



SNA NEWSLETTER

CHRISTIAN INSTITUTE OF HEALTH SCIENCES AND RESEARCH

ISSUE 13TH APRIL – SEPTEMBER 2023

EDITOR'S NOTE

Greetings to all,

With immense delight and pride, we present to you the much awaited 13th newsletter of College Of Nursing to our CIHSR community

As we jot down and compile all the writings and art, I thank our almighty God for his unwavering love and faithfulness all throughout this journey.

I would like to take this opportunity to thank and appreciate to all those who have contributed to the contents of these pages and in successfully bringing forth this edition. I am confident that this tapestry of talent will repeat year after year.

This newsletter is a testament of all the contributors hardwork and I believe that the good work that has begun will continue to inspire many more lives.

The relentless effort to bring excellence into this newsletter by all the fellow students of College Of Nursing (CON) ,CIHSR is much appreciated.

HAPPY READING!!



LIRHONI M.KIKON

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A watercolor illustration of a laurel wreath, composed of two branches of olive leaves. The leaves are painted in various shades of green, from light and airy to dark and saturated, with soft, blended edges. The wreath is positioned around the central text, framing it. The background is plain white.

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Gratitude

Well this journey of mine is not so adventurous but my journey till today have been so blessed in many ways and I'm grateful for whatever it is. Many grumbles about the hardships as a student nurse yet we forget to share the moments that made us happy and grateful for the journey at the same time. Many at times I do complaint and forget to share the happy moments I should say. My journey till today have taught me many aspects of life (emotionally, mentally, etc)

I'm also grateful that I get to visit many new places because sometimes I think of not studying here then I remember I wouldn't have got the chance to experience all the journeys to different places like going to Shillong recently for our secondary 'hospital' posting and visiting many new places there. I also learned that we are fortunate for the facilities that are available in the hospital as well as college. The journey was tiring but at the end of the day it was worth everything. Also many have the mindset of nurses giving injection and medication but that's not the end, I would say there is no ending of giving care in Nursing. I have learnt, many things by joining the profession that I don't regret and I'm grateful for being part of this institution though I lack in many things. I am thankful to God for his protection and guidance till today. I also appreciate my families for supporting and providing all my needs.

At the end of the day I am grateful for all the things that has happened so far, through the hurdles and the happiness. Everything that has happened has a reason and what we have face are all God's plan. May His name be the glorious among all mankind in the world and wait for the God's right timing. Value yourself.

ECCLESIASTES 3: 1,2 and 4

There is a time for everything and a season for every activity under the heavens. A time to be born and a time to die, a time to plant and a time to uproot. A time to weep and a time to laugh, a time to mourn and a time to dance.

NEISEDENO

GNM 3RD year

THE WORLD LOVES YOU BACK

Even if no one ever touched you with the tenderness you needed,

Believe that the world has been holding you in its arms since the day you were born – you are loved.

Your existence in this world is not an accident or after thought.

Let rain over the roof, Let the sun over the skin

Let the Neon Orange of the Indica Sunflower

The pause of the humming bird to drink
remind you of your worth.

There are many ways to hold and be held

You may spend your entire life

tallying them up, without ever

getting to the bottom of the list.

PRITI LATA TIRKEY

PBBSC 1ST YEAR

THE DAY WE WISHED FOR

As you look around yourself and see how life has changed.

How your first years dreams and hopes of I wish this ends here.

Fear indeed was the first thing you had as a newbie, but yet it came with excitements and expectations ...

but Alas! Somethings definitely did not turn out your way.

There were nights, in fact many nights you'd cry yourself to sleep, you tasted the deepest feeling of it all ...

betrayals, failure, and loneliness ...

Sometimes you did not find the words to fill up your own messy head.

and you felt like a loser, in those dark days, and through all your heart ache you were too afraid to say you needed someone...

maybe faithful ear to hear but you felt detached deserted and judge.

And a person who was once defined strong and brave would tremble in fear of loneliness.

But past the darkest night

you made it up each morning with a great smile until the very night.

I'm so much proud of you!

And maybe this was exactly what you needed to hear all this years to make it up through your stormy day.

So let me say it again, I'm so much proud of you!

And if this path of yours brings you fear of failure,

Allow yourself to make mistakes and forgive yourself if you can, because your heart is fragile and you're just a little child .

A younger you would be so proud of where you are today.

So if giving up ever hits your head, remember your younger you would be very disappointed.

And now with all the stormy trials of life

Things have drawn to an end

Yet let's not forget the times we shared

The moments cherished both happy and sad

This is not a goodbye but just a pause in our track.

So let's embrace this steps we take.

A chance to learn and hearts to wake

And when we meet

or our memories replay be it sorrows or bliss

We will smile at the echoes of these days.

AVINA V JIMOMI

BSc N 2nd YEAR

MY JOURNEY

Ecclesiastes 12 :1 "Remember your creator in the days of your youth....."

Despite of all seen and unseen challenges in my life. I am still alive without harm and this is the proof of God's faithfulness. How lucky I am to experience and witness all kinds of loves, opportunities that was placed on my hands. As I join nursing, my desire was to experience God's love with the people I meet and through my work. And yes! God really do answer my prayers.

My four years journey was like an ocean waves sometimes calm, furious and sometimes beautiful which never ends. Those emotions taught me a numerous lessons in my life.

I am so grateful and blessed beyond measure to serve in the student ministry called "Evangelical union". Because of his love I'm able to face people with God's confidence. Many people rejects this opportunity but I took as a challenge and learnt a lot during my 4 years. I faced a lot of hardships, sometimes I'm overburdened and stress out that I would go to quite places and cry out to God, complaining about the choices I made . Yet, he never leaves me. He's my best powerful motivator to help me to keep moving on, no matter what trials come on my way. He encourages me in every situation that I find difficult to take. He reminded me *"take courage! It is I don't be afraid....."* Mathew 14:27. When I look back today I'm so content with the little things that God has blessed me and with the little things I've done for him. He answers my tearful prayer and never leaves me behind and put me first at his sight.



Many at times, we desperately want the society to accept us and end up all alone, rejected even amongst our friendship group. Making you to isolate yourself from the rest of the world searching for hope and peace. However we can't control our fate and destiny, it is not in our hands it is our almighty God who controls everything. Yes! The troubles, difficulties never ends but be an optimistic and face it. Our pain has a purpose "But not only that! We even take pride in our problems. Because we know that troubles produces endurance, endurance produces character and character produces hope. This hope doesn't put us to shame, because the love of God has been poured out in our hearts....."Romans 5:3-5



L.HRIIYINE EKHE
EVANGELICAL UNION PRESIDENT
2022-2023
BSC N 4TH YEAR

Gloomy Thoughts

**More and more, as I near the end of the year.
My gloomy thoughts probably stem from my mind.
You prevalent our love, all over my body that now it
cannot be annihilated.
Time arise for you to be vanished.
The solitude of my life give me agony.
Feeling of bleak life arise again.
The voyage of our life is already into edge.
Our virulent artery are into pieces.
No matter what, you will be profound inside my heart.
The warrants of mine will tarry you always.
Wish that your new melodies will bring back you to me.**

**Kushbu Magar
GNM 1 st year**

Fear

I saw something in you

Something that wasn't nearly new

Anxious looks, talking of a tale

I've seen this coming, all too well

Is this really...

"maybe I'm overthinking," I would have thought

But now silly smiles won't be bought

Changes happen, but yours to me felt horrible

Tell me to chill, now that, I'm unable, Is this really...

I shouldn't be feeling this? I really shouldn't

Cause I ain't even, what you made me as

Look now you hide me away in a place

Look at me like you do in the dark

Is this really...

Wait, is this really fear?

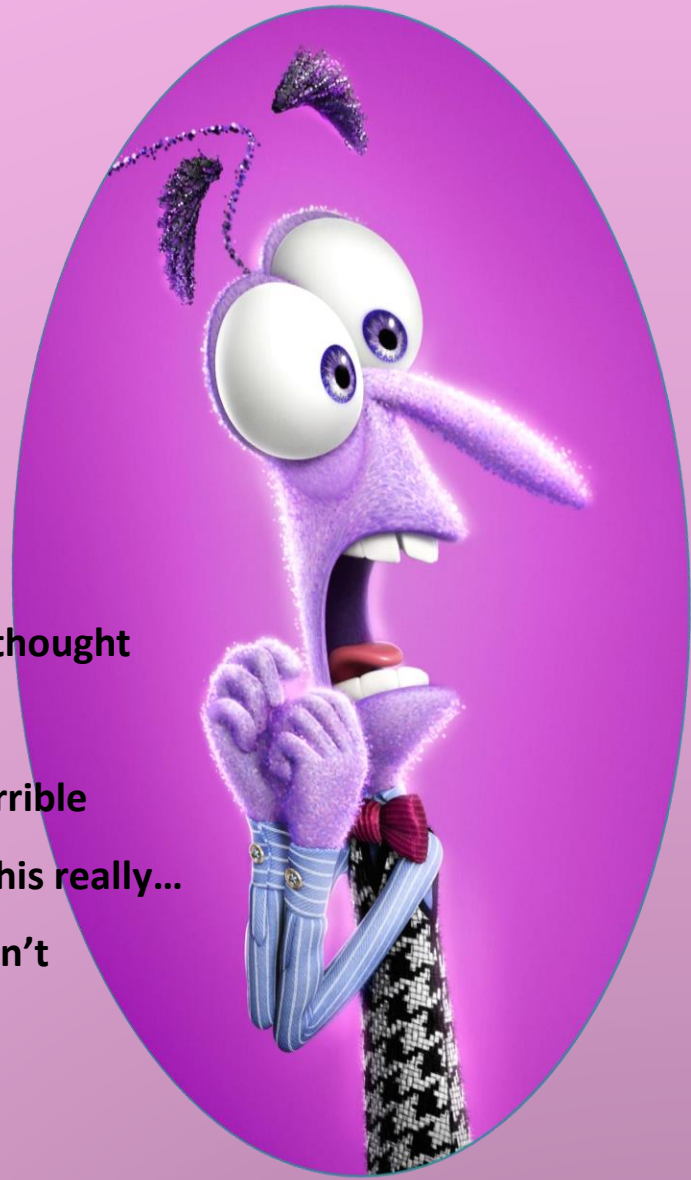
I saw something in you.

I know it's fear, but let me just ask, Is it...

Fear of losing me??? Or the fact that I'm already lost... but also not.

You make me fear too.

The way you look at me.



KHRIESANUO YHOR

BSc N 1st YEAR

सफल बनना

जात इस इतनी है लड़का/लड़कियाँ किसी को न पता है
तुम किस स्थिति में हो, तुम क्या फस कर रहे हो ?
लोग के सवाल करोगे क्या कर रहे हो ? क्या कर
रहे हो कोई न पूछेगा।

इसलिए अगर अपने संबंध से दुनिया को परिचित
कराना चाहते हो, और पैसा चाहते हो होसला
अपने जैसे किसी लड़के लड़की को,
तो तुम्हें होसिल करना होगा सफलता।

चाह करवाना पहानियाँ उस सफलता को लिखी
जाती है।

इसलिए सफल बनो..... अपने लिए अपनी के
लिए।

माँ

तेरी आँखों की छांव में मिले मुझे
वो पुकून जो संसार के किसी भी
चीजों से परे है।

तेरा प्यार इतना अदृढ़ है कि चाहे कितनी
भी खीमियाँ हो मुझमें तु जैसे बेटा संसार
में ऐसा कोई नहीं जीनें तकलीफें न हो
जो तकलीफों से न गुजरें जीनेमें को कामी
बही। सोना नहीं निखरता है
जब वह कई बार आग में धतयता है।

तु अंकौच न कर किसी बात की
तु अंकौच न कर किसी बात की
विश्वास 'ब्य' रख खुद पे इतना कि
कान तुझे खुद पर गर्व हो
इतना कि तु जैसे माँ मैंने कर दिखाया

माँ तेरा प्यार और तेरा विश्वास इतना
अदृढ़ की संसार के किसी भी चीजों
से न कर सकूँ मैं तेरी तुलना किसी से

I love you Maa

SANGHARSH RAWAT

PBBSC II YEAR



The look of love

I would recognize you in total darkness

Were you mute and I deaf.

I would recognize you in another lifetime, entirely in different bodies,
different times.

And I would love you in all of this

Until the very last star in the sky burnt out into Oblivion.

You abide me to love, in you I've found my second home

Your silhouette screams of the silenced secrets your lips couldn't utter

You're woven by the mighty tenderly, detailed. Cause despite the
imperfections, you allure me.

The stars fail to contrast to the beauty your soul yields

while the sky is coerced to bow to you

You outshine the unflawed universe.

And if you ever seek me

find me between books and silences

To speak stories that my heart tumbles to another sphere

solemnity of daydream and dandelion

Come home to me.

SUSHIMITA

GNM 3rd YEAR

·FALL·

LEAVES VARYING WITH HUES OF
COLOR FALL.

HEDGEHOGS WANDERING
AROUND THE LEAVES.

SQUIRRELS SNUGGLING
AROUND THE LEAVES.

BEARS HIBERNATING IN THE
FOLIAGE.

DAINTY DAMSELS BUILD PILES
OF LEAVES.

LEAVES ROT,
WEATHER TURNS WINTRY.

FALL! THE SEASON THAT IS
NATIVE TO MY HEART

LIRHONI M. KIKON

BSc N 4TH YEAR



ANOTHER SET OF MEMORIES ADDED TO THE BOOK OF LIFE

BSC.N 3RD YEAR BATCH 2020-2024

ART

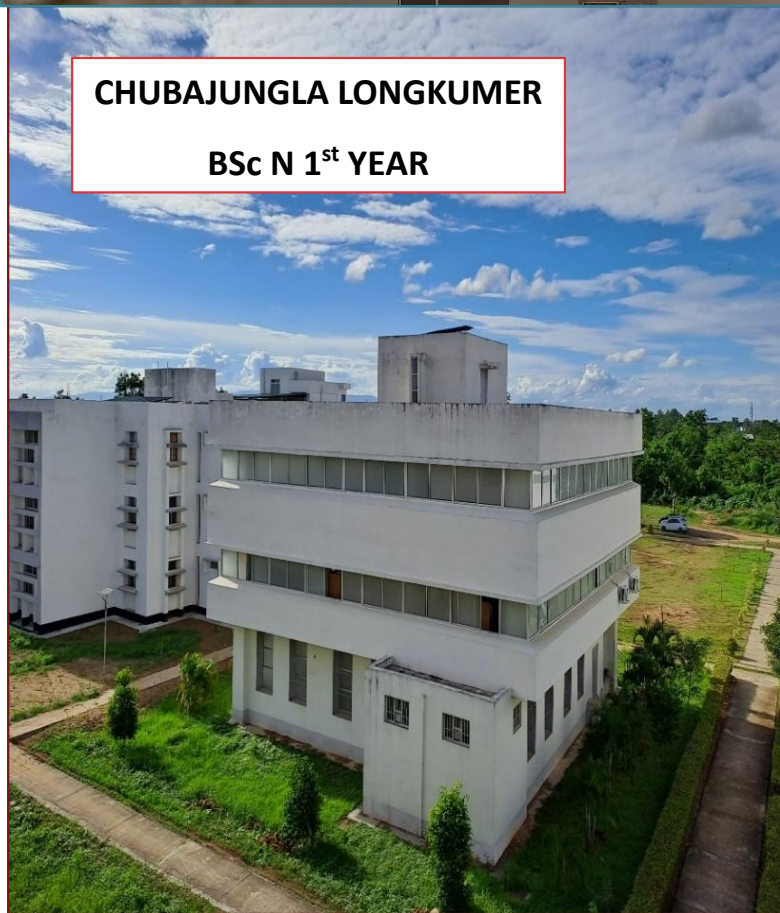
GALLERY



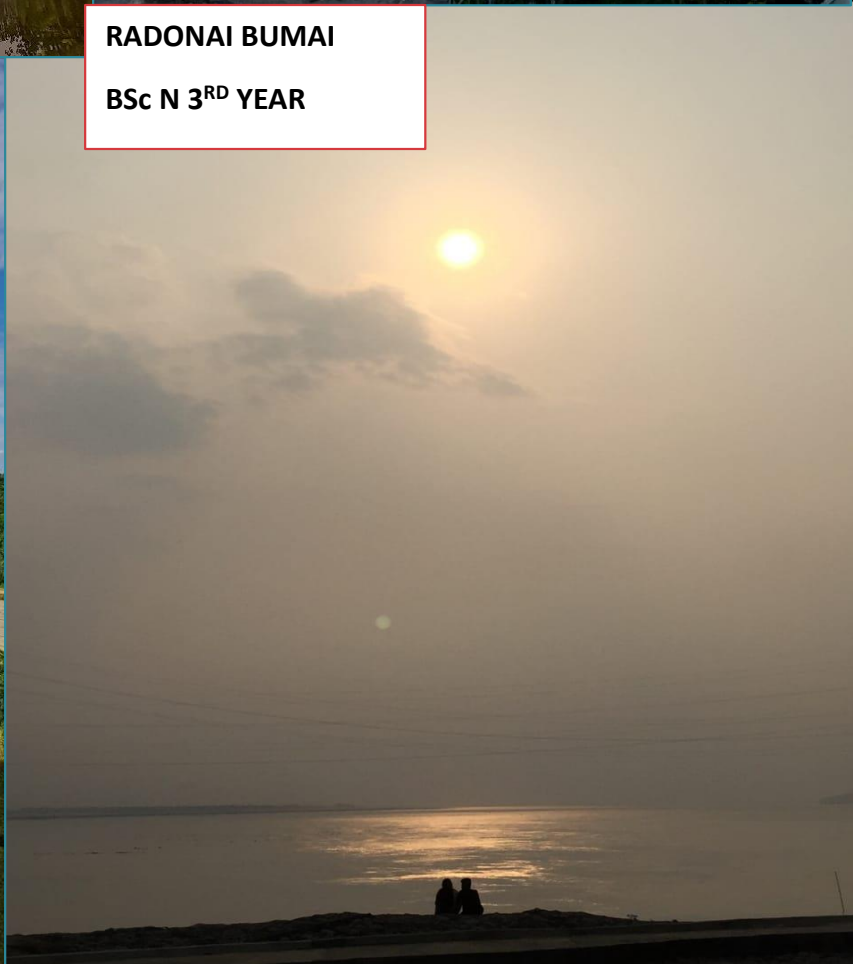


CHOITHEI PHOM
BSC N 1ST YEAR

RADONAI BUMAI
BSc N 3RD YEAR



CHUBAJUNGLA LONGKUMER
BSc N 1ST YEAR



FAREWELL 2023



BSc N 4TH YEAR



GNM 3RD YEAR



PBBSec N 2nd year

FORGIVENESS



Memories

Life! It never stay the same.

No one wait for us.

The clock of life goes ticking by.

What remains, is the unchanging love.

In the end, it's the memory that last!!

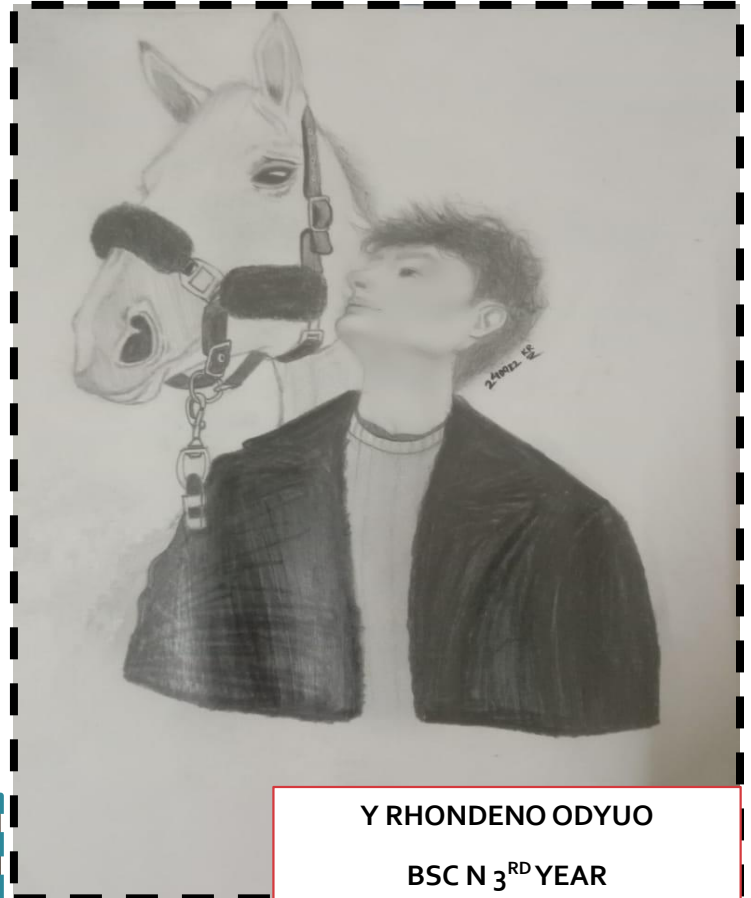


IMLIJUNGLA LKR
BSc N 4TH YEAR



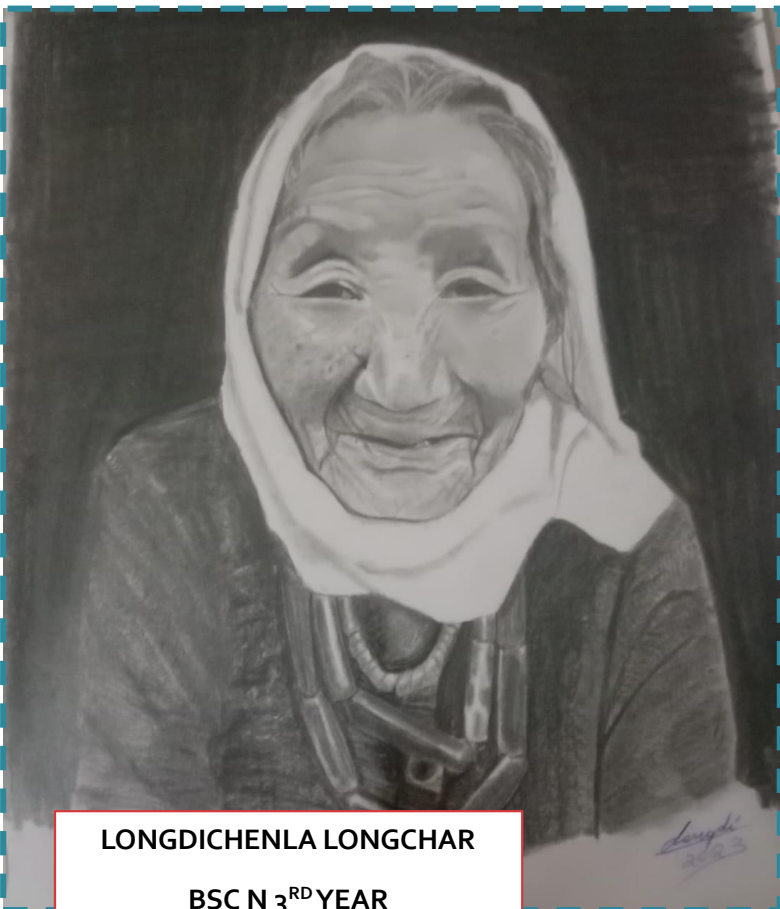
TEMSURENLA LONGKUMER

BSc N 1st year



Y RHONDENO ODYUO

BSC N 3RD YEAR



LONGDICHENLA LONGCHAR

BSC N 3RD YEAR

GRADUATION DAY



3rd SNA State Winner




Teacher's day



GRAND SALE DAY: BARBIE & KEN





“if it comes, let it come. If it goes, let it go,”
For as much as there are reasons to be afraid,
there are also reasons to be hopeful.

ECHIBENI PATTON
BSc N 3RD YEAR

*Your talent is God's gift to you
What you do with it is your
gift back to God*

