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**24 participants attend CHPC Contact Program**



**Medical Education Workshop**

## Biodiversity Club



**Children's ICU(NICU/PICU) Inaugurated**

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## VISION

To develop Christ centered leadership in healthcare, transforming communities through compassion, innovation and excellence.

## MISSION

CIHSR strives to be a vibrant community of healthcare workers in the spirit of Jesus Christ by:

- Providing quality, ethical, accessible and affordable healthcare with a focus on the poor and vulnerable sections of society.
- Training and capacity building of compassionate healthcare professionals to be servant leaders.
- Engaging in contextual research to improve health outcomes
- Partnering with communities and likeminded organizations to impact health.



## EDITORIAL NOTE

Greetings to all our cherished readers,

As the cool embrace of winter starts to surround us, we are delighted to present the latest edition of Meraki. With a cup of hot coffee or chai in hand, it's the perfect time to reflect on the remarkable journey we've had over the past months.

Our community spirit has soared high with successful fundraising events dedicated to our patients. Generosity knows no bounds, and it's awe-inspiring to witness the impact we can make when we come together for a common cause.

Just like the changing seasons, CIHSR has also evolved. We've launched new departments and programs, promising even better care and service to our patients. The future shines brightly, much like a starlit winter night.

Beyond healthcare, we've conducted awareness campaigns, hosted work camps for students, observed important days and weeks and yes! many more events. We're not just healing; we're educating and nurturing the community.

In this edition, we bring you transformational stories from both our staff and patients. These stories reflect the resilience and compassion that define CIHSR.

This winter, let's remember that the warmth we feel doesn't just come from central heating; it's the collective warmth of our CIHSR family. As the days grow shorter, our spirits remain high, and our commitment to serving with love and dedication burns brighter than ever.

So, here's to the start of a wonderful winter season, filled with love, laughter, and the promise of more beautiful moments to come. Let's keep our hearts warm and spirits high, and continue to sprinkle a little CIHSR magic wherever we go.

Wishing you all a joyful winter season!

With warmth and laughter,  
Laishram Vidyalakshmi

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### Newsletter Team

Jied Syiem | Sano Meru | Amongla Ozukum | Dr Tanyang Lalyang | Imlibenla | Chiin Ngaihlun |  
Laishram Vidyalakshmi | Impolong Changkiri





## 24 from Manipur attend CHPC Contact Program

The Outreach Department, CIHSR along with the support of CMC Vellore Distance Education Department, conducted the **Community Health Promoters Certificate Course (CHPC)** 1st Contact Program from August 22 to August 31, 2023. Twenty-four participants from trouble-torn Manipur attended the program in order to equip themselves for community service. The main goal was to train and equip healthcare volunteers with basic first aid and primary health care knowledge, turning them into "Change Agents" for the community in and around Manipur.

The **Community Lay-Leaders Health Training Certificate Course (CLHTC)** conducted its 1st Contact Program from 3rd to 20th October for 2023-2024 batch in CIHSR. 16 trainees attended the program from Sikkim, Siliguri, Assam, Arunachal, Tripura and interior parts of Nagaland.

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## World Hospice & Palliative Care Day '23 celebrated

Palliative care department, CIHSR celebrated the **World Hospice and Palliative Care Day** on October 14, 2023. It raises awareness about the needs of patients on palliative care. The theme for this year was "Compassionate Communities: Together for Palliative Care". Dr. Tony Bishwas, Head of the department of Palliative Care, gave a brief introduction on the importance of palliative care for various patients. A presentation on "Integration of Palliative Care with Oncology" was delivered by Dr. Vishala Varghese, Radiation Oncologist, who shared about the interdependence between both departments and how palliative care is not meant only for terminally ill patients.

Father Chacko, from St. Joseph Palliative Care Centre, Chumukedima shared his experiences of the patients he's encountered in hospice care and how we need to address issues few patients in hospice care face with understanding and compassion.





In response to the alarming rise in the number of people affected by Dengue during the year, the 'Dengue Awareness Campaign 2023, Fight the Bite, Beat Dengue' was conducted for teachers from schools, colleges and seminaries in Dimapur, in order to raise general awareness about the disease and to promote preventive measures among the students and communities alike.

The program was conducted in partnership with the Nagaland Health Mission of the Department of Health and Family Welfare and Department of School Education, Government of Nagaland, and the Private Schools Association in Chumoukedima and Dimapur, on 21 and 22 September 2023 at the LG Auditorium at CIHSR.

Altogether, 159 teachers from 39 government schools, 42 private schools, and 3 seminaries in the area including few public administrators attended the two-day events.

Following the program, many schools and colleges adopted anti-Dengue measures in their own respective institutions through teachers' interactions, delivering lectures and general cleaning-up of the school compound and environment of waste materials and drainage areas. Advocacy campaigns for public health issues make people better informed and educated about the various steps they can take for preventive measures and for the promotion of better health and living conditions.

## World Patient Safety Day “Engaging Patients for Patient Safety.”

The Quality and Safety Team organized the program with the resource persons speaking on the 6 International Patient Safety Goals and Second Victim, highlighting the importance of teamwork, patient engagement, and management support in promoting patient safety at the workplace.

Mr. Pelezoto Pius Kikhi, Quality Manager, also emphasized the initiatives of CAHO in setting up Patient Advisory councils (PAC) in hospitals nationwide and the need for PAC to work together with patients and their families to enhance patient safety.

The speakers for the program were: Dr. Clement Momin, Mr. Pelezoto Pius Kikhi, Dr. Leishiwon Kumrah, Ms. Nutan Bhengra, Dr. Adahru Moses, Dr. C. Sulanthung Kikon, Ms. Theyiesino Kera and Ms. Laishram Vidyalakshmi.





## INTENSIVE CARDIAC CARE UNIT (ICCU): Specialized ward under Cardiac CATH Lab

The 6-bed Intensive Cardiac Care Unit (ICCU) was dedicated on August 7, 2023.

It is a specialized ward attached to the Cardiac CATH Lab for providing intensive monitoring and treatment of acute cardiac emergencies like heart attacks (acute coronary syndromes), decompensated heart failure, unstable arrhythmias, and heart blocks.

Pre and post-interventional care for following Cath lab interventions are currently being managed within the unit under the Cardiology department.

- Coronary angioplasties
- Temporary and permanent pacemaker implants (PPI)
- Automatic Implantable Cardioverter Defibrillator (AICD) implants
- Cardiac Resynchronization Therapy (CRT-D/P)



The Cardiac Care Unit with the Cath lab is equipped with advanced diagnostic and interventional machines that are not just the first in the state of Nagaland, but the unit is one of the best equipped in the region.

## Basic Life Support (BLS) Refreshers Training for Nursing

In-hospital cardiac arrest is not uncommon and can lead to mortality if not identified and resuscitated timely. "Time is brain and heart", so timely and effective identification and resuscitation are vital. Any delay or ineffective resuscitation can increase morbidity and mortality. As a quality accredited Hospital, all healthcare workers are accountable to have the knowledge and skills in providing effective and timely resuscitation thereby increasing the chance of survival and minimizing the morbidity and mortality in patients.

With this goal in mind, the Nursing service organized the 'Annual BLS Refreshers Training' for all CIHSR nurses from 29th June to 5th August 2023 covering 205 nurses including Staff nurses, Nursing aides, apprentices, and faculty of the College of Nursing.

The training was led by Dr. Tsarangpi Sangtam along with nurses who have been certified as ACLS providers by American Heart Association. The training was conducted batch-wise with 12 batches consisting of 18-20 trainees per batch at JBC hall.



## CHILDREN'S INTENSIVE CARE UNIT (NICU/PICU) INAUGURATED

The Children's Intensive Care Unit which houses both NICU and PICU was inaugurated on 12 October 2023. The new unit is a 20 bedded complex, and has separate NICU and PICU. The NICU is 12 bedded and will take care of critically ill new-born babies born in the hospital and also new born babies who are extremely premature, referred from outside. The PICU has 8 beds and will primarily look after critically ill children who are more than 28 days old till the age of 16 years. It however will also manage term newborns referred from outside hospitals and transferred in from the ward areas, from an infection control practice point of view.

Formerly, both NICU and PICU were clubbed together as an 8 bedded unit and named NICU, followed by NICU/PICU. Although the level of care was un-compromised, the need to have a separate PICU, which is a requirement and a norm in all multi-speciality hospitals was strongly felt.

**This Children's intensive care unit complex offers the first ever dedicated PICU , and the largest NICU in the state of Nagaland.**



## NEURO-ELECTROPHYSIOLOGY UNIT INAUGURATED

The **Neuro-Electrophysiology Unit** at CIHSR was launched on the 19th Sept 2023. In a brief program, Medical Superintendent, Dr. Clement Momin, highlighted the importance of the Neuro unit for patient care. Mr. Samuel Marandi is the Neuro-electrophysiologist in the unit.

Neuro-electrophysiology is a specialized medical field that focuses on the study and assessment of the electrical activity within the human nervous as it pertains to clinical application of neurological disorders. We make precise diagnoses and tailor treatment plans to individual patients. Our mission is to shed light on the inner workings of the human nervous system to enhance the quality of patient care. We achieve this through the science of neuro-electrophysiology, a field that combines medical expertise and cutting-edge technology.

Range of services provided:

- EEG Routine
- EEG Telemetry 1 hour
- EEG Telemetry 2-4 hours
- EEG Telemetry 6 hours
- NCS Upper limb
- NCS Lower limb
- Needle EMG
- BAER
- VEP
- SSEP Median
- SSEP Tibial
- Facial nerve studies
- Blink reflex studies





# North East Regional Multi-Disciplinary Paramedical Institute (NERMPI)

On September 20, 2010, a significant milestone was reached when a Memorandum of Understanding (MoU) was formally inked among the North East Council (NEC), the Government of Nagaland, and the Christian Institute of Health Sciences and Research. This collaborative effort aimed to establish a Regional Institute of Health Sciences in Dimapur, Nagaland, dedicated to the training of allied health professionals hailing not only from Nagaland but also from the broader North Eastern states. This initiative subsequently led to the establishment of North East Regional Multi-Disciplinary Paramedical Institute (NERMPI) affiliated to the Nagaland University in the year 2023.

Soon after the signing of the MoU, the institution successfully launched five diploma courses, namely: Diploma in Radio Diagnosis Technology (DRT), Diploma in Medical Records Technology (DMRT), Diploma in Medical Laboratory Technology (DMLT), Diploma in Optometry and Ophthalmic Technology (DOOT), and Diploma in Anaesthesia Technology (DAT). These diploma programs were affiliated to the Christian Medical Association of India (CMAI), the pioneers in India to establish training programs in Health Sciences.

Building upon this foundation, in 2019, the institute embarked on a journey of progression by elevating three of its diploma programs to degree level status. These programs, namely BSc. Medical Laboratory Technology,

BSc. Anaesthesia and Operation Theatre Technology, and BSc. Health Information Management, received recognition from Nagaland University. Furthermore, the institute has introduced two more degree programs, Bachelor of Physiotherapy and BSc. Radiotherapy Technology in the year 2023.

Notably, ongoing discussions with Nagaland University are also underway to expand the institute's academic offerings. These talks encompass the potential introduction of two additional degree level programs: 1. BSc. Medical Radiology & Imaging Technology and 2. BSc. Dialysis Therapy Technology, with hopeful anticipation for their commencement in the upcoming academic session.

The field of Health Sciences holds immense importance and a wide scope in the healthcare sector. Health science professionals play a pivotal role in supporting medical professionals by delivering essential diagnostic, therapeutic, and preventive services. Their expertise encompasses a diverse range of disciplines, from radiology and laboratory technology to anaesthesia and physiotherapy. As the healthcare industry continually evolves, the demand for skilled allied health professionals remains high, making this field an indispensable part of healthcare delivery and patient care.

NERMPI currently holds a total student strength of 71 students; 69 BSc. students and 2 DHEM students.



Faculty of NERMPI



## College of Nursing celebrates 12th Foundation Day



College of Nursing, CIHSR, celebrated its 12th Foundation Day on 20th October 2023. Celebrating its 12th Foundation Day, the theme on the occasion was aptly titled 'Planted by God' taken from the book of John. Dr Frekkie Kellerman, Family physician Educator, from CMC Vellore, was the guest speaker for the event.

Dr. Kellerman in his address, emphasized on the theme for the event, and encouraged the congregation to remain planted in God based on the illustration of a grapevine. As part of the celebration, a total of nine (9) faculty members who had completed 10 years of service in College of Nursing, CIHSR were felicitated for their dedication and service to the institution. The event was attended by about 350 people, including invitees, faculty and students of the College of Nursing.

## Medical Education Workshop conducted



A three-day 'Medical Education Workshop' was conducted from 5th to 7th September 2023 for the staff of CIHSR, Dimapur by Dr Sudha, Dr Vinay, Dr Shanthi and Dr Ventatesh.

The goals of this workshop were:

- 1. To equip the faculty members with medical education principles**
- 2. To evaluate their curriculum**
- 3. To empower to make the necessary changes**

The workshop was a follow-up program post online learning, which was initiated by the Medical Education Unit of CMC, Vellore which was led by Dr Sudha. A total of 15 to 18 staff attended the program over a period of three days. Various topics were covered under Principles in Medical Education, Teaching and Learning methods and Assessment.

## Defying all odds: Struck down but not defeated



Chito Sangma worked as an electrician, providing for his family and enjoying the simple joys of life. However, tragedy struck when he fell from an electric pole during work, resulting to spinal cord injury, leading to complete paralysis from the waist down.

Sangma was brought to CIHSR's Physical Medicine and Rehabilitation (PMR) outpatient department. The Rehabilitation team which includes the PMR, Physiotherapist and Occupational therapist taught him exercises to strengthen his upper body and core, gradually improving his sitting balance and enabling him to perform transfers with ease.

As fate would have it, a collaboration between the PMR department and Neo-motion wheelchair in Chennai blessed him with a remarkable gift. He received a tri-motorized scooter, a symbol of newfound independence and mobility. Learning to operate the motorized wheelchair became a turning point in his life. Within a few months, he defied all odds and resumed his work as an electrical supervisor.

Meanwhile, the Neo-motion team in Chennai recognized Chito Sangma's potential and he has been offered the position as a delivery man for food items. His wife, inspired by her husband's resilience, embarked on her own entrepreneurial journey, running a successful grocery shop in their hometown.



**Precious Gems School** was started on 1st March 2016 in order to train children with developmental disabilities along with their parents. In this course, children with developmental disabilities undergo 3 months of training, in which their parent(s) are also trained to understand the unique needs of their child and how to meet them.

## Embracing Autism: Journey of Hope



Neivi, a 4 year old girl was brought to the Developmental Pediatrics OPD by her parents on 23/06/2016 with the complaints of "poor speech and language, always in her own world and temper tantrums". She came from a family history of Intellectual disability in Maternal and Paternal Uncles.

Following is the write-up of Neivi's mother about her experience in Precious Gems School.

**My daughter Neivi (Keneivinuo) is 11 years old and studies in Class 5. She is bubbly, talkative and likes to draw. Neivi was diagnosed to have autism at 3 years of age.**

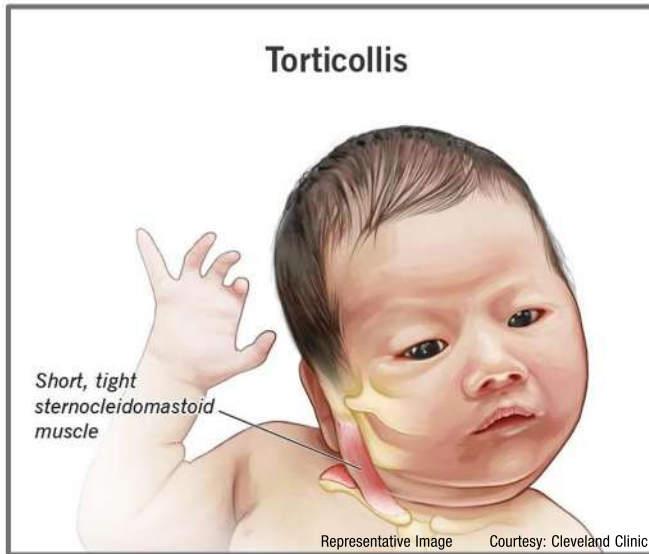
Autism is not a disease. It is not a mental health issue or any illness that can be fixed with medicines. It is something that a person is born with and that individual is wired differently and perceives the world differently. Acceptance is the first step towards transformation and improvement. Sometimes the most effective adjustments occur by accepting what already is.

Under the guidance of Dr. Y Simpson and his team, Neivi and I started our special classes at Precious Gems School and from the get-go, the team at Precious Gems were very helpful and supportive.

Today, Neivi likes to participate in poetry recitation, science exhibitions and makes it to the toppers list in Class.



## Rare neck condition restored



Little five-year-old Bartika Basumatry, from Golaghat and seven-year-old Engty, from Karbi Anglong were born with congenital torticollis, or wry neck, where the neck is twisted. Bartika had a very rare condition, which we named bilateral asymmetrical congenital torticollis, not reported anywhere else.

The staff at CIHSR took excellent care of both children during their entire stay. Thankfully, the meticulously planned, nuanced aesthetic surgeries by the team of surgeons, anaesthetists, nurses and, OR staff, were successful.

Both families are delighted to see the children normal again. The children are back at school. They love the smile caps presented to them, and happily posed for our light hearted clip,

A happy ending to a complicated problem. We call this program, "Kids Aesthetic Smiles" to help children with surgery for various plastic surgery and craniofacial deformities. Changing a child's life aesthetically, is meaningful. Little children have a life ahead. We are grateful for this privilege to help them face the future with happiness and confidence.

## Physiotherapy in Onco-Rehabilitation



A 72-year-old Lymphedema patient came all the way from Imphal, Manipur. She was undergoing regular Physiotherapy in RIMS Imphal but due to the unstable situation in Imphal, she came to CIHSR to continue with her therapy program. After about a month of regular Physiotherapy session her swelling has reduced to near normal condition.

### What is Lymphedema?

Lymphedema is a condition marked by increase in collection of fluid in the body leading to swelling causing changes in skin and tissues. Swelling associated with lymphedema can occur anywhere in the body. There is associated physical, psychological, and social sequelae to the patients well being which can have an impact on the patient's quality of life.

Physiotherapy plays a vital role in the conservative management of Lymphedema in reducing the symptoms and improving the quality of life. In physiotherapy, Complete Decongestive therapy (CDT) is applied for the treatment of lymphedema. Some of the treatments of CDT are as follows- Manual Lymph drainage (MLD), Faradism under pressure, Multilayer bandaging, KinesioTaping, & Remedial exercises.



The **Aesthetic Craniofacial Plastic Surgery Department** is a new addition to our services. It provides nuanced, state of the art procedures for different conditions like face and body rejuvenation, fat grafting, oculoplastic surgery, nose and ear aesthetic plastic surgery, facial rejuvenation, facial re-animation, cleft lip and palate, scar revisions.

**Dr. Bona Lotha Shitiri**  
HOD-ACPS



## A whopping 5.4 kg baby delivered



It is unusual to know that the baby inside an expecting mother's womb is a whopping 5.4kg. This created a mixed feeling of excitement and anxiety. We were informed that the couple have had 2 miscarriages before this pregnancy.

The expectant couple had many apprehensions when we explained the situation and our plan. She was advised to undergo Caesarean section as a safe mode of delivery both for the mother and the baby. They refused in spite of the multiple explanations. The reason behind their refusal was financial constraints inspite of assuring them of charity measures available in the hospital.

But the wife still would not agree. Her reason was - I don't want to be 'cut'. Then she crossed her expected date of delivery. The family was worried for her and so they brought her to the hospital. To undergo normal delivery in such a situation would bring damage beyond repair. At last they agreed and we did emergency Caesarean section. But she bled again after the operation which was expected because of the huge baby, increased fluid and high blood pressure.

If she had delivered at home, there was no way the baby would have survived. It gave us a sense of satisfaction and a sigh of relief that our journey with them was not in vain and had brought something beautiful to their lives. The family were so grateful at the outcome.

## 16 yr old recovers from life threatening accident



Around midnight, a 16-year-old boy was rushed to the emergency department of CIHSR following a road traffic accident. On reaching the hospital his blood pressure was so low that it was not recordable, he was semiconscious and his right thigh bone was also fractured.

Once the CT scan was done the worst fears were realized. He had a grade 5 liver injury, a condition that has a death rate of 67 to 80 % even when treated in level 1 trauma centers, a grade 3, right kidney injury, lung contusion and a major bone fracture of his right thigh.

The situation was so complicated and tricky that high risk consent had to be taken during each step of the treatment. As expected his kidney shut down completely requiring him to undergo dialysis for a total of 8 times and needed a total of 22 blood transfusions during the hospital stay. The trauma to the lungs along with the kidneys, caused fluid build-up in his lungs resulting in severe respiratory distress syndrome and he required mechanical ventilator to support his breathing.

It was challenging, tedious, labor intensive and many times we were on the verge of giving up as he was not responding to therapy. Finally, after 60 days in the ICU and another surgery to fix his right thigh bone; with 2 weeks of rehabilitation, the patient walked home with his parents to continue his recuperation and physiotherapy which he is still continuing to this day.



The **Modular Operation Theatre (OT)** at CIHSR was inaugurated on February 15, 2021 by North Eastern Council, Secretary, K Moses Chalai. There are 5 Operation Theatre's on standby and can be functional simultaneously.





# “It was my father’s dream for me to become a nurse”



My name is Verzenia, a registered nurse working in the ICU department CIHSR. Let me take you through my journey of achieving my dreams working here at CIHSR.

It was my father’s dream for me to become a nurse so that one day, I would be able to take care of them in time of their illness. Growing up with the determination of fulfilling my parent’s wish, I decided to focus on nursing as a profession. Our house was just next to the wall of CIHSR hospital and my mother used to do farming in hospital campus when it was still under construction.

As a child, I was doubtful of whether I would be fit to serve in this prestigious place but thankfully I got selected in the nursing course and since then I have enjoyed working as a team member in improving the lives of people. Today, I am working at CIHSR as a registered nurses and serving in this prestigious hospital. I express my heartfelt gratitude to God and the hospital authority for giving me this great platform to be a part of serving the community.

I am immensely grateful for getting this opportunity to work as a staff nurse and making it a part of my journey. Last but not the least, I want to re-state that our dream might seem impossible and it might take a long stretch to achieve it, but if we don’t give up and believe in ourselves, we can achieve it.

## A DAY IN THE LIFE

### 1. Tell us a bit about yourself

I am very passionate about nutrition science. I love listening to podcast and reading books about Nutrition, I love creating knitted and crochet garments, accessories and toys.

### 2. What is a typical day in your work like?

Every day is different for me. My typical consist of daily patient consultation for both outpatient and in patients. In afternoon I teach students in college of nursing as and most of the time I have interns so I educate and train them as well.

### 3. What keeps you going/ your inspirations?

What keeps me going is to be better than myself than the previous day and by making a positive image on people’s live by helping them make a healthier food choice. My Family and dear friends are my guiding star.

### 4. What are the areas of challenges you face at work, if any.

Time management and balancing patient cases can be demanding.

### 5. What aspect of your work do you find most rewarding?

Witnessing the positive changes in patients health and well-being.

### 6. Any plans for your department?

I have some plans to upgrade but will take it one step at a time. Currently I am working on providing more personalized Nutrition care plan for every patient that I come across.



**Imsultola Jamir**  
Dietician

## NagaEd: Digital learning platform for healthcare educators

The NagaEd organized a two-day Teacher Training Course “Digital Learning for Teachers: Navigating NagaEd LMS” through facilitated live workshops for training and assessment assistance for CIHSR educator trainees on the 26th and 27th of October 2022 at CIHSR.

This was designed to build educators’ skills in digital content development with the purpose of ensuring the users are well-equipped with the features and functionalities of the NagaEd Learning Management system (LMS). A total of twenty educator trainees were enrolled to be trained on the features and functionalities of the NagaEd LMS.

An agreement with NagaEd was signed on 22 October 2022 for the Implementation of the NagaEd LMS as an effort to build and enhance digital learning at CIHSR. Teacher graduation was organised on 24th November 2022 and the educator trainees were awarded a training completion certificate.

At present, five courses: College of Nursing (2 courses: B.Sc. Nursing and GNM course), Allied Health Sciences (B.MLT), DNB, and Post Diploma in Clinical Educator courses are enrolled on the platform.



**The Clinical Educator course has completed the Level 1, three months online and conducted the Contact Program from 23rd oct to 27th October 2023.**

## ENEKA HE ASE ! *by Dr. Lalayang*



## THE COMMON MAN



Rasipuram Krishnaswami Iyer Laxman or RK Laxman, was an Indian cartoonist, illustrator, and humorist. He is best known for his creation **The Common Man** and for his daily cartoon strip, You Said It in The Times of India, which started in 1951.

Laxman won several awards, including the Padma Bhushan in 1973; the Ramon Magsaysay Award, the Asian equivalent of the Nobel Prize, in 1984, Padma Vibhushan in 2005 and a Lifetime Achievement Award for Journalism by CNN IBN TV18 in 2008.



# Biodiversity Club



Campus Trek on October 2, 2023

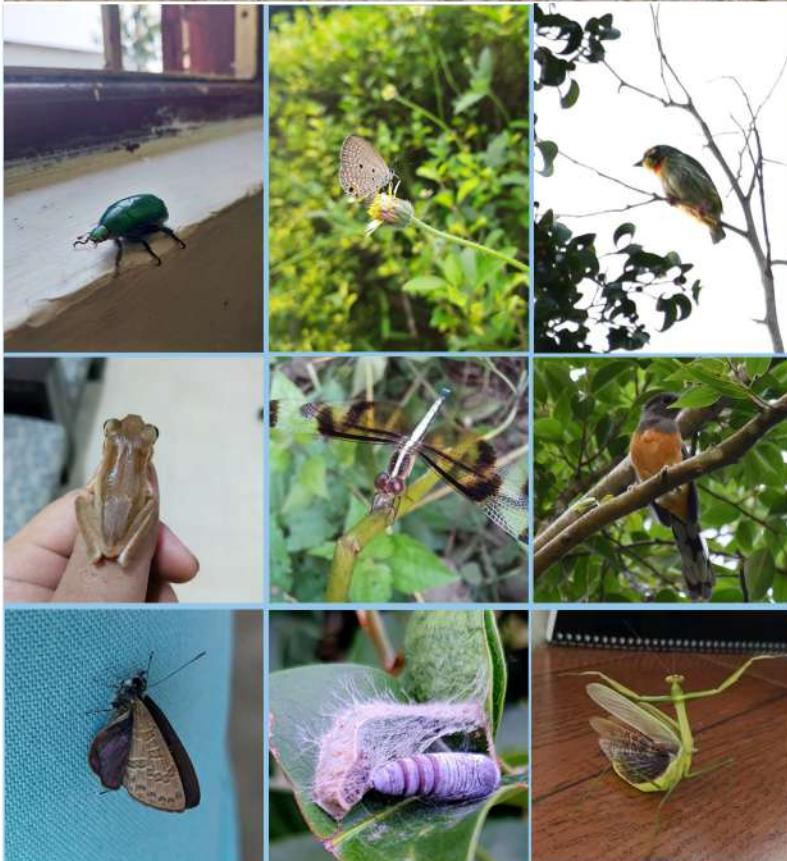
## *One with Nature*

The inception of the CIHSR Biodiversity Club can be attributed to the interest and curiosity of a group of nature enthusiasts in the campus.

In a remarkable turn of events, Dr. Vijay Anand Ismavel graced the corridors of Christian Institute of Health Sciences and Research (CIHSR) with a presentation that ignited a spark in the hearts of the hospital staff. His invaluable experience in Biodiversity documentation at Makunda has left an indelible mark on the institution, leading to the formation of our very own Biodiversity Club at CIHSR.

Our group is dedicated to exploring, preserving, and celebrating the incredible biodiversity that surrounds us through various activities like Nature walks, Observations of biodiversity related events, organizing Nature photography competitions, discussions and sharing of ideas on social media.

Let's connect, learn, and make a positive impact on our environment!



## Feathered Friends

Birds sighted in the campus

1. Dusky warbler
2. Common Tailor Bird
3. Indian White Eye
4. Red Vented Bulbul
5. Long Tailed Shrike
6. Purple Sunbird
7. House Sparrow
8. White Wagtail
9. Scaly Breasted Munia
10. White rumped Shama
11. Coppersmith Barbet
12. Cinereous Tit
13. Oriental Magpie Robin
14. Spotted Dove
15. Owl species
16. Green Leafbird species
17. Heron or Rail
18. Coucal species
19. Swallows

Bird sighting compiled by Dr. Megongusie Meru  
Information on Biodiversity Club contact:  
**Dr. Tanyang Lalyang (ENT)**



# NEWS IN PICS



Multi-purpose hall inaugurated by Dr. PK John



Blood Donation Campaign



Nursing Service Dept-State Level Seminar



Cultural Presentation on Teacher's Day



Digital Online Learning Team



Strategic Planning Meeting



Community Church Summer Camp VBS



College of Nursing Students Workcamp





# BOOK SHELF

The man who does not read good books is no better than the man who can't.

## LIVING AUDACIOUSLY

During the early Renaissance period (14th to 16th century AD), artists were at the forefront of redefining every aspect of human development, marking an unprecedented shift for human civilisation.

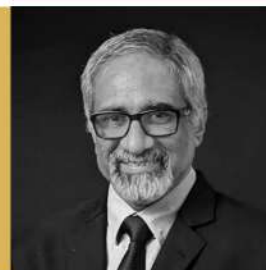
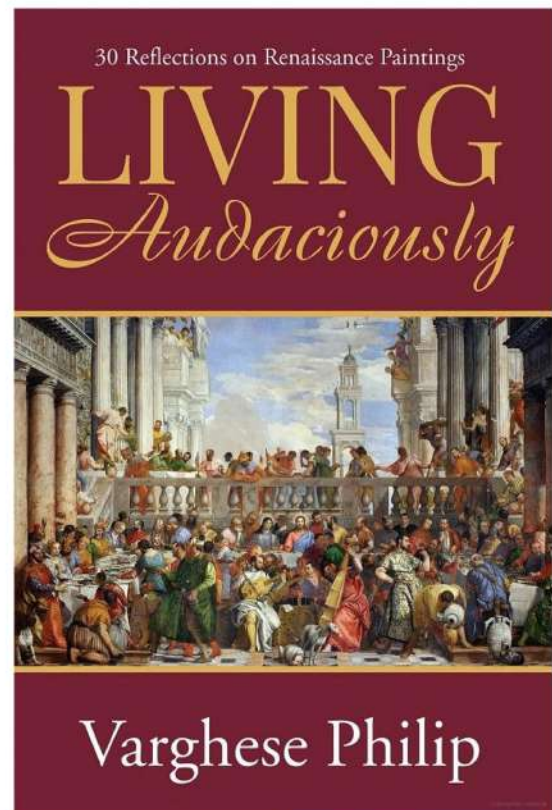
Their paintings were a clear break from the past in portraying Biblical stories. The Old Masters portrayed human predicament with unmatched intensity. Their subjects were endowed with movement, dynamism and emotion never before seen in earlier paintings.

Do Renaissance artists have a message for us today? How do we live differently in the light of their message?

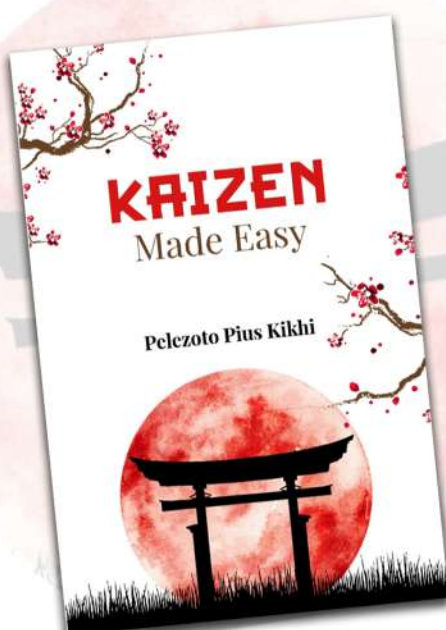
These questions are the starting point for the author as he interprets the paintings in today's context. The book contains 30 paintings most of them from the Renaissance period. Every one of these paintings provides an important reflection that challenges you to live to the full and to live audaciously.

Varghese Philip is a surgeon trained at the Christian Medical College, Vellore. He also did his Masters from the London School of Economics. He has strategically led a number of healthcare organisations over the last three decades serving in some of the most deprived regions.

Currently, he serves as a strategy advisor to Mission Aviation Fellowship and is based in Papua New Guinea, with his wife, Nirmala.



Book is available on  
**Amazon**



## Kaizen: Made Easy

**A concise reference on the concept of Kaizen for healthcare professionals**

Kaizen is to be seen and understood in two different connotations. One as a Philosophy and the other as a Process. As a philosophy, Kaizen encompasses a number of process improvement tools, majority of which are primarily known as 7 QC Tools. To ensure continuous improvement, the concept of Plan, Do, Check and Act, popularly known as PDCA is used in conjunction with the above process improvement tools to integrate philosophical and process improvement aspects of Kaizen.

-Ashok Kunapareddy, CEO-Lean Healthcare Initiatives

**Pelezoto Pius Kikhi**  
Quality Manager, CIHSR





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