From the Editor's Desk

Happy 2016 to all! It’s been a wonderful end to another successful year! End of the year is always joyous with a lot of activities especially the last month with the spirit of Christmas thick in the air. Let us take a little glance back and reminisce the past three months. Starting with the Annual Sports week, the Students Annual Festival where the students get to show case their various skills and talents; the Institute’s Foundation cum Thanksgiving celebration and the best yet, the jolly Pre-Christmas celebration.

This issue also covers the successful Medical Health Camp held in Tuensang where some of our staff had the opportunity to cater to the needs of people there. Also, many have had the opportunity to broaden their horizon through workshops; this issue covers some of the workshop experiences of the past month.

Wishing you all another year of prosperity and happiness!

- Sano Meru

8TH HOSPITAL FOUNDATION DAY

The CIHSR celebrated its 8th foundation day as Annual Thanksgiving Day on 28th November 2015. The program was coordinated by Dr. Viu Meru, Deputy Director. The day started with Health Exhibition which was inaugurated at 9am by Dr. Kenny David, Associate Director, CMC, Vellore. All the clinical departments participated in it. Each department had a stall to display their activities with colorful charts, posters, models and some had videos to provide health promotion education and dummy to demonstrate procedures. Community health department conducted a free medical checkup and many people utilized the facility. Medicine department concentrated on health education to prevent and care for various disorders.

The Celebration was organized in front of Gymnasium at 2pm. All the staff, students, and a good number of Invitees attended the meeting. The Chief Guest was Shri Alemtsemshi Jamir IAS (retd), former Chief Secretary, Govt of Nagaland and the Guest of Honour was Dr. Nandhira Changkija, Pprincipal Director, Health and family Welfare. Both of them illustrated the development of CIHSR for the past 7 years and conveyed their wishes to all the staff to continue to do the good work for the welfare of the state. Shri Alemtsemshi Jamir enlightened the gathering with the story of CIHSR narrating how the Government of Nagaland could finally settled with the present arrangement with CMC, Vellore and EHA, Delhi to run this place. Dr. Abraham Joseph gave a brief annual report of CIHSR. Dr. Kenny David felicitated the annual thanksgiving program on behalf of CMC, Vel-
took us a while to reach ‘cos different place called ‘Whispering Winds’ which stopped at Mokokchung for lunch at a backaches for at least a few days. We galand roads which gave many of us roads, the well known pot-holes of Na were also the not so enjoyable kaccha the beauty of the journey. Then there brooks, the curvy roads all added to and valleys, the beautiful streams and spirits. The picturesque mountains expected) but that didn’t dampen our journey was long and tiresome (as our baggages and full of energy. The 8th of Nov at 0600hrs packed with met after reaching Lonpang.

Our hospital team has been to Tuensang several times in the past. I have heard stories about how the camps used to be and the various challenges faced, not to forget the poor road conditions. But none the less, I was excited since it was the first time for me visiting ‘Eastern Nagaland’. This year the team from CIHRSR consisted of Dr Rebeki (Gynaecologist), Dr Zekolo (Physician), Dr Adahru Moses (Anaesthesiologist), Sis Asen, Sis Ching (OT nurses) and Avipoo (Anesthesia assistant). Dr Laji Varghese and his wife Dr Shiela(from Manali), a doctor couple from UK, and Dr Robin Thambudorai (from TMC, Kolkata) were also part of the team whom we met after reaching Lonpang.

We left for Tuensang on Sunday, 8th of Nov at 0600hrs packed with our baggages and full of energy. The journey was long and tiresome (as expected) but that didn’t dampen our spirits. The picturesque mountains and valleys, the beautiful streams and brooks, the curvy roads all added to the beauty of the journey. Then there were also the not so enjoyable kaccha roads, the well known pot-holes of Nagaland roads which gave many of us backaches for at least a few days. We stopped at Mokokchung for lunch at a place called ‘Whispering Winds’ which took us a while to reach ‘cos different people gave us different directions!!! It was late in the evening when we reached our destination Lonpang, and as our vehicle approached the entrance we could clearly see a signboard that read “House of Hope”...which we later came to know was the name of the PHC. We were warmly greet ed by Chingmak and his wife Phutoli as we got down from our Xylo taxi stretching our spines and legs!! With no time to rest we quickly dropped our bags in our rooms and got busy with setting up the Operation Theatre ...a chapel which we converted to a makeshift OT!!! After a nice warm bath and hearty meal we finally could stretch our backs and legs and call it a night...Zzzz

The next morning the camp was formally inaugurated by the DC of Tuensang which was followed by a prayer by the local village pastors. After the programme we quickly rushed to the O.T because there were already 11 patients waiting to be operated that day. With Dr Laji and Dr Robin around the OT was always a hot spot. A wide variety of cases were operated in just a span of 5 days. In total 67 cases were performed (55 major and 12 minor cases) till the day we left. We got to know that Dr Laji and Dr Robin performed another 10 cases after we had left. The major cases included thyroidectomy, tonsillectomy, open cholecystectomy, hernioplasty, kidney and ureteric stones, hemicolectomy, burn contracture release, cleft lip repair, hysterectomy, ovarian cyst removal, tubectomy etc. Minor cases were mostly lipomas and cyst excisions. By God’s grace all the surgeries went without any complications and all the patients seemed very happy when we visited them during the post-op rounds. I was astonished at how much you could actually do with so little if you put your heart and soul to it.

The OPD patients were attended by Dr Zek and Dr Rebekki and altogether 236 patients were seen. Dr Rebekki also had the privilege to visit 2 nearby villages where she gave health teaching to young mothers. The other team members could not visit any place as we were always kept busy in the OT.

The evening ended with a Community feast enjoyed by all.

Dr. Christy Simpson, CoN
The team has been blessed by the hospitality of the ECS members and especially Chingmak and his wife who took care of everything right from our food and stay to the hot water provided for our bath. Though the work was tiresome yet all of us had a pleasant sleep every night and some even complained about their room-mates snoring throughout the night..hehehe.

I must give credit to Dr Tova, the lone medical officer, who single handedly managed all the chaos and stress of arranging a medical camp besides attending to his regular duty. He too must have been pretty relieved when it all got over!!

We stayed in Lonpang for 5 days(from 9th to 13th Nov) and finally it was time for us to leave. We got up early in the morning, packed our bags, ate the ‘hot’ breakfast which was prepared for us and after saying our goodbyes we finally bid adieu to Lonpang...it was 5:30am by then. On our journey back we bought many local vegetables and also stopped in Mokokchung town to buy the very popular Mokokchung Kata biscuits(dry cake) and motor chana(P.S.- they are all over by the time I’m penning down this report). Our sumo taxi driver Moa was a gentle driver and he was slow and steady even after we reached the good roads of Assam. Some of us were getting a little impatient to reach home early but he said “this is the way I drive and that’s why my vehicle is still in good condition”...may be the drivers in Dimapur could learn something from Moa. We finally reached the portals of CIHSR at 8:30pm.

This camp has been a revealing experience for me. I believe that our team also could contribute a SMALL part in fulfilling one of the visions of CIHSR which is to serve the poor and the needy. There are still many who do not have access even to basic health care and this should be a challenge for CIHSR to reach out to places such as Tuensang and even beyond in the years to come. The vision of CIHSR “Serve, Nurture & Transform” becomes a reality when we are able to make a change in our society through our God-given gifts in our own small ways.

Dr. Adahru Moses

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**SNA CONFERENCE**

Hello readers!

Here we go to share our sweet trip to Chhattisgarh (Bhilai).

The 26th Student Nurses Association (SNA) National SNA Biennial Conference was held in Chhattisgarh (Bhilai) from 21st- 25th Nov 2015 under the theme :“CLEAN AND HEALTHY INDIA”. We, Tiasangla (GNM 3rd year) and Kedokhono (B.Sc 2nd year) along with Ms Arhoni, SNA Advisor represented College Of Nursing.

We began our journey on 19th Nov 2015 and reached our destination at Bhilai on 21st where we made many new friends from Manipur, Meghalaya and Mizoram.

Altogether 26 states participated and a total of 1535 delegates were present. Different activities like sports, poster competition, health education; scientific paper presentation, spot painting, floor decoration etc were held on different days. The highest number of students registered for the conference was from Chhattisgarh followed by Meghalaya. Of all the sessions, one that truly motivated us had been the scientific paper presentations where out of 27 papers, 7 papers were specially selected for the conference. The session proved to be a challenge and a great learning experience for us.

Each day started off with heavy breakfast and ended with equally heavy dinner (pure veg) with eager anticipation for the next day’s event. We even took time to visit some parks and shopping malls where we had extra fun.

From this conference we have learned that it is important for us to take part in various recreational activities apart from our studies because it gives us a platform to show our talents and motivates us for good leadership in future and uplift our nursing profession.

All in all it was an amazing learning experience where we got to learn about different culture, amazing people and wonderful places. In conclusion we would like to thank our principals, teachers and our friends for supporting and upholding us in prayer throughout our journey.

Reported by,
Tiasangla 3rd year GNM
Kedokhono 2nd year BSc
The National Nursing Conference was held at NEIGRIHMS from Oct 5th -7th, 2015 under the theme ‘Today’s Learners, Tomorrow’s Leaders –Transforming Nursing Education.’ A total of 700 participants attended the said conference.

The faculty from CON, CIHSR Mrs. Bharathy Jacob, Dr. Christy Simpson, Mrs. Lalthanzami Fanai, Ms. Emi Humtsoe and Ms. Cecilia Katasi represented the institute. There were two Plenary Sessions. The first one was on “Transforming Research in Nursing ” and the second one was “Nursing Education at the Cross Road”. The nursing and medical experts from various institution shared their knowledge on these aspects. It was informative and educational. There were poster and oral presentations of scientific papers. The total number of scientific paper presentations was 46 which were arranged as satellite sessions. Mrs Lalthanzami Fanai’s presented her paper as poster. Ms. Emi Humtsoe and Ms. Cecilia Katasi presented their scientific papers orally. Dr. Christy Simpson chaired one of the plenary sessions and the topic was on Choice Based Credit System Vs Traditional System in Nursing Education.

The conference enlightened the faculty on Transforming Nursing Education and equipped them with knowledge of organization of conference and various activities involved in it. It also motivated them to participate in various activities of nursing education in the future. We thank the Director of the institution for sponsoring us to attend the conference.

CIHSR, CON faculty

POST CONFERENCE REPORT

A Cultural Shift- Moving Towards New Horizons
17th to 18th October, 2015
The Conference In The Eyes Of Participants

First of all, we would like to thank our God for His Faithfulness and to CIHSR for giving us the opportunity to attend the International Nursing Conclave, 2015 hosted by College of Nursing, Dr. L.H. Hiranandani Hospital, Mumbai from 17th to 18th October, 2015. It was held in a grand ballroom at the luxury Hotel Trident. The conference was nationally very well attended. As Nurses, we had a very enriching experience. This conference was very interesting and gave us the opportunity to learn about the paradigm shift on how the society has accepted nursing as a true profession giving the ultimate care. The highlights of the Conclave were “A Collaborative Nursing Conference involving Nurses pan India”; “Eminent panel of Nurses participating”; “Addressing issues resulting in a paradigm shift in thought”; “Nursing leadership- How to further it”. The conference was a tremendous success with inputs from a range of national nurse leaders and nurse experts. We also had a high quality teleconference from Australia. Topics were well selected and enriching. This was one of the best conferences we have attended with very high standard. We really had a good time with many fond memories and a world of knowledge in return.

Ms. Rokotsino and Ms. Imnainla
SAFEST 2015 began on the 23rd - 25th November under the theme “Accensa Enim Deus” which in Latin means “Ablaze for God”. The sports event started with the hoisting of the flag by the Director, Dr. Abraham Joseph. The swearing ceremony followed suit under Dr. Sedevi and blessed with a prayer by Dr. Sushil. The sports kicked off with an enthusiastic team of Red, Yellow, Green and Blue House.

Day 1 we had the following events: volleyball, basket ball, badminton and also indoor games/events such as carom, chess, quilling and sketching. There was also a friendly football match between the students versus the staffs (boys). The students took a gracious bow with a humble 1 against a mighty 6 goals.

Day 2 we witnessed every colored team cheering their hearts out as their best players took part in the events of: throw ball, basketball, long jump, high jump, 100m race, relay race, tug of war out in the fields. In the college meantime, food art, group song and extempore speech took place. Amidst all the activities, one could hear resonating slogans fill the air…

Team Yellow with their 'East or West - Yellow is the best' were radiant and cheerful. Chorusing ‘We can do it!’ were Team Blue, quiet and yet fierce.

Energetic Team Red boosted their players with ‘That’s the way we like it!’ at every forward strike. ‘Go Green, evergreen!’ by powerhouse Team Green.

Day 3 with indoor events of group dance, quiz, debate, drama and go as you like, kept the entire teams entertained and high in spirit. The hall packed audience witnessed an array of creative talents as they poured out their rendition of moves, amusing dramas and jaw dropping performances. The likes of Mr.Bean, Hanuman, Avatar, Princess Elsa from ‘Frozen’ and the rest of the entire unforgettable characters, in the “Go as you like” event, had everyone present amused and in peals of laughter.

SAFEST ended with a valedictory programme, where victorious athletes and participants alike were recognized with medals and certificates. Green House stole the coveted Champion’s trophy with a total of 11 gold and 7 silver. Mr. Jekuto from Blue Team and Ms. Nancy Rabha from Green Team were judged the best players.

Safest 2015 owe its success to a lot of supportive individuals who have made positive contributions in kind, time and deed. Most of all, we are thankful to God Almighty, for relentlessly working in us.
CIHSR held its Annual Sports meet 2015 from 15th-17th October. There were two teams like the previous year- Rang- ers and Spartans. New staffs were equally divided among the two teams. The follow- ing events were played- Football, Basketball, Volleyball, Badminton, Arm wrestling, Chess, Carom, Long jump, Shot-put, Javelin throw, 100meters Race, 100meters relay, Tug-O-War, Cricket and Marathon.

Preliminary Badminton Matches were played on 8th, 9th & 12th Oct.

The Opening Ceremony was held on the 15th afternoon at CIHSR football Ground. The Games were keenly and evenly contested, with Rangers coming up on Top with 18points and Spartans on 13.

On the final day of sports, the staff welfare committee prepared Lunch for all the staff with the help of generous contributions from both teams and the staff welfare committee.

After all the events were over, the sports meet ended with a Closing ceremony.

2015 CIHSR Staff Sports meet was indeed a refreshing week with all staffs from different departments making it a successful event.

The first batch of GNM Nursing Interns and 3rd batch of BSc.N( PB) students graduated in October 2015.Tata Medical centre, Kolkata which is a tertiary hospital for patients with cancer conducted a campus interview for the GNM graduates on 30th October 2015. This was arranged by Dr. Abraham Joseph in consultation with the director of Tata Medical Centre, Dr. Mammen Chandy. Seven GNM graduates and one BSc. ( PB) N students attended the interview.

Staff from the HR department and the Nursing Superintendent arranged a written test which was followed by interview. All the students performed very well and all the 8 graduates were selected in the staff nurses post. We are very grateful to God that our graduates performed well. We are very grateful to Dr. Abraham Joseph for taking interest in our college and for arranging for the interview.

The years have passed away, the time fleet away the days elapsed….. when we see the panarama of this institution, the name ‘CIHSR’ itself has brought light to me and many.

I have spent almost 8 years as a part of our CIHSR family. But time and circumstances compel me to leave our institution. I would like to take opportunity to thank each and everyone for the love, care, motivation and strength that I have received from you all. Your kind and sympathizing gestures will never fade from my memory.

I consider myself every lucky to be one of the first batch of staff in this institution. I have uncountable memories to be cherished. As we know every moment of our life becomes memory and memory becomes a treasure.

Once again thank so much and I encourage my CIHSR-ians to continue to work with devotion towards our motto ‘Serve, Nurture and Transform.’

May God bless CIHSR!

Temsusongla Jamir
### ACTIVITY

#### Consultants visit

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<th>Date Range</th>
<th>Consultant Details</th>
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<tr>
<td>15th - 23rd Oct</td>
<td>Dr. George Joseph, Cardiologist for Consultation</td>
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<td>18th - 22nd Oct</td>
<td>Dr. Lionel, Urologist and Dr. Jessie Lionel, OB&amp;G for Consultation</td>
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<td>11th - 14th Nov</td>
<td>Dr. Rajesh I - Radiation Therapy CMC Vellore for consultation</td>
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<td>19th - 25th Nov</td>
<td>Dr. Roy Joseph, Neonatologist for consultation</td>
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<td>24th - 26th Nov</td>
<td>Dr. Kenny David Orthopedics CMC Vellore for consultation</td>
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<td>6th to 12th Dec</td>
<td>Dr. Mithun Jacob Varghese, Cardiologist CMC Vellore for consultation</td>
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<tr>
<td>7th to 13th Dec</td>
<td>Dr. Samuel Arputharaj, Urologist for consultation</td>
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<table>
<thead>
<tr>
<th>Date</th>
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<td>21st Oct</td>
<td>4th College Foundation Day</td>
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<tr>
<td>28th - 29th Oct</td>
<td>Tata Medical Centre Kolkata campus Interview for Nurses</td>
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<td>5th Nov</td>
<td>Inter School Quiz competition- ARSH, CoN, CIHSR</td>
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<td>6th Nov</td>
<td>Fresher’s Day Program- CoN &amp; Allied Health</td>
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<td>9th - 15th Nov</td>
<td>Medical Camp in Tuensang by CIHSR in collaboration with Eleutheros Christian Society, Tuensang</td>
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<td>13th - 18th Nov</td>
<td>Mr. Durai Jasper for Student’s camp &amp; Training of Radiology Students</td>
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<td>19th - 20th Nov</td>
<td>Jumble Sale organised by the Chapel Committee to raise fund for poor student’s scholarship</td>
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<td>23rd - 25th Nov</td>
<td>Students Annual Festival</td>
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<td>26th Nov</td>
<td>Finance Committee Meeting</td>
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<td>27th Nov</td>
<td>Board of Directors meeting</td>
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<td>28th Nov</td>
<td>Hospital Foundation Day celebration- Chief Guest Shri Alemtemshi Jamir and Guest of honor Dr. Nandira Changkija (Principal Director, Health &amp; Family Welfare)</td>
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<td>4th Dec</td>
<td>CoN 5th Lamp Lightening ceremony with Ms. Henai Dy. Director (Nursing) as the Chief Guest</td>
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<td>12th Dec</td>
<td>Career counseling for students</td>
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<td>15th - 18th &amp; 21st Dec</td>
<td>1st Exposure Session for EHA Sponsorship</td>
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A glimpse of the jumble Sale organised by the Chapel Committee to raise fund for poor student’s scholarship.

CoN 5th Lamplighting Ceremony on 4th Dec 2015.
Top- Chief Guest Mrs CH. Henia, Depy Director Nursing, H& FW, GoN. Bottom R-L 5th batch GNM & 2nd batch B.Sc Nursing
LET US UNITE

* Ms. Atula Sanglir

For ages men ruled with weapons and bayonets,  
And lived within bars and manacles;  
For ages the strong hands of power,  
Trampled the liberties of the people.  
The soil drenched with human blood and tears,  
The sable shadow of aggression ruled the earth.
We have had coercion enough, Enough is enough.

For many centuries reckless regimes held sway,  
Liberty has been driven from among men.  
We thrive on war and violence,  
Take from us the power of arms  
The hand of tyranny from among us,  
Give us back our birthright  
To control our own destiny,  
And the freedom to choose what is best for us.

We have dreams for living out our lives,  
Our hope and aspirations for the future  
For us, our children and grandchildren too.  
The truth is, we are lost and confused  
Each trying to impose his/her will on the other.  
Have we become so blind and reckless?  
Can we not reason it out collectively?  
That the road ahead is paved only in unity?

The utmost might is a unified voice,  
Can a house divided itself stand strong?  
Enough with the divisive diplomacy  
That keeps us fighting amongst ourselves,  
Enough with bloodshed and killings,  
Let’s put our trivial differences aside  
And renew our journey together with one voice  
Together and united we can find a way.

* All rights reserved