

പുനർജനി-V
E-Magazine -2025

PUNARJANI-V



MAR BASELIOS COLLEGE OF NURSING

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Florence Nightingale



"How very little can be done under the spirit of fear. Rather, ten times, die in the surf, heralding the way to a new world, than stand idly on the shore"



The Holy Sepulchre of Saint Eldho Mar Baselios Bava

Our College





MAR THOMA CHERIAPALLY, KOTHAMANGALAM



MAR BASELIOS MEDICAL MISSION HOSPITAL, KOTHAMANGALAM

In Loving Memory of



H.B Aboon Mor Baselios Thomas I

MESSAGE

Dr. Selliamma Kuruville
Principal



Dear Students, Faculty, and Staff,

It is with great delight that I extend my warmest wishes as we present the latest edition of our college magazine, Punarjani 5. This magazine has long been a space where creativity, knowledge, and enthusiasm come together to highlight the remarkable talents and efforts of our students and faculty. Each edition is a testament to the vibrant spirit of our community, reflecting the dedication, resilience, and dreams of our young learners.

Our institution is committed to providing an environment where academic excellence and holistic development go hand in hand. We continuously encourage students to participate in diverse activities, express their ideas, and engage in initiatives that foster leadership and compassion. These experiences not only contribute to personal growth but also prepare them to serve society with confidence and care.

I would like to appreciate the editorial team and contributors for their hard work, creativity, and persistence in bringing this edition to life. Their efforts to gather and present stories, achievements, and insightful reflections are truly commendable and enrich our collective experience.

As you read through this issue, I hope you feel inspired and motivated to pursue excellence in every endeavor. Let this magazine be a source of pride and encouragement, reminding us all of the power of unity, determination, and purpose.

With my heartfelt blessings, I wish you success in your studies and beyond. May our college continue to be a beacon of learning and compassion for the nursing profession.

A handwritten signature in blue ink, which appears to read 'selliamma'.

Dr. Selliamma Kuruville
Principal

Mar Baselios College of Nursing

MESSAGE

Dr. Airin C Paulose
Vice principal



Dear Students, Faculty, and Staff,

It is with great joy that I extend my sincere greetings as we unveil Punarjani 5, the latest edition of our college magazine. This platform has always been a reflection of the passion, dedication, and spirit that define our nursing family. Through this edition, we celebrate not only the academic achievements but also the diverse talents, experiences, and aspirations that enrich our community.

Our college continues to be a place where learning goes beyond textbooks and classrooms. The collaborative environment we nurture fosters curiosity, resilience, and compassion. Students are encouraged to participate actively in extracurricular initiatives, community service, and leadership roles—each experience contributing to personal growth and professional excellence.

We are proud of our faculty, whose unwavering support and guidance create a culture where inquiry, critical thinking, and innovation flourish. Our goal is to empower students to face future challenges with confidence, empathy, and a commitment to making a difference in healthcare.

As you explore this edition of Punarjani, I hope it inspires you to embrace every opportunity, engage wholeheartedly, and continue building meaningful connections within our community. Together, we are shaping a brighter future for nursing and healthcare.

Thank you for being an integral part of our journey. Let us move forward with courage, collaboration, and care.

Warm regards,

A handwritten signature in blue ink, appearing to read 'Airin C Paulose', written over a light blue horizontal line.

Dr. Airin C Paulose
Vice Principal
Mar Baselios College of Nursing, Kothamangalam

MESSAGE

Mrs. Jisha P. Muhammed
Chief Editor



Dear Readers,

We are delighted to bring you this latest edition of Punarjani, the official magazine of our College of Nursing. This publication reflects the passion, perseverance, and commitment of every member of our college community—students, faculty, and staff—working together to create something meaningful and enriching.

The process of compiling this edition has been an opportunity to witness the creativity, enthusiasm, and resilience that defines our academic family. Every article, narrative, and piece of work offers a glimpse into the spirit that makes our community so special, celebrating both achievements and unique experiences that shape our journey.

We believe that Punarjani is more than a magazine—it is a space where ideas flourish, connections are built, and knowledge is shared. It serves as a platform to highlight accomplishments while strengthening bonds across our community and encouraging collaboration.

As you read through this edition, we hope it inspires you to engage, reflect, and participate in shaping the future of our institution. Your thoughts and feedback are invaluable in helping us grow and improve future editions, and your contributions are essential in building a vibrant and inclusive environment.

Thank you for your unwavering support and enthusiasm. Together, let us continue to work towards excellence, compassion, and innovation in nursing education and practice.

With heartfelt gratitude,

The Editorial Panel

Mar Baselios College of Nursing

Punarjani Magazine

Chief Editor

Mrs. Jisha P. Muhammed

Student Editorial Board

Warm greetings to all our readers!

It gives us immense pleasure to present this edition of E-Magazine PUNARJANI — a vibrant reflection of our journey, growth, and the spirit of nursing. As the student editorial board, we are proud to showcase the creativity, knowledge, and voices of our peers who continue to inspire through their dedication and passion.

This magazine is not just a collection of articles and artworks; it is a testament to our shared commitment to the noble profession of nursing. Every contribution in this issue, whether academic, artistic, or reflective, highlights the diverse talents and perspectives within our college community.

We thank our faculty, mentors, and fellow students for their constant encouragement and support. Special appreciation goes to all the contributors who poured their hearts into their work, making this edition both meaningful and memorable.

As you turn each page, we hope you find inspiration, joy, and a renewed pride in the path we've chosen — the path of care, compassion, and courage.

With heartfelt gratitude,

Student Editorial Board

Aleena Biju

Ardra Raj

Ann Sabu



Editorial



Dr. Selliamma Kuruvila
Principal



Dr. Airin C Paulose
Vice Principal



Ms. Chithra M
Associate Professor



Ms. Jisha P Muhammed
Associate Professor



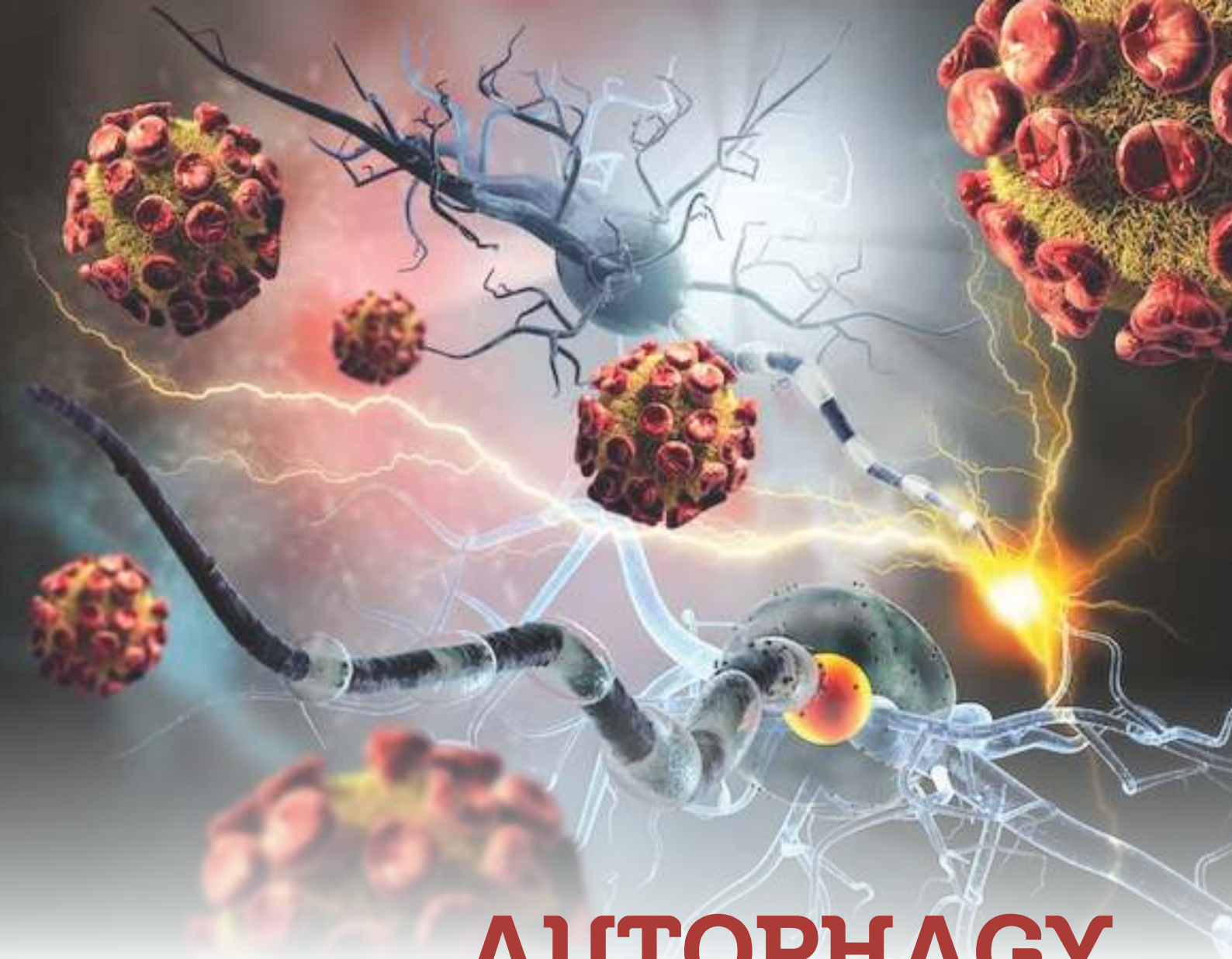
Ardra Raj
Magazine Editor



Aleena Biju



Ann Sabu



AUTOPHAGY

Department of Adult Health nursing

Introduction

Autophagy, a cellular process that degrades cellular components, plays a significant role in neurodegenerative diseases, offering potential therapeutic benefits by clearing harmful protein aggregates and mitigating neuronal damage. Specifically, autophagy's ability to remove toxic proteins like those implicated in Alzheimer's, Parkinson's, and Huntington's diseases has garnered attention as a potential therapeutic target.

DEFINITION

Auto means self phage means eating. Autophagy is a normal physiological process in the body that deals with the destruction of cells in the body. It maintains homeostasis or normal functioning by protein degradation turnover of the destroyed cell organelles for new cell formation. During cellular stress the process of autophagy is upscaled and increased.

MECHANISM OF AUTOPHAGY

Induction of autophagy and phagophore formation elongation and formation Fusion, degradation and recycling

INDUCTION AND PHAGOPHORE FORMATION

The molecular mechanism of autophagy involves several conserved Atg (autophagy-related) proteins. Various stimuli, such as nutrient starvation, lead to the formation of the phagophore, a step that involves two protein complexes:

A complex that contains the class III PI3K/Vps34, Atg6/Beclin1, Atg14 and Vps15/p150.73.

A complex that includes the serine/threonine kinase Atg1/ULK1, an essential positive regulator of autophagosome formation.

AUTOPHAGOSOME ELONGATION AND FORMATION

The elongation of the phagophore results in the formation of an autophagosome, which is typically a double-membraned organelle. This step is a simple sequestration, and no degradation occurs. LC3B-II is found on both the inner and the outer surfaces of the autophagosome. During autophagy, the synthesis and processing of LC3 is increased and it is used as a marker to monitor levels of autophagy in cells.

FUSION, DEGRADATION AND RECYCLING

Completely formed autophagosomes are fused with the lysosomes in the cell. Autophagosome-lysosome fusion is mediated by the same machinery that is involved in homotypic vacuole membrane fusion. The degradation of the vesicular cargo is dependent on a series of lysosomal/vacuolar acid hydrolases. The resulting small molecules from the degradation, particularly amino acids, are transported back to the cytosol for protein synthesis and maintenance of cellular functions.

FUNCTIONS OF AUTOPHAGY

Housekeeping roles – These roles involve removal of aggregated and erroneously folded or formed proteins and removal and clearance of damaged organelles or cellular components. The damaged cell organelles include mitochondria from old and infirm cells and also the endoplasmic reticulum.

Host defence mechanism – Autophagy helps kill cells that are infected or invaded by foreign pathogens. Thus it helps contain the infection and may act as part of the immunity of the cellular organism. Role in cellular stress – Autophagy is a response to cellular stress. It regulates the processes that occur when there is nutrient deprivation and cellular stress. Embryonic development – Autophagy plays an important role in development of the embryo by maintaining a critical balance of energy levels and sources.

TYPES OF AUTOPHAGY

Micro autophagy involves direct engulfment of cytoplasmic cargo into the lysosome through invagination of the lysosomal membrane. Microautophagy is important in the maintenance of organellar size. Macro autophagy involves the process in which cells form double-membrane vesicles, called autophagosomes, around a portion of cytoplasm. These autophagosomes ultimately fuse with lysosomes, resulting in degradation of their contents.

HOW TO INDUCE AUTOPHAGY

Fasting: Fasting means that you stop eating for a certain amount of time. Fasting deprives your body of nutrients, forcing it to repurpose cell components to function. Calorie restriction: Restricting your calories means decreasing the number of energy units, or calories, your body consumes. Instead of depriving your body of calories completely (as with fasting), you limit them. This forces your cells into autophagy to compensate for the lost nutrients. Switching to a high-fat, low-carb diet: This type of diet, commonly referred to as a keto diet, changes the way your body burns energy, so that instead of burning carbs or sugar for energy, it burns fat instead. This switch can trigger autophagy.

Exercise: Exercise stimulates processes that increase the activity of ATGs, such as stressing your skeletal muscles. Exercise can induce autophagy, depending on the type of exercise you're doing and its intensity

BENEFITS

Removing toxic proteins from the cells that are attributed to neurodegenerative diseases, such as Parkinson's and Alzheimer's disease Recycling residual proteins Providing energy and building blocks for cells that could still benefit from repair On a larger scale, it prompts regeneration and healthy cells.

CONCLUSION

Autophagy also plays a role in clearing damaged organelles, such as mitochondria. Impaired autophagy can lead to mitochondrial dysfunction, which is a common feature of many neurodegenerative diseases. In order to develop successful autophagy-modulating strategies against neurodegenerative diseases, we need to understand specific stages of the autophagy pathway, such as autophagosome formation and lysosomal degradation. Autophagy is a complex process with multiple regulatory steps, and its role in neurodegeneration may be influenced by various factors. Enhancing the activity of TFEB, a transcription factor that regulates lysosomal function, is another potential therapeutic strategy for improving autophagy in neurodegenerative diseases.

“THE PLACE THAT REBUILT ME”

We often expect healing to come slowly, through time, through distance. But sometimes, Healing walks into our lives in the form of a place, a community, a second chance, For me, that place is Mar Baselios College of Nursing. I came here simply looking for a job What I found was something far more precious: a space to breathe again. A space to be Seen, to be heard, and most importantly, to be myself.

Before this, I was in a dark place. Instead of shaping me, my college years left me feeling Alone and shattered. I was surrounded by classmates who excluded me and teachers who Discouraged more than they supported. I faced anxiety and panic attacks in silence, which left me unseen and unheard Despite having some talent, I felt invisible, no recognition, no Belief in me. Eventually, I stopped believing in myself too. But then, things started to change, MBCN welcomed me with a kind of warmth I had forgotten existed. For the first time in

Years, I feel safe. People here don't just tolerate my presence, they celebrate my ideas, trust My voice, and offer me roles that matter. I am treated with respect as I teach, organize Events, and work with the technical team and that respect restores the strength I thought I Had lost. In my department, I find a love that goes beyond professionalism. It is motherly, Gentle, and healing. My colleagues are not just co-workers; they are people who notice the emptiness in me and, without ever pointing it out, help me piece myself back together. Now, To my students

They are my biggest blessing. They don't just learn from me, they love me They trust me. They remind me that I have something valuable to offer. When they approach



Ms. Sravya Suresh
Assistant Lecturer
Mar Baselios College of Nursing

Me, when they seek my guidance, when they say I inspire them, something inside me heals
Little more

What I am about to say is important, my dear students:

Until you leave this place, where teachers care for you like mothers, and face the tough World outside, you won't realize how special MBCN really is. Remember these words and Hold everyone close, because one day, you'll understand what I've come to know. It is Indeed tough.

Today, I am no longer the girl who sat in silence, feeling small and forgotten

I am the woman who stands tall, not just because others believe in me, but because

Believe in myself again. Every day I walk through these college gates, I thank God, not just

For

Job, but for this new life.

Mar Baselios College of Nursing is not just where I work.

It's where I found my voice

It's where I reclaimed my worth.

It's where I came back to life.

So now, when I say,

I made it. I am home. I am whole

I mean every word.

Yes, this is my identity now.

And I am very proud to say:

“I am Ms. Sravya Suresh, Assistant Lecturer, Mar Baselios College of Nursing”.

ആദ്യ മഴ

നിനച്ചിരിക്കാത്ത വേളയിൽ കടന്നുവന്നതാം മഴ
ഏറെ നിനവുകളും കനവുകളും നൽകി
പെയ്തിറങ്ങുന്ന മഴയിലോ
സങ്കടങ്ങൾ ഒഴുകിയൊലിച്ചും,
ചറ പറ ശബ്ദത്താൽ ചിരികൾ വാരിവിതച്ചും
മഴയങ്ങനെ പെയ്തിറങ്ങുന്നു.
നാളുകൾ കടന്നു വന്നതാം മഴ
പുതു മണ്ണിന്റെ ഗന്ധവും പകർന്ന്
കുളിർമയുടെ ഒരു കുഞ്ഞു കാറ്റും തന്ന്
പ്രണയത്തിന്റെ മധുരവും നുകർന്നു
എവരെയും സന്തോഷിപ്പിക്കുന്നു അവൾ.
ആദ്യ മഴ എവരിലും പുതുമയേകി
നൊമ്പരമായി, ആഹ്ലാദമായി
“പ്രണയാർത്ഥമായ്, ആസ്വാദനമായ്
നല്ലൊരു ഓർമ്മയുമായ് മാറിയിരിക്കുന്നു.
മഴയങ്ങു തോർന്നതും
ഏവരുടേയും കനവുകളും
നിനവുകളും മെല്ലെ അപ്രത്യക്ഷമായ്.



MEDICATION COMPLIANCE AND RELAPSE OF SYMPTOMS

Date: 19/06/2025

Location: SH Hospital Payankulam



Della Mariya P.S
6th Semester
B. Sc Nursing

Today was mother enriching day at SH Hospital Payankulam. As a student, I got the opportunity to interact with the patients, observe health care professionals and gain knowledge on the importance of medication compliance. Today I came together interact with a patient named Mr. Sujith Kumar, who was a known case of Bipolar type I disorder for the past 13 years. From the history collection it is clear that the patient has abruptly stopped taking the antidepressant therapy and mood stabilizers without the physician's order. Strict adherence together the psychotropic medication is essential in managing the signs and symptoms of psychiatric illness.

KEY TAKEAWAYS:

Patient interaction: Established rapport easily with the patient and no difficulties faced.

Clinical skills: I observed and practiced various clinical skills such as medication administration.

Teamwork: I witnessed the importance of

collaboration among healthcare professionals in providing information and knowledge on psychotropic drug therapy.

CHALLENGES:

Lack of proper treatment details: The data on the previous treatment regimen of the patient is not available.

Lack of clarity from the part of patient.

Insufficient knowledge on psychotropic drugs.

GRATITUDE:

I am grateful for the opportunity together learn from experienced health care professionals and for the support of my colleagues.

GOALS:

To provide psychoeducation: impart knowledge together the patient on the importance of adhering together the regimen.

Together gain knowledge on psychopharmacy: an indepth knowledge on the psychotropic drugs is needed for guiding the patient.



A RAINY DAY



Aneena Mathew
4th Semester

The grey sky sighed a cloudy breath,
Which made the world touched by wet.
Each thirsty leaf quenched its thirst,
And now the dirty roads have no crust!

A silver bush upon the pane,
Washes the world in gentle rain.
The gleamy rooftops started to shine,
This quiet peace Fuls truly mine!

My garden smells of dampened earth,
A fresh, clean scent of gentle touch!
The world outside can rush and roar,
But the peace upon me, I want nothing more!

Behold and listen to the steady drum,
Until the rainy hours are done.
And know when the grey clouds depart,
A fresh, brighter world will thus start!

ഉപേക്ഷിക്കാൻ കഴിയാത്ത ഓർമ്മകൾ

അന്നും അന്നയ്ക്ക് ഉറങ്ങാൻ കഴിഞ്ഞില്ല. അവളുടെ മനസ്സിൽ അപ്പോഴും ആ ഓർമ്മകൾ തങ്ങിനിന്നിരുന്നു. അവളുടെ കണ്ണുകൾ നിറഞ്ഞൊഴുകി. ഇരുട്ടിൽ ആരും കേൾക്കാതെ അവൾ അവളുടെ മുഖം തലയിണയിൽ പൊതിഞ്ഞ് നിശ്ശബ്ദമായി കരയാൻ തുടങ്ങി.

അവളുടെ ഉള്ളിലെ ആ ഓർമ്മകൾ ഒരിക്കലും അവൾക്ക് ഉപേക്ഷിക്കാൻ കഴിയുമായിരുന്നില്ല. ഓരോന്നായി അവൾ എന്നത്തെപ്പോലെ അത് ഓർത്തെടുക്കാൻ തുടങ്ങി.

അവളുടെ ജീവിതത്തിൽ അവൾ മത്സമി ഇഷ്ടപ്പെട്ട ഒരു വ്യക്തിയുണ്ടായിരുന്നു. ഒരിക്കലും അയാൾ അവളിൽ നിന്നും അകലുമെന്ന് ആ പെൺകുട്ടി വിചാരിച്ചില്ല. അവൾ അവളെക്കാൾ ഏറെ അയാളെ ഇഷ്ടപ്പെട്ടിരുന്നു. ആ വ്യക്തി അവളുടെ ഏറ്റവും പ്രിയപ്പെട്ട സുഹൃത്തായിരുന്നു. തോമസ് എന്നായിരുന്നു അയാളുടെ പേര്. അവളുടെ കളിക്കൂട്ടുകാരൻ.

അന്നയും തോമസും കൂഞ്ഞുനാൾ മുതലേ ഉറ്റചങ്ങാതിമാരായിരുന്നു. ഏതൊരു കാര്യവും പരസ്പരം പങ്കുവെച്ചിരുന്നു. ഒരേ സ്കൂളിലും, ഒരേ ക്ലാസ്സിലുമായിരുന്നു ഇരുവരും. എന്നാൽ സ്കൂൾജീവിതം കഴിഞ്ഞപ്പോൾ രണ്ടുപേരും രണ്ട് വ്യത്യസ്ത ഉപരിപഠനത്തിനായി പോയി. അന്നയുടെ ചെറുപ്പംമുതലേ ഉള്ള ആഗ്രഹമായിരുന്നു ഒരു നല്ല ഡോക്ടർ. പഠനത്തിൽ മികവുറ്റവരായിരുന്നു ഇരുവരും. അന്നയ്ക്ക് കോഴിക്കോട് മെഡിക്കൽ കോളേജിൽ കിട്ടി. തോമസിന് വക്കീൽ എന്ന സ്വപ്നമായിരുന്നു. രണ്ടുപേരും വളരെ വിഷമത്തോടെ പഠിക്കാൻ പോയി. ഈ കാലയളവിൽ തോമസിന് കാൻസർ എന്ന മഹാമാരി സ്ഥിരീകരിച്ചു. തന്റെ സുഹൃത്ത് അന്ന ഇതറിഞ്ഞാൽ വളരെയധികം വിഷമിക്കുമെന്ന് മനസിലാക്കിയ തോമസ് ഈ കാര്യം അവളിൽ നിന്നും മറച്ചുവെച്ചു. പണ്ടത്തെപ്പോലെ നേരിട്ട് കണ്ട സംസാരിക്കാൻ പറ്റില്ലെങ്കിലും ഇരുവരും കത്തുകളിലൂടെ വിശേഷങ്ങൾ പങ്കുവെച്ചു. എന്നും ആഴ്ചയിൽ കത്തുകളയ്ക്കുന്ന തോമസിന്റെ കത്തുകൾ അന്നയ്ക്ക് ലഭിച്ചില്ല. പിറ്റേ ആഴ്ച അന്നയ്ക്ക് അവയിയായിരുന്നു. വീട്ടുകാരെയും തോമസിനെയും കാണാമെന്ന ആഗ്രഹത്തിൽ അവൾ നാട്ടിലേക്ക് പുറപ്പെട്ടു. അവൾ അവളുടെ വീട്ടുകാരെയും തോമസിനെയും കണ്ടു. ദിവസങ്ങൾ കഴിഞ്ഞു. അന്ന തിരിച്ചുപോകാനുള്ള ഒരുക്കത്തിലായി. അന്നയുടെ അമ്മ അവളെ വിളിച്ചു 'നോക്ക് തോമസ് വന്നിരിക്കുന്നു'. അവന്റെ കൈയിൽ ഒരു പൊതിയും ഉണ്ടായിരുന്നു. അന്ന ചോദിച്ചു 'എന്താണിത് തോമസ്'. 'നീ അവിടെ എത്തിയിട്ട് നോക്കിയാൽ മതി' എന്നായിരുന്നു തോമസിന്റെ മറുപടി കൂടെ ഒരു നിറഞ്ഞ പുഞ്ചിരിയും എന്നാൽ അവനറിയാതെ അവന്റെ കണ്ണുകൾ നിറയുന്നുണ്ടായിരുന്നു. പിറ്റേന്ന് അവിടെയെത്തിയ അന്നയ്ക്ക് ഒരു ഫോൺ വന്നു. തന്റെ പ്രിയസുഹൃത്ത് ഇനി ഇല്ല. അന്നയുടെ ഹൃദയം മുറിഞ്ഞു. കണ്ണുകൾ നിറഞ്ഞൊഴുകി. കുറേനേരം കഴിഞ്ഞ് അവൻ തന്ന പൊതി അവൾ തുറന്നു. അതിൽ നിറയെ അവരുടെ ഓർമ്മകൾ നിറഞ്ഞ ചിത്രങ്ങളായിരുന്നു. ഇത്രയും നാൾ എന്റെ കൂടെയുണ്ടായിരുന്ന കൂട്ടുകാരി...ഇനി ഞാനുണ്ടാകുമോ എന്നറിയില്ല. അവൾ ഒരിക്കലും വിചാരിച്ചിരുന്നില്ല. അന്നുതാൻ കണ്ടത് തന്റെ സുഹൃത്തിന്റെ അവസാന പുഞ്ചിരിയായിരുന്നുവെന്ന്.



ലയ ആന്റണി
IInd Semester



THE SIGNIFICANCE OF READING IN THE DIGITAL WORLD

We live in a society, where people go after the click to access era. The citizens of today gets everything just a hand away. People don't want to know much about living. They don't chase the 'why' questions of things surrounding us. They just want to know the answers which are brought in the materialistic form or in other words the world of today is spoon fed. Everything has two aspects just like the coin has two sides. Likewise, the digital age has its known advantages and disadvantages.

Reading always give people or provide them with every aspect of life. The curiosity that every human mind holds should have the key to unleash the undiscovered or the untold truth of the world. In reading, each and every other word is interconnected which finally leads to the revelation of the wider aspect. But it doesn't work in the digital setup. What we search is just what we get. There, we won't get the additional knowledge. Today's world is finding more and more ways to setup strategies which reduce time consuming. While we search something on the internet, we get every detail just in the click of our finger. But while we are reading we should invest some time. Even though we spend some time in reading the benefits are doubled. The best way to increase concentration is by reading. This is what famous psychologist say. Young generation always have the complaints of lack of concentration. The reason for this is the overuse of mobile phones and increase in the screen time. Even if it is clear that the digital era make the things easier, we still prioritize reaching over searching on web. For a time being, there will be benefits of using technology but the lasting gain of benefits will be reaped just from the manual method.

By reading, children are more familiarized with the letters and it helps them to not just concentrate but also in writing and reading letters than reading through digital access. Reading will also strengthen the academics and will lead to a bright future. As the reactivity of readers remain, the magic of manual access to the world remains surreal.



AGNABIYO
4th Semester

ഒരമ്മ മനസ്സ്

പിന്നിട്ട നടവഴികൾ വാർത്ത
സങ്കടകണ്ണിരിന് വിരാമം.....
സ്വപ്നം ഏറെ കണ്ട മാലാഖയേ..
നെഞ്ചോട് ചേർക്കുമ്പോൾ, ജന്മസാഹചര്യത്തിൻ
നിർവചിക്കാനാവാത്ത വികാരം
വർണ്ണചുണ്ടിൽ സ്നേഹ ചുംബനം
നൽകുമ്പോൾ ഒരമ്മ മനസ്സിൽ
ഒരമ്മയുടെ നിർവൃതി.





ഏഷ്വൽ സണ്ണി
VIIIth Semester

വെള്ളി വെളിച്ചത്തിലെ വെള്ള മാലഖ
കൈതുമ്പിൽ കരുതലിൻ സ്പർശം
നഗ്നമാം ചിറകുയർന്ന മാലഖ
ദൈവസൃഷ്ടിയാം ഭൂമി മാലാഖമാർ

സമ്പാദ്യമോ ആഗ്രഹമോ ഏതുമായൊരു
ആതുരസേവകയാം തലക്കെട്ട് ദൈവവിധി
4 ആണ്ടിൻ കഷ്ടപ്പാടും
കരുതലിൻ നിഷ്കളങ്ക പുഞ്ചിരി എന്നും

ശരകാരമേറെ തളർച്ചയേറെ
വേലയോ മുർഛം, കൂലിയോ തുച്ഛം
രോഗിയോ മുഖം പ്രത്യക്ഷം
എല്ലാം അപ്രത്യക്ഷം ആ നിമിഷം

ചിറകടിച്ചുയരുന്ന ചിറകില്ല മാലാഖ
ഇരുളകറ്റുന്ന ആതുരസേവക
രോഗിയും രോഗവും കൂട്ടുകാരെന്നും
ഒരു നേർത്ത പുഞ്ചിരി ഈ മുഖത്തെന്നും



ബിബിയ ബിനോയ്
VIIIth Semester

ഓർമ്മകൾ

ഇന്ന് ഓർത്തെടുക്കാൻ ശ്രമിക്കുമ്പോൾ ഒരുപാട്- നഷ്ടബോധത്തോടെ മാത്രം ഓർമ്മയിൽ തെളിയുന്ന ഒരു കാലമുണ്ട്: സ്കൂൾ കാലഘട്ടം... കുട്ടിക്കാലത്തെ ഏറ്റവും വലിയ ആഗ്രഹമായിരുന്നു വളർന്നു വലുതായി ജോലിക്ക് പോകണം എന്നത്. വളർന്ന് വലുതായപ്പോഴാണ് ആ പഴയകാലത്തേക്ക് തിരിച്ചുപോകണം എന്ന മോഹം മനസ്സിൽ ഉടലെടുത്തത്. ആദ്യക്ലാസിലേക്ക് വലിച്ചിഴച്ചുകൊണ്ട് പോയാലും പോകാൻ മനസ്സ് അനുവദിച്ചിരുന്നില്ല. പിന്നീടൊരിക്കൽ പടി ഇറങ്ങാനും മനസ്സ് അനുവദിക്കുന്നുണ്ടായില്ല. വാർഷിക പരീക്ഷയുടെ അവസാന ദിവസം മനസ്സിൽ സന്തോഷത്തിന്റെ കുളിർമ ആഞ്ഞടിക്കുമായിരുന്നു. രണ്ട് മാസത്തെ അവധിക്കാലത്തെക്കുറിച്ചുള്ള സ്വപ്നങ്ങളായിരുന്നു മനസ്സിൽ മുഴുവൻ. കൂട്ടുകാരോടൊപ്പം പാടത്തും പറമ്പിലും ഓടികളിച്ചത് ഇന്നലെകളെപോലെ മനസ്സിൽ ഓടി മറയുന്നു. സ്കൂൾ തുറക്കാറാവുമ്പോൾ പുതിയ ബാഗും, പുസ്തകങ്ങളും, കൂടയും വാങ്ങിക്കുന്നത് ഒരു പ്രത്യേക ഹരമായിരുന്നു. ആ നാളുകൾക്ക് നിറമുണ്ടെന്നറിയാൻ ഇന്നത്തെ ഇരുട്ട് വേണ്ടിവന്നു. ഇനി ഒരിക്കൽ കൂടി തിരികെ പോകാൻ അവസരം ലഭിച്ചാൽ ഞാൻ പോകുന്നത് എൻറെ സ്കൂൾ കാലഘട്ടത്തിലേക്കായിരിക്കും.....

Blooms of MBCN



8th Semester Bsc Nursing



6th Semester Bsc Nursing

Blooms of MBCN



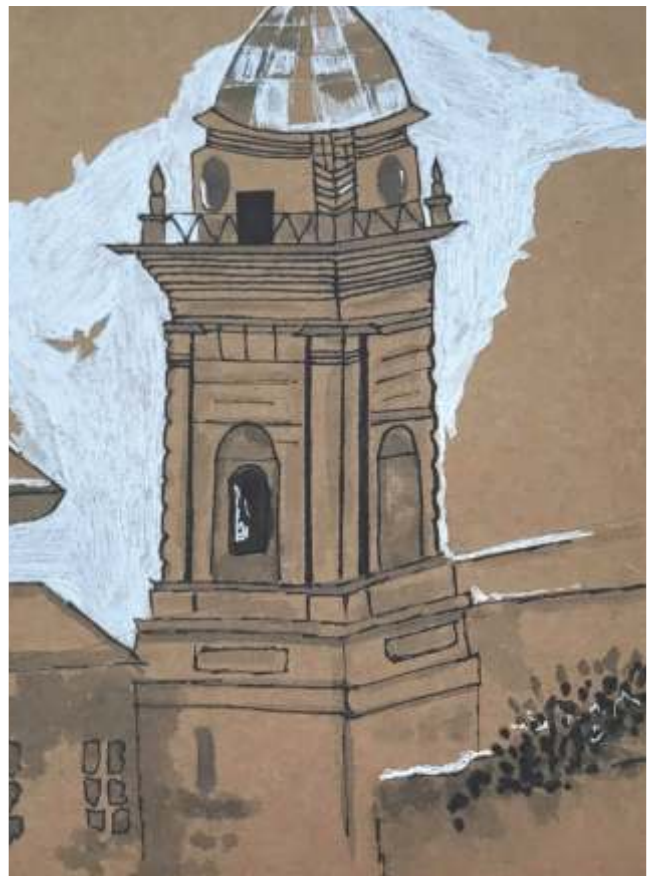
4th Semester Bsc Nursing

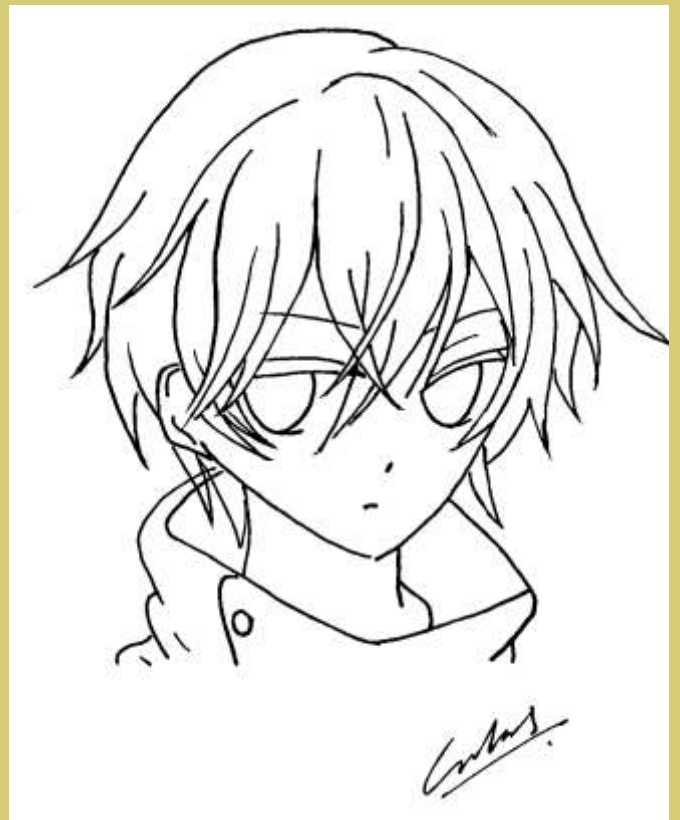
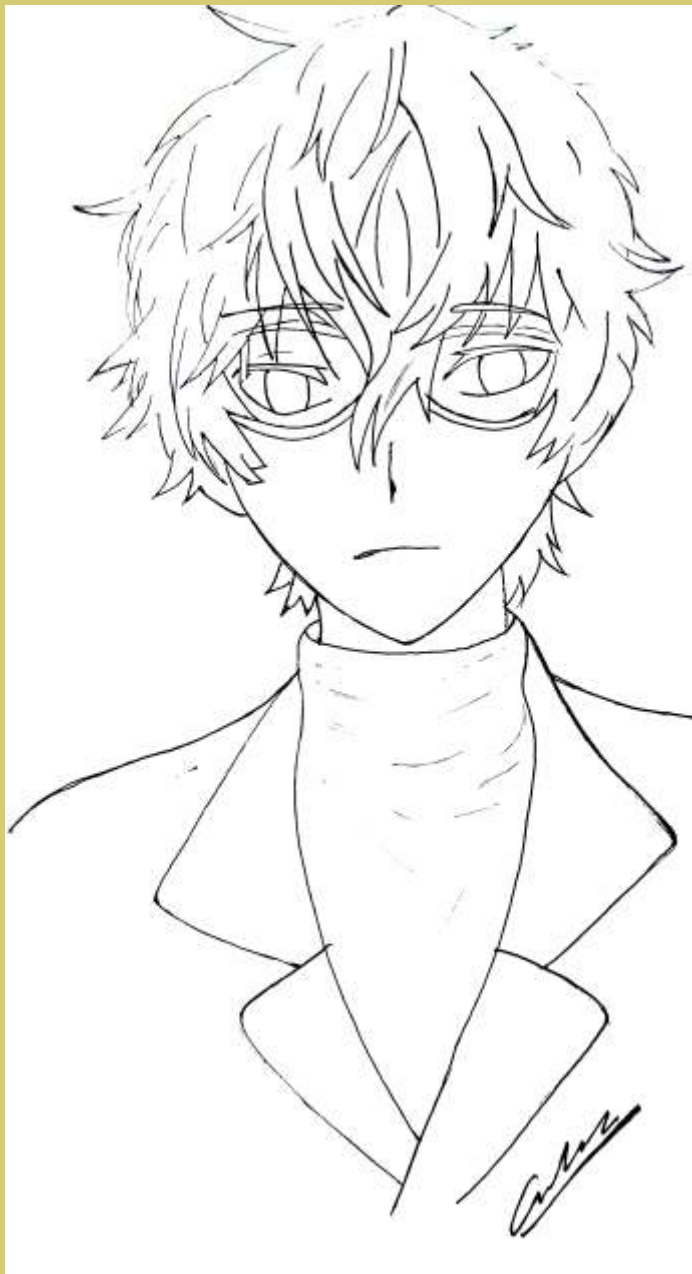


2nd Semester Bsc Nursing



ഫിദ വി.എച്ച്
VIIIth Semester





ആൻ ലാൽ
VIIIth Semester

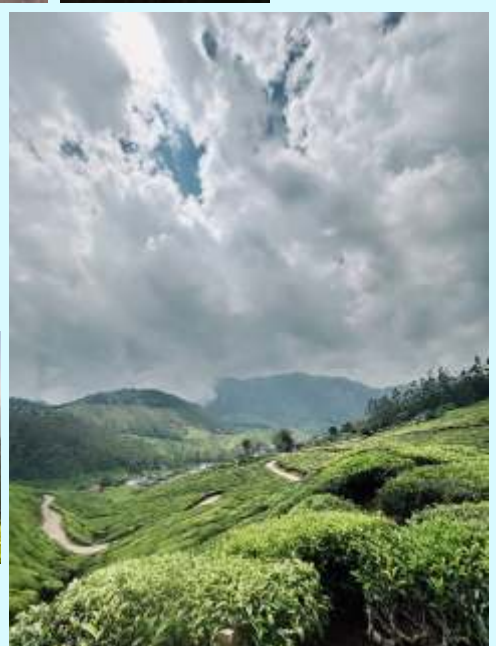
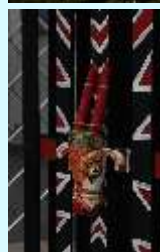




TEACHING & NON TEACHING STAFF



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win-g2020-1_2-n_mcd.exe





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