



**STUDENTS AFFAIRS
CHRISTIAN INSTITUTE OF HEALTH
SCIENCES AND RESEARCH**

MARCH 2022- AUGUST 2022

11TH ISSUE

**“THE PURPOSE OF GOD’S DISCIPLINE IS NOT TO PUNISH US
BUT TO TRANSFORM US”**

~JERRY BRIDGES



EDITORIALS NOTE

Dear Readers,

It is with much joy we publish the “Newsletter” for all the students. As the Editorial Committee has decided to publish the Newsletter bi-annually, we believe all of you might have waited long for this issue.

We also would like to encourage all of you to not lose heart but give your best inputs for the upcoming Newsletter in future. As many of you will be preparing for your examinations, we wish you ‘All the Best’, may the Lord enable you to complete your exams with flying colors.

You may find many of the contents are personal experiences of the students in CIHSR, look deeper and read it with open mind you may be surprised to find and learn many things from each other. This Newsletter is one good channel to express yourselves and share your experiences to one and all.

We thank all the students who took immense effort in bringing the information and making it a success.

Happy reading!

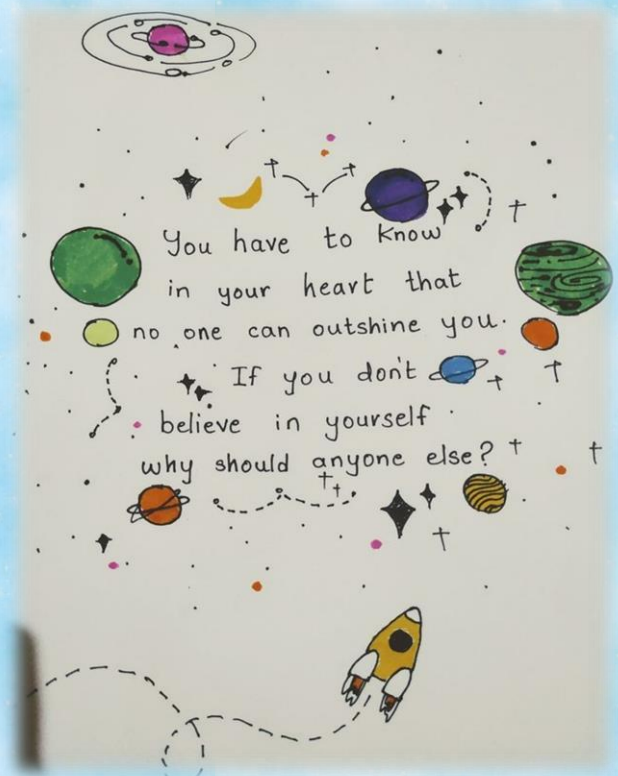
“Inhale, exhale, it is ell, it is well.

All of this is a part of the story you will tell.”

- Morgan Harper Nichols

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WHAT IF

What if all these times, all these struggles have been leading you to a beautiful chapter in your life?

What if everything does works out,

Even if it doesn't seems like it right now?

What if all of this hard work leads to amazing things?

What if we forgive all our foes as God has forgiven us?

What if you replaced negative with optimism?

Would your thoughts and behavior change too?

I believe so.

APHENO KUOTSO
B.Sc N 2ND YEAR

DON'T TELL

There are lots of things
They won't let me do
I am not big enough yet,
They say.

So I patiently wait,
Till I am all grown up
And I'll show them all one day.

I could show them now,
If they gave me the chance
There are things I could do,
If I tried,
But nobody knows.

No nobody knows, that I am really a Giant inside.

Miss. MITO DAS
GNM 1ST year

THE SUN

Sunrise at dawn and sunset at dusk,
Always being warm, yet hoping for warmth of another hand in mine
Shifting the world when I am sad,
Curling up on the bed with a book,
And a cup of strong coffee
Leaving before they leave me
A playlist full of soft music
Seeing things that remind me of you
But forgetting to tell you
The smell of sun on my skin
Being mad at you because you were mad at me first,
Never forgetting to say
“I love you before bed, that’s my love language.”

MISS. ONGALO MIMI

GNM 1ST YEAR

NURSES

We do not brag too much, but this is surely true
We have a lot of knowledge and a lot of skills
To do the work we do for you,
To help you when you’re injured
To help you when you’re ill
We work hard to do it well, to bring you back your health.
And get back to what you do,
So you get back to bring you
This is what we love to do.

MISS. YANKI

GNM 1ST YEAR

To be a Medical Laboratory Technology student

This profession is about diagnosing diseases, to run tests, and to get treatment through diagnosis. How do we go about with the test? And this profession is where we learn them.

For efficient diagnosis it's very important for proper sample collection; blood been one of the common samples where we get to diagnose our organ function and others, when it comes to blood collection; drawing blood to me is overwhelmingly nerve wrecking, we also receive other samples like urine, body fluids, sputum, NPS, pus swabs, biopsy. The subjects mainly pathology, biochemistry and microbiology itself divided into many different sections and learning the so-called overview of these subjects is going to take up 3 years.

The thought I use to have of running only few tests is not what it is like, there are many different tests and techniques for different diseases and adding to that there are differential diagnosis as a confirmation. While the automated has made test to run easier in laboratory however learning the manual method as a student is not easy.

A fun part is learning how a same/similar disease is caused by a different source or site which has its own different treatment this is where proper differential diagnosis is important. I'm fascinated by our body cells stained in different color under microscope it's a wonder how our cells change itself in case of disease/infection and in defense mechanism and not forgetting the pathogenic microscopic organisms which are cute but are responsible for our devastation.

We humans have come thus far with skills for different diagnosis and our body itself is such a wonderment the way all parts are interlinked, there are still much to learn as a Medical laboratory technology student.

Miss. AHRAZÜ A AKOB

BMLT 2ND YEAR

OT

- We are like soldiers, marching on the frontline, ready for the battle.
- On our shoulder, we bear all the brut, but we stay strong together.
- As we give medication through the patient's vein, we take away all his worries and pain.
- Saving and sacrificing ourselves for the patient is all we asked for.
- We are mentally prepared for the outcome, even if something goes wrong.
- Even though our job is tiring and taxing, we make sure the surgery go smoothly through the end.
- Even if we are small in number, we the Anesthetists, surgeon and nurse we are together as one.
- All of us love this challenging subject; through it we get a lot of satisfaction.
- At the end of the surgery, when the patient smiles and the surgeon say a polite thank you, we fall in love again with an Anesthesia and all of what we do.

MR. TEMDI WALLING
AOTT 2ND YEAR

Anesthesia attending after you told them "15 min to close" 3 hours ago



MY JOURNEY WITH LONELINESS

I felt like a lonely broken noisy bird
Chirping a sad song in the wild forest,
I felt like the odd one left aside after pointing up
My shadow was my best friend
When my other buddies have their own pairs
To roam around holding their hands like they are inseparable
I became my own best friend
I came closer and closer to myself everyday
I started to love myself everyday
Like I never did before
I realized that loneliness makes me grow
I realized that loneliness drives me to identify myself.
Oh! LONELINESS 'I thank you.'

P.B.B.Sc 2ND YEAR

THE GOLDEN WINGS

Look...! How splendid and gorgeous is Thy Golden Wings,
As for the bird that this wings belongs to,
Fly with so much Glory and Pride.
But as time comes by,
These wings will shed its own feathers and die.
Just like how the Golden age of every living being comes to a death end.
In the end, life has its own Golden age,
So does its limitations of darkness and thy cycle of life.

MISS. LONGDICHENLA LONGCHAR

B.ScN 2ND YEAR

FOR A WONDERFUL HERO OF CIHSR

To earn the title “Hero” is an honor, achieved by few.

Working countless hours, day and night

Fearlessly battling to keep patients alive

It is a journey that has brought you,

To this time and place at CIHSR

With each challenge, thus fighting against disease and virus spreading like wildfire

But still the wisdom you acquired and the prayers you made,

To lift the burden from your struggling patient

Who stand between life and death

Returned that life with just a breath

The thing that makes you special is your kind and gentle heart,

It is the comfort you give, the care you show.

When things go wrong, when the road seems harder,

Quit not, for the world is a better place because of you.

MISS. PELEVONUO NGULEZHU

DRT

TREKING IN VELLORE!!!

How many of us here reading this article thinks Vellore is a place where there are only blocks and blocks of tall buildings?

I personally assumed that there will be so little green, there will be tall buildings as far as I could see but to my surprise that was not what I saw. “CMC VELLORE” the very famous place where I wanted to visit because ever since I entered CIHSR I keep hearing about how great CMC Vellore is and so I assumed Vellore to be a place where I would not see any hills or rivers or anything green as such but the moment I landed in Vellore I was amazed at how Vellore especially the campus of CMC Vellore felt like a second home. It was no different that our very own CIHSR because CMC Vellore was centrally surrounded by hills just one difference is instead of tall trees like our mountains here, the hills there was wrapped with boulders as big as the ones we saw in the Disney movie- FROZEN 2 like in the scene where the boulders destroys the Huge Dam build by Elsa and Ana’s Grand dad and blah blah blah the story goes on, but yeah the rocks were really that huge, and the view on the hill top was seriously breath taking.

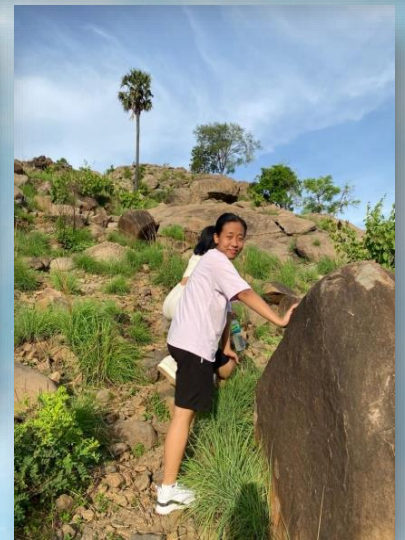
I and some of my friends planned to go for trekking with where our all time famous brother Anna VIGNESH and Anna STANLY were our guides, they were just the best. The best part of trekking was when we took an auto to reach the foot of the hill cause it was a little far to walk we took an auto and 10 of us squeezed in the auto, it was the same size as the regular ones that we often take from auto parking near the ATM booth, you can probably imagine how 10 of us managed to squeeze. After we reached, even our Auto driver was excited and he joined us!! And we asked him to be our photographer and he did click good pictures. So we climbed the rocky hill, reached the top and it was all worth the climb. We enjoyed not just the view but all through the time we were entertained by Anna Vignesh’s jokes and how Anna Stanly was

so occupied collecting our water bottles, our umbrellas our bags because we were dropping them off as we were so busy taking pictures and some of us were too busy making reels.

‘Have a glance of the view we saw, the fun we had and do go for trekking when you get the opportunity to visit Vellore.’

MISS. Veisounai Vio

B.ScN 4th year



SHE

She stands on the edge of the cliff
When the cool breezes and the ray of light shower her,
The sound of the birds and the drizzling drips of water besides her
Bring back the emotion, silent tears start rolling down, in her rosy cheek
The bullet on her chest is infecting through her lungs
She took a long deep breath wiped away the pain
And hide the sorrow
With a smile on her face then told herself
It will pass eventually

P.B.B.Sc 2ND YEAR

DON'T QUIT

*When things go wrong as they sometimes will,
When the funds are low and the debts are high
And you want to smile but you are down a bit,
When care is pressing you down a bit
Rest if you must, but don't you quit.*

*Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
Don't give up though the pace seems slow
You may succeed with another blow.*

*Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell just how close you are
It may be near when it seems so far;
So stick to the fight when you're hardest hit.
It is when things seem worst that you must not quit.*

MISS. SHRIYINI
GNM 1ST YEAR

WORK CAMP EXPERIENCE

THEME: “A JOURNEY TO AUTHENTICITY” ~ JOHN 8:32

Hi everyone, myself Honminao Zimik of P.B.B.Sc 2nd Year. I am very grateful and happy to share my experience about the work camp that was conducted as a part of our curriculum, for all the final year students.

We had an outdoor experience all the way to Zubza. To an enchanting place called the: The Track. For nearly 4 days that is from 4th August to 7th August.

As our theme says:“A Journey to authenticity” it was indeed a journey in search of our originality and appreciating the beautiful experience through the nature. I believe that everything has it’s time likewise I was in so much need of a break from the hectic week of our exams. I am glad that I was able to join this work camp and once again experience the love of God and His wonderful and marvelous things in our life.

I didn’t expect that I would have lots of fun and good time of learning. It let me not only grow physically but also spiritually.

Personally, it was a time of exhibition of knowing God deeper in my life. To put it straight, our work camp for this year was mainly concerned on ‘Reflecting Self’.



There is a saying that 'No one knows better than us.' But at the same time I would like to believe that we might not know ourselves at all. During this period of time, I eventually came to learn deeper about myself that is not only seen in the eyes of the people but also spiritually. Like I said before, I tend to grow much deeper within the word of God through appreciating the things he has done for us, created us and all the living creatures and things for a purpose in each one of our life.

Even though it was an intense period of nearly 4 days work camp filled with work and fun, I can say that I had the best time of my life knowing God and nature.

This was, is and will be my best memories in my life as a student nurse that will always remain afresh and cheerful. I am glad to have found lots of new character among all of us. There was no boundary about senior or junior but a bond of friendship, a bond of sisterhood/ brotherhood out into the woods.

I believe that, not only me but all of us have built a sense of closeness and togetherness through this 4 day work camp. I am grateful and thankful to our institute authority and our respected faculty for letting us experience this wonderful moment before we embark ourselves to a new journey.

MISS. HONMINAO ZIMIK
P.B.B.Sc 2ND YEAR



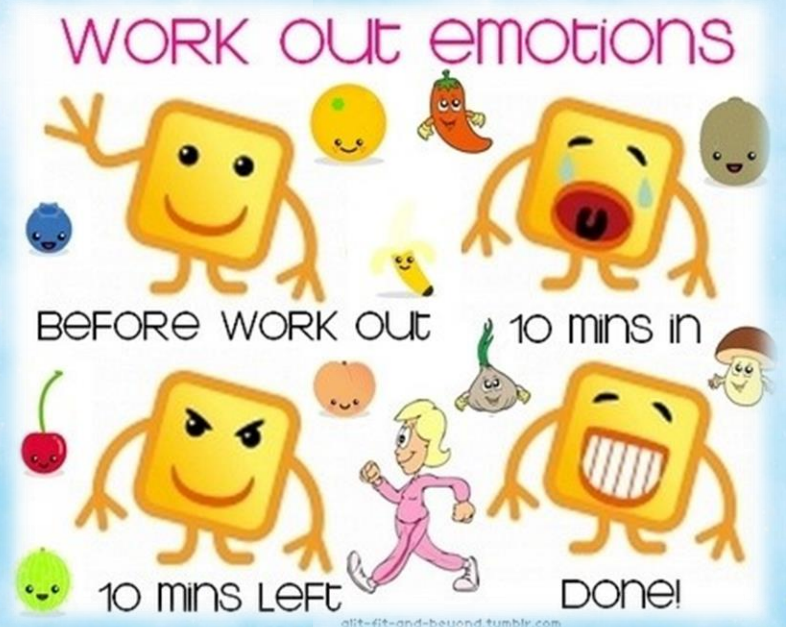
HEALTH AND FITNESS

Health is wealth, rightly said. Good health is an essential aspect of human life. Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. One can live life to the fullest only by maintaining good health and fitness. Good health and fitness imply both mental and physical well being. The basic way to good health and fitness is doing workout. We should always remember that a healthy mind can only be gained by being healthy. Good health is a boon to your body. It helps you physically and mentally. Good health can be maintained by doing regular exercise and maintaining a well balanced diet. It is imperative to eat proper meals at the appropriate time. The key source of being happy is fit and healthy. It helps us to perform our daily chores properly without being lazy or dull.

As said, 'Respect your body, it is the only one you get'. One should always prioritize his or her health. The world health implies the state of being free from any illness and gives the idea being well. Health and fitness both go hand in hand. Being healthy has a lot of advantages, and there are ways of being healthy and fit. In simple terms being healthy and fit means taking good care of our body, a healthy mind endures only in a fit and healthy body. A healthy mind and a fit body helps you maintain the energy to achieve success in life. All of us must aim high to achieve wholesome health.

MISS. MHASISENUO KUOTSU

RADIOLOGY DEPARTMENT



TRIP TO CMC VELLORE

From the day we got the information that we were going to CMC, Vellore we were all excited for the journey ahead of us. Asking money from our parents organizing a fund raise to pay for the travel expenses, it was not easy.

Some of us nearly backed out from going to CMC but thank goodness all of us were able to make it because it would have been such a loss. We started our journey on the 24th of June we planned to go by train and even booked the train tickets but the flood situation in Assam compelled us to go by bus till Guwahati. We reached the airport safely early in the morning. We freshened up and had our breakfast and entered the airport. We can call ourselves the smartest and bravest ladies, because even though it was our first time flying, we handled it so well. We checked in by ourselves, we found our way to the gates and we were attentive to the announcements etc. For the majority of us, it was the first time travelling in a plane, and most of us were excited and scared as well. It was such a wonderful experience for us, we could not stop clicking pictures of the beautiful clouds, admiring the creation of God (lucky ones are those who got the window seat). Then we reached Chennai safely, and we stayed in a beautiful, calm resort called the Scripture union for one night. Gosh! The environment was so beautiful and fresh, and you can hear the birds singing sweetly early in the morning. There was a beach just behind the resort it took around three minute to walk there. We had a short fellowship near the beach and after that it was photo shot time! We enjoyed the beautiful sound of the waves, running barefoot on the cool sand as the water swept over our feet, collecting seashells and clicking some amazing pictures worth to keeping as instagram profile.

We then headed back to the resort and moved out to visit some places. First was the “Snow Kingdom”, where we experienced snowfall, we played with the snow, slide on snow and danced our hearts on the snow with the loud South Indian music in the background. Some of the people there thought we were Koreans (my goodness! How we wish to have Korean glass skin), some thought we were Japanese, and they clicked photo with us (felt like some celebrity). Then we also visited the 12D museum, where we met the gorgeous queen Victoria, Mr. Charlie Chaplin and even we sailed to Paris.

Following day, we headed back to the resort, packed our luggage to head back to the most awaited place, i.e. CMC. We reached the CMC PG hostel by 8pm, rushed to have our dinner, we were allotted rooms of two each, and then freshen ourselves to get together for thanking God to bring us safely to our destination.

Then our week started with getting up early, dressed in our clinical uniform and working together as per the schedule allotted. Sometimes it was tiring, but at the end of each day, it was all worth it. We were posted in the clinical areas of OBG department, Pediatrics department, mental health department, Community department.

Some of our friends also went for trekking, which is a whole different story, (can read about it on the following pages.)

The stay was wonderful, not forgetting the mess provided. It was difficult for some of us, with the dish, because it was typical south Indian dish with dosa, sambar, idli, and so on. Being from north east, the only thing we would long and miss each day is our axone, raja chilly pickle, bastenga, words can't express how we were all dying to have a taste of it (just a free will advice to all the Nagas, remember to carry the fermented pickle whenever you are out of Nagaland.)

On our last day, we were invited by our dearest Principal Ma'am to have lunch at their Olive Villa. There we had such a memorable time learning about the beautiful architecture of the house, watched the beautiful view of Vellore from the top of the house, and the best part, is ma'am prepared special lunch for us, the tastiest chicken and beef biryani, salad, fruits, special mango pickle made by ma'am herself and ice cream! Almost all of us went for second round, because our tummy was upset for the whole week, the best biryani we ever had, my mouth still gets watery and tummy still urges for it. We had a wonderful time with ma'am and sir, talking to them, and followed by a time of small fellowship.

Later that night, we packed our luggage to travel back to where we belong (Nagaland). As we started back the journey, the bus dropped us at the Chennai airport, at the international platform area, where once again we were all celebrity, people asking to take pictures and asking us whether we are from Japan, China or Korea. Later we realized that we were not in the right airport, we were supposed to be in the domestic airport area which was around 10minutes walk from where we were, so we had to push our luggage and run towards the airport again. Thank goodness we were able to reach on time, checked in by ourselves and boarded the flight to our home sweet home..

It was a wonderful, unforgettable and most cherishing moments that we have spent together. We were blessed and would like to extend our sincere thanks to our dearest teacher and guide Mrs. L. Lidziisa Mao and Mrs. Philanim A. Shimray for being with us throughout the journey. Our sincere thanks to our Principal ma'am for allowing us to go for the trip and all our loved and dear ones for all their support, encouragement and prayer, for making this journey a memorable one.





MISS. NEISEPHRENUO THEUNUO
B.Sc N 4th YEAR

LIFE CYCLE

*I took birth from the womb of caring welkin
When I will die
My soul would be drawn in the form of star
My bones would decay
To take rebirth and lifecycle is the series of spontaneous moments
And which are unpredictable.
Important role I have to play in my life
And I know the phases of lifecycle
From failure to success, from dark streets to lighting
Up the roads, from fall to rise
From bleeding of poetries to scribbling them on the pages
From loving to read poetries to becoming the romantic poetess
From sorry to forgiving, from blooming to withering heart
From growing black hair to grey hair falling on the fragile ground
From growing spring on the margins of skin
To melting of autumn on my wrinkled skin
From rushing of blood to lumped blood flowing in the veins
From gulping of saudade to chewing the celestial of betrayal
The journey of being friends to Enemies
From arrival of memories to their departure
From taking wrong decisions to right decisions
From walking on own to holding the sticks to walk
And from sleeping to never waking up
Stopping of breathe
And I will be buried in the flames
For the reincarnation of my soul from the sprinkling ashes*

**MISS. KUMLIJUNGLA TZUDIR
B.Sc N 4TH YEAR**



If you were at the beginning of many moments, you'll be there when they end.

If you have a lot of friends, you'll experience that many breakups.

If you think that the loss you feel is great, it is because you've attempted that many things in your life

If you made a lot of mistakes, it is better than having lived without doing anything at all.

It is not unhappiness to be unable to reach a star, unhappiness is that you don't have a star that you cannot reach.

B.Sc N 3RD YEAR

support yourself.

motivate yourself.

speak highly of
yourself.

Pray for yourself

STUDENTS CORNER





GNM 3RD YEAR



GNM 2ND YEAR





GNM 1ST YEAR

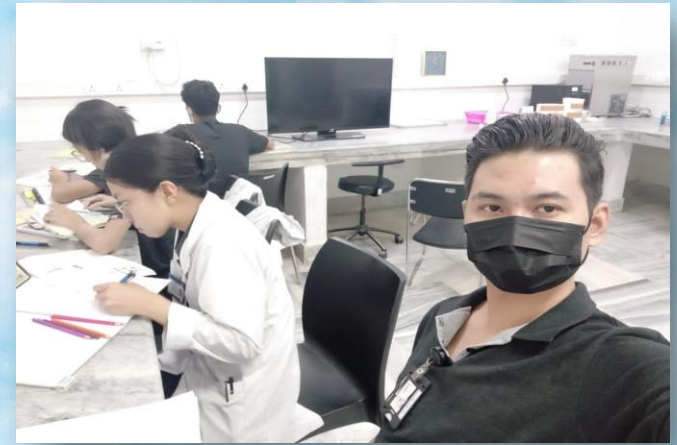


B.Sc N 4TH YEAR



**“A JOURNEY IS BEST MEASURED IN FRIENDS, RATHER THAN MILES”
~ TIM CAHILL**

B.Sc N 1ST YEAR



LAB WEEK 18TH APRIL 2022 - 23RD APRIL, 2022



BMLT
DEPARTMEN



P.B.B.Sc 2ND YEAR



P.B.B. Sc 1ST YEAR





B.Sc MLTANONYMOUS



MISS. CHICHAMBENIKIKONBMLT 1ST YEAR



MISS. ESTHER KENT

P.B.B. Sc 1ST YEAR



MISS. SENDENRENLA PONGEN
B. Sc AOTT



PROUD TO BE ANAESTHESIA
TECHNICIAN
~ 3RD YEAR AOTT



ANESTHESIA IS QUITE REMARKABLE. IT'S LOST TIME AND YOY WAKE UP KIND OF
REFRESHED. ~2^{N^D} YEAR AOTT



LAUGHTER IS NOT THE BEST MEDICINE, PROPOFOL IS.

~ 1ST YEAR AOTT



“IN A WORLD FULL OF TRENDS, WE WANT TO REMAIN CLASSIC”.

~ 1ST YEAR DRT



~ 2ND YEAR DRT



FAILURE IS A TEACHER,
A HARSH ONE BUT THE
LESSON IT TEACHEES IS
THE BEST ONE.

~ 3RD YEAR BMLT



A MIXTURE OF DIFFERENT PERSONALITIES
AND TALENT MAKING US THE 7

~ 2ND YEAR MLT



WE DESERVE TO DREAM AND TOGETHER WE WILL SCREAM.

~ 1ST YEAR MLT



DON'T JUDGE A BOOK BY
IT'S COVER. DON'T JUDGE A
STUDENT BY HIS
PERCENTAGE

~ 3RD YEAR HIIM



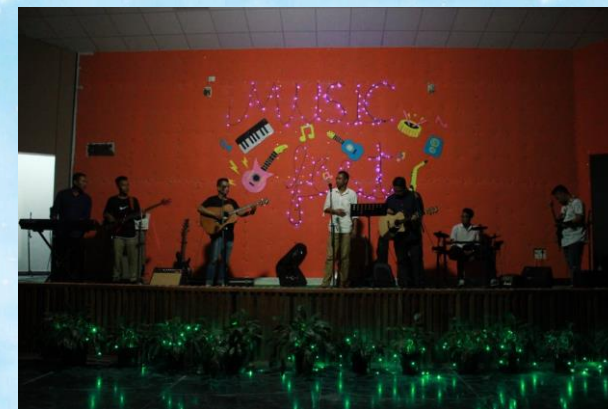
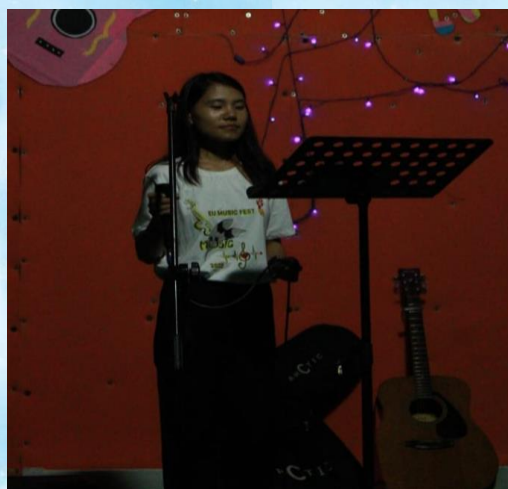
ONE MAN ARMY

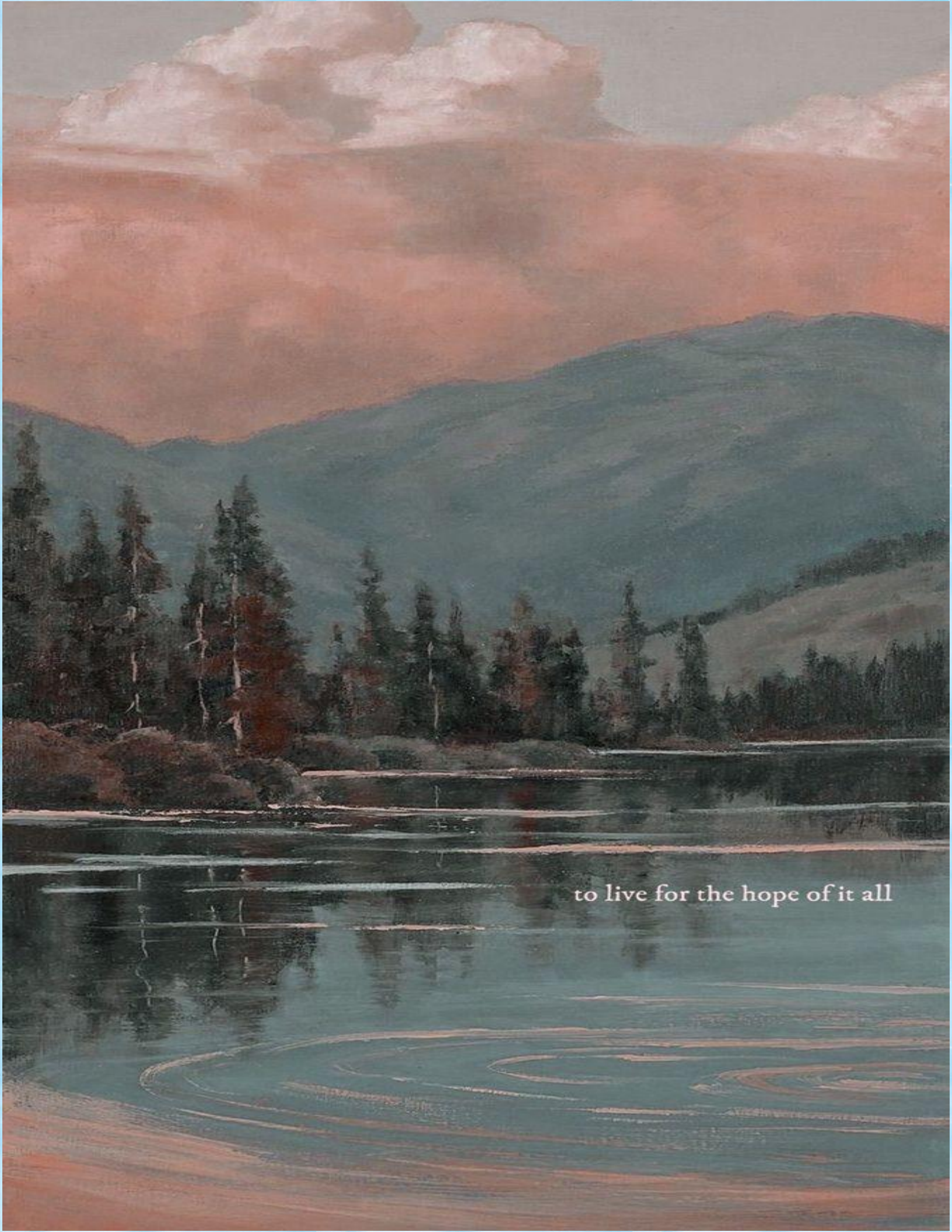
~ 1ST YEAR HIM



EXHALT HIS NAME WITH MUSIC AND SONGS

~ EU MUSIC FEST, 2022





to live for the hope of it all