

# spEctra 25

*A kaleidoscope of academia, dreams, skills and celebrations*



*Sneha Shajan  
BSc 2023*



**ST. JAMES' COLLEGE OF NURSING**

**RIVER BANK, CHALAKUDY, THRISSUR, KERALA 680307**

**ACCREDITED BY: NAAC-B++, KUHS-QAS-A+**

RENAL  
PAY



ONE HUNDRED  
ONE *Life*



A RENAL CARE MISSION INITIATIVE



**RENAL CARE MISSION**  
St. James' Hospital, Chalakudy



നിങ്ങൾ നൽകുന്ന നൂറ് രൂപ  
ഒരു ജീവൻ രക്ഷിയ്ക്കും...

നിങ്ങൾ മാസം ഒരു നൂറു രൂപ മാറ്റി വെക്കുകയാണെങ്കിൽ നിസാരമായ ആ തുകയ്ക്ക് ഒരു കിഡ്നി രോഗിയുടെ ജീവൻ നിലനിർത്തുവാൻ കഴിയും... കിഡ്നി രോഗികളുടെ സൗജന്യ ചികിത്സക്കും, ഡയാലിസിസിനും വേണ്ടിയുള്ള ചാലക്കുടി സെന്റ് ജെയിംസ് ആശുപത്രിയുടെ ഈ കാര്യം പദ്ധതിയിൽ നിങ്ങൾക്കും പങ്കുചേരാം... നമ്മുടെ സഹോദരങ്ങൾക്കുവേണ്ടി കൈകോർക്കാം...

കൂടുതൽ വിവരങ്ങൾക്ക് വിളിക്കൂ... **95 675 40271**

RENAL CARE MISSION



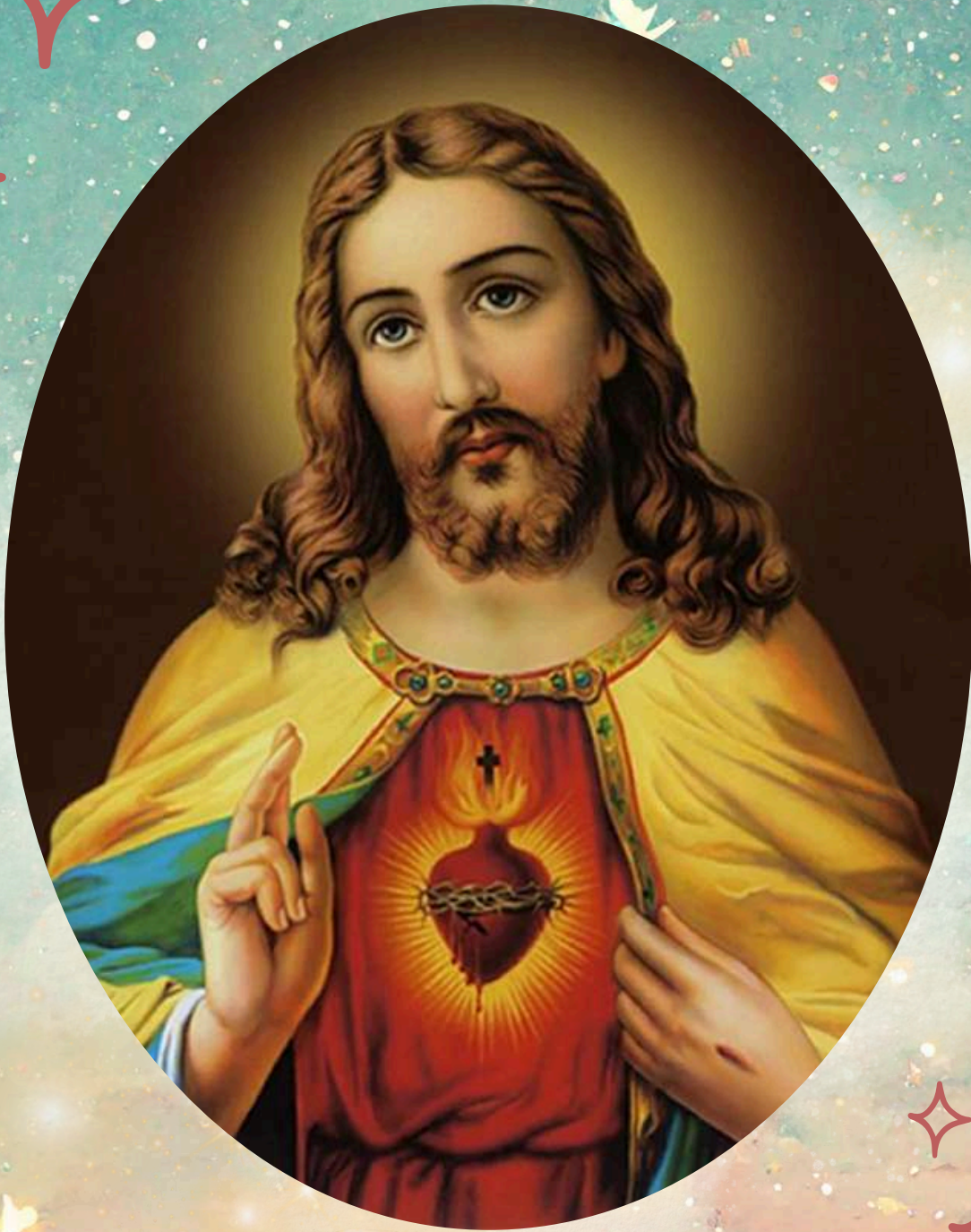
www.stjameshospital.com

Our Bank Details:

A/c Name : St. James Renal Care Mission

The South Indian Bank Ltd., Chalakudy North Branch

S.B.A/c. No: 0552053000006498 IFSC : SIBL0000552

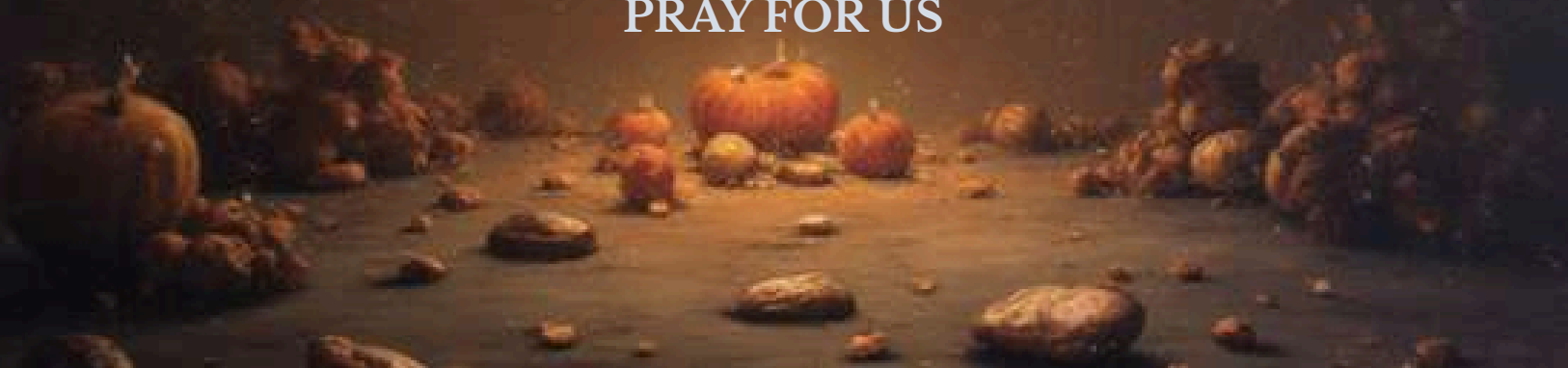


**We Trust In You**

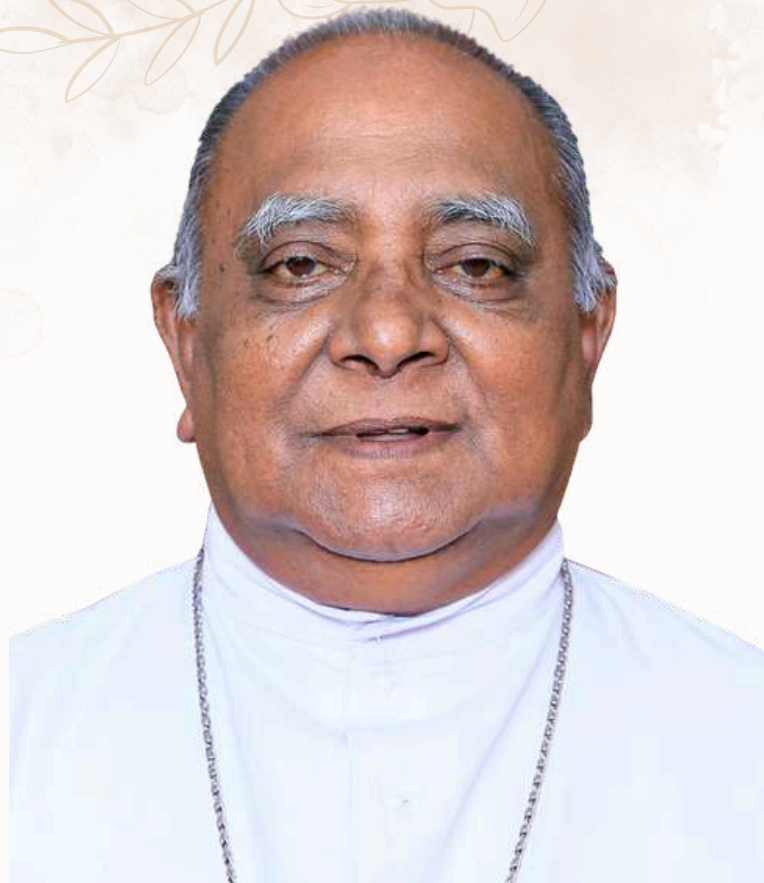


# SAINT JAMES

PRAY FOR US



***Homage  
To  
Our  
Good  
Shepherd***



***RADIANT MENTOR  
LOVING FOUNDER PATRON***

**HIS EXCELLENCY**  
**MAR JAMES PAZHAYATTIL**  
*BISHOP EPARCHY OF IRINJALAKUDA*  
*1978-2010*

*Message*



## KERALA UNIVERSITY OF HEALTH SCIENCES

Medical College P.O, Thrissur, Kerala, India Pin - 680 596

Prof. (Dr.) Mohanan Kunnummal, MD  
Vice-Chancellor



### Message

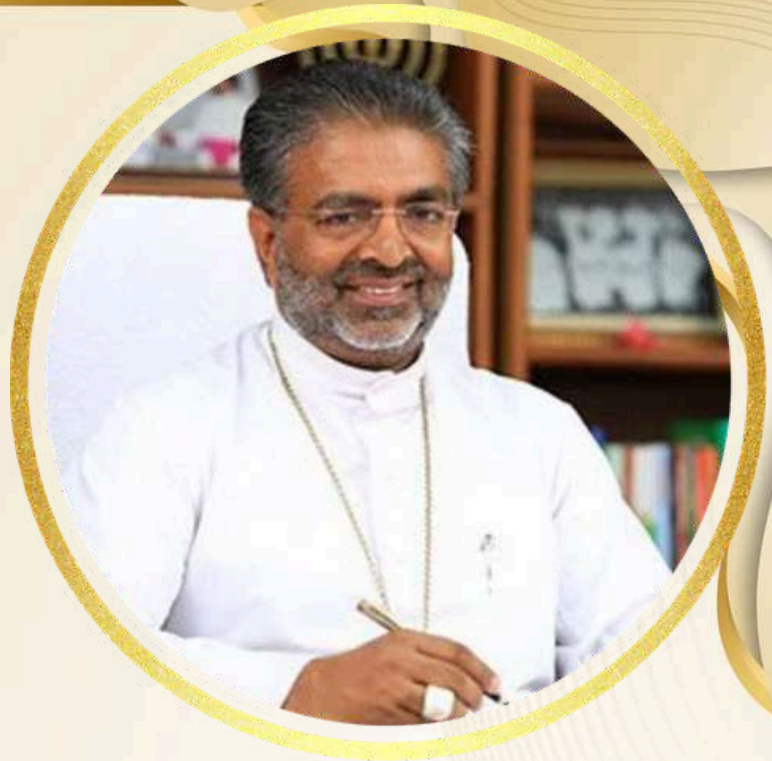
I am delighted to extend my warm greetings to the management, faculty, students, and staff of St. James College of Nursing, Chalakudy, on publication of the college magazine. A college magazine provides a platform for students to express their thoughts and talents.

I commend the effort of the editorial team and all contributors for bringing out this inspiring Edition.

A handwritten signature in blue ink, appearing to read 'Mohanan'.

Prof. (Dr.) Mohanan Kunnummal  
Vice Chancellor

## Message



### **+Mar Pauly Kannukkadan**

**Bishop of Irinjalakuda  
Patron, St. James College of Nursing**

*Dear Students, Faculty, and Well-Wishers,*

*It is with immense joy that I bless the release of Spectra 2025, the annual magazine of St. James' College of Nursing. True to its name, this magazine reflects the vibrant spectrum of talents, ideas, and aspirations of our students and faculty.*

*Our College has always upheld a noble vision to prepare nurses who combine scientific knowledge with Christian compassion. In a world that longs for healing and hope, this vision is more relevant than ever. May every page of Spectra 2025 remind us that learning is not only about excellence in academics but also about shaping hearts to serve humanity with love.*

*I extend my blessings to all contributors, readers, and the entire St. James' family. May this edition inspire everyone to walk in the light of Christ and spread the spectrum of His healing love.*

*+ Pauly Kannukkadan*

## Message



**V. Rev. Msgr. Jose Maliekkal**  
Protosyncellus, Diocese of Irinjalakuda  
President, St. James Hospital Trust

*Dear Friends,*

*The release of Spectra 2025 is a moment of joy for our College of Nursing. This magazine not only captures the academic and creative spirit of our students but also reflects the mission of St. James' Medical Academy to blend professional excellence with Christian values of care and compassion.*

*Each contribution in this magazine is a ray of light, together forming a spectrum of ideas that enrich our community. In their studies and service, our students demonstrate that nursing is more than a profession; it is a ministry of love and healing.*

*I congratulate the editorial board and every student and staff member who have contributed to this edition. May Spectra 2025 continue to inspire and motivate the St. James' family to uphold our vision and mission with commitment and joy.*

A handwritten signature in blue ink, appearing to read 'Jose Maliekkal'.

## *Message*



**Rev. Dr. Antu Alappadan**  
Director, St. James Medical Academy

*Dear Readers,*

*It gives me great pleasure to present Spectra 2025, the annual magazine of St. James College of Nursing. This publication reflects the creativity, dedication, and enthusiasm of our students, who are preparing themselves to be both competent professionals and compassionate caregivers.*

*The vision of our college is to provide holistic education rooted in values, while our mission is to prepare nurses who embody excellence and empathy. Spectra 2025 beautifully mirrors these ideals, capturing not just academic achievements, but also the vibrant cultural and spiritual life of our college.*

*Congratulations to the editorial team for their tireless efforts. May this magazine serve as a source of joy, pride, and inspiration for all who read it.*

A handwritten signature in black ink, reading "Alappadan" with a stylized flourish and the initials "AT" below it.

## Message



### **Rev. Fr. Sojo Kannampuzha**

Associate Director, St. James Medical Academy

*Dear Students, Faculty, and Friends,*

*The release of Spectra 2025 marks another milestone in the life of St. James College of Nursing. Just as a spectrum is formed by different rays of light coming together, this magazine reflects the diverse talents, voices, and aspirations of our college community.*

*Our mission reminds us that nursing is not just a skill, but a service; not only a career, but a calling. The pages of this magazine echo that mission showcasing creativity, compassion, and commitment.*

*I extend my appreciation to the editorial team and all contributors for bringing out such a meaningful publication. May Spectra 2025 inspire us to pursue excellence, guided by our vision of holistic education and service to humanity.*

A handwritten signature in blue ink.

**FR.SOJO KANNAMPUZHA**

## Message



**Dr. K Krishnakumar**

Principal St. James College of Pharmaceutical Sciences,  
St. James Medical Academy

*Dear Readers,*

*It gives me immense pleasure to convey my heartfelt greetings to all the students, faculty, and staff of St. James College of Nursing as we together celebrate the continued progress and accomplishments of the St. James Academy family. The collaboration and mutual support between our institutions remain a cornerstone in building a dynamic learning environment that enriches both our nursing and pharmaceutical sciences communities.*

*At St. James College of Pharmaceutical Sciences, we uphold the belief that true growth stems from partnership, shared learning, and a collective pursuit of excellence. Our mission to advance education and compassionate healthcare continues to inspire our students to excel not only as skilled professionals but also as empathetic caregivers committed to serving society.*

*As we move forward, let us continue to strengthen this spirit of unity and cooperation. Together, we strive to uphold the highest standards of education and healthcare, nurturing competent and compassionate professionals who will make a difference in the world. I extend my best wishes to St. James College of Nursing for its continued success and meaningful contributions to the betterment of our community.*

*Kenny*

# Board of Administration



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BISHOP OF IRINJALAKUDA DIOCESE



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PRINCIPAL



**DR. CHRISTY ANTONY**  
VICE PRINCIPAL

# Editorial



***Dear Readers,***

***Welcome to Spectra 2025, the annual magazine of St. James College of Nursing. This magazine weaves together the colors and rhythms of college life- where classrooms hum with curiosity, fields and halls echo with co-curricular and extracurricular energy, outreach touches hearts beyond campus, and every fleeting moment tells a story of growth, friendship, and discovery***

***This edition of Spectra highlights the creativity, passion, and diversity of our student body. From thought-provoking articles and insightful interviews to artistic expressions and glimpses of campus events, every page reflects the unique perspectives that make our college truly special.***

***We the Editorial Board, Mrs. Rinka Mol Chackochan (Asso. Professor) Sr. Frincy CSC (Asst. Professor), Mr. Jom Sebastian (IT), Mrs. Chithira TL (Asst. Librarian) invite you to explore these pages, engage with the voices within, and embrace your own experiences in the journey ahead. Together, we can nurture Spectra as a true reflection of the heart and soul of our college.***

 **Editorial Team**

**Dr. Sr. Jiji Mathew**  
Principal  
St.James' College of Nursing



## **ANNUAL REPORT 2024-2025**

Founded in 2002 as part of the St. James's Hospital Trust, St. James College of Nursing offers a strong foundation for educating and training nurses who are both professionally competent and compassionate. The college affiliated to Kerala University of health sciences is recognized by Indian nursing Council and Kerala nursing council has achieved A+ in Quality Assurance Standards of Kerala University of health sciences and B++ from National Assessment and Accreditation Council. It has completed 23 years of excellence in B.Sc. Nursing and 10 years in Post Basic B.Sc. Nursing, upholding high standards in nursing education throughout the years.

**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.

**Mission:** The youth of this college develop their full potential to be mature, academically excellent professional nurses who coordinate their services with other healthcare professionals to render preventive, curative, and restorative care to all.

**Courses offered and student strength:** The College of Nursing offers BSc Nursing and Post Basic B.Sc Nursing programs. Currently, 229 B.Sc Nursing students and 52 Post Basic B.Sc Nursing students are undergoing training. To date, the college has produced approximately 890 B.Sc. Nursing graduates, 256 Post Basic B.Sc Nursing graduates, and 37 M.Sc Nursing postgraduates. The current annual intake capacity is 65 students for the B.Sc. Nursing program and 30 for the Post Basic B.Sc. Nursing program.

**Accreditations:** The college has been awarded a B++ grade by the National Assessment and Accreditation Council (NAAC) and received an A+ grade under the Quality Assurance Scheme (QAS) from the Kerala University of Health Sciences.

**Curriculum administration:** The institutional curriculum is thoughtfully designed in alignment with the regulations of the statutory bodies (INC, KNMC) and the Kerala University of Health Sciences. The curriculum committee meets regularly to evaluate, plan, and consider feedback from teachers, students, parents, and hospital personnel. At the beginning of each academic year, class and subject coordinators work together to develop the annual academic schedule, master rotation plans, clinical posting schedules, and comprehensive timetables. The teaching process also incorporates creative and modern instructional methods.

**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 Pottafor OBG nursing, CHC Elanjipara 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. Guest faculty is available for special subjects and their selection is in keeping with the regulations of KUHS.

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. During this academic year one of the faculty members has completed her doctorate in nursing while other three are pursuing with the same.

**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 Campus 7 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 2024-25 commenced in October 2024 with an intake of 65 B.Sc Nursing and 30 PBB.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 2024 batch were officially welcomed into the noble profession of Nursing through lamp lighting ceremony on 18<sup>th</sup> January 2025. The Graduation ceremony of the 23<sup>rd</sup> batch of B.Sc. Nursing and 10<sup>th</sup> batch of PBB.Sc Nursing students took place on 26<sup>th</sup> June 2025 Students have also made commendable achievements in their academics. For the last academic year B.Sc (N) and PBB.Sc nursing got good result. Has secured 98% by 2020 batch B.Sc N 4<sup>th</sup> year, 100 % by 2021 batch in the fifth and sixth semester, 98% by 2022 batch fourth semester and 100% in the fifth semester, 100% 2023 batch in the third semester and 97.9% by 2024 batch in the first semester.

**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, Antinarcotic committee are established to ensure the smooth functioning of the college. These committees meet regularly to plan, evaluate performance, address any issues that arise, determine the necessary actions to be taken and documentation of the same.

**Alumni 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. Alumini association held the general body meeting on 26<sup>th</sup> June and new executive members were elected, enrollment of the new Alumini was done and a fellowship meal was shared by all.

**Inservice Education:** Organizes Faculty development Programmes in association with NEP annually. The topic for the Academic year was Monthly journal presentation and presentation on a particular topic is done by the faculty regularly. The faculty attends various refreshment courses, workshops and training programmes to keep abreast with the sweeping changes in the medical field.

<b>Workshop/ Training programmes</b>
Simulation Training At KUHS
State-level conference on fostering innovations in midwifery: Moving forward in maternal and New-born care at Amala Hospital, Thrissur
Revolutionizing Paediatric Nursing Education: The power of Virtual Reality (Online)
Principals Meet on Empowering Nursing Leaders for Transformational Impact at Vision Health Sciences, Ernakulam
International Conference on Accreditation, ranking, and quality in higher education at SHRIHER, Chennai
Simulation Training at KUHS
Grant Writing Workshop for Nursing Faculty at KUHS
Training Programme (NEP 2020 Orientation & Sensitization Programme), UGC-MMTTC, University of Kerala, Kariavattam
State Level- Research Methodology at Little Lourdes College of Nursing, Kottayam
Simulation Training Programme at INC - New Delhi
2-Day National Workshop on Statistical Data Analysis , Bangalore
Skill Lab Training Programme at KUHS

Workshop on Comprehensive Dementia Care Service at KUHS
Workshop on Integrated Care for Older People at KUHS
Skill Lab Training Programme at KUHS
International Workshop on Mixed Methods Research
State Level Workshop on Outcome-Based Education at Caritas College of Nursing, Kottayam

### **Student Welfare Activities**

**Student Nurses Association (SNA):** The Student Nurses' Association (SNA) of our institution organized and participated in a diverse range of programs and activities in the academic year 2024-2025. These events aimed to promote academic excellence, cultural enrichment, professional development, and physical fitness among student nurses. The details of the major events conducted or participated in during this academic period are as follows:

19/08/2024	Conducted an educational program in observance of World Organ Donation Day
10/9/2024	Celebrated Teachers' Day to honor the contributions of our faculty
13/09/2024	Organized vibrant Onam celebrations, showcasing traditional cultural activities.
25/09/2024	Took part in the Zonal Sports and Games Competition held at Palakkad.
25/09/2024	Conducted an education program in connection with World Antimicrobial Resistance Awareness Week.
25/09/2024	Celebrated College Day with cultural events and student achievements.
23/01/2025	Hosted a farewell program for the BSc Nursing 2020 batch.
29/01/2025	Conducted the SNA elections to elect new office bearers
13/03/2025	Organized an educational session for World Kidney Day, led by BSc Nursing 2022 batch.
24/03/2025	Participated in the SNA General Body Meeting and State Election at Kaloor

26/03/2025	Held the Outdoor Sports Day DESTREZA for student engagement and physical development.
28/03/2025	Participated in the North East Zone General Body Meeting at Seventh Day Adventist
25/04/2025	Attended the North East Zone Leadership Campaign at Aswini College
8/5/2025	Took part in the Nurses Day Carnival hosted by Amala College of Nursing
13/05/2025	Conducted Indoor Sports Day events.
15/05/2025	Observed International Nurses Day with appreciation activities.
20/05/2025 - 21/05/2025	Participated in the Zonal Sports Meet
28/05/2025	Conducted the Arts Off-stage Competitions.
2/6/2025	Organized an educational program on World No Tobacco Day, led by BSc Nursing 2024 batch.
4/6/2025	Participated in the Zonal Education Program at Amala College of Nursing
13/06/2025 - 14/06/2025	Celebrated <i>DAKSHA 2K25</i> , our annual Arts Day, across various venues with vibrant on-stage competitions and performances.

Through these diverse activities, the SNA provided students with valuable opportunities to grow academically, socially, and professionally. The association remains committed to continuing its mission of holistic development for nursing students in the coming academic year as well.

**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, interests and concerns with teachers and management. During the academic year 2024-25 organized various enriching events including relaxation programmes, yoga awareness, sports meet Deporte 2K24, outreach on breastfeeding and dental health, and festive celebrations like Christmas Letizia Espera. These events focused on wellness, student engagement, leadership, and community outreach.

**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.

<b>Programme</b>	<b>Highlights</b>
Breastfeeding awareness	Educated 25 mothers on the importance of breastfeeding at FHC Meloor.
Independence Day Celebration	Flag hoisting and tree planting were held with a focus on the Lahari Vimuktha Campaign.
Cleaning Campaign – Divine Nagar Railway Station	Students cleaned the station and pledged for Swachh Bharat mission.
Tribal Programme – Pothupara Colony	Conducted health surveys and awareness on menstrual and reproductive health.
Cleaning Campaign – FHC Meloor	Students cleaned the health center as part of adopted village activity.
Awareness Class on Cleaning Campaign	100 students took a cleanliness pledge and attended a session on sanitation.
World Heart Day – Walkathon	Students performed flash mobs and street plays to promote heart health.
Cleaning Campaign – Koodapuzha Thadayana	Awareness and cleaning campaign by students along the riverbank.
First Aid Management – “Safa La Vida”	56 participants learned essential first aid skills in an interactive session.
Drug awareness programme at KSRTC bus stand Chalakudy	Role play, Speech, Ralley- 34 participants
Awareness programme on healthy life style at CHC Elinjipra	Awareness class, demonstration and Exhibition-21 participants
Drug awareness programme at CHC Elinjipra	Street play, pledge -25 participants

Awareness programme on Obesity at. St. James hospital, Chalakudy	Skit, action song
Dengue fever awareness programme at FHC Meloor	Awareness class, Role play, 59 participants
Dengue fever awareness at Meloor Pallinada Junction	Health talk, demonstration, interactive session- 113 participants
Environmental day awareness programme and planting of trees at college campus and Meloor pallinada junction	Planting of trees, health talk -95 participants
Yoga awareness programme and demonstration at college	Yoga demonstration -21 students
Drug awareness pledge at college	Pledge taking, 50 students

**Club activities:** All the students are enrolled into various clubs based on their aptitudes and interests. The college has a very active literacy and magazine club, environment and photography clubs, speech and debate clubs, sports and yoga clubs, journal and arts club. The club activities which take place regularly facilitate social Interaction, skill development, Personal Growth boosting confidence and self-esteem, networking opportunities and community Service

**Student Support and guidance programme:** This programme is initiated under KUHS considering the holistic development of students. The nodal officers periodically attended the training programme given by the Kerala university of health sciences. The key activities under this programme are mentoring, counselling services, identification of slow learners and remedial measures. These initiatives empower students to excel academically, emotionally and socially ensuring their overall wellbeing and success.

**Professional Association:** At the time of admission student get enrolled into Student Nurses Association (SNA) and at the end of the four years after the registration in KNMC they also get enrolled as Trained Nurses association (TNAI) members. **Grants and Scholarship for students:** Financial support is provided for the deserving and eligible students during the academic year 2024-25: 47 students are given management scholarships, 12 students benefit from E grant, 10 students get Center sector scholarships, 2 students the CH Muhammad Koya Scholarships and three students the SNA/TNAI scholarships.

**Retreat and Moral classes:** A three days retreat was organized for the Christian students and moral value classes for others in the month of May 2025

**Career guidance and Job Placement:** The students are given comprehensive career guidance programs and campus recruitments 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. On 18th December 2024, St. James College of Nursing, in collaboration with Artemis Hospital, Gurgaon, Delhi, organized a "Career Expo" to explore diverse nursing career opportunities, featuring expert sessions, an awareness programme on Artemis Hospital, and active participation from students. Out of 71 students who attended the entrance exam and interview, 64 received offer letters. Placement is also offered by St. James, the parent hospital and Dhanya Mission Hospital Potta, Chalakudy.

**Conclusion:**

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.

## **MANAGEMENT & FACULTY WITH QAS SURVEILLANCE TEAM 2024-25**



# CONTENT

- Messages
- Board of Administration
- Editorial Board
- Annual Report
- Snapshots
- Solace
- Guiding Hand
- SNA Activities
- The quiet room
- Spot the ill-Puzzle time
- KUHS student union activities
- Award for active participation of Taluk Hospital Activities
- Chapel of Lost Time
- NSS Activities
- Tobacco and Nicotine -A bitter truth behind the truth
- അദ്യശ്യ സ്വപ്നം
- Exploration Endeavours
- A letter to my future
- Neverness to everness
- ഗുരുവന്ദനം
- Onam - “ഓളം
- Christmas- Joyeux
- The gleams of the Beacon
- ഗ്രന്ഥങ്ങൾക്കതീതമായ ഉൾക്കാഴ്ച്ച
- The great outdoors
- 
- If I was
- Nursing Awards- 2025
- Signature Essence of SJCON
- ചങ്ങാതി
- The seed that refused to die
- Movie review -Athiran
- The Lonely soul
- കാവലാൾ
- ധാത്രീ
- Revolutionizing cancer care: the power of Artificial Intelligence
- Mental Health Matters
- Trending tomorrow
- Resonance of a silent plea
- ഉന്നതിയുടെ വിമിക്ളിലൂടെ
- St James Diaries
- Lamplighting ceremony
- Graduation
- OBG Nursing Today
- नर्सिंग का दीपक
- Compassion meets code: Nursing in the age of AI
- Alumni Activities
- PTA Activities
- Art Gallery
- Words of Gratitude

# MANAGEMENT & TEACHING FACULTY



# NON-TEACHING FACULTY



**COMMUNITY HEALTH NURSING  
DEPARTMENT**



**CHILD HEALTH NURSING  
DEPARTMENT**



**OBSTETRICS AND GYNECOLOGY  
NURSING DEPARTMENT**



**FOUNDATIONS OF NURSING  
DEPARTMENT**



**ADULT HEALTH  
NURSING DEPARTMENT**



**MENTAL HEALTH NURSING  
DEPARTMENT**



## INTERNAL QUALITY ASSURANCE CELL



## RESEARCH CELL



## ALUMNI ASSOCIATION



## NSS BATCH REPRESENTATIVES



**KUHS UNION REPRESENTATIVES**



**STUDENT NURSES' ASSOCIATION  
REPRESENTATIVES**



# CLASS SNAPSHOTS



**B.SC. NURSING -2021 BATCH**



**B.SC. NURSING -2022 BATCH**

# CLASS SNAPSHOTS



**B.SC. NURSING -2023 BATCH**



**B.SC. NURSING -2024 BATCH**

# CLASS SNAPSHOTS



**PB.B.SC. NURSING -2023 BATCH**



**PB.B.SC. NURSING -2024 BATCH**

# SOLACE



“Being a winner can make you happy, but sometimes winning isn’t everything.” The grandmother said while looking into the eternity through the window in a windy-rainy day. The grandmother started her conversation while looking into her grandchildren who were fighting over a pillow to sleep during the rainy day.

It was the summertime when Rahul and Ajay got to spend time with their grandmother. Rahul and Ajay were cousin brothers who always fight over small things and bet who will win in every competition they are included. Due to their high sibling rivalry, grandma was finding ideas to let them stop fight over small things.

That rainy day, grandma called her grandchildren to her and started telling to resolve their problems between them and build a good relationship between them.

One day, later, both the children were playing with toys in different areas. Due to the heavy rain, they got bored with one playing toys. Rahul ran over to Ajay and suggested a game. Rahul said: “Aju, can we try another game? I got bored. We can jump from the one part of sofa to the other. Whoever lands on other part of sofa will be the winner.” Ajay agreed. They started to play according to Rahul. Rahul jumped first from one end to the other. Then, Ajay jumped from one end to the other end of sofa. The first round was very delightful as they both reached the end smoothly. They enjoyed it. After few more rounds, then it was Ajay’s turn.

When Ajay was about to jump to the other end, Rahul accidently pulled Ajay to jump from the one end to other. Ajay’s head hit on the other end of sofa. First, Ajay stand up straight and Rahul was terrified by the incident. Due to heavy voice raised due to the fall, grandma who was in the kitchen ran towards them. She saw Ajay standing still. She was worried. The next moment, a drop of blood passed through the eyeball of Ajay. The instant Ajay saw his blood flowing over his eyes, he blacked out. Before closing his eyes, he saw Rahul crying beside him saying “Aju, Aju wake up.” “Wake up, Aju” with teary eyes.

Ajay’s eyes opening slowly, seeing his grandma and parents surrounding him. Ajay felt the pain over his head. The moment he opened his eyes, parents started asking “Are you okay, my boy?” Ajay replied “I am okay pa, I am alright.” “But where is Rahul?” The parents said, he is waiting outside and crying for you. It was the moment when Ajay realized Rahul loved him but not showing it to him. Ajay said “I want to see Rahul.” Ajay’s parents called Rahul and paved the way towards Ajay’s room. Rahul with teary face & eyes, cried loud saying “Aju, I thought I won’t see you again.” “I am sorry da.” Ajay with a smily face, “It’s ok my brother, atleast you were worried about me.” A moment of joy & laughter prevailed there. Grandma seeing this happy moment kissed her grandchildren.

Sometimes, winning isn’t everything. When Rahul and Ajay used to fight with each other over small things, they didn’t realize that there are things that are more fruitful than winning. They realized the hidden love between them. Winning can make you a winner, losing sometimes can make you a realization of life. There is a bible saying: “What is the use when a man yearns everything except his own soul.” Winning or being winner can make you happy, but there is more than being a winner, which is more sweeter than victory.





## GUIDING HAND

*A ship won't sail in stormy seas,  
Without a captain bold and wise-  
So too, must rising stars be led  
By rules that make them truly rise.*

*Not chains, but maps-this firm control,  
To shape the mind, to mould the soul.  
A steady voice, a sharpened eye,  
That teaches not just how, but why.*

*For freedom blooms when roots run deep,  
And discipline its promise keeps.  
The strictest guide, though stern and clear,  
Protects us from the cliffs of fear.*

*Professionals of honor grow  
Where standards stand and structure flows.  
Not comfort, but the crafted mold,  
Turns common clay to flawless gold.*

*So hail the guide who dares to say,  
"Not yet-go learn, go earn the way."  
Their strictness is the torch we need,  
To spark our purpose, shape our creed.*



Femin Raphael BSc 2022



# SNA ACTIVITIES.....



# SNA STATE COMPETITION

# WINNERS



## SNAI KERALA STATE BRANCH



# DHANAK 2025

60th State Annual Conference,  
Educational and Arts Competitions



**GROUP DANCE  
FIRST PRIZE**



**ANEENA JOSEPH  
POETRY WRITING MALAYALAM  
SECOND PRIZE**



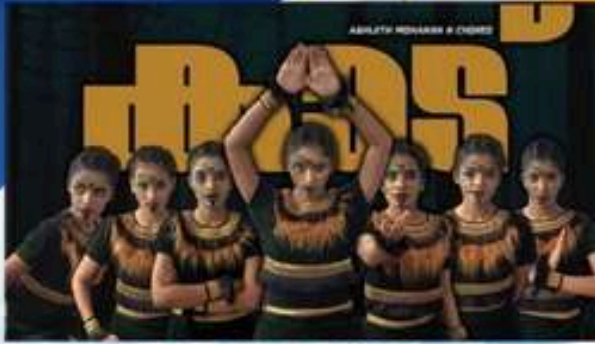
**ROSEMARIYA A J  
ESSAY WRITING ENGLISH  
SECOND PRIZE**



**KRISHNAPRIYA K V  
CARTOON DRAWING  
SECOND PRIZE**

# SNA NORTH EAST ZONE COMPETITION WINNERS

## ZONAL ARTS COMPETITION MALHAR 2025



**GROUP DANCE**  
(1<sup>st</sup> PRIZE)



**GAYATHRI SUBASH (BSc 2023)**  
SOLO SONG (2<sup>nd</sup> PRIZE)

*Congratulations*



**ANUPAMA N S (BSc 2023)**  
MALAYALAM RECITATION (3<sup>rd</sup> PRIZE)



**ADIL JAMES (BSc 2024)**  
SOLO SONG (3<sup>rd</sup> PRIZE)



**ANN MARIYA JOYCHAN (BSc 2023)**  
MONOACT (3<sup>rd</sup> PRIZE)



**MEHJABIN SULTHANA (BSc 2023)**  
MIMICRY (3<sup>rd</sup> PRIZE)

## ZONAL EDUCATIONAL FEST THOOLIKA 2025



**ANEENA JOSEPH (BSc 2021)**  
POETRY MALAYALAM (1<sup>st</sup> PRIZE)



**ROSE MARIYA A J (BSc 2022)**  
ESSAY WRITING ENGLISH (1<sup>st</sup> PRIZE)



**KRISHNAPRIYA KV (BSc 2023)**  
CARTOON DRAWING (1<sup>st</sup> PRIZE)



**MARIYA MATHEW (BSc 2022)**  
ESSAY WRITING MALAYALAM (2<sup>nd</sup> PRIZE)

## ZONAL ATHLETIC MEET SPECTRA 2025



**ASHAL PAULY (BSc 2023)**  
JAVELIN THROW (2<sup>nd</sup> PRIZE)



**ANAMIKA AJESH (BSc 2024)**  
LONG JUMP (2<sup>nd</sup> PRIZE)



**ST.JAMES COLLEGE OF NURSING, CHALAKUDY**  
**STUDENT NURSES ASSOCIATION**

# SNA UNIT LEVEL SPORTS MEET

## DESTREZA





# SNA UNIT LEVEL ARTS COMPETITIONS DAKSHA 2025



# THE QUIET ROOM



At St Mary's Hospital Room 306 was known among nurses as "the quiet room". Patients who entered rarely spoke, either too sick, or too scared to find words. That changed the day Nurse Maya took the night shift.

Maya had been a nurse for six years. Compassionate but firm, she believed in the power of presence. Sometimes, just sitting beside a patient spoke more than medicine could. One rainy Tuesday night, she was assigned to Room 306: a young man named Aaron, barely 20, recovering from a motorcycle accident. He had lost his legs. Since he'd arrived he hadn't said a word – not to doctors, not to visitors, not even to his parents. When Maya entered the room, he was staring at the ceiling, his face blank.

"Hi Aaron," she said gently, checking his IV. "You don't have to talk. Just know I'm here." He didn't respond.

Every night Maya returned with the same calm routine. She would talk to him softly while checking vitals, hum his favorite song after learning it from his mother, and one night, she simply sat by his bed and read aloud "The Alchemist", hoping he'd hear the message of purpose.

On "The night as she turned to leave, she heard it, barely a whisper, "Why me?" Maya turned, surprised but steady. She walked back to his bedside. "I don't know, Aaron," she said holding his hand. "But I know this; pain doesn't define your end. It might just be the start of your new beginning." He looked at her for the first time. Tears rolled down his cheeks. It was the first time he had let himself feel since the accident.

From that night on, Aaron spoke more. Slowly then became stronger. He asked Maya to be there for his first time sitting up. Then for physical therapy. She cheered when he wheeled himself down the hallway for the first time.

A year later, Aaron sent the hospital a letter with a photo, him giving a motivational speech at a local high school resilience. At the bottom it read:

"To Nurse Maya – The 1st person who saw more in me than my pain. Thank you for sitting in my silence until I was ready. Room 306 was never quiet again."

## **MORAL:**

Nurses don't just heal the body – they heal the spirit. Sometimes all it takes is presence, patience and a heart that listens.



**Aiswarya Jose BSc 2024**

# SPOT THE ILL - PUZZLE TIME



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

**Kwashiorkor    Jaundice    Elephantiasis**

**Pneumonia    Hypospadias    Fever**

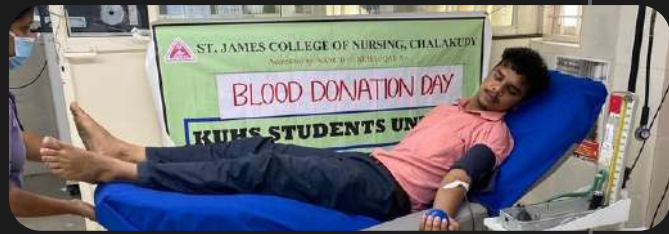
**Osteoporosis    Survey    Anemia**



**Nithya Shaji, Jasmine Maria, Josna Johnson**

**BSc 2024**

# KUHS STUDENT UNION ACTIVITIES



## AWARD FOR THE ACTIVE PARTICIPATION OF TALUK HOSPITAL ACTIVITIES



## **CHAPEL OF LOST TIME**



**The vociferous ticking of seconds  
More the noise, More the melancholy  
Eager but challenging too  
For the firm remembrance.**

**Standing with wrinkled body  
In the depth of the flashbacks  
Begging for champagne of success  
To burst the pressure of regrets.**

**Time flew with the breeze gently  
With the music of warning  
Asking the wings to be stronger  
And feathers to be warm.**

**Grateful for the lessons whispered  
Behind the shadows of life,  
Making darker and darker again  
To rejoice in white and bright.**

**Oh Regrets, I don't care  
I don't believe in you  
Time warns me every time  
That I was right all the time.**

**Oh Time, the silent teacher  
Unknowingly you recharge  
Unexpectedly you refresh  
Unconditionally you revive.**

**Grateful and grateful for  
Joyful and joyful for  
Still able and miserable for  
Letting me sleep soundly.**





# NSS ACTIVITIES



# **TOBACCO AND NICOTINE :**

## **A BITTER TRUTH BEHIND THE TRUTH**



### **UNDERSTANDING THE ENEMY**

Tobacco has long been a part of human culture across the world. But behind the smoke lies a silent killer; nicotine, the addictive chemical found in tobacco products. When tobacco is consumed, nicotine quickly reaches the brain causing a temporary feeling of relaxation and pleasure. This makes the user crave more leading to addiction. Tobacco is used in several forms like cigarettes, beedis, vapes etc. it causes several diseases like asthma, emphysema, bronchitis, different types of cancers, oral problems, reproductive dysfunction and immune system damage.

### **HOW THE TOBACCO INDUSTRY MISLEADS YOUTH**

**Marketing to youth:** attractive packing, flavored products, advertisements etc.

**Misinformation:** promoting vapes as safer or clean alternatives

**Celebrity Endorsement:** Through movies, influencers, and sports events

**Lawsuit Avoidance:** Spending large sums on legal protections while ignoring public health damage

### **PREVENTION STRATEGIES**

Tobacco prevention is essential to protect health and reduce the risk of diseases such as cancer, heart disease, and lung disorders. It can be achieved through health education programs that create awareness about the harmful effects of smoking and chewing tobacco, strict laws banning tobacco sales to minors and smoking in public places, and higher taxes on tobacco products. Community participation, youth campaigns, and support services like counseling and quit-lines encourage users to stop tobacco use. Healthcare professionals also play a key role by motivating and guiding individuals toward a tobacco-free lifestyle, ultimately promoting a healthier society.





# വിദേശ ജോലി സ്വപ്നം കാണുന്ന REGISTERED NURSE ആണോ നിങ്ങൾ? വിദേശത്ത് നിങ്ങൾ ആഗ്രഹിക്കുന്ന തുണിവെഴ്സിറ്റിയിൽ അഡ്മിഷൻ വേണോ?

## Our Specialities

- New Zeland, Australia Nursing Council Registration എറ്റവും വേഗത്തിലും സുതാര്യമായും ചെയ്തുകൊടുക്കുന്നു.
- CGFNS, IQN Login ID യും Password ഉം നൽകുന്നു.
- Direct Payment Option നൽകുകവഴി Hidden Charges ന്റെ എല്ലാ സാധ്യതകളും ഇല്ലാതെയാക്കുന്നു.
- Nursing Bridge Course ന് Malta യിൽ (6-8 Months Duration + 9 Months Stay back) Admission ന്റെ Splendore ലൂടെ; സർവീസ് ചാർജുകൾ ഇല്ലാതെ
- New Zealand CBT/OSCE training നൽകുന്നു.
- New Zealand Visa Processing Services ഉം Splendore വഴി ചെയ്യാവുന്നതാണ്.

## Study Abroad

- Canada, UK, USA, New Zeland, Australia, France തുടങ്ങി 14 രാജ്യങ്ങളിൽ അഡ്മിഷൻ നേടാം.
- Splendore വഴി Processing ചെയ്യുന്നവർക്ക് 1 മാസത്തെ IELTS/PTE Coaching സൗജന്യം

*Dream Sky High...*

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# അഭ്യശ്യ സ്വപ്നം



"ആ...മേലാകെ പോലീസ് ഏമാന്മാരുടെ ഷൂസിന്റെ പാടുകളാണ്. നിരപരാധിയാണെന്നറിഞ്ഞിട്ടും അവർ എന്നെ കൊല്ലാ കൊലചെയ്യുകയാണ്...." ഇതു കേട്ട് കൊണ്ട്, തന്റെ സെല്ലിലെ കട്ടു പ്രതിയായ "ജോർജ്ജ്" അവനോടു ചോദിച്ചു എന്നാലും തനിക്കെങ്ങിനെയൊ ഇങ്ങനൊരു കൈയ്യബദ്ധം പറ്റിയത് ജോൺസാ... "കൈയ്യബദ്ധം" ഒന്നുമല്ല അവർ എന്നെ മനഃപൂർവ്വം കട്ടുകിയതാ...." എനിക്ക് വാദിച്ചുജയിക്കാൻപറ്റിയവക്കിലിന്നെവയ്ക്കാനുള്ളസാമ്പത്തികശേഷിയൊന്നുമില്ല ടോ.. ആ ബാങ്കിൽ ഏറെ നാളായി ഞാൻ ജോലി ചെയ്യുന്നു.

ഇന്നേവരെ ശമ്പളം ഒരു പത്തു പൈസ പോലും അയാൾ എനിക്ക് കൂട്ടി തന്നിട്ടില്ല. എന്നിട്ടും ഞാൻ, എന്റെ കുടുംബം പോറ്റാൻ വേണ്ടിയാണു അവിടെ അട്ടിപ്പേറായി കഴിഞ്ഞത്. കാരണം എന്നെ വിശ്വസിച്ചു സ്വന്തം വീടും നാടും എല്ലാം വിട്ടെറിഞ്ഞു വന്ന എന്റെ ഭാര്യയുണ്ട് വീട്ടിൽ. അവൾക്കിത് ഒൻപതാം മാസമാണ്. അവളുടെ കൂടെയാണു സമയം ചിലവഴിക്കാൻ പോലും എനിക്ക് പറ്റിയിട്ടില്ല എന്നിരുന്നാലും, മുഖം കറുപ്പിച്ച് ഒരു വാക്ക് പോലും എന്നോട് പറഞ്ഞിട്ടില്ല. "എല്ലാം ശരിയാകുന്നേ" എന്നും പറഞ്ഞു അവൾ എന്നെ ആശ്വസിപ്പിക്കും..... എനിക്ക് അവളുടെ കാര്യമോർത്താണ് പേടി. " എല്ലാം ശരിയാകും ജോൺസാ" നാളെയല്ലേ "കോടതി വിധി നാളെ നീ നിരപരാധിയാണെന്ന് കോടതിയിൽ തെളിയും, ജോർജ്ജ് പറഞ്ഞു.

" ഇല്ലേടോ ... ഒന്നും ശരിയാകില്ല. " ആ ബാങ്ക് മാനേജർ ഒരു വലിയ പണച്ചാക്കാ, ഞാൻ അയാളുടെ തെറ്റായ പണമിടപാടുകൾ കണ്ടു പിടിച്ചപ്പോൾ, ആണ് അയാൾ ആ കുറ്റം എന്റെ പേരിൽ അടിച്ചമർത്തിയത്, "അത് ഒന്നും രണ്ടുമല്ല " 5 കോടിയുടെ തട്ടിപ്പ് " ഞാൻ നിരപരാധിയാണെന്ന് എല്ലാവർക്കും അറിയാം, പക്ഷെ, ഓഫീസിൽ ഉള്ളവരാരും അയാളെ പേടിച്ചു ഒന്നും പറയുകയില്ല അതുകൊണ്ടു "ജീവപര്യന്തം " ശിക്ഷ ലഭിക്കുമെന്നാണ്, അടിക്കുന്നതിനിടയിൽ ആ പോലീസുകാരൻ പറഞ്ഞത്. എല്ലാവരും ആ മാനേജരുടെ ആളുകളാണ്."

"ദൈവം ഒന്നും കാണാതിരിക്കുകയില്ല." എല്ലാം ശരിയാകും." ജോർജ്ജ് പറഞ്ഞു.

"ആ എല്ലാവരും ഭക്ഷണം കഴിക്കാൻ വാ " ഇല്ലെങ്കിൽ ഇന്ന് പട്ടിണി കിടക്കാം ..." പോലീസ് കോൺസ്റ്റബിൾ പറഞ്ഞു."

ഇനിയുമൊരു അടി താങ്ങാനുള്ള ശേഷിയില്ലാത്തതിനാൽ അവർ രണ്ടു പേരും ഭക്ഷണം കഴിക്കാൻ പോയി, ഭക്ഷണം കഴിച്ചുകൊണ്ടിരിക്കെ പോലീസ് ഓഫീസർ ജോൺസനോട് പറഞ്ഞു.

"ആ എടാ....നിന്റെ ഭാര്യ പ്രസവിച്ചു പെൺകുഞ്ഞാ....."

പക്ഷെ നിനക്ക് കാണാൻ ഭാഗ്യം ഇല്ലല്ലോടാ ....."

അവൻ ഏറെ നാൾ ആശിച്ചു കൊണ്ടിരുന്ന വാർത്തയാണ് അവൻ കേട്ടത്. എന്നാൽ അത് സന്തോഷിക്കാനാവാതെ തന്റെ വിഷമം പറയാൻ

ഒരാളില്ലാതെ വിങ്ങുകയായിരുന്നു അവൻ. മനസ്സിന്റെ സംഘർഷം കൊണ്ട്, അവന്റെ ചുണ്ടുകൾ ഇടറി, കവിളുകൾ ചുമന്നു. കണ്ണുകൾ നിറഞ്ഞു, ഇറ്റിറ്റായി കണ്ണുനീർ തുള്ളികൾ കഞ്ഞിയിലേക്ക് വീണു.

ഭക്ഷണം പാതിയിൽ മതിയാക്കി അവൻ സെല്ലിലേക്ക് പോയി. കൂടെ ജോർജ്ജും പിടിച്ചുവെച്ച കണ്ണുനീർ മുഴുവൻ അണപൊട്ടി ഒഴുകി, ജോൺസൻ പറഞ്ഞു " ഞങ്ങൾ രണ്ടു പേരും ഏറെ കാത്തിരുന്ന ദിവസം... ഇന്ന്. എനിക്കൊരു പെൺകുഞ്ഞു ഉണ്ടായിരിക്കുന്നു.

ആശുപത്രിയിൽ കുഞ്ഞിനെ ഏറ്റുവാങ്ങേണ്ട ഞാൻ ഇവിടെ കൈകളിൽ വിലങ്ങുമായി കിടക്കുന്നു. എന്റെ പ്രിയ ഒരുപാടു വിഷമിക്കുന്നുണ്ടാകും, എന്താടോ എനിക്ക് മാത്രം ഇങ്ങനെ, ഒന്ന്ആലോചിക്കുമ്പോൾ ഒന്നും വേണ്ടായിരുന്നു. അയാൾ എന്ത് വേണമെങ്കിലും കാണിച്ചോട്ടെയെന്നു വിചാരിച്ചാൽ മതിയായിരുന്നു. അങ്ങനെയായിരുന്നെങ്കിൽ എനിക്ക്, എന്റെ മോളെ ഒരു നോക്ക്കാണാമായിരുന്നു അവളെ ഒന്ന്കൊഞ്ചിക്കാമായിരുന്നു. എന്റെ പ്രിയക്കൊരു ആശ്വാസമാകാമായിരുന്നു.

എനിക്കിതിനൊന്നും പറയാനില്ലല്ലോടോ... ഞാൻ എന്തൊരു ഹതഭാഗ്യനാണ്, ആറ്റു നോറ്റു 5 വർഷം കഴിഞ്ഞു ഞങ്ങൾക്കു കിട്ടിയ നിധിയാ അവൾ.....

എനിക്കിപ്പോൾ, ഒരു ആഗ്രഹമേയുള്ളൂ. " ഒരു ദിവസം ഞാൻ അഭ്യശ്യൻ ആകുകയാണെങ്കിൽ " എനിക്ക് എന്റെ കുഞ്ഞിനെ ഒരു നോക്ക് കാണാമായിരുന്നു. ഇതു പറഞ്ഞും അവന്റെ കണ്ണുകൾ ചുവന്നു അണപൊട്ടി ഒഴുകിയ വെള്ളച്ചാട്ടം പോലെ കണ്ണീരു കൊണ്ട് നിറഞ്ഞു. ഇത് ഒരിക്കലും നടക്കാൻ പറ്റാത്ത കാര്യമാണെന്നെനിക്കു അറിയാം.... എന്നിരുന്നാലും എല്ലാം നഷ്ടപ്പെട്ട് ഒരു വെറും വട്ടപൂജ്യമായി നിൽക്കുന്ന എനിക്ക് വേറെന്താണ് ദൈവത്തിനോട് ചോദിക്കാൻ ആകുക.

"ഒന്നുമില്ല" മരണത്തിനായ് കാത്തുനിൽക്കുന്ന എനിക്ക് എന്റെ കുഞ്ഞിനെ കാണണമെന്ന്, അവസാന ആഗ്രഹം പറഞ്ഞാൽ അവർ അത് നടത്തി തരുമായിരിക്കും അല്ലോടോ.....

എന്താണ് മറുപടി പറയേണ്ടതെന്ന് അറിയാതെ ജോർജ്ജ് മൗനം അവലംബിച്ചു.

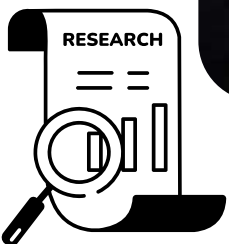
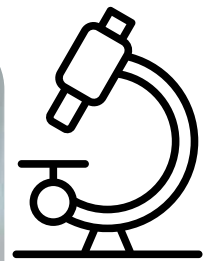
ഇതു പറഞ്ഞു കൊണ്ട് അവൻ ആ സെല്ലിനുള്ളിൽ പതുക്കെ കിടന്നു. മയങ്ങിപ്പോയി, മയക്കത്തിൽ കണ്ട സ്വപ്നത്തിലെല്ലാം തന്റെ മകളായിരുന്നു. അങ്ങനെ പിറ്റേ ദിവസം ഉച്ചസമയമായി.... ഇന്നാണ് അവന്റെ കോടതിവിധി. ഒരു പ്രതീക്ഷയുമില്ലാതെ അവൻ ആ വിധി കാത്തിരുന്നു. കുറച്ചു കഴിഞ്ഞപ്പോൾ ജോർജ്ജ് ഓടി വന്നു അവനോടു പറഞ്ഞു.

ജോൺസാ..... എടാ നിന്റെ കോടതി വിധി വന്നു. നീ നിരപരാധിയാണെന്ന് കോടതി തെളിയിച്ചു. കൂടാതെ ആ മാനേജരെ ജയിലിൽ അടക്കുവാനും വിധി വന്നു.....

സന്തോഷം കൊണ്ട് ജോൺസന്റെ മനസ്സ് നിറഞ്ഞു. താൻ കണ്ട സ്വപ്നം നടക്കാൻ പോകുന്നു, ഇതാ എന്റെ കുഞ്ഞു മോളെ ഞാൻ കാണാൻ പോകുന്നു..... അവന്റെ മനസ്സ് സന്തോഷം കൊണ്ട് അലതല്ലി .....

അങ്ങനെ അവന്റെ സ്വപ്നം പൂവണിഞ്ഞു .....

# EXPLORATION ENDEAVOURS



**“No research without action, no action without research.”**

*-Kurt Lewin*

# A Letter to My Future



Dear Future Me,

As I sit down to write this letter, I am in the middle of my four-year battle. Life right now is a mix of clinical postings, lectures, sleepless nights, and endless assignments. It's tiring, yes, but also incredibly rewarding. I wanted to take a moment to speak to you-my future self-to remind you of where you came from, what you dreamed of, and why you started this journey.

Right now, I'm learning so much not just about the human body, but also about human emotions, patience, and empathy. I'm slowly realizing that nursing is not just a profession-it's a calling. Every time I walk into a ward, I feel proud. I see patients not just as cases, but as people, each with a story, & deserving compassion and care. I know it's not always easy. There are days when I doubt myself, when I feel overwhelmed by responsibility, or question whether I'm strong enough for this path. But I hope that when you read this in the future, you will look back and smile at how far you've come. I hope you've become the nurse, the one who is skilled, kind, confident, and above all, human.

I wonder where you will be in the future. Are you working in a hospital? Or maybe you've gone on to specialize in something you love or maybe even teaching the next generation of students. Wherever you are, I hope you haven't lost the fire that keeps me going now. Please remember the patients who taught you lessons beyond the textbooks. Remember the mentors who saw potential in you. Remember your classmates who stood by you through sleepless study nights, shared notes, and encouraged you when things got tough. These moments are the foundation of who you are.

If ever the future feels uncertain, look back to this version of you-full of hope, purpose, and determination. Let her remind you why you chose this path.

With love and hope,

Your 2nd-year self



**BSc Nursing 2023 Adithya K N , Sneha Shaju, Gayathri Subash,  
Delna P H, Josna Thomas, Eva Francis, Anjo Sabu**



# NEVERNESS TO EVERNESS

My moon, who never fails to glow....  
Don't turn your face on Me,  
I fear you might cause eclipses on Earth....  
Always look to my eye,

So that I could cherish in our full moon light...  
I fear you might kill innocent people on Earth  
As I'm planning to make you fall for me...  
Please don't crush them my Moon,

Crush me, because you do crush me every single night...  
Allow me to explore your unexplored dark side,  
As I wanna delve into every part of you...  
You cause the sea form it's waves,

Just like my heart gives every beat & rhythm...  
Even a bad day seems fine when I look at you,  
But whom will I search for on New Moon Day...  
You make me feel that it's fair for me  
to wait for that day in neverness,

When all the stars start looking like you...  
Shines like you....  
Glow like you...  
What a day ... A sky full of moon.....  
What a day in neverness....



**Axel Pauly BSc 2022**

ഉത്സവം



ഓരോ ഇരുൾവഴികളും പ്രകാശിപ്പിക്കുന്ന,  
ജീവിതമാകെയും വെളിച്ചം പകർന്നു തന്ന പ്രിയ  
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# THE GLEAMS OF THE Beacon



*In the serene sky above the meadows  
Beyond emerald folds of alpine crests  
Beneath celestial dome of silken nights  
I see the guards that embrace!*

*Among the endless calls of torrent  
Amid the silver whisper of heaven  
While counting the ocean I see  
The promise carried in nature's breath!*

*Cradled in wild throb of far horizon  
Within sacred chanting of gentle fowls  
Bathed in fragrance of tender petals  
I relish the refreshing gentle arms!*

*In the pain, in every tear  
Down the broken piece of the earth  
Though the world is torn apart  
Even in the graveyard*

*I see the fire of hope blaze!  
Nothing can hold me back  
Until I embrace my own defeat  
I see the gleams of the beacon!*





(യൂണിയൻ ബാങ്ക്, റെലിഗർ എൻ്റ് പ്രൈസസ്. കേദാര ക്യാമ്പിറ്റൽസ് എന്റിവയുടെ സംയുക്ത സംരംഭം)

എടുത്താൽ പൊങ്ങാത്ത മെഡിക്കൽ ചിലവുകൾ ഇനിയില്ല...

# വേണം ഒരു കരുതൽ കൂടുംബത്തിനായി

നിങ്ങൾക്ക് നിങ്ങളുടെ വീട്ടുകാരുടെ ആരോഗ്യത്തെ കുറിച്ച് ആശങ്കയുണ്ടോ...? എന്നാൽ ഇനി അത് വേണ്ട.,

Care Insuranceയുടെ സുരക്ഷിതമായ ആരോഗ്യം ഇനി നിങ്ങളുടെ കൂടുംബത്തിനും.



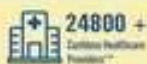
ഇന്ത്യയിൽ വർഷങ്ങളുടെ പാരമ്പര്യമുള്ള കെയർ ഹെൽത്ത് ഇൻഷുറൻസ് ക്ലെയിം ഇല്ലെങ്കിൽ പണം തിരികെ തൽകൂണ ഇന്ത്യയിലെ ആദ്യത്തെ ഹെൽത്ത് ഇൻഷുറൻസ് കമ്പനി



ക്ലെയിം വന്നില്ലെങ്കിൽ പണം തിരികെ നൽകുന്നു.

**NO AGE LIMIT**

- 5 വർഷം ക്ലെയിം വന്നില്ലെങ്കിൽ നിങ്ങളുടെ ആദ്യ വർഷത്തെ പ്രീമിയം തുക തിരിച്ചു നൽകുന്നു.
- എല്ലാ വർഷവും നിങ്ങളുടെ കവറേജ് 100% ഇരട്ടിയായി നിങ്ങളുടെ കവറേജ് അൺലിമിറ്റഡ് ആയി മാറുന്നു.
- 30 ദിവസം മുൻപ് പ്രീമിയം അടച്ചാൽ 5% ഡിസ്കൗണ്ട് നൽകുന്നു.
- പ്രീമിയം മുടങ്ങി ഗ്രേസ് പിരിഡിൽ തുടർന്നാലും ക്ലെയിം ലഭിക്കുന്നു.
- എല്ലാ വർഷവും 30% വരെ വെൽനെസ്സ് ഡിസ്കൗണ്ട് പ്രീമിയം അടക്കുമ്പോൾ ലഭിക്കുന്നു
- നോ റൂം ലിമിറ്റ് (including suite Room)
- ക്ലെയിം തുക എത്രയായാലും ക്യാഷ് ലെസ്സ് ഡിസ്ചാർജിനു ശേഷം ഓട്ടോമാറ്റിക് റീചാർജ് ആവുന്നു. നിങ്ങളുടെ പഴയ കവറേജിൽ എത്തുന്നു.
- 300+ ക്യാഷ് ലെസ്സ് ഹോസ്പിറ്റലുകൾ കേരളത്തിൽ മാത്രം. ഇന്ത്യയിൽ മൊത്തം 24800+ ഹോസ്പിറ്റലുകൾ.



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# ഗ്രന്ഥങ്ങൾക്കതീതമായ ഉൾക്കാഴ്ച്ച



പാഠപുസ്തകങ്ങളിലേക്കു മാത്രം ഒതുങ്ങേണ്ട ഒന്നല്ല പഠനം. പഠനം എന്നത് കേവലം ഒരു പുസ്തകത്തിലെ അറിവ് കൊണ്ട് അളക്കാനോ ഒതുക്കാനോ കഴിയുന്നതുമല്ല. അറിവ് നേടാൻ ഒരുപാടു സാഹചര്യങ്ങൾ ഉള്ള വർത്തമാനകാലത്തിലാണ് ഈ വിഷയം കൂടുതൽ പ്രാധാന്യം അർഹിക്കുന്നത്.

## പ്രകൃതിയെന്ന പാഠപുസ്തകം

പുരാതന കാലങ്ങളിലേക്ക് ഒന്ന് നോക്കിയാൽ പുസ്തകങ്ങളില്ലാത്ത മനുഷ്യർ അറിവ് നേടിയിരുന്നു എന്ന് വ്യക്തമാവും. പ്രകൃതിയായിരുന്നു അവരുടെ പാഠപുസ്തകം. ഗുരുക്കന്മാരിൽനിന്നു മരച്ചുവട്ടിലിരുന്നു അവർ സമ്പാദിച്ച അറിവുകൾ അവരെ ശരിയായ ദിശാബോധത്തിലേക്ക് നയിച്ചു. പണ്ട് ഒമ്പതാം ക്ലാസ്സിൽ പഠിച്ച ഒരു കഥയാണ് ഓർമ്മ വരുന്നത്. സിദ്ധാർത്ഥൻ എന്ന രാജകുമാരൻ, അദ്ദേഹം നദിയിൽ നിന്നും പഠിച്ച കാര്യങ്ങളെ പറ്റിയാണ് പ്രസ്തുത പഠനത്തിൽ പറഞ്ഞിരിക്കുന്നത്. ശാന്തമായി ഒഴുകുന്ന നദി മനസിനെ ശാന്തമാക്കുവാനും വർത്തമാനകാലത്തിൽ ശ്രദ്ധ കേന്ദ്രീകരിക്കാനും പഠിപ്പിച്ചു. ഭൂതവും ഭാവിയുമല്ല വർത്തമാനകാലമാണ് യാഥാർഥ്യമെന്ന് അദ്ദേഹം തിരിച്ചറിഞ്ഞു. കാലാവസ്ഥ വ്യതിയാനത്തെ കുറിച്ച് പണ്ട് കാലങ്ങളിൽ മനുഷ്യർ മനസിലാക്കിയത് പ്രകൃതിയിൽ നിന്നായിരുന്നു.

## വിശാലമായ പഠനത്തിന്റെ പ്രാധാന്യം

ഒരു ചൈനീസ് ചിന്താവിഷയം ഇങ്ങനെയാണ്. ഞാൻ വായിക്കുന്നു ഞാൻ മറക്കുന്നു, ഞാൻ കാണുന്നു ഞാൻ അവ ഓർക്കുന്നു, ഞാൻ ചെയ്യുന്നു ഞാൻ അവ പഠിക്കുന്നു. കുട്ടികൾക്കുണ്ടാവേണ്ട അടിസ്ഥാനപരമായ ആഗ്രഹമാണ് അറിയാനുള്ള ത്വര. അധ്യാപകർ ക്ലാസ്സിൽ പറയുന്നത് അക്ഷരം തെറ്റാതെ കേട്ടിരുന്നിട്ട് മാത്രം കാര്യമില്ല, അത് എന്ത് കൊണ്ട് അങ്ങനെ ഉണ്ടായി എന്നൊരു ചോദ്യം എപ്പോഴും ഉള്ളിലുണ്ടാകണം. 'എന്തുകൊണ്ട്' എന്ന ചോദ്യം ഇല്ലാത്തതിടത്തു പാഠപുസ്തകത്തിലെ പഠനം ആയാലും അതിനു പുറത്തുള്ള പഠനമായാലും പ്രാധാന്യം അർഹിക്കുന്നില്ല. നഴ്സിങ്ങിന്റെ കാര്യം തന്നെ എടുക്കാണെങ്കിൽ തിയറി മാത്രം പഠിച്ച ഒരാൾക്ക് ഒരിക്കലും നല്ലൊരു നഴ്സ് ആവാൻ സാധിക്കുകയില്ല. തിയറിയോടൊപ്പം ആശുപത്രിയിലെ പ്രാക്ടിക്കലും കൂടിച്ചേരുമ്പോഴേ അറിവ് പൂർണ്ണമാവുകയുള്ളൂ. ആശുപത്രിയിൽ വരുന്ന ആളുകളോടുള്ള സമീപനം ഒക്കെ നമ്മുടെ അറിവിനെ ഉയർത്താൻ സഹായകരമാണ്.

## അന്വേഷണത്തിന്റെ പ്രാധാന്യം

എല്ലാത്തിനും കാരണം കണ്ടെത്താനുള്ള ഒരു മനുഷ്യന്റെ ആഗ്രഹം അവനെ അറിവിലേക്ക് നയിച്ചു. പുതിയ കണ്ടു പിടിത്തങ്ങൾ അവൻ നടത്തുന്നു. അത്തരത്തിൽ പലരും നടത്തിയ കണ്ടുപിടിത്തങ്ങളും അന്വേഷണങ്ങളുമാണ് മനുഷ്യന്റെ നിലവാരത്തെ ഇത്രത്തോളം ഉയർത്തിയത്. കേവലം പുസ്തകപഠനത്തിലേക്ക് ഒതുങ്ങിയിരുന്നെങ്കിൽ ഇത് നമുക്ക് സാധ്യമാവുകയില്ലായിരുന്നു.

## വിശാലമായ പഠനത്തിനുള്ള സാഹചര്യങ്ങൾ

പാഠപുസ്തകത്തിനു പുറമെയുള്ള പഠനത്തെക്കുറിച്ചു പറയുമ്പോൾ അതിനുള്ള അനുകൂലമായ ഒരു സാഹചര്യം കൂടി നമുക്ക് വേണ്ടതുണ്ട്. സംശയം ചോദിക്കുന്ന കുട്ടിയെ കളിയാക്കി അവന്റെ ത്വരയെ ഇല്ലാതാക്കുന്ന അധ്യാപകരാണ് ഇനുള്ളത്. ഇന്നത്തെ കാലത്തു നമുക്ക് നോടാനുള്ള അറിവ് വെറുമൊരു കൈ വിരൽത്തുമ്പിൽ നമുക്ക് ലഭ്യമാണ്. ഫോണുകളും കമ്പ്യൂട്ടറുകളും എല്ലാം ഉള്ള ഒരു കാലം. സാങ്കേതിക വിദ്യ അത്ര മാത്രം ഉയർന്നിരിക്കുന്നു. കയ്യിലുള്ള അറിവിനെ ശരിയായ രീതിയിൽ ഉപയോഗിക്കുകയാണ് വേണ്ടത് ബൈബിളിൽ പറയുന്ന താലന്തിന്റെ ഉപമ പോലെ കയ്യിൽ ഉള്ള അറിവിനെ അനുകൂലമായ സാഹചര്യം നൽകി വളർത്തേണ്ടതിനു പകരം ഇല്ലാതാക്കി മണ്ണിലിട്ടു മൂടി വെക്കാതെ നാം നോക്കണം.

വിദ്യാഭ്യാസം എന്ന് പഠനം പഠനത്തിലെ അറിവ് പകർന്നു നൽകുക മാത്രമല്ല ഒരു കുട്ടിയുടെ ശരിയായ മാനസിക, ആത്മീയ, വളർച്ചയിൽ സഹായിച്ചു അവന്റെ സമഗ്രമായ ഉയർച്ചയെ ലക്ഷ്യം വെക്കലാണ്. അവന്റെ സന്മാർഗമായ കഴിവുകളെ പുറത്തേക്ക് കൊണ്ട് വന്നു സമൂഹത്തിലെ ഉത്തമ പൗരന്മാരായി ജീവിക്കാൻ പ്രാപ്തമാക്കുന്നതാണ് അത് - മഹാത്മാഗാന്ധി.

ആരാണൊരു അധ്യാപകൻ എന്ന് ചോദിച്ചാൽ, ഒരു വിദ്യാർത്ഥിയുടെ സമഗ്രമായ വളർച്ചക്ക് ഉതകുന്ന കാര്യങ്ങൾ അവനെ പഠിപ്പിക്കുന്നവനാണ് അധ്യാപകൻ. പാഠപുസ്തകത്തിലെ കാര്യങ്ങൾ മാത്രമേ ഒരു അധ്യാപകൻ പഠിപ്പിക്കുന്നു എന്നുണ്ടെങ്കിൽ അദ്ദേഹം അധ്യാപനത്തിൽ പരാജയപ്പെട്ടു. അടിസ്ഥാനപരമായി ഒരു വിദ്യാർത്ഥിയെ ദിശാബോധം ഉള്ളവനായി സന്മാർഗിയായി വളർത്തണമെങ്കിൽ പാഠപുസ്തകത്തിന് പുറമെയുള്ള അറിവും ആവശ്യമാണ്.

പണ്ടൊരു തോണിയിൽ ഒരു പണ്ഡിതൻ അക്കരക്കു പോവുകയായിരുന്നു. തന്റെ അറിവിൽ അഹങ്കാരം വെച്ചിരുന്ന അയാൾ പറഞ്ഞു തുഴക്കാരാ ; നിങ്ങൾക്കു തിയോളജി അറിയുമോ ? ഇല്ല എന്ന മറുപടിക്ക് അയാൾ പറഞ്ഞു നിങ്ങളുടെ പകുതി ജീവിതം പോയി. പിന്നെയും അയാൾ ചോദിച്ചു നിങ്ങൾക്കു ഫിലോസഫി അറിയുമോ ? വീണ്ടും അയാൾ ഇല്ലയെന്ന് മറുപടി നൽകി. നിങ്ങളുടെ മൂക്കാൽ ജീവിതവും പോയി എന്ന് പൂച്ചത്തോടെ പണ്ഡിതൻ പറഞ്ഞു. അപ്പോൾ തുഴക്കാരൻ തിരികെ അയാളോട് ചോദിച്ചു താങ്കൾക്ക് നീന്താൻ അറിയുമോയെന്ന്. ഇല്ല എന്ന് പണ്ഡിതൻ പറഞ്ഞപ്പോൾ തുഴക്കാരൻ പറഞ്ഞു എന്നാൽ നിങ്ങളുടെ ജീവനും ജീവിതവും മുഴുവനും പോയി. ദാ തോണിയിൽ വെള്ളം കേറുന്നു. ഇതിപ്പോൾ മറയും. ഞാൻ നീന്തി രക്ഷപ്പെടും. അറിവുള്ളവൻ അതില്ലാത്തവനെ പൂച്ചിക്കരുത്. പാഠപുസ്തകത്തിലെ അറിവ് മാത്രമാണ് അവർക്ക് കുറവുള്ളത് എന്നാൽ അവർ ജീവിതാനുഭവങ്ങളുടെ കാര്യത്തിൽ അറിവുള്ളവരാണ്.

ഇത് പോലെയാകരുത് നമ്മുടെ അറിവ്. പാഠപുസ്തകങ്ങളിലേക്ക് മാത്രം ഒതുങ്ങാതെ അറിവിന്റെ വിശാലമായ ലോകത്തിലേക്ക് അന്വേഷണത്തിന്റെ ത്വര വെച്ച് നമുക്ക് പറക്കാം.....

# The great outdoors



# If I was



If I was intelligent,  
Would my parents love me more?  
They would still call me incompetent,  
For not getting the perfect score.

If I was confident,  
Would others look into my flaws?  
They would still slap me with the hateful compliment,  
To never let me out of the indoors.

If I was thin enough,  
Would people pay me more attention?  
They would still give me more food to stuff,  
Regardless of calling me 'stick' to mention.

If I had a pretty face,  
Would I be granted more privilege?  
They would still call me a 'disgrace',  
For taking my beauty as an advantage.

If I was mature,  
Would people consider my decisions?  
They would still call me 'immature',  
Ignoring my true envisions.

If I was a quiet kid,  
Would people judge my silence?  
They would still complain about what I did,  
And call me a 'nuisance'.

If I was myself,  
Would anyone appreciate me?  
They would stilln't notice my true self,  
Until I show what they lack to be.



**Jospheena Biju BSc 2024**

# THE NURSING AWARDS-2025



- 1 H. E Mar. James Pazhayattil Award For Best Academic Performance In Bsc Nursing Instituted By St. James' Hospital Trust Goes To- **Ms. Aleena Lal, C.L**
2. Rev. Fr. Thomas Panjikan Award For The Highest Score In Foundations Of Nursing Instituted By Rev. Fr. Thomas Panjikan, Founder Director, St. James' Hospital Goes To- **Ms Christeena Sunny & Ms Margaret Mariya Joy**
3. Mr Vadakedath George Mathew Award For The Highest Score In Nursing Research Instituted By Dr. Mariam Mathew, Former Principal, St. James Of Nursing Goes To – **Ms. Aleena Lal, C.L**
4. 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 Goes To – **Ms. Aleena Lal, C.L**
5. Maria Radlmair Award For The Highest Score In Community Health Nursing Instituted By Dr. Cicily Joseph, Former Head Of The Department. Community Health Nursing Goes To. -**Ms. Aleena Lal C.L**
6. Kanchai Thomas Jose Award For The Highest Score In Obg Nursing Instituted By Mr Thomas Jose Goes To – **Ms. Aleena Lal C.L**
- 7.Fr. Varghese Pathadanawardfor The Best Hosteller Instituted By Rev. Fr. Varghese Pathadan, Former Director, St. James Group Of Institutions Goes To **Ms. Nandhana K.J**
8. Alumni Association Award For The Best Leader, Instituted By Alumni Association, Goes To- **Ms Angel Peter**
9. Alumni Association Award For The Highest Score In Child Health Nursing Of Bsc. Nursing Institution By Alumni Association Goes To- **Ms. Aleena Lal C.L**
10. Ms. Anooa Jose Memorial Award For Highest Score In Psychology In P.B.B.S.C. Nursing Instituted By Mrs. And Mr. Jose Kolenchery In Remembrance Of Their Daughter Anooa Jose, Head Of The Dept. Mental Health Nursing Goes To-**Ms Anagha V.M**



11. Ms. Anooa Jose Memorial Award For Best Academic Performance In P.B.B.S.C. Nursing Instituted By Mrs. And Mr. Jose Kolenchery In Remembrance Of Their Daughter Anooa Jose, Head Of The Dept. Mental Health Nursing Goes To – **Ms Dhanya P.M**

12. Ms. Anooa 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 Goes To - **Ms. Aleena Lal C.L**

13. Ms. Anooa 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 Goes To – **Ms Rosmaria P.V**

14. Ms. Anooa Jose Memorial Award For Highest Score In Mental Health Nursing Of P.B.B.S.C. Nursing Instituted By Mrs. And Mr. Jose Kolenchery In Remembrance Of Their Daughter Anooa Jose, Head Of The Dept. Mental Health Nursing Goes To -**Ms Anagha V.M. & Ms Dhanya P.M**

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# ചങ്ങാതി

ഓരോ കാഴ്ചയും, ഓരോ ഓർമ്മയാകുന്നു  
അപ്രതീക്ഷിതങ്ങളുടെ, ഒരു നട്ടുച്ചയിൽ  
മിന്നാരങ്ങളുടെ തണലിൽ വച്ച്  
കൊഴിഞ്ഞു വീണുകൊന്ന പൂക്കളിൽ  
എനിക്കെന്റെ ചങ്ങാതിയെ കിട്ടുന്നു.  
ഞാനാരെന്നോ..... നീയാരെന്നോ.....  
ചോദിക്കാതെ സൗഹൃദത്താൽ  
കരൾ നിറഞ്ഞുവീണ്ടും കാണാമെന്നു  
സുനിശ്ചിതത്തുത്തിൽ പൂൽത്തകിടി  
വിട്ടുറങ്ങുന്നു നാം.



 **Catherin Rose M J**  
**BSc 2022**

## “THE SEED THAT REFUSED TO DIE”



On a hot summer afternoon in 1990s, the village of "Hiware Bazar" in Maharashtra looked more like a desert than a home. Wells dried up, crops were shriveled with lack of water and families were packing up their belongings, leaving behind their land of ancestors. Poverty was clearly hung in the air and nobody could afford one emotion "Hope". In the middle of all this stood a young man named Popatrao Pawar. He wasn't a wealthy farmer, nor a political leader. But he carried one deep belief in his heart. "If a seed can push through a stone and grow, then so a village can." Instead of leaving, he chose to stay. Instead of giving up, he decided to bring back the luscious crops and green fields of his village, with his creative ideas. He began with something simple. That was, he dugged rain water pits to hold every single drop of later. He planted trees along the dusty paths. Encouraged farmers to shift their mind from cash crops to crops that could survive on less. At first, people laughed at him. Change is never easy. But slowly the laughter and mocking of villagers faded, when the wells began to fill again. Fields turned green. And within a decade, Hiware Bazar transformed into one of the most prosperous villages in Maharashtra. Today, Hiware Bazar is called a "model village of India." Its success is remembered and studied by every student, leader and farmer across the nation. When people ask Pawar how he made it possible, he simply smiles and says: "Hope is like a seed. If you nurture it, it grows and when it grows it feeds everyone around it."



**Souparnika Siju BSC 2023**

# MOVIE REVIEW – ATHIRAN



Cinema strongly influences public attitudes toward mental health. Thrillers often use psychiatric settings to build suspense but can create harmful stereotypes. Athiran (2019), a Malayalam psychological thriller, is one such film that dramatizes mental illness. Reviewing it provides an opportunity to reflect on how movies shape societal views.

The film begins in 1967 with Nithya (Sai Pallavi) found at a murder scene, suggesting her guilt. The story then shifts to a remote psychiatric hospital in the 1970s, run by Dr. Benjamin Diaz (Atul Kulkarni). Dr. Kannan Nair (Fahad Fazil) visits the hospital to investigate deaths and uncovers the truth behind Nithya's confinement.

Set in a psychiatric institution, the movie presents characters with varied mental conditions. While some are eccentric, others are violent or delusional, reinforcing stereotypes of patients as dangerous and isolated. Nithya is depicted with autistic traits, yet she is introduced in a disturbing scene linked with murder, feeding the perception of violence in mental illness. Characters like Sister Anna Maria, portrayed as homicidal, further highlight negative stereotypes commonly found in cinema.

Treatment methods in the film also raise concerns. Dr. Diaz is shown as exploitative, using coercion, restraints, hypnosis, and Electroconvulsive Therapy (ECT) for control and punishment. Such exaggerated portrayals are unrealistic but reinforce fear and stigma. In contrast, Dr. Nair initially represents compassion and rational care, though later revealed as psychotic himself again linking psychiatry and violence.

These repeated negative depictions contribute to public misconceptions. While violence and death heighten dramatic effect, associating them with mental illness deepens stigma. In contrast, Malayalam cinema has also produced sensitive portrayals such as Spirit (2012), North 24 Katham (2013), Aby (2017), and Hey Jude (2018) which encouraged dialogue and empathy. Unfortunately, Athiran undermines these positive efforts by reinforcing fear and misunderstanding.

Conclusion:

Though Athiran succeeds as a thriller, it risks damaging perceptions of mental illness. For mental health professionals, such films should serve as teaching tools to challenge myths, promote empathy, and advocate for accurate depictions. Ultimately, every film that touches on mental illness is not just entertainment, it is also a message to society, and it is our role as professionals to ensure that message leads to awareness, acceptance, and dignity for those living with mental health challenges.

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**Ms. Neethu P V**

**Assistant Professor, Mental Health Nursing Department**

## THE LONELY SOUL

In a sea of glowing faces  
words bloom, then vanish swift  
A thousand voices call my name  
yet silence answers all the same.

Wired together those souls  
an unseen distance guards each heart  
I hold the world in my plam  
yet the world doesn't calm me.

Their laughter rings, a constant tide  
yet none can hear the storm inside.

Surrounded by many souls  
still I stand alone.

Yet I'll wear this mask and move  
and hide the ache within in my heart

For in this crowd around  
I'll find my way.



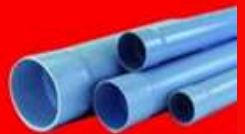
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# കാവലാൾ

കാർഗിലിൽ വെടിയൊച്ച കാതിൽ മുഴങ്ങുന്നു  
നാടിൻ വെടി പുക എങ്ങും മറയുന്നു  
ചോരവാർന്ന് പിടഞ്ഞു വീഴുന്നു  
ചേതനയറ്റൊരു മേനിയായി തകരുന്നു  
വാടുന്നു...വീഴുന്നു....പുഷ്പങ്ങളൊക്കെയും  
നാടിൻ നാളെതൻ താരങ്ങളൊക്കെയും.....!



ഇന്ത്യ - പാക്ക് യുദ്ധസമതലം  
നിശ്ചലമാകുന്ന വെടിയൊച്ച മാത്രമായ്  
കാർന്നു തിന്നുന്നു സ്വവർഗ്ഗഭോജികൾ  
നാടിനരുമയാം ഭൂപടമൊക്കെയും  
ഇന്നിൻറെ നോവായ് ...തീയായ് ... തേങ്ങലായ് ...  
നാടിൻ നാളെ തൻ താരങ്ങളൊക്കെയും .....

ഹിന്ദുവില്ലിസ്സാമില്ല ക്രിസ്ത്യാനി-  
യില്ലാതെയാകുന്നു നാമാവശേഷമാകുന്നു  
കിടപ്പാടമില്ലാതെ അന്നമില്ലാതൊന്നു  
വാവിട്ടു വിങ്ങുന്നു ജീവച്ഛവമായ്....  
ഇന്നില്ല...ഇന്നിയില്ല...നാളേക്കൊന്നില്ല....  
നാടിൻ നാളെ തൻ താരങ്ങളൊക്കെയും.....!

ഉതിർക്കുന്നു വെടിയെതിർക്കാനൊന്നിങ്ങു  
ചിതറിപ്പിടുന്നൊരാ വെടിയുണ്ടായൊക്കെയും  
നാടിൻറെ ധീരരായ്....കാവലായ്...ചിലരങ്ങു  
വീരരായ് മന്നിതിൽ വൻ മതിൽ പണിയുന്നു  
അമരരായ് മരണത്തെ തുടച്ചു നീക്കുന്നു....  
നാടിൻ ധീര സേനയായ് ഉയരുന്നു.....!

വീടിനോർമ നാടിനായ് മറന്നവർ  
ജീവച്ഛവമായ് വെന്തു നീറുന്നവർ  
കാതോർത്തിടും നിലവിളി - വെടിയൊച്ച  
തുടച്ചു നീക്കിടും ശത്രുസൈന്യത്തേയും  
കൊടിയ തണുപ്പിനെ വകവെച്ചിടാതൊന്നു  
പോരാടിടുന്നു നാടിൻ നന്മക്കായ്.....!

അതിർത്തിയുദ്ധങ്ങൾ തർക്കങ്ങളെല്ലാം പെരുകുന്നു,  
തീയായ് പുകയായ് കത്തിച്ചുലിക്കുന്നു .....  
പ്രതികാര ജ്വാലയിൽ മുങ്ങുന്നൊരിന്ത്യയെ  
കരളു കൊടുത്തു കാത്തിടും കാവൽക്കാർ  
അമരരായ്....ധീരരായ്...ധീരതയോടിന്ന് ....  
നെഞ്ച് വിരിക്കുന്നു ചാവേറു പോരിനായ് .....

ഭാരതമണ്ണിലെ സിന്ദൂരം മായ്ച്ചൊരാ ....  
പാക്ക് സൈന്യത്തെ ഉറ്റുനോക്കുന്നു  
തക്കം പാർത്തിന്നു പൊരുതുന്നു കരുതുന്നു  
നാടിനരുമയാം സമ്പാദ്യമെന്നുമേ ....  
വീഴാതെ കാക്കുന്നു ത്രിവർണ പതാകയും .....  
അശോക സ്തംഭവും നാടിൻറെ നന്മയും .....

മരണത്തെമർത്തിടും അമരരാം ധീരന്മാർ  
നെഞ്ചുവിരിച്ചിടും നാടിൻറെ കാവൽക്കാർ  
പതറാതെ... തളരാതെ.... കരുതുന്ന മാനസം  
പൊട്ടിച്ചിതറാത്ത പളുങ്ക് പാത്രം പോൽ  
മറക്കാതെയോർത്തിടും ഈ നാമങ്ങളെന്നുമേ  
കാത്തിടാം അമരരാം ധീര ജവാക്കളെ .....

# ധാത്രി



പതിറ്റാണ്ടിനുമുൻപിരുന്നു പോയൊരമ്മയെ  
അവിചാരിതമായി ഇന്ന് ഞാൻ കണ്ടു മുട്ടി  
ആയമ്മ അടുത്തുവന്നെന്നോട് ക്ഷേമമെന്നോട് ചോദിച്ചു  
അവരുടെ തുവെള്ള വസ്ത്രം ഞാൻ നോക്കി കിടന്നു  
എന്റെ ബന്ധുക്കൾ ഇവരെ ചിത്ത വിളിക്കുന്നു  
അത് കേട്ടപ്പോഴും ചിരിച്ച് അവരെന്റെ മലം കോരുന്നു  
ഇതൊക്കെ കണ്ടിട്ടും മിണ്ടാനാകാതെ ഞാനവിടെ കിടന്നു  
ആ ധാത്രി ചിറകുവിടർത്തി പറക്കാൻ തുടങ്ങുന്നു  
അപ്പോഴും കൂടെയുള്ളവർ ഉറക്കെ വിളിക്കുന്നു  
സിസ്റ്ററെ എന്റെയടുത്തെക്ക് ഓടി വാ .....

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# REVOLUTIONIZING CANCER CARE: THE POWER OF ARTIFICIAL INTELLIGENCE



## Introduction

Cancer is one of the biggest health challenges in the world. It affects millions of people every year. Treating cancer is difficult because it is complex and different for every patient. Today, artificial intelligence (AI) is changing how we fight cancer. AI tools are helping doctors detect cancer earlier, make more accurate diagnoses, and create treatment plans that are personalized for each patient.

## The Role of AI in Cancer Care

### Early Detection and Diagnosis

AI can study medical images such as mammograms, CT scans, and MRIs. It can find cancer at very early stages, sometimes even before symptoms appear. This allows doctors to begin treatment sooner and improve survival rates.

### Personalized Medicine

AI can analyze genomic data, medical history, and treatment records. It helps doctors choose the right treatment for each patient instead of using the same approach for everyone. This reduces side effects and makes treatment more effective.

### Predictive Analytics

AI systems can predict how a disease may progress and how patients may respond to treatments. This helps doctors adjust treatment quickly if needed and provide better care.

## Benefits of AI in Cancer Care

**Better Accuracy:** AI reduces human errors in diagnosis and treatment planning.

**Faster Results:** AI can process large amounts of data quickly, saving time for doctors and patients.

**Personalized Care:** Each patient gets a treatment plan designed for their unique needs.

**Support for Doctors:** AI takes care of routine tasks so doctors can focus on patients.

## Challenges and Limitations

**Data Quality:** AI needs large amounts of accurate and high-quality data to work well.

**Bias in Data:** If the training data has biases, AI may repeat those mistakes.

**Regulations:** Clear rules are needed to make sure AI is safe and used responsibly in healthcare.

**Trust:** Patients and doctors must trust AI systems to use them effectively.

## Conclusion

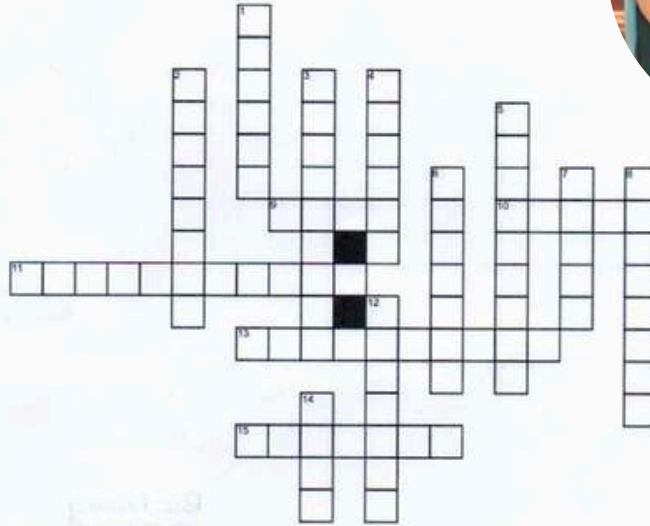
AI is transforming cancer care. It offers earlier detection, precise diagnosis, and treatments that are designed for each patient. Although there are challenges such as data quality and regulations, the benefits are powerful. With careful use and continuous improvement, AI can save lives, improve outcomes, and bring hope to millions of patients around the world. The future of cancer care will combine human expertise with the intelligence of machines to create a stronger fight against cancer.



**Minilekha**

**Assistant Professor, Adult Health Nursing Department**

# MENTAL HEALTH MATTERS



## Across:

9. To cease from work or movement
10. To make or become less tense and anxious
11. To connect to 1 or more people using a variety of senses or outlets
13. To create a period of focused mindfulness or spiritual relaxation
15. To be sound and well and not sick

## Down:

1. To unravel, loose up and relax
2. To place confidence and belief in a person or thing
3. To maintain contact with others
4. To protect from or unlikely to cause danger, risk or injury
5. To obtain the food necessary for health and growth
6. To drink water or consume combined elements of water
7. To rest unconscious, with eyes closed
8. To sustain physical effort for good health
12. To extend muscles or limbs as a form of exercise
14. To speak to someone or others and to express ideas or feelings

## Word Bank:

Unwind, Meditation, Exercise, Trusting, Talk, Connected, Hydrate, Rest, Relax, Nutrition, Healthy, Stretch, Sleep, Communicate, Safety



**BSc 2023 Abiram, Adithya, Anna Rose Raju, Ashna Davis,  
Angel Rose P S, Mariya K Lalu, Lista K F, Anusree**

# TRENDING TOMORROW



Change today is no longer steady - it's exponential. Trends are no longer confined to fashion or technology; they span culture, sustainability, health, and the way we define purpose. As we advance into the 21st century, we are not just adapting to change - we are being reshaped by it.

## 1. Digital Decentralization

Blockchain has grown beyond cryptocurrency, symbolizing a shift away from centralized control. Web3, decentralized finance (DeFi), and DAOs reflect a push toward digital democracy. Yet, the question remains: Are we gaining freedom, or fragmenting truth?

## 2. AI: From Automation to Augmentation

Artificial Intelligence is moving beyond task replacement to creativity and decision-making. Generative AI blurs the human-machine boundary, while raising questions about ethics and values. The challenge: Can human wisdom keep pace with machine intelligence?

## 3. The Great Re-Evaluation of Work

Work is no longer defined by hours clocked, but by meaning. Remote models, four-day weeks, and the demand for wellness reflect a workforce seeking purpose and autonomy. In tomorrow's workplace, AI may be a colleague, but emotional intelligence will remain the true leader.

## 4. Sustainability 2.0

The focus has shifted from "less harm" to "active healing." Regenerative farming, zero-waste design, and eco-conscious branding are becoming expectations, not options. For businesses, sustainability is no longer a value-add—it's survival.

## 5. Mental Health Mainstream

Mental health has entered the public spotlight through mindfulness tools, workplace wellness, and social awareness. But the trend is moving from self-care to community care: ensuring that society itself becomes a system of support.

## 6. Reimagining Education

Education is shifting from memorization to adaptability. VR classrooms, AI tutoring, and lifelong, modular learning prioritize creativity and critical thinking over rote. The lesson: success belongs to those who adapt, not just those who know.

## 7. The Medical Renaissance

Medicine is entering the P4 era: Predictive, Preventive, Personalized, Participatory. Genomics, biosensors, and AI-powered diagnostics are transforming care access globally. Pediatric medicine, in particular, is turning preventive, focusing on mental health, environment, and early intervention. Health today is no longer just treatment—it's cultivation of lifelong well-being.

## Final Thoughts

The trends shaping our world are not simply about novelty, but about meaning. They reveal our search for balance: between speed and stillness, progress and preservation, technology and humanity. The real question is not what future is coming, but who shapes it.



**Neethu V Kodiyan**

**Assistant Professor**

**Child Health Nursing Department**

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# RESONANCE OF A SILENT PLEA



During my years in pediatric nursing, I have come across many children – some cheerful, some ill, some brave beyond their age. But there is one child whose memory remains etched in my heart, not because of her illness, but because of the quiet pain she endured. She was a preschooler, around four years old, admitted to the pediatric ward. From the moment I saw her, she was crying constantly – loud, helpless sobs that seemed to come from a place of fear more than discomfort. At her side was her mother – her only bystander – who was suffering from a severe psychiatric condition.

Each time we tried to console the child or speak gently to her, the mother would become disturbed. She would quickly take the child back to the room and, to our distress, beat her. Our attempts to comfort the child often resulted in more harm when she was taken away from our sight. We felt deeply helpless.

We wanted to protect her, but also needed to avoid provoking further aggression from her mother. There were no other relatives. No visitors. No safe presence for the child to turn to. The mother, in her condition, was unable to provide the love and security that every child deserves. Eventually, we informed the social worker, and steps were taken to involve child protection services. But even within those few days, we could see the emotional impact on the child. She gradually stopped crying- not because she felt better, but because she had withdrawn.

Her silence became more painful than her tears. That little girl taught me something I will never forget – that nursing is not only about medication or procedures. It is also about observation, compassion, and speaking up for those who cannot. It reminded me that some children need not just care, but protection. Her face still comes to my mind, quietly reminding me why I chose this profession. I carry her story with me, and I always will. That little girl changed the way I see nursing. I learned that sometimes the pain we see is only the surface.

That behind closed doors, suffering can intensify – especially for children who cannot defend themselves. She taught me that nurses aren't just caregivers – we are protectors, observers, and sometimes the only voice for the voiceless. To this day, I pray she found a safer place. But I know I'll never forget her. She stays with me – in my classroom, in every vulnerable child I meet, and in my unwavering belief that no child should ever suffer in silence.



**Ms.Rinka Mol Chackochan,**  
**Associate Professor,**  
**Child Health Nursing Department**



# ഉന്നതിയുടെ വീഥികളിലൂടെ

ഇതൊരു യാത്ര വിവരണമല്ല, ഞങ്ങൾ അനുഭവിച്ച ഞങ്ങളുടെ മനസിനെ സ്പർശിച്ച അനുഭവ കുറിപ്പാണ്. Community Health Nursing Department ന്റെ ഭാഗമായി വളരെ യാദൃശ്ചികമായിട്ടാണ് വാഴച്ചാൽ ഡിവിഷനിലെ ആദിവാസി കോളനിയിലേക്ക് പോകാനായി സാധിച്ചത്. തികച്ചും അപ്രതീക്ഷിതമായൊരു യാത്ര.

കാടിൻറെ ഭംഗി ആസ്വദിച്ച്, വെള്ളച്ചാട്ടത്തിന്റെ നേർത്ത ശബ്ദങ്ങളിലൂടെ ഏകദേശം 10 മണിയോട് കൂടി ഞങ്ങൾ അവിടെ എത്തിച്ചേർന്നു. എല്ലാ വീടുകളും അതിലെ ജീവിതങ്ങളും ഒരേ ദിശയിൽ. നമ്മൾ പുതിയ സ്വപ്ന ഭവനങ്ങൾ പണിതുയർത്താനും പുതിയ ഉയരങ്ങളിലേക്ക് ഓടി കയറുവാൻ നെട്ടോട്ടമോടുമ്പോൾ, ചെറിയ സ്വപ്നങ്ങളും പ്രതീക്ഷകളുമായി കാടിനോട് ചേർന്ന് നിൽക്കുന്ന ഒരു കൂട്ടം ജീവിതങ്ങൾ.

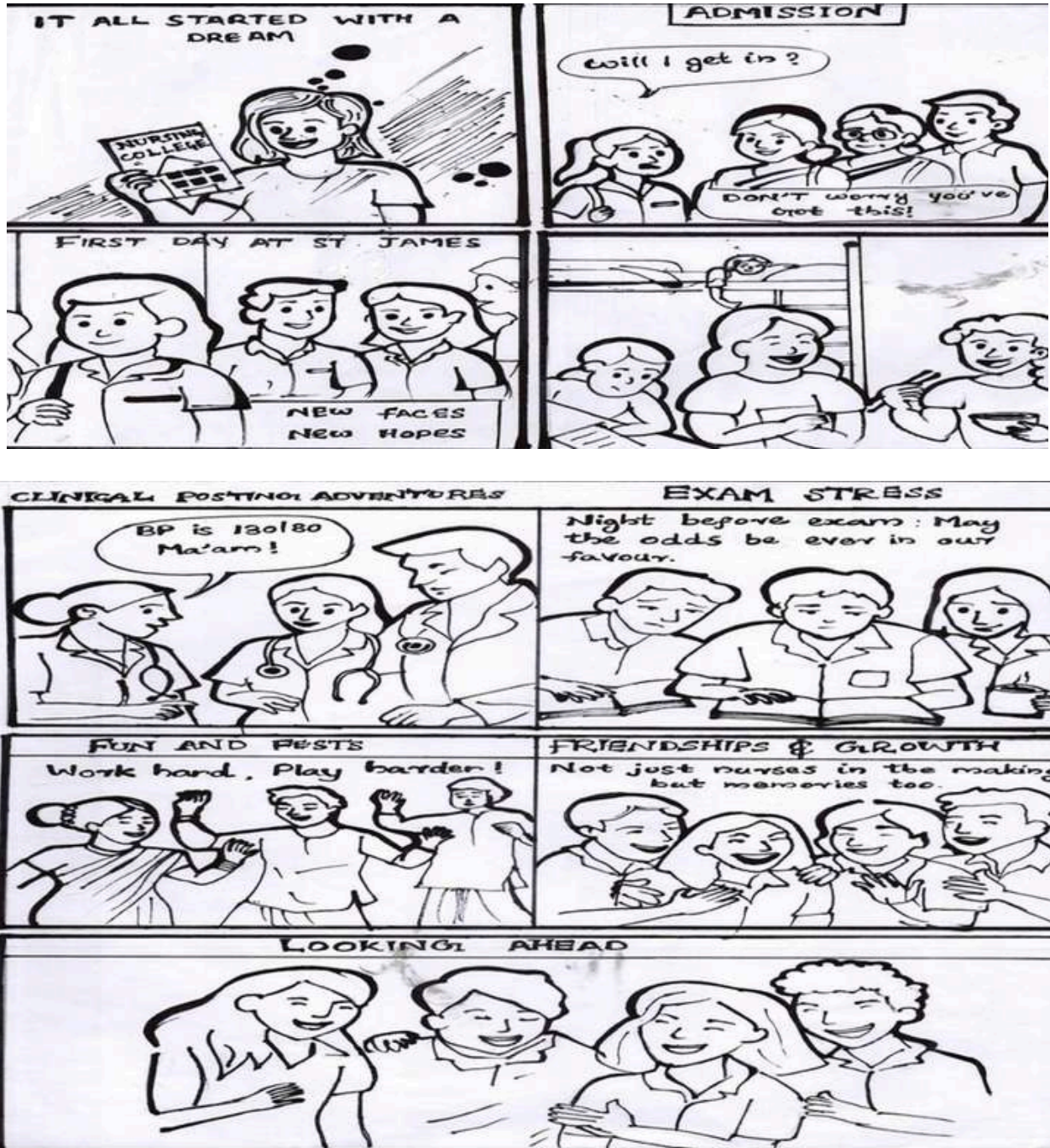
പണത്തിനോടുള്ള അമിത ആർത്തിയോ, പുതിയ സ്വപ്ന ഭവനങ്ങൾ പണിയാനുള്ള ഒരു ആവേശവും ഞങ്ങൾക്ക് അവിടെ കാണുവാൻ സാധിച്ചില്ല. പ്രളയത്തെയും മൃഗങ്ങളുടെ ആക്രമണങ്ങളെയും ഭയന്ന് തങ്ങളുടെ മക്കളെ ഹോസ്റ്റലിൽ നിർത്തേണ്ടി വരുന്ന നിസ്സഹായരായ മാതാപിതാക്കളെ ഞങ്ങൾ അവിടെ കണ്ടു. ഈ യാത്രയിൽ ഈ കുരുന്നുകളെയും അവരുടെ വിദ്യാലയവും സന്ദർശിക്കുവാനും, അവരോടൊപ്പം സമയം ചിലവഴിക്കാനും സാധിക്കുകയുണ്ടായി.

പുതിയ ലോകത്തെയും, എത്തിപ്പിടിക്കേണ്ട സ്വപ്നങ്ങളെയും കുറിച്ച് പറഞ്ഞപ്പോൾ ആ കുരുന്നുകളുടെ കണ്ണിലെ പ്രകാശം ഞങ്ങളിൽ അത്ഭുതം ഉണർത്തി. ഒരു തരത്തിൽ നഴ്സിംഗ് വിദ്യാർഥിനികൾ അവർക്കു കൗതുകവും ഒരേ സമയം പുത്തൻ സ്വപ്നങ്ങളിലേക്കുള്ള ചെറിയ വാതിലുകൾ ആയി മാറി. അവിടെ വെച്ച് അവിൽ എന്ന് പേരുള്ള ഒരു 18 വയസുകാരനൊപ്പം സമയം ചിലവഴിക്കാനായി.

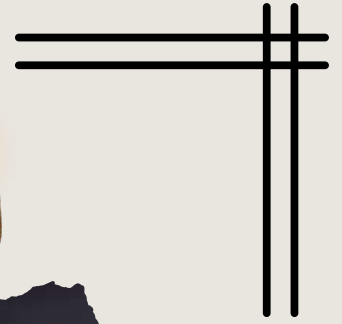
പത്താം ക്ലാസ്സിലെ പഠനത്തിന് ശേഷം കാട്ടിൽ വനവിഭവങ്ങൾ ശേഖരിച്ചു അത് വിറ്റഴിച്ചും, വാഴച്ചാൽ ഡിവിഷനിൽ ഗാർഡായും ജീവിക്കുന്ന ഇടുങ്ങിയ ചിന്താഗതിയുള്ള ഒരു ചെറുപ്പക്കാരൻ. വിദ്യാഭ്യാസത്തിൻറെ പ്രാധാന്യത്തെ കുറിച്ചും, പുതിയ പഠനമേഖലകളെ കുറിച്ചും, അവനെ ബോധ്യപ്പെടുത്താനായത് ഞങ്ങളിൽ ഒരു സന്തോഷത്തിൻറെ നീർച്ചാലുകൾ ഉണ്ടാക്കി.

കാട് അതാണ് അവരുടെ ലോകം. സമ്പത്തിൻറെയും വിദ്യാഭ്യാസത്തിൻറെയും പേരിൽ സ്വന്തം ബന്ധങ്ങൾ മറന്ന് പോരടിക്കുന്നവർക്ക് അവർ ഒരു മാതൃകയാണ്. ഒരു നാണയത്തിൻറെ ഇരു വശങ്ങൾ പോലെ അവരും ഇനി വളരേണ്ടിയിരിക്കുന്നു. അതിനായി നാമോരോരുത്തരുടേയും സഹായഹസ്തങ്ങൾ അവർക്കാവശ്യമാണ്. ഈ കുറിപ്പെഴുതി തീരുമ്പോൾ ഞാനും ഒരു നിമിഷം ആശിക്കുന്നതും അതു തന്നെയാണ്. സമൂഹത്തിന്റെ ഉന്നതിയിലേക്ക് ഉന്നതി എന്ന് ചെല്ലപ്പേരിട്ടു വിളിക്കുന്ന ഒരു ജനതയുടെ വളർച്ച.

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# OBG NURSING TODAY



## Women-Centered Care

- Holistic approach: physical, emotional, social, cultural, and spiritual needs
- Respectful Maternity Care (RMC)
- Birth companionship & autonomy in childbirth decisions



## Technological Advancements

- ❑ Electronic Fetal Monitoring (EFM)
- Tele-Obstetrics: Virtual consultations, especially in rural areas
- Ultrasound & 3D Imaging
- Use of Artificial Intelligence in fetal surveillance and risk assessment



## Evidence-Based Practice

- WHO-recommended labor and delivery protocols
- Delayed cord clamping, skin-to-skin contact
- Reduced episiotomy rates, labor mobility encouragement



## Complementary & Alternative Therapies

- Aromatherapy, massage, music therapy
- Non-pharmacological pain relief methods
- Prenatal yoga and breathing exercises



## Mental Health Integration

- Screening for perinatal depression and anxiety
- Postpartum support groups
- Trauma-informed maternity care



## Interdisciplinary Collaboration

- Midwife-led care models
- Collaboration with dietitians, physiotherapists, lactation consultants
- Shared decision-making models



## Genetics & Reproductive Technologies

- Genetic counseling during pregnancy
- Assisted Reproductive Technologies (ART) like IVF, IUI
- Nursing role in pre-implantation and prenatal screening



## Continuous Professional Development

- Simulation-based OBG skill training
- Emergency obstetric drills (PPH, eclampsia)
- Online certification and CME modules



## Legal & Ethical Practices

- Informed consent and patient rights
- Ethical considerations in abortion and surrogacy
- Confidentiality in reproductive health services



## Innovation in Maternal Health Programs

- Janani Suraksha Yojana, LaQshya, PMSMA in India
- High-Risk Pregnancy Tracking
- Birth preparedness and complication readiness (BPCR)



### Focus on Adolescent and Menopausal Care

Adolescent reproductive health clinics  
Counselling for menstrual hygiene and contraception  
Menopause support clinics

#### Conclusion:

The field of Obstetrics and Gynaecological Nursing is rapidly evolving, integrating women-centered approaches with technological innovation, evidence-based practice, and interdisciplinary collaboration. Emphasizing respectful, ethical, and holistic care across the reproductive lifespan - from adolescence to menopause - current trends empower nurses to provide safe, compassionate, and culturally sensitive care. Continuous professional development and integration of mental health, genetics, and alternative therapies further enhance the quality of maternal and reproductive health services. These advancements collectively strengthen nursing practice and contribute significantly to improved outcomes for women, families, and communities.



**Sr. Fincy Joseph,**

**Associate Professor, OBG Department**

## नर्सिंग का दीपक

स्नेह से भरी, सेवा की मूरत  
हर दर्द में बनती है राहत की मूरत।  
सफेद वस्त्र, मुस्कान समान  
बीमारी में उम्मीद जगाए  
धड़कनों की वो हर बात समझे  
साँसों की भाषा दिन-रात पढ़े।  
थकती नहीं, रूकती नहीं  
प्यार में उसकी कोई शर्त नहीं  
माँ की ममता, दोस्त की बात  
नर्स बनती है जीवन की सौगात।  
हर रोगी में ढूंढे उजियारा  
नर्सिंग है सेवा का सितारा।



**Anjana Praveen BSc 2024**



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## **COMPASSION MEETS CODE: NURSING IN THE AGE OF AI**

The healthcare sector is currently experiencing a profound transformation, with artificial intelligence (AI) at the forefront of this revolution. From patient monitoring to robotic assistance, AI technologies are reshaping how nurses deliver care, making processes more efficient and patient outcomes more accurate. Here, we explore the significant ways in which AI is changing nursing, the opportunities and challenges it presents, and the future of nursing in an AI-driven world.

### **The Role of AI in Nursing**

Artificial Intelligence refers to the ability of machines to simulate human intelligence, enabling them to perform tasks that traditionally require human intervention. In the nursing field, AI encompasses a wide range of technologies including data analysis tools, predictive algorithms, virtual assistants, and robotic devices. These advancements promise to enhance the efficiency of healthcare delivery while enabling nurses to focus more on patient-centered care.

### **AI in Patient Monitoring and Data Management**

One of the most prominent applications of AI in nursing is in patient monitoring. AI-powered tools allow for continuous, real-time monitoring of vital signs, such as heart rate, blood pressure, and oxygen levels. Devices such as wearable sensors can detect subtle changes in these vital parameters, providing early warnings of potential complications. Early detection of health changes allows nurses to intervene promptly, improving patient safety and preventing serious health issues. Moreover, AI is revolutionizing data management by reducing the time spent on documentation. AI-driven systems can automatically input, organize, and store patient data, minimizing human error and providing real-time access to accurate information. Nurses can then spend more time interacting with patients and less time on administrative tasks. This enhanced workflow contributes to better clinical decision-making, improved care delivery, and greater overall efficiency.

### **AI-Assisted Diagnostics in Nursing**

AI is also playing a critical role in diagnostic support. Tools powered by AI can analyze medical images, such as X-rays, MRIs, and CT scans, much faster than traditional methods. The ability to assist in early diagnosis allows nurses and other healthcare professionals to initiate treatment sooner, thereby improving the chances of successful outcomes.

For example, applying AI to ECGs has resulted in a low-cost test that can be widely used to detect the presence of a weak heart pump. A weak heart pump can lead to heart failure if left untreated.

### **Medication Management Through AI**

Medication management is another area where AI is significantly enhancing nursing practice. Medication errors remain a common issue in healthcare, and AI-powered systems can help reduce these risks. These systems cross-check prescriptions for potential drug interactions, verify correct dosages based on patient characteristics, and alert nurses to any discrepancies.

### **Robotic Assistance for Nurses**

Robots and automation are transforming nursing tasks, particularly in the areas of physical assistance and patient care. Robotic systems can now assist nurses in delivering medications and supplies to patient rooms, lifting and transferring patients, and even offering companionship to elderly individuals. This reduces the physical strain on nurses, preventing injuries related to lifting and handling patients. The development of robotic exoskeletons represents an exciting frontier in nursing technology. These wearable devices provide support when lifting patients or performing repetitive tasks, reducing fatigue and preventing

musculoskeletal injuries. By incorporating robotics into daily nursing routines, healthcare facilities can enhance staff efficiency and minimize the risk of occupational injuries. For example, to mitigate the nurse shortage, the Health Ministry of India in collaboration with the World Health Organization (WHO) are under research for a collaborative robotic system that can assist with surgical procedures with a robot acting as a scrub nurse for cataract surgery (CRASCS).

### **Virtual Nursing Assistants**

Virtual nursing assistants powered by AI are becoming an integral part of modern healthcare. These systems provide round-the-clock support to patients, offering health information, answering questions, and reminding patients to take medications. By performing routine assessments and monitoring patient progress, virtual assistants ensure that nurses are informed and able to intervene when necessary. For nurses, these AI-driven assistants streamline administrative duties, manage patient inquiries, and offer guidance on best practices in patient care.

### **AI in Nursing Education and Training**

AI is also transforming the education and training of nursing professionals. Virtual simulations and interactive platforms allow nursing students to practice clinical skills in a safe, controlled environment. These simulations replicate a wide variety of scenarios, from basic assessments to emergency situations, helping students build confidence and competence.

### **Ethical Considerations and Challenges**

While the integration of AI into nursing offers many benefits, it also raises important ethical and social concerns. One of the most pressing issues is the potential for AI to replace human workers. However, experts argue that AI should be viewed as a tool to support rather than replace nurses. Another challenge is the issue of data privacy and security. AI systems rely heavily on patient data to function effectively, which raises concerns about the protection of sensitive information. Healthcare institutions must ensure that AI systems comply with privacy regulations, such as HIPAA, to safeguard patient data and prevent unauthorized access.

### **The Future of Nursing in an AI-Driven World**

As AI continues to evolve, the role of nurses will likewise adapt. Rather than replacing nurses, AI will augment their abilities, helping them to make faster, more accurate decisions, improve patient outcomes, and streamline administrative tasks. The future Nurse will need to be skilled in collaborating with AI systems, understanding their capabilities, and using them to enhance patient care. **Conclusion** The integration of AI into nursing presents both opportunities and challenges. As AI technologies improve, they have the potential to streamline workflows, reduce errors, and improve patient care. Nurses, equipped with the right knowledge and skills, will play a critical role in harnessing the power of AI to enhance their practice. By embracing AI, nurses will be able to focus on what they do best—providing compassionate, personalized care. In an age where technology is rapidly evolving, AI offers the opportunity to enhance, rather than diminish, the human connection at the heart of nursing. Ultimately, the future of nursing lies in the harmonious integration of technology and human care.



**Ann Jose, Jima Mariya Joju, Delna P P, Steevo Paulson,  
Alitt K J, Mehjabin, Aagimariya, Sanya Sathyan BSC 2023**



# ALUMNI ✨ ✨ ✨ ACTIVITIES



# PTA ✨ ✨ ✨ ACTIVITIES



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Sneha Shajan,  
Nithya, Jismariya Joy BSC 2024



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Sana Babu BSC 2022



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# ART Gallery



Anjaleena Paul BSC 2022



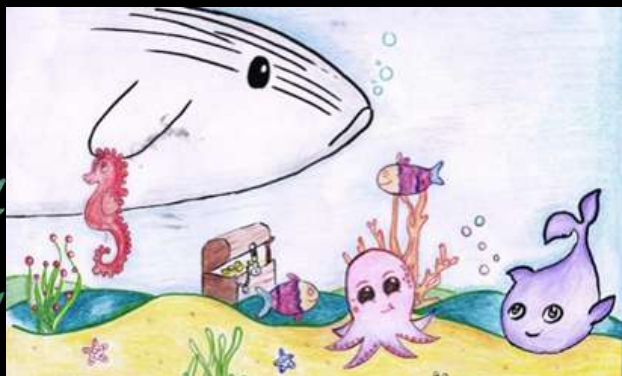
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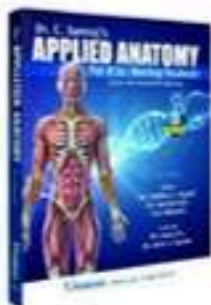


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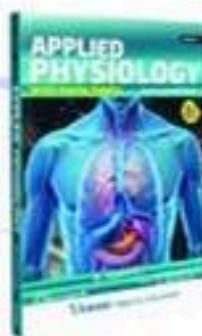
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