



## STUDENT'S AFFAIRS

CHRISTIAN INSTITUTE OF HEALTH SCIENCES AND RESEARCH

ISSUE 10, DECEMBER 2021 – FEBRUARY 2022

*“Take it all one day at a time and enjoy the journey”*

*~Kristi Bartlett*

## EDITORIALS NOTE

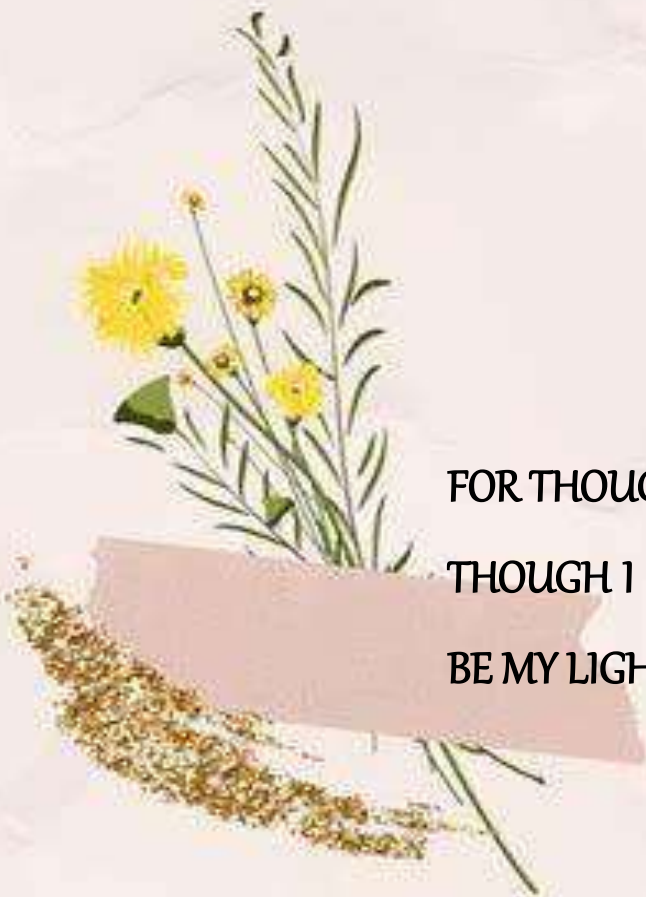
The beginning of the calendar year is at its heart a fantasy of newness and clean slates – of the chance to do things differently and with more attention to purpose.

Greetings fellow readers and welcome to the 10<sup>th</sup> Issue of the Student's Affairs Magazine. This edition of the magazine was made possible due to the immense guidance and support of everyone concerned. After a gap of three months, this edition is packed with wonders in which multiple memorable events along with some new initiatives are well covered. We would also like to thank all students who have contributed their creative works that made this edition phenomenal. We promise that the wait for this edition is worth it and hope to do more in the future.



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FOR THOUGH I FALL, I WILL RISE AGAIN.  
THOUGH I SIT IN DARKNESS, THE LORD WILL  
BE MY LIGHT.

MICAH 7:8

## **TSITHRONGSE**

A very regular day in the community posting was expected as I woke up to dawn on the 17<sup>th</sup> of December 2021. I thought even today it would be a day where we would go for home visits, conduct surveys, have a rainbow of experience with the people of different community and come back all drained and exhausted in the early winter sun.

So as me and my classmates reached the community department, we had the casual routine of carrying our packed lunch, grabbing hold of the community bag, the Sphygmomanometer, the weighing scale and as we settled down to start the day, we were informed that we will be visiting TSITHRONGSE village and we will meet the GAON BURA (village headmen). TSITHRONGSE was about 40-50 minutes of journey by bus from our hospital, it sure is one of the cleanest villages in Dimapur, a village where alcohol consumption is strictly prohibited, and also where women are respected. We started off to reach our destination and before we reached we were informed that the village TSITHRONGSE was given after the name of the village headmen himself. I was really looking forward to meet him as we got some brief details prior to reaching the village.

We journeyed and finally reached, to my surprise a very wise looking elderly man in his early 80's came out from his house and gave us warm greetings as we stepped out of the bus. He gave us the warmest smile as we approached towards him; it sure did make me miss my grandparents as I saw him.

Mr TSITHRONGSE, is addressed as 'Baba' by all, he is a man who can do almost everything starting from being a farmer to doing the paper works in the offices, he is also an ex- underground for which he had to go to jail 22 times and people would criticize him saying 'he being an underground, how can he form a village, how can he do good for the people?' But he didn't let other's doubt stop him and doubt himself, He is a personality adored and respected by all the people of his village so whatever he says become the 'Law' for his people. And also very interestingly he is a person with a big heart who cannot see other people suffer so every time he sees people who are in need, he would distribute his money to them so he was always bad at handling money as whatever he earned would never reach home with the exact amount. So what he does is he lets his wife handle the money!

He took us to his aesthetic place where we settled to listen to his rich experience of being village headmen. I was all prepared to jot down all he was about to tell us on how he runs the village, how the Panchayati raj was functioning in his village and so on but to my surprise he gave us life lessons.

As he continued to speak about the struggles and the challenges he faced to make the village what it is today made me realize that he is a person with determinations. He told us stories of how piece by piece the village took its form, how he had to set rules, take certain measure like taking fines for inappropriate behaviors, he also told us that he learned how to ride the bicycle just in 9 days and on the 10<sup>th</sup> day he was bold enough to ride it.

He encouraged and reminded us that if we want to do a good work, there is no time to rest. Struggle now so that you can enjoy the fruits of your struggles later. He taught us that it is so important to be a good women so that our families can be peaceful, he encouraged us by saying that women should learn to speak up instead of keeping quite and being stubborn when they quarrel with their husbands. He also shared that all the women of his village would gather in the church every day around 3:00 PM to pray for their families! And that he and his wife would always go around 2:00 pm and pray for the village before the village women comes.

He also encouraged us to be more gentle and more sensitive towards the patients we deal with, when situations arises where we cannot be of much help to them physically just showing some sign that we are concerned for them like the simplest task of bed making or just asking them how they feel at the moment makes their trouble or problem a little easier for them to bear.

My brief interaction with him reminded me that it takes courage and determination to be a good leader! And that life with prayer is worth living.

I believe that with my experience being shared, for those of you who gets the opportunity to visit his village will also look forward to meet MR TSITHRONGSE.



VEISOUNAI VIO

B.Sc (N) 4<sup>th</sup> Year

## INTEGRITY

A man without integrity,  
Out of hundred is only eighty.  
But to have is considered rock steady,  
A ban for all the clever and wicket witty.  
Against the arrows he stands firm and ready,  
He would be an object for love and envy.  
In the minds he bestows tranquillity,  
Amidst an ocean of chaos and insanity.  
As we wrestle against the trials and adversity,  
It would girdle our minds to reality.  
That we might not lose our light and honesty.  
For what else than this is better a policy?  
Than to govern the world with integrity.

Tiasunep Mollier

B.Sc (N) 3<sup>rd</sup> Year



## LEADERSHIP

Leadership is about vision and responsibility and not power. -Seth Berkley

To me a leader is a communicator , an individual with the ability to share their vision with those around . I have experienced the aspect of leadership through mentoring and decision making position.

I was privileged to lead an enthusiastic team “Odysseus “ through the ups and down the experience I encounter was challenging

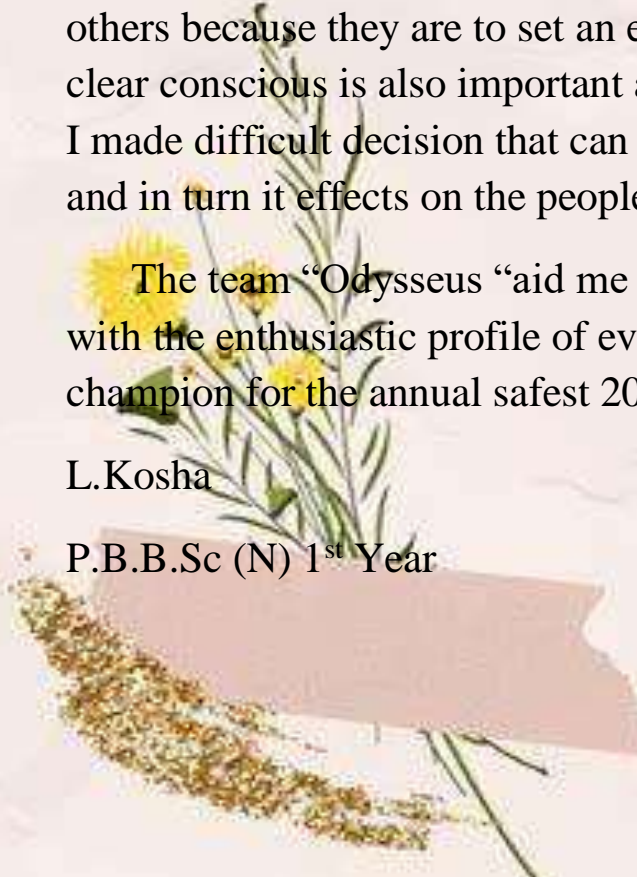
1. Keeping aside all the tiredness you experience, but still need to keep the team spirit up.
2. Knowing that we cannot make it, still keeping up hope and not even letting team lose hope.
3. Requesting and begging team mates to take part in games which they are not good at nor the leader 🤪 .

As a leader I realized that one must also be social and approachable to others because they are to set an example of how to act . Keeping a clear conscious is also important as a leader of a team, there are times I made difficult decision that can influence the progress of my team and in turn it effects on the people both good and bad.

The team “Odysseus “aid me acknowledge my inner image and with the enthusiastic profile of every player we were called the champion for the annual safest 2021.

L.Kosha

P.B.B.Sc (N) 1<sup>st</sup> Year



## **CIHSR SPORTS- 2021**

Safest 2021 was a kind of mechanism for the students which unite the team and help enhancing the idea. Our annual (sports) SAFEST event was held on 6<sup>th</sup> of December and end at 22<sup>nd</sup> of December, 2021. Which was a rollicking moment with friends and team members.

Students including all the batches from Nursing and Allied Health Science were uniformly disseminate among the group such as Yellow House, Blue House, Red House and Green House.

Our SAFEST event was well organised and have multiparous games and activities like indoor and outdoor games including dancing, singing and debate competition.

All the members from the respective group assist each other to help support and to bring up their team. We also had a disciplinary team the main aim for this team was to demoralize the physical aggression and array of adjustment problem among the students and could socially reduce



aggression by strengthening skills and building social relationship.

Sport is a battle of joy and a teamwork squandering with teammates and cheering for the team was the most memorable moment.

MOHILA

DMRT



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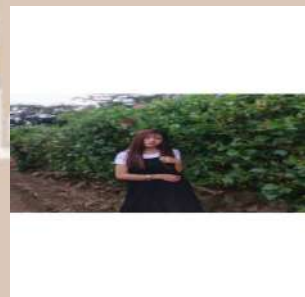
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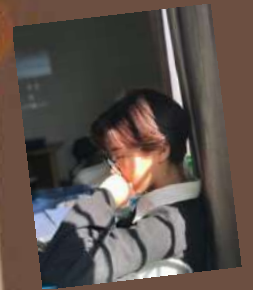
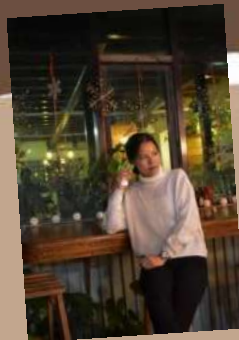
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# Happy Birthday



# HAPPY



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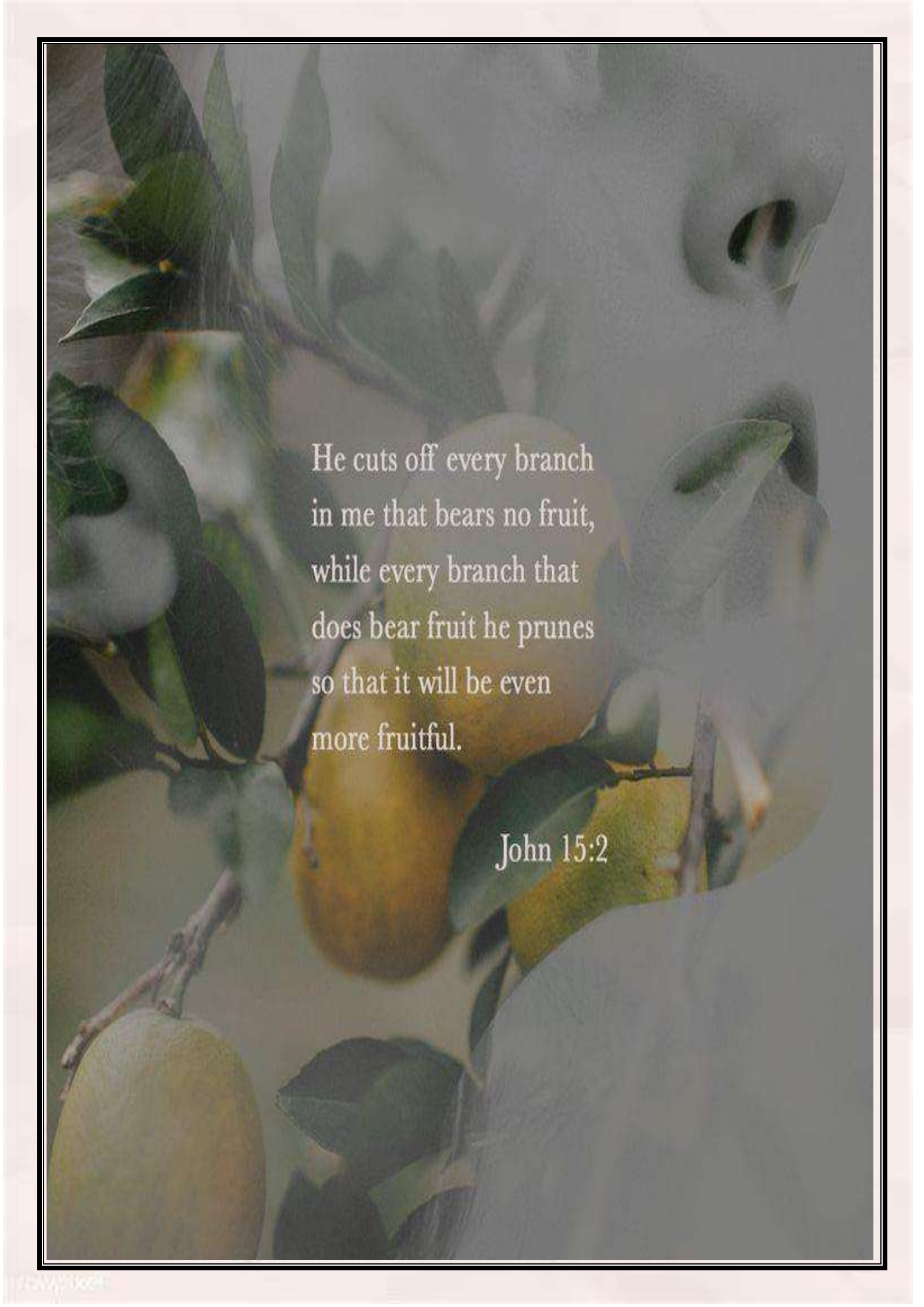
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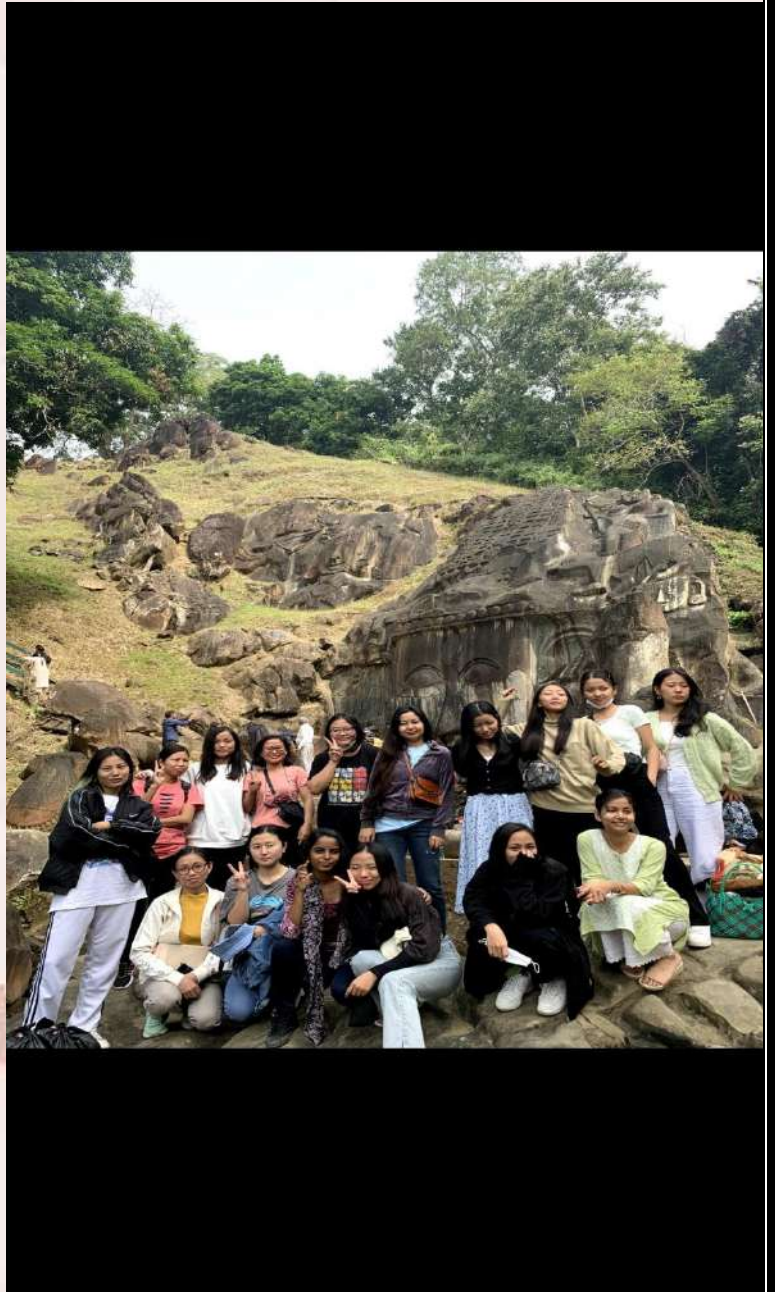
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He cuts off every branch  
in me that bears no fruit,  
while every branch that  
does bear fruit he prunes  
so that it will be even  
more fruitful.

John 15:2

# TIME CAPSULE







**BORO COMMUNITY**

**MIZO COMMUNITY**



**LOTHA COMMUNITY**



# *Master Piece*

# *Society*

*"ART IS SOMETHING THAT MAKES YOU BREATHE WITH  
DIFFERENT KIND OF HAPPINESS".*





**SNEHA DAIMARY**

**B.SC (N) 4<sup>TH</sup> YEAR**





**LALRAMBEISEII**

**P.B.B.SC (N) 2<sup>ND</sup> YEAR**





**TARAH DOYAR B.SC (N) 3<sup>RD</sup> YEAR**





**TIASENLA JAMIR**

**B.SC(N) 2<sup>ND</sup> Y**





**RITSHOLE WETSAN**

**B.SC(N) 2<sup>ND</sup> YEAR**



**APHENO KUOTSU**

**B.Sc (N) 2<sup>nd</sup> Year**



let your  
**faith**  
**BE BIGGER**  
than your fear.

*Jill*