



LIGHT



Flame 1 Spark 1
Sep 2016 - Feb 2017



OUR LADY OF HEALTH
SCHOOL & COLLEGE OF NURSING



Inauguration of School & College of Nursing New Building on 21.01.2011



Celebration of Our Lady of Health Feast on 08.09.2016



Lamp lighting ceremony of 8th Batch B.Sc(N) and 9th Batch GNM



Graduation Day Celebration



Most Rt. Rev. Bishop issuing Diploma Certificates to the GNM Students



Evergreen Memories of the First Reunion - Alumni



Uncovering Talents of the Students in Annual Day



Sports Day Potentia '16



Bye - bye moments of Farewell Day

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**BIANNUAL MAGAZINE
OF
OLHSCON**



3rd Cross, Arulananda Nagar,
Thanjavur - 613 007, S.India.



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"Everyday begins with lot of expectations and ends with different experiences". We, the Our Lady family started this academic year with lot of expectations. One of the expectations is to reach the quality education. The education, we get is not only

for us but it should some way help the whole society where we live and work. In that way, "Light" magazine is our tiny effort to spread the light of knowledge to the society. Our Lady of Health School and College of Nursing want to be a small spark to enlighten the people with regard to health. **"People work hard to earn money by spoiling their health and later on, they spend their money to regain their health"**. That's why it is well said, "Prevention is better than cure". Proper and systematic way of life, knowing the facts about various diseases and its cure for the same will prolong the quality of life.

We, being part of nursing Institutions are so proud to bring out a magazine "Light" to eliminate the darkness of ignorance with regard to health. In this way, the first spark of light carries the articles written by our faculty on Spirituality, Heart, Polio, Mental health, Alzheimer's, Obesity, Diabetes, AIDS, Leprosy, Cancer, Importance of books and Christmas. Our Lady students are known for their creativity that can be experienced from their contribution in the form of poetry, tips, arts and pictures in this magazine.

I appreciate all the writers and special appreciation to the editorial team who toiled to bring out this magazine, the first ever effort in the history of Our Lady.

We thank sincerely our President Most.Rev.Dr. M. Devadass Ambrose who is with us in all our new endeavors. We remember in gratitude Mrs. Anne Grace Kalaimathi, the Registrar for her encouraging words and support. I feel so happy to inform that Light magazine is biannual. We hope to spread the light instead of cursing darkness.

Rev. Dr. T. Arokia Baskar, D.C.L.,
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The Founding President's Message

I am delighted to pen a few words for "LIGHT" the magazine of Our Lady of Health School and College of Nursing magazine. "Let there be light" are the very first recorded words of God in Bible. They represent God's first creative act. It all started with light. I am so happy to know that Our Lady of Health School and College of Nursing is bringing out its first college magazine this year in the name of light. It is the first creative art of team work. It adds milestone to the college history. It is an amazing magazine with excellent content.

Hearty congratulations to the dedicated team of editorial board that has created an opportunity to bring out the hidden literary talents and innovative ideas of teachers and the students. It is a stupendous achievement. I hope that LIGHT will play a vital role in the competitive times ahead and scale greater heights in the year to come to save many more million in the society.

**We cannot always build the future for our youth
but we can build our youth for the future.**

May all your efforts enlighten the minds and illumine all to bear ample fruit for the good of humanity and for the Glory of God. I wish all the best for achieving greater success and may the Lord of wisdom and knowledge help all you to live up your mission and vision "to empower and to serve."

Most. Rev. Dr. M. Devadass Ambrose
Bishop of Thanjavur



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19.10.2016

I am delighted to learn that Our Lady of Health School and College of Nursing, Thanjavur, is bringing out the first issue of the college magazine Light. It is a nice platform for both the faculty and the students to exhibit their talents.

I am sure that the College Magazine will provide a platform to the students to sharpen their writing talent and will strengthen the academic activities of the College. Also I am confident that this issue of College Magazine will send a positive signal to the staff, students and the persons who are interested in the educational and literary activities. A magazine is like a mirror which reflects the clear picture of all sorts of activities undertaken by the institution and develops writing skills among students in particular and teaching faculty in general.

I wish the Management, Staff and Students of the College success in their future endeavours.


Prof. Dr. (Mrs.) S. Ani Grace Kalaimathi,
R.N, R.M, Ph.D.,

Registrar (FAC), Tamilnadu Nurses and Midwives Council, Chennai.



**"A dream you dream alone is only a dream.
A dream you dream together becomes reality".**

It is a joy and pride for being a part of "Light". It intends to initiate the young minds to unleash their unparalleled innovative ideas. We together express ourselves as a team of faculty, students and our eminent management for providing a platform for the professional growth in the name of the magazine "Light". Team work is the key for achieving a common goal.

Congratulation to the staff and students of Our Lady of Health School and College of Nursing for their untiring team work.

Flowers grow better in sunshine but ferns grow better in the shade. Both add beauty to the garden. There cannot be shade without sunshine. We must be prepared to face life's perspectives with faith to achieve.

Dear students, success demands hard work. Hard work when coupled with the grace of God brings success. God, the Almighty had stored much potential within us. It may vary from individual to individual. We need to develop them, so that we will be able to enlighten others and make a difference in our own life as well as of others.

We, the Nurses are called to make a difference in the life of the sick and the suffering by providing compassionate care. Let these words inspire, motivate and challenge us to fulfill our mission with vigor, zeal and enthusiasm.

Prof. Mrs. Vanitha Innocent Rani M.Sc(N)., Ph.D
Principal

VOICE WITHIN THE VOICE



Sr. LIGI ANTONY,
B.Sc (N)

Hello, where are you..? I can't hear you, don't you have a tower...? It is the common network problem with all the available communication network operators. Customers keep using a network if it has good range and less call charge. Have you ever thought of a heavenly SIM card (God) which has full range system in the nook and corner of the whole earth? In the book of prophet Jeremiah chapter 33/3 God says, "call me I will answer you". In the bible Joseph cried to God from the well, He answered to his voice and protected him (Genesis' 37:24) and Hagar's cry was heard by God in the desert. So, when we call God, He will respond even in the desert, normally none of the network operators have a tower in the desert. But God's tower is always in full range to respond to us in all our circumstances. It is an unlimited call charge and a lifelong booster pack.

We are different types and shapes of mobile phones in the hands of God to carry the SIM card and to fulfil his mission on earth. Now a days most of us are using touch screen mobile phones. We need to be touched by God for each outgoing and incoming services that means get a consultation from God, "God, what shall I say now or what shall I do to this situation?". To communicate with Him we have to be in range, that range is the presence of God.

When we are out of range, our services to the people will be also out of order and when others seek our services, the normal reply from us will be like "the number you are trying is not reachable". To get the range, we need to move to the location of tower.

I would like to combine this system with saint Mother Teresa's life. She was like a mobile phone who carried the SIM card (God) which was always in full range that made her to see the presence of God in every human being. She plugged herself to charge every day early morning in prayer which was the tower station for her to do the ordinary things in an extraordinary way and she could keep herself ever available to the needy. On September 10, 1946 while Mother Teresa was traveling by train to Darjeeling, she heard an inner voice "I THIRST... to care for the poorest of the poor". Yes it was a call within the call. She was an ordinary woman who lived in our time. Really she is an inspiration to our services. If she can, why can't we?. Her tremendous love for God and humanity is a challenge to all of us today. So let us set our antenna to receive the signal from God to do the service with love according to God's will and to experience unlimited free recharge. Where there is a will there is a way.....

**Talking to God is like talking to
a friend on the telephone.**

**We may not see
him on the other end but we know
He is listening.**

ALZHEIMER'S DISEASE WITH CASE REPORT



Mrs. ANTONY PUNITHA
KALAIARASI, B.Sc (N)

A CASE REPORT

A 73 years old woman was brought for the neurological examination by her brother because of three years history of memory impairment. The brother had noticed

her gradual loss of memory and difficulty in finding appropriate words to talk and others noticed her difficulty in house keeping. She had no children and undergone hysterectomy. General and neurological examinations were normal. Her speech was highly anomic and paraphasic. She was able to tell her name but when asked about her current age she was not able to answer. After appropriate clinical evaluation she was diagnosed to have Alzheimer's disease.

DEFINITION

Alzheimer's disease is a progressive, degenerative neurological disease that results in the brain's inability to function correctly leads to changes in memory, communication, judgment, personality and overall cognitive functioning.

DEVELOPMENT OF THE DISEASE

Alzheimer's disease is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time. It damages and kills brain cells. As more and more brain cells die, Alzheimer's leads to significant brain shrinkage by two abnormalities (plaques and tangles) that are considered hallmarks

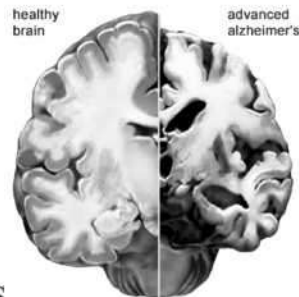
of the disease.

* **Plaques** - These clumps of a protein called beta-amyloid may damage and destroy brain cells including interfering with cell-to-cell communication.

* **Tangles** - Brain cells depend on an internal support and transport system to carry nutrients and other essential materials throughout their long extension. This system requires the normal structure and functioning of a protein called tau. In Alzheimer's, threads of tau protein twist into abnormal tangles inside brain cells, leading to failure of the transport system. This failure is also strongly implicated in the decline and death of brain cells.



Ms. P. PUNITHA VALLI,
B.Sc (N)



STAGES

Stage 1 – Mild/Early (lasts 2-4 yrs) – Frequent recent memory loss, particularly of recent conversations and events.

Stage 2 – Moderate / Middle (lasts 2-10 yrs) – Can no longer cover up problems.

Stage 3 – Severe/Late (lasts more than 10 yrs) – Confused about past and present events.

WARNING SIGNS

- * Memory loss
- * Difficulty in completing familiar tasks
- * Problem with language
- * Misplacing things
- * Disorientation to time and place
- * Changes in mood, behavior, personality and loss of initiativeness.
- * Trouble in planning, judgement and problem solving.

PREVENTION

- * Eat more fruits and vegetables.
- * Increase intake of omega-3 fatty acids
- * Take folic acid supplements
- * Drink a glass of red wine or purple grape juice
- * Control your blood pressure
- * Have strong social support

CONCLUSION

Although the human and societal cost of Alzheimer's disease is staggering, there is a hope that early and better diagnosis, increased knowledge of its natural history with support of the patient and family throughout the disease stages, effective symptomatic drugs and potentially effective disease modification strategies will have a dramatic impact on the number of persons affected in the future and the quality of life of persons currently affected.

“Alzheimer’s disease is the cleverest thief, because she not only steals you, but she steals the very thing you need to remember what’s being stolen”.

REFERENCE

1.P. S. Sachdev et al.(2002).*Journal of Neurology*.vol 58.1539-1541.

2.S. J. Duthie, et al.(2002). *American Journal of Clinical Nutrition*. vol75(5).908-913.



WORLD ALZHEIMER'S DAY

World Alzheimer's Day falls on September 21st to raise awareness and challenge the stigma that surrounds dementia.

The theme of this year is "Remember me". The impact of World Alzheimer's Day is growing, but the stigmatization and misinformation that surrounds dementia remains a global problem.



WARNING SIGNS OF CARDIOVASCULAR DISEASE



Mrs. JEYANTHI, M.Sc (N)



“ Put a stop to it before it stops you ”



Mrs. SURYA, B.Sc (N)

Cardiovascular disease (CVD) is a general term that describes a disease of the heart and blood vessels.

TYPES OF CVD

- * Coronary heart disease
- * Stroke
- * Peripheral arterial disease
- * Aortic disease

If something went wrong with your heart, would you know it? So never ignore to watch out for the following warning signs.

WARNING SIGNS OF HEART ATTACK

Some heart attacks are sudden and intense where no one doubts what's happening. But most heart attacks start slowly with mild pain or discomfort. Often people affected aren't sure what's wrong and would wait too long before getting help. Here are the signs that can mean a heart attack is happening.

Chest discomfort - Most of the heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back.

It can feel like uncomfortable pressure, squeezing, fullness of chest or pain.

* **Symptoms of discomfort** in other areas of the upper body includes pain in one or both arms, back, neck, jaw or stomach.

* **Shortness of breath** with or without chest discomfort.

* **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

WARNING SIGNS OF STROKE

A stroke is a medical emergency. If any of these symptoms appear, don't delay – get medical help immediately.

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.

* Sudden confusion, trouble with speaking or understanding.

* Sudden trouble with seeing in one or both eyes.

* Sudden trouble with walking, dizziness, loss of balance or coordination.

* Sudden severe headache with unknown cause.

WARNING SIGNS OF PERIPHERAL ARTERIAL DISEASE

- * Painful cramping in the hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication).
- * Leg numbness or weakness.
- * Coldness in the lower leg or feet especially when compared with the other side of the body.
- * Sores on the toes, feet or legs that won't heal.
- * A change in the color of the legs.
- * Hair loss or slower hair growth on the legs.
- * Slower growth of the toenails.
- * Shiny skin on the legs.
- * No pulse or a weak pulse in the legs or feet.
- * Erectile dysfunction in men.

WARNING SIGNS OF AORTIC DISEASE

- * Sudden, intense and persistent chest or back pain.
- * Pain that radiates to the back.
- * Low blood pressure.
- * Loss of consciousness.
- * Shortness of breath.
- * Difficulty in swallowing.

TIPS TO PREVENT CVD

- * Choose a healthy eating plan by including foods low in saturated fat and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish, nuts, legumes and seeds.

- * Be physically active.
- * Consult a doctor and have regular wellness examinations.
- * Don't smoke and avoid second hand smoke.
- * Maintain a healthy body weight and know your family history.
- * Tame your stress.
- * Check your blood sugar level regularly.
- * Follow your treatment plan if you have been diagnosed with high blood pressure, high cholesterol, diabetes or other conditions that increase your risk for heart disease or stroke.
- * Have an ankle-brachial index test at the age of 60.

REFERENCE

1. www.aortadissection.com
2. Phipps'.(2007). *Medical surgical nursing Health and illness perspectives*. 8th edition. Canada: Mosby publication. 713-826.
3. Brunner and suddarth's.(2009). *Text book of medical surgical nursing*. 11th edition. vol I. New Delhi: Wolters kluwers India pvt ltd. 858-885.



WORLD HEART DAY

World Heart Day on 29th September is the World Heart Federation's biggest platform for raising awareness about cardiovascular diseases (CVD). Know the early signs of heart disease as well as risk factors so you can get treatment early and prevent more serious health problems.



CONGENITAL HEART DEFECTS



Mrs. JOICE, M.Sc (N)

Congenital heart defects are problems with the heart's structure that are present at birth. These defects can involve the interior walls of the heart, the valves inside the heart, arteries and veins. They affect 8 of every 1,000 newborns.

CAUSES

- * Genetic conditions like down syndrome, turner's syndrome
- * Maternal diabetes.
- * Smoking and alcohol consumption during pregnancy.
- * Rubella infection and flu during pregnancy.
- * Exposure to organic solvents during pregnancy.
- * Intake of anti-seizure drugs, ibuprofen and acne medications during pregnancy.
- * Phenyl ketonuria.

TYPES

1. Acyanotic heart defects- pink baby (left to right shunt)

- * Atrial septal defect
- * Ventricular septal defect
- * Patent ductus arteriosus
- * Coarctation of aorta

2. Cyanotic heart defects- blue baby (right to left shunt)

- * Tetralogy of fallot.
- * Transposition of great arteries.
- * Truncus arteriosus.



Mrs. VICTORIA, B.Sc (N)

WARNING SIGNS AND SYMPTOMS

- * Abnormal heart rhythms (arrhythmias)
- * A bluish tint to the skin (cyanosis)
- * Shortness of breath.
- * Tiring quickly upon exertion.
- * Dizziness or fainting.
- * Swelling of body tissues.

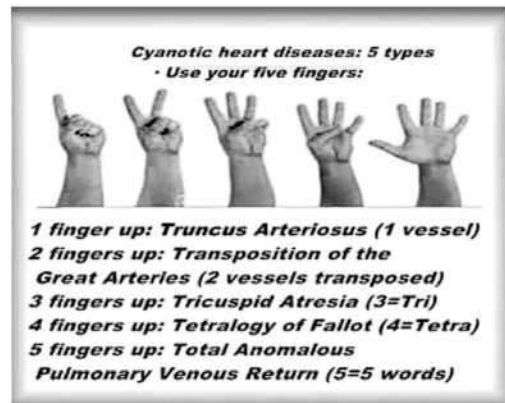
DIAGNOSIS

1. Physical examination

Head to toe examination of the child.

2. Feto echocardiography

The fetal echo usually is done at about 18 to 22 weeks of pregnancy.



3. ECG(Electrocardiogram)

The test shows how fast the heart is beating and its rhythm (steady or irregular). It also records the strength and timing of electrical signals as they pass through each part of the heart.

4. Chest X ray

This test shows whether the heart is enlarged or not.

5. Pulse oximetry

Pulse oximetry shows the percentage of oxygen in the blood.

6. Cardiac Catheterization

Cardiac catheterization is used to diagnose the abnormalities of the valves and walls of the heart.

SURGERY

1. A child may need open-heart surgery if his or her heart defect can't be corrected by interventional cardiac catheterization.

Sometimes, one surgery can repair the defect completely. If it's not possible, the child may need more surgeries.

2. Open-heart surgery may be done to close holes in the heart with stitches or with a patch, repairing or replacement of heart valves.

PREVENTION

Women who are pregnant should get good prenatal care:

- * Avoidance of alcohol and self prescribed drugs
- * Get checked for rubella infection
- * Pregnant women who have diabetes should control blood sugar level within normal limits

Babies diagnosed with congenital heart disease do not need any treatment or can be successfully corrected with surgical procedures.

REFERENCE

1.Fraser CD ,Carberry KE. (2012).*Sabiston Textbook of Surgery*. 19th ed. Philadelphia: Elsevier Saunders. Chap 59.

2.Webb GD, et al.(2015).Braunwald's Heart Disease: *A Textbook of Cardiovascular Medicine*. 10th ed. Philadelphia: Elsevier Saunders.Chap 62.



The pentalogy of Fallot is a variant of the more common tetralogy of Fallot, comprising the classical five features of:

- ❖ Ventricular septal defect (VSD)
- ❖ Right ventricular outflow tract narrowing or complete obstruction
- ❖ Right ventricular hypertrophy
- ❖ Over riding aorta
- ❖ Atrial septal defect (ASD) or Patent ductus arteriosus (PDA)



STRESS MANAGEMENT



Mrs. VANITHA INNOCENT RANI, M.Sc (N), Ph.D



Mrs. KAVIPRIYA, B.Sc (N)

Stress is a normal part of life. In small quantities, stress is good. It can motivate you and help you become more productive. However, too much stress or a strong response to stress can be harmful. How we perceive a stress provoking event and how we react to it determines its impact on our health.

DEFINITION

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

CAUSES OF STRESS

- * Threat – Physical, social and financial
- * Fear of uncertainty
- * Cognitive dissonance
- * Death of spouse, family members and friends
- * Injury and illness
- * Sexual molestation and crime
- * Self-abuse, drug abuse and alcoholism
- * Family issues- separation, divorce, arrival of new baby and marriage.

- * Argument with spouse, family members, friends and co-workers
- * Lack of sleep
- * Lack of money
- * Environmental changes

STRESS MANAGEMENT

Stress management refers to a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress.

TEN RELAXATION TECHNIQUES THAT ZAP STRESS FAST

- * **Meditate** - A few minutes of meditation per day can help ease anxiety. Research suggests that daily meditation may alter the brain's neural pathways.
- * **Breathe deeply** - Do breathing exercise for 5 minutes.
- * **Be present** – Spend time in the present moment.
- * **Reach out** - Talk to others preferably face to face.
- * **Tune your body** - Mentally scan your body to get a sense of how stress affects it each day.

★ **Decompress** - Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest and back muscles.

★ **Laugh out loud** - A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone and boosts brain chemicals called endorphins, which help your mood.

★ **Listening to music** - Research shows that listening to soothing music can lower blood pressure, heart rate and anxiety.

★ **Get moving** - All forms of exercises including yoga and walking can ease depression and anxiety.

★ **Be grateful** - Being grateful for your blessings cancels out negative thoughts and worries. Don't forget to celebrate accomplishments like mastering a new task or a hobby.

FOODS FOR STRESS RELIEF

- ★ Green leafy vegetables
- ★ Dark chocolates
- ★ Fish, citrus fruits and garlic
- ★ Yogurt and milk
- ★ Bread , oat meal, broccoli and herbal tea
- ★ Avocados and asparagus
- ★ Honey and green tea
- ★ Almonds, pistachios and cashews
- ★ Flaxseed, pumpkin seeds and sunflower seeds



Stress management is all about taking charge of your lifestyle, thoughts, emotions and the way you deal with problems. Keep a positive, realistic attitude. Stand up for yourself in a polite way.

REFERENCE

1. Davis, M., Robbins Eschelmann, E., & McKay, M. (1995). *The Relaxation & Stress Reduction Workbook*. 4th ed. Oakland:New Harbinger Publications.
2. Greenberger, D., & Padeshy, C. (1995). *Mind Over Mood. Change How You Feel by Changing the Way You Think*. New York: Guilford Publications.



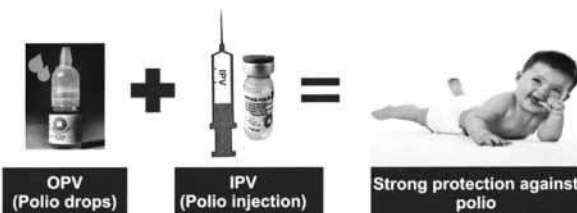
WORLD MENTAL HEALTH DAY

World Mental Health Day is observed on 10th October. The theme for 2016 is "Psychological first aid". Psychological first aid is an evidence-informed approach to reduce Senseless Thoughts Repeated Endlessly Surrounding Self (STRESS) in all aspects of life.

SWITCHING TO INJECTABLE POLIO VACCINE



Mrs. GOWRI, M.Sc (N)



Mrs. GAYATHRI DEVI, B.Sc (N)

“POLIO IS CRIPPLING AND POTENTIALLY FATAL DISEASE HAS NO CURE”

Polio is an infectious disease caused by a virus that lives in the throat and intestinal tract. It is most often spread through person-to-person contact with the stool of an infected person and may also be spread through oral/nasal secretions.

WHO (World Health Organization) declared India polio-free in March 2014, a notable public health milestone in a country. As a part of Global Polio Endgame Strategy (GPES), India has reached another milestone by launching Inactivated Polio Vaccine (IPV) to prevent re-emergence of polio.

Tamil Nadu has had no polio case for the past 12 years. The last case was reported from Tenkasi in February 2004. Tamil Nadu has introduced IPV in its routine Immunization from June 2016.

POLIO VACCINE

There are two types of vaccine that protect the children against polio which can cause paralysis and death: oral polio vaccine (OPV) and inactivated polio vaccine (IPV)

Oral polio vaccine

The oral polio vaccine (OPV) was developed in 1961 by Albert Sabin, also called "trivalent oral polio vaccine" or "Sabin vaccine". OPV produces antibodies in the blood to all three types of poliovirus. In the event of infection, these antibodies protect the children against paralysis by preventing the spread of wild poliovirus to the nervous system.

Inactivated polio vaccine

Inactivated polio vaccine (IPV) was developed in 1955 by Dr Jonas Salk, also called the "Salk vaccine". IPV consists of inactivated (killed) poliovirus strains of all three poliovirus types.

IPV is given by intramuscular/subcutaneous/intradermal injection and needs to be administered by the trained health workers.

When to give IPV?

A dose at 2nd month, 4th month, between 6-18 months and a booster dose between 4-6 years. It may be given at the same time as other vaccines.

What are the possible side effects ?

Fever and redness or soreness at the site of injection.

When to delay or avoid immunization ?

The vaccine is not recommended if the child has a severe allergy to neomycin, streptomycin or polymyxin B and severe allergic reaction to a previous IPV site.

How the child will be cared after immunization?

Depending on the child's age, pain and fever may be treated with acetaminophen.

What are the IPV key messages for the community?

- * Children are at risk of polio till it is not eradicated from the world.
- * Just one dose of IPV with the third dose of OPV to the child in routine immunization at 14th week of age gives additional protection against polio.
- * IPV is available free of cost at Routine Immunization (RI) session sites.

What are the advantages?

- * As IPV is not a 'live' vaccine, it carries no risk of vaccine-associated polio paralysis.
- * IPV triggers an excellent protective immune response in most children.

What are the disadvantages?

- * IPV induces very low levels of immunity in the intestine. As a result, when wild polio virus infected child immunized with IPV, the virus can still multiply inside the intestines and be shed in the faces, risking continued circulation.
- * IPV is over five times more expensive than oral polio vaccine.
- * Administering the vaccine requires trained health workers, sterile injection equipments and procedures.

"Now more than ever, Stop polio forever"

We are all responsible for creating a polio-free world while we still can.

Most poliovirus infection causes asymptomatic viral replication that is limited to the alimentary tract. IPV is produced from wild-type poliovirus strains of each serotype that have been inactivated (killed) with formalin.

REFERENCE

1. Special correspondent. (2016, June 27). *Government introduces injectable polio vaccine in Tamil Nadu*. The Times of India.
2. WHO.(2016 March). *IPV introduction, OPV withdrawal and routine immunization strengthening*. Retrieved September 14, 2016,



WORLD POLIO DAY

World Polio Day is celebrated on 24th October. The theme of this year is "End polio now. Make history today". The theme recognizes the global progress made against the disease which once crippled over 100 children per week and now has been reduced to fewer than 100 cases per year.



AYUSH FOR DIABETES MELLITUS



Mrs. SARANYA, M.Sc (N)



Mrs. DURGA DEVI, B.Sc (N)

ALTERNATIVE MEDICINE

Alternative Medicine includes Ayurveda, Yoga, Unani, Siddha and Homeopathy.

AYURVEDA

Ayurveda is a system of traditional medicine native to India that treats diabetes through drugs, panchakarma and exercise.

7 best ayurvedic medicine for diabetes

- ✱ Gymnema sylvestre (Gurmar)
- ✱ Coccinia indica (scarlet gourd)
- ✱ Azadirachta indica (Neem)
- ✱ Morus indica (Mulberry)
- ✱ Momordica charantia (Bitter gourd)
- ✱ Eugenia jambolana (Java Plum)
- ✱ Trigonella foenum (Fenugreek)

Panchakarma

Panchakarma is Ayurveda's primary purification and detoxification treatment. It includes five therapies such as Vamana (Emesis), Virechana (Purgation), Nasya (Instillation of medicine through nostril), Basti (Enema or colon irrigation) and

Raktamoskshana (Cleanse the blood) to eliminate toxins from the body.

Exercise

Exercise is an absolutely essential factor and without it, you're unlikely to get this devastating disease under control. It is one of the fastest and most powerful way to lower your insulin and leptin resistance.

YOGA

Yoga has been the cure for various diseases since ages. The practice of yoga includes meditation, breathing exercises, pranayam and asanas. Start yoga session by chanting 'OM' loudly and repeat it 11 times. This creates good and effective vibrations.

UNANI

✱ Kernel of jamun seeds (Syzygium cumini) - Jamun seeds are very helpful in controlling sugar to ease from diabetic symptoms. For this, take about 50-70 grams of jamun kernel; dry it and make fine powder. Use the mixture twice a day along with water. Chewing of jamun leaves are also suggested for diabetic patients.

* **Bitter gourd/ bitter melon (Momordica charantia)**- Using of bitter gourd juice (20 ml) twice a day is helpful in reducing the blood sugar level.

* **Neem (Azadirachta indica)** - Take 50 grams of tender neem leaves and grind it in 100 ml of water. Strain the mixture. It is suggested that the extract should be taken in the morning for better solution to diabetes.

* **Cotton seeds (Gossypium herbaceum)** -Take 2 gram of cotton seeds. Boil these seeds in 1000 ml of water until it reduces to 300ml. Strain the mixture and use the extract twice a day.

* **Bel leaves** - Grind some quantity of bel leaves in about 100 ml of water and strain the mixture. Drink the extract in the morning.

SIDDHA

The herbs of siddha medicine controls blood sugar without any harmful side effects and also promotes the patient strength and well-being.

- * Tinospora cordifolis or Amrit
- * Eugenia jambolena or Nyaval
- * Gymnema sylvestre or Sarkarrai kolli
- * Phyllanthus emblica or Nellikkai
- * Aegle marmelos or Vilvam
- * Trigonella foenum or Venthayam
- * Turmeric or Manjal
- * Andrographis paniculata or Nilavembu

HOMEOPATHY

Homeopathic remedy concentrates mainly on the functioning of pancreas so that the organ can efficiently produce the hormone insulin. Homeopathy is very effective in treating complications of diabetes such as diabetic neuropathy.

Drugs

- Helonias 200
- Iodum 200
- Syzygium Jambolanum
- Uranium nitricum
- Conium
- Plumbum

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WORLD DIABETES DAY

World Diabetes Day is celebrated annually on November 14. The theme of World Diabetes Day 2016 is “**Eyes on Diabetes**”. The year's activities and materials will focus on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

CHRISTMAS MESSAGE



Sr. METTY
LOPEZ .O.CARM

The chilly weather, the winter blossoms, glittering decorations all remind of the great celebration of Christmas. What is the real cause? And who is real source of this joy and

celebrations? Christmas is good news to all, especially to those of good will. Christmas brings joy, peace and love showing that our Savior is born again in our time and in our midst. Every year we celebrate the Christmas. But do you know the real meaning of the Christmas? Let me tell you by narrating a simple story.

There was a teenage girl named Sweedal who planned to celebrate Christmas very grandly inviting all her friends. She made all her efforts to make her Christmas shopping on 19th December. She made a long list to purchase the gifts for her friends who were rich. As she finished her shopping she was standing in the queue to pay the bill. In front of her, there were two little ones named Dona and Don dressed up in shabby but their faces were grace filled. Dona carried a pair of beautiful golden colored shoes. As they were moving forward they were humming Christmas hymns. The time came for them to pay the bill and the total amount was 6.9 dollars. When Don checked his pocket there was only 3.3 dollars. Understanding the situation, Don courageously said to his



sister Dona that they could come back after some time, might be the next day.

Hearing this statement the little Dona's face gloomed and she answered that Jesus loved these shoes.

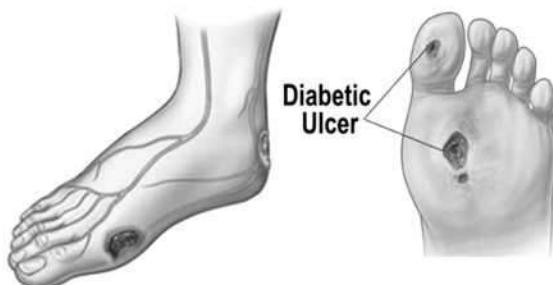
Observing everything Sweedal's heart moved with pity and without delaying she took the money from her purse and paid Dona's bill. Suddenly a pair of arms came around her and both kids thanked her with grateful heart. In surprise, she asked what did you mean when you said Jesus would have loved these shoes?. The small boy answered that his Sunday school teacher said that the streets in heaven would be shining like gold just like these shoes. As our mom was very sick, Dad told us that before Christmas she might die. We wanted to present these golden color shoes to mom so that she would walk with these shoes on those streets in heaven. This incident touched Sweedal's heart and she celebrated the Christmas with the poor people whom she had neglected.

This story reminds us of the true spirit of Christmas. Christmas is not about the amount of gifts purchased or the greetings sent. It is about the love in our hearts to share as Jesus Christ had shared with each of us. May this Christmas become a beautiful and ever living experience in our lives.

Diabetic Foot Care



Mrs. VIDHYA, M.Sc (N)



Mrs. SENTHAMIL SELVI, B.Sc (N)

According to the report of World Health Organization (WHO), the number of diabetic patients in 2000 reached to 171 million and was predicted to increase 380 million by 2025. Some studies have shown that 15 percent of diabetic patients will be suffering from diabetic foot ulcer during their lifetime. On the other hand, these ulcer can lead to infection, gangrene, amputation and even death if the necessary care is not provided.

DIABETIC FOOT

Diabetic foot is one of the most significant and devastating complication of diabetes and is defined as a foot affected by ulceration that is associated with neuropathy and/or peripheral arterial disease of the lower limb.

TIPS TO PREVENT DIABETIC FOOT

- Inspect your feet daily. Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of the feet.

- * Wash the feet in lukewarm water. Keep the feet clean by washing them daily.
- * Be gentle when bathing the feet. Wash them using a soft wash cloth or sponge. Dry by blotting or patting and make sure to carefully dry between the toes.
- * Moisturize the feet but not between the toes. Use a moisturizer daily to keep dry skin from itching or cracking.
- * Cut nails carefully. Don't cut them too short because this could lead to ingrown toe nails.
- * Never trim corns or calluses. No "bathroom surgery". Let your doctor do the job.
- * Wear clean, dry socks and change them daily.
- * Avoid wrong type of socks. Avoid tight elastic bands (they reduce circulation). Don't wear thick or bulky socks (they can fit poorly and irritate the skin).
- * Wear socks at bedtime. NEVER use a heating pad or hot water bottle.
- * Shake out the shoes and inspect inside before wearing.

- * Keep the feet warm and dry. Don't get the feet wet in snow or rain. Wear warm socks and shoes in winter.
- * Never walk barefoot not even at home.
- * Keep blood sugar levels under control.
- * Don't smoke. Smoking restricts blood flow to the feet.
- * Get periodic foot examinations.

FOOT CARE PROCEDURE

1. Sit in a chair or place yourself in semi-fowler's position with a pillow under the knees.
2. Fill a basin half-full with warm water (approximately 105°F to 110°F or 40°C to 43°C).
3. Change the water if it becomes cool or dirty.
4. Inspect the feet thoroughly for skin integrity, circulation, edema and check between toes.
5. Place waterproof pad or bath towel under the feet and basin.
6. Soak each foot, one at a time, for 5 to 20 minutes (contraindicated for patients with peripheral vascular disease).
7. Clean feet with mild soap.
8. Rinse and dry well (especially between toes).
9. Trim nails straight across with toenail clippers.
10. Gently apply cream, lotion or foot powder. Do not apply cream or lotion between the toes.
11. Ensure that footwear and bedding are not irritating to feet and apply protective devices.

Diabetes can be dangerous to the feet. Even a small cut can have serious consequences. So be alert to take care of the feet and have a check on the blood glucose level.

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The 4 Essentials for Preventing DFU





Mrs. IRAIMANI, M.Sc (N)



Mrs. ELIZABETH BUELA,
M.Sc (N)

WHAT IS HIV?

HIV gradually attacks the immune system which is our body's natural defence against illness. If a person becomes infected with HIV, they will find it harder to fight off infections and diseases. The virus destroys a type of white blood cell called T-helper cells and makes copies of itself inside them.

WHAT IS AIDS?

AIDS is a syndrome caused by Human Immuno deficiency Virus. It is when a person's immune system is too weak to fight off many infections and develops when the HIV infection is very advanced.

MYTHS AND FACTS

Myth: HIV and AIDS are same.

Fact: No. A person is said to have HIV infection if the HIV had been identified in the patient's body. But AIDS will be determined to be the end stage of HIV infection.

Myth: Whether someone can get HIV by being around those who are HIV-positive?

Fact: No. HIV is not spread through touch, tears, sweat or saliva.

You cannot catch HIV by

- Breathing the same air as someone who is HIV-positive.
- Touching a toilet seat or doorknob handle after an HIV-positive person.
- Hugging, kissing or shaking hands with someone who is HIV-positive.
- Sharing eating utensils with an HIV-positive person.

Myth: HIV and AIDS can be cured.

Fact: No. Till date, there is no cure and there are no vaccines to prevent HIV and AIDS infection.

Myth: Antiretroviral drugs will cure HIV and AIDS.

Fact: No. Antiretroviral drugs are improving and extending the lives of many HIV-infected people. However, many of these drugs are expensive and have serious side effects. Also, drug-resistant strains of HIV make treatment increasingly challenging.

Myth: Insects and water can transmit HIV infection.

Fact: No. HIV cannot be passed on by insect bites because the HIV virus can't survive in an insect. HIV can't survive in water, so you won't get HIV from swimming pools, bathrooms, shower areas or from drinking water.

Myth: Tattoos and piercings can transmit HIV infection and may lead to AIDS.

Fact: Yes. There is only a risk if the needle used by the professional has been used in the body of an HIV-infected person and not sterilized afterwards.

Myth: AIDS is a death sentence

Fact: No. In the 1980s, there was a very high death rate from AIDS. However, medications have improved dramatically and so has the life span of people with HIV infection. If you have access to AIDS medications and medical monitoring, People can live a long life even with HIV infection or AIDS.

HIV/AIDS research includes all medical research which attempts to prevent, treat or cure HIV/AIDS along with fundamental research about the nature of HIV as an infectious agent and AIDS as the disease caused by HIV.

Many governments and research institutions participate in HIV/AIDS research. This research includes behavioral health interventions such as sex education and drug development. (Research into microbicides for sexually transmitted diseases, HIV vaccines and antiretroviral drugs.) Other medical research areas include the topics of pre-exposure prophylaxis, post-exposure prophylaxis, circumcision and HIV.

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HIV IS NOT TRANSMITTED BY



Insect bites



Toilet seats



Kissing



Sharing cutlery



Touching

WORLD AIDS DAY

World AIDS Day is celebrated on 1st December. The theme of this year, "Access Equity Rights now" is a call to action to work together and reach the people who still lack access to comprehensive treatment, prevention, care and support services.

OBESITY DIET AND MENU PLAN



Mrs. DEVI .K, M.Sc (N).,



1 in 4 adults are obese.



Ms. KALAIVANI
M.Sc (N)., M.Phil.

It is a well-known fact that obesity is one of the leading health concerns in today's world. People who are obese, i.e., those who have a Body Mass Index (BMI) of more than 30 are at a very high risk of suffering from various diseases which includes diabetes, cardiac problems, stroke and many more. The balance between calorie intake and energy expenditure determines a person's weight. If a person eats more calories than he or she burns, the person gains weight.

OBESITY

Excessive body fat that increases the risk of health problems.

CAUSES OF OBESITY

- Genetics and family history.
- Age.
- An inactive lifestyle.
- Pregnancy.
- Lack of sleep.
- Foods high in fat or sugar.
- Intake of diet high in simple carbohydrates.

- Medications like antidepressants, anticonvulsants and corticosteroids.
- Health conditions - hypothyroidism, cushing's syndrome and polycystic ovarian syndrome (PCOS).
- Emotional factors.

CALCULATION OF BODY MASS INDEX (BMI)

$$\text{BMI} = \frac{\text{Weight in kg}}{\text{Height in m}^2}$$

INTERPRETATION

| BMI | Weight Status |
|--------------|---------------|
| Below 18.5 | Underweight |
| 18.5-24.9 | Normal |
| 25-29.9 | Overweight |
| 30 and above | Obese |

FOODS TO BE TAKEN AND AVOIDED

| FOODS TO BE TAKEN | FOODS TO BE AVOIDED |
|---|--|
| <ul style="list-style-type: none"> • Whole grains (whole wheat, bread, oats, brown rice) • Vegetables (a colorful variety-not potatoes) • Whole fruits (not fruit juices) • Nuts, seeds, beans and other healthful sources of protein (fish and poultry) • Plant oils (olive and other vegetable oils) | <ul style="list-style-type: none"> • Sugar-sweetened beverages (soda, fruit drinks, sports drinks) • Fruit juice (not more than a small amount per day) • Refined grains (white bread, white rice, white pasta) and sweets • Potatoes (baked or fried) • Red meat (beef, pork, lamb) and processed meats • Other highly processed foods such as fast foods |

ONE DAY MODEL MENU PLAN

| TIME | | FOOD ITEMS |
|-----------|----------|--|
| Morning | 06.00 am | 1 to 2 glass of water in empty stomach |
| | 06.30 am | vegetable juice / tender coconut / honey water- ½ glass |
| | 08.00 am | wheat / raggi / oats / millets-pongal / kitchadi / idly / upma / dosai with chutney like mint / tomato |
| | 11.00 am | vegetable salad / fruit salad / green leafy juice / butter milk -1 cup |
| Afternoon | 01.00 pm | Rice 1-cup, wheat chapatti-1, boiled dhal / green leafy vegetables/cereals and pulses–1 cup, butter milk – 1 cup |
| Evening | 04.00 pm | Sprouted green gram / vegetable juice / green tea – 1 cup |
| Night | 07.30 pm | Wheat chapatti – 3 / vegetable gravy |

REFERENCE

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OBESITY AND EXERCISES

"Exercise is necessary to lose and keep weight off".



Mrs. ABIRAMI, M.Sc (N)



Mrs. S. YASMINE,
B.Sc (N)

Many young people today are living with obesity. Obesity rates have doubled from 1980 among children and have tripled for adolescents. In the past 20 years, the proportion of adolescents aged 12 to 19 years who were obese was increased from 5 percent to 18 percent.

OBESITY

Obesity means a body mass index (BMI) that is equal to or greater than the 95th percentile of the age- and gender-specific charts developed by the Centers for Disease Control and Prevention (CDC).

EFFECTS OF EXERCISES ON OBESITY

The increasing prevalence of obesity reflects a lack of energy balance in a large number of people who are consistently expending fewer calories than they consume. It is reasonable to assume that persons with relatively high daily energy expenditures would be less likely to gain weight over time compared with those who have low energy expenditures.

HEALTH BENEFITS OF EXERCISES

- Reduces cardiac and metabolic risk
- Lower risk mortality from all causes
- Fewer cardio vascular disease events
- Lower risk of developing functional limitations
- Participating in resistance training improves body composition, insulin sensitivity, maintain blood glucose and blood pressure levels.
- Adults should engage in a program of regular exercise training beyond the activities of daily living to improve and maintain fitness. **It should include :**
 - Cardiorespiratory exercises.
 - Resistance exercises.
 - Flexibility exercises.
 - Neuromotor exercises.

CARDIORESPIRATORY EXERCISES

- Walking, jogging, running
- Cycling, spinning
- Swimming, water aerobics
- Dancing, rowing, Jumping rope
- Cross trainers

RESISTANCE EXERCISES

- Resistance bands
- Weighted balls

FLEXIBILITY EXERCISES

- Ballistic Stretching
- Dynamic Slow-moving Stretching
- Lying down stretching
- Shoulder stretching
- Sitting down stretching

NEUROMOTOR EXERCISES

- Balance, coordination, gaitability, proprioceptive training

TREATMENT OPTIONS FOR OBESITY

- Medications-commonly prescribed weight-loss medications include orlistat (Xenical), lorcaserin (Belviq), phentermine and topiramate (Qsymia), bupropion and naltrexone (Contrave) and liraglutide (Saxenda).
- Dietary changes- cutting high calories, menu planning and healthy meal replacements.
- Exercise and activity.
- Behavior change.
- Weight-loss surgery.

"Exercise is an excellent way to improve one's health and enhance quality of life".

Exercise is the key to creating a physically, mentally and emotionally healthier body. However, some of the moves may be too painful or nearly impossible for those carrying extra weight. Fortunately for many, small steps can lead to achieving large goals with rewarding long-term weight loss and health benefits.

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WORLD OBESITY DAY - Obesity Awareness Day falls on 11th October. The theme for 2016 is **"Ending childhood obesity"**. In today's world, a large population especially the younger generation is obsessed with its physical appearance and they often forget that obesity is also a medical condition and can lead to severe ill-health or even death.

REHABILITATION AND DEHABILITATION OF LEPROSY – A NEW LIVING TREND FOR LEPROSY



Mrs. SWEETY, M.Sc (N)



Mrs. JEENA, B.Sc (N)

Leprosy, also known as Hansen's disease (HD), is a long-term infection caused by the bacilli *Mycobacterium leprae* and *Mycobacterium lepromatosis*. Initially, infections are without symptoms and typically remain this way from 5 to 20 years. Symptoms that develop includes granulomas of the nerves, respiratory tract, skin and eyes.

COMMUNITY BASED REHABILITATION (CBR)- A GIFT FOR THE DISABLED

CBR is the improvement of the quality of life of people with disability / marginalized persons. Key principles relating to CBR are equality, social justice, solidarity, integration and dignity.

COMPONENTS OF CBR

- Creation of a positive attitude towards people with disabilities
- Provision of rehabilitation services, education and training opportunities
- Creation of micro and macro income –generation opportunities
- Provision of long term care facilities
- Monitoring & Evaluation.

CBR SERVICES

- Community-based organizations
- Organizations of people affected by leprosy or other disabilities
- Voluntary and non governmental organizations
- Government hospitals

CBR INTERVENTIONS

- Giving information to clients or communities about resources and opportunities available in and around the community.
- Counseling or social work to address psychological or social problems.
- Formation and development of self-help groups or advocacy groups.
- Small projects that provide income without the risk of aggravating disabilities like providing funds to indulge in small scale industries like cottage industries at home, development of prosthesis for other lepers at low cost, gardening works and farming.
- Providing assistive devices to overcome physical disabilities.

ENACTMENT OF INDIAN LEPROSY ACT 1898

This Act was largely employed for

- (I) Segregating beggars suffering from leprosy.
- (ii) Disallowing leprosy patients from preparation for sale and handling of eatables, drinks, drugs and clothing.
- (iii) Forbidding leprosy patients from using public wells, tanks, taps.
- (iv) Restricting leprosy patients from working as barbers, cooks, domestic servants etc.
- (v) Debarring leprosy patients from inheriting ancestral properties.

THE PREVENTION OF "DEHABILITATION".

• The term "dehabilitation" means early identification of the symptoms and the early measures to avoid the future disabilities. All the government hospitals are providing leprosy services as part of the medical treatment modalities. Tamil Nadu is the first state to integrate the Leprosy services with the Primary Health Centers from the year September 1997. The components of dehabilitation includes:

- Survey
- Education and Treatment
- Closer involvement of the medical community
- Changing of fitness regulations
- Physiotherapeutic and surgical facilities.

GOVERNMENT AND NON GOVERNMENTAL ORGANIZATIONS WORKING FOR LEPROSY IN AND AROUND THANJAVUR.

1. Government rehabilitation home, Manaiyeripatti, Thanjavur.
2. Annai Mariya Leprosy Mission Madhakottai, Thanjavur.
3. Damien Leprosy colony Lourthu Nagar, Thanjavur.
4. Gandhi Phicallay Challenged Samuganala Sangam, Muthupillai Mandapam, Vallar illam, Sakkottai, Kumbakonam.
5. Leprosyalar Nalasangam Iswarya Nagar, Manikandam P.O, Manalmedu, Trichy.
6. PHP & Leprosy Colony 184, Pallivasal Street, Pudukottai.
7. Holy Family Hansenorium, Trichy

REFERENCE

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WORLD LEPROSY DAY

World Leprosy Day is observed on the last Sunday of January to raise awareness of this deadly ancient disease.

HUMAN PAPILLOMA VIRUS VACCINE FOR CERVICAL CANCER



Ms. VINIFRED JOSEPH, B.Sc (N)



Ms. KEERTHIGA, B.Sc (N)

Cervical cancer is one of the most common cancer in women worldwide. It is usually found at a very early stage through a Pap smear test. Most cervical cancer is caused by human papillomavirus (HPV).

CAUSES

- HPV (human papillomavirus)
- Many sexual partners or becoming sexually active early
- Smoking
- Weakened immune system
- Long-term mental stress
- Giving birth at a very young age
- Giving birth to many child
- Long-term use of some common contraceptive pills slightly raises a woman's risk
- Sexually transmitted diseases (STD)
- Poor socio-economic status

SIGNS AND SYMPTOMS

- Unusual vaginal bleeding
- Pain in the lower abdomen or pelvis

- Pain during sex
- Vaginal discharge with offensive smell

SCREENING

- Conventional (Pap smear) test and liquid-based cytology (LBC)
- Visual inspection with Acetic Acid (VIA)
- HPV testing for high-risk HPV types.

VACCINE FOR CERVICAL CANCER

- Cervarix (2vHPV, GlaxoSmithKline) is an inactivated bivalent vaccine that protects against HPV types 16 and 18. 2vHPV is licensed for females from 9 to 25 years.
- Gardasil (4vHPV, Merck) is an inactivated quadrivalent vaccine that protects against HPV types 16 and 18, and also against types 6 and 11, which cause genital warts and recurrent respiratory papillomatosis. 4vHPV is licensed for females and males from 9 to 26 years.
- Gardasil 9 (9vHPV, Merck) is an inactivated 9-valent vaccine that contains the 4 virus types included in 4vHPV and 5 additional oncogenic (cancer-causing)

HPV types (31, 33, 45, 52 and 58). The 9vHPV vaccine is licensed for females and males from 9 to 26 years.

HOW DO HPV VACCINES WORK?

Like other immunizations that guard against viral infections, HPV vaccines stimulate the body to produce antibodies that, in future encounters with HPV, bind to the virus and prevent it from infecting cells.

WHAT IS THE RECOMMENDED SCHEDULE FOR ADMINISTERING HPV VACCINE?

All three HPV vaccines should be administered in a 3-dose schedule, with the second dose administered 1 to 2 months after the first dose and the third dose 6 months after the first dose. The minimum interval between the first and second doses of vaccine is 4 weeks. The minimum interval between the second and third doses of vaccine is 12 weeks. The minimum interval between the first and third doses is 24 weeks. Even breast feeding can be immunized with HPV vaccine.

WHAT ARE THE CONTRAINDICATIONS TO HPV VACCINE?

- History of a severe (anaphylactic) reaction to a vaccine component or following a previous dose. 4vHPV and 9vHPV vaccines contain trace amounts of yeast protein.
- Pregnancy

IF A WOMAN HAS HAD HPV INFECTION, CAN SHE STILL BE VACCINATED?

Yes. Women who have evidence of present or past HPV infection and who are younger than 27 years should be vaccinated.

ARE PAP SMEARS STILL NECESSARY FOR WOMEN WHO RECEIVE HPV VACCINE?

Yes. Vaccinated women still need to see their healthcare provider for periodic cervical cancer screening.

A well-proven way to prevent cervix cancer is to have testing (screening) to find pre-cancers before they can turn into invasive cancer. The Pap test (or Pap smear) and the human papilloma virus (HPV) test are used for this.

REFERENCE

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WORLD CANCER DAY: A truly global event taking place on 4th February, World Cancer Day unites the world's population in the fight against cancer. It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action.

ROLE OF BOOKS IN OUR LIFE



Ms. INDUMATHI, BBA., MILS.



Ms. JACKLIN MARY, M.Sc (CS)

"A book is a valuable gift which we can open again and again and enjoy with happiness"

Books play a significant role in our life. The famous saying goes like "When you open a book, you open a new world". Books are packed with knowledge, insights into a happy life, life lessons, love, fear, prayer and helpful advice. Books have been here for centuries and without them, our knowledge of our ancestors, cultures and civilizations would have been impossible. Have you ever thought what would have happened if intellectuals never documented their studies?

On 23rd April the world celebrates the world book day. This day is a celebration of authors, illustrators, books and most importantly reading. The main aim of the world book day is to encourage children to read books. The reason for choosing this particular date is interesting. 23rd April is a symbolic date for world literature because many great authors and poets such as William Shakespeare, William Wordsworth had left the world on that day.

The following wonderful reasons will tell you why the people should read books.

- Books expose everyone to a new level of understanding.
- Books improve self-confidence.
- Books widen the level of understanding.
- Books improve the modality of imagination of the human mind.
- Reading books reduces stress.
- Books are the rich source of memory.
- We read books not only for instructions but also for entertainment.
- Books help us to forget for a while the cares and anxieties of daily life.
- A book is the window to the outside world.
- A book can put us in the time-machine.
- Books can broaden our mind and gladden our heart.
- Books are the voices of wisdom, past and present.

**"Books give a soul to the universe,
wings to the mind,
flight to the imagination and
life to everything ".**

Anatomy of Life

You must keep these things in mind always.

When you suffer, act like Brain,
to find the way to solve the problems.

When you are in confusion, act like lungs,
to separate the good and bad things in life.

When you want to learn something, act like
intestine, to absorb the main concepts.

When you want to win, act like liver,
to analyze each and every thing in life.

When you are cheerful, act like heart,
to share the happiness to all.

When you have pride, act like pancreas,
to resist the bad perception.

When you want to be a good person, act like kidneys,
to remove the bad things.

When you want to know these things in your life,
act like eyes, to broaden your novelty.

This is the logic of life,
which we learn from our organs of the body.



- Ms. Haripriya
&

- Ms. Mahalakshmi
B.Sc.(N). IVth year

Sep 8th - Our Lady of Health Feast



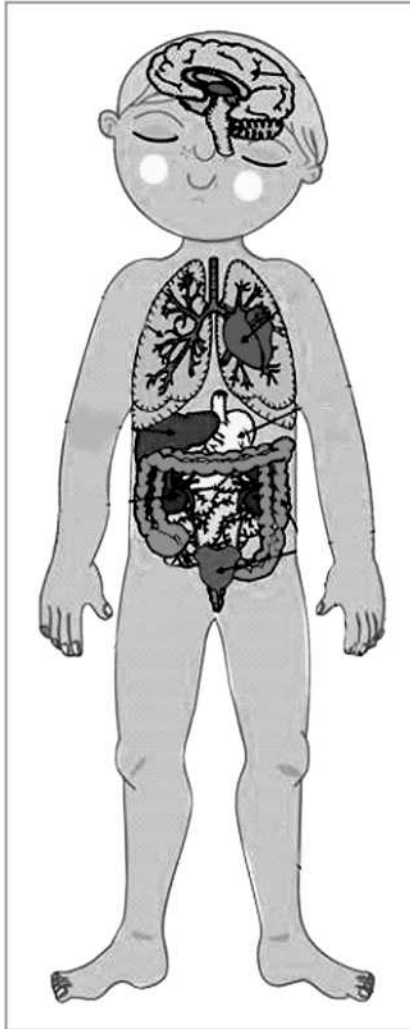
- Ms. Consitha Mary
B.Sc.(N). IInd year



- Ms. S. Asha Dhayavu
B.Sc.(N). IInd year

Unknown facts of Human Body

1. The skin on your eyelids is the thinnest in the whole human body at 0.02 mm thickness.
2. The only part of the body that has no blood supply is the cornea in the eye. It takes oxygen directly from the air.
3. Blinking of an eye a time will move 200 muscles.
4. In space, we can't cry because there is no gravity, so the tears can't flow.
5. It's impossible to sneeze with eyes open.
6. A human nose can remember 5000 different scents.
7. Human DNA does not catch fire.
8. Tongue is the strongest muscle in the human body.
9. Tongue prints and thumb prints are unique.
10. Our heart beats around 1,00,00 times every day.
11. Our blood is on a 60,000 mile journey per day.
12. Our lungs inhale over 2 million litres of air every day.
13. We give birth to over 200 billion red cells every day.
14. We exercise atleast 36 muscles when we smile.
15. Humans shed about 6,00,000 particles of skin every hour.
16. Our entire body functions stop when we sneeze.
17. Hair is made of the same substance as finger nails.
18. Your ribs move about 5 million times a years, every time you breathe.
19. The small intestine has an average length of 20 - 23 feet.
20. Children grow faster in spring time.



Oct 1st - International Day of Older Persons



- Ms. Elizabeth Santha
B.Sc (N) IInd Year

முதிர்ந்த முத்துக்கள்

பூவிற்குத் தேவை வாசம் பெற்றோர்க்குத் தேவை பாசம்.

பெற்றவரின் மேல் காட்டுங்கள் அன்பு சும்மா சும்மா செய்யாதீர்கள் வம்பு.

மரத்திற்குத் தேவை வேர் பெற்றோரே குடும்பத்தின் ஆணிவேர்.

வீ-மன் பேர் அன்னை ஆல்வம் அன்னை சூரப்பதோ அனாதை ஆல்வம்.

அன்னை விரும்புவது உன்னை அன்னைக்கு கொடுக்கும் சூடமோ திண்ணை.

பெற்றோர்க்குக் குழந்தை ஒரு வரம் குழந்தைக்குப் பெற்றோர் ஒரு பாரம்.

அன்னையிடம் சூரப்பது சகிப்பு ரின்னையிடம் சூரப்பதோ சலிப்பு.

அன்னை விரும்புவது புன்னகை குழந்தை விரும்புவதோ பொன்னகை.

அன்னையிடம் சூரப்பது ஆசையுணர்வு குழந்தையிடம் சூரப்பதோ பகையுணர்வு.

அன்னை கொடுப்பது வாழ்விற்கேற்ற துடிப்பு ஆனால் ரின்னைகள் காட்டுவதோ பெற்றோரிடம் வெறுப்பு !



- Sr. Leoni Infanta
B.Sc(N) IVth year

அஞ்ஞைய உஞ்ஞைப் பற்ற் ஒரு கங்குள் உஞ்ஞையத்தான் கூறியருக்கறான்.

அஞ்ஞைய ி கருவூற்றூருந்தான்,
ி ிருவூருக்கு மருமம்
தாயாகிவிருப்பாய் !

கருவை உற்றதான்
உலக்த்துக்கே தாய் ஆனாய்!
ஒழியலில் ிருவூற்றூருக்கு
உற்ற துவை ஆனாய்!

அன்பு ஏன்ஹம் மாவறும்
ஆயுதம் கெண்டி யுரு உருண்டைய
மாவறும் புருவூற்றூர் ி !

அன்புள்ள துயுத்தின் மருமம் ி !
அன்பின் அருவவை ி !
அமைதியின் கருமம் ி !
மனிதருயுத்தின் மருவூர் ி !

புன்ருவூற்றூர் மருத்தூர் ி !
ருக்கருவையின் சக்தி ி !
ிருவலையின் துவை ி !

தியாகத்தின் சரு ி !
உம்மையுருவ தியாகத்தூர், அன்புலும்,
ருவலையூர் ிரு துவை ிய்ிய்
அஞ்ஞைய !



- Ms. Vinnarasi
M.Sc.(N). Ist year

ஹைக்ஸ் பக்கம்

தாய் மனம்

கொட்டும்மையில் நனைந்துக் கொண்டு
வயலில் நாற்று நடப்படி
கவலைப்பட்டால்
பள்ளிக்கு குடை எடுத்துப்
போகாத மகளை நினைத்து !

- Ms. C. Sathana,
GNM. IIIrd year



என் தாய்

எத்தனை சுகங்கள் எனக்கு இருந்தாலும்
என் தாய் சுமந்த சுகம்போல வகுமா ?
எத்தனை ருசியான உணவை நான் உண்டாலும்,
என் தாய்ப்பால் ருசி போல் வகுமா ?
எத்தனை ராகங்கள் நான் கேட்டாலும்,
என் தாய் தாலாட்டும் ராகம் போல் வகுமா ?
எத்தனை முறை நான் தூங்கினாலும்,
என் தாய்மடி தூக்கம் போல் வகுமா ?
எத்தனை பேர் அன்பு காட்டினாலும்,
என் தாயன்பு போல் வகுமா ?
எத்தனை நாள் நான் உயிர்வாழ்ந்தாலும்
என் தாயுடன் வாழ்கின்ற காலம் போல் வகுமா ?

- Ms. Saranya,
GNM. IIIrd year

சினாஸ்

உன்னை பார்த்து ரசித்த கண்கள்
உன்னை நினைத்து நினைத்து அழுகிறது.
ஏனென்றால் என் சொந்தங்களை என்னிடம்
இருந்து பறித்தாய் அன்று.

- Ms. Delphin Santhya
GNM. IIIrd year



செம்மதி

நிம்மதி இருந்தால்
நிமிடம் கூட வீணாகாது
நிம்மதி இல்லாவிட்டால்
நிமிடம் என்ன
வாழ்நாள் கூட வீணாகி விடும் ...

- Ms. Christideepa
GNM. Internship

சின்னை

மெத்தைபோல் மென்மையானம்
மொத்தமாய் உன் உயிரும்
சுத்தமாய் என் உதிரம்
நித்தமும் நீ கொடுத்தாய்.
ஜென்மமொன்று எனக்கிருந்தால்
பிறந்தவுடன் கண் விழிப்பேன்
தாயாக நீ இல்லையென்றால்
தயங்காமல் உயிர்துறப்பேன்.

- Ms. Paulin Arockia,
GNM. IIIrd year



இராணுவ வீரன்

குண்குணை நெஞ்சில் மொத்தமாய்
வாங்கிவிட்டு நமக்காக போராடி
இந்தியத் தாயின் மடியில் மடிந்து
கிடக்கிறான் இராணுவ வீரன்.



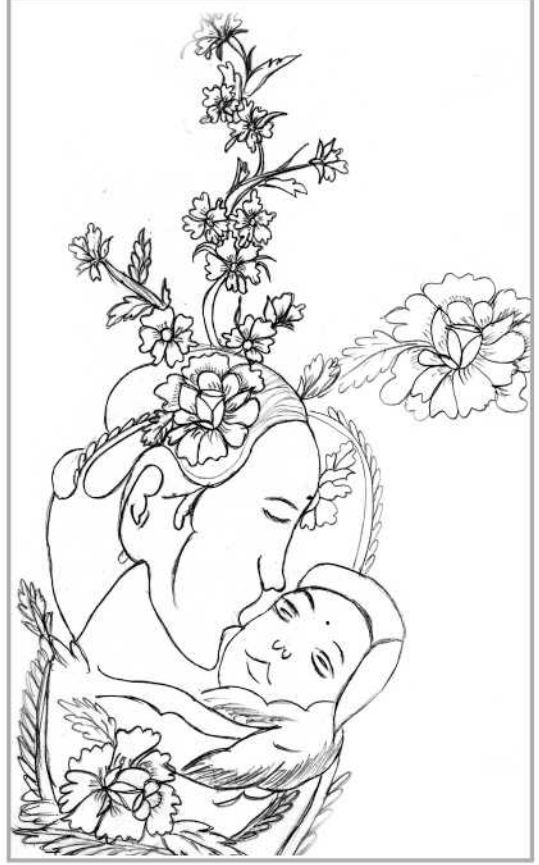
அன்னை தெரசா



அன்னையே நீர் வந்தாய்
எங்கள் நாடு செழிக்க !
அண்டி வந்தோரை எல்லாம்
அரவணைத்த அன்பு அன்னையே !
அனைத்தையும் உமக்கன்றி பிறர்வாழ
அருள் உதவி செய்து என்
அன்புத்தாயே !
உம்மையே மெழுகாய் உருக்கி
இவ்வுலகம் ஒளிபெற செய்தாய் !
இவ்வொளியில் வாழும் நாங்கள்
ஒளியே சுடராய் மாற்றிட அருள்புரியும் !.

- Ms. E. Thainees Praveena
GNM Ist year

Mother's Love



A mother's love
for her child is like nothing
else in the world.
It has no law,
no pity,
it dares all things
&
crushes down remorselessly
all that stands in its path.

- Ms. Leveena Mary
GNM IIIrd year

உயிர்வெழுத்துக்களின் வடிவில் அம்மா

- அ நீ அன்னம் இழந்த போதும் என்மேல் உள்ள அன்பை குறைத்ததில்லை.
- ஆ உன் ஆற்றலை மீறி என் ஆசைகளை நிறைவேற்றி வைத்தாய்.
- இ இன்னலின் நேரத்திலும் இயல்பாக காட்டிக் கொண்டாய்.
- ஈ ஈட்டி போன்று தாக்கும் துன்பங்களை ஈர்ப்பு விசையால் ஏற்றுக் கொண்டாய்.
- உ உன்னில் உருவானதால் என்னவோ என் உணர்ச்சிகளுக்கெல்லாம் உயிர்தந்தாய்.
- ஊ ஊன்றி நடக்கும்போது என் ஊன்று கோலாய் இருந்தாய்.
- எ எழுந்து நடந்த வயதில் எனக்காகவே கண்விழித்து இருந்தாய்.
- ஏ ஏழ்மையிலும் என் ஏக்கங்களை ஏற்றுக்கொண்டாய்.
- ஐ ஐயம் கொண்டபோதெல்லாம் என் ஐம்புலன்களையும் ஆளக்கற்றுத் தந்தாய்.
- ஒ ஒவ்வொருவருக்கும் கிடைத்த ஒரு உன்னத பொக்கிஷம் நீ.
- ஔ ஔய்ப்பெற்ற போதிலும் எனக்காக ஔடத்தை குறைத்ததில்லை.
- ஒள ஒளடதம் உண்டபோதிலும் என் வாழ்க்கைக்கு ஒருபோதும் வைத்ததில்லை இம்முப்புள்ளிப் போல் ஒரு முற்றுப்புள்ளி.

- Ms. Yuvarani
- Ms. Priyadharshini
B.Sc(N) IVth year

Nov 14th - Children's Day



- Ms. Shobana
B.Sc(N) IInd year

A - Z Qualities of Mother Teresa

- | | |
|-----------------------------------|------------------------------|
| A ~ Affectionate | |
| B ~ Beloved of Jesus | |
| C ~ Charitable Person | |
| D ~ Dwelled among the Poor People | |
| E ~ Enjoyed in caring the sick | |
| F ~ Faithful | |
| G ~ Generous to the service | |
| H ~ Humble to God | |
| I ~ Intimacy with God | |
| J ~ Joyful living | |
| K ~ Knowledge about God | |
| L ~ Lovable person | |
| M ~ Mystic personality | |
| N ~ Never hurted others | |
| O ~ Openess to the people | |
| P ~ Patient in all circumstances | |
| Q ~ Queen of quietness | W ~ Willing to do God's will |
| R ~ Responsible person | X ~ Xerox of Jesus |
| S ~ Silent person | Y ~ Yes to the will of God |
| T ~ Thoughtful person | Z ~ Zeal for soul |
| U ~ Understanding others | |



- Ms. M. Nisha
GNM Ist year

Oct 11th - International Day of Girl Child

யுகம் புரட்டும் யுகதிகள்

பெண் விடுதலை என்னும்
புச்செடிக்குள்
விதைக்கப்பட்டிருப்பது
மல்லி விதைகள் அல்ல
கள்ளி விதைகள் !

மேகத்திற்கு வரப்பில்லை
காற்றுக்கு திசைகளில்லை
கனவிற்கு வலிகளில்லை
சாதிப்பதற்கு வயது வரம்பில்லை
அதுபோல பெண்கள் இல்லையென்றால்
பல ஜென்மங்கள் இல்லை !

வாகை சூடியவன்
ரேகை பார்ப்பதில்லை
ரேகை பார்த்தவன்
வாகை சூடுவதில்லை
பெண்களுக்கு ஒரு வாய்ப்பு கொடுங்கள் !
பிறகு அவர்கள் பல வாய்ப்புகள்



தருவார்கள் மற்றவர்களுக்கு !
மூச்சுத்திணறலுக்குத் தேவை
ஆக்ஸிஜன் ! சாம்பிராணிப் புகையல்ல !
வாழ்க்கைக்குத் தேவை
தனிமையல்ல ! பெண்மை !
பெண்ணே நீ எங்கே இருக்கிறாய் ?
உல்லாச புரியின் உப்பிகையிலா ?
சரித்திரத்தின் அந்தப்புரங்களிலா ?
இல்லை ! இல்லை !

பெண் இருப்பது
மோனாலிசாவின் புன்னகையில்...
கிளியோபாட்ராவின் அழகில்...
கண்ணகியின் புரட்சியில்...
அன்னை தெரசாவின் அன்பில்...

- Ms. Abarna
GNM Internship

பெண்மை

பெண் ...

இரண்டெழுத்து மந்திரம் உலகத்தை உருவாக்க, படைக்கப்பட்ட பிரம்மனின் புதல்வி இவள் ... !

என்றேனும் ஒருநாள் ...

பெண் என்னும் குலத்தரசி, நிம்மதியாக வீதியிலே ... நடமாட முடிகிறதோ ...

அன்றே புது விடியல் அதுதான் புதிய உலகம்

அன்னையாய் மனைவியாய் அக்காளும், தங்கையுமாய்
ஆயிரம் அவதாரங்கள், நீ காட்டும் அன்பில் இதுவரை நிகழ் இல்லை.

அன்பின் பிறப்பிடம் நீ அல்லவா,
நீ பூத்து, காய்த்து, கனிவதால் இயற்கை கூட உன் பெயரை வாகையிட்டது
“இயற்கையின் அன்னை” நீ என்று.

பெண்மையே ! நீ மனிதனை ஆக்கும் தெய்வம்
மனிதனை ஆளுந் தெய்வம்
பெண்மையை போற்றுவோம் !
உண்மையை ஏற்போம் !!



- Ms. T. Arunadevi
P.B.B.Sc(N) IInd year

Christmas Crib

- Ms. R. Susmitha Sen
B.Sc (N) IIIrd Year



தமிழர் திருநாள்

- Ms. Annapoorna Mary
GNM Internship



Facts of **Our National Flag**

1. Mr. Pingali Venkayya of Andra Pradesh designed our National Flag.
2. Our National flag's length to width ratio is 3:2.
3. National flag was accepted on 22.07.1947 and made to flew at Rasthrapathi Bhavan, Delhi on 16.08.1947 by the blow of three pistol shots.
4. Shri. Jawaharlal Nehru was the first person to hoist our National flag at Sengottai, Delhi.
5. Apollo 15 - of American Satellite carried our National flag to the space in 1971.
6. The colours of National flag represents the following :

Saffron - Courage and Sacrifice

White - Truth and Peace

Green - Confidence and Strength

Ashoka Chakra - Wheel of the law of Dharma. Wheel represents motion.

- Ms. Umamaheswari Madhavan
B.Sc(N) IVth Year

Motivational Quotes



1. Life is hard but not impossible.
2. Do good and good will come to you.
3. Be a motivator but not a distractor.
4. A person who never made a mistake never tried anything new.
5. Your best teacher is your last mistake. So, follow the rules and the rules will protect you.

- Ms. Ratsha Monica
B.Sc(N) Ist Year

20 Tips for Mentally Healthy Life

1. Think positively
2. Learn from mistakes
3. Exercise daily
4. Learn to encourage others
5. Be friendly to all
6. Share your problems with the trusted People
7. Build self confidence
8. Smile and laugh more
9. Sit silently for atleast 10 minutes each day
10. Allow the time to heal everything
11. Drink plenty of water
12. Play more games
13. Forgive everyone for everything
14. What other people think of you is none of your business
15. Try to make atleast three people smile each day
16. No one is in charge of your happiness except you
17. Don't compare your life with others. You have no idea what their journey is all about



- Ms. Vasila Nilofer
B.Sc (N) IIIrd Year

ஆசியில் தொலைத்து தேடலின் பயணம்...

1972 - ல் இரண்டு குழந்தையை கொண்ட தம்பதி மீண்டும் கடவுளின் ஆசியாய் பெற்றது ஒரு பெண் குழந்தையை. மூன்றும் பெண் ஆனாலும் பொன்னை கருதி வளர்த்த



பெற்றுப் பில். இதுவரை துடைப்பம் பிடிக்காத சிறுகை அது. ஆனால் அன்றி லிருந்து மாட்டின் சாணம் முதல் வீட்டில் சாதம் வடிப்பது வரை செய்தது அந்த கரங்கள் தான்.

அத்தம்பதி, தன் முதல் பெண்ணை வாரி கொடுத்தது அம்மை என்ற கொடிய நோய்க்கு. புயலடித்து ஓய்ந்த குடும்பம் கண்ணீரிலிருந்து மீண்டு கரைக்கு வந்தது. மேலும் அடிக்க இருந்த புயல் அறியாதவர்களாய் கடந்தனர் பத்து ஆண்டுகளை. தகப்பன் கரும்பு சோலையில் வேலைக்கு செல்ல தாய் இரண்டு குழந்தைகளையும் அன்போடு வளர்த்து வந்தார். தாயை திடீரென தாக்கியது மூளைக் காய்ச்சல். ஓரிரு மாதங்களில் தாய், தன் முதல் பெண்ணை சீராட்ட இறைவனடி சேர்ந்தார். சொல்ல இயலாதுயரம்...

இரண்டாம் பெண் தன்னை இறைவனுக்கு அர்ப்பணிக்க நடந்தார் துறவறம் நோக்கி. மூன்றாவது பெண் பத்தாம் வகுப்பு. வேலைக்குச் செல்லும் தந்தை பெண்ணை பார்த்துக்கொள்ள இயலா சூழ்நிலை. தந்தையின் கால்கள் தன் பெண்ணின் அடைக்கலம் நாடி ஓடியது தன் தமயன் இல்லம். சீராட்டி வளர்த்த சிறுகிளி இப்போது பெரியன்னை

அப்பப்பா! எத்தனை காயங்கள் தாங்கியது அந்த "சிறு இதயம்". இவ்வாறே உருண்டோடியது எட்டு ஆண்டுகள். ஏறக்குறைய 23 வயதில் திருமணம் என்னும் திருப்பந்தத்தில் இணைந்தாள் அவள்.

கருத்த மேனி கொண்டவனாய், வெளுத்த உள்ளம் கொண்டவனாய் மொத்தத்தில் கருப்பு வைரமாய் கிடைத்தான். கணவன் புரிந்து கொள்ள எடுத்துக் கொண்ட காலங்கள் சுவையாகவும், சில நேரங்களில் சண்டைகள் எனவும் அமைந்தன. கணவன் மனைவியின் கணவன 1999-ல் பூத்தது இந்த சிறுமலர். அவள் வயிற்றில் பத்தாம் மாதத்தில் பிறந்தது அவர்களின் முதல் குழந்தை. தந்தையின் சாயலில் இருந்தவளின் தங்கையென 2002-ல் உதித்தது அவர்களின் இரண்டாம் அன்பு பரிசு. அன்று தாய் இழந்தவள் இனி ஏதும் இழக்கக்கூடாது என இறைவனை வேண்டி நின்று தன் கணவனுடன் சேர்ந்து உழைத்தாள்.

கடற்கரை காற்று அடிக்க, ஈர மணலில் பதம் பதிக்க விரும்பி, வரும் பயணிகளை நம்பி அனைவரும் வைத்திருந்த கடைகளின் நடுவில் ஒரு கடையை வைத்தான் கணவன். இராப்பகல் எனப் பாராமல் கணவன், மனைவி இருவரும் உழைத்துக் கொண்டிருக்க வந்தது அந்த ஆண்டின் கிறிஸ்துமஸ். 25 ஆம் தேதி தன் கணவனுடன் நேரத்தை செலவழித்த அவளுக்கு தெரியவில்லை அடுத்த நாளில் தன் கணவனை தொலைப்போம் அந்த பேரலையில் என்று. ஆம் 2004 டிசம்பர் 26 தான் அன்று சூழ்ந்திருந்த கடல் நீரில் அவள் கண்ணீரை தேட யாருமில்லை. தேடி ஓட சக்தி இழந்த அவள் கடவுளிடம் பிரார்த்தனையை சேர்த்தாள். உறவினருடன் ஒரு மாதம் அடைக்கலம் புகுந்தாள். அவள் தந்தையின் மனம் தவித்தது மகள் நிலை கண்டு கண்ணீர் வழிந்தது. அன்று அவளின் பெரிய மகளுக்கு 5 வயது, இளையவளுக்கு 2 வயது.

15 வயதிலிருந்து பார்த்த உலகம் அன்று வேறாக தோன்றியது, குழந்தைகளின் அழகுரல் பசியால் தோன்றக் கூடாதென எண்ணி வேலைக்கு சென்றாள். அவளின் அன்றைய வருமானம் ரூ.2400/-. பனிரெண்டு வருடங்கள் கழித்து இன்று அவளின் வருமானம் ரூ. 3000/-. ஆனால் அன்று குழந்தைகளின் பசிக்கு உணவளிக்க ஓடிய கால்கள், இன்று அவர்களின் கல்வி தேடல்களுக்காக ஓடுகிறது. அவளின் கணவனை தொலைத்தாள். ஆனால் இழக்கவில்லை. என்றோ ஓர் நாள்

கண்டெடுப்பேன் கணவனை என்ற தேடல்களோடு தொடர்கிறது அவள் பயணம்...

இத்தனை ஆண்டுகள் ஓடிய கால்களுக்கு ஓய்வளிக்க தயாராகி கொண்டிருக்கிறது அவளது மகள்களின் கல்விக் கரங்கள்...

கடல்வீரத்தினைக் கொண்டு இருந்த

கப்பலுக்கு வெள்ளப்படு வ்ப்பது

ஒரு

கலங்கரை வீளக்கம் !

இளை அழிந்ததை அல்ல ...

உணர்வு அல்ல ...

- Ms. S. Greata Theres

B.Sc (N) Ist Year



Easy but Difficult

1. What is always coming but Never arrives ?
2. Imagine you are in a dark room, how do you get out ?
3. What kind of room has no doors or windows ?
4. What is greater than God, more evil than the devil, the poor have it, the rich need it and if you eat it, you will die. What is that ?
5. Which word in the dictionary is spelled incorrectly ?



- | | |
|----|-----------------|
| 1. | Tomorrow. |
| 2. | Stop Imagining. |
| 3. | Mushroom. |
| 4. | Nothing. |
| 5. | Incorrectly. |

ANSWER



Tongue Twisters

1. She sells seashells by the seashore.
2. I saw a kitten eating chicken in the kitchen.
3. We surely shall see the sun shine soon.
4. Which wrist watches are Swiss wrist watches ?
5. Lesser leather never weathered wetter weather better.



THE NEXT LIGHT WILL SHINE ON 12th MAY 2017



Brainstorming Sessions of
Faculty Development Programme



Rally on
World's Heart Day



Celebration of the birth
of Jesus Christ



Nurturing the Nature by Planting
trees in the campus



Opportunities for disclosing the abilities
by the students in SNA Competitions



Commemoration of
International Yoga Day



Saluting our National Flag on the
occasion of Independence Day



Teachers Day Celebration
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Disaster preparedness programme in
collaboration with Indian Red Cross Society

"Start Lighting a Candle instead of cursing the darkness"



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