committees

Various committees including the Curriculum Committee, College Council, College Management Committee, Women's Cell, Academic Monitoring Cell, Parent-Teacher Association, Grievance Redressal Committee, Internal Complaints Committee, Library Committee, Disciplinary Committee, Student Support and Guidance Cell, Examination Evaluation Committee, and Anti-Ragging Committee, are established to ensure the smooth functioning of the college. These committees meet regularly to plan, evaluate performance, address any issues that arise, and determine the necessary actions to be taken.

Alumini Association

The association holds a general body meeting once a year and convenes the executive committee every three months. It offers financial assistance to deserving students, provides textbooks through a book bank, and offers medical aid to students in need. Additionally, it supports research-related activities for both faculty and students and presents awards to recognize outstanding performers and is involved in other charitable activities like supporting the Renal care Mission of St. James hospital.



Faculty development Programmes

Continuing nursing education is encouraged and supported.

Inservice Education

Organizes Faculty development Programmes associated with NEP annually. Monthly journal presentation and presentation on a particular topic is done by the faculty regularly.



Workshops

The faculty attends various refreshment courses and training programmes to keep abreast with the sweeping changes in the medical field. The workshops organized by the college are innovative changes in teaching learning methods, Artificial Intelligence, KIDIE LIFELINE – Hand on training on paediatric life, Telemans, Visionary Voyage, Team Nursing and Navigating Reproductive wellness in Modern Era. The faculty attends many webinars related to various specialties and education, Research and Administration.

Training

The faculty has undergone training on Basic concepts for working at National Service Scheme by KUHS, Research analytics and use of Simulators and Team Dynamics.

Research activities

Efforts have been made to cultivate a strong research environment within the college for both students and faculty members. A short course on research methodology was conducted for teachers and students. Additionally, a national-level abstract competition was organized, attracting participation from numerous institutions, which included online scientific paper presentations. A comprehensive record of these research presentations was compiled as “Jamsian Summit 2K24,” which has been assigned an ISBN number. The college also organized hands-on training in R analytics. Both students and faculty participated in research workshops, E-poster presentations, and gamification competitions hosted by Amrutha college of nursing, securing second and third prizes. Furthermore, six research proposals were submitted

for the KUHS Research appreciation award, with four being selected.



Publications

Ms. Betty K. D. - A study to assess the knowledge regarding breastfeeding among mothers with children under 2 years of age admitted to a selected private hospital in Thrissur (June 14, 2023).

Ms. Christy Antony - Seeds to Empowerment: Cultivating Reproductive Resilience among Tribal Adolescent Girls through Innovative Health Initiatives (December 2023) (JETIR).

Fincy Joseph P. - The Effectiveness of a Video-Assisted Planned Teaching Program Regarding Menstrual Cups among Adolescent Girls in a Selected College in Thrissur (June 2024) (TIJER). Sr. Little Therese SD - A Comparative Study to Assess the Physiological and Psychological Health Status Before and During the COVID-19 Pandemic among Selected Nursing Students in a Private Nursing College in Chalakudy (February 2024) (IJARESM).

Ms. Jinju Bastin T- Effectiveness of an Individualized Education Program on Blood Thinners among Patients in a Selected Hospital (July 2024) (IJCRT).

Dr. Sr. Therese Kochuvilayil, SIC - Prevalence of Attention Deficit

Sr. Ligi K. O. (Sr. Jyothi) - A Study to Assess the Knowledge Regarding Hospital Emergency Codes among Student Nurses in a Selected Private Nursing College (July 2023) (IJARESM).

Student Welfare Activities

A. Student Nurses Association (SNA)

All the students are enrolled as members of Student Nurses Association at the institution level. A number of activities are planned and executed in view of all round development of the students. The annual sports meet "Deporte 2k24" took place on March 16, 2024, featuring various athletic events. International Nurses Day was celebrated on May 14, 2024, with awards for outstanding nurses, followed by a World Hand Hygiene Day event on May 15, themed around infection prevention and control. The cultural fest "Atrangi 2k24" was held in June, including on-stage and off-stage competitions. On July 4, St. James college of Nursing hosted the North East Zone SNA's "Thoolika 2024" educational program, attended by 17 colleges. The students participate in many Cultural and sports competitions at the zonal level and bagged many prizes

B. KUHS Student Union Council

As per the regulations of KUHS, election and of the College union is done in view of empowering the students to promote and facilitate all the co-curricular activities of the college and to provide opportunities for training the students as responsible citizens. The council representatives meet periodically and share students ideas, interest and concerns with teachers and management.

C. The National Service Scheme (NSS)

Several important activities were organized as a part of NSS 2023-2024. The National Service Scheme (NSS) offers several advantages for college students: Social Awareness, Personal Development, Practical Experience and Resilience and Adaptability. NSS enriches the college experience while preparing students for their future roles as responsible citizens and professionals.

D. Club activities

All the students are enrolled into various clubs based on their aptitudes and interests. The club activities which take place regularly facilitate social interaction, skill development, personal growth boosting confidence and self-esteem, networking opportunities and community service.

E. Student Support and guidance programme

This programme is initiated under KUHS considering the holistic development of students. The key activities under this programme are mentoring, counseling services, identification of slow learners and remedial measures. These initiatives empower students to excel academically, emotionally and socially ensuring their overall wellbeing and success.

F. Professional Association

A total of 46 Basic B.Sc. Nursing students, who were members of Students Nurses Association (SNA) got registered in Trained Nurses Association of India (TNAI).

G. Grants and Scholarship for students

The students benefit from both governmental and Non-governmental scholarships and TNAI Scholarships including E-Grant and Merit cum means scholarships. A total of 142 (60%) students are helped by the same.

H. Career Guidance

The students are given comprehensive career guidance programs designed to assist students in navigating the job market and securing fulfilling employment opportunities. These programs provide tailored support, including workshops on resume writing, interview preparation, and networking strategies specific to the healthcare field. Additionally, we facilitate connections with industry professionals allowing students to gain insights into various nursing specialties and the job application process.

Out Reach Programme/Extension Activities

The Child Health Nursing Department, Mental Health Nursing Department and Community Health Nursing Department, organized and conducted various outreach programs. The Medical Surgical Department conducted programme on Palliative Day. Medical Surgical Department is associated with Hrudhaya Palliative and is visiting palliative patients, Community Health Department helps the bedridden palliative patients around the college.



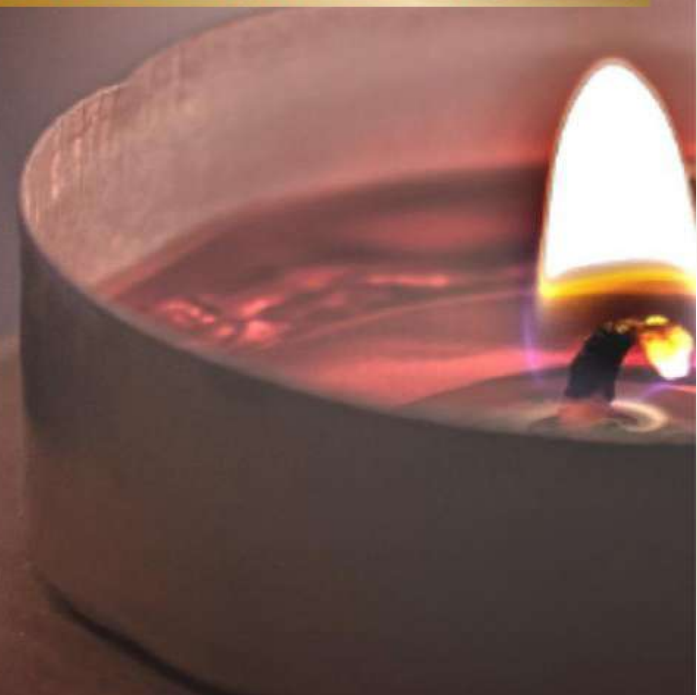
Conclusion

In conclusion, this year has been marked by significant achievements and progress proudly holding QAS-KUHS accreditation too. The commitment to excellence in nursing education is reflected in the dedication of our faculty and the performance of the students. The various staff and student welfare activities have not only enhanced the academic environment

but also fostered a strong sense of community and well-being. As we look forward to the coming year, we remain focused on our mission to empower our students through quality education, skill development, and holistic support, ensuring they are well-prepared to meet the challenges of the healthcare industry. Together, we will continue to uphold our values of compassion, integrity, and excellence as we advance in our journey.



LAMP LIGHTING CEREMONY 2023





ANNUAL NSS ACTIVITY REPORT



National Service Scheme (NSS) was started to establish a meaningful linkage between the campus and the community. The NSS unit of St James College of Nursing planned, organized and conducted various programs during the period of August 2023 - July 2024.

Independence Day Celebration

On 15th August 2022, St. James Medical Academy celebrated Independence Day with flag hoisting by Fr. Manoj Mekkadath. An essay competition was held in connection with the 75th Independence Day.

NSS Day Celebration

On 24th September 2022 included a session where volunteers highlighted the objectives and importance of NSS, followed by the NSS pledge.

Clean India Programme

In honour of Gandhi Jayanti, the NSS unit organized a campus cleaning drive on 7th October 2022. Fifty volunteers

participated, collecting plastic waste and cleaning the college campus under the guidance of the NSS Program Officer.

Palliative Day Celebration

On 20th January 2023, a palliative care awareness program was conducted in collaboration with CHC Elinjipra. The event included a flash mob and a rally, with 50 students participating.

World Women's Day

On 8th March 2023, NSS, in collaboration with AVARD Bhavan Chalakudy, marked Women's Day with a street play on substance abuse and a cancer awareness exhibition at Chalakudy KSRTC stand. A mass signature campaign against drug abuse saw 300 participants.

World Water Day

On 22nd March 2023, BSc Nursing 2021 batch students delivered a speech during the college assembly on the importance of water conservation to mark World Water Day

World Earth Day

On 24th April 2023, students participated in a campus-wide plastic removal drive and planted herbs in the NSS Herbal Garden as part of the World Earth Day celebrations.

Arogya Survey

From 21st to 31st May 2023, NSS students conducted a health survey in the 9th ward of Pariyaram Gram panchayat. The survey aimed to identify health needs in the community, with 25 students participating.

Environmental Day

On 5th June 2023, the NSS and Community Health Nursing Department organized an educational session on energy conservation and open defecation prevention. Students also planted herbal and vegetable plants in the college garden.

Health Awareness Programs

On 5th June 2023, two awareness programs were conducted in collaboration with Pariyaram Gram panchayat. One focused on adopting a healthy lifestyle and the other on the hazards of open defecation. Both sessions were well-attended and concluded successfully.

Yoga Day

On 21st June 2023, Yoga Day was celebrated with the theme “One Earth, One Family, One Future.” Yoga sessions were led by Ms. Mary Sherin and Ms. Nandana, with 100 students participating.



NSS ACTIVITIES



SNA ANNUAL REPORT 2023-24

ACTIVITIES IN BRIEF:

World AIDS Day 2023 (December 1, 2023)

The B.Sc. Nursing 2019 batch at St. James College of Nursing, Chalakudy, celebrated World AIDS Day with a theme of "Let Communities Lead." The program, which began at 3:00 PM, included a role play by the students, an educational session on AIDS awareness, and a quiz. Two judges provided positive feedback, and the event concluded at 4:00 PM with the National Anthem.

World Diabetes Day 2023 (December 12, 2023)

The PBB.Sc Nursing 2022 batch held an awareness program on "Access to Diabetes Care" at 3:00 PM. The session provided insights into diabetes' types, risk factors, management, and prevention using audio-visual aids. A quiz and puzzle game followed the presentation, and the event ended by 3:45 PM with positive feedback from the evaluators.

Farewell Event "Buona Fortuna" (January 29, 2024)

The farewell ceremony for the BSc 2019 and PBB.Sc 2021 batches was held at 11:00 AM in the multipurpose hall. The event included games, prize distribution, and heartfelt speeches by faculty members. The program concluded at 1:00 PM with tokens of appreciation given to the outgoing students.

World Cancer Day 2024 (February 6, 2024)

The BSc Nursing 2022 batch organized a program on "Together, We Challenge Those in Power." The event featured a skit about cancer types, complications, and treatments, followed by a quiz and

games. The program ended at 4:00 PM with a positive evaluation.

SNA Election 2024-2025 (February 15, 2024)

The new BSc 2023 batch was welcomed into the SNA family, and the election for SNA 2024-2025 was conducted democratically. The results were announced by Principal Dr. Sr. Terese SIC, and the winners were congratulated.

Annual Sports Meet "Deporte 2K24" (March 16, 2024)

The sports event included a variety of athletic competitions like races, long jump, and shot put. Prizes were distributed for academic and sports achievements. The event concluded with the St. James anthem, and refreshments were served to the guests.

World Tuberculosis Day 2024 (April 12, 2024)

The BSc Nursing 2021 batch conducted an educational program titled "Tabes" on the theme "Yes, We Can End TB." The session included a detailed discussion on TB's causes, symptoms, diagnosis, and treatment. A quiz was held, and the program concluded by 4:00 PM with positive feedback from evaluators.

Indoor Sports Meet "Deporte 2K24" (April 24-25, 2024)

Indoor sports events like chess, carrom, and badminton were organized. Despite bad weather delaying some events, all competitions were completed successfully with fair evaluation and monitoring by SNA executives.

International Nurses Day “Nutricia 2024” (May 14, 2024)

The celebration honoured nurses and student nurses with awards for excellence. The chief guest, Mrs. Nazim Hussain, was honoured, and students participated in cultural activities. The event concluded with prize distribution and ended at 11:40 AM.

World Hand Hygiene Day 2024 (May 15, 2024)

The BSc Nursing 2023 batch conducted an awareness program called “Manlavdo” focused on hand hygiene. The event featured a skit, presentation, and quiz, and was well-received by the audience. The program ended at 4:00 PM.

Arts Day “Atrangi 2K24” (June 20-25, 2024)

A combination of off-stage and on-stage cultural competitions was held. Events ranged from solo performances to group dances and literary contests. The competitions were efficiently organized by SNA advisors and executives, and the event concluded successfully at 5:00 PM on June 25, 2024.

Northeast Zone Educational and Cultural Fest “Thoolika 2K24” (July 4, 2024)

The educational fest included various competitions such as scientific paper presentations, poster painting, quiz, and extempore speeches. The event was organized by SNA zonal executives and St. James College of Nursing. It concluded with an awards ceremony and ran smoothly throughout the day. These events underscore the dedication of the SNA towards fostering education, cultural engagement, and leadership development among nursing students.



SNA ACTIVITIES



TALENTO 2K23



SPORTS 2K23



WINNERS OF SNA ZONAL LEVEL



Angel Peter
BSc 2020
CARROMS 1ST



Mary Sherin
BSc 2019
**EXTEMPORE
SPEECH 2ND**



Eldho Varghese
BSc 2019
BADMINTON 1ST



Dibiya Sabu
BSc 2020
**PENCIL
DRAWING 1ST**

Secured 3rd prize in 2nd International virtual
conference on "Challenges in management
of behavioral addictions & substance use
Disorders in nursing practice



ALEENA LAL C L
BSC 2020 BATCH

ZONAL EXECUTIVES



JESWIN JACOB
PROGRAM CHAIRPERSON
NORTH EAST ZONE



SHARON SHAJU
VICE CHAIRPERSON
NORTH EAST ZONE

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GELUK 2K23



ONAM 2K23

“തിമിരപ്പ്”



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Near Panjab National Bank
Main Road, Chalakudy

9447227708, 9539178549



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electric
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HAVELLS

POLYCAB

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Schneider
Electric

STUDENTS PICNIC



STAFF PICNIC



RESEARCH CELL ACTIVITIES



***Congratulations to the winners in
scientific paper presentation***

A group photo of award recipients and officials. A woman in a pink and black saree is receiving a plaque from a man in a white shirt. Other people are standing around them, some holding certificates. The background is a banner for the award ceremony.

'Swachh Survekshan 2024'
Best Clean College Award
By Chalakudy Municipality

Congratulations
St. James Medical Academy,
Chalakudy

ALUMNI ANNUAL REPORT 2023-2024

Alumni Association, where we celebrate a year of remarkable achievements, meaningful connections, and dedicated contributions. Our alumni community stands as a testament to the enduring spirit and values of St. James College of Nursing, embodying excellence, innovation, and a commitment to making a positive impact in the world.

Throughout the past year, our alumni have demonstrated exceptional dedication through various initiatives, from supporting educational endeavours and enhancing community services to fostering professional development and celebrating academic achievements. Each activity, event, and contribution underscore the strength and unity of our network, reflecting our collective passion for advancing our alma mater's legacy.

This report offers a comprehensive overview of our activities, highlighting the collaborative efforts that have driven our mission forward. It showcases the transformative power of our alumni network, illustrating how our combined efforts are shaping the future for students, institutions, and communities alike.

Alumni Scholarship for BSc Nursing Students: To support the education of promising BSc Nursing students, the alumni association provided scholarships. This initiative aimed to alleviate financial burdens and encourage academic excellence among nursing students. We have spent ₹2,000 per student and Total Amount Distributed: ₹10,000. Scholarships were awarded to five students, enabling them to continue their studies with reduced financial stress.

Charity Fund Donations: The alumni association engaged in charitable activities by donating funds and equipment to enhance the facilities and support the needs of various institutions.

College of Nursing: A donation of ₹25,000 was made to the College of Nursing. This contribution was used to purchase four microphone sets, which are essential for improving the audio quality during lectures and events.

Renal Care Mission: ₹3,650 was donated to the Renal Care Mission at St. James Hospital, Chalakudy. This donation supported renal care services for patients in need. We also paid



Rs.10000/- to one student as medical help. The donations have contributed to better learning environments and improved patient care, demonstrating the alumni association's commitment to supporting both educational and healthcare initiatives.

Book Banking: Funds were allocated to support the book banking project, which aims to provide essential textbooks and academic resources to students in need. Amount Spent: ₹30,241. The expenditure facilitated the procurement of books and resources, aiding students who may otherwise struggle to access necessary study materials.

Alumni Fellowship Lunch: An alumni fellowship lunch was organized during the general body meeting to foster networking and strengthen connections among alumni. The event featured various colourful competitions, adding a festive atmosphere to the gathering. Graduate students and alumni attended the event, engaging in discussions and networking opportunities. Different competitions were held, with prizes awarded to winners, creating an engaging and celebratory environment. 66 new students joined the alumni association during the event, expanding the network and fostering future engagement. Alumni mementos were presented to participants as tokens of appreciation for their involvement and support.

Research Support: The alumni association made significant contributions to support research activities within the institution, focusing on quality improvement and interdisciplinary projects. **Quality Project:** Financial support was provided for a quality improvement project undertaken by the Paediatric Department. **Interdepartmental**

Project: Funds were allocated for a collaborative research project involving the Paediatric and Mental Health Nursing Departments. These contributions facilitated valuable research, promoting advancements in paediatric and mental health nursing and encouraging collaborative efforts across departments.

Annual Magazine: The alumni association contributed funds to support the publication of the annual magazine, which highlights alumni achievements, activities, and important updates. Amount offered ₹4,000. The financial support helped cover the costs of advertisement and production, ensuring the magazine's successful release and distribution.

Research Day Celebration: The alumni association contributed awards during the Research Day celebration, recognizing excellence in research and academic achievements. ₹1,000 was contributed towards the third prize for outstanding research presentations. A fixed deposit of ₹25,000 was made to establish an award for excellence in child health nursing, promoting high standards and recognizing exceptional contributions to the field. These awards encouraged and acknowledged the hard work and dedication of researchers and students, fostering a culture of academic excellence.

New Alumni Letterhead: A new letterhead design was developed and finalized to enhance the professional presentation of alumni communications. The updated letterhead reflects the association's branding and provides a polished and consistent appearance for official documents and correspondence.

Quality Assurance and Standard Inspection: Alumni members actively participated in online meetings related to

quality assurance and standard inspection, contributing to the evaluation and improvement of institutional standards. The involvement of alumni in these meetings demonstrated their commitment to maintaining high

As we reflect on the past year, we extend our heartfelt gratitude to each member of our alumni association. Your unwavering support and engagement are

the foundation of our success. Together, we continue to build bridges, create opportunities, and celebrate the enduring impact of our shared journey.

Thank you for being an integral part of this vibrant and dynamic community. Here's to the continued success and growth of the Alumni Association Chalakudy St. James College of Nursing.



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ഫാക്ടറി വിലയിൽ
ചാലക്കുടിയിലും!

അഡ്വാൻസ് ബുക്കിംഗ് സൗകര്യം!

ALUMINI ASSOCIATION OF CHALAKUDY ST JAMES COLLEGE OF NURSING(AACSJCON)



B.Sc. 2002



B.Sc. 2003



B.Sc. 2004



B.Sc. 2005



B.Sc. 2006



B.Sc. 2007



B.Sc. 2008



B.Sc. 2009



B.Sc. 2010



B.Sc. 2011



M.Sc. 2011



B.Sc. 2012



PB.B.Sc. 2012



M.Sc. 2012



B.Sc. 2013



PB.B.Sc. 2013



M.Sc. 2013



B.Sc. 2014



PB.B.Sc. 2014



B.Sc. 2015



PB.B.Sc. 2015



M.Sc. 2015



B.Sc. 2016



PB.B.Sc. 2016



B.Sc. 2017



PB.B.Sc. 2017



PB.B.Sc. 2018



PB.B.Sc. 2019



M.Sc. 2014



B.Sc. 2018



PB.B.Sc. 2020



PB.B.Sc. 2021



B.Sc. 2019



NEST
(ALUMINI ROOM IN COLLEGE)

BEST PRACTICES



BOOK BANK



FOOD BANK



**BEST LEADER AWARD
(SPONSORED BY
AACSJCON)**



**GENERAL
MEETINGS**



FAREWELL MEETINGS



CLOTH BANK

Graduation - 2023



SCOLAIRE AWARDS

B.Sc. Nursing 2018 Batch

H.E Mar. JAMES PAZHAYATTIL AWARD FOR BEST ACADEMIC PERFORMANCE IN BSC NURSING INSTITUTED BY ST.JAMES' HOSPITAL TRUST

Ms.Gopika S

Rev. Fr. THOMAS PANJIKARAN AWARD FOR THE HIGHEST SCORE IN FOUNDATIONS OF NURSING INSTITUTED BY Rev. Fr. Thomas Panjikaran, Founder Director, St.James' Hospital

Ms.Gopika S

Mr VADAKEDATH GEORGE MATHEW AWARD FOR THE HIGHEST SCORE IN NURSING RESEARCH INSTITUTED BY Dr. Mariam Mathew, Former Principal , St. James' College of Nursing

Ms.Gopika S

Ms Shiya MK

Ms. Ardra Paul

Mr PORINJU VELIYATH AWARD FOR THE HIGHEST SCORE IN MEDICAL SURGICAL NURSING INSTITUTED BY Sr. Symphoria CSC, Former Vice principal, St. James' college of Nursing

Ms. Aleena Wilson

MARIA RADLMAIR AWARD FOR THE HIGHEST SCORE IN COMMUNITY HEALTH NURSING INSTITUTED BY Dr. Cicily Joseph, Former Head of the Dept. Community Health Nursing

Ms. Aleena Wilson

KANCHAI THOMAS JOSE AWARD FOR THE HIGHEST SCORE IN OBG NURSING INSTITUTED BY Mr Thomas Jose

Ms. Aleena Wilson

Fr. VARGHESE PATHADAN AWARD FOR THE BEST HOSTELLER INSTITUTED BY Rev.Fr. VARGHESE PATHADAN, Former Director, St.James Group of Institutions

Ms. Angel Emmanuel

ALUMNI ASSOCIATION AWARD FOR THE BEST LEADER
INSTITUTED BY Alumni Association

**Ms. Anna
Mariya
Thomas**

ALUMNI ASSOCIATION AWARD FOR THE HIGHEST SCORE IN
CHILD HEALTH NURSING OF BSc.NURSING INSTITUTED BY
Alumni Association

**Ms. Deleena
Benny**

Ms. ANOOPA JOSE MEMORIAL AWARD FOR HIGHEST SCORE IN
MENTAL HEALTH NURSING OF BSc.NURSING INSTITUTED BY
Mrs. AND Mr. JOSE KOLENCHERY in remembrance of their
daughter Anooa Jose, Head of the Dept. Mental Health Nursing

Ms.Gopika S

Ms. ANOOPA JOSE MEMORIAL AWARD FOR HIGHEST SCORE IN
PSYCHOLOGY OF BSc. NURSING INSTITUTED BY Mrs. and Mr. JOSE
KOLENCHERY in remembrance of their daughter Anooa Jose,
Head of the Dept. Mental Health Nursing

**Ms Sneha
Mariya Shaju**

PB.B.Sc. Nursing 2020 Batch

Ms. ANOOPA JOSE MEMORIAL AWARD FOR HIGHEST SCORE IN
PSYCHOLOGY IN P.B.B.Sc. NURSING INSTITUTED BY Mrs. and
Mr. JOSE KOLENCHERY in remembrance of their daughter Anooa
Jose, Head of the Dept. Mental Health Nursing

**Ms. Manju
Paul C**

Ms. ANOOPA JOSE MEMORIAL AWARD FOR BEST ACADEMIC
PERFORMANCE IN P.B.B.Sc. NURSING INSTITUTED BY Mrs. and
Mr. JOSE KOLENCHERY in remembrance of their daughter Anooa
Jose, Head of the Dept. Mental Health Nursing

**Ms. Manju
Paul C**

Ms. ANOOPA JOSE MEMORIAL AWARD FOR HIGHEST SCORE IN
MENTAL HEALTH NURSING OF P.B.B.Sc. NURSING INSTITUTED BY
Mrs. and Mr. JOSE KOLENCHERY in remembrance of their daughter
Anooa Jose, Head of the Dept. Mental Health Nursing

**Ms. Manju
Paul C**

MS. DONA VARGHESE MEMORIAL AWARD FOR BEST ACADEMIC
PERFORMER IN 2ND YEAR PB.B.Sc. NURSING INSTITUTED BY
Mr VARGHESE AND FAMILY (F/O DONA VARGHESE)

**Ms. Manju
Paul C**

CLASS TOPPERS

Congratulations



Ms. Aneena Shajan

B.Sc Nursing IVth Year
2019 Batch



Ms. Aleenatal C.I

B.Sc Nursing IIIrd Year
2020 Batch



Ms. Soja N D

B.Sc Nursing IVth Semester
2021 Batch



Ms. Linet Antoo

B.Sc Nursing IIIrd Semester
2021 Batch



Ms. Maria Mathew

B.Sc Nursing IInd Semester
2022 Batch



Ms. Anagha Shimmy

B.Sc Nursing Ist Semester
2022 Batch



Ms. Meera K.H

PB.B.Sc Nursing IInd Year
2021 Batch



Ms. Dhanya P.M

PB.B.Sc Nursing Ist Year
2022 Batch



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B.SC.NURSING -2019 BATCH



B.SC.NURSING -2020 BATCH

BATCH PHOTOS



B.SC.NURSING -2021 BATCH



B.SC.NURSING -2022 BATCH

BATCH PHOTOS



B.SC.NURSING -2023 BATCH



PB.B.SC.NURSING -2021 BATCH

BATCH PHOTOS



PB.B.SC.NURSING -2022 BATCH



PB.B.SC.NURSING -2023 BATCH

COMMUNITY HEALTH NURSING DEPARTMENT



CHILD HEALTH NURSING DEPARTMENT



MEDICAL SURGICAL NURSING DEPARTMENT



MENTAL HEALTH NURSING DEPARTMENT



FUNDAMENTALS OF NURSING DEPARTMENT



OBG DEPARTMENT



RESEARCH CELL



KUHS STUDENTS COUNCIL



ART GALLERY



**SONIA WILSON
BSC 2020**



**ALINMARY
BSC 2020**



**DEVIKA
BSC 2021**



**SNEHAL
BSC 2021**



**EVA FRANCIS
BSC 2023**

ART GALLERY



EVA FRANCIS
BSC 2023



ABHAY
BSC 2022



DIBIYA SABU
BSC 2020



LIYA V R
BSC 2020

ART GALLERY



**EVA FRANCIS
BSC 2023**

**NANDANA K J
BSC 2020**



**ABHAY
BSC 2022**

THE PASSAGE OF TIME

What is the time?
Time is a synonym of man's journey.

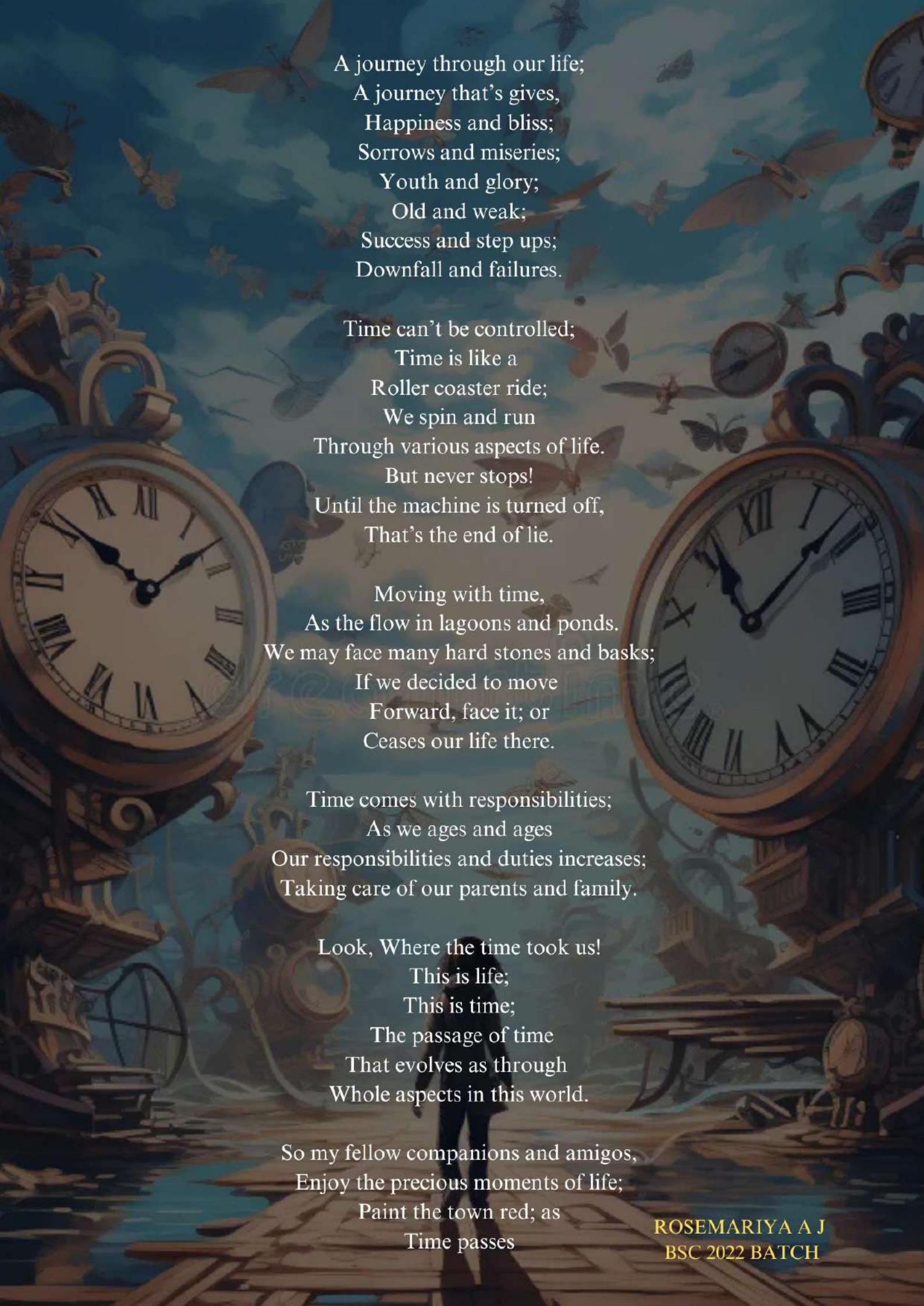
The time passes;
Our journey of life passes;
Our achievement passes;
Our responsibility passes;
Our development passes;
All that wait for no one is time

A child grows,
Passing through various times.
Time is of utmost importance ,
A single mistakes in life
Can't be solved ;since time passes.

Time passes;
A child grows to and adult;
A young adult to middle adult;
A middle adult to old age;
His bodily development;
His success in life;
His miseries and sorrows;
His happiness and joys;
All that witnesses and
Passes is the time.

"Yes" , Time witnesses ;
Time takes our happy memories;
Time takes our loved ones;
Time takes our youth; All passes with time.

All that we think is ours, is dominated by time
All that we think stays forever
Is made a companion, by time.
Time makes a journey , a roller coaster ride;



A journey through our life;
A journey that's gives,
Happiness and bliss;
Sorrows and miseries;
Youth and glory;
Old and weak;
Success and step ups;
Downfall and failures.

Time can't be controlled;
Time is like a
Roller coaster ride;
We spin and run
Through various aspects of life.
But never stops!
Until the machine is turned off,
That's the end of lie.

Moving with time,
As the flow in lagoons and ponds.
We may face many hard stones and basks;
If we decided to move
Forward, face it; or
Ceases our life there.

Time comes with responsibilities;
As we ages and ages
Our responsibilities and duties increases;
Taking care of our parents and family.

Look, Where the time took us!
This is life;
This is time;
The passage of time
That evolves as through
Whole aspects in this world.

So my fellow companions and amigos,
Enjoy the precious moments of life;
Paint the town red; as
Time passes

ROSEMARIYA A J
BSC 2022 BATCH

" IN THE WORLD OF DREAMS"

**Margaret Mariya Joy
B.Sc.2020 Batch**

**Life in the world rises in dreams
If we can dream, we can fly high
It is just like a travel of adventures
Dreaming result in heavenly feeling
Each day brings out new dreams.
Dreams just stand as mysteries,
While awake in the morning
Everyone stands with a new hope,
Fills our mind with enthusiasm
A positive energy to fulfill our dreams.
Dreams are a journey to wonders,
Imaginary moments of joy & happiness.
Strength in our day to day life,
Courage to walk ever in darkness
A leading light to attain success.
Dreams in real life
Will succeed through hard work
It's a path through sorrows & sacrifice
Even in the world of dreams
Everyone reveals that life is not unreal
It's a reality to be succeeded**

വയനാട്

ANN MARIYA
BSc 2023 BATCH



നല്ലൊരു നാടി വയനാട്
നെഞ്ചുനീറയെ സ്വപ്നങ്ങളുമായി
നാനാദിക്കിൽ നിന്നും കുടിയേറിയവർ
കൂട്ടമായി വസിക്കും മലനാട്

അദ്ധ്യാന ശീലരാം വായനാട്ടുകാർ
വന്യമൃഗങ്ങളോടും പ്രകൃതി തൻ
വികൃതിയോടും പടവെട്ടിയവർ
വാനം മുട്ടെ പണിതുയർത്തിയ നാട്

കപ്പയും കാപ്പിയും ഇഞ്ചിയും കൃഷി ചെയ്തു
നാടിൻ പട്ടിണിയകറ്റിയവർ, സ്വപ്നങ്ങളേറെ കണ്ടു
പിള്ളേരുടെ ഉയർച്ചയ്ക്കായി
പള്ളിക്കൂടങ്ങളും സ്ഥാപിച്ചു

പൊട്ടിയൊഴുകിയ ഉരുളിന്റെ
മുമ്പിൽ പെട്ടുപോയവർ
സർവ്വതും തകർന്നടിഞ്ഞു
സ്വപ്നങ്ങൾ പൊലിഞ്ഞുപോയി

എങ്കിലും നിങ്ങൾ ഒറ്റക്കല്ല
എന്നും ഞങ്ങൾ കൂടെയുണ്ട്
കഴിഞ്ഞതൊക്കെ മറക്കുക
കാത്തിടാം പുതിയ പുലരിക്കായി

“സ്വപ്ന ലയനം”

NEENU P G
PBBSC 2022 BATCH

ഒരു കൈ ഇടവഴിയിലൂടെ ഞാൻ ,
കാലിയായ സഞ്ചി തോളിൽ ഏന്തി
തളർന്ന ശരീരത്താൽ നടന്നു നീങ്ങി
ഒരു നേരത്തെ അന്നത്തിനായി
തപ്പലായി കീറിയ കീശയിൽ
തലപെടുപ്പുള്ള വിദ്യ പഠിച്ചിട്ടും
വയറു നിറയ്ക്കാൻ പോലും പണമില്ലത്രെ
ജീവിതം തന്നെ എന്തിനോ വേണ്ടി
ഓടി കളിക്കുന്നു ഭൂമിയിൽ
കഠിനമായ പരിശ്രമത്തിനും അധ്വാനത്തിനും
ഒടുവിൽ അനാഥരായി അലയുകയാണല്ലോ
ഞാൻ മാത്രമല്ലലോനാലു ചുമരുകളിൽ
ഒഴിഞ്ഞ വയറുമായി കാത്തിരിക്കുന്ന മാത്യുസ്നേഹം
വയറു നിറയ്ക്കാൻ കാലിയായ കലത്തിൽ
നോക്കി കാവലായി ഇരിക്കുന്ന 'അമ്മ
എന്തു ഞാൻ പറയും തൻ അമ്മയോട്
സ്വപ്നങ്ങൾ മാത്രം നീക്കിവയ്ക്കുക മാത്രം
എങ്ങനെ ഞാനീ.....ജീവിക്കും ദൈവമേ....
വിശന്നു ജീവിതം പാതിവഴിയിൽ നിർത്തണമല്ലോ ...
യുവാക്കളും പൗരന്മാരും നിറഞ്ഞുകവിയുന്ന
തിങ്ങുന്ന ലോകത്ത് എന്ത് ഞാൻ ചെയ്യും
ഒരു ആഹാരശാലയിൽ ജോലി നേടിയാൽ
ഒരു നേരത്തെ വിശപ്പിന് ക്ഷമയുണ്ടാക്കും
ലോകം തന്നെ മാറി മാറി അകന്നു നിൽക്കുന്നു
ഒറ്റയാണപ്പോലെ ഞാൻ വിളിച്ചു കരയാണല്ലോ
ദൈവമേ എന്റെ പ്രാർത്ഥന കേൾക്കുമല്ലോ ...
ഞാൻ വേദനിക്കുന്ന വേദന കണ്ടുവല്ലോ ...
രാ ഇരുട്ടിൽ വിങ്ങുന്ന രാത്രി പോലെയാണെ
എൻ ജീവിതംപിതബെന്നു
ചലിക്കുന്ന ഘടികാരം പോലെ നീങ്ങുന്ന
എൻ ജീവിതം സഹോദരാ...

എൻ വേദന ആരുണ്ടെന്നുനില്ലാലോ
ദുഃഖ വേളയിൽ കൈ പിടിക്കാൻ
ദീനതരായി നിൽക്കുന്ന 'അമ്മ മാത്രം
സ്വന്തമായി എനിക്ക് ജീവിക്കണം ...
അമ്മയെ പോറ്റിടേണം സർവ്വേശ്വരാ ...
കൂരാ കൂരിരുട്ടിന്റെ വെളിച്ചത്തിൽ നിങ്ങുന്ന
നിലാവിനെ പോലെ ജീവിക്കുകയാണ് ...
നാളെ ഒരു ദിനത്തിനായി ഞാൻ കാത്തിരിക്കുകയാണ്
നാളെ ഒരു വേലക്കായ് സ്വപ്നം സാക്ഷികരിക്കണം
ജീവിതം തന്നെ ഓരോ പടച്ചട്ടയാണ്
ജീവിതമെന്തിനോ ഗ്രഹിക്കുന്ന താളുകളാണ്
ഇനി എന്നെങ്കിലും ജീവിതസ്വപ്നം
സാക്ഷികരിക്കാൻ വിതുമ്പുകയാണ് ലോകമേ
ഇനി എന്നെങ്കിലും ജീവിതവെളിച്ചമാക്കാൻ
പ്രകാശം പോലെ കത്തി പടരാൻ വരണമേ ...
നല്ലൊരു നാളെക്കായി ...തരുമോ
അങ്ങയുടെ കരങ്ങളാൽ നീയാണെൻ സ്വപ്നത്തെ
അതിന്റെ പൂർണ്ണതയിലേക്ക് കൈപിടിച്ചുയർത്തിയത്
എന്റെ സ്വപ്നം പൂർണ്ണമാക്കപ്പെട്ടപ്പോൾ
ഒരു പുതു അധ്യായം ഞാൻ
ആവരണം ചെയ്യുന്നു ...നടന്നു പോയ വഴികളിൽ ,
കാലിടറിയ നിമിഷങ്ങളെ
പുനർചിന്തിച്ച് പുതിയ പടികളിൽ
സൂക്ഷ്മതയോടെ കാലൂന്നിപുതിയ
സ്വപ്നങ്ങൾക്കായി ഞാൻ എൻ
യാത്ര തുടരുന്നു
സ്വപ്നങ്ങൾ എന്നും എനിക്ക് കൂട്ടാണ്
നേടിയെടുത്തവയെക്കാൾ എനിക്ക്
ഇനി പ്രിയം എനിക്കായുള്ള
സ്വപ്നങ്ങളെയാണ് ...
എന്റെ നിർമ്മധൂരത്തെയാണ്..

ഓർമ്മ

DHANYA P M
PBBSC 2022 BATCH

ഇരുട്ടിൻ വാതിലുകളിലൂടെ
അവൾ പടിപടിയായി കടന്നുവന്നു
ഒരു ഓർമ്മതൻ ബാക്കിപത്രം പോലെ
അവൾ എന്നിൽ അലിഞ്ഞു

എൻ മാനോടു ചേർത്തപ്പോൾ
മാധുര്യം നിറഞ്ഞു തുള്ളുവി
നൂരഞ്ഞുപതഞ്ഞൊഴുകി
ഒരു പുഴപോലൊഴുകി

കുഞ്ഞിളം പൈതൽ അമ്മതൻ ചാരെ
മാത്യത്യത്തിൻ സൗരഭ്യം പരന്നു
എന്ത് സുഖമുള്ള ഓർമ്മ
ഇന്നലെ കടന്നു പോയപോലെ
കണ്മുന്നിൽ നിറഞ്ഞു

നോവുകൾ നിനവുകൾ നിറഞ്ഞൊരു ലോകം
കാലചക്രത്തിന്റെ അച്ചുതണ്ടിൽ
ഞാൻ ചുറ്റിക്കൊണ്ടിരുന്നു
എന്റെ കൂടെ എൻ കൂട്ടരും
മനസ്സിന്റെ കോണിൽ
മധുരസ്വപ്നങ്ങൾ മാത്രം
ഓർമ്മകൾ മാത്രം



"THE BLUES OF HIS LIFE"

-SOUPARNIKA
BSC 2023 BATCH

Once upon a time, in the midst of a small city named Markhiem there lived a small family. In the family there were 2 children and their parents. Tarun was one among the family. He always dreamt of becoming a Marine Engineer and to explore the deep seas and oceans. His room was filled with pictures of blue fishes and the life of organisms under water. But as he grew up, he gradually lost his interest towards this dream. His dreams were like a plain dessert. He didn't have any aims. This change in Tarun made his family very sad.

On a fine evening, Tarun left his home to go for a walk. As he always had a keen interest in exploring little things, he changed his track from the usual park to an isolated area. Little by little as he started going deeper inside the area he understood that this isolated area is none other than a mysterious forest in the nook and corner of the Markhiem city. Tarun took a firm decision of finding what's in this no-one knows forest.

A usual walk changed to exploring the lives of all animals in the forest. Through this he saw how the little ants work, how each and every tiny insect to worms work for their sustenance. The animals were feeding their young ones. He started watching the little and tiny efforts of animals that led to a happy day in their life.

While watching the little steps in the life of every animal, Tarun forgot the purpose of his walk. He suddenly looked above and saw that he had reached the park where he always used to go for walking. There he saw many children running, shouting and laughing their hearts out. The little falls of toddlers to the happy faces of a youngsters group chitchatting.

At this moment Tarun realized that there will be obstacles in life where we forget for what we used to become in future. But without a single step forwards he will not have understood the phases of growing up. It's not good in giving up what he always dreamed of. Tarun understood that their unexpected journey made him realize the phases in life and the efforts he will have to do if he wanted to be happy in his life.

He rushed back immediately to his home and went to his room. He looked at the walls. Once it used to be his dreams and everything he wanted in his life. At that time, his lost emotions rose up and he gained back his dreams and aims. This happiness and interest in Tarun made his parents happy. Later on after some years Tarun became a Marine Engineer with a happy family and happy life.

He wouldn't have realized what he had lost which is a big part of his life if he hadn't changed his way from the park to the mysterious forest.

"Moral of the story":

"A single step in life can lead to a thousand journey."



കരുതലിന്റെ നിമിഷം

കണ്ണീരുകളുടെ പ്രഭാതത്തിൽ,
പുതിയൊരു ദിനം ചുവപ്പു വരച്ചിട്ട്,
നന്മയുടെ ചിന്തകളുമായി
നിന്നെ സ്നേഹിക്കാൻ പാടുന്നു

പൂക്കളുടെ പുഷ്പം പോലെ,
തന്റെ ശ്വാസത്തിൽ പെയ്യും വാസന ,
ഒരു ദയയും ചിന്തയും കൂടി
പങ്കിട്ടു ജീവിക്കാൻ ഞാനിൽ.

കഠിനതയുടെ കാറ്റുകളെ തള്ളി ,
സഹനത്തിന്റെയും കരുതലിന്റെയും
പുതിയ സകല ഗന്ധങ്ങൾ കൊണ്ട്
മനസ്സിലൊരു ചായം ചേരുന്നു .

പടിഞ്ഞാറൻ സൂര്യൻ പോയി ,
നിനവുകൾ നിന്റെ കൈകളിൽ മങ്ങുമ്പോൾ ,
ആശ്വാസത്തിന്റെ ഒരു ചിരി
എനിക്ക് നിർണായകമാണ് .

സ്നേഹത്തിന്റെ ശബ്ദം പോലെ
ആശ്രയത്തിന്റെ കൂട്ടിലായ് ,
നിന്റെ നെഞ്ചിലെ പാഠങ്ങൾ
ആവിശ്യം വേണ്ട എല്ലാ നിമിഷവും ...

രാവ് പുലരും നേരം

“നമുക്ക് തിരിച്ചുപോകാം .സന്ധ്യ മയങ്ങാനായി .വല്ല ആനയോ കടുവയോ ഒക്കെ വന്നാലോ?”, അന്ന കൂട്ടുകാരോടായി ചോദിച്ചു . “എന്തായാലും ഇവിടെവരെ എത്തിയില്ലേ ? കുറച്ചുകൂടെ നടന്നാൽ മലയുടെ മുകളിൽ എത്തും. രാത്രി ആയാൽ എന്താ ? നമ്മൾ അഞ്ചു ധീരവനിതകൾ അല്ലേ ഉള്ളത്. പശ്ചിമഗിരിയുടെ മുകളിൽ കയറി ഫോട്ടോ എടുത്ത് കാണിച്ചുതരാമെന്നു നീ തന്നെ അല്ലേ ,ഭീരുക്കളായ ,പഠിക്കാൻ മാത്രം അറിയുന്ന നമ്മുടെ ഡോക്ടർ സുഹൃത്തുക്കളോട് വെല്ലുവിളിച്ചത്,” അവർ ഒറ്റസ്വരത്തിൽ അന്നയോട് പറഞ്ഞു. അന്ന സമ്മതഭാവത്തിൽ മൗനം അവലംബിച്ചു. അവർ മുന്നോട്ട് നടന്നു . ഒടുവിൽ പശ്ചിമഗിരിയുടെ മുകളിൽ എത്തി . വല്ലാത്തൊരു ആനനും അവർക്ക് അപ്പോൾ അനുഭവപ്പെട്ടു. ലോകത്തിന്റെ തിരക്കുകളിൽ നിന്നെല്ലാം ഒഴിഞ്ഞ , ആരും കൊതിക്കുന്ന ഒരു സമാധാനം! സന്തോഷത്താൽ കൺചിമ്മുന്ന നക്ഷത്രക്കുഞ്ഞുങ്ങളുടെ അതുല്യശോഭയിൽ അന്ന ലയിച്ചു നിന്നു. ‘ഈ നക്ഷത്രക്കുഞ്ഞുങ്ങൾക്ക് എപ്പോഴും ഈ തിളക്കം ഉണ്ടാവുമോ? അവർ എപ്പോഴെങ്കിലും സങ്കടം വന്ന് മങ്ങില്ലേ?’ അവൾ സ്വയം ആലോചിച്ചു .ഒരുപക്ഷെ സങ്കടങ്ങൾ ഉള്ളിൽ ഒളിപ്പിച്ചുവെക്കുന്നത് ആയിരിക്കും! അവൾ തന്നെ അതിനു ഉത്തരം കണ്ടെത്തി .വിഷമങ്ങൾ കടിച്ചമർത്തി ശീലമായവർക്ക് വേറെ ഉത്തരം കണ്ടെത്താൻ ആവില്ലല്ലോ

ഓരോരോ കാര്യങ്ങൾ ചിന്തിക്കുന്നതിനു ഇടയിൽ ഫോട്ടോ എടുക്കാൻ കൂട്ടുകാർക്കൊപ്പം നിന്നെങ്കിലും , തിരിച്ചുപോകാമെന്ന് അവർ പറഞ്ഞത് അന്ന കേട്ടില്ല . അവൾ കൂടെ ഉണ്ടെന്ന വിശ്വാസത്തിൽ കൂട്ടുകാർ മലയിറങ്ങി . പെട്ടെന്നാണ് ഒറ്റക്കായിഎന്ന് അന്ന തിരിച്ചറിഞ്ഞത് . ഇത്രയും നേരം മനസ്സിന് കുളിർമയേകിയ നക്ഷത്രങ്ങളെല്ലാം പെട്ടെന്ന് ഭീതിജനകമായി അന്നക്ക് തോന്നി. ഇനി എന്തുചെയ്യും എന്ന് ആലോചിച്ചു നിന്നപ്പോൾ ഒരു കാട്ടുരുവിയുടെ ശബ്ദം അവളുടെ ചെവികളിൽ പതിച്ചു . നിലാവെളിച്ചത്താൽ പ്രശോഭിതമായ കാട്ടുരുവി കണ്ടെത്തുക അവൾക്ക് പ്രയാസകരമായിരുന്നില്ല .

വെള്ളത്തിന്റെ ഒഴുക്ക് എപ്പോഴും താഴേക്ക് ആയിരിക്കും എന്ന തത്വത്തിൽ വിശ്വസിച്ച അരുവി തന്നെ മലയിറങ്ങാൻ സഹായിക്കുമെന്ന പ്രതീക്ഷയിൽ ആ ജലപാത പിന്തുടരാൻ അവൾ തീരുമാനിച്ചു . അങ്ങനെ അവൾ മുന്നോട് നടന്നു .കുറച്ചുദൂരം പിന്നിട്ടപ്പോൾ അജ്ഞാതമായ, എന്നാൽ ഏറെ ഇമ്പമുള്ള ഏതോ ഒരു പാട്ട് അവൾക്ക് കേൾക്കാനായി .ഈ മലയുടെ മുകളിൽ ഈ സമയം പാട്ട് പാടുന്നത് ആരായിരിക്കും ? ഏതെങ്കിലും കള്ളന്മാരോ കൊള്ളക്കാരോ ആകുമോ ? ആകാംഷയും ഭയപ്പാടും എല്ലാം ഉള്ളിൽ ഒരുക്കി അവൾ പാട്ടു കേട്ട ഇടത്തേക്ക് പോകാൻ തന്നെ നിശ്ചയിച്ചു.

അടുത്തെത്തിയപ്പോളാണ് പാട്ടിന്റെ ഉറവിടം ചെറിയ വീടുകൾ ആണെന്ന് അവൾക്ക് മനസ്സിലായത്. കുട്ടികൾ കളിക്കാൻ ഉണ്ടാക്കുന്ന പോലെ ഉള്ള കുഞ്ഞ് വീടുകൾഅവളെ കണ്ടതും അവിടെ ഉണ്ടായിരുന്നവർ പരിഭ്രാന്തരായി. പക്ഷെ ഒരു കുഞ്ഞ് അവളുടെ അടുത്തേക്ക് ഓടിവന്ന് അവളുടെ വസ്ത്രത്തിൽ തൊട്ടു . അപ്പോഴാണ് അവരുടേത് ഏതോ പഴയരീതിയിലുള്ള വസ്ത്രങ്ങളാണെന്നുള്ളത് അവൾ ശ്രദ്ധിച്ചത് . അവൾ ആ കുഞ്ഞിനെ എടുത്ത് ലാളിച്ചു .അപ്പോൾ അവിടെ ഉണ്ടായിരുന്ന ആളുകൾ എല്ലാം അവളുടെ അടുത്തേക്ക് വന്നു .ഏറിയാൽ അമ്പത് പേർ , അതിൽകൂടുതൽ വരില്ല അവരുടെ എണ്ണം.

അവർ അന്നയോട് എന്തൊക്കെയോ സംസാരിച്ചുവെങ്കിലും അവൾക്ക് എല്ലാം അഗ്രാഹ്യമായിരുന്നു .അവർ ഏതെങ്കിലും ഗോത്രവിഭാഗത്തിൽപ്പെട്ട ആദിവാസികൾ ആയിരിക്കുമെന്ന് അതിനാൽത്തന്നെ അവൾ അനുമാനിച്ചു . അവൾക്ക് നന്നായി വിശക്കുന്നുണ്ടായിരുന്നു . അത് മനസ്സിലായിട്ടാവണം ഒരു മുത്തശ്ശി അവൾക്ക് കഴിയ്ക്കാൻ കുറെ പഴങ്ങൾ കൊടുത്തു .അവൾ അത് ആസ്വദിച്ചു കഴിച്ചു .അപ്പോൾ അവളെ ആനന്ദിപ്പിക്കാൻ അവർ താളത്തിൽ പാട്ടുകൾ പാടി ചുവടുവെച്ചു.എങ്ങും സന്തോഷത്തിന്റെ അലയൊളികൾ.

പെട്ടെന്ന് ഒരു വീടിനുള്ളിൽ നിന്ന് നിലവിളി ഉയർന്നു .കുറെ സ്ത്രീകൾ തിടുക്കത്തിൽ അവിടേക്ക് ഓടുന്നത് കണ്ട അവളും പുറകെ ചെന്നു. ഒരു സ്ത്രീ പ്രസവവേദനയാൽ പുളയുന്നത് ആണ് അവൾ അവിടെ കണ്ടത് .ആ അമ്മ എത്രയൊക്കെ ശ്രമിച്ചിട്ടും കുഞ്ഞ് പുറത്തേക്ക് വരുന്നുണ്ടായിരുന്നില്ല .പൊന്നോമനയെ നെഞ്ചോട് ചേർത്ത് പിടിക്കാനുള്ള വെമ്പലും തന്റെ ശ്രമങ്ങൾ വിഫലം ആകുന്നതിന്റെ നിരാശയും വേദനയുമെല്ലാം ആ അമ്മയുടെ കണ്ണുകളിൽ വ്യക്തമായിരുന്നു . ചുറ്റുമുള്ളവർ എന്തുചെയ്യണമെന്നറിയാതെ പരസ്പരം നോക്കി .അപ്പോഴാണ് ഒരു ചെറിയ കത്തി അവിടെയിരിക്കുന്നത് അന്നയുടെ ശ്രദ്ധയിൽപെട്ടത് .മുന്നിൽ ഉള്ള രണ്ടു ജീവനുകൾ മാത്രം മനസ്സിൽ കണ്ട അവൾ ആ കത്തി എടുത്ത് നന്നായി കഴുകി കുഞ്ഞ് വരുന്ന ഭാഗത്തായി ചെറുതായി കീറി.കുഞ്ഞ് പെട്ടെന്ന് പുറത്തേക്ക് വന്നു .

എല്ലാവരുടെയും മുഖത്ത് സന്തോഷം വിടർന്നു . ആശങ്കകളുടെ കാർമ്മേഘം അങ്ങനെ സന്തോഷങ്ങളുടെ മഴവില്ലിനായി വഴിമാറി .

അപ്പോഴേക്കും നേരം വെളുത്തുതുടങ്ങിയിരുന്നു. അവിടെ ആശുപത്രിയോ മറ്റു സൗകര്യങ്ങളോ ഇല്ല എന്ന് അതിനോടകം എങ്ങനെയോ അവൾ മനസ്സിലാക്കി. അവരോട് അവൾ യാത്ര പറഞ്ഞ് പോകാൻ ഇറങ്ങി .അവരുടെ മുഖം സങ്കടത്താൽ നിറഞ്ഞു .ഒരു രാത്രി മാത്രം പരിചയമുള്ള താൻ പോകുന്നതിൽ ഇവർ ഇത്രയും വിഷമിക്കുന്നതെന്തിനാണെന്ന് അവൾ വിചാരിച്ചു. ആരാലും ശ്രദ്ധിക്കപ്പെടാത്ത ഇവർക്കുവേണ്ടി എന്തെങ്കിലും ചെയ്യണമെന്ന തീരുമാനത്തോടെ അവൾ മലയിറങ്ങി .അവരുടെ കൂട്ടത്തിൽ ഉള്ള ഒരു യുവാവ് തന്നെ അവളെ താഴ്വരയിൽ എത്തിച്ചു .അവളുടെ കൂട്ടുകാർ അവളെ കാണാതെ അന്വേഷിച്ച് അവിടെ നില്പുണ്ടായിരുന്നു. അവൾ സന്തോഷത്തോടെ അവരുടെ കൂടെ യാത്രയായി .പോകുവഴി നടന്ന സംഭവങ്ങൾ എല്ലാം അന്നു കൂട്ടുകാരോടായി വിശദീകരിച്ചു. മലയിൽ ഉള്ളവർക്ക് വേണ്ടി അന്നയോടൊപ്പം ചേർന്ന് പ്രവർത്തിക്കാൻ അവർ സന്നദ്ധരായിരുന്നു .

ആ സുഹൃത്തുക്കൾ അങ്ങനെ കളക്ടറേറ്റിലും മറ്റു കാര്യాలയങ്ങളിലും കയറി ഇറങ്ങി, ഏറെ നാളത്തെ പരിശ്രമത്തിനൊടുവിൽ പശ്ചിമഗിരിയിൽ ഒരു ആശുപത്രി സ്ഥാപിച്ചു .അന്നയും സുഹൃത്തുക്കളും അവിടുത്തെ പ്രഥമ ഡോക്ടർമാരായി സേവനം ചെയ്തു .അങ്ങനെ അവർ ഒരുപറ്റം മനുഷ്യരുടെ ജീവിതത്തിലെ പ്രകാശം ആയി മാറി .

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"The Small God in the Hospital Ward"

**Sr. Jyothi Grace
Associate Professor**

As I walked into the hospital ward, I couldn't help but notice the frail figure lying in bed. She was bedridden, unable to move or care for herself. I was assigned to look after her, and I took my responsibility seriously. I made sure to feed her, bathe her, and tend to her every need with love and compassion. I spent hours by her side, listening to her stories, and sharing my own. Slowly but surely, a bond formed between us. She began to smile when I entered the room, and her eyes sparkled with gratitude.

But one day, I was absent from my duty. My friend took over, and as he was caring for her, she asked, "Where is Kuttyswami?" My friend was taken aback, unsure who she was referring to. And then it dawned on him - she meant me. She had begun to see me as a guardian angel, a small god in her life. My friend smiled and said, "Kuttyswami will be back soon." Tears welled up in my eyes when I heard this story. I realized that my small acts of kindness had made a significant impact on her life. I was humbled and grateful for the opportunity to serve her. From that day on, I continued to care for her with even greater love and devotion, knowing that I had become a source of hope and comfort in her life.

GENDER EQUALITY IN WORKPLACE



What is gender equality? Gender equality is the concept from the word itself equality which mean giving equal rights, equal respect, equality in all aspects of life for all genders.

Well, all the genders are getting equality in our society or not? In earlier times, people were not aware about their rights, positions and their status. Thus, they didn't come in front for their rights. But now, I think our new generations are aware about their rights and they always stand in front for getting those.

By discussing about gender equality, we need to know where are all this equality applicable. Some of the gender equalities are:

- gender equality at home
- gender equality at school
- gender equality in society
- gender equality in work place

The most important and at most social issues are the application of gender equality in work place. As we all know, nowadays most women in the family goes for work. It's because women know the importance of job in their life stay strong on one feet and to apply the knowledge they grabbed through their schoolings .According to current scenarios, even though, many people says that women are strong, they have job and are independent, still they are facing abuses, avoid ness in the workplace .Sometimes women are not getting the positions that are secured by men. They are not getting remunerations same as that of men. Some are facing abuses every day. Those problems are not

limited or focused to only one location, but the situation of the whole society. Women comes for the work with lots of burden in their heads-family, children, education. Some companies reject their application for the reason she is a mother. She faces lots of struggles and move forward as to stay strong.

Some psychological studies says that women can become a good leader if they get respected positions in the work place. While working asks them for an advice or an opinion. That might be a resourceful one. By saying gender equality, there are lots of laws and movements for securing rights those were run by women. Eg: Sarojini Naidu, Indira Gandhi Those are the examples of women who says to the world that they also can do it and encourages us to do so.

In our country itself there are lots of women entrepreneurs Eg: Beena Kannan, Nita Ambani and many others. They might have struggled a lot to reach such positions in life. In fact, they never gave up. So, I am saying that the gender equality might not be given to you, but you should work hard to gain the rights. Gender equality not only focuses on female but also for men. They are also facing some insults and work pressures in the work place. I am agreeing with that. But the struggles of women are a lot.

For an example, near my house there was a construction site where both male and women workers are working. All the workers have different positions and jobs. I saw that some ladies are working. So hard and some men are talking and smoking with their co-workers. But while giving remuneration, the money paid to the male workers was more than that of the money given to the female workers.

Another example is, In the office groups there will be a project and most of the ideas might be given by the female worker. That project became so successful and the credit will go to the man who designed it and not the one who gave ideas. This is because women are not getting higher positions. Even though such abuses occur in the society, some women know their rights and equality. Thus, they react to such situations in life. Now I am remembering the story of a great influence who once shared her life story. In that she said, when she was younger, she lived in a society where people see women as maiden who stayed at their homes and looked after her family. Her mother was also faced such situation. Thus, from childhood, she stood strong to defend such conditions in life. When she got her job at 24, she decided to be in the top position. She worked hard for it.

She avoided all the abuses of being a women. Thus, abuses of being a women. Thus, she became successful in life. When she started a company, she gave lots of job opportunities to lots of women as well as men. She gave equal rights for them. Thus, there was no jealousy among her workers. Thus, her company succeed and has millions of annual income. So, I am saying that, if the rights were given equally without gender discrimination we can succeed in life. Some practices in work place can solve gender in equality.

-Establish of committee to check overall running of the company as well as the gender equality.

-Establish a grievance committee to solve this problem.

-Encourage healthy competitions where men and women can equally participate.

-Removing the saying that 'he can do or she can do' instead says 'we can do'

-Enquiring committee for solving abuses should be established.

-Ensure that all are getting leaves, allowances and remuneration equally without gender discrimination.

So, by practicing all these in the work place, we can improve the equality in the work places. We should give chances for women to stand in front rows, then only they can improve their skills and show case their ideas. Then along with men, their work place succeeds. Thus, both genders should work in

cooperation, collaborate their skills in respecting their genders/ their skills, age etc to become successful in life.

Thus, in conclusion, 'gender equality in workplace 'is a term that is applicable in the work place uplifting the equality and rights of each person without gender discrimination. If both men and women work together without gender discrimination there will be no abuses- sexually, mentally and socially. All we need to do is: "Respect each gender, their abilities and work together, embracing quality of gender equality to yield a successful and happy work days".

-ROSEMARIYA A J

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***"GENDER EQUALITY IS THE GOAL THAT WILL HELP
ABOLISH POVERTY THAT WILL CREATE MORE EQUAL
ECONOMIES, FAIRER SOCIETIES AND HAPPIER MEN,
WOMEN AND CHILDREN." - GRAÇA MACHEL***

“വിനോദം വില്ലനാകുമ്പോൾ വീഴുന്ന വില്ലാളികൾ”

വിനോദം എന്നത് മനുഷ്യജീവിതത്തിന് മാറ്റി നിർത്താൻ കഴിയാത്ത ഒന്നാണ്. മനുഷ്യന്റെ സ്വഭാവരൂപീകരണത്തിനും ,സർഗാത്മഗതക്കും തികവേറ്റാൻ സഹായിക്കുന്ന ഒന്ന് .എന്നാൽ ഈ കാലഘട്ടത്തെ എടുത്ത് പരിശോധിക്കുകയാണെങ്കിൽ വിരൽത്തുമ്പിൽ കിട്ടുന്ന വിനോദങ്ങളായ വീഡിയോ ഗെയിമുകളിലാണ് യുവാക്കൾ കേന്ദ്രീകരിച്ചിരിക്കുന്നത്. ഇത് മാനസിക ആരോഗ്യത്തിന് നല്ലതാണെന്ന് ഒരു കൂട്ടരും, പ്രേശ്നമാണെന്ന് മറ്റൊരു കൂട്ടരും വാക്പയറ്റ് നടത്തുന്നു .

എ പി ജെ അബ്ദുൽ കലാം സാറിന്റെ വാക്കുകളിൽ നിന്ന് കടമെടുത്താൽ "യുവാക്കളാണ് ഈ രാജ്യത്തെ നയിക്കാൻ പോകുന്നത്" എന്നും ഗാന്ധിജിയുടെ വാക്കുകളായ " യുവാക്കളാണ് ഈ രാജ്യത്തിന്റെ സമ്പത്ത്" എന്നതിന്റെ പ്രതിച്ഛായ മാറ്റുന്ന രീതിയിലാണ് ഈ കാലഘട്ടത്തിന്റെ പോക്ക്.

വിവിധങ്ങളായ വീഡിയോ ഗെയിമുകൾ പ്ലേസ്റ്റോറിൽ ലഭ്യമാണ്. ഒരു സർച്ചിലും ഒരു ഡൗൺലോഡ് ബട്ടണിലും യുവാക്കളുടെ കഴിവ് ഒളിഞ്ഞിരിക്കുകയാണ്. ഓരോ വീടുകളുടെയും ഇരുട്ടുനിറഞ്ഞ മുറികളിൽനിന്നും 'അവനെ കൊല്ലൂടാ ,'അവനെ ബ്ലോക്ക് ചെയ്യ് 'അവനെ ഷൂട്ട് ചെയ്യൂടാ' എന്നിങ്ങനെയുള്ള നിരവധി വർത്തമാനങ്ങൾ കേൾക്കാം .

വീഡിയോ ഗെയിമുകൾ എന്നീ രണ്ടുവാക്കിൽ നിരവധി ഒളിയമ്പുകൾ പതിഞ്ഞിരിപ്പുണ്ട് .ഇവ മൂലം യുവാക്കൾക്ക് മൂന്ന് രീതിയിൽ ഉള്ള പ്രശ്നങ്ങൾ ഉണ്ടാകുന്നു: ഒന്ന് ശാരീരികം, രണ്ട് മാനസികം, മൂന്ന് സാമൂഹികം .ശാസ്ത്രീയ പഠനങ്ങൾ പറയുന്നത് ഗെയിമുകളുടെ ഉപയോഗം കണ്ണിൽ റെറ്റിനാൽ ഡാമേജ് ,കാഴ്ചക്കുറവ് എന്നിവയ്ക്ക് കാരണമാകുന്നു.

ഇനി മാനസിക പ്രശ്നങ്ങളെ എടുത്താലോ, രാജ്യത്തിന്റെ സമ്പത്തിനും ഉന്നതിക്കും വേണ്ടി മുന്നിൽ നിൽക്കേണ്ട യുവാക്കൾ ഇരുട്ടുമുറിയിൽ കൂടിക്കഴിയുമ്പോൾ ഡിപ്രഷൻ, മാനിയ, ഉറക്കക്കുറവ് എന്നീ മാനസികവൈകല്യങ്ങളിലേക്ക് വഴിച്ചുണ്ടുന്നു. പല സ്ഥലങ്ങളിലും വീഡിയോ ഗെയിമുകൾ മൂലം കുട്ടികൾ ആത്മഹത്യ ചെയ്തതിന്റെ കാരണം അറിഞ്ഞാൽ മലയാളി മനസ്സുകൾ നെഞ്ചത്ത് കൈ വയ്ക്കും.'ഫ്രീ ഫയർ ' എന്ന വീഡിയോ ഗെയിമിനുവേണ്ടി മുടക്കിയ പൈസ വീട്ടിൽ നിന്നും സ്വന്തം പിതാവിന്റെ ബാങ്ക് അക്കൗണ്ടിൽ നിന്നാണ് എടുത്തത് എന്ന് മാതാപിതാക്കൾ തിരിച്ചറിഞ്ഞപ്പോൾ ഉണ്ടായ മനസികവീക്കത്തെ തുടർന്നാണ്, സാമൂഹിക കാര്യങ്ങളിൽ വീഡിയോ ഗെയിമുകളുടെ കടന്നുകയറ്റം അത്ര വലുതാണ് എന്ന് മനസ്സിലായത് .

മനുഷ്യൻ മനുഷ്യനോട് കൂടികഴിയേണ്ട ഈ കാലത്ത് മനുഷ്യൻ യന്ത്രത്തിനോടാണ് കൂട്ടുകൂടുന്നത് . വീഡിയോ ഗെയിമുകൾ മൂലം യുവാക്കൾ മറ്റുള്ളവരുമായി ഉള്ള ഇടപെടൽ കുറയുകയാണ് ചെയ്യുന്നത്. എന്തിന് ഒരു വീട്ടിലുള്ളവർപോലും അന്യരായാണ് ഇന്ന് ജീവിക്കുന്നത് .എന്നാൽ വേറെ ഗണം കൂട്ടരെ എടുത്താൽ ഈ വീഡിയോ ഗെയിമുകൾ മൂലം സാമ്പത്തിക തികവ് ഉണ്ടാക്കുന്നവരെയും കാണാം.വീഡിയോ ഗെയിമുകൾ കളിച്ച് മാസം ലക്ഷങ്ങൾ ഉണ്ടാക്കുന്നവർ ഈ കേരളത്തിലും ഉണ്ട് .പക്ഷെ ഇത് മൂലം രാജ്യത്തിനും എന്തെങ്കിലും നന്മ പകരുന്നൂണ്ടോ? എന്ന ചോദ്യത്തിന് സാമ്പത്തികകയറ്റം എന്ന് മാത്രം പറഞ്ഞ് ചുരുക്കേണ്ടിവരും.

കേരളം വെള്ളത്താൽ ചുറ്റപ്പെട്ട ഒരു സമയത്ത് രക്ഷാപ്രവർത്തനം നടത്തിയ പലരും ഈ കൂട്ടത്തിൽ പെടുന്നതാണ് .ഇങ്ങനെ നോക്കുമ്പോൾ പ്രശ്നം വീഡിയോ ഗെയിമുകൾക്കാണോ അതോ അതുപയോഗിക്കുന്ന മനുഷ്യനാണോ എന്ന് തീർപ്പാക്കിയിട്ടില്ലാത്തതായി ആലോചിക്കേണ്ട ഒന്നാണ് .

ഇന്ദ്രിയസ്വാധീനത്തിന് നമ്മെ വിട്ടുകൊടുക്കുമ്പോഴാണ് അത് പല പ്രശ്നങ്ങളിലേക്ക് നമ്മെ വീഴ്ത്തുന്നത് .വീഡിയോ ഗെയിമുകൾ എന്നത് തീരെ മോശമായതും ബഹിഷ്കരിക്കേണ്ടതുമായ ഒന്നാണ് എന്ന് കരുതേണ്ട കാര്യമില്ല.നിരവധി വീഡിയോ ഗെയിമുകൾ ബുദ്ധിമുട്ടുകൾക്ക് നല്ലതാണെന്ന് രേഖപ്പെടുത്തിയിട്ടുണ്ട്.

വീഡിയോ ഗെയിമുകൾ യുവാക്കളിൽ ഒരുപാട് സ്വാധീനം ചെലുത്തുന്നുണ്ട്. അത് നല്ലതാകാം, മോശമാകാം .ഒരു കാര്യത്തിന്റെ തികവ് ഒളിഞ്ഞിരിക്കുന്നത് അത് ഉപയോഗിക്കുന്നവരിലാണ്. ഒരു ശില്പത്തിന്റെ മാറ്റ് കൂട്ടുന്നത് അത് ചിത്രീകരിക്കുന്ന ശിൽപ്പിയാണ് .

അതേപോലെ കൃത്യമായ അവബോധം ഉണ്ടായാൽ ഒരു യുവാക്കളും ഒരു ഗെയിമുകളുടെയും ചതിക്കുഴിയിൽ വീഴുകയില്ല.

"പാൻഡെമിക് വഴിയമ്പലം തന്നിലെ
താൻതായ്കൂടി വിധേയം വരുമ്പോലെ
നടയാമൊഴുകുന്ന കാഴ്ചങ്ങൾ പോലെ
യെത്രയോസുന്ദരം ആലയസംഗമം"

എന്ന എഴുത്തച്ഛന്റെ വരികളിൽ ജീവിതത്തെ നാം എങ്ങനെ കാണണം എന്ന സൂക്തം ഒളിഞ്ഞിരിപ്പുണ്ട് .

"ഒരു വ്യക്തിയുടെ ജീവിതത്തെ സ്വാധീനിക്കേണ്ടത് അവൻ തന്നെയാണ് "എന്നും "അല്പമായാൽ നല്ലത് " എന്ന തായ്മൊഴി ജീവിതത്തിൽ അടിവരയിട്ട് ഉറപ്പിക്കേണ്ടതാണ്. നമ്മുടെ ജീവിതത്തിന്റെ ഇരുപത്തിനാല് മണിക്കൂറിൽ എത്ര ശതമാനം ഈ വീഡിയോ ഗെയിമുകൾക്ക് നൽകണം എന്ന് അവനവൻ തന്നെയാണ് ചിന്തിക്കേണ്ടത്.

ഒരു ചെറിയ സ്ക്രീനിൽ കാണുന്ന മാന്ത്രികതയല്ല ജീവിതം എന്ന അറിവ് മാതാപിതാക്കളിൽനിന്നും ഗുരുക്കന്മാരിൽനിന്നുമാണ് ലഭിക്കേണ്ടത്. യുവാക്കൾ രാജ്യത്തിന്റെ സമ്പത്ത് ആകാൻ രാജ്യം ആഗ്രഹിക്കുമ്പോൾ അതിനുള്ള സമ്മതം ഓരോ യുവാക്കൾ തന്നെയാണ് നൽകേണ്ടത്. കൃത്യമായ ആരോഗ്യപഠനത്തിലൂടെ ഇതെല്ലാം നമ്മുക്ക് മാറ്റിയെടുക്കാം. യുവാക്കൾക്കുവേണ്ടി ക്ലാസുകൾ ,വർക്ക്ഷോപ്പുകൾ എന്നിവ ഉൾപ്പെടുത്തിയാൽ കഴിവുള്ളവരെ അറിയാനും ഉയരങ്ങളിലേക്ക് അവരെ നയിക്കാനും നമുക്ക് സാധിക്കും .

ഗാന്ധിജിയും അബൂൾകലാം സാദുവും സ്വപ്നംകണ്ട രാജ്യത്തെ പടിഞ്ഞാറുത്താൻ ഈ രാജ്യത്തെ തലമുറയിലെ യുവാക്കൾക്ക് സാധിക്കും. കൃത്യമായ വഴി തിരഞ്ഞെടുത്ത് അതിൽ മുന്നേറാൻ യുവതലമുറയ്ക്ക് സാധിക്കുകതന്നെ ചെയ്യും.

-ALEENA LAL C L

BSC 2020 BATCH

KETAMINE THERAPY IN DEPRESSION: A Revolutionary Approach Backed by Research



Introduction

Depression remains one of the most challenging mental health disorders to treat, with many patients showing resistance to traditional therapies like SSRIs (selective serotonin reuptake inhibitors) and cognitive-behavioral therapy. In recent years, ketamine, an anesthetic and dissociative drug, has emerged as a promising treatment for depression, particularly in cases where traditional treatments have failed. **The Need for Novel Treatments in Depression**

Major depressive disorder (MDD) affects millions globally, with a significant portion of patients not responding adequately to existing treatments. Treatment-resistant depression (TRD) is particularly difficult to manage, often requiring complex treatment regimens that may include multiple medications and electroconvulsive therapy (ECT). The advent of ketamine therapy offers hope for these patients, providing rapid relief where other treatments have fallen short. **here other therapies have failed.**

What is ketamine?

Unlike traditional antidepressants, which typically target serotonin, norepinephrine, or dopamine, ketamine primarily acts on the brain's glutamate system. Ketamine is an NMDA (N-methyl-D-aspartate) receptor antagonist, which leads to an increase in glutamate release and the activation of AMPA receptors. This cascade triggers a rapid increase in brain-derived neurotrophic factor (BDNF), which is thought to enhance synaptic plasticity and promote neural connections, potentially reversing some of the neural damage associated with chronic depression.

Research evidences

1) A study published in the American Journal of Psychiatry (2017) found that a single intravenous infusion of ketamine produced significant antidepressant effects within 24 hours, with effects lasting up to one week. This rapid onset is in stark contrast to traditional antidepressants, which can take weeks to show any effect.

2) Research in JAMA Psychiatry (2018) highlighted the potential for ketamine to provide sustained relief from depressive symptoms. In this study, patients who received repeated ketamine infusions over a two-week period maintained significant reductions in depressive symptoms for up to a month after treatment.

3) One of the most critical aspects of ketamine therapy is its ability to rapidly reduce suicidal ideation. A meta-analysis published in *Psychological Medicine* (2020) reviewed multiple randomized controlled trials (RCTs) and found that ketamine significantly reduced suicidal thoughts within hours of administration, with effects lasting several days.

Challenges and Future Directions

Researchers are also exploring the use of esketamine, a derivative of ketamine, which has been approved by the FDA for treatment-resistant depression. Esketamine is administered as a nasal spray and offers an alternative route of administration with similar efficacy.

Conclusion

Ketamine therapy represents a significant breakthrough in the treatment of depression, offering rapid and sustained relief for patients with treatment-resistant depression. The growing body of research evidence supports its efficacy and safety when administered under medical supervision. As research continues to evolve, ketamine may become a cornerstone of depression treatment, particularly for those who have exhausted other options. However, careful consideration of the risks and benefits is essential to ensure that patients receive the most appropriate and effective care.

**-ALEENA LAL C L
BSC 2020 BATCH**

"THE POWER OF A SMILE"



Sr .Little Therese
Assisstant Professor

A smile is a simple yet profound expression that can transform lives. It's a universal language that transcends cultures, ages, and backgrounds. A smile can brighten up a gloomy day, calm a troubled mind, and bring people together.

The Science of Smiling

When we smile, our brain releases endorphins, also known as "feel-good" hormones. These chemicals boost our mood, reduce stress, and make us feel more relaxed. Smiling also lowers our heart rate, blood pressure, and cortisol levels, promoting overall well-being.

The Contagiousness of Smiling

Smiles are contagious! When we see someone smile, our brain automatically responds by smiling back. This phenomenon is called "social smiling." It's a powerful way to connect with others, build relationships, and spread joy.

The Beauty of Smiling

A smile can light up a room, making us more attractive, approachable, and memorable. It's a sign of confidence, friendliness, and warmth. A genuine smile can disarm even the toughest of critics, making us more relatable and human.

The Gift of Smiling

Smiling is a gift we can give to ourselves and others. It's a simple act that can:

- Brighten someone's day
- Ease tension and conflict



WORDS OF GRATITUDE

I would like to express my heartfelt gratitude to the management, faculty, and students of St. James College of Nursing, Chalakudy, for their continued commitment to excellence in nursing education and patient care. The environment of academic rigor, coupled with compassion, nurtures future nursing professionals who are equipped to face the evolving challenges in healthcare.

A special thanks to the editorial team of James Revista 2024 for providing a platform to showcase the accomplishments, aspirations, and dedication of this esteemed institution. Your tireless efforts in bringing together inspiring stories and insightful knowledge deserve the highest commendation.

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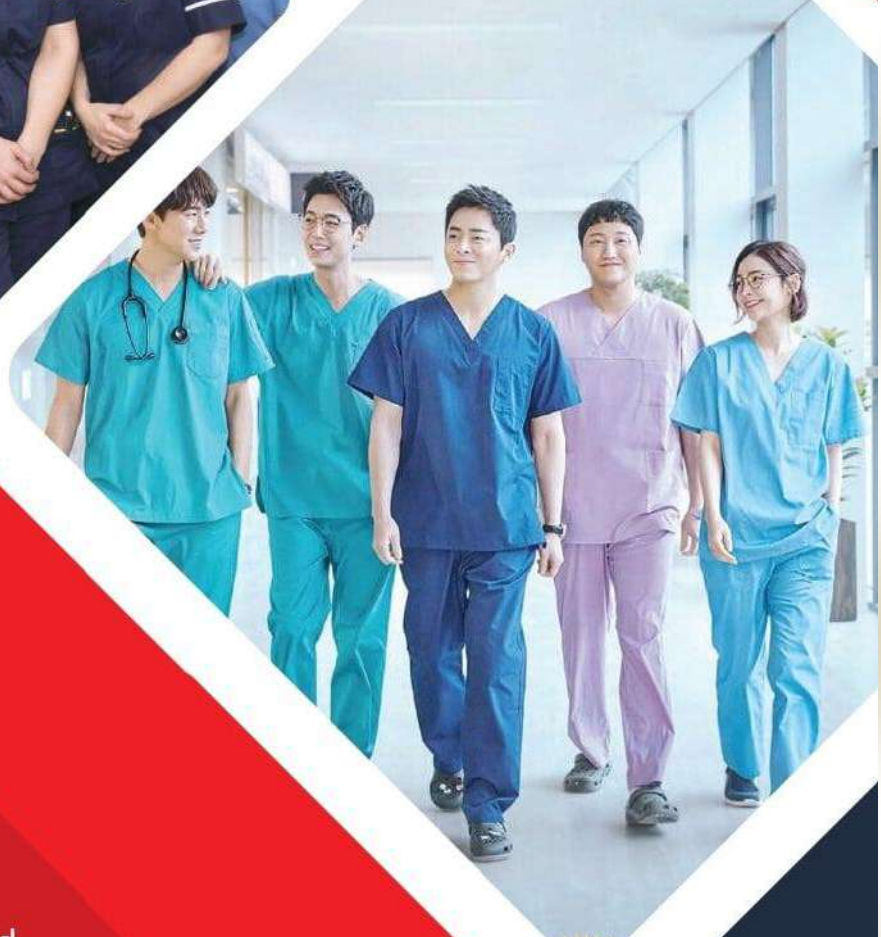
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