



*A pure consciousness or the cosmic intelligence the consciousness that knows itself and also knows others.*

*In Samkhya philosophy the highest real modality is pure consciousness and pure energy. There is an ocean of pure vibrating consciousness inside each one of us, and it is right at the source and base of mind, right at the source of thought and it's also at the source of all matter.*

*We each, exist already has absolute pure light. We only need to get out of our own way to shine the bright est.*

*Be the light you want to spark*

## OUR FOUNDER CHAIRMAN



### **PROF. DR M. SHANTARAM SHETTY**

**M.B.B.S., M.S. (Ortho), F.I.C.S. (Ortho), F.I.A.M.S**

Pro Chancellor, Nitte University  
Chairman, Tejasvini Hospital & SSIOT  
Adjunct Professor, the TN Dr. MGR Medical University  
AO Trustee 2006-11 and Past Chairman AO Trauma India Council  
Past President, Indian Orthopaedic Association, Mangalore - 2



**TEJASVINI FAMILY**



**Prof. (Dr) M Shantharam Shetty**

M.S.(Ortho), FRCC, FACS

Pro Chancellor, Nitte University

Chairman, Tejasvini Hospital & SSIOT

Adjunct Professor, the TN Dr. MGR Medical University

AO Trustee 2006-11 and Past Chairman AO Trauma India Council

Past President, Indian Orthopaedic Association, Mangalore - 2

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Tejasvini Hospital founded in 2005 and the Tejasvini group of Allied Health sciences institutions started in 2008 have done considerably well in 10-15 years of time specially the hospital in patient care and the allied institutions in imparting quality education. I feel the growth and reputation of any institution depends on the faculty and the involvement of teachers and personnel involved. It is only by a team work and collective thinking, we can reach our goals and realize our dreams.

Any annual magazine of an institution should inspire the students, staff and management to progress for betterment. Healthy growth is the only way to inspire. Let this magazine give an opportunity to the student and staff to express their original thinking and aspirations.



**Dr. S Sacchidanand**

MD, DVD, DHA, FRCP (Glasgow)

Vice-Chancellor  
RGUHS, Bangalore

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I am happy to note that the Amar Shanth Charitable Trust (R), in the Mangalore's Tejasvini Hospital group of institutions will be publishing the third edition of the institutional magazine.

The Magazine intends to provide a platform to the staff and students to express their flair for literary accomplishments. It also recounts the achievements of the institutions in the past year.

I compliment the management, Principals, staff and students of Tejasvini Hospital Group of Institutions, Mangalore for the third successive edition of magazine so diligently.



**Prof. Dr. Lathika Shetty**

Managing Trustee  
Tejasvini Hospital Group of institutions

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Extremely happy to note that Tejasvini Hospital Group of Institutions is coming out with another issue of the magazine Chaithanya. I am reminded of the quote by Malcolm X-“Education is the passport to the future, for tomorrow belongs to those who prepare for it today”.

Education is the overall development of the individual, it is not only about the subject learnt and taught. The magazine is an excellent forum for beginning out the creative talents of the students

Our aim is to help the students reach the pinnacle of perfection and professionalism. To that end we shall support them in whatever task they undertake in strengthening their journey of achieving success.

I congratulate the editorial team in their efforts in bringing out this magazine.



**Rajesh Shenoy**

Syndicate Member, RGUHS  
Director, Padmashree Group of Institutions, Bangalore

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I have been observing Amarshanth & Tejasvini group of Institutions since inception and the growth in last decade has been phenomenal. Year on year, new courses have been added and the number of students has gradually increased and college campus is located on a beautiful hillock.

Today the Amarshanth group of Institutions are known for the quality education imparted and has been the first choice for studying Healthcare courses like Medical Lab Technology, Imaging Technology etc.

All this has been possible due to vision and grit of Dr. Shantaram Shetty who has nurtured these institutions and dedicated faculty have supported him in this growth. I hope your annual magazine “Chaitanya” would be liked by everyone and would be magazine which every student and teacher would keenly await its release and make an memorable impact on them.

Wishing your institutions and students all the best.



**Prof. A.M. Khan**

Registrar  
Mangalagangothri, Mangalore University, Mangalore

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I am happy to know that the Tejasvini Hospital Group of Institutions, Mangalore is bringing out 3<sup>rd</sup> edition of magazine for the year 2019-20.

I am sure that this magazine will reflect the academic achievements of the institutions and provide opportunities to the students to express their creative writing and literary talents. It is also good academic exercise for the students and faculty who will have an opportunity to express their views on current issues and general academic matters.

I convey my good wishes to faculty, students and staff of the institutions in their endeavours.



**Dr. Satish Mallya**

M. Com, M.P.Ed, Ph.D  
Administrative officer

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I Am very glad that our Tejasvini Hospital Group of Institutions is bringing out the 3<sup>rd</sup> edition of annual magazine chaithanya. The institutional magazine has been an annual feature, It provides a platform for the students the exercise their talents in the field of art and literature, with a vision of reducing grate graduates who go on to serve the society. Our founder chairman Prof. M Shantaram Shetty started the group of institutions in the field of paramedical, nursing and physiotherapy to impart world class education to aspiring students. And I hope this magazine come out with high standard.



**Prof. Akshatha Bhat**

Principal  
Amar Shanth Paramedical Institute

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Education is the most powerful weapon which you can use to change the world-Nels on handle.

Student life is the golden period in ones life. Its a period of joy, healthy completion, fearing, adjustment, sharing and love. It is not the wide spaces, Classrooms, laboratory or the large play grounds that make up a institution, instead it is the heart and soul of the students and the teachers that makes up a great institution.

Learning is not a process which is limited to the scholls and colleges and it does not end with student life. Learning is indeed a lifelong process. Life teaches us a lot, it is like giving exams without preparation. We need to be strong and face whatever situations turned up.

I hope the college magazine Chaithanya will be an appropriate forum to highlight the maturity of students and would be resource of inspiration for students and their memorable movements in school.

I commend my best wishes for the bright future of the students of Tejasvini Hospital Group of Institution.



**Prof. Bridget D'Silva**

MA, MSc (N) RNRM  
Principal, College of Nursing  
Tejasvini Nursing Institute

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“The highest education is that which does not merely give us information but makes our life in harmony with all existence”. - Ravindranath Tagore

Our institution magazine “Chaithanya” evolved under the umbrella of Tejasvini Hospital Group of Institutions. The college magazine kindles the imaginations swinging from serious thinking to playful ingenuity. It empowers the young students with zeal and authorizes themselves with skills and creativity.

Everything begins with an idea, the beautiful presentation of ideas and medium of expressions assures learning. I appreciate every student who shared the joy of participation in co-curricular and extracurricular activities along with their commitment to curriculum.

My best wishes to all the staff and students of Tejasvini Group of Institutions.



**Dr Subhashchandra Rai**

Principal  
Tejasvini College of Physiotherapy

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“Excellence is a continuous process and not by accident”(APJ Abdul Kalam). Our ideas and thoughts need to be expressed as everything begins with an idea. Ideas kindle thoughts which are translated into action which ultimately lead to excellence.

I congratulate the staffs and students of various colleges under Tejasvini Group of institutions for bringing out ‘Chaitanya’. As long as our ideas and thoughts are expressed we are in the process of learning.

Our physiotherapy college is in the growing phase. We will definitely try to inculcate in our students the desire to learn and make them prepare for the patient centred, collaborative and reflective practice in rehabilitation.



**Mrs Usha P**

RN.RM  
Principal, School of Nursing  
Tejasvini Nursing Institute  
Kudupu, Mangalore

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I feel proud that Tejasvini Hospital Group of Institution is organising the graduation day and lamp lighting ceremony and have to bring out a souvenir “Chaithanya”. Chaithanya gives more energy, purncensiousness and light to our body and mind.

If one is to experience this sense of wholeness and oneness, it is important that one’s body, mind and above all, ones energy functions at a certain level of intensity with in oneself. You all are creator of your own density. I wish everybody health, happiness and growth through your life and I wish all the success.

I extend my heart full congratulation to the graduates and budding nurses a great success.

## Magazine Editorial Board



### **“Team work divides the task and multiplies the success”**

Here we are back with the third edition of institutional magazine ‘Chaithanya’. We are happy to bring before you a panoramic view of activiteis of the academic year 2019-20

The articles that have been included are of varied themes, genres and languages, each one having distinct flavour, which can be savoured as you flip through the pages

We profusely thank our management for giving timely support and encouragement and also thank all these who have contributed to make this effort as a great success

Wishing you all a happy reading hours..

**Prof. Akshatha Bhat**  
Chief Editor

## Annual Report ASPMI 2019-20

ASPMI was initiated in the year 2007 under the support of Amar Shanth Charitable Trust offering diploma courses MLT, OTT and MIT. Following this in the year 2014 the bachelors programme in MIT was started, then in 2015 diploma in DT & Bachelor's course in MLT begun. And we are happy to announce that in 2020 we are starting new courses offering bachelors programme in OTT, DDT, Emergency Medicine and master's in MIT. The total strength of our institute at present is 247 and is backed by a team of well qualified and experienced faculty.

The academic performance of our students has been excellent over the year. Ms. Akshatha Rao from DMLT and Ms. Hasana Sherin from BSc.MIT have been awarded the best outgoing student award for the year for their outstanding performance in the academics for the year 2019. This year we secured 6 distinctions. On this graduation day 23 B.Sc. graduates and 28 diploma holders will be receiving their honours.

Academics being an integral part of student career, in addition we provide opportunities for their all-round development. As a part of co-curricular and extra-curricular activities, several programmes were organized.

### Conferences and CME attended

Prof. Akshatha Bhat and Mrs. Rishmitha Rao has attended 2 days workshop on "basic course in educational methodology" conducted by the RGUHS held on 25th and 26th October at Mangala College of Paramedical Science, Mangalore.

Prof. Akshatha Bhat and Mrs. Rishmitha Rao attended state level annual CME "clinical virology" EUREKA-19 held on 3<sup>rd</sup> and 4<sup>th</sup> December at Dr. M.V. Shetty Institute of Allied Health Sciences, Mangalore.

Ms. Chandana R and B.Sc. MIT students have attended National CME on the occasion of International Day of Radiology on 10th November 2019 at NITTE University, Mangalore, and also attended National conference on "NEW ERA IN IMAGING" on 18<sup>th</sup> January 2020 at Srinivas University, Mangalore.

Ms. Chandana R and Ms. Deepa Kamath with B.Sc. MIT and MLT students have attended first ever national conference of AHS on 2<sup>nd</sup> and 3<sup>rd</sup> February at Nimhans Convention Centre.

### Cultural fest-2019

On February 7, 8 & 9 cultural fest was conducted. Students made the programme successful by exhibiting their talent in different on and off stage programmes. Events like Dance, Skit, Singing, Rangoli, Beauty pageant, flower decoration, face painting, cooking without fire and quiz were conducted for the students.

### Farewell meets of final year students



Students of ASPMI gave a farewell party to their loved final year students on 28/06/2019; they shared their unforgettable memories in their college life.

## Independence Day



On 15<sup>th</sup> August 2019 Independence Day was celebrated with the warmth of Patriotism. Chief Guest Mr K C Prabhu hosted the flag.

## Orientation programme



The orientation programme was held on 7<sup>th</sup> September 2019, to enlighten the parents and students about academic aspects of course, rules and regulation of institution. Parental participation of students was ensured on the program.

## Sharadha Pooja



Sharadha Pooja was held on 04<sup>th</sup> October 2019 to bring the divinity of education among the students. It is a significant day for the students to seek blessings of goddess Sharadha. Hence students offered special prayers by chanting bhajans for success in their studies.

## Roentgen day

On 8<sup>th</sup> November 2019 Roentgen day was celebrated by Medical Imaging department. The programme was presided by the Principal of ASPMI Prof Akshatha Bhat. Class Representative gave a speech on history, Discovery and Importance of X-ray in medical field followed by cake cutting and vote of thanks by class co-ordinator. Faculty of the college was present during the occasion.

## Christmas day





ASPMI students organized the Christmas day celebration on 13<sup>th</sup> November 2019. Christmas Carol singing and various cultural programmes were conducted.

### Fresher's day



Fresher's Day was organized on 18<sup>th</sup> November 2019 by Second year. Students for the fresher's and gave them the opportunities to exhibit their talents. Various cultural programmes and games were conducted.

### Sports day



The annual sports meet of Tejasvini Hospital Group of Institutions was conducted on 29<sup>th</sup> November 2019 at Mangala Stadium. ASPMI was given the responsibility of conducting the event. Ajith Kumar Hegde, Commissioner of Mangalore City Corporation was the chief guest for the programme. The students participated in various sports and athletic events organized and brought laurels to themselves as well as to the college. We are delighted to say that ASPMI student won the overall team championship by giving their best performance and bagging the maximum number of prizes in the sports meet. Mr. Bharath Raj bagged the individual championship award.

### Student council



First Student Council was inaugurated on 25/01/2020. Mr. Raghavendra H V, the general secretary of Mangalore lawyer association was chief guest for the programme. It was presided by Dr. Lathika Shetty managing trustee of TGOI. The chief guest handed over the badges to the elected council members and oath was delivered to them. The distinction holders of RGUHS examination of the year 2018-19 were felicitated by Dr. Lathika Shetty.

## Republic day



Tejasvini Hospital group of institutions celebrated Republic day on 26<sup>th</sup> January 2020. Chief guest Dr. Jagannath Kamath hosted the flag. Our students participated in the programme and showed their patriotism.



## Tejasvini Nursing Institute

### Over View

Tejasvini Hospital Group of Institutions established under the eminent leadership of Prof. Dr. M Shantharam Shetty with righteous vision to impart quality education on par with international standards in the field of Health care.

The institution began in the year 2007 with the inauguration of GNM program and Paramedical course with the intake of 30 and 18 students respectively. Today the strength is grown up to 250 students in Nursing program.

The milestone of Tejasvini hospital group of institutions is the establishment of nursing college namely Sanjivini College of Nursing in the year 2009 with an intake of 40 and raised to 60 students in the academic year 2018. Later on the institution was renamed as Tejasvini Institutions in the year 2012. The master program in nursing with three specialty namely Medical surgical Nursing, OBG, and Community Health Nursing was initiated in the year 2014.

Our institution is recognized and approved by statutory bodies namely Karnataka state diploma in Nursing examination board and paramedical sciences education board, government of Karnataka. The Bsc, P.B.B.Sc, M.SC(N) programs are approved by RGUHS, INC and KNC. Over 680 students from different states mainly Karnataka, Kerala, Maharashtra, Jharkand, Delhi, Tamilnadu, Lakshadweep and West Bengal live harmoniously, learn and excel in the sprawling region nestled on a plateau at Kudupu.

### Academic Excellence

The Educational institutions have secured good results during the academic year 2019. The colleges with an exemplary results of for MSc and BSc, and for PBBS and GNM.

### Clinical Experience

We are also proud to state that our parent institution Tejasvinin Hospital and SSIOT is accredited with

NABH on March 2017. Our students are provided with rich clinical facility from parent hospital SSIOT and have an affiliation with K.S Hegde hospital medical academy, Deralakatte, Mangalore, which caters wide range of services for orthopaedics and traumatology, medical and surgical care, Child geriatric care and super speciality services. The community training for our students includes the catchment area of Kudupu and Padil. The departments have been carrying out various projects and programs every academic year to educate the public and bring awareness about various aspects of preventive, promotive and rehabilitative care.

### Continuing Nursing Education

Health care is a challenging professional and ever changing practice needs constant motivation to upgrade self and others. To keep abreast with advancement continuing education was organised for the school and college of nursing staffs periodically focusing on improving the quality of nursing. The topics of revision and updates, reviews are taken up as a CNE. Overall about 10 such programmes were carried out during academic year.





### World Tuberculosis Day

Tejasvini College of Nursing was conducted on 19<sup>th</sup> March 2019 at D.K. District higher primary school, Bikarnakatte. About 100 school children and 7 school teachers were present for the program. Mrs. Usha P Principal, Tejasvini School of Nursing, and Mrs. Mable Baptist, Associate Professor and HOD of Community Health Nursing were present for the program. “Awareness on Tuberculosis” was given by a folk dance, followed by health education by the students. Quiz was conducted about tuberculosis and its prevention and children were awarded with the prizes.



### World kidney day

A mass health education programme was conducted on 22<sup>nd</sup> March 2019 at K.S Hegde Hospital Deralakatte. A total of 25-30 patients and their family members, Deputy Nursing Superintendent, Ward In-charge and Supervisors were present for the program.



### World Health Day

Tejasvini Nursing Institute was observed World health Day on 8<sup>th</sup> April 2019 on the theme “Health coverage, everyone, everywhere”. In this regard the students of School and College of Nursing presented the concept of safety in the form of Flashmob and Mime show in the OPD foyer of Tejasvini Hospital, Kadri.





## Nutrition Day

Nutrition programme was conducted on 9th April 2018 by 1 BSc, 1 GNM students at 2 pm in the nutrition lab. The students were divided in 9 groups and assigned for preparing various therapeutic diet such as cardiac diet, diabetic diet, naturopathy diet, pregnancy and lactation diet, pre- school and weaning diet, adolescents diet, renal diet and geriatric diet. Students were enthusiastically and actively participated in preparing therapeutic diet and were presented to the judges for evaluation. Prof. Mrs Greesha Jose, Vice Principal College of Nursing and Mr. Mohan S, HOD Child Health Nursing department evaluated their presentation. Programme was concluded by serving delicious payasam



## NSS Activity - Shramadan

The NSS Volunteers with Program Officer & Principal of Tejasvini Nursing Institute took an initiative to the clean the Kadri premises on 07-04-2019. Students of all the batches along with the NGO are cleaned up various areas. NSS program officer motivated the students to follow this practise and to provide cleanliness awareness to public.

The NSS Volunteers with Program Officer & staffs of Tejasvini Nursing Institute took an initiative to the clean the Kudupu premises on 23-03-2019. Students of all the batches along with the teaching and nonteaching staff cleaned up various areas. NSS program officer motivated the students to follow this practice and to monitor the cleanliness of in and around area.



## Cultural Fest 2019

Tejasvini Nursing Institute was organized "TEJAS TARANG" from 06/06/19 to 08/06/19. All the students from each batch had actively participated in various on stage and off stage events. The overall championship was won by III BSc Nursing and runner up were won by I BSc Nursing.



## Nurses Day Celebration

International Nurses Day was observed by Tejasvini Nursing Institute on 11<sup>th</sup> May 2019.

A panel discussion was organized on the theme “NURSES, A voice to lead -health is a human”. The program was a great success under the guidance and cooperation of Principal, staff and students.



## Independence Day Celebration

Independence Day was celebrated on 15<sup>th</sup> August 2019 with the fervor of patriotism. Mr K C Prabhu was the chief guest hoisted the flag and addressed the gathering on patriotism.



## RGUHS, Mysore Zone Intercollegiate Tennikoit Tournament 2019-20

RGUHS, Mysore zone intercollegiate Tennikoit tournament was held on 27th November 2019 in Father Muller Homeopathy Medical College. Tejasvini College of Nursing team participated in the Tennikoit (women) competition and bagged the runners up title and also qualified for the RGUHS state level inter zone tennikoit tournament for the 2019-20



## Farewell Meet Of Final Year Students

III B.Sc (N), II GNM and I PBBSc (N) and I MSc(N) students organized a pleasant cheerful farewell bid for the beloved final year students on 13/07/19. The mementos were presented as a token of amity and reminiscence to the outgoing students.



## Teachers Day And Onam Celebration

The Teachers day and Onam celebration were organized by the MSc and 4<sup>th</sup> BSc nursing students to commemorate the teacher's services to the students on 5th September 2019.





## Orientation Programme

The academic year 2019-20 was held on for the newly nursing and paramedical students to make the parents and students aware and academic aspects of course, rules and regulations of the institutions and ensuring parental participation in the progress of the students.



## Sharadha Pooja

Sharadha Pooja was held to bring the divinity of education among the students on 04/10/2019. It is a significant day for the students to seek blessings of goddess Sharadha. Hence students offered special prayers by chanting bhajans for success in their studies.



## SNA Election And Induction

Beginning of the academic year the fervor of elections begins. After a weeklong canvassing students request for votes and file nominations. The induction program of SNA for the academic year 2019-20 was organized on 16/11/2019 in Sameeksha Hall. The vibrant core committees were elected and followed by the ceremonial oath taking. Inauguration of SNA 2019-20 was done by Presidents of SNA, Prof Bridget D'Silva, (Principal, College of Nursing) and Mrs. Usha P, (Principal, School of Nursing). Prof. Bridget D'Silva addressed the gathering and emphasized on importance of leadership and coordination to be a successful leader.





### School Health Programme

Tejasvini College of Nursing was conducted a school health education programme was on 11<sup>th</sup> February 2019 at Dakshina Kannada Government Higher Primary School, Badriya Nagar, Mallur. A total of 105 school children, five school teachers were present for the programme. Prof. Mrs. Bridget D'Silva, (Principal, College of Nursing), Mrs. Usha P (Principal, School of Nursing), Mrs. Mabel Baptist (HOD, Community Health Nursing), Mrs. Indira (ANM staff, Mallur subcentre, Kudupu PHC), Mrs. Leena (ASHA worker) and Mrs. Nagaveni (Asst. Lecturer) were present for the programme. A role-play on **"awareness of leprosy, its eradication"** followed health education on **"leprosy and worm infestation"** was given to the school children.



### Fresher's Day Celebration

Fresher's day 2019 was organized on 7<sup>th</sup> December 2019 by student body for grooming the fresher's and giving a platform to exhibit their talent. Various cultural programmes and games were conducted for the fresher's.



### Intercollegiate Athletic Meet

Tejasvini hospital group of institution organized 12<sup>th</sup> annual sports meet on 29-12-2019 at Mangala Stadium. Students participated in various track and non-track events. Overall championship for women and individual women's championship was bagged by Tejasvini Nursing Institute



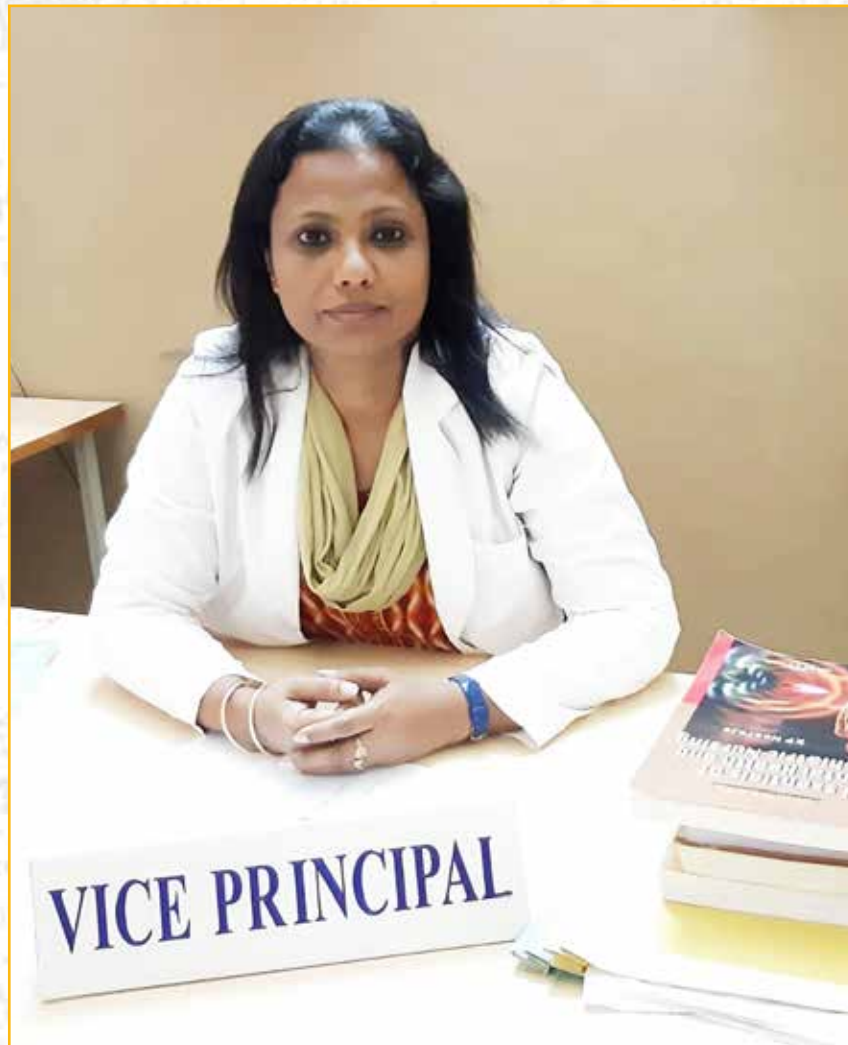


### **Christmas Day Celebration**

Christmas day celebration was organized by Tejasvini Nursing Institute students on 21<sup>st</sup> December 2019 at 10 am. Various cultural programmes and christmas carol singing competition were conducted for students.



## CONGRATULATIONS



Prof. **Greeshha Jose** Vice Principal of Tejasvini college of Nursing has been conferred Doctor of Philosophy under the Thesis title “ Effectiveness of Guidance programme on impact of parental alcoholism among adolescents in selected schools Mangalore” from Himalayan University

## Physiotherapy College Annual Report 2019-20

### Academics

Started BPT Course in 2018 with an intake of 40 students per batch. We got 70% results in first year university exams with 2 distinctions

### Fresher's day

Fresher's Day was organized on 12th December 2019 and gave opportunities to exhibit their talents. Various cultural programmes and games were conducted. The Chief Guest, Dr. UT Ifthikar Ali, Syndicate member of RGUHS and Dr. Mrs. Lathika Shetty, the managing trustee of Tejasvini Hospital Group of Institutions also addressed the gathering.



### Conference

Our students attended the National Physiotherapy Conference 'Confluence 2019' held at A.J. Institute of Medical Sciences. It was a very informative and interactive experience for the students. The conference also provided a very decent exposure to new techniques developed in the course of physiotherapy.

### Annual sports day

The annual sports meet of Tejasvini Hospital Group of Institutions was conducted on 29th November 2019. Mr. Ajith Kumar Hegde, Commissioner of Mangalore City Corporation was the chief guest for the programme. The students participated in various sports and athletic events organized and brought laurels to themselves as well as the college. Students of physiotherapy also made their mark by participating and

winning in several sports held during the annual sports meet. Students secured first prize in March Past, Relay race, Football and Carom. They also bagged prizes in Chess, Shotput and several track events.



### Talk

Physiotherapy College also welcomed an esteemed personality Dr. Umasankar Mohanty. He is a well renowned person with several awards and honours in his name. He is the author of the book 'Manual Therapy of the Pelvic Complex'. He gifted his book to the department; as knowledge is one of the best gifts that can be given to someone.



### Republic day

Tejasvini Hospital Group of Institutions celebrated 71st Republic day on 26th January 2020. Chief guest Dr. Jagannath Kamath hoisted the flag. The Republic day was organised by Tejasvini Physiotherapy College this year.

## **Library Committee Report**

It gives me a great pleasure to present a brief report of the central library of Tejasvini Hospital Group Of Institutions. Central library during the year 2019-2020.

We have a excellent library and having sufficient text books, journals etc.. and the said facility is made used by staff and students.

### **This year we have procured the following books.**

1. More than 200 nursing books for Tejasvini College of Nursing & Tejasvini School of Nursing
2. More than 70 books for Amar Shanth Paramedical Institution
3. Provided 50 books for Tejasvini Physiotherapy College and also give to order for yogic science books.

### **In addition to above books we have added the following facilities .**

1. Bag rack for the student's bags.
2. More than 13 cupboards to keep the books.

### **We have annual budget about more than 2 lacs.**

I thank our management; founder and Chairman, Dr. Shantharam Shetty, Dr. Lathika Shetty, Managing Trustee Administrative Officer – Dr. Sathish Mallya and all the principals and staffs for their co-operation and development of library. I expect the same for the coming years.

**Ms. Abhilasha**  
Chief Librarian



**ASPMI FACULTY**



**I DIPLOMA MLT, MIT, OTT, DT**



**II DIPLOMA MIT**



**II DIPLOMA MLT**



**II DIPLOMA OTT**



**II DIPLOMA DT**



**III DIPLOMA MIT**



**III DIPLOMA MLT**



**III DIPLOMA OTT**



**III DIPLOMA DT**



**I BSc. MIT, MLT**



**II BSc. MIT**



**II BSc. MLT**



**III BSc. MIT**



**III BSc. MLT**



**STUDENT UNION**



**SPORTS COMMITTEE**



**NURSING FACULTY**



**II MSc. NURSING**



**I P.B.B.Sc NURSING**



**II P.B.B.Sc NURSING**



**I B.Sc NURSING**



**II B.Sc NURSING**



**III B.Sc NURSING**



**IV B.Sc NURSING**



**I GNM**



**II GNM**



**III GNM**



**SNA EXECUTIVES**



**NSS UNIT**



**PHYSIOTHERAPY FACULTY**



**IBPT**



**II BPT**



**STUDENT UNION**



**NSS UNIT**



**LIBRARY COMMITTEE**



**MAGAZINE COMMITTEE**



**SPORTS COMMITTEE**



**TRANSPORTATION**



**NON TEACHING STAFFS**



**TGOI GIRLS HOSTEL**

## ABOUT MY FRIEND

Friendship is one of the greatest blessings that not everyone is lucky enough to have we meet a lot of people in our life but there are only a few who leave with us.

My best friend is one such person who has been able to make a positive impact on my life. In this essay on my best friend, I will tell you about how we became friends and about her best qualities.

Our friendship started on sports day (29-11-2019). Both of us were hesitate to talk to each other at first, but gradually we developed a bond. However, to my surprise we became came best friends by the end of 2019.

I feel one of the main reasons why I formed such a bond with my best friend was because of the qualities possesses this courage always inspired me a lot. He is also one of the smartest criminal minded. He is the excellent kabaddi player, the way he plays is just awesome .....

Above all, we have one similar thing that we love nature's beauty, and compassion towards cats and dogs.

I always want him to be happy and always stay blessed, gonna a miss you lot and one one of the best supporting character. And he is very lazy to bath and he thinks that has big work.

In short, the bond I share with my best friend is one of my most prized possessions. A best friend is indeed a precious gem and I'm fortunate to have found that gem of my life. Through this bond, I learned that family doesn't end blood because my best friend is no less than my family.



**Harshitha K Poojary.**  
Ist BSc MLT.

## CELEBRATE LIFE BY BEING YOU

The butterfly flutters its wings and flits about in joyous abandonment. It is free. It went through various stages of 'different' to get where it is - the journey travelled may not have been easy, but the finished exquisite product is what you finally witness. Being different is the one of the most beautiful things on earth.

You are unique and this makes you different, and what you do with your difference to express and help others is what makes you beautiful. Embrace your talents, capabilities and personality.

CELEBRATE'YOU'. CELEBRATE LIFE



**Beebi Afridha CN**  
Ist DOT

## Any Women

I am the pillars of the house  
The keystone of the arch am I ?  
Take me away, and roof and wall  
Would fall to rain me alterly

I am the fire upon the heart  
I am the light of the good sun  
I am the heart that warms the earth  
Which else were colder than a stone

At me the children warm their hands  
I am their light of love achieve  
With out me the heart stone stands  
Nor could that precious children thrive

I am the twist that holds together  
The children in it's sacred ring  
There knot of love from whose close father  
No cost child goes a - wondering



**Jifna C J**  
I DDT

## LIFE

Life is an opportunity  
Benefit from it  
Life is beauty, admire it  
Life is a dream, realize it  
Life is a challenge, meet it  
Life is a duty, complete it  
Life is a game, play it  
Life is a promise, fulfil it  
Life is sorrow, over commit  
Life is a song, sing it  
Life is a struggle, accept it  
Life is a tragedy, confront it  
Life is an adventure, dare it  
Life is luck, make it  
Life is too precious  
Do not destroy it  
Life is life, fight for it



**Marshal Tiyyu**  
1st DMIT

## Ego Vs Soul

Ego seeks to serve itself,  
Soul seeks to serve others.  
Ego seeks outward recognition,  
Soul seeks inner authenticity.

Ego sees life as a competition,  
Soul sees life as a gift.  
Ego seeks to preserve yourself,  
Soul seeks to preserve others.

Ego looks outward, soul looks inward.  
Ego feels lack, soul feels abundance.  
Ego is mortal, soul is eternal.  
Ego is drawn to lust, soul is drawn to love.

Ego seeks wisdom, soul is wisdom.  
Ego enjoys the prize,  
Soul enjoys the journey.  
Ego is cause to pain,  
Soul is cause of healing.

Ego rejects God, soul embraces God.  
Ego seeks to be filled,  
Soul is eternal wholeness.  
Ego is me, soul is we



**Fathimathu Zohara**  
III Bsc.MIT

## MONEY CAN BUY

Money can buy books but not brain  
Money can buy medicines but not health  
Money can buy food but not satisfaction  
Money can buy wealth but not equality  
Money can buy position but not greatness  
Money can buy bed but not sleep  
Money can buy servant but not friends  
Money can buy status but not nobility  
Money can buy service but not loyalty  
Money can buy amusement but not happiness  
Money can buy power but not authority  
Money can buy wealth but not time  
Money can buy luxuries but not culture



**Chaithra**  
I DMLT

## ELLEN DEGENERES

Ellen Degeneres was born on January 26, 1958 is an American comedian, television host, actress, writer and producer. The Ellen Degeneres show (often shortened to ellen and stylized in all lower case) is an American television variety comedy talk show hosted by Ellen Degeneres. It premiered on December 18, 2003.

List of the Ellen Degeneres shows episodes.

The following is a list of the Ellen Degeneres show episodes from 2003 to present. It was announced on January 4, 2016 that the show has been renewed. The Ellen Degeneres show (season 17) seventeenth season of the Ellen Degeneres show, which began airing Monday, September 9, 2019.

"Betty Degeneres", 2019-05 -29 "Ellen Degeneres : I was molested" people 2005-05-18. retrieved 2019-05-29. " Betty Degeneres". Good reads. Retrieved 2017-05-10. Degeneres, Betty. "Vance Degerener" Older brother of Ellen Degeneres. After two years stind in the marine corps, during which he reach the rank of corporal Degeneres hosted a radio program. "portia de Rossi" (Redirect from Portia Degeneres). (2009-2010). De Rossi is married to comedian, actress and television host Ellen Degeneres. Portia De Rossi, born Amanda Lee Rogers in Horsham, Victoria, Australia. The Ellen Degeneres show (Season 16) season of the Ellen Degeneres Show, which began airing on Tuesday, September 4, 2018. List of awards and nominations received by Ellen Degeneres American comedian, television host, actress, writer and producer Ellen Degeneres. "The 41st anual day time entertainment emmy R awards". New york: Emmy online. Karen Kilgariff television shows, including being the head writer on the rosie show, the sellen Degeneres show and the Pete Holmes show. Since 2016 she has co-hosted the true. The sellen show is an American sitcom television series created by and starring Ellen Degeneres that was broadcast during the 2001-02 season on CBS aired.

The Ellen Degeneres show (season 4) episodes of the fourth season of the fourth season of the Ellen Degeneres show, which aired from September 2006 to June

2007. " the Ellen Degeneres show : season 4 episode list". thetvdf. The Ellen Degeneres show (season 1). This is a list of episodes for the 1st season of the Ellen Degeneres show which aired from September 2003 to June 2004.

Ellen (TV series) consisting of 109 episodes. The title role is Ellen Morgan, played by stand-up comedian Ellen Degeneres, a neurotic bookstore owner in her thirties.

A very good production (2012). " Jeff Kleeman to run Ellen Degeneres production company". Deadline retrieved December 4, 2010. " Ellen Degeneres news-yahoo! Music ".Yahoo!

The Ellen Degeneres show (season 15). This is a list of episodes of 15th season of the Ellen Degeneres show, which began airing from Tuesday September 5, 2017. Stephen " Jwitch " Boss (category the Ellen Degeneres show) has been featured on the Ellen Degeneres show as a 09. he is also featured in Ellen's game of games as a sidekick to Degeneres. In 2003, Jwitch was a semifinalist. The Ellen Degeneres show (season 13). This is a list of episodes of the 13th season of the Ellen Degeneres show, which aired from September 2015 to June 2016. the masked singer (american TV series). Partners with Ellen Degeneres on ' The masked singer' spinoff JCA". Deadline retrieved 2010-01-07. " A pug almost passes out playing Ellen Degeneres latest

I wrote about her because she is my inspiration



**Akash**  
II YEAR DMIT

## LIFE

### Life is what,

It's like wheel of bicycle Sometimes move with good movement

Sometimes with bad, both bring happiness as well as sadness.

### Life is what,

It's the Journey, enjoy each and every movement of life.

### Life is what,

It's a small gap between birth and death. So fill the gap being happy and try to make others happy.

### Life is what,

It's the reason sometimes becomes warm, cold and basant. Life is like a rainbow in the sky.

### Life is what,

It's like a wheel of bicycle. Sometimes moves with a good movement, sometimes with bad. Both brings happiness as well as sadness and memorable as well as uncomparable.



**Shravya** 1st DMLT

## LIFE IS A STRUGGLE ENJOY IT

|                          |   |               |
|--------------------------|---|---------------|
| Life Is Love             | - | Begin It      |
| Life Is An Invitation    | - | Respond It    |
| Life Is A Fellowship     | - | Generalize It |
| Life Is An Energy        | - | Empower It    |
| Life Is An Instrument    | - | Use It        |
| Life Is A Song           | - | Sing It       |
| Life Is An Antimony      | - | Preserve It   |
| Life Is A Struggle       | - | Enjoy It      |
| Life Is A Talk           | - | Continue It   |
| Life Is A Reality        | - | Reach It      |
| Life Understands         | - | Realize It    |
| Life Is A Gift           | - | Recieve It    |
| Life Is A Guide          | - | Follow It     |
| Life Is A Flute          | - | Play It       |
| Life Is An Enjoyment     | - | Share It      |
| Life Is An Education     | - | Master It     |
| Life Is A Novel          | - | Read It       |
| Life Is Judgement        | - | Make It       |
| Life Is An Order         | - | Keep It       |
| Life Is A Yoke           | - | Take It       |
| Life Is An Introspection | - | Examine It    |
| Life Is A Target         | - | Achieve It    |



**Aysha Harshida.**  
1st DMLT



## LIFE IS ALL ABOUT

One day you are born, you die some day. It can be long or short, the duration is not important but how you spend that duration is memorable what are the special good things you have done in that duration is memorable to others. But what is life any way, it is an opportunity that has been given to us and what you do with it is up to you. It is like two roads, you can choose the right one and the wrong one but it is up to your choice.

But make the most use of it and do your best, because it's not too long. Don't waste your life. Don't do things that don't matter and don't become someone else's toy. Live as your wish. Be you and at last I would conclude this by saying. 'Respect your parents who gave you this world'. At your last second of life remember that the good and bad deeds that have been done in your short term of life that counts things. Keep all troubles in your Pocket!!! But make sure that your Pocket has a hole!

**'Life is All about Second Chance'.**



**Sumithra. P**  
Ist DMLT

## POETRY (LUNCH WITH PARKINSON'S)

|                   |                         |                     |
|-------------------|-------------------------|---------------------|
| The left hand     | bursts                  | Years communicating |
| is a cloud        | into thunder            | at the same table   |
| bearing           | zig                     | and now             |
| storms            | zags                    | a coracle out       |
| hovers            | over the bowl           | deep                |
| over the cutlery  | The right hand rows out | A plague            |
| emits             | on the table            | of locusts          |
| a buzz            | the left                | in your bones       |
| The right hand    | trembles                | the garbled         |
| has forgotten how | is the wing             | cattle              |
| to get across     | of a giant insect       | of crockery         |
| the soup          | itches                  | Shake your fists    |
| The left hand     | to fly                  | shake               |
| tries to say      | or fall                 | your                |
| drive the spoon   | shudders                | fists               |
| forwards          | to a halt               | shake....           |



**Khan Shagufta Faheem**  
II BPT

## MODERN ERA

This is the Kalyug World  
 This is the World of wars and destruction  
 This is the ERA of fake mourning and tears  
 This is the Betrayers ERA  
 There is no peace, rest  
 Until the death of life  
  
 This is the world, where there is  
 No values of emotion, honesty  
 Humanity and truth  
  
 This is the World of capricious  
 Freaky minded people  
  
 Humanity is at the end position  
 In this world  
 The world has been gone to become  
 Devil civilization  
  
 To survive in this Kalyug world,  
 You would have to be Krishna  
 And Arjun in yourself  
  
 So let's be friends  
 Not be enemy  
 Be a warrior in this world



**Pooja**  
1st year DMLT

## THE INFINITY

Don't try your dreams  
 Beyond the limit  
 May your limits glow  
 Like a twinkling star  
  
 Don't fall asleep, at  
 The way we get  
 Many miles ahead of us  
 Still ahead of us  
  
 All that you need is  
 The courage that waits you  
 Don't over through the limits  
 That you are facing  
  
 The universe and the  
 Stupidity are infinite  
 May your limits grow  
 Like a mid sun  
  
 It is the universe that  
 Tries to help achieving  
 Your dreams alive!  
  
 Because we got many  
 Miles right ahead of us  
 Still ahead of us!  
  
 Inspired from the quote of  
 Sir Albert Einstein  
 "In the world, two things are  
 infinite Universe and stupidity.  
 Well i am not aware of universe"



**Athira Praveen**  
1st DDT

## THOUGHTS OF THE MIND

The only difference between a good day and a bad day is your attitude. Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change. Be a good person but don't waste time to prove it. If you realized how powerfull your thought were, you would never have another negative thought.



**Fathima Suhana**  
III BSc.MIT

## MOTHER OF COINCIDENCES

Two greatest presidents of USA share many coincidences between them.

Abraham Lincoln the 16th president of American who got his fame by the revolutionary fight against the racial discrimination.

John F Kennedy the 35th president of USA who was awarded the navy and marine corps medal for heroism during WW II as a soldier.

By knowing them you don't feel like they are of similarities as there is 19 presidents differences between them, but the following points will make you surprised if you didn't know them.

- Abraham Lincoln was elected to congress in 1846 and John.F.Kennedy was elected to congress in 1946.
- Abraham Lincoln was elected as president in 1860 and John.F.Kennedy was elected as president in 1960.
- The names L-I-n-c-o-l-n and K-e-n-n-e-d-y each contain seven letters.
- Both were particularly concerned with civil rights.
- Both wives lost their children while living in the white house.
- Both the presidents were shot on a Friday
- Both were shot in the head.
- Lincoln's secretary name was Kennedy and Kennedy's secretary name was lincoln.
- Both the president were warned by their secretary to not to go to the place where they were killed.
- Both were assassinated by southerners.
- Both were succeeded by southerners.
- Both successors were named johnson
- Andrew Johnson, who succeeded Lincoln, was born in 1808. Lyndon Johnson who succeeded Kennedy was born in 1908.
- John Wilkes booth who killed Lincoln was born in 1839. Lee Harvey Oswald was born in 1939.
- Both assassins were know by their three names and both name comprised of fifteen letters.
- Booth ran from the theater and was caught in a warehouse where as Oswald ran from ware house and was caught in a theater.
- Booth and Oswald were assassinated before their trails.
- Both presidents were elected to Congress in their age 46 and elected to presidency in their age 60.

I don't think these things make sense, but these do. You can also search for the coincidence with the No. 7 for Germany's win of the Fifa world cup 2014.

It's all the God who dose all of these which is beyond science



## MY SISTER

As kids, we lived together  
 We fought, we laughed, we cried  
 We didn't show the love  
 That we have inside for each other  
 We shared our dreams and plans  
 And some secrets too  
 All the memories we shared  
 Have bonded me with you  
 We grew up by helping each other  
 That is very strong today  
 I'm the hero for her  
 And she's the Angel for me  
 We are apart  
 But still together  
 She spreads lots of joy, happiness to me  
 You are with me always  
 No matter whether near or far  
 I'm so glad to have a Sister  
 As Best Friend  
 You loved, taught, motivated me  
 You are the second mother in my life  
 Love you sister ever and ever



**Deekshitha**  
 1st year DMLT

## MOTHER

Shall I bow my head to worship you  
 Or, touch your feet to embrace you  
 It's there anything worthier I can find  
 Then your presence in the universe  
 If I have seen the world, it's through you  
 As you blessed me with a boon called life  
 And showered me with love which is crystal clear  
 As I am the fruit of your enduring pain  
 Forgive me, my dear mother  
 As I am the reason for you to cry  
 Every moment with a broken heart  
 Cause, my failure brings you an ocean of sorrow  
 I do thank you for being on my side  
 As my day is dark without your day  
 You are my hope who gives me strength  
 When the rest of the world tries to reappears me



**Shakiena Mark**  
 1st BSc MLT

## MY MOM IS MY ANGEL

My precious words to my mom

Mother is the most loveable and adorable person. No love can match the love of the mother. She is the best teacher and a true friend in our life, not less than a GOD. I thank her for nurturing my life in her womb, with intense love and care for 9 months. The word "Mom" is reflected as "WOW". A fairy of our life who sacrifices her happiness just to dependent on her little thing. Our mothers are security blankets that keep us warm from all the difficulties. A mother loves her children from the bottom of her heart. She supports us, cares us, scolds us, teaches us and guides us. Our mother is not less than a soldier and at last she is not even less then our dad. Mothers love shapes our culture, individual habits etc.. she is a doctor without a degree. Who carries all our pain. We break her heart, even if we are wrong. She bears all that pain, we even can't imagine how many times she cried alone only for our purpose. My mom is my world. A special thing about our mother is she understands our pain even though we don't express.

No one can replace her by her heart. Her love for us is like great ocean in the universe we can't express our gratitude towards her. My mom's heart is the only place in which I can meet God face to face.



**Azmeena H H**  
 I DMLT

## NEVER TELL A LIE

- **To Doctor**

Never tell a lie to doctor. If you don't tell, explore and reveal your illness then how they will treat and cure you. If you tell a lie with them means killing yourself.

Don't you tell, don't you be cure

- **To Teacher**

Don't hide any doubt from your teacher otherwise you wouldn't learn. Whatever you read today that will be tomorrows future. If you are hiding doubts means making and cheating yourself.

Don't you ask, don't you learn.

- **To Parents**

Parents are God for us. Never tell a lie with them. What is so ever you learn today from your parents that will you be teaching to your children. If you lie means, lie with god.

- **To Yourself**

The biggest sin and crime in the world is telling a lie to yourself. If you say means you are cheating yourself.

ONE TRUTH IS BETTER THAN 100 LIES



**Marshal Tiyyu**  
1st year DMIT

## RIGHT CHOICE CAN CHANGE YOUR LIFE

Life is full of choices ; we are free to make our choice. The choice we make always have their consequences. Once we make a choice, it is the choice that control us. We can mold our lives into any shape we want. We can choose our attitude even though we cannot always change our circumstances. Sometimes unthinkable things happen. Everythings turn upside down. Somethings are beyond control. At this Juncture, we can choose our attitude to look at things differently. Here is an instance that explain a lot about choices.

Thomas was a very rich boy, his father and mother loved him every much. When he celebrated his 18th birthday his father asked him what he wanted for his birthday. Thomas told his father that he wanted a new bike. The next day his father called him and gave him a Bible. Thomas was very angry and he decide to leave his house. Years passed and thomas became a great man. He got the news that his father was very ill. He immediately went to see his father ; but when he reached his home his father was already dead. He saw the bible near his father. He opened it to see what was there in it. To his surprize there was a bike key and a bill in which it was written full paid. He started to cry. This tells us that “ we must always think before we failures are inevitable. Failures should be a driving force to more forward. Every time we fail, we need to bounce then sucess will follow us. Sucess and failure in our life is determined by chioces we make. This is an advice to students to make right choices.



**Rishna C P**  
I BSc.MIT

## ACID ATTACKS ON WOMEN

Acid attack is a worldwide problem affecting all irrespective of age, caste and religion. It is the most heinous form of gender based violence against women. Perpetrator's aim is not to kill the victim but to leave her in a pathetic condition. Injuries on the body heal and leave scars not only on the body but also physically and psychologically their whole personality.

National Crime Records bureau reported 45 cases of acid attacks in 2014. In 2015, 249 cases were reported from all over India, out of which 61 cases were reported from Uttar Pradesh. Compared to women throughout the world, women in India are at higher risk of being victims of acid attacks. 72% of reported acid attacks in India have involved women.

In India about 350 cases are legally reported per year, while separate research conducted by an organisation Acid Survivors Foundation India, estimated approximately 500-1000 cases per year in India, excluding unreported incidents.



**Sinduka P**  
1st year BPT

## WOMEN

A Woman,  
Is a beautiful creation of God  
She plays various roles  
Like a role of mother, daughter and sister  
She never complains,  
But instead she deals with peace of mind  
She takes all the problems  
Like a challenge and tries to overcome it  
She is the tree in which various  
Fruits are bared, and thus she is  
Responsible for the development of human life  
But still people think that  
A girl is a burden for them  
Though she has to face lots of criticism,  
She never gives up in life....  
And instead she tries to overcome it  
Thus if a woman makes up her mind  
She can achieve great victory  
If she has the strong will,  
And that spark to do something in life....



**Deekshitha**  
1st year DMLT

## HEALTH DOES NOT ALWAYS

Health does not always  
Comes from medicine  
Most of the time it comes  
From peace of mind,  
Peace in the heart,  
peace of soul  
it comes from  
Laughter and love



**Greeshma**  
IInd BSc Nursing

## PELE

Edson Arantes do nascimanto. He was born on 23rd October 1940 also known as Pele, is a Brazilian retired professional footballer who played as a forward. He is widely regarded as one of the greatest player of all time. In 1999, he was voted world player of the century by the international federation of football history and statistics(IFFHS) and was one of the two joint winners of the FIFA players of the century award. That same year, pele was elected athlete of the century by the international Olympic committee. According to the IFFHS, pele is the most successful domestic league goal scorer in football history scoring 650 goals in 694 league matches and in total 1281 goals in 1363 games, which included unofficial friendly's and is the Guinness world record. During his playing days, pele was for a period the best athlete in the world. He was a forward attacking midfielder . pele a began playing for santos at age 15 and the brazil national team at 16. During his international carrier, he won three FIFA world cups; 1958,1962 and 1970, being the only player ever to do so. Pele is the all time leading goal scorer for brazil with 77 goal scorer for santos, and let them to the 1962 and 1963 Copa Liberterdores known for connecting the phrase “ the beautiful game” with football, Pele’s “ electrifying play and penchant for spectacular goals” made him up star around the world his teams toured internationally in order to take full advantage of his popularity. Since retiring in 1977, pele has been worldwide ambassador for football and has made many acting and honorary president of the new York cosmos.

Averaging almost a goal per game throughout his carrier, Pele was adept at striking the ball with either foot in addition to anticipating his opponents movements on the field while predominantly a strikes. He could also drop deep and take on play making role, providing assists with his vision and passing ability and he would also use his dribbling skills to go past opponents in brazil he is halied as a national hero for his accomplishment in football and for his outspoken supports of policies that improve the social conditions of the poor. Pele received several individual and team award for his performance in the field his record –breaking achievement and legacy in the sport.



**Sreehari**  
I DMLT

## THE PILGRIM

Ehen you are in spring with winter near, full of dreams,  
Enjoying by the side, take a bow to stand.  
And gladly mend; your vile ways to homeland,  
Life is like a drop of drain, tries to flow to the zion of pure streams

How many loved, the smile worldly ways of life,  
With the love that never ends, journey of survival fades.  
But not knowing pilgrim soul forever trades,  
The stream of life, mountain of love defeated without strife.

Taking a blow beside the autumn with blast of winters fright Murmer  
A little boldly, how alluring glamour fled  
And placed astray from the stream of life, worldly life led,  
The pilgrim, hid in the ocean of grace amid a crowd of stars bright.



**Ayishath Fahima**  
1st BSc MIT

## TODAY'S REALITY

- Have Big House - But small family
- Have more degress - But less common sense
- Have advance medicine - but poor health
- Having high income - But less peace of mind
- Have high IQ - But zero emotions
- Have good knowledge - But less wisdom
- Having No. Of affairs - Because no true love
- One side we have lot's of social friend - Other side no real best friend
- There are lot's of human - But there is very less humanity
- Costly watches - But no time



**Fathima Thabassum**  
Ist DMIT

## MOTHER

Mother Mother Mother !!  
A caretaker and a teacher  
Who taught me things  
Better! Better! Better!

A Secret keeper and  
A friend who never  
Betray, the special are  
Who cares and loves me  
Unconditional !!!!

You are a super women  
You are the one who manages  
All the work on time.  
Which makes you the super  
Mother !!



**K Arundhath Joy**  
IV BSc. Nursing

## WATCH THE DREAM

Watch the Dream  
For they become real one day

Watch your thoughts  
For they become words

Watch your words  
For they become action

Watch your action  
For they become habits

Watch your habits  
For they becomes character

Watch your character  
For it becomes your destiny

When you have reached your destiny  
Now look,

Your dream would have been becomes  
Goal for others



**Shravya Bangera**  
Ist DMLT

## INSPIRING WORDS

“Keep your dreams alive.  
Understand to achive anything requires faith  
And belive in yurself....  
Remember all things are possible for  
Those who belive. “

“ All men who have achived great things  
Have been great dream's.”

“ The world needs dreams and the world  
Needs doers.  
But above all, the world needs  
Dreams who do.”

“There are some people who live in a dream world,  
And there are some who face reality;  
And then there are those who turn one into the other.”



**Selna Sebastian**  
IV BSc.Nursing

## SUPER HERO OF MY LIFE-MY DAD

You are my Dad,  
Trusted and true,  
And this is for everything,  
For all that you do.

When I find I cant make it,  
And the mountains to height,  
You gave me your wisdom,  
And help me to try,

You have given me hope,  
In times of despair  
You do things to me  
Because I know you care

For everything,  
And all that you do  
I want you to know,  
I'll do the same for you

I'm there by your side  
You are never alone,  
I'll be there for you,  
To help you to lead your life

So my dad,  
as you can see,  
You are very special  
Especially to me !!!



**Lisma John**  
1st DDT

## YOU NEED TO READ THIS @\_ \_ \_ Invisible \_ Soul

There is no glory in making yourself small and timid. Build yourself up. Know that your destined for greatness. Believe in your abilities, be vulnerable, show the world who you really are, know your worth and value. Care for yourself. Love yourself fully as you are and where you are. Turn your dreams into goals and plans, and take action with courage and enthusiasm. No more hiding away, holding yourself back or putting things off. No more being apologetic or trying to please and impress everyone. This is your life and your time, don't waste it.



**Muzana**  
III Bsc.MIT

## TIME

Final good bye from me  
There are times when you can  
Do nothing about situations  
There are times when things are  
Just as they can be is life  
I have had enough of this time  
Can't take this anymore now  
It's a final good bye from my side  
For all the things happened so  
far

From now on. I will shine  
But being a distant star.  
Goodbyes are tough  
but there is no choice for you....  
Final goodbye from my side!



**Blessy M J**  
IV BSc. Nursing

## NURSE

When God sent you to help me heal,  
He sent a special gift  
It was you an earthly angel  
That he would bless me with.

An angel that would laugh with me,  
An angel that would cry.  
An angel that would pick me up  
And lift my spirits high.

An angel with a great big smile  
And an even bigger heart  
An angel with such gentle ways  
Who cared night from the start.

A special nurse - you truly are  
You stand above the rest,  
And all of these you care for  
By you - they're truly blessed



**Arpitha Rodrigues**  
II BSc. Nursing

## THE NURSE

With magic touch to fevered brow,  
To ease your pain her only thought,  
Earnest, quiet, swift and calm,  
Divining wishes, praise unsought.

On silent, willing feet, she goes  
Your perfect comfort first she seeks;  
Her only streams are healthy for you,  
As she her lonely vigil keeps.

Your life! What splendid recompense  
For those three golden years she gave!  
An autocrat, a selfless soul,  
Your stern commander, yet your slave.



**Athira V.M**  
IIInd BSc.Nursing

## BEING A NURSE MEANS

You will never be bored  
You will always be frustrated  
You will be surrounded by challenges  
So much to do and so little time

You will carry immense responsibility  
And very little authority

You will step in to people's lives  
And you will make a difference  
Some will bless you  
Some will curse you

You will see people at their worst  
And at their best  
You will never cease to be amazed  
At people's capacity for  
Love, courage and endurance

You will see life begin and end  
You will experience resounding triumphs  
And devastating failures

You will cry a lot  
You will laugh a lot  
You know what it is to be human  
And to be humane



**Arpitha Rodrigues**  
IIInd BSc.Nursing

## THOUGHTS

Use your smile to change  
The world, don't let the  
World change your smile.  
Life is all about balance

Do you know what's wrong with spray?  
It gives people the wrong idea that any  
Mistakes can be solved by a single word.

We all need people who  
Will give us feedback,  
That's how we improve

**Bill Gates**



**Seema Anand**  
4th BSc Nursing

## REUSE THE WASTE FOR A PURPOSE

### Keep the habit of Sharing

- Avoid the habit of throwing out.
- Gift the unwanted to those who can use it.
- Donate the old books and magazines to library.
- Reuse gift wrappers to wrap gifts.
- Share DVD's and games with friends rather than buying new.
- Exchange wardrobes with other friends.



**K. Arundhathi Joy**  
IInd BSc.Nursing

## PROUD TO BE A PHYSIOTHERAPIST

Somebody asked me: "You're Physio"?  
"HOW MUCH DO YOU MAKE"?  
I replied: "HOW MUCH DO I MAKE"?  
I can make holding your hand  
Seems like the most important thing in the world.

I can make you walk when you can't  
I can relieve your pain when pills can't  
I can give you hope when you have lost one  
I can make you get up from a wheel chair  
I can keep you fit, healthy and strong.

I works all day to keep my patients live...  
I will drop everything and  
Run to make sure you never fall !!!  
Today, I might make your life complete  
HOW MUCH DO I MAKE ?  
All I know I make difference within you  
PROUD TO BE A PHYSIOTHERAPIST



**Sahana**  
1st year BPT.

## "A, B, C " OF HAPPY LIFE

"A"lways "B"e "C"arefull "D"on't have  
"E"go with "F"riends and "F"amily.  
"G"ive up "H"urting "I"ndividuals.  
"J"ust "K"eep "L"oving "M"ankind.  
"N"ever "O"mit "P"rayers.  
"Q"uietly "R"emember God "S"Peak "T"ruth.  
"U"se "V"alid "W"ords "X"press "Y"our "Z"eal.



**Hanana Jasmin**  
I BSc.

## LIFE

Sometimes I wonder,  
How life has changed....  
From small yummm toffees  
To never ending worries  
From peaceful long nights  
Today before results lights....

From quarrels that lasted a few seconds  
To lights that prolonged to decades  
From a day out spent with the family.  
To povties that emptied pockets completely  
From being innocent and totally carefree  
To number of responsibilities poured on me

You know what?  
People say this is called growing  
But still I keep wondering....



**Vausha Shetty**  
IV BSc Nursing

## NURSES

Intelligent, compassionate,  
Responsible and kind  
That's a Nurse.  
Nurses remain level-headed and calm  
In the midst of crisis  
They are often there to comfort families  
During some of the most stressful moments of their lives  
They deal with human suffering with unbeliable strength.  
They have been known to put a smile  
On the face of a terminally ill patient  
They sometimes cry  
But nobody sees their tears  
For they smile despite their own pain  
As they attempt to make life bearable for others  
Being a nurse can be extremely difficult,  
Stressful and frustrating  
But, I think God for making such selfless,  
Devoted, strong and caring people.  
Thank God For Nurses



**Sujanya. K**  
II BSc.Nursing

## NAMES

Everybody  
Has a Name  
Some are different  
Some the same  
Some are short  
Some are long  
All are right  
None are wrong  
I like my name  
It's special to me  
It's exactly who  
I want to be !



**Toney Sunny**  
II BSc.Nursing

## NATIONAL YOUTH DAYS

- Theme of 2020 is "Channelizing youth power for nation building."
- Theme of 2018 was "Sankalp se siddhi"
- Theme of 2017 was "Youth for digital India"
- Theme of 2016 was "Indian youth for development, skill and harmony".



**Jissamol Jose**  
IV BSc.Nursing

## NURSE

To Do What Nobody Else Will Do, a Way That Nobody Else Can Do,  
In Spite of All, We Go Through, That Is To Be NURSE

**Raswsi Williams**



**Sreepriya**  
II BSc

## NEED OF INTERNET CENSORING

Hai, hello, good morning, good night.... all such words are the most familiar words heard as one greets the others and now a days these words are only seen but not heard by saying that. “ These words are only seen but not heard”. one can understand that what it means because these words are only seen in mobiles, laptops, etc.. & the crazy matter on these is that while chatting all these words are used in short forms & people really forget the spelling of there words. The main reason for this is the use of internet.

“INTERNET” by hearing this word several thoughts come to our mind. It is a system which helps us to know about anything in this world within a fractin of seconds. Technology is improved & it is very important too. Inter-net is used by children, teenages, youth, middlr-aged & also the old aged people. It has both positive & negative effects. The problem is that these use internet more for negative purpose. They are not understanding the real value of internet.

When I wish to erite about internet censoring the first thing came to my mind is about the persons who are maddly addict to internet. A study says that 13.7% of the population of the world is addicted to internet & it is proven that it's hard for them to live without it. All says that we are new generation. Is these the practices of new generation. Is these the practices of new generation? The world is not experting this from our new generations. A proverb tells that “Today's students are tomorrows citizens.” how can these students be perfect citizens? If these students are continuing the same the fragnance of a bright future will not be able to felt by them.

The other side effect of internet is family issues. When I write about this I wish to share with you a sorrowful incident happened at korea. An irresponsible parent who was busy with mobile, posting & browsing didn't look after their baby. After some days the baby was dead because of hunger. See hoe people are addicted to iternet. How can a parent do like this to their baby? Now we can see people sacrificing their valuable life for selfies to get likes on facebook. When a concept about facebook came to my mind. I can say that most one of us are regular users of facebook on our day to day life. The only one question from me to the facebook users is that, do you know about the people who are friends for you on facebook ? I am damn sure that it is ‘No’, because if the same person comes in front of us, we won't undertand who id that. There are many fake accounts on facebook. The crazy matter is that some people gets fooled by fake accounts and scuh incidents are happening now.

When a global level meeting hold for internet censoring a group of people told that internet to be censored or should be limited. And other told one should not interfere in others privacy. Beacuse of this there was no decision taken foe internet censoring.

The another matter is that the creativity of students get destroyed by browsing for something on internet. Their intellectual growth will be decreased. Every nation will be failed to give more scientist and new inventions and discoveries to our world. The buds which bloom to give beautiful flowerswill be destroyed at the budding stage itself. Why they are using internet in excess are they not brilliant ? we human beings found internet for our purpose and now it is dominating us. So finally, the cast thing far me to say is that ” internet use to be censored “ at least in small manner.



**Jiya K M**  
II BSc,Nursing

## OUT GOING BATCH

In future, a day may come when you walk through  
 The large gate of your old college once again.  
 Walking through that lonely white path covered with dry leaves.  
 Where smiles shared love exchanged heart broken and tears spilled....  
 Then when yo step in to the lonely old class room,  
 Only memories will be there fore company.  
 You may see yourself on every bench laughing and  
 Murmuring with your friends,  
 You will realize that years ago  
 My heaven was here and those days won't come back....



**Seema Anand**  
 IV BSc.Nursing

## WITH GOD AND WITHOUT GOD

**Without GOD, Our week days would be**

Sinday  
 Mournday  
 Tearsday  
 Wastday  
 Thirsday  
 Fightday  
 Shatterday

Remember seven days without God makes one weak !!  
 With GOD, all the days of your life  
 He can turn a mess in to a message,  
 A test into a testimony,  
 A trial into a triumph,  
 A victim into a victor.



**Seema Anand**  
 IV BSc.Nursing

## NATURE IS EVERYWHERE..

Nature is everywhere  
 Nature is everywhere you go..  
 Evrything that lives a grows  
 In nature  
 Animals  
 Big and small  
 Nature is plants that grows so tall  
 Nature is beautiful in every way  
 Wonderful, exciting  
 And needs our care  
 So listen, learn and do your part to keep nature  
 Beautiful forever....



**Sandra Martin**  
 II BSc.

## BE FIT

Bend your knees and not your back  
 If not you may hear a 'crack'  
 Use the stairs and not the lift  
 This will make you fit and swift  
 Take a walk and not a ride  
 This will keep you in good size  
 Up and down, round and about  
 The body is made to move around



**Sinduka P**  
 1st year BPT

## MY DREAM CAMPUS

‘Campus a beautiful delightful word as we teens are concerned. We teens have a great privilege of dreaming without boundaries. Think for a while, friends what’s your idea about campus. For me ‘campus’ denotes an isolated word starting a new life, new experience and new temptations...!!!

Of course the campus of my dream may be quite mile from reality. But my ideas include the only aspects that any of a fresher would expect. The most feature of the campus is it’s scenic beauty.

I could dream of college with in an older style of evaluation with dark stair cases long varanthalas, and large classrooms. The campus should be strictly isolated from the nasty faces and noises of the city. Should have a quite peaceful atmosphere.

Do you think that I’m against a noisy campus? A campus gets its true meaning and colour only by the hassles and bustles of students it should make some inspiration in me and the very thought of going to the college should make jump out of the bed even a chilly December morning.

As for a new comer is concerned the very word that comes to his or her mind is “Ragging” which makes his heart beat a little faster and harder as a trumpet. My college has ragging only to have feeling that they are now becoming the part of the new campus and leaves ragging as sweet memories to be passed to the next new comers. How can I forget the biggest spirit of all youngsters and our enjoyment? It is gossiping with friends. “sssssh.... this is a secret”.

Now about teachers I don’t agree waling hand be friendly, but must be serious. An educating person should be able to understand the one who is being educated. But only understanding can cause nothing. A perfect understanding and communication will make bond them firm. I think I am able to give you a more or less idea about my campus. Still I prefer a transition to campus life since we all have a general idea on campus life and school life. The every thought of my dream campus makes me have a smile in my face and gives me such an internal pleasure that ever during the day I get into a deep peaceful sleep.

“ Ah! the aching sweetness at day dreams”



**Krishnendu P G**  
1st year BPT.

## PHYSIOTHERAPIST

After 4 years of slogging on Anatomy, Physiology, Orthopedics, Biomechanics etc, they demoted her to a masseuse even though she worked in a brilliant field which do not require medicine to cure disease.

They never saw the happiness and gratitude on mom’s face when her son finally managed to walk a few steps after years of disability, nor the tears of achievement tricking down the eyes of sports car racing driver when he finally managed to get up and out from his hospital bed.



**Sakshi P Nilekar**  
1st year BPT.

## PRACTICE MAKES A MAN PERFECT

“Practice makes a man perfect” is a proverb which tells us the importance of continuous practice in any subject to learn anything. There is no alternate to the hard work and success. We must have to practice in the particular field on regular basis in which we want to succeed. Nobody can perform well in this field if he doesn’t practice on regular basis. Only by continuous practice a man can achieve his target and succeed in his particular field. Knowledge is a big thing but if practice is not done, knowledge cannot take us to our goal. We have to convert our knowledge into action which needs a great practice.

The best example for practice making perfection would be our great cricketer Mr Sachin Tendulkar. The success pages in his life didn’t happened in a day. He designed it with the magic wand called practice. His only mantra in the beginning was practice. Till this day, he is known as a true Sportsman who started early for practice and left only at the end of the day. So, it is not foolishness, but confidence to practice in order to become perfect. Whenever you feel you are working a long way yet to become perfect, keep in your mind that practice makes perfect. Hold our hope tight in heart and our way to success.



**Preenamol Chacko**  
1st year BPT.

## MOM

She is a rainbow  
After a dark day  
She is a cheerer  
After a faded day

She is a teacher who,  
Taught my infant lips to pray  
She is a sun shine who,  
Brightened our way.

She is a diligent  
To do all the things, she did  
To be a teacher, caretaker  
To me when I was a kid.



**Pooja K Rathod**  
III BSc.Nursing



## REHABILITATION

- What is Rehabilitation?

Rehabilitation is care that can help you to get back, keep or improve abilities that you need for daily life. These abilities may be physical, mental or cognitive (thinking and learning). You may have lost them because of a disease or injury or as a side effect from medical treatment. Rehabilitation can improve your daily life and functioning.

- Who needs Rehabilitation?

Rehabilitation is for people who have lost abilities that they need for daily life. Some of the most common causes include:

- Injuries and trauma, including burns, fractures, traumatic brain injuries and spinal cord injuries.
- Stroke
- Severe infections
- Major surgery
- Side effects from medical treatment such as from cancer treatment
- Certain birth defects and genetic disorders
- Developmental disabilities
- Chronic pain, including back and neck pain

- What are the goals of Rehabilitation?

The overall goal of Rehabilitation is to help you get your abilities back and regain independence. But the specific goals are different for each person. They depend on what caused the problem, whether the cause is ongoing or temporary, which abilities you lost and how severe the problem is.

- What happens in a Rehabilitation Program ?

When you get rehabilitation, you often have a team of different healthcare providers helping you. They will work with you to figure out your needs, goals treatment plans.



**Aysha Thanha F  
Fathima M**  
1st year BPT.

## RELIGION

Religions,!! Religion can be explained as a set of beliefs concerning the cause, nature and purpose of universe, especially when considered as the creation of a super human agency or agencies usually involving devotional and ritual observances, and often containing a moral code governing the conduct of human affairs.

Article 9 protects the freedom to change religion or belief the freedom to exercise religion or belief publicly or privately, alone or with others. The freedom to exercise religion or belief in worship, teaching, practice and observance.

Given this approach Durkheim proposed that religion has 3 major functions in society. It provides social whesion to help maintain social solidarity through shared rituals and beliefs, social control to enforce religious based morals to help maintain conformity and control in society.

Article 25: Freedom of conscience and free profession, practice and propagation of religion law subject. Article 25 mandates that subject to public order, morality and health, all persons enjoy the freedom of conscience and have the right to entertain any religious belief and propagate it.

### **7 major religions**

Christianity (2.1 billion), Islam (1.3 billion), Non-religious (1.1 billion), Hinduism (900 million), Chinese (394 million), Buddhism (376 million), Primal indigenous (300 million), African (100 million).

Is there freedom of religion in India?

Freedom of religion in India is a fundamental right guaranteed by Article 25-28 of the Constitution of India. Modern India came into existence in 1947 and the Indian Constitution preamble was amended in 1976 to state that India is a secular state.

### **Society and Religion**

Religion describes the beliefs, values and practices related to sacred or spiritual concern. Religion is a social institution because it includes beliefs and practices that serve the needs of society. Religion is also an example of cultural universal because it is found in all societies in one form or other.



**Fathima Shabeeba T P**  
1st year BPT.

## THE END OF THE WORLD

It is a subject so profound I feel I should  
Be under water to think about it properly  
In the most popular version the sky explodes,  
And horsemen gallop out of the  
Flaming clouds,  
Pale and bloody, their cloaks  
Flying wickedly.  
The disconcerting poetry of revelations describes  
Their iron breastplates as being.

Blue as hyacinths”  
I have no trouble imagining the oceans  
Boiling away  
Like tea water and groves of  
Olive trees turning into ash  
I can even see wheels revolving  
Within wheels  
The mouth of furnaces and a scarlet  
Beast carrying the whore of  
Babylon. I can hear the annunciatory  
Trumpets .

And the groans of those who seek  
Death and find it not  
But here in the calm latitudes of this room  
I am thinking that the end could be  
Less operatic  
Maybe a black tarpau lin  
A kind of boat cover,  
Could be lowered over the universe one night  
A hand could enter the pictures and  
Crumple the cosmos.

Into a ball of paper and hook it into  
A waste basket  
A gigantic door might close  
A horrible bell could ring  
We could have fire, ice, bang  
And whimper all at once  
But who has time to consider  
Such horrors.

When the world's body keeps  
Pressing up against us  
With the weight of its beauty,  
Its dizzying sea cliffs  
And coasting birds, its rolling  
Fairways and deep pine woods  
Who could imagine all this coming  
To a sudden end but the lone  
Visionary we always picture  
On a street corner, gaunt, bearded  
Holding up.



**Shreya Shetty**  
2nd year BPT

## **THE INFLUENCE OF THE PHYSIOTHERAPIST PATIENT RELATIONSHIP ON PAIN AND DISABILITY**

The relation between Physiotherapist and patient is very important in the outcome of treatment affecting both pain and disability. The aim of this paper is to review the evidence for the effects of the interaction. This can conveniently be described by a number of different models including:

- The quality of communication and patient education
- Compliance and adherence to a treatment programme
- Self-efficacy or the patient's perception of control over the problem and ability to cope
- The patient expectations and the Physiotherapist enthusiasm for the treatment
- The principle of operant conditioning in influencing pain behaviour

The Physiotherapist has an opportunity build rapport with a patient and affect both attitudes and behaviour. For eg: Encouraging individuals to control of their problem and take up a graded return to previous activities. Self-efficacy is now accepted as an important component of healthcare which needs to be emphasised by therapist. Conversely, care needs to be taken to avoid inadvertently increasing pain behaviour by focusing on the patient's pain complaint and reinforcing it through its repeated assessment



**P K Archana**  
**Surya Joy**  
1st year BPT

## **WORLD CONFEDERATION OF PHYSICAL THERAPY**

- Respect the rights and dignity of all individual.
- Comply with the laws and regulation in country they practice.
- Accept responsibility for the exercise of sound judgment.
- Provide an honest, competent and accountable professional service
- Justice and fair level of remuneration.
- Contribute to the planning and development of service.



**Bony Thomas**  
2<sup>nd</sup> Year

## SPORTS AND FITNESS

For sure, playing sports is generally a fantastic way to improve your fitness and health. Many of us may not feel at home pounding away on a treadmill or working up a sweat in the gym, but we'll happily chase a ball around endlessly while playing a game of some sort.

For most people, taking part in sports will improve your general health and well-being. There are plenty of reasons why you should become involved in sports with reduced body fat, bone strengthening, improved stamina and flexibility being some of the reasons why you should take up a sport.

The following are just some of the health and fitness benefits of starting out in a new sport which we hope will apply to whatever sport you opt for:

- Playing sports helps to reduce body fat or controls your body weight.
- Sports allow you to gain the satisfaction of developing your fitness and skills.
- Sports can help you to fight against depression and anxiety.
- Sports allows you to challenge yourselves and set goals.
- Playing sports helps you to strengthen your bones.
- Sports help in coordination, balance and flexibility.
- Many sports can improves stamina and concentration.
- Sports allows you to experience the highs and lows of both winning and losing.
- Through sports you will meet people with a similar interest to yourselves and are likely to gain many new friends.
- Sports is a great way for families to get exercise together.
- If you are sporty, then you are more likely to have a healthy lifestyle.

When it comes to sports, having mental strength is nearly as important for players as physical fitness. One sports psychologist put it, mental toughness is the ability to consistently perform towards the upper range of your talent and skill regardless of competitive circumstances.

With sports psychology a growing field of study, more athletes are looking to improve their mental process as well as their physical exercise routine. Here we look at some of the great cases of sporting mental collapse and how we all can learn from these examples. There is a thin line exists between mentally strong sporting success and under pressure failure.

“Sport psychology, to put it simply, focuses on psychological factors associated with physical performance” says Dr John Bartholomew, an Associate Professor in the Department of Kinesiology and Health Education.



**Edwin K B**  
1st year BPT

## TRAVELLING FOR MENTAL HEALTH

“A long stretch of road can teach you more about yourself than a hundred years of quiet” What is the first thing that comes to your mind when I say travel – Vacation?

Meeting new people? Or maybe Instagrammable sunsets? While travelling can be exiting and exhilarating, it is so much more than sipping margaritas on a sun soaked beach. It is no news that travel is good for you physical well-being. But a significant amount of research says that exploring new place can do wonders for your mental an emotional health as well.

The stress of work and daily demands can distract us from what we find to be actually meaningful and interesting. Taking a break from daily hustle and bustle is essential for your mind to relax, recharge and rejuvenate. Experimental travelling, particularly to a foreign country, can help you re-evaluate and re-invent your life.

Moreover the valuable lessons that you learn along the way broaden your perspective, making you more aware and open to the new things.



**Tinu Thankachan**  
1st year BPT

## WORLD OF ENGLISH

English is the most widespread language in the world and is more widely spoken and written than any other language. Over 400 million people use the English vocabulary as a mother tongue. Over 700 million people speak English as a foreign language. More than half of the world’s technical and specific periodicals are in English. English is the medium for 80% of the information stored in the world’s computer.

Did you know that of the entire world’s language, English is the richest in vocabulary and that the Oxford Dictionary lists about 600,000 words.

English, which has often been referred to as a “world language” is essential in today’s life of globalization. Hence, mastering English vocabulary is an integral part of learning English. There are number of reasons why you need to improve your vocabulary. Having a larger command of your language will help you become more confident so that you will feel good about yourself with a heightened sense of self esteem; as well it can greatly increase your IQ. In addition to this, there are many practical benefits you can gain by improving your vocabulary.

As you begin to improve your vocabulary, it is very important for you to learn when and how to use it. To enhance your usage of words approximately you should make it your goal to learn a new word daily.



**Anusree Suresh**  
1st year BPT

## UNDER THE HARVEST MOON

Under the harvest moon,  
When the soft silver  
Drips shimmering  
Over the garden nights,  
Death, the gray mocker,  
Comes and whispers to you  
As a beautiful friend  
Who remembers.

Under the summer roses,  
When the fragrant crimson  
Lurks in the dusk  
Of the wild red leaves,  
Loves with little hands,  
Comes and touches you  
With a thousand memories,  
And asks you  
Beautiful unanswerable questions.



**Shreya Shetty**  
2nd year BPT



## ಓ ಜ್ಞಾನದಾತನೇ

ಕಷ್ಟದಲ್ಲಿ ನಾ ನಿನ್ನ  
ದ್ಯಾನ ಮಾಡುವೆ

ಸುಖದಲ್ಲಿ ನಾ ನಿನ್ನ  
ಮರೆಯದೆ  
ಪೂಜಿಸುವೆ

ಕಷ್ಟ ನೀ ಕೊಟ್ಟ  
ಪರೀಕ್ಷೆ ಸುಖ ನೀ  
ಕೊಟ್ಟ ಬಿಡ್ಗೆ  
ಕೈ ಹಿಡಿದು ನಡೆಸು  
ನನ್ನ

ಕಲ್ಪಾಗಲಿ ಮುಳ್ಳಾಗಲಿ  
ಧೈರ್ಯದಿಂದ  
ಮುಂದೆ ನಡೆವೆ ನೀ  
ಜೊತೆಗಿರುವೆ ಎಂದು



**ಪೂಜಾ ಕೆ ರಾಕೋಡ್**  
ತೃತೀಯ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ಅಮ್ಮ

ಮೊದಮೊದಲು ಅಂಬೆಗಾಲಾಕುತ  
ನಿನ್ನನೇ ಹುಡುಕುತಲಿದ್ದೆನು ನಾನು  
ನಂತರ ಗೋಡೆಯನು ಹಿಡಿದು  
ನಡೆಯಲು ಕಲಿಸಿದವಳು ನೀನು,  
ಆ ಮೇಲೆ ನಿನ್ನ ಸೀರೆಯ ಸೆರಗನು  
ಹಿಡಿದು ನಿನ್ನಿಂದ ಓಡಾಡಿದೆನು,

ಎಲ್ಲಿ ನನ್ನ ಕಾಲಿಗೆ  
ನೋವಾಗುವುದೆಂದು ನಿನ್ನ  
ಸೊಂಟದಲ್ಲಿ ಕೂರಿಸಿಕೊಂಡು  
ಸುತ್ತಿದವಳು ನೀನು!

ನೀ ಜೊತೆಯಲಿರುವೆ ಎಂಬ  
ನಂಬಿಕೆಯಿಂದಲೆ ನಾ ಬೆಳೆದಿರುವೆ  
ದೊಡ್ಡವನಾಗಿ,

ಆದರೂ ನೀನಿಲ್ಲದ ನನ್ನ ಜೀವನ  
ಕಾಣುವುದು ಅನಾಥ ಶವವಾಗಿ,  
ಒಮ್ಮೊಮ್ಮೆ ಕಣ್ಣಿದ್ದು  
ಕುರುಡನಾಗಿರುವೆ ಎಂದೆನಿಸುವುದು ತಾಯಿ  
ಈ ಭೂಮಿಯಲ್ಲಿ ನನಗೆ ಜನ್ಮ ನೀಡಿದ  
ನೀನು ಸಹೃದಯಿ!!!



**ಜಯುಶ ಕೆ. ಎಸ್**  
IV ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ವಿದ್ಯೆ ಎಂಬ ಸಾಗರ

ವಿದ್ಯೆ ಎಂಬ ಸಾಗರ  
ಈಜಲು ಬಲು ಬೇಸರ  
ಈಜಿ ದಡ ಸೇರಿದಾಗ  
ಅರಿವು ಆಗುವುದು ಅದರ ಸಾರ!

## ಕನಸು

ಕಾಣುವೆ ನಾನು ಸಿಹಿ ಕನಸು  
ಅದು ಆಗದು ಎಮದೂ ನನಸು  
ಹೇಳಿತು ಇ ನನ್ನ ಮನಸು  
ಏಕೆಂದರೆ ಆಗಿದೆ ನನಗೀಗ ವಯಸು



ವರ್ಷ ಶೆಟ್ಟಿ  
IV Bsc Nursary

## ದೇಶ ಸೇವೆಯಲ್ಲಿ ನಿರತರಾಗುವಾ

ಭಾರತೀಯರೆಲ್ಲಾ ಒಂದುಗೂಡುವಾ  
ದೇಶಸೇವೆಯಲ್ಲಿ ನಿರತರಾಗುವಾ  
ದೇಶಸೇವೆಯಲ್ಲಿ ನನ್ನುಸಿರು  
ಎಂದು ತಿಳಿಯುವ ನಾವು ಜನರು  
ಕಷ್ಟ ದುಃಖಗಳ ಸಹಿಸುವ ತಾಯಿಯ  
ಸೇವೆಯ ಮಾಡುವ ದಿನ ದಿನವೂ || ಭಾರತೀಯರೆಲ್ಲಾ ||  
ಭಾರತಾಂಬೆಯ ಮಕ್ಕಳು ನಾವೆಂದೂ ತಿಳಿಯುವಾ  
ಭೇದ-ಭಾವಗಳ ತೊರೆದು ಹಾಕುವಾ  
ಕಷ್ಟವೆಷ್ಟೇ ಬಂದರೂ ಗೆಲುವು ನಮ್ಮದಾಗಲಿ  
ಸತತ ಪರಿಶ್ರಮವೂ ದೇಶಕ್ಕಾಗಿ ಕಣಕ್ಕಿಳಿಯಲಿ  
ಸಾವಿನ ಭಯವನು ಕಾಣದೆ ನಾವು  
ದೇಶಸೇವೆಯಲ್ಲಿ ನಿರತರಾಗುವಾ || ಭಾರತೀಯರೆಲ್ಲಾ ||  
ನಿನ್ನ ಪುಣ್ಯಭೂಮಿಯಲ್ಲಿ ಕಾಲವನ್ನು ಕಳೆಯತಾ  
ಉರಿಯುವ ದೀಪದಲ್ಲಿ ಬೆಳಕನ್ನು ಚೆಲ್ಲತಾ  
ಎಲ್ಲರೂ ಸರಿಸಮಾನರು ನಾವೆಲ್ಲಾ ಒಂದೇ  
ಮುಷಿಯಿಂದ ಬದುಕಿಸಲಿ ಸಾಗಬೇಕು ಮುಂದೆ  
ಭಾರತಾಂಬೆಯ ರಕ್ಷಣೆ ಮಾಡತಲಿ  
ದೇಶಸೇವೆಯಲ್ಲಿ ನಿರತರಾಗುವಾ || ಭಾರತೀಯರೆಲ್ಲಾ ||



ಪೂರ್ಣಿಮ ಎನ್  
ಪ್ರಥಮ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ಬಡತನದ ಮನೆಯೊಳಗ ಬಡತನದ ಮನೆಯೊಳಗ

ಹೆಣ್ಣು ಹುಟ್ಟಬಾರದು ಹೆಣ್ಣು ಹುಟ್ಟಬಾರದು  
ಹಡೆದ ತಪ್ಪಿಗಾಗಿ ತಂದೆ  
ಹಡೆದ ತಪ್ಪಿಗಾಗಿ ತಾಯಿ  
ಕಣ್ಣೀರ ಸುರಿಸಬಾರದು ಕಣ್ಣೀರ ಸುರಿಸಬಾರದು  
ಸಿರಿವಂತರ ಮಗಳಾಗಿ ಸಿರಿವಂತರ ಮಗಳಾಗಿ  
ಸೊಕ್ಕಿಲೇ ಮೆರೆಯಬಾರದು ಸೊಕ್ಕಿಲೇಯ ಮೆರೆಯಬಾರದು  
ಬಡತನದ ಮನೆಯೊಳಗ ||ಪ||  
ಕುರುಡನಿರಲಿ ಕುಂಟನೀರ ಕುರುಡನೀರಲಿ ಕುಂಟನೀರಲಿ  
ಸೊಟ್ಟಮೇಲೆಗಮಡನೀರಲಿ  
ಅಸೂಯೆ ಪಡಬರದು ಅಸೂಯೆ ಪಡಬಾರದು  
ಬಡತನದ ಮನೆಯೊಳಗ ||ಪ||  
ಕರುಣೆ ಇಲ್ಲದತ್ತ ಮನೆಗೆ ಕರುಣೆ ಇಲ್ಲದತ್ತ ಮನೆಗೆ  
ಸೊಸೆಯಾಗಿ ಹೋಗಬಾರದು, ಸೊಸೆಯಾಗಿ ಹೋಗಬಾರದು  
ಬಡತನದ ಮನೆಯೊಳಗ ಬಡತನದ ಮನೆಯೊಳಗ  
ಹೆಣ್ಣು ಹುಟ್ಟಬಾರದು ಹೆಣ್ಣು ಹುಟ್ಟಬಾರದು  
ಹಡೆದ ತಪ್ಪಿಗಾಗಿ ತಂದೆ  
ಹಡೆದ ತಪ್ಪಿಗಾಗಿ ತಾಯಿ  
ಕಣ್ಣೀರ ಸುರಿಸಬಾರದು, ಕಣ್ಣೀರ ಸುರಿಸಬಾರದು



ಅನುರಾಧ ಎನ್. ಎಚ್  
ಪ್ರಥಮ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ನಮ್ಮ ರೈತ

ಬಿಸಿಲು, ಮಳೆ, ಚಳಿ ಲೆಕ್ಕಿಸದ ಬೇಡ  
ಬೆವರಿಳಿನೆ ಬೆಳೆದ ಬೆಳೆಯ ಮೇಲಿರವ ಮೋಹ  
ಮೂಕ ಜೀವಿ ಹಸು, ಎತ್ತಗಳೊಡನೆ ಇವರ ಸ್ನೇಹ  
ಧಣಿದು ಇಳಿಸಿದ ಬೆವರೇ ಇಳಿಸುವುದು ಇವರ ದಾಹ

ಪ್ರಪಂಚಕ್ಕೆ ಇವನು ಸಾಮ್ರಾಟ  
ಪ್ರಕೃತಿಯೊಡನೆ ಇವರ ಹೋರಾಟ  
ಉರಿಬಿಸಿಲು ಕೊಡುವುದು ಇವನಿಗೆ ಕಾಟ  
ಎಲ್ಲರ ಹಸಿವು ನೀಗಿಸುವುದೇ ಇವನ ಹಟ

ನೇಗಿಲು ಹಿಡಿದು ಉಳುವನು ಹೊಲ  
ಸಂಜೀವಿನಿ ಇವರಿಗೆ ಮಳೆಗಾಲದ ಜಲ  
ಸುಗ್ಗಿಗೆ ಸಿಗುವುದು ತಕ್ಕ ಫಲ  
ಇವರಿಗೆ ಇಲ್ಲ ಯಾವುದೇ ಕುಲ

ದೇಶಕ್ಕೆ ಮಾಡುವನು ತೀರಿಸದ ಉಪಕಾರ  
ಪ್ರಕೃತಿ ವಿಕೋಪದಿಂದಾಗುವುದು ಸರಿಪಡಿಸದ ಅಪಕಾರ  
ಸೋತರು ಬಿಡನು ಸತತ ಪ್ರಯತ್ನ  
ಭಾರತಕ್ಕೆ ಬೆನ್ನೆಲುಬು ಈ “ನಮ್ಮ ರೈತ”



ಪೂಜಾ ಆರ್. ಬಳಿಗಾರ್  
ತೃತೀಯ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ಕುರುಡನ ಕನಸು

ಒಬ್ಬ ಮುದ್ದಾದ ಹುಡುಗ ಅವನು ಹುಟ್ಟು ಕುರುಡ. ಮನೆಯಲ್ಲಿ ಅಪ್ಪ, ಅಮ್ಮ, ಅಣ್ಣ, ಅಕ್ಕ ಮತ್ತು ತಂಗಿ ಹಾಗೂ ಬಡತನ, ಅಣ್ಣನದು ಪ್ರೈವೇಟ್ ಕಂಪನಿಯೊಂದರಲ್ಲಿ ಕೆಲಸ, ಅಕ್ಕನದ್ದು ಓದು ಮುಗಿದು ಈಗ ಮನೆಯಲ್ಲಿ ಇದ್ದಾಳೆ. ತಂಗಿ ಇನ್ನೂ ಓದುತ್ತಾ ಇದ್ದಾಳೆ. ಆದರೆ ಅಣ್ಣನದ್ದು ಮಾತ್ರ ಮನೆಯಲ್ಲೇ ಆಟ-ಪಾಠ ಎಲ್ಲವೂ. ಅವನು ಅವರೆಲ್ಲರಿಗಿಂತಲೂ ಬುದ್ಧಿವಂತ, ಬೇಗ ಎಲ್ಲವನ್ನೂ ಗ್ರಹಿಸುವಂತಾ, ಚೂಟಿಯಾದ ಹುಡುಗ. ಯಾರಾದರೂ ಏನನ್ನಾದರೂ ಹೇಳಲಿ ಎಲ್ಲವನ್ನೂ ಗ್ರಹಿಸಿ ಒಮ್ಮೆಲೇ ಹೇಳುತ್ತಿದ್ದ ಮತ್ತು ಅದನ್ನು ನೆನಪಿನಲ್ಲೇ ಇಟ್ಟುಕೊಳ್ಳುತ್ತಿದ್ದ ಆದುದರಿಂದ ಅವನನ್ನು ಕಂಡರೆ ಊರಿನವರಿಗೆಲ್ಲಾ ತುಂಬಾ ಇಷ್ಟ.

ಅವನದ್ದು ಮುತ್ತಾತ ಕಟ್ಟಿಸಿದ್ದ ಬಹುದೊಡ್ಡ ಹಂಚಿನ ಮನೆ ಒಂದು ದಿನ ಅವನು ತನ್ನ ಕೋಣೆಯಲ್ಲಿ ಒಬ್ಬನೇ ಕುಳಿತು ಏನನೋ ಯೋಚಿಸುವಾಗ ಕಿಟಕಿಯಿಂದ ಗಿಳಿಗಳು ಚಿವ್ ಚಿವ್ ಎನ್ನುವ ಶಬ್ದ ಕೇಳಿತು. ಗಿಳಿಮರಿಗಳು ಗೂಡಿನಲ್ಲಿ ಕೂತು ಆಹಾರಕ್ಕಾಗಿ ಅಪ್ಪ-ಅಮ್ಮನನ್ನು ಕೂಗುವಂತೆ ಕೇಳಿಸಿತು. ಮತ್ತೊಂದು ದಿನ ಪಕ್ಕದ ಮನೆಯವರ ನಾಯಿ ಮರಿಗಳು ಸಹ ಆಹಾರಕ್ಕಾಗಿ ಕುಯ್ ಕುಯ್ ಎನ್ನುತ್ತಿರುವುದು ಕೇಳಿಸಿತು. ಆಗ ಅವನ ಮನಸ್ಸಿನಲ್ಲಿ ಪ್ರಾಣಿಗಳಿಗೂ ಸಹ ಮನುಷ್ಯರಂತೆ ಭಾವನೆ, ಪ್ರೀತಿ, ಕಷ್ಟ ಎಲ್ಲವೂ ಇರುತ್ತದೆ ಎಂದು ಅಂದುಕೊಂಡನು. ಅಂದಿನಿಂದ ಅವನು ನಿಸರ್ಗವನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳಲಾರಂಭಿಸಿದನು. ಅವನು ಇಡುವ ಪ್ರತಿಯೊಂದು ಹೆಜ್ಜೆಯಲ್ಲೂ ಪ್ರಕೃತಿಯ ಸೌಂದರ್ಯವನ್ನು ತನ್ನ ಒಳ ಕಣ್ಣುಗಳಿಂದಲೇ ತಿಳಿದು ಆ ನಿಸರ್ಗವನ್ನು7 ಅನುಭವಿಸುತ್ತಿದ್ದನು, ಹೀಗೆ ಈ ಕಾರ್ಯವು ನಿತ್ಯಲೂ ನಡೆಯುತ್ತಿತ್ತು. ತನ್ನೊಳಗೆ ಒಂದು ಪ್ರಪಂಚವನ್ನು ಕಟ್ಟಿಕೊಂಡು ಹೊರಗಿನ ಪ್ರಪಂಚಕ್ಕೆ ಹೋಲಿಕೆ ಮಾಡಿಕೊಳ್ಳುತ್ತಿದ್ದನು. ಅಷ್ಟರಲ್ಲಿ ಅವನ ಬಾಲ್ಯ ಕಳೆದು ಯೌವನ ಶುರುವಾಗಿತ್ತು ಆಗ ಅವನ ಕುಟುಂಬದ ಸ್ಥಿತಿಯು ಸ್ವಲ್ಪಮಟ್ಟಿಗೆ ಅಭಿವೃದ್ಧಿಯಾಗಿತ್ತು.

ಕಣ್ಣುಗಳಿಲ್ಲದಿದ್ದರೂ ಎಲ್ಲವನ್ನೂ ತನ್ನ ಒಳ್ಳೆಯ ಮನಸ್ಸಿನಿಂದ ಎಲ್ಲವನ್ನೂ ಒಳ್ಳೆಯದಾಗಿಯೇ ನೋಡುತ್ತಿದ್ದನು. ಯಾವುದೇ ಕಲ್ಮಶಗಳೂ ಅವನಲ್ಲಿ ಇರಲಿಲ್ಲ. ಒಂದು ದಿನ ಅವನು ಮರದಡಿಯಲ್ಲಿ ಕೂತಿರುವಾಗ ಹೀಗೊಂದು ಯೋಚನೆ ಬಂದಿತು “ನಾನೇಕೆ ಬೇರೆಯವರ ಕಣ್ಣಿಂದ ಈ ಲೋಕವನ್ನು ನೋಡಬಾರದು” ಎಂದು. ಈ ವಿಷಯದ ಬಗ್ಗೆ ಅವನು ಮನೆಯವರ ಬಳಿ ಮಾತನಾಡಿದ ಎಲ್ಲರ ಒಪ್ಪಿಗೆಯು ಸಿಕ್ಕಿತು. ಕಣ್ಣಿನ ಚಿಕಿತ್ಸೆ ಆದಮೇಲೆ ಅವನಿಗೆ ಏನೋ ಒಂಥರ ಖುಷಿ, ಸಡಗರ, ಸಂಭ್ರಮ, ಕಣ್ಣಿಗೆ ಕಟ್ಟಿದ್ದ ಹತ್ತಿಯನ್ನು ತೆಗೆಯುವುದನ್ನೇ ಕಾಯುತ್ತಿದ್ದ ಕಣ್ಣಿಗೆ ಅದನ್ನು ತೆಗೆದಾಗ ಮೊದಲು ತನ್ನ ಕುಟುಂಬದವರನ್ನು ನೋಡಿ ತಬ್ಬಿ ಜೋರಾಗಿ ಅತ್ತನು, ನಂತರ ತನಗೆ ಬಂದಿರುವ ಪುರಸ್ಕಾರ, ಬಹುಮಾನ, ಸನ್ಮಾನಗಳು ಮತ್ತು ಪ್ರಶಸ್ತಿಗಳನ್ನು ನೋಡಿ ಸಂತೋಷಪಟ್ಟನು ಊರಿನವರ ಜೊತೆ ಬೆರೆತು ಸಂಭ್ರಮವನ್ನಾಚರಿಸಿದರು. ಹೀಗೆ ಅವನ ಖುಷಿಗೆ ಮಿತಿಯೇ ಇರದಂತಾಗಿತ್ತು ನಾನು ಅಂದುಕೊಂಡಂತೆಯೇ ಈ ಲೋಕವಿದೆ ಎಂದು ಅವನಿಗೆ ಭಾಸವಾಗಿತ್ತು. ಹೀಗೆ ಕಾಲ ಕಳೆದಂತೆ ತನ್ನ ಗೂಡಿನಿಂದ ಹೊರಬಂದ ಅವನು ಇರುವ ಪ್ರಪಂಚವನ್ನು ನೋಡಿದನು. ಆಗ ಕಂಡದ್ದು ಅವನು ಕಟ್ಟಿಕೊಂಡಿದ್ದ ಒಳ್ಳೆಯ ಪ್ರಪಂಚಕ್ಕಿಂತ 10 ಪಟ್ಟು ಕೆಟ್ಟದಾದ ಲೋಕವನ್ನೂ ಎಲ್ಲೆಲ್ಲೂ ಜಗಳ ಹೊಡೆದಾಟ, ಕೊಲೆ, ಸುಲಿಗೆ, ಅತ್ಯಾಚಾರ, ಆರೋಪ, ಅನ್ಯಾಯ ಇತ್ಯಾದಿಗಳು ಅವನಿಗೆ ಜಿಗುಪ್ಸೆ ಉಂಟಾಯಿತು ಈ ಲೋಕ ಇಷ್ಟೊಂದು ಕೆಟ್ಟದಾಗಿದೆ ಇಲ್ಲಿರುವ ಜನಗಳು ನೋವು, ಕಷ್ಟ, ಸಾವಿನ ಹತ್ತಿರದಲ್ಲೇ ಬದುಕುತ್ತಿದ್ದಾರೆ ಎಂದಕೊಂಡನು. ಆಗ ಅವನ ಆಲೋಚನೆಗೆ ಬಂದಿದ್ದ ಒಂದೇ “ತಾನು ಮಾಡಿಕೊಂಡದ್ದು ತಪ್ಪು ಅದೇನೆಂದರೆ ತಾನು ಕಣ್ಣುಗಳನ್ನು ಹಾಕಿಸಿಕೊಂಡದ್ದು” ಆದರೆ ಈ ಕಣ್ಣುಗಳಿಂದ ಏನನ್ನೆಲ್ಲಾ ನೋಡಬೇಕಾಯಿತು. ಆಗಿನ ತನ್ನ ಪ್ರಪಂಚವೇ ಎಷ್ಟೋ ಮೇಲಾಗಿತ್ತು ಎಂದು ಅವನು ಆ ಕಣ್ಣುಗಳನ್ನು ಬೇರೆಯವರಿಗೆ ದಾನಮಾಡಿದ.

ಸ್ವಲ್ಪದಿನಗಳ ಬಳಿಕ ಅವನು ನಡೆದಿದ್ದ ಸನ್ನಿವೇಶಗಳನ್ನೆಲ್ಲಾ ಮರೆತು ತನ್ನ ಹಳೆಯ ಪ್ರಪಂಚವನ್ನು ಕಟ್ಟಿಕೊಳ್ಳುತ್ತಾ ಜೀವನದಲ್ಲಿ ಸಾಗಿದನು.



ಅರ್ಪಿತ ಯಶ್. ಜಿ  
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ಯಕ್ಷಗಾನ

ಕತ್ತಲಾಗಲು ಕವಿದು ಎಲ್ಲಾ ವಿದ್ಯೆಯ ತೊರೆದು  
ಸೇರಿಹರು ಜನರೆಲ್ಲ ಬಯಲಿನಲಿ  
ಜಗವನು ಮರೆತಿಹ ಜನರು ಜಿಗಿಯುತ್ತ ಕುಳಿತಿಹರು  
ಹುರಿದ ಪೊಟ್ಟಣ ಕಡಲೆ ಬಾಯಿಯಲ್ಲಿ  
ಬಯಲು ಮುಂದೆತ್ತರದ ವೇದಿಕೆಯ ಮಧ್ಯದಲ್ಲಿ  
ಬಂದು ನಾಲ್ಕು ಮಂದಿ ಕುಳಿತಿರುವಾಗ  
ತಾಳ, ಮದ್ದಳೆ, ಚೆಂಡೆ, ಶ್ರುತಿಯ ಕಂಡ ಕ್ಷಣವೇ  
ಮೇಳದಾಟದ ನೆನಪಾಯಿತು ನನಗೆ  
ಮೊದಲು ಚೆಂಡೆಯ ಹೊಡೆತ, ಜೊತೆಗೆ ಮದ್ದಳೆ ಬಡಿತ  
ಒಡನೆ ಒಡ್ಡೋಲಗದ ವೈಭವದ ಕುಣಿತ  
ಬಳಿಕ ಹಾಸ್ಯದ ನಲಿತ ನೋಡಲು ಜನಭರಿತ

ಜನರಲ್ಲಿ ಹೆಚ್ಚಿತು ಸಂತಸಭರಿತ  
ದುರುಳ ವೇಷದ ಗಂಡು ಪುಟ್ಟ ಮಕ್ಕಳ ಕಂಡು  
ಭಯವ ಹುಟ್ಟಿಸಿ ಕುಣಿದು ಕೆರಳಿಸಿದ ಕಣ್ಣು  
ಬಣ್ಣ ಬಣ್ಣದ ಜರಿಯ ಉಡುಗೆಯನು ಉಟ್ಟು  
ವೈಯ್ಯಾರದಿಂದ ಕುಣಿಯುತ್ತ ಬಯಲಾಟ  
ಗಾನ ಕೇಳುತ್ತಲಿತ್ತು ಮಾತು ಮರೆಯತಲಿತ್ತು  
ಹಲವು ವೇಷವು ಬಂದು ಮುಂದೆ ಸಾಗಿತ್ತು  
ಕಣ್ಣು ನೋಡುತ್ತಲಿತ್ತು ಕಿವಿ ಕೇಳುತ್ತಲಿತ್ತು  
ಯಕ್ಷಗಾನವು ಜನಕೆ ಹರುಷ ತಂದಿತ್ತು



ಸೀಮಾ ಆನಂದ್  
IV ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ಬದುಕಿನ ಬೆಳಕು

ಹೊಟ್ಟೆಯೊಂದರ ರಗಳೆ ಸಾಲದೆಂದೇನೋ ವಿಧಿ  
ಹೊಟ್ಟೆಕಿಚ್ಚಿನ ಕಿಡಿಯ ನೆಟ್ಟಹನು ನರನೊಳ್||  
ಹೊಟ್ಟೆ ತುಂಬಿದ ತೋಳ ಮಗಗೀತು; ನೀಂಪರಶ  
ದಿಟ್ಟಿಸುವ ಕರುಬುವೆಯೋ ಮಾನವ||

ವಿಧಿಯು ಮನುಷ್ಯನಲ್ಲಿ ಹೊಟ್ಟೆಯೊಂದರ ರಗಳೆ  
ಸಾಲದೆಂದು ಹೊಟ್ಟೆಕಿಚ್ಚಿನ ಕಿಡಿಯನ್ನು ಹುಟ್ಟಿಸಿದ್ದಾನೆ  
ಹೊಟ್ಟೆ ತುಂಬಿದ ತೋಳವಾದರೂ ಮಲಗುತ್ತದೆ, ಆದರೆ  
ಮನುಷ್ಯ ಮಾತ್ರ ಬೇರೆಯವರನ್ನು ನೋಡುತ್ತಾ ಅಸೂಯೆ  
ಪಡುತ್ತಾನೆ.

ಇಳೆಯಿಂದ ಮೊಳಕೆಯೊಗೆವೆಂದು ತಮಟೆಗಳಿಲ್ಲ  
ಫಲ ಮಾಗುವೆಂದು ತುತ್ತೂರಿ ದನಿಯಿಲ್ಲ  
ಬೆಳಕಿನ ಸೂರ್ಯಚಂದ್ರರದೊಂದು ಸದ್ದಿಲ್ಲ  
ಹೊಲಿ ನಿನ್ನ ತುಟಗಳನು ಓ ಮಾನವ||



## ನಿನ್ನ ಪಡೆದ ಕನಸು

ನಾನಂದುಕೊಂಡೆ ಒಂದು ದಿನ ನಿನ್ನನ್ನು ಪಡೆಯುವೆನೆಂದು  
ತಿಳಿಯಲಿಲ್ಲ ನೀ ನನಗೆ ಸಿಗುವುದಿಲ್ಲವೆಂದು

ನಿನ್ನ ಕಂಡ ಮೊದಲ ದಿನ ಅಂದು ಜಾತ್ರೆಯಲ್ಲಿ  
ಮನ ಹೇಳಿತು ಯಾರೂ ಇಲ್ಲ ನೀವಿಬ್ಬರಲ್ಲಿ  
ಕನಸೆಂದು ಕಣ್ಣುಚ್ಚಿ ಹಾಕಿದೆ ಹೆಜ್ಜೆಯನಲ್ಲಿ  
ಕಣ್ಣು ಹೇಳಿತು ನಿಂತು ನೋಡು ಅವನಿರುವನಲ್ಲಿ

ನಾನಂದುಕೊಂಡೆ ಒಂದು ದಿನ ನಿನ್ನನ್ನು ಪಡೆಯುವೆನೆಂದು  
ತಿಳಿಯಲಿಲ್ಲ ನೀ ನನಗೆ ಸಿಗುವುದಿಲ್ಲವೆಂದು

ಪ್ರೀತಿಯ ಪಯಣ ಶುರುವಾಯಿತು ಮನದಲಿ ಅಂದು  
ಮನೆಗೆ ಬಂದು ಅಂದುಕೊಂಡೆ ಅವನೆ ನನ್ನವನೆಂದು  
ಮಲಗುವಾಗ ಮನ ಹೇಳಿತು ಅವನು ಬರುವನೆಂದು  
ಬೆಳಗಿದ್ದು ಕಣ್ಣು ಬಿಡುವಾಗ ಕಂಡ ಕನಸೇಳಿತು  
ಅವನು ಬಂದು ಹೋಗಿರುವನೆಂದು

ನಾನಂದುಕೊಂಡೆ ಒಂದು ದಿನ ನಿನ್ನನ್ನು ಪಡೆಯುವೆನೆಂದು  
ತಿಳಿಯಲಿಲ್ಲ ನೀ ನನಗೆ ಸಿಗುವುದಿಲ್ಲವೆಂದು

ಮುಗುಳ್ಳುಗುತ್ತಾ ಕನ್ನಡಿಯ ಮುಂದೆ ನಾ ನಿಂತಾಗ  
ತಬ್ಬಿಬ್ಬಳಾದೆ ಅದರಲ್ಲಿ ನಿನ್ನ ಬಿಂಬ ಕಂಡಾಗ  
ನೀ ನಿನ್ನ ಬೆನ್ನ ಹಿಂದೆ ತಿರುಗಿ ನೋಡುವಾಗ  
ಎದೆ ಬಡಿತ ಜೋರಾಗಿ ಉಸಿರು ನಿಂತಾತ್ತಾಯ್ತು ನಿನ್ನನ್ನು ಕಂಡಾಗ

ನಾನಂದುಕೊಂಡೆ ಒಂದು ದಿನ ನಿನ್ನನ್ನು ಪಡೆಯುವೆನೆಂದು  
ತಿಳಿಯಲಿಲ್ಲ ನೀ ನನಗೆ ಸಿಗುವುದಿಲ್ಲವೆಂದು

ಮನ ಹೇಳಿತು ಬಿಗಿದಪ್ಪಿ ಮುದ್ದಾದಂತ  
ಕಾತರದಿ ಕೈ ಚಾಚಿದೆ ನಾ ಹೇಳಲಿ ಎಂತ  
ಪುತ್ಥಳಿಯ ಗೊಂಬೆಯಂತೆ ನಿನ್ನ ಮುಂದೆ ಕೈ ಚಾಚಿ ನಿಂತಾಗ  
ಒಮ್ಮೆಲೇ ಎಬ್ಬಿಸಿದೆ ಕಣ್ಣು ತೆರೆದು ನೋಡಂತ  
ಕಣ್ಣು ಬಿಟ್ಟಾಗ ಓಡಿದೆ ಸ್ನಾನದ ಕೋಣೆಯತ್ತ

ನಾನಂದುಕೊಂಡದ್ದು ತಿಳಿಯಿತು ಇದು ಬರೀ ಕನಸಂತ.



ಅರ್ಪಿತ ಯಶ್. ಜಿ  
ದ್ವಿತೀಯ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

ಭೂಮಿಯಿಂದ ಮೊಳಕೆಯೊಡೆಯುವಾಗ ಯಾರೂ ತಮಟೆಗಳನ್ನು ಬಾರಿಸಿ ಸಂಭ್ರಮ ಆಚರಿಸುವುದಿಲ್ಲ. ಸಸ್ಯರಾಶಿಗಳಲ್ಲಿ ಫಲವತ್ತಾಗಿ ಹಣ್ಣುಗಳಾಗುವಾಗ ಯಾರು ತುತ್ತೂರಿಗಳನ್ನು ಊದುವುದಿಲ್ಲ. ಜಗತ್ತಿಗೆ ಬೆಳಕು ನೀಡುವ ಸೂರ್ಯಚಂದ್ರರು ಯಾವ ವಿಧವಾದ ಸದ್ದು-ಗದ್ದಲಗಳಿಲ್ಲದೆ ತಮ್ಮ-ತಮ್ಮ ಕೆಲಸಗಳನ್ನು ನಿರ್ವಹಿಸಿಕೊಂಡು ಹೋಗುತ್ತಾರೆ. ಹಾಗಿರುವಾಗ ನಾವುಗಳು ಮಾತ್ರ ಅದು ನನ್ನಿಂದಾದದ್ದು ಇದು ನನ್ನಿಂದಾದ್ದು ಎಂದು ಜಂಭ ಕೊಚ್ಚಿಕೊಳ್ಳುವ ಪ್ರವೃತ್ತಿ ಬೆಳೆಸಿಕೊಂಡಿರುವುದು ಒಳಿತಲ್ಲ. ಬದಲಿಗೆ ತುಟಿಗಳನ್ನು ಮುಚ್ಚಿ ತಮ್ಮ ಪಾಲಿನ ಕರ್ತವ್ಯವನ್ನು ತಾವು ಮಾಡಿಕೊಂಡರೆ ಲೇಸು.



ಸೀಮ ಆನಂದ್  
IV ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## ಹನಿಗವನಗಳು

Mobile ಎಂಬ ಸಂಸಾರದಲಿ  
ಗಂಡನೇ Currency  
ಹೆಂಡತಿಯೇ Simcard  
ಗಂಡು ಮಗವಾದರೆ In Coming  
ಹೆಣ್ಣು ಮಗುವಾದರೆ Out going  
ಮಕ್ಕಳೇ ಆಗದಿದ್ದರೆ Missed call

ನೀನು ದಿಟ್ಟಿಸಿದರೆ ಲಂಬರೇಖೆ  
ನೀ ಅತ್ತರೆ ವಕ್ರರೇಖೆ  
ನೀ ನಕ್ಕರೆ ಸಮಾಂತರ ರೇಖೆ  
ನೀ ನನ್ನ ಕೈ ಹಿಡಿದರೆ ಅದೇ ಅದೃಷ್ಟ ರೇಖೆ

ಸಾವಿಲ್ಲದ ಜೀವನವಿಲ್ಲ  
ನೋವಿಲ್ಲದ ಹೃದಯವಿಲ್ಲ  
ಕಣ್ಣೀರಿಲ್ಲದ ಕಣ್ಣಿಲ್ಲ  
ಕನಸಿಲ್ಲದ ಮನಸ್ಸಿಲ್ಲ  
ನಿನ್ನ ನೆನಪಾಗುವ ದಿನಗಳಲ್ಲಿ  
ಕಾಲ್ ಮಾಡಲು ಕರೆನ್ನಿ ಇಲ್ಲ  
ಎಸ್.ಎಂ.ಎಸ್. ಬೆಟರ್ ಅಲ್ಲ



ಗೋಡ್ಡೆನ್, ಧೀರಜ್  
ಪ್ರಥಮ ಡಿಪ್ಲೋಮಾ

## ಮರ್ಲೆ (ಎರ್)ರಾ

ಪೊಣ್ಣೆ ನಿನನ್ ಯಾನ್ ತೊಯೆ  
ಒಂಜಿಗಳಿಗೆ ಲೋಕ ಮರೆಯೆ  
ಜಿಂಕೆ ಕಣ್ಣದಾ ಓ ಪೊಣ್ಣೇ  
ನಿನ್ನ ಕುಡಿನೋಟದ ಆ ಕಣ್ಣೇ  
ಎನನ್ ಮೋಕೆದ ಲೋಕೋಗು ಕೊನದ್ ಪೋಯ

ಅವ್ವೇ ಎನ್ನ ಬದ್‌ಕದ ಸುದಿನ  
ನಿನಡ ಪಾತೆರೊಡು ಪನ್ನಿ ಎನ್ನ ಆಸೆ  
ಆಂಡತಾ ನೀರ್ ದೋಸೆ

ಪಂಡಂಡ ಪಿದಯಿ ಎನ್ನ ಕತೆ  
ಜನಕುಲು ತೆಲಿಪುವೆರ್ ಅತೇ....

ಅಲೆನ ಪೊರ್ಲುಗು ಮರ್ಲಾತೆ  
ಐಕ್ ಜನ ಪನ್ನೆರ್ ಆಯೆಮರ್ಲೆ..... ಅತೇ  
ಗಡ್ಡ ಬುಡ್ಡೆ ಆಂಡಲಾ ಸನ್ಯಾಸಿ ಅತ್ತೆ  
ಪಾತೆರೊಂದುಪ್ಪುವೆ ಆಂಡಲಾ ಕವಿ ಅತ್ತೆ  
ಇತ್ತೆ ಏರ್ ಅಕ್‌ಲೆನಾತಿಗೆ ಪಾತೆರುಜೆರ್ ಪನ್ನೆ  
ಕಾಂಡೆ ವಾಕಿಂಗ್ ಪನ್ದ ನಡಪುನಗ ತೂಲೆ  
ಬಸ್ಸಡ್ ಪೋನಗ ತೂಲೆ  
ಮಾರ್ಗೊಡು ನಡಪುನಗ ತೂಲೆ  
ಕೆಬಿಕೊಂಜಿ ವಯರ್ ತಿಕ್ಕಾರ್  
ಅಕ್‌ಲೆನಾತಿಗೆ ಪಾತೆರೊಂದು ಪೋಪೆರತೇ...

ಕೈ ಭಾಷೆ ಮಲ್ತೊಂದು  
ಪೋಪೆರತ್ತೇ ಅಕ್‌ಲ್ ಮರ್ಲೆರಾ?

ಅಂಚಾಂಡ ಎನ್ನಾತಿಗೇ ಯಾನ್ ಪಾತೆಂಡ,  
ಎನ್ನಾತಿಗೆ ಯಾನ್ ತೆಲ್ತಂಡ  
ಯಾನ್ ಮರ್ಲೆ ಆತ್‌ನಿ ಎಂಚಾ?

ಈ ಲೋಕೊಡು ಮಾತೆರಾ  
ಒಂಜತ್ ಒಂಜಿಲೆಕ್ಕೊಡು ಮರ್ಲೆರೇ..... ಅತೇ.



ರಿತಿಕಾ  
ಪ್ರಥಮ ಬಿ.ಎಸ್ಸಿ ನರ್ಸಿಂಗ್

## प्रकृति माँ

संसार को माता कहलाती हूँ  
माँ के वचन निभती हूँ  
बच्चों की खातिर त्याग भरी  
जिंदगानी मैं ब्लाती हूँ ।  
एक वक्त था मेरे जीवन का  
जब बच्चे मेरे सहलाते मुझे  
करते प्यार प्राण से ज्यादा  
बचाते और रक्षा करते थे ।  
हाथ भरे हरियाली मेरी  
बहुत खुशी के आंसू न्दियां  
कवच बनते मिट्टी की बदन को  
उमर बढ़ी जिंदगी आगे चली  
टूट रहा है कवच मेरा  
जिन रक्षक के सहारे था मेरा जीना  
मिट गया है उनका साथ ।  
तरक्की के आसमाल छूकर  
बद रहे है आगे वे भूलकर  
कृपल कर बदन के खेत मेरे  
ठोक हैं है जोर से कील अंदर ।  
दिल के दर्द को सुकून बनाकर  
बच्चों की खुशी को अपना मानकर  
आग में त्याग को जलती माँ हूँ  
बारिश के आंसू भी थमने लगे है ।  
अंदर जिंदा है आशा की किरणें  
चाहत है जीले की ओर एक द्वा,   
शायद नसीब साथ न रहे  
और मौत आए संतान के हाथ ।  
अगर खुशी उनकी रहती है मेरे  
उस दुनिया से मिट जाने में  
यह लूंगी दर्द मैं सारे  
करदूंगी हवाले तुम्हारे जान में ।  
सफ़र मेरा है अंतिम तर पर  
बचने की उम्मीद नहीं है बाकी,  
जलेगी चिता मेरी सामने तुम्हारे,  
साथ जल जाओगे कारण करम तुम्हारे ॥



Anagha Santhosh  
1st Bsc MIT

## क्लास मॉनीटर

जो क्लास में बने मॉनीटर  
पूरी महीना दिखाते हैं ।  
आता जाता कुछ भी लही  
पर हम पर रोब जमाते हैं  
जब क्लास में टीचार नहीं  
तो खुद टीचार बन जाते हैं ।  
कॉपी पेंसिल लेकर  
बास नाम लिखने मत जाते हैं ।  
खुस तो हमेशा बातें करें  
हैं चुप करवाते हैं ।  
अपनी तो बस गलती माफ़  
हमे बलि चढ़ाते हैं  
क्लास तो संभाल पाते लहीं  
बस चीखते और चिल्लाते हैं ।  
भगवान बचाए इन मॉनीटर से  
इन्हे हम नहीं चाहते हैं ।



K.D. Mnjushree  
IV Year Bsc Nursing

## पापा

पापा हर फ़र्ज निभाते है  
जीवन भर कर्ज चुकाते है  
बच्चे की एक खुशी के लिए  
अपने सुख भूल ही जाते है  
फ़िर क्यों ऐसे पापा के लिए  
बच्चे कुछ कर ही नहीं पाते  
ऐसे सच्चे पापा को क्यों  
पापा कहने में भी संकुचीते  
पापा का आशिष बनाता है  
बच्चे का जीवन सुखदाई  
पर बच्चे भूल ही जाते है  
यह कैसी आँधी है आई  
जिससे सन कुछ पाया है  
जसने सन कुछ सिखमाया है  
कोटि नमन ऐसे पापा को  
जो हर पल साथ निभाया है  
प्यारे पापा के प्यारे भरे  
सीने से जो लग जाते है  
सच्च कहती हूँ विश्वास करो  
जीवन में सदा सुख पाते है ।



Arpitha Roorrigues  
IV Year Bsc Nursing

## चिकित्सा विज्ञान में तलतफ़हमी

मंद फ़काश में पढ़ना आपकी दृष्टि को बरबाद कर देता है।  
अस्पतालों में सेलफ़ोन का इस्तेमाल खतरनाक है ।  
मृत्यु के बाद फ़िगर्नेल और बाम बढ़ते है ।  
हम अपने दिमाग का केवल दस प्रतिश ही इस्तेमाल करते है ।  
आपको दिन में कम से कम आठ गिलास पानी पीना चाहिए ।  
मुझे हुए बाम तेजी से बढ़ते है और मोटि होते है ।



Petrisia D'souza

## फ़ेसबुक फ़ेसबुक फ़ेसबुक

फ़ेसबुक इसतमाल करते करते हो जाए सेटिंग,  
सब लोग करते है फ़ेसबुक पर चेटिंग ।  
फ़ेसबुक पर आते है मैल,  
सब बच्चे पढाई मे हो जाते फ़ैल  
फ़ेसबुक पर होते है गंदे संग;  
पर मुझे क्या पता की यह है फ़ेसबुक का रंग ?  
फ़ेसबुक पर होते है टाईम पास,  
पर मुझे नही लगता फ़ेसबुक कुछ खास ।  
फ़ेसबुक परिवार के साथ संबंद करे कम,  
ना इसमे है कोई दम ।  
फ़ेसबुक करता है आँखों को नुकसान :  
मुझे अच्छा लगता है मिठाई और फ़सान ।  
फ़ेसबुक के है बहुत दूरुपयोग  
पर हमे फ़ेसबुक का करना चाहिए अच्छी तरह से उपयोग ।  
फ़ेसबुक का कमाल तो देखो.....!



K.D. Mnjushree  
IV Year Bsc Nursing

## माँ

खुशानसीब है वो लोग जिनके पास माँ है  
इस शैतानो की दुनिया में माँ एक फ़रिशता है ।  
खुद जलकर जो तुम्हारा जीवन रोशन करे माँ वो दिया है  
मेरी माँ ही मेरी परमेश्वर मेरी माँ ही मेरी खुदा है ॥  
माँ की ममता की कोई वस्तु सानी नही होती  
माँ के आँचल में कोई परेशानी नही होती ।  
खुद प्यासी रहकर जो तुम्हारी प्यास बुझाये माँ वो दिया है  
मेरी माँ ही मेरी परमेश्वर मेरी माँ ही मेरी खुद है ॥  
माँ हम इस दुनिया में लाती है  
माँ हम ये दुनिया दिखाती है ।  
पास न होकर भी जो हमारे साथ सदा है  
मेरी माँ ही मेरी परमेश्वर मेरी माँ ही मेरा खुदा है ॥

– सुकून



Arpitha Roorigues  
IV Year Bsc Nursing

## सरहद पार सेना बैठा है ।

[एक सैनिक का अपना देश वासियों का आशावासन]

मुख्य कल भी था, मुख्य आज भी  
फ़िर कभी गम में, कबहुँ ना  
बेपीन ना हो, माईस न मना  
सरहद पार सेना बैठा है ॥

मासूम की जान ले लेके  
अताकी सीना तंते  
लाचार है आवाज दुश्वार है ।  
सदबुद्धि कै गवा बैठे ।

जिसपर गोली बरसाते है  
वो भी अल्लाह के नमाते है  
फ़र्क सिर्फ बेस इतना है  
वो जनम घर पडोस में ।

जब जब दुश्मन ललकारा है  
तब तब उसको पचड़ा है  
गर आंखे कर आवाज देखे  
नमन मुख कर डेंग का उपयोग करें ।

ये सेना हिन्दुस्तान की है  
चाइत की बालिदान की है  
तुम तो देखो सुख चैन के संग  
जिम्मा संभले सैनिक इम ।

रात तनिक लम्बी से क्या  
सुबह अभी आती होगी  
बैचेनी न हो मयास न बन  
सरहद पार सेना बैठा है ।  
सरहद पार सेना बैठा है.....॥



K.D. Mnjushree  
IV Year Bsc Nursing

## माँ की ममता

माँ की ममता करूणा न्यारी,  
जैसे दया की चादर  
शक्ति देती हैं हम सबको,  
बन अमृत की गागर  
साया बनकर साथ निभाती,  
चोट न लगने देती  
माँ का आँचल सब खुशियों की,  
रंग रंग फुलकारी  
इसके चरणों में जन्नत है  
आनन्द की किलकारी  
अदभूत माँ का रूप सलोना  
बिलकुल रब के जैसे  
प्रेम के सागर का लहराता  
इसका अपनापन ऐसा.....



Meghana D'souza  
IV Bsc Nursary

## कृपा करे

कृपा करे भगवान  
तुम्हारी परियों का  
सदा चालू रखना  
नाकी वे तुम्हारे  
सभी विश्वासियों  
कि सेवा कर सके ।  
कृपा करे भगवान  
तुम्हारी आशिर्वाद  
उनपे बने रखना ।  
नाकी इनकी सेवा से  
सभी सुख रहे ।  
कृपा करे भगवान  
तुम्हारे कृपा दृष्टी  
से सबकी सदा  
खयाल रखना !  
और तुम्हारे परियों  
से ये बना दे !!



Fathimath Thasni T.K  
II Year Bsc Nursing

## माँ का दिल

माँ का दिल अमृत की धारा  
सुख और दुःख का यही सहारा  
अच्छे मार्ग सदा दिखाती  
मारे ही बच्चों को अपना बनाती  
पले चाहे आँधी रात तुफ़ान  
माँ की यह ममता सागर समान  
कभी न करना तुम इसको हैरान  
इसे नो बनाना सदा ही कैलाश  
माँ का दिल जो अमृत की दारा



Seema Anand  
IV Bsc Nursing

## पढ़कर मजा लिजिए

१. एक छोटा लडका बहुत ध्यान से एक पुस्तक पढ़ रहा था, जिसका शीर्षक था; बच्चों का पालना पोषण उसकी माँ आयी और पूछी तुम यह पुस्तक क्यों पढ़ रहे हो ?  
लडका : मैं यह देखना चाहता हूँ की मेरा पालन पोषण ठीक तरह से हो रही है या नहीं ।
२. पत्नी पति से : आप यहाँ क्यों खड़े हो ?  
पति : गेर का शिकार करने जा रहा हूँ ।  
पत्नी : तो जाइए क्यों खड़े हो ?  
पति : कैसे जाऊँ, बाहर कुत्ता खड़ा है न ।
३. पुलिस चोर से : तुम्हे कल सुबह चार बजे फाँसी दी जाएगी  
चोर जोर से हँस्ता है ।  
पुलिस : क्यों हँस रहे हो ?  
चोर : मैं तो सुबह आठे बजे तक सोता हूँ ।



Seema Anand  
IV Bsc Nursing

## സൗഹൃദം

ഈ സൗഹൃദ കുായ്മ,  
അത് ഇനി എത്ര നാൾ,  
എത്ര നാൾ നീണ്ടു നിൽക്കുമെന്ന്  
എനിക്കറിയില്ല...  
എന്ത് എനിക്ക്.,  
എനിക്ക് ഒരിയാം  
ഒരിയാം എനിക്ക്  
അത് എനിക്ക് ഏറെ  
വേദനകൾ തരുമെന്ന്,  
വേദനകൾ അത് എനിക്ക്  
അവരിൽ നിന്നും കിട്ടുമല്ല,  
അവരെ....അവരെ  
അവരിൽ നിന്ന്  
വികലമൃതം ഉണ്ടാകും  
വേദന....അത് എനിക്ക്  
സഹിക്കാവുന്നതിനപ്പുറമാണ്..  
അവരോടൊപ്പമുള്ള ഈ കുായ്മ  
അത് ഇനി എത്രനാൾ....



അവേശ്വര Hormis  
IV<sup>th</sup> year BSC, Nursing

## മകൾ

അമ്മയുടെ ജീവാനുഭവം അച്ഛന്റെ  
ആത്മാനുഭവം അലിഞ്ഞു ചേർവൾ  
അച്ഛന്റെ കുറവും അമ്മയുടെ കുറവും ആയവൾ  
അമ്മയ്ക്ക് കുറുകാരിയും അച്ഛന്  
രാജകുമാരിയും ആണവൾ  
അമ്മയുടെ സ്വപ്നവും അച്ഛന്റെ പ്രതീക്ഷയും അവളാണ്  
അമ്മയുടെ തണലും അച്ഛന്റെ ശക്തിയും അവളാണ്.  
കുസൃതിയും കുറുപ്പും നിറഞ്ഞ  
അവളുടെ പുഞ്ചിരി  
അവൾക്ക് പാലമുതാണ്.  
ഒരു മകൻ നാളയുടെ പ്രതീകമാണെങ്കിൽ  
മകൾ ഇന്റെ വെളിച്ചമാണ്



Anush Jose

## അലറാം

രാവിലെ കേറുമ്പോ  
ഇടുക്കളയിലാലാറം നടവളഞ്ഞു  
പീളച്ചോരു മിണിയുമായ്  
കനലെയും ചുളക്കരികെ  
പുഞ്ചിരിയായ് നിൽപു....  
ചാരക്കൊടിയിട്ടു  
മുത്തത്തിൽ വർഷക്കാലം  
ഈ പായും തിരിയുന്ന പാതയിൽ  
ഞാൻ ഓർക്കുകയുള്ളിലെ  
തേനും  
നിശ്ശതയും കനലുകളും...



Resna Joseph  
I<sup>st</sup> Year BSC, Nursing

## കാലത്തിനിരുപ്പുറം

നിനക്കിലേക്കുള്ള  
ദൂരം -  
നാഴികകൾക്കിപ്പുറമാണെ -  
നിനക്കിരിക്കെ,  
നിലേക്കുള്ള ദൂരം  
ഒരു പൂയമിടിപ്പിന്റെ  
നിശ്ചലതയിൽ  
ഒളിഞ്ഞു കിടക്കുമ്പോ  
ഞാൻ -  
ഓർമ്മിപ്പിക്കേണ്ടതില്ലല്ലോ?



Bismy Biji  
IV<sup>th</sup> BSC Nursing

## നിദ്ര

ഞാൻ അലിഞ്ഞിടും നീലായ്  
എൻ വസന്തമേ...  
നീ എലായ് വഴുകു രാവിൽ  
നിൽ പുല്ലുമാംകാൽ ചുണ്ടിൽ  
എതെ ലോടു രൂപമേ  
നീല ദസ്തമാം കുറിയാൽ  
നീ അണിയു നിലയിൽ  
എന്റെ സിരകളിൽ സന്ധ്യയായ്  
മുഴുകും  
കൽപടക്കുകളിൽ എൻ  
നിദ്രയായ്  
ചെമ്പകപ്പൂവിലപം പാലപ്പൂവിലും  
നിൽ രൂപമായ്  
പൗർണ്ണമിത്തികളായ്  
നീ തഴുകു നിലവിൽ  
ഞാൻ അലിഞ്ഞിടാം  
പുലരിയിൽ നീ ഇല്ലാതെയായാൽ  
എൻ വസന്തവും  
നീയും പൊഴിഞ്ഞിടും  
എലായ്



**Resna Joseph**  
1<sup>st</sup> Year BSC, Nursing

## താടി

കറുപ്പുകുറിയ മനുഷ്യന്റെ  
വെളുപ്പ് കയ്യേറി  
തഴച്ചു വളർ അവനെ  
കൊണ്ട് തലോടിച്ചു പ്രതികാരി  
തിങ്ങി നിറഞ്ഞ താടി  
രോമങ്ങൾക്കുള്ളിൽ ഒളിഞ്ഞിടുകിടതു  
കൊണ്ടാവാം തമ്മിൽ കാണുമ്പോൾ അറിയാതെ  
നമ്മെ സന്ദർശിച്ചു പോരു ആ  
പുഞ്ചിരി നീ അറിയാതെ പോയത്  
ഒരു കാലത്ത് വിപ്ലവത്തിന്റെയും  
പ്രണയത്തിന്റെയും വേരുകൾ ആഴ്ന്നിറങ്ങിയ  
താടി- ഇത് പ്രായത്തിന്റെ ജരാമരകൾ ബാധിച്ച  
ഒരു പിടി രോമം മാത്രമാണ്



**Muhammed Satwan A K**  
IIIrd BSC MIT

## ഗാന്ധർവ്വലോകം

നിലാവിൽ പൂക്കു മുല്ലയോ നീ....  
ദൈവിക ലോകത്തിന്റെ വസന്തമോ?  
നിലാവിനെ പോലും പുലരിയായ്  
മാറ്റു ഗാന്ധർവ്വ സംഗീതമല്ലയോ നീ....  
രാവിനെ പോലും മായയാൽ നീക്കും  
നിലാവിലും നിന്റെ ദിവ്യയോ...  
എല്ലെ ഓർമ്മകളിലൊരായിര..  
മരുവിയാത് ഒഴുകുമെഴകേ...  
ദേവാകുളങ്ങളാൽ എൻ മിഴികളിൽ  
പൂക്കു താരങ്ങളേ.., വരില്ലയെങ്കിൽ -  
മെരുനാൾ ഞാൻ കാത്തിരുടാം  
നീലെ ഗാന്ധർവ്വനിമിഷങ്ങളെ.....



**Shalu Mol Shaji**  
1<sup>st</sup> Diploma

## കലാലയം

അക്ഷരമാലയാലം കോർത്തിണക്കിയ  
സ്വർമണ്ഡലകയാണെൻ കലാലയം  
ഓർമ്മകൾ നെയ്യാൻ കുറുനി  
പലതിനെയും കണ്ടുവളർ എൻ കലാലയം  
ആരവത്തോടെ ഓരോ പടിയും ഞാൻ മുറേ  
കണ്ടു മറ പല അക്ഷരമേലത്തെ  
അറിവിന്റെ പുസ്തകം പകർവർക്കായ്  
എന്റെ കലാലയത്തിനു മുമ്പിൽ പ്രണാമം  
സ്നേഹത്തിന്റെ ഹസ്ത നീയെ ഹൃദയങ്ങളെ  
എന്റെ മനസ്സിൽ പതിഞ്ഞ കലാലയത്തിൽ  
ഓർമ്മകൾ പുതുക്കി ഇ ഞാൻ  
കലാലയ ശിഖരത്തിൽ വാതിൽ കടു



**Christeena Samuel**  
1<sup>st</sup> DMIT

## റോസാപ്പുവിൻ അഴകാണവളിൽ

റോസാപ്പുവിൻ അഴകാണവളിൽ  
മുല്ലമൊീൻ മണമാണ്  
പീലിവിടർത്തും മിഴിയാണവളിൽ  
ചുവിരിക്കും ചുണ്ടാണ്

(റോസാപ്പു)

നിലാപുതുകും മുഖവും കൊണ്ടവൾ  
വിടുമെൻ ചാരെ  
കാലിൽ കിലുകൊലുസുമണിഞ്ഞ്  
ഓടിയെത്തും എരികെ  
സുന്ദരിനീയെൻ വൽബിലെ മൊഞ്ചത്തിയാണ്  
കമണിനീയെൻ വൽബിലെ ഹാജാത്തിയാണ്

(റോസാപ്പു)

ഒരു നാളു കണ്ടില്ലേൽ  
എൻ മനസ്സൊരു ശ്ശശാനമായി  
ഒരുവാക്ക് മിണ്ടാത്താൽ  
എൻ വൽബൊരു മരുമണലായി  
സുന്ദരി നീയെൻ വൽബിലെ മൊഞ്ചത്തിയാണ്  
കമണി നീയെൻ നെഞ്ചിലെ ഹാജാത്തിയാണ്

(റോസാപ്പു...)

കണ്ടാലുടൻ കൊതിച്ചിടും ആരായാലും  
വൽബിൽ ഇടം നൽകിടും ഏതായാലും  
തുവെള്ള നറമില്ലേലും താരകത്തിൻ മനമാണ്  
തുവലായി ഇളം തെലായിയെൻ നെഞ്ചിനുള്ളിൽ  
സുന്ദരിനീയെൻ വൽബിലെ മൊഞ്ചത്തിയാണ്  
കമണി നീയെൻ നെഞ്ചിലെ ഹാജാത്തിയാണ്

(റോസാപ്പു.....)

## മൗനമീയാത്രയിൽ

മൗനമീയാത്രയിൽ മനസിൽ വാതിൽ  
അറിയാതെ വൊരുശലഭമേ.. നീ  
പറയാതെ പോകയോ നീ മനസ്സിൽ വാടിയിൽ  
അറിയാതെ വ ഒരു പുഷ്പമായി അരികിലെത്തി  
ചൊരിയു മഴയിലും എരിവേനൽചുടിലും  
സ്നേഹത്തിൽ പൂക്കളുമായ് നീ വിരൂ  
സിനേഹത്തിൽ മുത്തുച്ചിപ്പികളായ് നീ അരികിലെത്തി  
ഈ വിദ്യാലയക്ഷേത്രത്തിൽ അണയാതെ  
ദീപമായി ജ്വലിച്ചു.  
പടിയറങ്ങിപ്പോ ഞാനിക്ഷേത്രവാതിൽ കട്  
ഞെരിഞ്ഞമരുൊരി ഓർമ്മയിൽ



Sona K Saju  
Ist DMIT

## അച്ഛൻ

ഒരു കൈത്തിരി നാളുമായ് അച്ഛന്റെ ഓർമ്മകൾ  
എൻ ഇടനെഞ്ചിൽ കത്തിജ്വലിച്ചിടുമ്പോൾ  
പറയാതെ തു അച്ഛന്റെ സ്നേഹം  
ഞാൻ അറിഞ്ഞിും അറിയാത്ത വാത്സല്യവും  
അറിഞ്ഞിും മനതാരിൽ അണയാതെ നിൽക്കു  
ആ മുഖവും അച്ഛന്റെ വാക്കുകളും  
എത്ര സുന്ദരമായിരൂ നിമിഷങ്ങൾ  
ഓർക്കു ഞാൻ തേങ്ങിക്കരഞ്ഞിപ്പോ  
ചോര വിയർപ്പാക്കി പുറത്തേയ്ക്കൊഴുക്കിയിും  
തളരില്ല തീരില്ല ആ നര ജീവിതം  
പ്രാരാബ്ബം മൂലം പണിക്കിറങ്ങി  
തീർപ്പോയങ്ങനെ യൗവ്വനവും  
അറിയാതെ പോയി ഞാനാ ആഴക്കടലിനെ ഇപ്പോൾ  
അറിയു ഞാൻ ആ സിനേഹത്തെ  
ആ കൈകൾ ഇല്ലിടുതൊലുപം  
പണ്ടാകൈകളിൽ ഞാൻ സുരക്ഷിതയായിരൂ  
ഈ ഞാൻ ഏകയായി തീരിരിക്കു  
വിധിയുടെ കരസ്ഥർശത്താൽ എൻ എച്ഛൻ  
എിൽ നിും അകിരിക്കു



മേഘ ഇൗഷൻ  
IInd year MIT

## മനുവിന്റെ കുറുകാരൻ ചെറുകഥ

ഒരിടത്ത് ഒരിടത്ത് ഒരു ഗ്രാമത്തിൽ മിടുക്കനായ ഒരു കുറി താമസിച്ചിരുന്നു. അവന്റെ പേര് മനു എന്നായിരുന്നു. മനു പഠിക്കാൻ മിടുക്കനായിരുന്നു. അതുകൊണ്ട് തന്നെ മനുവിന്റെ അമ്മയ്ക്ക് അവനെ വളരെ ഇഷ്ടമായിരുന്നു. അവന്റെ ജീവിതം വളരെ ദാരിദ്ര്യം നിറഞ്ഞതായിരുന്നു. അവൻ എല്ലാദിവസവും എഴുറ്റേ തന്റെ അമ്മയെ സഹായിക്കുമായിരുന്നു. അതിനു ശേഷം മനു തന്റെ അമ്മയോട് യാത്രപറഞ്ഞ് സൈക്കിളുമായി സ്കൂളിലേക്ക് യാത്രയാകും. മനുവിന് തന്റെ സൈക്കിൾ ഏറെ ഇഷ്ടപ്പെട്ടതായിരുന്നു. ആ സൈക്കിളിനു പീലായി ഒരു പെറ്റി ഉണ്ടായിരുന്നു. അങ്ങനെ മനു സ്കൂളിലേക്ക് യാത്രയായി. അവൻ പോകു വഴിയിൽ ഉടനീളം ആ പെറ്റിയോട് സംസാരിക്കുമായിരുന്നു. അങ്ങനെ മനു സ്കൂളിൽ എത്തി. എത്തിയ ശേഷം അവൻ സൈക്കിളിനു പീലെ പെറ്റി ആരും കാണാതെ ഒരു ചവർ കുമ്പാരിത്തിനടുത്തായി വെച്ചു. വെച്ച ശേഷം അവൻ ആ പെറ്റിയോട് യാത്രപറഞ്ഞ് തന്റെ ക്ലാസ് മുറിയിലേക്ക് പോയി. ഉച്ചയായപ്പോൾ അവൻ ആരും കാണാതെ ആ പെറ്റിക്ക് അടുത്തെത്തി. അതിനു ശേഷം മനു തന്റെ കൈയിലുണ്ടായിരുന്ന കുപ്പിയിൽ നിന്നും ആ പെറ്റിയിൽ ഉണ്ടായിരുന്ന ദ്വാരത്തിലേക്ക് വെള്ളം ഒഴിച്ചു. അതിനു ശേഷം മനു വീണ്ടും ആ പെറ്റിയോട് യാത്രപറഞ്ഞ് ക്ലാസ് മുറിയിലേക്ക് യാത്രയായി. അങ്ങനെ സമയം വൈകുമുതലായി. സ്കൂൾ കഴിഞ്ഞ ശേഷം മനു വീണ്ടും ആ പെറ്റിക്ക് അരികിലെത്തി ആ പെറ്റിയുമെടുത്ത് സൈക്കിളിൽ വീണ്ടും യാത്രയായി. കുറച്ച് അങ്ങ് എത്തിയപ്പോൾ മനു തന്റെ സൈക്കിൾ നിർത്തി. ധാരാളം മരങ്ങൾ നിറഞ്ഞതായിരുന്നു ആ സ്ഥലം. മനു സൈക്കിളിൽ നിന്നും തന്റെ പെറ്റിയെടുത്ത് തുറന്നു. ആ പെറ്റിക്കുള്ളിൽ ഒരു വൃക്ഷം ആയിരുന്നു. ആ വൃക്ഷം അവൻ അവിടെ ന് ശേഷം തന്റെ വീടിനോട് യാത്രയായി.

കുറുകാരൻ ഈ കഥയിലെ കഥാപാത്രമായ മനു നമുക്ക് എല്ലാവർക്കും ഒരു മാതൃകയാണ്. പ്രകൃതിയെ ചൂണം ചെയ്യുന്ന ഇത്തരം കാര്യങ്ങൾ മനുവിനെ പോലെയുള്ളവരെയാണ് നമ്മുടെ നാടിന് ആവശ്യം.



Mithra Johnson  
Ist year DDT

# Drawings

**Shalu Shaji**  
II BPT



**Khan Shagufta Faheem**  
II BPT



**Khan Shagufta Faheem**  
II BPT



**Anagha N A**  
II BPT



**Rinila George**  
I BSc Nursing



**Beebi Afrida**  
I Diploma



**Dashwith**  
I Diploma



**Sarjitha Pervin**  
I BSc



**Akshay P**  
I BSc

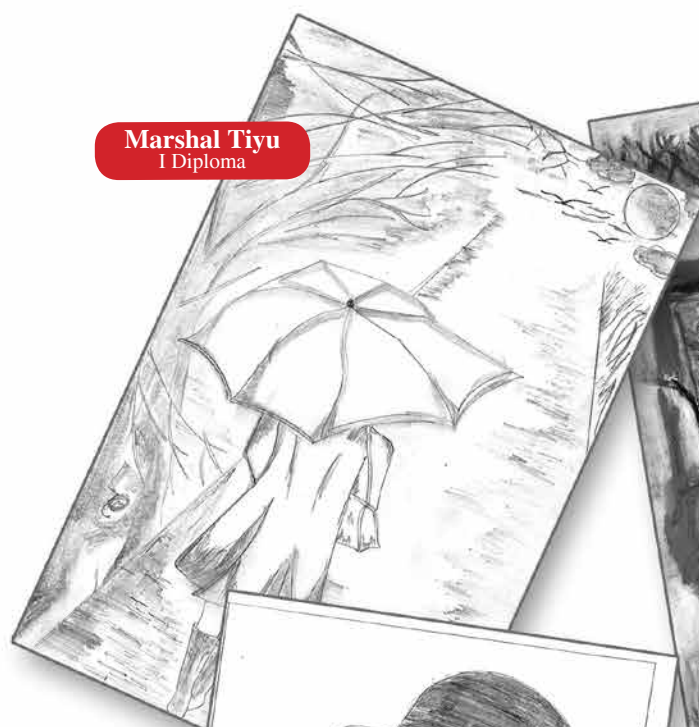


**Marshal Tiyu**  
I Diploma

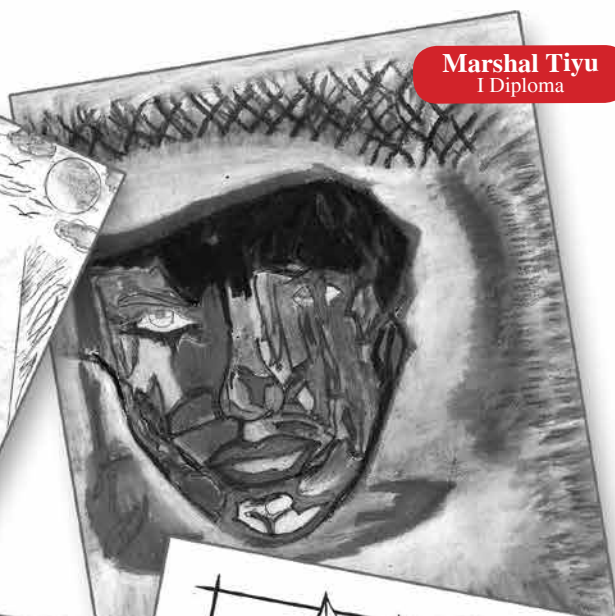


**Marshal Tiyu**  
I Diploma





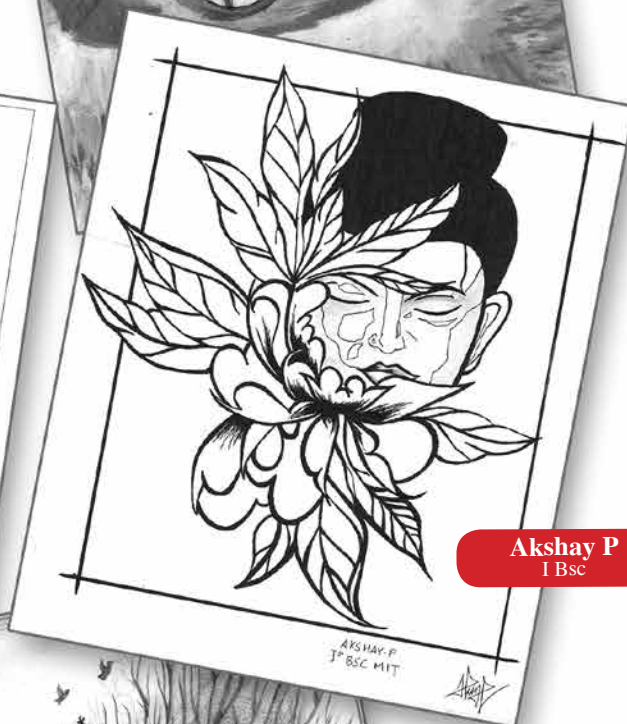
**Marshal Tiyu**  
I Diploma



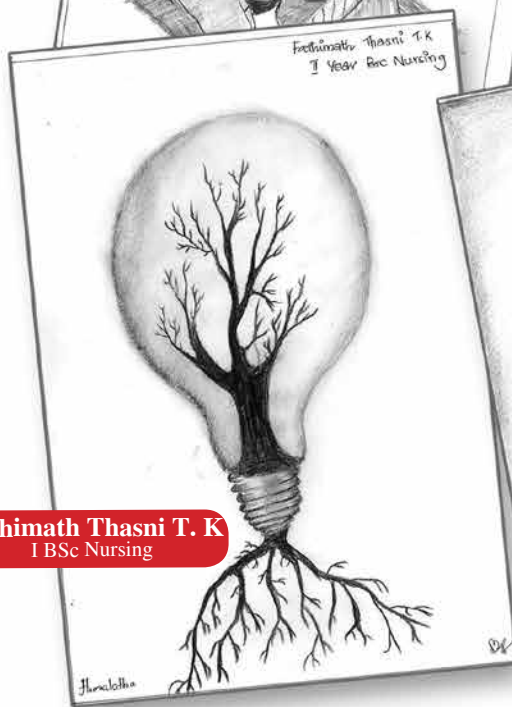
**Marshal Tiyu**  
I Diploma



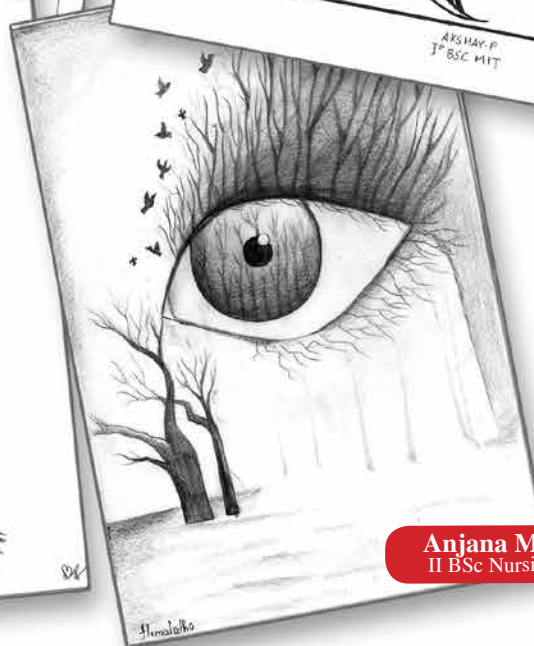
**Ramesh Nath**  
I GNM



**Akshay P**  
I Bsc



**Fathimath Thasni T. K**  
I BSc Nursing

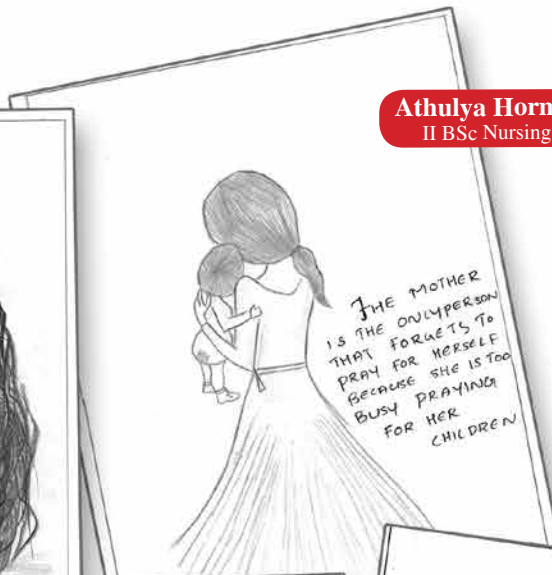


**Anjana M P**  
II BSc Nursing

**Ramesh Nath**  
I GNM



**Athulya Hormis**  
II BSc Nursing



**Anusha K B**  
I BSc Nursing



**Ramesh Nath**  
I GNM

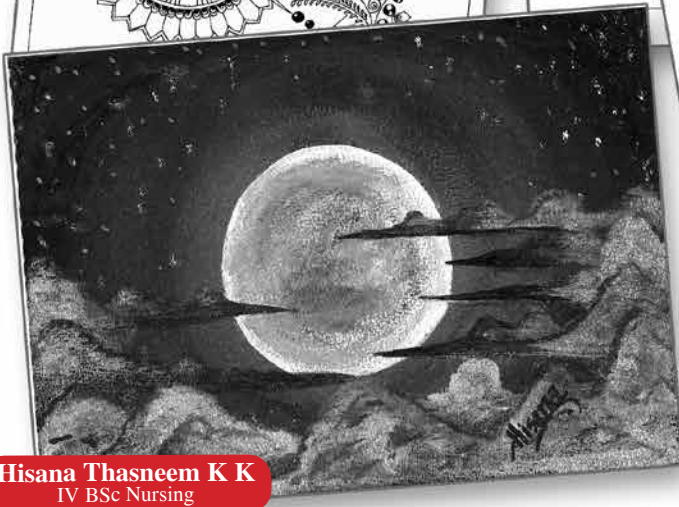


**Alphons Biju**  
I BSc Nursing



**Devananda P.R**  
I BSc Nursing

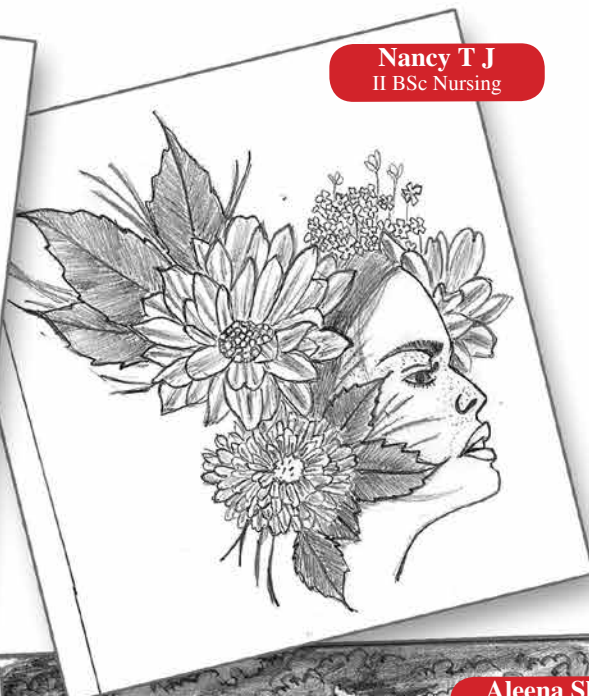
**Hisana Thasneem K K**  
IV BSc Nursing



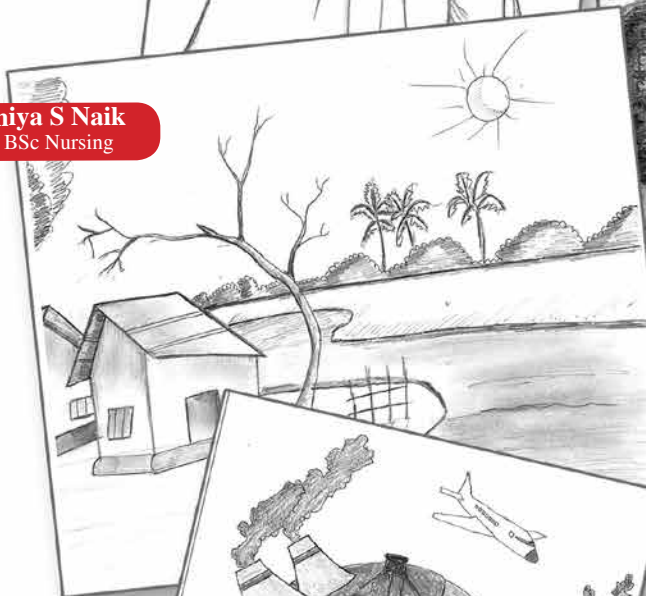
**Ancy Varghese**  
II BSc Nursing



**Nancy T J**  
II BSc Nursing



**Shiya S Naik**  
I BSc Nursing



**Aleena Shaji**  
I BSc Nursing



**Dona Varghese**  
II BSc Nursing



**Suchithra B S**  
III GNM



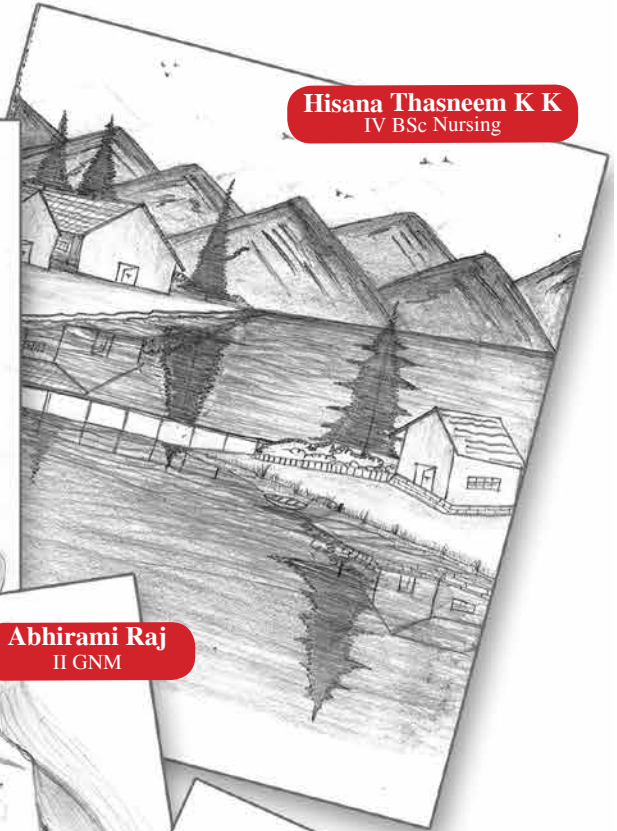
**Varsha Shetty**  
IV BSc Nursing



**Sweetly Thankachan**  
III BSc Nursing



**Hisana Thasneem K K**  
IV BSc Nursing



**Abhirami Raj**  
II GNM



**Athira Mathew**  
I BSc Nursing



**Pooja K Rathod**  
III BSc Nursing

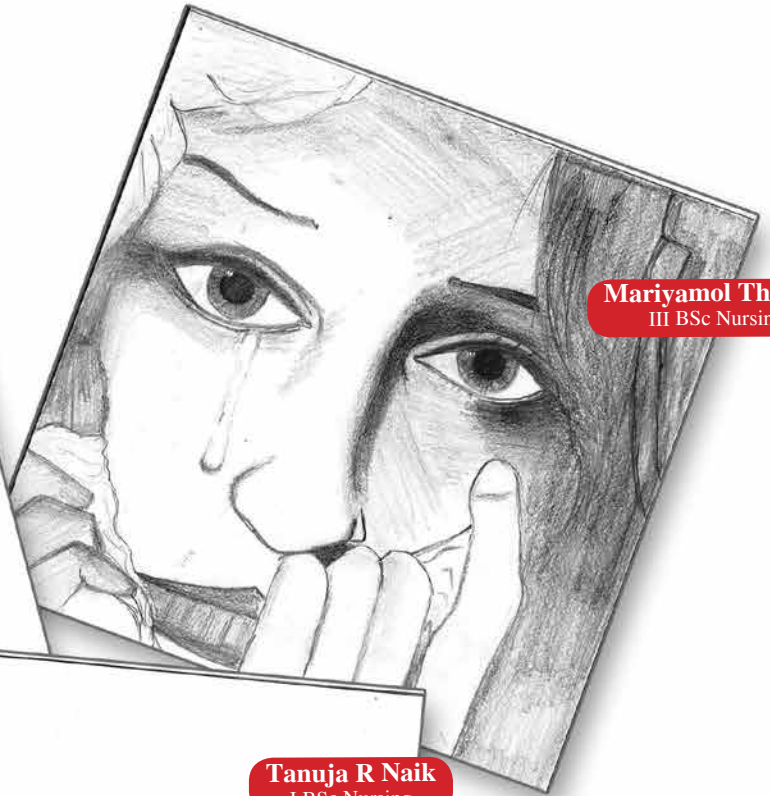


Follow your  
Dreams  
They know the  
Way...

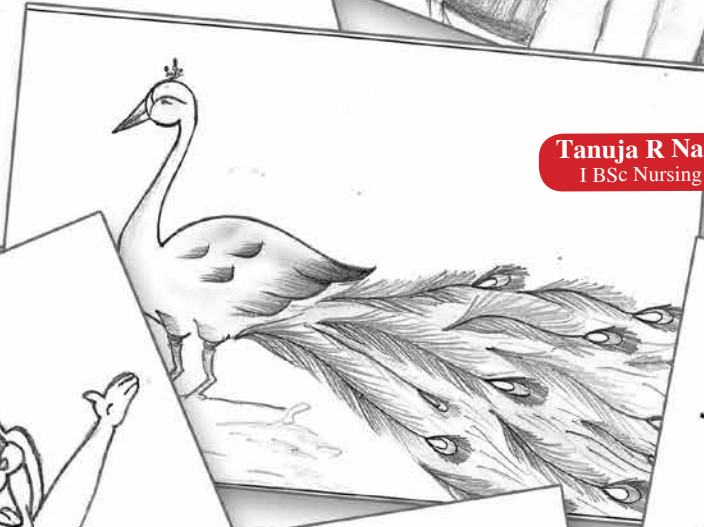
**Kavya M K**  
II BSc Nursing



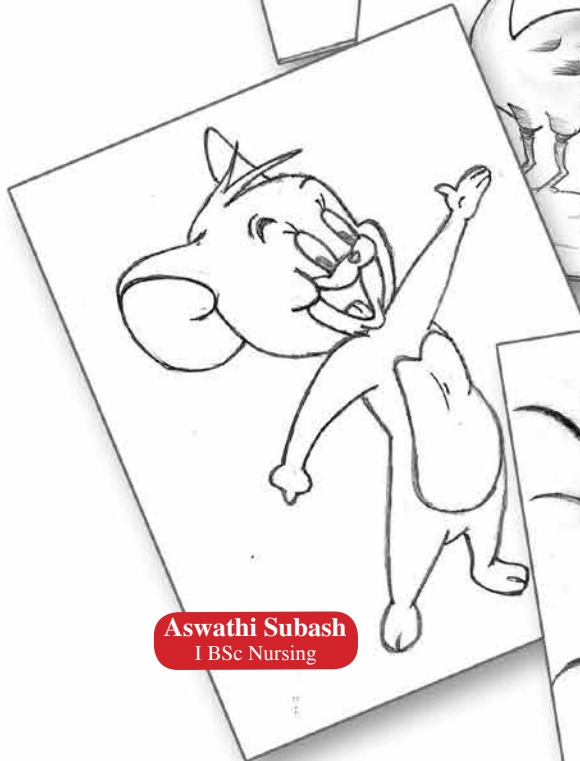
**Amulya Shajan**  
I BSc Nursing



**Mariyamol Thomas**  
III BSc Nursing



**Tanuja R Naik**  
I BSc Nursing



**Aswathi Subash**  
I BSc Nursing



**Athira N. R**  
I BSc Nursing



Dashwith  
1 Diploma

## Glimpses of Graduation Day 2019-20



## Annual day



## Cultural Fest



## Cultural Fest



## Sports day



## Sports day



# NSS





The Management, Principals and Faculty Heartly Congratulates  
 the students for Securing University Ranks in RGUHS & Academic Excellence

## University Rank Holders



**Shikha Alex**  
BSc Nursing



**Gopamma P**  
PBBSc Nursing



**Rini Roy**  
PBBSc Nursing



**Joycil Asuntha Lobo**  
PBBSc Nursing



**Lidwin Favia D'Souza**  
PBBSc Nursing



**Jolly George .K**  
PBBSc Nursing



**Florina D'Souza**  
PBBSc Nursing



**Mary Shanthi Pais**  
PBBSc Nursing



**Prajoth Suraj D'Souza**  
PBBSc Nursing



**Srilatha K.M**  
PBBSc Nursing

## Distinction Holders



**Kavana E**  
II MSc Nursing



**Gopamma**  
II PBBSc



**Bismi Biju**  
III BSc N



**Jinsha K S**  
III BSc N



**Sariga S**  
III BSc N



**Shilina K P**  
III BSc N



**Shahid Hussain K**  
I BPT



**Khan Shagufta Fahim**  
I BPT



**Ishrath Banu**  
2nd BSc MLT



**Sijina Jose**  
3rd BSc MLT

## Distinction Holders



**Shilpa B A**  
GNM



**Raina Niyonsa**  
BSc Nursing



**Gopamma**  
PBBSC Nursing



**Kavana E**  
MSc Nursing



**Ms Akshatha Rao**  
Diploma



**Hasna Sherin**  
BSc MIT

## Academic Class Toppers



**Kavana E**  
II MSc Nursing



**Gopamma**  
II PBBSc



**Manjumol J**  
I PBBSc



**Sandra Shiju**  
IV BSc N



**Bismi Biju**  
III BSc N



**Maria Mathew**  
II BSc N



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**Hasna Sherin K**  
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**Kavyashree**  
I Diploma Dialysis



**Bhavish**  
I Diploma MIT



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