

April 8, 2026

concihsr.in



# ALUMNI

# NEWSLETTER

3<sup>rd</sup> EDITION

MAY 2025-APRIL 2026



## COLLEGE OF NURSING

## CHRISTIAN INSTITUTE OF HEALTH SCIENCES & RESEARCH



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“Wherever life takes us, we will always carry a piece of our alma mater in our hearts.”

# PRESIDENT'S MESSAGE



*A message from the Desk*

Dear Esteemed Alumni,

Warm greetings to you all.

It is with immense pride and deep gratitude that I connect with you through this edition of our Alumni Newsletter. Our alumni remain a strong pillar of our college, exemplifying excellence, compassion, and professional integrity in diverse healthcare systems across the state, region, nation and across the globe.

Our college continues to move forward with a clear vision for academic excellence, innovation, and continuous quality enhancement. The accreditation by NAAC with a 'B' Grade in 2022 has been a significant milestone and a source of encouragement, motivating us to undertake sustained quality improvement initiatives. Building on this foundation, the recent recognition of securing an 'A' Grade in the Academic and Administrative Audit (AAA) by the Directorate of Higher Education in March 2026 stands as a testament to the unwavering commitment and collective efforts of our faculty, staff, students and the enduring legacy shaped by our alumni.

It is truly inspiring to witness the remarkable professional growth and achievements of our graduates. It is so encouraging to see that a significant proportion of our alumni are serving as clinical nurses in various health care institutions, academic settings, and other reputed healthcare organizations, both nationally and internationally. Many of our Alumni have progressed into specialized clinical roles, while a considerable number have assumed positions as nurse educators, administrators, and with leadership responsibilities. Several alumni are also making meaningful contributions to research, quality improvement initiatives, and the advancement of evidence-based nursing practice. Your ability to excel, adapt, and lead in an increasingly dynamic healthcare environment speaks volumes about your dedication and resilience. And as the scope of nursing continues to expand, your contributions become ever more vital, not only in delivering quality patient care but also in shaping nursing education, leadership, policy, and innovations in healthcare.

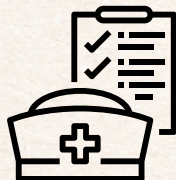
I strongly encourage you to remain actively engaged with your alma mater and to cherish and sustain this meaningful connection. Your continued involvement through academic collaborations and professional networking, and support can make a profound difference in shaping the aspirations and competencies of our students. May we continue to foster opportunities for shared learning, collaboration, and mutual professional support. Your engagement plays an important role in strengthening our institution, shaping nursing professionals, and serving as a continued source of support and strength to the college.

Wherever life takes you, stay connected to your alma mater. It is not just where you studied, but where your journey began and where you will always belong. Though you may be spread across different places and paths, you will always remain an integral part of this institution. Stay connected.

With warm regards,  
Principal  
College of Nursing



# NURSING SUPERINTENDENT'S ADDRESS



Dear Beloved Alumni,

It is my privilege to share an update on the strong and vibrant presence of our alumni within the clinical services of the institution.

## Institutional Overview

CIHSR has grown into a **219-bedded institution**, steadfast in its commitment to **quality patient care and service excellence**, guided by Christ-like compassion and innovation.

## Recent Additions:

- Department of Psychiatry
- Department of Paediatric Surgery
- Digital Radio Diagnostic Facility

## Nursing Workforce Snapshot

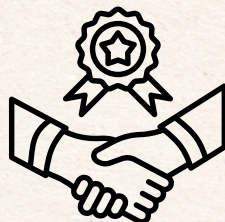
- **Total Nurses: 283**
- **Alumni Strength: 119 (40% of workforce)**

*Table 1. Classification of CON alumni by qualification*

Sl. no	Educational Qualification	No
1.	PBBSCN	20
2.	BSCN	48
3.	GNM	51
TOTAL		119

### Professional Development & Training

We continue to strengthen structured training pathways through the College of Nursing and Learning & Development Unit (LDU), enabling career progression while supporting service continuity.



**Table 2: Training Milestones of CON alumni in the Nursing Service:**

Sl.No	courses	completed	ongoing
1.	Clinical Nurse Educators	5	1
2.	Diploma in Nurse Dialysis Technology	1	2
3.	Post Basic Diploma in Critical Care Nursing	0	2
4.	Post Basic Diploma in Oncology Nursing	1	0
5.	Diploma in Cardiac Care	2	1
6.	Post Diploma in Paediatric Critical Care Nursing DPCCN	0	5
7.	Diploma in Neonatal Nursing	1	0
	<b>TOTAL</b>	<b>10</b>	<b>11</b>

**Recognition & Leadership****• Individual Nursing Excellence Award:**

Ms. Nukshinaro (GNM, 2012 Batch)

**• Leadership Roles:**

- 17 Alumni serving as Ward In-Charges / Assistant In-Charges

- 3 Alumni serving in TNAI Executive Committee (CIHSR local Unit)

We are actively working on strategies to identify and develop our second line leaders to build future-ready nursing leaders.

**Quality & Strategic Focus**

• Preparation for Nursing Excellence & NABH Accreditation

• Quality Improvement Initiatives in collaboration with #M as technical partners:

- Infusion Safety (INFUZE) Project

- Peri-operative Safety (Beyond the Incision Project)

**Looking Ahead**

With a continued focus on innovation, education, and patient-centered care, we remain committed to advancing excellence and making a meaningful impact.

**A Note of Gratitude**

Our alumni remain an integral part of our journey. Your continued support, dedication, and achievements inspire us every day.

With deep appreciation and warm regards,

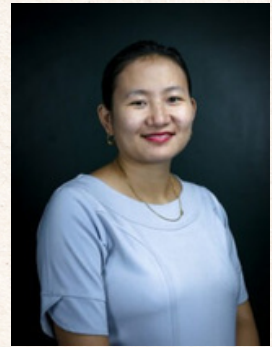
L. Emi Humtsoe

Nursing Superintendent

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# Secretary's Report



Greetings to all our esteemed alumni,  
Once again, it is my privilege to present the Secretary's Report on behalf of the Alumni Association. As we continue this yearly tradition, it is heartening to reflect on yet another year of connection, growth, and shared commitment to our institution.

Over the past year, our alumni have remained actively engaged, contributing their time and expertise in meaningful ways. From mentoring students to participating in academic and supportive initiatives, your involvement continues to strengthen the bridge between past and present.

We are especially thankful to those who have stepped forward to guide our final-year students, helping them navigate their challenges and feel a sense of belonging. Such gestures reaffirm the enduring spirit of our alumni community.

As we look ahead, we remain committed to fostering stronger ties, encouraging greater participation, and creating more opportunities for collaboration and support. Thank you for continuing to walk this journey with us, year after year.

Warm regards,  
Ms. Neiketounuo Medom  
Secretary  
Alumni Association,  
CON, CIHSR

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# Meet the Newly Elected Alumni Association Members (2025– 2027)



PROF. A. PURNUNGLA AIER

*PRESIDENT*



PROF. L. EMI HUMTSOE

*ADVISOR*



MS. MERENTOLA P  
LONGKUMER

*VICE PRESIDENT*



MS. NEIKETOUNUO  
MEDOM

*GENERAL SECRETARY*



MS. KITILA AMRI

*ASSISTANT JOINT  
SECRETARY*



MS. ARHONI TUNGOE

*TREASURER*



MS. PHILANIMA  
SHIMRAY

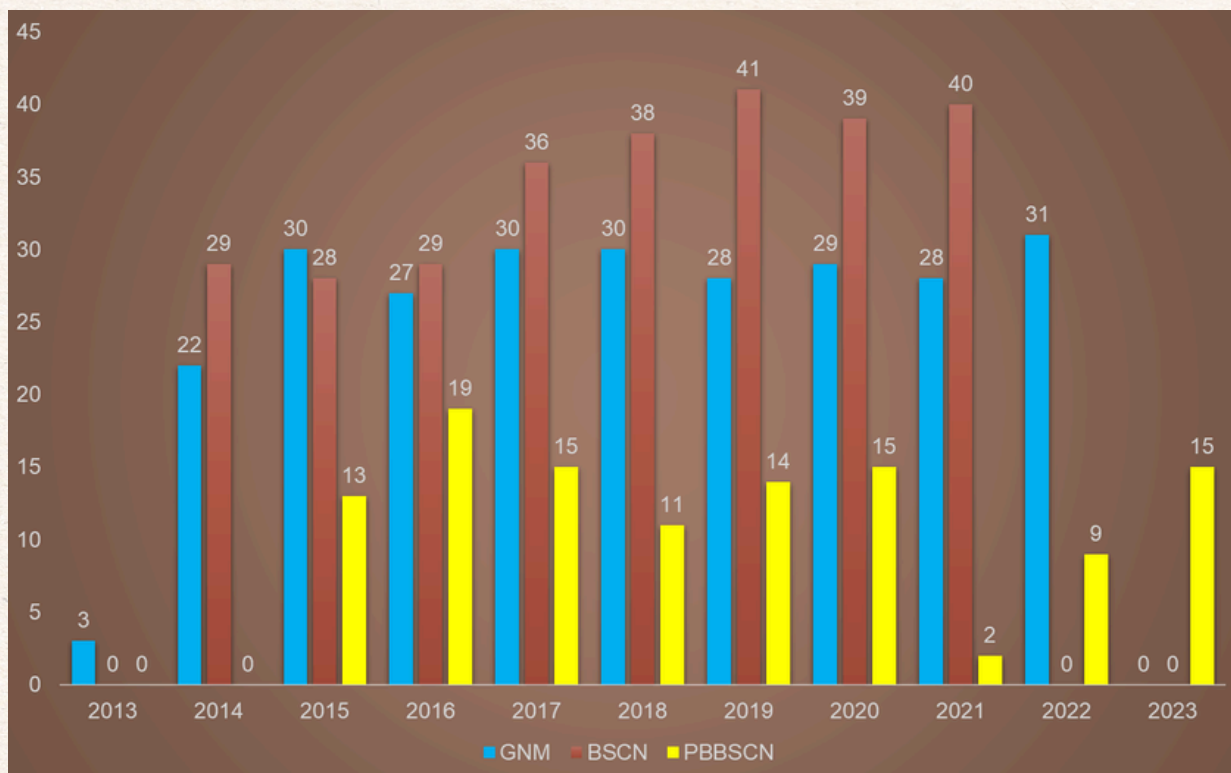
*ASSISTANT TREASURER*



MS. MOHINI LAMA

*ALUMNI REPRESENTATIVE*

# ALumni Registration till 2025 December



*The years represented in the bar chart indicate the year of enrollment of the students.*

**TOTAL Registered: 653**

Three group of students in the chart are not registered as they have not yet completed their program.

BSCN 2022 – 2026

BSCN 2023 – 2027

GNM 2023 – 2026

# ALumni Activities in 2025



JAN 2025 — DEC 2025

**COLLEGE OF NURSING ALUMNI ASSOCIATION**

## ALUMNI VOICE 2025

"Echoes of experience, words of wisdom, let our alumni inspire your next step."

*Invites*  
ALL THE FINAL YEARS

**Mr. Comely Gassah**, 1st batch of BscN 2014-2018, currently working as a Junior Manager-General Administration in MCLGH.

Host : Ms. Ningrinchon Rumthao

3:00pm, LG Hall | 28th of May 2025

**COLLEGE OF NURSING, CIHSR ALUMNI ASSOCIATION**

## ALUMNI VOICE 2025

*INVITES*  
ALL THE FINAL YEAR STUDENTS

"Your journey began here, but your impact reaches far beyond these walls."

**Mr. Ronald Boris Beck**  
BSCN Batch 2017-2021  
MScN NPCC Final Year

13<sup>th</sup> December 2025  
11:00 Am  
CSSC Conference Hall

We look forward to more meaningful ALumni Voice to connect you and the current students in the year ahead.

# ALumni Achievers



**Mr. Daniel Nag**  
Alumni, CON, CIHSR  
PBBSn Batch of 2011

Honored with a **RECOGNITION AWARD** on the occasion **79th Independence Day** at Tezpur Medical College & Hospital, Tezpur.



**Ms. K. Azhini**  
Alumni, CON, CIHSR  
GNM Batch of 2013

Awarded the **FLORENCE NIGHTINGALE AWARD 2025** TIMES hospital



**Ms. Pramila Gahatraji**  
Alumni, CON, CIHSR  
PBBSn Batch of 2012

Awarded the **EMPLOYEE OF THE SEASON AWARD** at Southend University Hospital, UK



**Ms. Zhoyini Koso**  
Alumni, CON, CIHSR  
BScN Batch of 2016

Selected as **SENIOR NURSING OFFICER,** at AIIMS



**Ms. Abotoli A Assumi**  
Alumni, CON, CIHSR  
BScN Batch of 2014

Selected as **SENIOR NURSING OFFICER,** at AIIMS & **NPSC-CTSE Staff Nurse,** Department of Health & Family Welfare



**Ms. Nosanu Kechu**  
Alumni, CON, CIHSR  
PBBSn Batch of 2022

Successfully cleared **NPSC-CTSE (STAFF NURSE)** under the Department of Health & Family Welfare.



**Ms. Temsuienla Ao**  
Alumni, CON, CIHSR  
PBBSn Batch of 2021

Successfully cleared **NPSC-CTSE (STAFF NURSE)** under the Department of Health & Family Welfare.



**Ms. Gracy Zhimomi**  
Alumni, CON, CIHSR  
BScN Batch of 2018

Successfully cleared **NPSC-CTSE (STAFF NURSE)** under the Department of Health & Family Welfare.



**Ms. Nukshinaro**  
Alumni, CON, CIHSR  
GNM Batch of 2012 (Jan.)

Awarded the **INDIVIDUAL NURSING EXCELLENCE**



**Ms. Videkhono Rhetso**  
Alumni, CON, CIHSR  
PBBSn Batch of 2019

Successfully cleared **NPSC-CTSE (STAFF NURSE)** under the Department of Health & Family Welfare.

# OO SNIPPETS

Keeping Our Candle Burning Bright

## BEYOND THE CANDLE

Reminiscing on the journey at CIHSR



How good were those days when we first joined as freshers, oblivious to the challenges that lay ahead in nursing? We were like baby chicks, learning to waddle through life, following our tutors for guidance. Those were the happy days—the moments we held our candles high and took our oaths to be unbiased professionals, serving all irrespective of caste or creed.

With each passing year, it felt as though we were leaving a part of ourselves behind. Our tutors, whom we once saw daily, became more like a passing glimpse as we reached our final year. I often think of the truth in their words when they told us: "We can't spoon-feed you all the time; you have to learn to stand by yourselves."

Our journey was a tapestry of contrasts: from the grueling hours of presentations where a single hour felt like an eternity, to the joy of annual programs where our tutors would surprise us with their own (mic drop) performances.

Now, that we have grown up. We find ourselves working alongside the very tutors who raised us. We often joke, "Maybe not CIHSR," yet CIHSR is truly what we call our second home. It is where the best years of our youth were spent; where we fought like children and grew into adults.

With every alumni meet, I wonder how many of us will be there during our time. Where will life take us? Marriage? Kids? Furthering our careers? In the end, it all comes down to reminiscing—holding onto those past memories of sadness and happiness that made us who we are today.



Poem by: Sarsati Gurung  
BSCN 2019–2023



*Tabebuia rosea*  
(*Pink Bells tree*)



### *Heart of the Garden*

In the heart of the garden, where the pink bells  
bloom,  
we wrapped our wounds in petals and quiet-  
not because we broke,  
but because we chose to bloom

Here, softness is a choice, not a surrender.  
In shades of pink, we softened-  
not as a weakness,  
but as our greatest strength.

It is a sacred space where healing begins.  
Self-care is embraced without apology,  
life is gently romanticized,  
and the heart, at last,  
remembers what it means to feel safe again.



*by Ms. Lendina Longkumer*  
*BSCN 2015-2019*



Reproduction by: Longdichenla  
BSCN 2020–2024



My journey at the College of Nursing, CIHSR has been one of growth, resilience, and self-discovery. The lessons I learned within those walls were not just academic, but deeply human teaching me compassion, patience, and the true meaning of care.



By: Monalisa Keppen  
PPBSCN 2022–2024

## My experience as a student in College of Nursing, CIHSR and as Staff



*My journey at the College of Nursing, CIHSR, has been a defining chapter of my life – one that laid the foundation of my career and shaped me into the nurse I am today. As a student, CON, CIHSR provided a supportive and disciplined environment where I learned the core values of nursing: compassion, competence and commitment. The academic rigor, combined with clinical postings, helped me develop critical thinking skills and confidence in patient care. The encouragement and mentorship from faculty members guided me not only academically but so in building professionalism and ethical practice.*

*Clinical experiences during my training were particularly impactful. They taught me the importance of empathy, effective communication and teamwork. Each patient interaction became an opportunity to learn and grow, preparing me for the realities of healthcare beyond the classroom.*

*Today, as a bedside staff nurse I carry forward the lessons and values instilled in me at CIHSR. Working on the frontlines of patient care has been both challenging and rewarding. Every shift brings new responsibilities and learning experiences, from managing critically ill patients to providing emotional support to families. The transition from student to professional nurse was not without it's challenges, but the strong foundation from CIHSR made this journey smoother and more meaningful.*

*Being a bedside nurse has deepened my understanding of the true essence of Nursing– it is not just about clinical skills, but also about kindness, patience, and dedication. I often find myself reflecting on my days as a student and appreciating how well they prepared me for the demands of this role.*

*CIHSR will always remain close to my heart, as it is where my journey began. I am proud to be an alumni and grateful for the knowledge, values and confidence that continue to guide me in my professional life. It is an honour to serve patients and uphold the standards of care that CIHSR stands for.*



By: Chathavino  
BSCN 2017–2021



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## NURSING TO ME: A JOURNEY OF SERVICE AND STRENGTH

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*The life of a nurse is a profound journey of the human spirit, a constant ebb and flow of challenges and triumphs. It is a profession that demands everything of a person—physically, mentally and emotionally – yet offers a unique sense of fulfillment that few other callings can match. To be a nurse is a walk of path defined by service, that requires immense patience to navigate the difficult hours, and the empathy to understand the fear or pain a patient is experiencing.*

*However, these challenges are precisely what makes the “Good” moments so luminous. There is an incomparable sense of satisfaction that comes when a patient’s health begins to improve. Watching someone who was once so frail, gain their strength, feel better, and finally head home to their loved ones is the greatest reward. In those moments, the “Sad” fades into the background, replaced by a deep joy that confirms why we chose this path in the first place. It is a profession that mirrors the ultimate act of servant hood— much like the humility shown by Jesus when he washed the feet of his disciples. The act of serving another human being with humility and sincerity, without reservation or pride, provides a profound feeling of wholeness.*

*In the end, nursing is a beautiful tapestry of the happy and the sad, the difficult and the rewarding. It is a career that humbles you daily and teaches the true meaning of humanity. Despite the struggles, the ability to bring comfort to another person makes every challenge worth it, and leaves the heart that feels complete and whole.*



By: –Rosie K. Songput  
PPBSCN 2023–2025

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Unseen hands that heal

Long nights, weary eyes  
a nurse in white stood by my side.  
with gentle care, she helps me bear  
helping me sustain, Oh so humane!

No fame they seek, no praise they chase  
just quiet love in every place.  
Yet vital roles they play each day  
guiding life through shadow's fray.

By: -Lolee Yeptho  
BSCN 2019-2023

“To the Girl I Once Was”

When I was a child,  
they carved my worth beside another's name—  
“Why can't you be like her?” they'd say,  
their words sharp as winter glass.  
She was the sun,  
and I was the shadow they tripped over.

Every report card was a reminder  
that love had a condition,  
and brilliance had a face—  
just not mine.  
I learned to swallow silence,  
to bow before her trophies,  
to curse the mirror  
for reflecting the wrong girl.

At six, I thought God made a mistake.  
At thirteen, I prayed to disappear.  
At nineteen, I was still dragging  
the ghost of that “perfect” girl behind me—  
the one they built from my shame.

But today,  
I stand on the scars of every “not enough,”  
and I whisper to that trembling child—  
you were never meant to shine like her.  
You were meant to burn like you.

So here's to us,  
to the girl who kept breathing  
when it hurt to exist,  
to the woman who rose  
without anyone's permission.

So here's to the girl they called “dumb.”  
She grew into a woman  
who doesn't need to prove brilliance—  
because she became it.  
And I am proud of her.  
I am proud of us.

—Anna  
BSCN 2021–2025

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**03862-242555/+918794026757**



**Click here**

or

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

“Create in me a clean heart, O God,  
And renew a steadfast spirit within me.”

Psalm 51:10