




STUDENT'S AFFAIRS

CHRISTIAN INSTITUTE OF HEALTH SCIENCES AND RESEARCH

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“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 10th 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.

Ms. ZULUKUMLA WALLING
EDITORIAL CONVENOR



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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

A VISIT TO TSITHRONGSE

A very regular day in the community posting was expected as I woke up to dawn on the 17th 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 communities and come back all drained and exhausted in the early winter sun.

So as I 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 visit 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 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 meeting him as we got some brief details before reaching the village.

We journeyed and finally reached, to my surprise, a sagacious looking elderly man in his early 80's coming from his house and giving us warm greetings as we stepped out of the bus. He gave us the warmest smile as we approached 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 work in the offices. He is a person adored and respected by the people of his village, so whatever he says, the 'Law' for his people. 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 a village headman. 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 challenges he faced to make the village what it is today made me realize that he is a person with determination. He told us stories of how piece by piece the village took its form, how he had to set rules, take certain measures like taking fines for inappropriate behaviour, he also told us that he learned how to ride the bicycle just in 9 days and on the 10th 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 woman so that our families can be peaceful, he encouraged us by saying that women should learn to speak up instead of keeping quiet and being stubborn when they quarrel with their husbands. He also shared that the women of his village would gather in the church every day around 3:00 PM to pray for their families! In addition, he and his wife would always go around 2:00 pm and pray for the village before the other village women could come.

He also encouraged us to be gentler and more sensitive towards the patients we deal with, when situations arise 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 troubles 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! Furthermore, that life with prayer is worth living.

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



Ms. VEISOUNAI VIO
B.Sc. (N) 4th Year

Determination determines your destiny

- Qwana Reynolds- Frasier



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.

Mr. Tiasunep Mollier
B.Sc (N) 3rd 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 downs; the experience I encountered was challenging.

1. Keeping aside all the tiredness you experience, but still must keep the team spirit up.
2. Knowing that we cannot make it, still keeping up hope and not even letting the 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 have made difficult decisions that can influence the progress of my team and in turn its 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.

Ms. L.Kosha

CIHSR SPORTS- 2021

SAFEST is a kind of mechanism for the students to enhance the spirit of sportsmanship. Our annual (sports) SAFest 2021 was held on the 6th of December and ended on the 22nd 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 disseminated among the groups such as Yellow House, Blue House, Red House and Green House.



Our SAFest event was well organized, had multiparous games and activities like indoor, outdoor games, literary events that included drama, dancing, singing, debate competition, etc.



All the members from the respective groups assisted each other to help support and to bring up their team. We also

developed a disciplinary team that discouraged physical aggression by building, motivating and strengthening the social relationships among all team members.

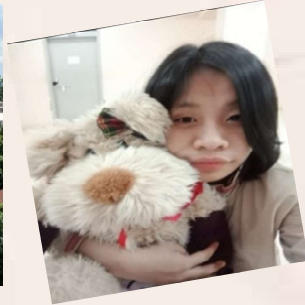
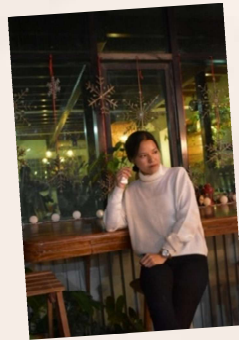
Sport is a battle of joy and sadness and teamwork is the key motivator for all success. Squandering with teammates and cheering for the team were the most exciting moment.

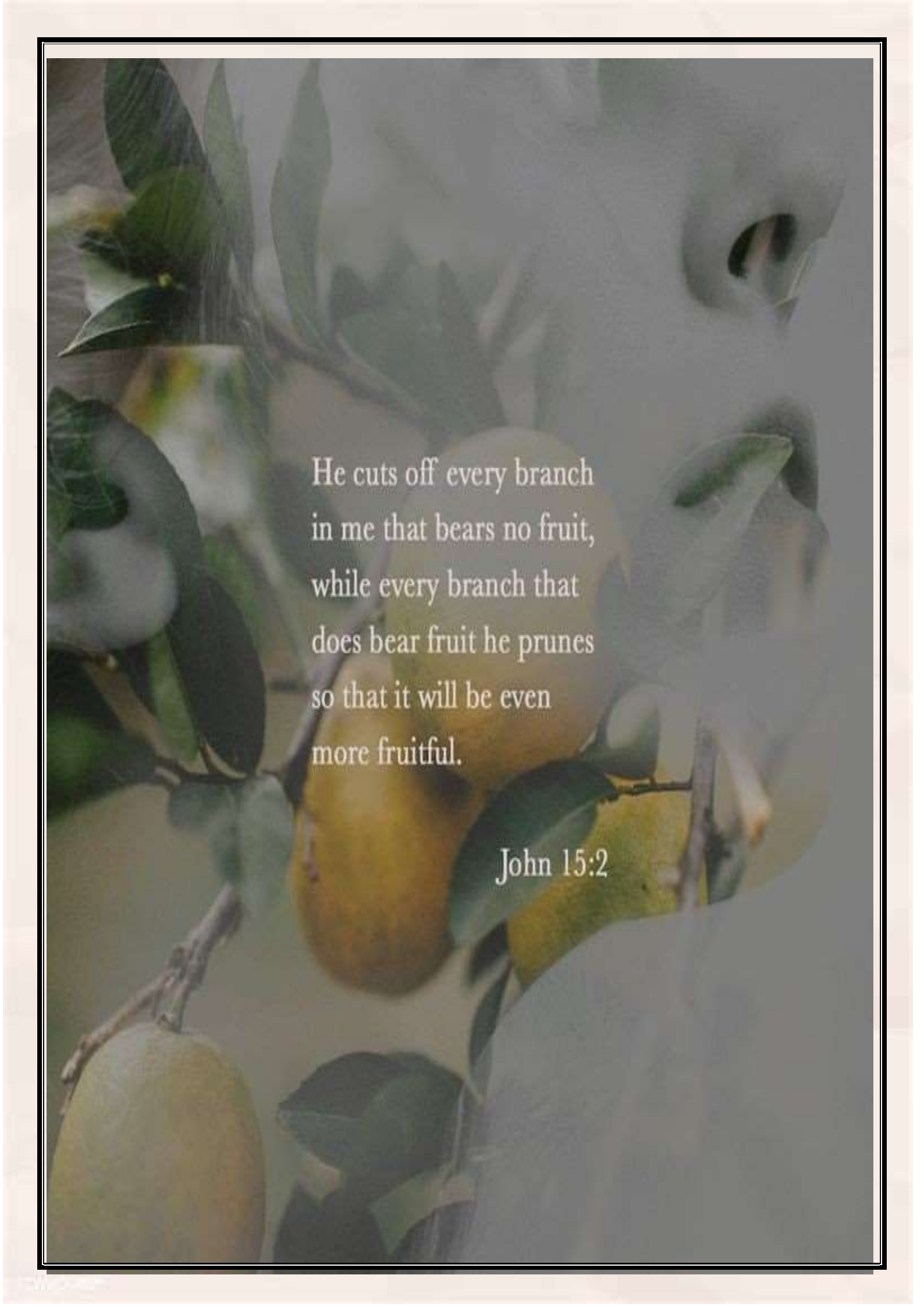
**Ms. MOHILA
DMRT**



Happy Birthday



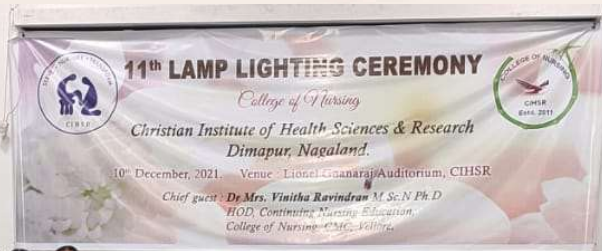


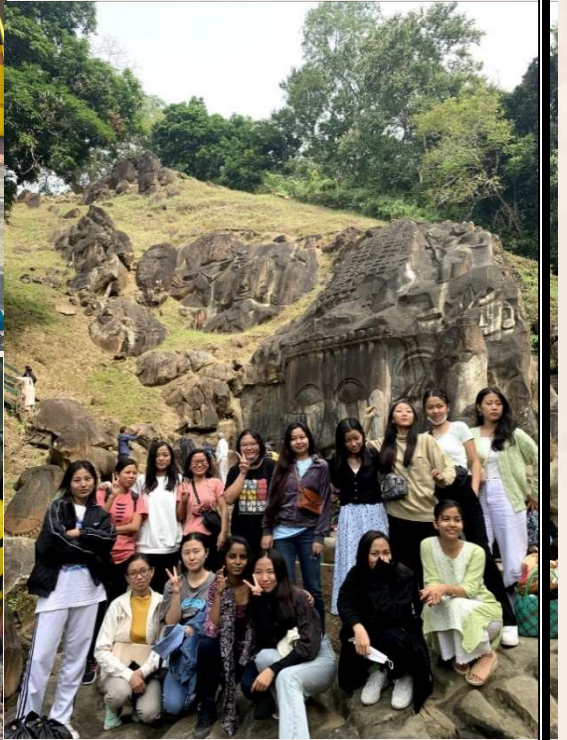


He cuts off every branch
in me that bears no fruit,
while every branch that
does bear fruit he prunes
so that it will be even
more fruitful.

John 15:2

TIME CAPSULE







BORO COMMUNITY



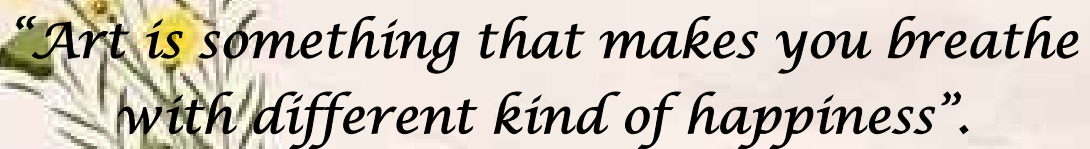
MIZO COMMUNITY



**LOTHA
COMMUNITY**



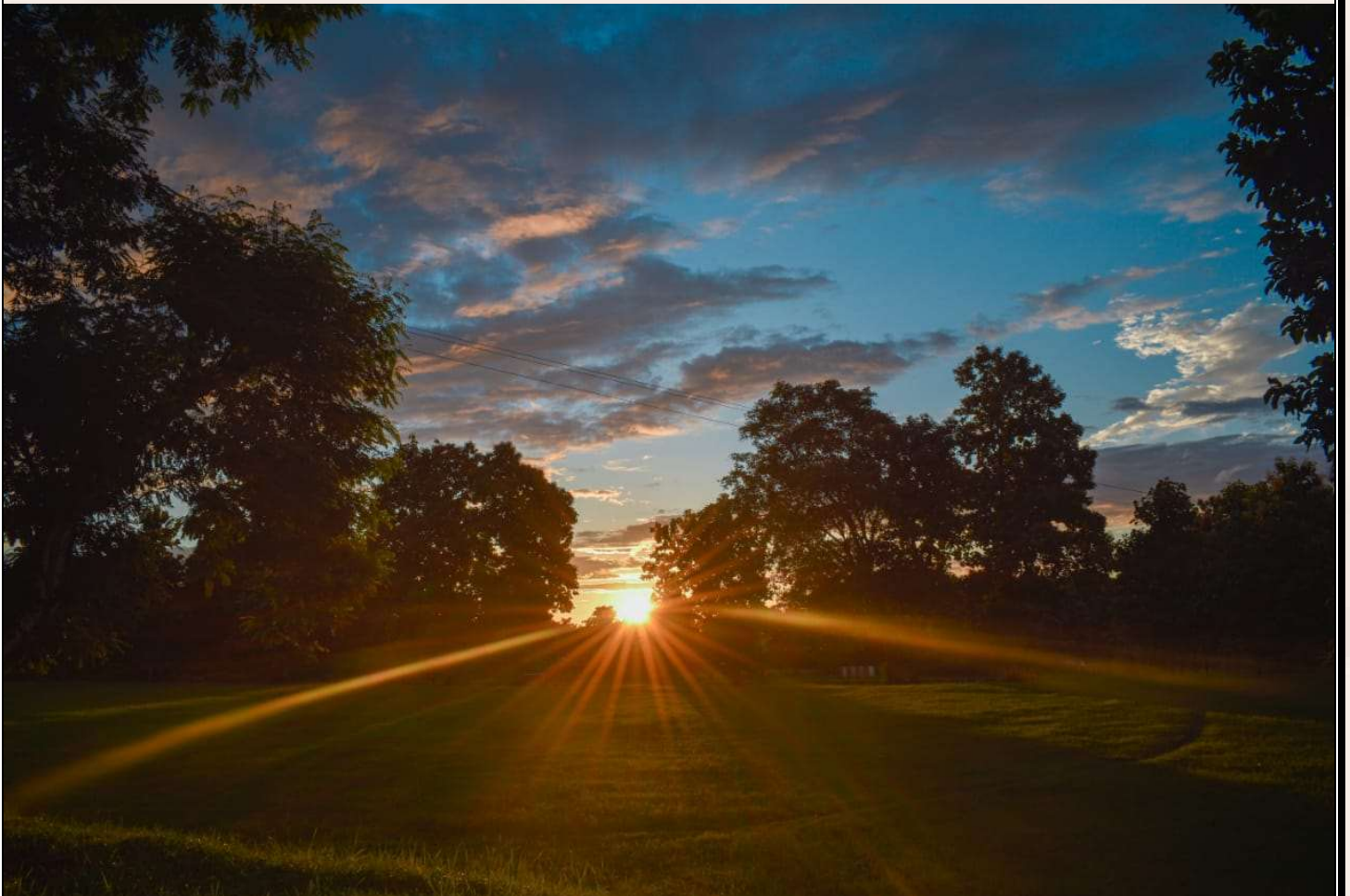
Masterpiece Society



*“Art is something that makes you breathe
with different kind of happiness”.*



SNEHA DAIMARY
B.Sc. (N) 4th year



ESTHER KENT
PBBS. N 1st year



TIASENLA JAMIR
B.SC(N) 2nd Year



RITSHOLE WETSAH
B.SC(N) 2nd Year



TARAH DOYAR
B.SC (N) 3RD Year





This
too
Shall
Pass



ESTHER KENT
PBBSc. N 1st year







let your
faith
BE BIGGER
than your fear.

Jill