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Newsletter

2nd Edition



“Generations of Grace”

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COLLEGE OF NURSING

Christian Institute of Health Sciences & Research

January 2024 - December 2024

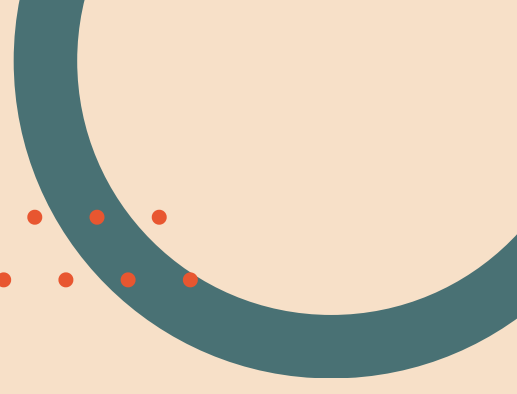


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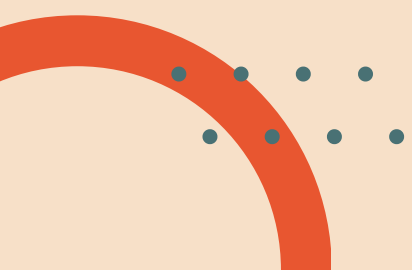
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President's Message

From the Principal's Desk

Dear Alumni,
Warmest greetings
to all of you!

It fills my heart with immense pride and joy to connect with you through this edition of our Alumni Newsletter. We have always considered our alumni not just as former students, but as an integral part of our extended family whose achievements continue to inspire and enrich our legacy. Each batch who has walked through our hospital and college corridors have added its own unique color to the canvas of this institution.



Over the past year, we have witnessed remarkable growth across various domains — be it academics, student activities, outreach and networking programs or infrastructure development. New initiatives are being undertaken to ensure that the students have an enriching experience. Our students are being groomed not only as professionals but as responsible individuals who align with the mission and values of our institution.

We are also placing greater emphasis on mentorship, innovation, privileges for students and community outreach, believing strongly that the values we instill in our students today will echo in the society tomorrow.

Your successes and milestones — both personal and professional — are a source of inspiration to our current students. We would love to hear more about your journey, and we welcome you to engage with your alma mater in any way possible — as resource persons, mentors, or collaborators in our initiatives.

Let us continue to strengthen this bond and uphold the spirit of serving, nourishing and transforming lives that defines us.

With warm regards and best wishes,

Prof. A. Purnungla Aier
Principal
College of Nursing, CIHSR



Secretary's Report

Dear Alumni,

Warm greetings to all from College of Nursing, CIHSR. It is indeed a pleasure for me to update another year's highlights to you all. I believe this newsletter finds you all well. We continue to appreciate all your hard works and the contributions you all have put in elevating the standard of CON, CIHSR.

We also delight in informing you that the Alumni Association has successfully registered under the Society Act w.e.f 08-02-2024.

The Alumni Association is committed to keep the bond and relationship of College of Nursing, CIHSR with its Alumni strong by encouraging and organizing Alumni meet, Alumni voice and Alumni speak. These activities have been on going and we also encourage all of you to continue to be a part of it. Many of you have contributed not only by continuously working with us but also by monetary contribution.

We look forward to a great year and unwavering support from each one of you. The AA have conducted one Alumni Voice on 24th July, 2024 and are looking forward to yet another inspiring and interesting Alumni Voice in the following month. The AA has also been meeting and moving quite rigorously throughout the year with various activities on the line.

It gives us immense joy and encouragement by all your participation in the Alumni meet and hope to see more alumni in the future.

May you continue to shine wherever you go and work.

With regards,

General Secretary
Ms. Neiketounuo Medom



Alumni Committee Members 2024 - 2026



PROF. A. PURNUNGLA AIER

PRESIDENT



PROF. L. EMI HUMTSOE

ADVISOR



MS. MERENTOLA P
LONGKUMER

VICE PRESIDENT



MS. NEIKETOUNUO
MEDOM

GENERAL SECRETARY



MS. ESTHER KENT

*ASSISTANT JOINT
SECRETARY*



MS. ARHONI TUNGOE

TREASURER



MS. PHILANIMA
SHIMRAY

ASSISTANT TREASURER



MS. BENDANGTEMSULA

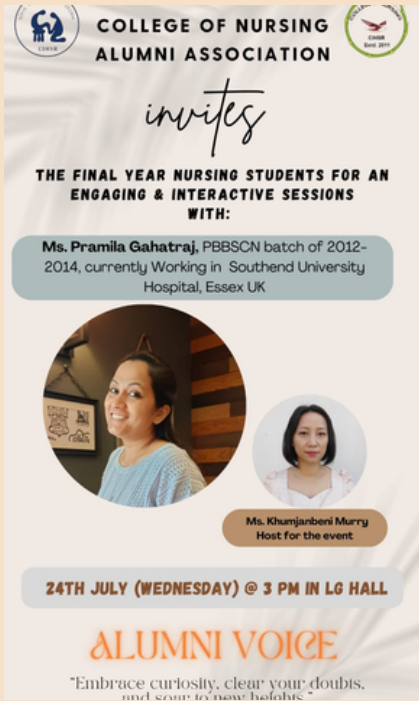
ALUMNI REPRESENTATIVE

Activities



Alumni meet 2024

Alumni Voice



JAN 2024 — DEC 2024

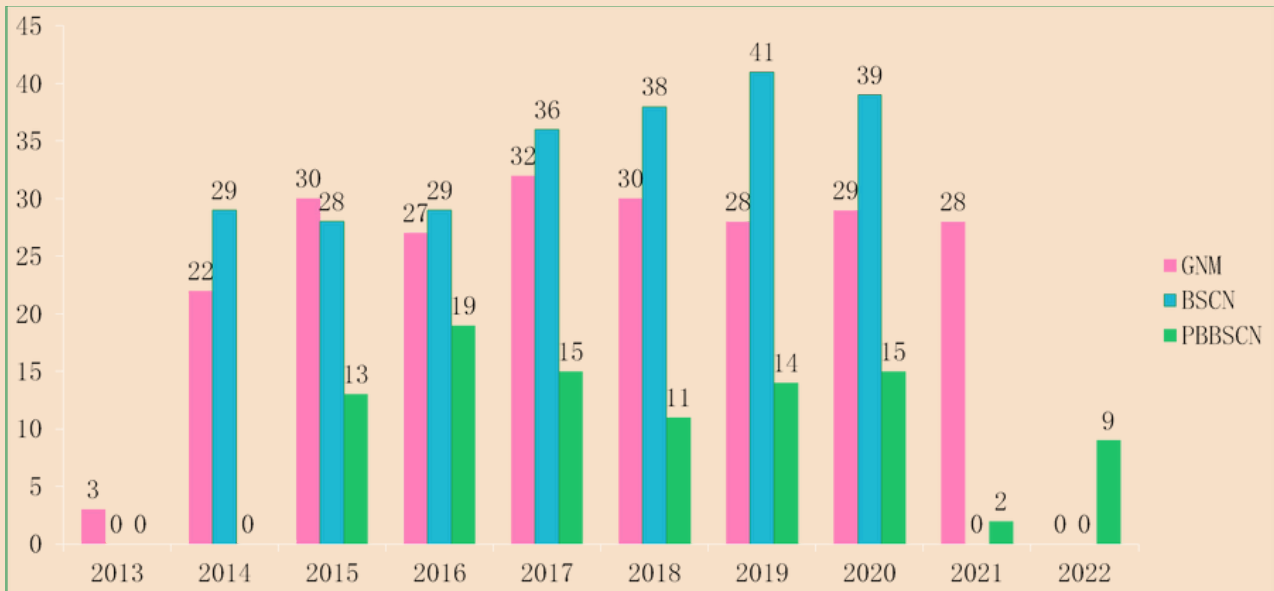


Registration under Society Act



Furniture for Alumni Office under process

Number of Alumni registered till 2024



Total 567

ALUMNI DONATIONS 2024

SL. NO	NAME OF THE ALUMNI/BATCH	AMOUNT
1	Miss Seropila	Rs 500/-
2	Miss Anya padu	Rs 500/-
3	PBBSCN 2013-2015	Rs 20000/-
4	PBBSCN 2014- 2016	Rs 5000/-
5	PBBSCN 2022-2024	Rs 5000/-
6	GNM 2021-2024	Rs 1400/-
7	BSCN 2020-2024	Rs 6000/-
8	CIHSR ALUMNIS	Rs 10300/-
	Total	Rs 48700/-

**WE EXPRESS OUR GRATITUDE TO ALL OUR ALUMNI FOR
YOUR CONTRIBUTIONS. MAY GOD BLESS YOU ALL !!!**



A THOUGHT TO ALL THE READERS

“Do not let your potential go to waste because you don’t feel confident or ready enough,
People with half of your talents are making serious waves while you are still waiting to feel ready.”

Alumni Achievers

03



MS. HANNAH RONGME

SILVER STAR AWARD, CIHSR
2019



MS. MARY NINGBIAKCHING

MRS. NABI SURIN URANG MEMORIAL
AWARD, 2020



MS. BENDANGTEMSULA

SILVER STAR AWARD, CIHSR,
2020



MS. NEMMUANCHING

BEST HIC LINK STAFF,
CIHSR, 2024



MS. WANGSHIMENLA IMSONG

SAMPOORNATA ABHIYAN
SAMPAN SAMROH, 2024

Alumni Achievers



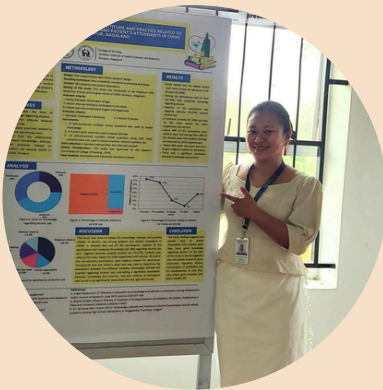
MS. KAIKHO HRIINIA

OUTSTANDING EMPLOYEE
OF THE YEAR, UMC,
SINGAPORE, 2024



MS KAJINI EKHE

FLORENCE NIGHTINGALE
AWARD, FORTIS HOSPITAL,
2024



MS. NUNGSANGMENLA
LONGKUMER

FIRST PRIZE, POSTER COMPETITION,
NATIONAL NURSING CONFERENCE,
CON, CIHSR, 2024



MS MOHINI LAMA

FIRST PRIZE, ORAL PAPER
PRESENTATION, CIHSR,
RESEARCH DAY, 2025

SNIPPETS

GLIMPSES OF ALMUNI TALENTS

Oh love of mine
 With a heart so fine
 Your voice as sweet as honey
 Your smile be bought with no money
 You bring me peace
 You bring me to ease
 Like the sky meets the sea
 I hope to meet thee



ANONYMOUS

Behind every “I wont marry” is a girl who once believed in love- until she saw what marriage could take.

She has watched women shrink themselves to fit expectations, lose themselves and their freedom for duty, and silence their dreams for the sake of a vow.

She does not fear love, she just rejects the idea that love must come with a cage. no one will own her, claim her, or shape her into something she's not.

“She belongs to no one but herself”



VIKEHIENO KISO
 BSCN BATCH OF 2020-2024

SNIPPETS

My Nursing journey

My nursing journey begin with a simple yet profound question : 'Why do you want to be a nurse ? Looking back I realise I didn't have all the answers but the journey was more important than the answer.It helped me learn valuable lessons and grow personally and professionally .

I recall the early days of nursing career when each new posting and experience felt like a puzzle piece falling into place slowly revealing the bigger picture of healthcare and patient care.

I recognise that my clinical posting was not just about gaining skills or knowledge but also about being present for patients in their most vulnerable moments-and I'm humbled to have that privilege.

My nursing journey has also taught me the invaluable importance of nurturing friendships, family ties and colleague relationships.



As I sit to write my journey ,a flood of memories and flashbacks washed over me ,transporting me back to moments like doing tons of assignments,preparing for exams ,going for duty's ,cracking jokes with friends ,All this will be remembered There are also moments of pain,of regret,of sorrows ,this too are integral part of my journey and while they may not be dearly remembered ,they have played a crucial role in shaping me into the person I am today .

As I turn the page to a new chapter I'm hopeful that the experiences I've had and the knowledge I've gained will continue to guide me on my path enabling me to make a meaningful difference in the lives of those around me .



SORUMLA A SHIPO
BSCN BATHC OF 2019-2023

SNIPPETS

"My journey as a nurse began at my beloved Alma Mater, the College of Nursing, CIHSR.

Looking back, those years were filled with growth, learning and countless memories that still stay close to my heart.

The support and encouragement I received from my teachers shaped me both professionally and personally.

I feel proud and grateful to be a part of an institution that Laid such a strong foundation for my career and character. It was there I truly understood the meaning of compassion, discipline, and the strength it takes to care for others.

Esther Kent

PBBSCN batch of 2021-2023



I'm filled with gratitude for the incredible experiences I had in CON, CIHSR.

My time at CON was a transformative period of growth and self discovery. Thank you CON for providing me with a foundation for success, sense of belonging and lifelong connections I've made with fellow alumni, many of whom have become my dear friends and colleagues.

Akumtoshi S Longkumer

PBBSCN batch of 2022-2024

SNIPPETS

To my alma mater, College of Nursing,
CIHSR thank you for being the soil that
nurtured my roots, the light that guided my
path, and the hands that shaped the nurse
and person I am today. Your lessons echo in
every step I take, and your spirit lives on in all
that I do."

Tolivi Kiho

BSCN batch of 2015- 2019



Thank you College of Nursing, CIHSR for the incredible
professional growth and learning experience
It has truly been a privilege. Grateful for all the memories, the
impact is unforgettable

Intisangla

BSCN batch of 2018-2022



SNIPPETS



Forever grateful for the halls that echoed with
laughter and learning.
To the place that taught me more than books ever
could.
Where teachers inspired, and friendships endured.
Memories fade, but this place stays in the heart.
Home is where the alma mater is.

Wangshizungla Imsong
BSCN batch of 2017-2021

We arrived as strangers and leave as
family, with memories etched in every
corner.

This place gave me more than an
education—it gave me purpose, pride,
and lifelong connections.

Years from now, when I speak of home,
this place will always be part of my story.

H Emeni
BSCN batch of 2016-2020



SNIPPETS



LIVE THE LIFE: FINDING PURPOSE

I'm Christie B.Sc(N) batch of 2019, COVID outbreak year. As I reflect back on my nursing journey, I am reminded of the unprecedented challenges faced during the pandemic. It was a time of uncertainty and fear, but also of resilience and determination. Despite the obstacles, our teachers and college faculties went above and beyond to ensure that our education remained uninterrupted. They adapted to the new normal, leveraging technology and innovative teaching methods to keep us engaged and motivated. I must admit that I was initially concerned about falling behind in my studies due to the pandemic. However, our college rapid response to our education ensured that we stayed on track. During the pandemic, I often turned to music as a source of comfort and solace. One song in particular stood out to me was 'AGAIN' by Abdon Mech, with lyrics that seemed to capture the mood of our times. 'I missed the air that I could breathe without the fear of dying. As a nursing student, I was actually aware of the risks & challenges that came with our profession and those lyrics resonated with me deeply. Looking back I realized, that the pandemic was not a hindrance, but rather an opportunity for us to grow, to learn, and to become more compassionate and resilient healthcare professionals. After navigating the challenges of nursing college during the pandemic, I am proud to say that I finally graduated in 2023.

With my nursing degree in hand, I was excited to transition into a role where I could utilize my skills and experience to deliver quality patient care as a new grad nurse. I'm now working as an OBGYN nurse in CIHSR for almost 1 and a half year now, where I have the opportunity to work with a talented department dedicated to providing exceptional patient care. I feel a divine calling to work in this department, where I can make a difference in the lives of my patient. I take care of patients younger than me or twice my age. I recognized that I couldn't truly understand the struggles of my patients who were experiencing life-altering events like childbirth, miscarriages etc. It required extra emotional strength and empathy. Sometimes all I needed was to raise my voice tone than the usual time & a supportive ear to listen. Working in OBS & GYNAE DEPT was a transformative experience that pushed me out of my comfort zone.

It's a great privileged to be a woman, and to care for women. The ability to conceive is one of life's greatest blessings. There's something about honoring women, honoring the birth process. Childbirth is an experience in a woman's life that holds the power to transform her forever. Most of the time the process of birth remains uneventful. But it can turn otherwise at anytime. The hardship of carrying for 9 long months and finally its out. In labor ward, just as much as the joy and relief in hearing the cry of a baby at birth, so is the curiosity of the gender. Wider smiles when its boy and mere smile when it's a baby girl of course I'm not referring this to everyone. God had already planned what's best for you, so accept it.

SNIPPETS



Every baby is a blessing regardless of gender. It's such a great joy and amusement once the baby is out but the face shrinks, the light gets darker, the atmosphere becomes dull, when you see the nurse receiving the baby rushes towards the neonatal resuscitation room. That's where the flip over comes in. Some babies don't make it despite of all the efforts that we put in. Though the grief is overwhelming, we must find the strength to move forward. Yet, despite the unpredictability and challenges; we remain steadfast in our commitment to care. And we strive to provide, comfort, hope and healing in every moment.

Working in this department gave me more realization on the importance of life, not just one but two lives. It's extremely rewarding to care for two lives at the same time. There's this post that I have seen on the internet, 'PREGNANT OR NOT, PRAY FOR YOUR WOMB, PRAY AGAINST CYST, FIBROIDS, OVARIAN CANCER'. I'm a woman, unmarried but I have come to the realization of the lines mentioned above, I hope you do too before it's too late.

There are so many experiences along the way for which I am truly grateful for. Some are unforgettable joy, some very painful, hard to accept, to which when I recall some event it pricks my heart till today. Through all that experiences, when I think about all the patients and their loved ones I have taken care of, I gave a little piece of myself to each of them and they to me, adding more meaning to each of our lives & my career in nursing. I see them for follow up in the hospital, bumped through them in hospital corridors or some, I cross paths with them at market. There's no better feeling than this even after month or years, they still recognize us and say, "hey sister kineka aseh, moi la bacha ek sal hoishe" (hey sister, how are you? My child is 1 year old now) etc. It's so great to see them greeting us with a smile. My heart is so contented. It swells with love and gratitude, seeing patients thrive after all this time.

In closing, I'm not saying all this from the viewpoint as an OB NURSE but because I'm a nurse & I'm proud to be working in this profession. We may all be working at different places, but remember we are under the same fraternity representing our profession. Therefore, humbling ourselves in the way we speak, our actions and all that fits in to be in this profession matters.

TODAY, I AM GRATEFUL FOR ALL THAT I AM, ALL THAT I DO & ALL THAT IS, GIVING THE HIGHEST GLORY AND HONOR TO HIM GOD. FOLLOWING MY FAMILIES, TEACHERS, MY CURRENT DEPARTMENT & ALL THOSE WHO HAVE SUPPORTED ME TO BE WHERE I AM TODAY. I'M COUNTING MY BLESSINGS AND FEELING DEEPLY GRATEFUL FOR THE LOVE, IMMENSE SUPPORT AND PRIVILEGES THAT SURROUNDS ME. THANK YOU FOR BEING PART OF MY JOURNEY.

Finally ending with a bible verse, 1st Thessalonians 5:16 -18 "rejoice always, pray continually, give thanks in all circumstances; for this is GODS will for you in Christ Jesus" (Kindly note, there are some lines extracted from the internet)

HAPPY READING

CHRISTINA SIRIA
B.SC (N) BATCH OF 2019-2023



SNIPPETS

Honoring the roots of my calling

In the journey of becoming a nurse, few influences are as enduring and impactful as one's Alma Mater. For me, the foundation of my professional identity and the values that guide my practice were shaped within the halls of an institute that did more than teach-it transformed me.

Then there is this special kind of fulfilment in refreshing to serve the very institution that once nurtured your calling. Working here in CIHSR have moulded me in all directions of life, professionally and spiritually and have made me gain countless skills. The education I received was not just academic, it was comprehensive formation that taught me discipline, compassion and resilience.

Everyday, I am reminded that this institution is more than a workplace or a training institute, it is a home. it has witnessed my growth, supported my aspirations, and had allowed me to be a part of shaping of next generation of nurses. For that, I remain deeply proud and eternally grateful.

LONG LIVE COLLEGE OF NURSING, CIHSR!

Nungsangmenla Longkumer

BSCN batch of 2016-2020



Nursing Superintendent's Address

05



Dear Beloved Alumni,

It is with immense joy and gratitude that I extend my warmest greetings to each of you through this newsletter. You are not just graduates of the College of Nursing (CON); you are the heartbeat of our institution, carrying forward a legacy of Compassion, Innovation, and Excellence. Your contributions to the nursing profession are invaluable, forming the backbone of our department and making a profound impact on patient care.

CIHSR is now a 214- bedded institution which remains unwavering in its commitment to Quality Patient care and Service excellence through Christ-like Compassion and Innovation.

Recent advancements include the establishment of:

- Children's Intensive Care Unit (CICU) – encompassing Neonatal and Pediatric Intensive Care Units and with it, the starting of an IAP certified course for nurses in Paediatric Critical Care in the month of March 2025.
- Coronary Care Unit (CCU)
- Gynecology Ward
- Prosthetics and Orthotics department

In recognition of our commitment to high standards, we achieved the Pre-Entry Accreditation status from the National Accreditation Board for Hospitals & Healthcare Providers (NABH) in 2024. Our institution has also been officially recognized as a Centre of Excellence in Infection Prevention and Control and Anti-Microbial Stewardship (IPC/AMS) by CAHO having achieved an overall score of 70% and above in the recently conducted iCOMPLY audit.

The Nursing Service Department of CIHSR also continues to grow and evolve, building upon the strong foundations laid by our predecessors and supported by the institution. We are proud to have a dedicated workforce of 214 nurses working across multiple departments, our 105 alumni making 50% of the total nursing workforce.

Recognizing the need for continuous growth, we are actively developing specialized training programs to support skill enhancement and career progression. While attrition rates have significantly decreased in recent months, the primary reasons for staff departures remain higher studies and better career opportunities in central and overseas positions. To address this, the institution, through the College of Nursing and the newly established Learning and Development Unit (LDU), is proactively developing in-house training programs that enhance skills while allowing nurses to continue serving.

Recent Training Milestones of our alumni in the Nursing Service:

- One nurse has completed the Post Basic B.Sc. Nursing Degree program
- Four nurses have successfully completed a Clinical Nurse Educators' Course.
- Two nurses are undergoing the Clinical Nurse Educators' Course
- One nurse has completed the Diploma in Cardiac Care while another is on roll.

More nurses have enrolled, and many more are expected to enroll in similar courses designed to meet the growing demand for specialized nursing services. These training initiatives provide nurses with the opportunity to advance their careers while continuing their service.

Efforts are also underway to centralize and streamline training and development activities within the Nursing Service Department through an Innovative Nursing Support for Professional Improvement and Refinement (INSPIRE) program. As part of this initiative, Continuing Competency Training (CCT) and Continuing Nursing Education (CNE) programs have been re-structured and put back on track, while In-Service Education, Induction, And Orientation Programs are also being systematically streamlined.



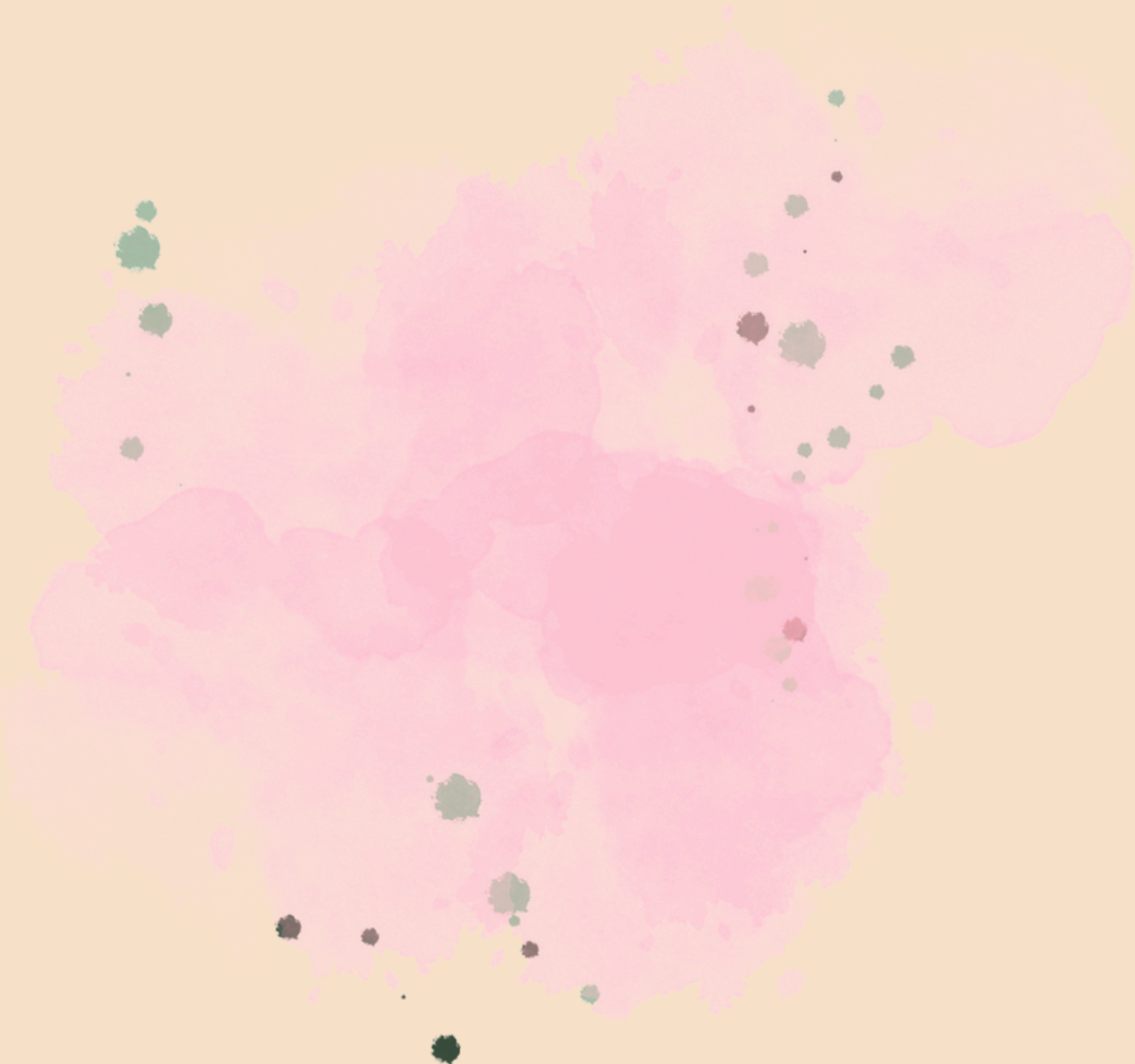
We are also proud to report that Ms. Mohini Lama our alumnus was adjudged the Winner in the Oral Paper Presentation in the Nurses' category during the recently conducted Institutional Research Day Celebration. We continue to encourage and take inspiration from such ventures which uplift the image of our profession.

Our commitment to nurturing leadership within our nursing workforce also remains a top priority. We are developing, piloting, and refining leadership accreditation programs to equip our nurses for future leadership roles while also enhancing the leadership skills of those already in key positions. It is particularly rewarding to witness our alumni emerging as leaders within their respective teams and departments, demonstrating resilience, adaptability, and professionalism in the face of challenges. Altogether there are around 14 of our alumni taking leadership roles as Ward In-charges and Assistant In-charges across different clinical areas.

Looking ahead, we remain steadfast in our dedication to building upon past successes while embracing future opportunities. As we progress towards Nursing Excellence Accreditation, competency mapping and privileging aligned with job descriptions have become a focal point. By 2025, our goal is to ensure that all nursing staff have their competencies mapped and assigned privileges that align with their roles and responsibilities. With a renewed emphasis on innovation, education, and patient-centered care, we continue on our journey of excellence and thereby make a meaningful impact in the lives of those we serve.

In conclusion, I extend my deepest gratitude to our alumni for your unwavering support and commitment to our institution and the nursing profession. Whether near or far, you remain an integral part of our family, and your journey continues to inspire us all. With deep appreciation and warmest regards,





CONTACT US:



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[Click here](#)

or

Go to: <https://concihsr.in/alumni-page/>

But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To Him be glory both now and forever! Amen

2 Peter 3:18

