



LIGHT



Flame 1 Spark 2
March - August 2017



"I see God in every human being. When I wash the leper's wounds
I feel I am nursing the Lord himself. Is it not a beautiful experience?"

OUR LADY OF HEALTH
SCHOOL & COLLEGE OF NURSING

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March 2017 - August 2017

**BIANNUAL MAGAZINE
OF
OLHSCON**



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



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"Do small things with great love".

St. Mr. Theresa

Our Lady family feels proud and privileged to release the second spark "LIGHT" magazine on the happiest occasion of Nurses Day which we celebrate as our college Sports and Annual Day.

Let me profit this moment to wish you all my dear staff and students and to all the health workers happy and cheerful celebration of Nurses Day.

Be happy and proud to be nurse because you are able to touch a life everyday and give hope for future. A health worker must become a person strong enough to tolerate everything and soft enough to understand every one.

I am sure that the second spark of "Light" magazine will help you to face stress, making use of your valuable time and to be patient with your patients, taking care of your thoughts. I earnestly desire you to be ever loving, smiling and caring; for people may forget your name but they will never forget how you cared them,

I appreciate and acknowledge all the writers of the various articles, which are rich in their contents. All the articles will help you to be healthy persons in mind and body.

We await for your feedback either by post or by a message to college whatsapp. May our Lady of Good Health Vailankanni give you all healthy and happy life.

Rev. Dr. T. Arokia Baskar, D.C.L.,
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Most. Rev. Dr. M. Devadass Ambrose D.D., L.S.S., S.T.D.,
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FROM PRESIDENT'S DESK



I feel happy to express my words of appreciation about the first issue of the magazine "Light". It was a priceless outcome of hard work, determination and enormous coordination by Our Lady family which marked a remarkable footprint in the sand of modern nursing.

World Health Organization celebrates Nurses Day on 12th May. A nurse is not born, a nurse is fashioned by love, care, kindness and willingness to sacrifice herself to heal the sick and the needy. Elements of this healing come from four "H"

- Head** - knowledge to think rationally
- Hands** - to touch and to save
- Heart** - to love and to heal
- Holiness** - to revere the noble profession.

It will lift up "Nursing profession into a holy and noble profession." If these four "H" flow into the patients in right way, at right time, they will be touched by heavenly healer.

I wish and pray that this magazine "Light" will enlighten the readers' mind.

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

From Readers' Pen

Fr. Eugene Karunakaran LPC.,

No words can completely capture the joyous feelings in my heart the day when I was there with all of you to attend my nieces' Lamp lighting ceremony. It was so indescribable - so pure, so peaceful, so humble and so wise... and it is really incredible the way the whole Our Lady of Health School and College of Nursing family organized the event. Above all, I am so honored and humbled to receive a copy of the first magazine you have published. It contains a vast wisdom and knowledge. I am indeed inspired by so much effort being put in by all of you, working with the unwavering goal of planting seeds, teaching, sharing, inspiring, reaching out, giving a shoulder and showing the way to attaining the peerless enlightenment and always benefitting others in and through your healing ministry. The magazine exhibits a true learning info and an excellent class resource.

It is just so blissful to wish all of you my best and God's blessings. The Risen Christ become the beacon for those who live in darkness of sin and shame. May the brightest spark of this magazine "LIGHT" be the beacon and lead thousands of people from sick and sorrow to health and wholeness.

"May your light shine before all. That world may see the good that you do and give glory to God."

Mr. P. Jagadeeswaran M.Sc Nursing
Vice principal,
P.G.P. College of nursing, Namakkal.

It is delightful way of explaining various aspect of health. I congratulate editorial board of Light magazine and I wish let this magazine be an indexed journal in future perspectives and I thank Bishop and Correspondent of OLHSCON to pen my gratitude and appreciation. Voice within the voice is a beautiful path to reach God. Case report on Alzheimer's disease was illustrated in an excellent manner. Narration about warning signs of cardiovascular disease is most appreciable and taken keen effort. Finger type method of cyanotic heart disease ever rememberable. Stress management touched the various relaxation techniques. Injectable polio vaccine which was unknown to many students but now it is known to all. AYUSH is new era taken into consideration to reduce diabetes mellitus. Diabetic foot care is explained in better way. Topics related to AIDS, obesity diet and exercise, rehabilitation of leprosy and human papilloma virus were explained well. The Light magazine was a great platform to explore the student's talents. Thank you all authors and editorial board for enlighten us through Light magazine.

Sr. Roseline Mary P.B.B.Sc (N) II year

Putting on nice clothes tends to make us feel nice and special. It makes us to appear attractive before others and infuses in us a feeling of self-confidence and pride. Yes different people's inspiring thoughts, Experience, Talents and creativity are scrupled in the paper which beautifies the pages and formed as a magazine thoughts in the Light magazine add sparkle to our lives. I felt worth in reading this magazine the good and pleasant thoughts uplift our hearts and keep our spirits ever fresh. The magazine also helps me to find a lot of good in others and in me. Magazine makes our steps clear, firm and sure on the path of what we try to achieve and to be...

TO LIVE WITH TIME



Fr. AMIRTHARAJ

M.Sc., M.A., M.Ed., M.A., M.Phil.,

**"Yesterday is a cancelled check
Tomorrow is a promissary note
Only Today is cash in hand"**

Time is a most precious thing which all of us have in same amount in our hand as cash irrespective of poor and rich. Its nature is attractive - "it never ever comes back", once it is lost it will be lost forever. So it must be used wisely. There is a fact that none of us know how much time God has left in our total life span. It is secret to us, but at the end of the time we need to be answered to God how do we spend it. The time that is wasted in our life without doing good is the time that can be never regained. So, the way we occupy our time should be a top interest to us.

"Doing good for someone is like making fixed deposit in God's bank". You may not able to calculate the interest but, He will give back to you. Everybody has 24 hours in the day to live. During this time we need to strive hard for something by sacrificing our own needs and desires. One day, a staff nurse in the operation theater came back to her room after a long hectic day. She just laid on the bed, immediately

she received a call from operation theater saying that, there was an emergency operation and she had to assist the doctor. She just refreshed herself and assisted in the operation. Here she lived for a dying person by sacrificing her time. She did not watch the clock in her service but she does as the clock do, that is keep going....
Time and tide never come back. Let us live each moment as alive...

ஆரோக்கிய அன்னை கல்லூரி

கவிதை

தஞ்சை தரணியின் தரம்மிக்க கல்விக்கூடமாய்
அன்பை ஊட்டும் அன்னையாய்
பாசத்தைப் பகிரவைக்கும் தந்தையாய்
அறிவினை வளர்க்கும் ஆலயமாய்
படிப்பினைப் பயிற்றுவைக்கும் கல்விக்கூடமாய்
கல்வியினைக் கற்பிக்கும் களஞ்சியமாய்
அறிஞர்களை உருவாக்கும் ஆய்வுக்கூடமாய்
பண்பினை வளர்க்கும் பயிலகமாய்
படைப்பாளிகளை உருவாக்கும் படைக்களமாய்
நட்பினை நல்கும் நங்கூரமாய்
நிகழ் காலத்தின் ஏணியாய்
நல்வாழ்வினை நல்கும் நம்பிக்கையாய்
திறமைகளை திசையெங்கும் பரவச் செய்யும்
தீச்சுடராய்

தற்காப்பிற்கு தகுதியாக்கும் தலைக்கவசமாய்
தியான கலைகளாய் மனதினை மகிழ்விக்கும்
மகிழ்ச்சிக்கூடமாய்
வாழ்க்கை கட்டிடத்தைக் கட்ட முடியும் கலைக்கடலாய்

எத்திசையும் சாதனையாம்
எங்கு சென்றாலும் சரித்திரமாய்

**ஆரோக்கிய அன்னை
செவிலியர் கல்லூரி
குடும்பம்**

**Mrs. G. NAGALAKSHMI
P.B.B.Sc (N) II year**



STRESS AND BURNOUT AMONG HEALTH CARE WORKERS



Fr. EUGENE
KARUNAKARAN
LPC.,

Stress seems to be our national disease, in recent years. Millions suffer from symptoms of stress, nervous tension, restless sleep, difficulty in focusing and remembering, irritability and health complications. Stress can also speed up the aging process. Job stress comes in different forms and affects body in various ways.

Major stress among health care workers come from having too much work, having worked in acute care facility too long, not having enough work, doing work that is unfulfilling, fearing a job layoff or not getting along with the boss or co-workers. Usually it is the major sources of stress that lead to burnout, causing people to become unhappy and less productive in their work. Job stress can affect health and home life as well. Low levels of stress may not be noticeable. Slightly higher levels can be positive and challenge to act in creative and resourceful ways and high levels can be harmful, contributing to chronic disease.

I interviewed Dr. Andrew Savicky, a clinical psychologist, regarding the

emerging concept of stress and burnouts in individuals' life. He shared with me some interesting elements. He encounters people who are working too much time in their job, spending less time with oneself and family and they are increasingly under stress. People who work in job that involve close relationship with other people encounter more stress, than people who are working with mechanical devices.

Burn out

Studies on the causes and consequences of burnout have emphasized factors such as personality characteristics, work related attitude, and work stressors. Schaufeli and Enzmann's study (Glasberg, Eriksson & Norberg, 2007) reveal that burnout is particularly a problem among personnel who work in close relationship with people. Burnout focuses between the person and the work in terms of workload, reward, community, fairness and values. High job demands have frequently been associated with strain in health care. However, the study concludes that only psychological job demands seem to be associated with emotional exhaustion. Work stressors related to burnout may be categorized into the following groups (1) high workload and time pressure (2) role ambiguity and role conflict (3) staff conflicts and (4) decreasing autonomy or loss of control. Patient-related stressors seem to be less correlated to burnout than stressors such as workload

and role conflict. Nurses in charge of wards have reported higher administrative demands than less senior grades while greater levels of emotional exhaustion and depersonalization have been found among nursing assistants. Between the qualified and unqualified nursing staff, lack of staffing was the main stressor among the qualified staff while dealing with physically threatening. Difficult or demanding patients were the most stressful aspect for unqualified staff. Most of the both qualified and unqualified staff showed signs of high burnout in terms of emotional exhaustion.

Social Support

Duquette et al, (as cited in Glasberg, Eriksson & Norberg, 2007) reviewed over 300 documents on nurse burnout and found that workload, role ambiguity and lower age were the main correlates of burnout. Hardiness, active coping and social support were the main buffering factors. Being attentive to own and others' feelings of troubled conscience is important in preventing burnout in health care and staff need opportunities to reflect on their troubled conscience.

Significance to Nursing

It is clear that there is increasing number of stress in daily life and particularly among health care personnel. Glasberg, Eriksson and Norberg (2007) reveal that burnout is particularly a problem among personnel who work in close relationship with people. It is almost unavoidable not to get stressed out or

burned out in nursing. Because health care personnels work very closely with patients who are sick and physically vulnerable and with our co-workers who possess different personalities and different cultural background. Personnel who work in the acute care facility or in terminally ill patients get drained out after certain number of years. Although it is not possible to eliminate stress completely, there are effective ways to minimize stress. Health care personnel can slow down and be in the present, set boundaries, seek support from co-workers, encourage co-workers with the troubled conscience, participating in yoga, meditation and walking apart from work. Time with the family and loved ones can also restore peace and ease stress.

Burnout is a major organizational and personal problem among personnel in health care and also has become a societal problem. Active coping, re-energizing self, setting boundaries, social support and encouragement among co-workers are the main effective methods of relieving stress among the health care personnel.

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TAKE CARE OF THOUGHTS



Sr. LIGI,
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**“Take care of your thoughts because it
can become your words,**

**Take care of your words because it can
become your actions,**

**Take care of your actions because it
can become your behavior”.**

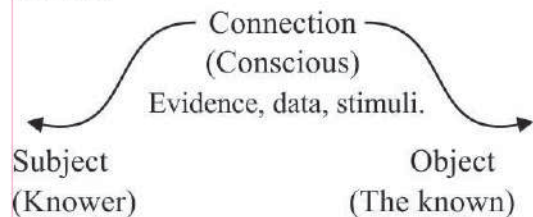
It was a remarkable day when my friend Gladys ended her conversation with me by saying take care Ligi...I Pondered over it then I asked a question to myself, what was to be cared? In our life, we spend hours and hours to take care of our external beauty. We know to take care of our hair, eyes, face and about costumes. But actual beauty comes, when we carry and spread positive and motivational thoughts within us and around us. *"We can't change our future but we can change our thoughts"*. These positive thoughts will change our future in a positive way "What you think, you become." If we know to control our thoughts in right way, 99% of our problems will say good bye to us.

According to the scientific study, 50,000 thoughts are coming to our mind per day among these 45,000 thoughts are used for our own personal desires and

needs. Only 5,000 thoughts are used for the good of others and that also not by everybody. There are mainly two kinds of thoughts. The first is that comes from within (conscious). The second is that comes from the environment.

According to the reflections of philosophy of human mind there are three basic elements to all the human thoughts to know the reality.

- ◆ There must be a subject who knows [knower]
- ◆ There must be an object [The known]
- ◆ There must be a connection between the subject and the object through the process of human cognition. [The knowledge achieved] which means this connection based on evidence, data and stimuli.



Knowing is an internal judgment exercised by our conscious mind based on the evidence from the object. Further it should also be easy to understand that errors could occur if the subject gives judgment based on insufficient evidence. Why does this happen? Our human consciousness bears witnesses to different types of our conscious experience, this

experience comes from reasoning and reasoning comes from the arrangement of our judgment into a logical order of our thoughts.

This logical thoughts due to one's past experience with the present evidence or haste towards such person or urgency in interpreting and self interests. I will make it clear by an example. A young boy came to ladies hostel at midnight to pick up his own sister who is in need of her mother's last sight at intensive care unit. The boy got the permission from the hostel incharge to take his sister to the hospital, but the gardener made a wrong judgment that "a girl from the hostel went out with a boy at midnight". **Here truth is not a matter but matter of evidence is a truth.** The gardener had immoral experience with his girl friend in the past. In this example, who is the victim of gardener's negative thoughts ? Will he be able to pay back to the status lost in her life?.

God has created human being with special quality, that is "the capacity to think". If we take care of our thoughts as our creator wants, our behavior will become human in nature. Pope Francis said, "First of all we all are called to be a human with a heart to love". Now, the time has come to decide which is to be cared more--? Our thoughts? or our external beauty with high tech costumes? Think...

Second type of our thought we get from the environment where we are. When we are with somebody in any place we will get the negative or positive thoughts of the

persons who are with us. Thoughts are contagious. We might have experienced certain person's presence or his or her room or phone call will comfort us because they are filled with positive energy and this energy is automatically transmitted to us. One day, one of my friends went to her friend's house and stayed with her but she could not sleep. Only on later, she came to know that a negative thinker with sleeping problem was using that bed.

Now we understand that all our thoughts are not our own thoughts. It is from within and also from others. According to the human psychology, last five minutes before going to sleep and first five minutes after awake from the sleep is very important to our thoughts of that day. So during this time, if we boost our thoughts with positivity and confidence, rest of the day will fall in peace. From my experience, I say if we submit our thoughts to God at the very beginning of the day, by placing our body in prone position in the bed (forehead turned towards the bed) and it is the sign of total surrendering, while touching the forehead to the bed and say to God "God, I am weak to take care of my thoughts but I know that when I am weak, you are so strong in me." If we believe and start the day we will experience the power positive thought.

No poison can kill a positive thinker

&

No medicine can save a negative thinker

PATIENCE TOWARDS PATIENTS



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

**“Patience, persistence and perspiration
make an unbeatable combination
for success”**

What is patience ?

Patience (or forbearing) is the state of endurance under difficult circumstances. It means persevering in the face of delay or provocation without acting on negative annoyance / anger or exhibiting forbearance when under strain, especially when faced with long term difficulties. Patience is the level of endurance one can have before negativity.

The importance of patience in every area of life

Patience is the state of being that occurs between experience and reaction. Whether you're trying to be patient with yourself, others or life, it seems to involve always the experience of dealing with delays or obstacles.

By cultivating a practice of patience, you're able to let go of things outside your control and live with less stress, anxiety and frustration. It's not an easy practice but here are a few

perspectives on how to cultivate patience to open up new possibilities.

1. Practicing patience within you - You think, act and experience and this should be the simplicity of life. Problems arise when, what you think and do doesn't seem to produce immediate results. But the most important thing to focus on is the word "seem". Try to practice self-awareness in those moments where you feel the greatest need for patience.

- ✦ Pay attention to what arises in you
- ✦ Notice where you feel the stress
- ✦ Listen to your thoughts
- ✦ Take note of your emotions

A powerful benefit to practice patience is that you cultivate the peace of mind to guide yourself out of these moments. Even the simple act of looking within at a time when you're feeling impatient can be healing.

2. Practicing patience with life - Gaining patience can be transformative to your overall life experience. When you want things to happen in your life, you can prolong the process by giving your attention and energy to the frustration you feel about waiting. The waiting is not the problem. It's how you deal with it and how you see it.

3. Practicing patience with others - Cultivating patience with others is an entirely different challenge. Other people

are always acting, thinking and feeling in ways that are potentially disagreeable. What disturbs you now about this person may change and in the next moment you may laugh with them or feel some other positive emotion.

Patience of the patients

Patients in hospitals do a lot of waiting. They wait for the physicians and nurses. They wait to use the restroom, for undergoing medical procedures, for the food, for the nurses to take blood from them for investigation and will wait for getting healed from their diseases. Patients often wait without knowing what will happen next.

Nurses' patience towards the patients

Nurses are the persons who will be standing beside the patients during the toughest times of their lives, giving them the support and information they need to cope with the challenging medical conditions. Nurses should not forget to show the patience and kindness in dealing with the patients. The following should be the mantra for the nurses.

- P - Prayer, Perseverance and poise
- A - Attitude, able to bear affliction
- T - Tolerance
- I - Injuring none
- E - Endurance, encouraging others
- N - Not irritable, not anxious
- C - Calm, constant
- E - Even tempered

The nurses by being patient to patients will be motivated, focused on the aim of giving care, will be relieved from their stress as well as of their patients. Thus they can avoid distraction, gain respect from others and make them relaxed in their lifetime. So remember,

Patience with self is hope

Patience with others is love

Patience with God is faith



SUMMER TIPS ...

Stay cool and avoid the mid-day heat. Avoid prolonged sun exposure between the hours of 10 a.m. and 4 p.m. when the sun's UV rays are the strongest.

WORLD WATER DAY



Mrs. ANTONY PUNITHA
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Water is basic need of life. Universal growth is based on water. UNCED (United Nations Conference on Environment and Development) established World Water Day in the year of 1992. WHO theme for the year 2017 is "WHY WASTE WATER". World Water Day, on 22 March every year, is about taking action to tackle the water crisis. Today, 1.8 billion people use a source of drinking water contaminated with faeces, putting them at risk of contracting cholera, dysentery, typhoid and polio. The Sustainable Development Goals, launched in 2015, include a target to ensure everyone has access to safe water by 2030, making water a key issue in the fight to eradicate extreme poverty.

Globally, the vast majority of all the wastewater from our homes, cities, industry and agriculture flows back to nature without being treated or reused – polluting the environment and losing valuable nutrients and other recoverable materials. Instead of wasting wastewater, we need to reduce and reuse it. In our homes, we can reuse grey water (waste water from baths, sinks, washing machines

and other kitchen appliances) on our gardens and plots. In our cities, we can treat and reuse wastewater for green spaces.

10 TIPS TO HELP YOU MAKE THE MOST OF YOUR WATER INTAKE

1. Drink 1 to 2 glasses of water as soon as you wake up to boost your body.

This will clear all the toxins out of your body and get your organs moving. You can add flavors like lemon, honey and cinnamon to the water if you like, to boost its health quotient.

2. Drink 1 glass of water 1/2 an hour before your meal to boost weight loss.

This will dull the edge of your hunger so that you eat a little less at meal time. It also prepares your stomach to wait for the food.

3. Don't drink water during or immediately before or after your meal, as it dilutes digestive juices.

Avoid drinking water during your meal and one hour after your meal. It dilutes your digestive juices, making them much less effective.

4. Drink water when you feel hungry to prevent needless snacking.

The body's signals for hunger are very similar to those for thirst, so the first thing you should do when you feel hungry is drink some water. Wait for about 10 minutes and if you are still hungry then go ahead and have a snack by all means, but

you may just find that your hunger has miraculously vanished.

6. Drink a glass of water when you feel tired to power up your brain.

Since 75% of your brain consists of water, drinking water helps it function better. Drink a glass of water if you're feeling tired at work, or if you have a big presentation coming up and need to focus.

8. Drink more water during the day if you know you're going to get less sleep at night.

Your body carries out all its repair and renovation while you're asleep and it can transport nutrients around much better and faster if you're well hydrated. Therefore, if you know you're going to get less sleep at night, drink extra water during the day.

9. Drink plenty of water before and after you exercise to power up your muscles.

It's important that you are hydrated when you exercise, because your body needs to transport necessary nutrients to your muscles.

10. Drink a little extra water if you are ill, or if you are pregnant or breast feeding.

Drink water when you are sick will help your body repair itself faster. Pregnant and breast feeding women require a little more water than usual about 10 glasses per day is recommended.

**“Save water....
Every drop counts...”**

அன்னைமீன் உருவில் வந்த என் அத்தை

என் எட்டு வயதினில்,

என் கண்ணைக் கட்டி

கண்ணாமூச்சி ஆடி மறைந்தவளே !

எங்கு தேடியும் கிடைக்கவில்லை என் தாயே !

எங்கு சென்று மறைந்தாயோ,

நான் தம்பி, தங்கையோடு தவித்து நிற்கையில்,

கடல்போல் அழுகையில் என் கஷ்டத்தை தாங்கி,

கண்ணீரை துடைக்க, மறைந்த நீ திரும்ப வந்தாய் !

அன்னை வடிவில் இல்லை, அத்தை உருவில் !

கலங்காதே என் உயிரே,

உனக்கு நான் இருக்கிறேன் என்று

கலங்கிய என் கண்ணை,

அத்தை அவள் கரத்தாள் துடைத்து

உடைந்த என் மனதை அன்பால் ஓட்டி.

பெற்றால் மட்டும் தாய் அல்ல,

வளர்த்தாலும் தாய் தான்

என்று உணரவைத்தாய்...

அன்னை உருவில்

அன்பில் வடிவில்

நான் கண்டெடுத்த இன்னொரு தாய்,

இவ்வுலகில் எல்லோருக்கும் ஒரு தாய்

எனக்கோ இரண்டு தாய்

அன்னை என்னும் உருவினில்

அத்தையாய் ...!

Ms. DEEPIKA
B.Sc (N) III year



PERSONALITY



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“Beauty attracts the eye but personality captures the heart”

A person's personality cannot be referred only by the physical appearance instead it can be referred by the person's intellectual and social qualities like intelligence, activeness, way of speech, thinking, kindness, generosity etc... Based on these qualities a person's personality is judged as strong or weak, good or bad.

In this way we judge the persons personality easily but we fail to realize our own personality. Each one of us shows a different side of our personalities at different times and in different places. Most of our personality depends on with whom we are, and what we are doing. With these things in mind, we should focus our thoughts and our own personality.

To be true, each one of us has different personalities. It differs according to the situation, person and the place. For example,

- ❖ The way we act at school
- ❖ The way we act in our families

- ❖ The way we act when we are alone
- ❖ The way we act when we are in anger
- ❖ The way we act when we are happy

So, it is understood that we all have slight multiple personalities. Each one of us expect others to appreciate our goodness, others to motivate and support us but we don't realize whether we support others or motivate others, whether we appreciate the goodness of others.

“When we compare ourselves with others we lose our own personality.”

“The Personality begins where the comparison ends”. Always be yourself, express yourself and have faith in yourself. No other personality cannot enter or live in you without your consciousness. Hence let us all realize our own personality by talking to ourselves without fear of being judged and may our personalities live in harmony as our creator wants.

National multiple personality day is celebrated on **March 5th** of every year. It is a day to raise awareness for this disorder. Multiple personality disorder is characterized by at least two distinct and relatively enduring identities control a person's behavior alternatively.

“I don't care what people say about me, I know who I am and I don't have to prove anything to any one.”

THE SCENARIO OF TUBERCULOSIS AND ITS TREATMENT



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Dept. of Medical Surgical Nursing

Tuberculosis is one of the most ancient diseases. Tuberculosis, generally called TB, is an infectious bacterial disease caused by *Mycobacterium tuberculosis*, which most commonly affect the lungs but can also damage other parts of the body.

Indian scenario

India is the country with the highest burden of TB. According to the World Health Organization (WHO) tuberculosis statistics for India (2015), the incidence rate around 2.2 million cases of TB out of a global incidence of 9.6 million.

National Strategic Plan (NSP) 2012-2017

As per the five year national strategic plan for 2012 – 2017, the vision of the government was TB free India through achieving universal access by provision of quality diagnosis and treatment for all TB patients in the community. This was a major policy change.

The policy change meant extending the reach of RNTCP (Revised National Tuberculosis Control Programme) services to all people diagnosed with TB.

Tamil Nadu scenario

In Tamil Nadu RNTCP was implemented since 2001. Today RNTCP covers 33 districts in Tamil Nadu with a total population of 771.26 lakhs. In the year 2016, about 7,66,375 presumptive TB cases were screened and 82,055 patients were registered for TB. There are 461 TB units and 829 designated microscopy centers across the state to carry on the diagnosis and treatment of TB. The total TB case notification in Tamil Nadu is 122 cases per lakh for the year 2016, an overall increase of 17 lakh from 2015.

Prevention

A major part of the prevention of TB is to stop the spread of the bacteria from one adult to another. This is done by firstly finding the adults who have TB. Then providing them with effective treatment means that they are no longer infectious and they will also recover from being sick. BCG vaccine is there for the prevention of TB, but it is used for children as it doesn't seem to prevent the disease in adults.

Treatment

TB can be cured. The treatment consists of a combination of TB drugs that must be taken for at least six months. But the treatment will only be successful if the drugs are taken exactly as required for the entire length of time.

Treatment in the RNTCP consists of 2 phases – an initial intensive phase and a second continuation phase. The total duration of treatment is 6 to 9 months.

Classification of patients under the categories for standardized treatment regimen

Treatment category	Types of patients	TB treatment regimens	
		Intensive phase	Continuation phase
Category I	1.New sputum smear positive pulmonary tuberculosis (PTB) 2.Seriously ill sputum smear negative PTB 3.Seriously ill extra pulmonary tuberculosis (EPTB)	2 H ₃ R ₃ Z ₃ E ₃	4 H ₃ R ₃
Category II	1.Sputum smear positive relapse 2.Sputum smear positive treatment failure 3. Sputum smear positive treatment after default	2 H ₃ R ₃ Z ₃ E ₃	4 H ₃ R ₃
Category III	Sputum smear negative and EPTB not seriously ill	2H ₃ R ₃ Z ₃	4 H ₃ R ₃

H = Isoniazid 600mg,
R = Rifampicin 450mg,
Z = Pyrazinamide 1500mg,
E = Ethambutol 1200mg,
S = Streptomycin 750 mg

(The number before the letters eg. 2(HRZE) refers to the number of months of treatment. The subscript after the letters refers to the number of doses per week.)

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World TB Day falling on **March 24th** each year, is designed to build public awareness that tuberculosis today remains an epidemic in much of the world, causing the deaths of nearly one-and-a-half million people each year. The theme of 2017 is 'Stop TB partnership'.

அன்னைமீன் அருமை

எத்தனை நாள் நான் உயிர் வாழ்ந்தாலும்

“என் தாயுடன்” வாழ்கின்ற
“காலம்” போல் வருமா?



Ms. KOWSALYA
B.Sc (N) II year



HEMOPHILIA – AN OUTLOOK



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Hemophilia is a lifelong genetic bleeding disorder that prevents blood from clotting properly. It is an inherited bleeding disorder in which a person lacks or has low levels of certain proteins called "clotting factors" and the blood will not clot properly. This leads to excessive bleeding. It is caused by a flaw in a pair of chromosomes in the body, which consequently determines the clotting factors of the person's blood.

Important facts of hemophilia

Hemophilia is often referred to as the royal disease because in the 19th and 20th centuries it was persistent in royal families across Europe. Queen Victoria of England is known to be the carrier. It is more common in males than in females.

Types of hemophilia

★ Hemophilia A (classical hemophilia) is the most common type and caused when there is not enough clotting factor VIII in the blood. It affects 1 in 5000 male newborns.

★ Hemophilia B (Christmas disease) occurs when there is not enough clotting

factor IX in the blood. It affects 1 in 3000 male newborns.

Causes

- ★ Genetic disorder
- ★ Mutation (abnormal genetic changes)

Symptoms

The two main symptoms are bleeding for longer than normal and bruising easily.

The affected persons may have

- ★ Nose bleeds for no apparent reason
- ★ Increased blood loss from small cuts
- ★ Long-term bleeding in the mouth from unexpected tongue biting or after a tooth extraction
- ★ Blood in urine or stool

Babies with hemophilia

- ★ May experience deep bruises after vitamin K injection because of bleeding into the muscles
- ★ May bleed a lot after the cut of umbilical cord
- ★ May also bleed for a long time after circumcision

With this disease, even a small hit to the head can be serious. If it happens, get emergency medical help for any of the following signs of bleeding in the brain,

- ★ Headache
- ★ Neck pain and stiffness
- ★ Vomiting

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World hemophilia day is an international observance held annually on **April 17th**. Celebration of this day is a broad step to increase awareness among the people around the world about the hereditary and genetic disorder called hemophilia.

முயற்சி

சாதிக்க புறப்படும் தோழி!
சங்கடங்கள் மறைந்துவிடும் தோழி!
முடியாது என்பது எலும்பில்லாதவர்களின்
புலம்பல் தோழி!
கடந்ததை எண்ணி ஏங்காதே தோழி!
வருவதை எண்ணி எதிர்பாரு தோழி!
சிறு மீனே கிடைக்கின்றன என்று அதிர்ச்சி
அடையாதே தோழி!
ஒரு நாள் உன் வலையில் திமிங்கலமே
சிக்கும் தோழி!
முயற்சி செய் தோழி!
வெற்றியை
உரித்தாக்கு தோழி!



Ms. VIJI
B.Sc (N) III year

THYROID GLAND - AN OVERVIEW



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Vice Principal & HOD
Dept. of Medical Surgical Nursing

It is a large ductless gland in the neck which secretes hormones regulating growth and development through the rate of metabolism.

It can control weight, regulate energy level, make mood swing and might also create difficult to conceive if planning for a baby. The thyroid gland regulates how the body uses and stores energy and interacts with other organs within the body.

How the thyroid gland works?

The thyroid is part of the endocrine system, which is made up of glands that produce, store and release hormones into the bloodstream so the hormones can reach the body's cells. The thyroid gland uses iodine from the foods to make two main hormones:

- Triiodothyronine (T3)
- Thyroxine (T4)

So, what exactly goes wrong? Thyroid gland produces thyroid hormones that are used by nearly every cell in the body. For normal functioning of the body, the hormones must be produced and secreted in determined amounts. The problems start when the gland becomes either overactive

(hyperthyroidism) or under-active (hypothyroidism) and produces higher or lower amounts of hormones than what are required by the body.

Do You Know?

One in eight women develops a thyroid disorder during her lifetime

- Women are five to eight times more likely than men to have thyroid disorder
- Some babies are born with hypothyroidism this is called congenital hypothyroidism
- Up to 60 percent of those who suffer from thyroid disease are unaware of their condition.

Common Thyroid Disorders

Goiter

• A goiter is a bulge in the neck. A toxic goiter is associated with hyperthyroidism and a non-toxic goiter also known as a simple or endemic goiter is caused by iodine deficiency.

Hyperthyroidism

• Hyperthyroidism is caused by too much thyroid hormone. People with hyperthyroidism are often sensitive to heat, hyperactive and eat excessively. Goiter is sometimes a side effect of hyperthyroidism. This is due to an over-stimulated thyroid and inflamed tissues.

Hypothyroidism

• Hypothyroidism is a common condition characterized by too little thyroid hormone. In infants, the condition is

known as cretinism. Cretinism has very serious side effects including abnormal bone formation and mental retardation.

Adult with hypothyroidism may experience sensitivity to cold, little appetite and an overall sluggishness. Hypothyroidism often goes unnoticed, sometimes for years, before being diagnosed.

Solitary thyroid nodules

- Solitary nodules or lumps in the thyroid are actually quite common in fact, it's estimated that more than half the population will have a nodule in their thyroid. The great majority of nodules are benign. Usually a fine needle aspiration biopsy (FNA) will determine if the nodule is cancerous.

Thyroid cancer

- Thyroid cancer is fairly common, though the long-term survival rates are excellent. Occasionally, symptoms such as hoarseness, neck pain, and enlarged lymph nodes occur in people with thyroid cancer. Thyroid cancer can affect anyone at any age.

- **Thyroiditis:** Thyroiditis is an inflammation of the thyroid that may be associated with abnormal thyroid function (particularly hyperthyroidism). Inflammation can cause the thyroid cells to die, making the thyroid unable to produce enough hormones to maintain the body's normal metabolism.

Prevention

Unfortunately, at this time there are no strategies for preventing thyroid diseases. People who have a family history of

thyroid disease may benefit from early testing that could lead to early, more effective treatment. Avoiding radiation exposure to the neck can reduce the risk of thyroid disease, but may be necessary to diagnose or treat other conditions. Thyroid cancer is not preventable, but the possibility of cancer can be lowered with sensible lifestyle choices such as not smoking and avoiding environmental toxins.

Treatment

The correct treatment for thyroid diseases depend on the specific condition involved. The treatment strategy chosen will be based on the type of disorder, the patient's age, overall health and the presence of other conditions.

Hypothyroidism (underactive thyroid) is often treated with synthetic thyroxine, a drug that matches the T4 hormone to balance levels of thyroid stimulating hormone (TSH). TSH is retested about every six weeks until the right dosage is determined. Treatment options for thyroid diseases resulting in hyperthyroidism (overactive thyroid) include medications, radioiodine therapy and surgery.

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BLOOD DONATION



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Blood donation

Blood donation refers to the process of collecting, testing, preparing, storing blood and blood components. Donating a unit of blood is the precious gift of life. It can save many lives.

Regular period for blood donation

According to American Red Cross society, people can donate blood every 56 days in case of emergency. Normally a person can donate blood every three months in a year.

Health benefits of donating blood

- ◆ Reduces the risk of heart attacks
- ◆ Prevents liver damage
- ◆ Lowers the risk of cancer
- ◆ Lowers cholesterol
- ◆ Maintains body weight
- ◆ Accelerates wound healing process

Who can donate blood ?

- ◆ Donor's age must be between 18 and 60 years
- ◆ Hemoglobin should not be less than 12.5 g/dl
- ◆ Pulse rate should be between 50 and 100 beats/minute

- ◆ Blood Pressure should be normal
- ◆ Body weight should not be less than 46 Kg

Who cannot donate blood ?

LIFE LONG	1 YEAR	6 MONTHS
1. Abnormal bleeding disorders	Surgery	Tattooing or body piercing
2. Heart, kidney and liver disorders	Typhoid fever	Tooth extraction
3. Thyroid disorders	Dog bite	Root canal treatment
4. Epilepsy and mental disorders	Unexplained weight loss	Malaria
5. Cancer, leprosy, asthma and tuberculosis	Continuous low grade fever	Vaccination
6. Diabetes mellitus and hypertension	After delivery	Abortion
7. Lactation mother		

Myths And facts

◆ **Myth** : Vegetarians cannot donate blood.

Fact : No. Vegetarians can donate blood as they all are taking balanced diet and their body is containing all the nutrients.

◆ **Myth** : Blood donation is a painful procedure.

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- ◆ **Myth** : Blood donation is a painful procedure.

Fact : No. Donating blood is not

painful. The person may feel a slight pricking sensation when the needle is inserted.

- ◆ **Myth** : Blood donation is a time consuming procedure.

Fact : No. The time for blood donation procedure will not be more than an hour.

- ◆ **Myth** : People may think that if they donate blood the blood amount in their body will be lost.

Fact : No. 350ml to 450 ml of blood will be taken for a blood donation. Within 4 weeks the donated blood will be replaced inside the body.

- ◆ **Myth** : There is some age limit for blood donation.

Fact : Yes. A person can donate blood between 18 and 60 years until he or she is fit and healthy.

- ◆ **Myth** : Obese people are healthier and have more blood to donate.

Every **14th June** is celebrated as world blood donor day to raise the awareness of the need for safe blood and the blood products and to thank the blood donors for their voluntary and life saving gift of blood.



**தானத்தில் சிறந்தது
இரத்த தானம்.**

EYE DONATION



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Eyes, the gift of God – are important sense organ of our body. You just close your eyes for a minute and realize the reality of blindness. Blindness makes the persons not only physically handicapped but also mentally affected. There are many types of blindness and treatable blindness is one among them. Likewise there are many causes of treatable blindness and corneal blindness is one among them.

One of the treatment aspects of corneal blindness is replacement of diseased cornea with a healthy one by means of corneal transplantation. This corneal transplantation is effected by means of eye donation.

India is the home to world's largest population of blind people. There are 15 million blind people living in India; and 30,000-40,000 blind people are added every year.

Some of the most common causes of corneal blindness are

- ★ Injuries
- ★ Malnutrition
- ★ Infection and corneal ulcer
- ★ Chemical burns

★ Congenital disorders and post operative complications.

The importance of eye donation

Eye donation means gifting of one's eyes after death by means of pledge. Families can also donate the eyes of their dear ones departed, even if it has not been pledged before.

Individuals can register with the nearest eye bank for donating their eyes after death. Eyes will be collected after getting death information and consent from the close relatives. Donated eyes should not be purchased or sold.

Persons who can donate their eyes are as follows

- ★ All age groups
- ★ Any gender
- ★ Any religion
- ★ Spectacle wearers, diabetic and hypertensive patients.
- ★ Persons who have undergone cataract or other eye surgeries

Persons who cannot donate their eyes are as follows

- ★ Hepatitis B and C
- ★ Rabies
- ★ AIDS
- ★ Septicemia (A life-threatening complication of an infection)
- ★ Leukemia (Cancer of blood forming tissues)
- ★ Intra ocular tumours

★ Endophthalmitis (Inflammation of the interior of the eye)

★ Death from unknown causes

Do's of eye donation

★ Inform the nearest eye bank and donation team

★ Eye should be removed within 6 hrs of death

★ Total removal time is about 15-20 minutes

★ Switch off the fan in the room

★ Keep the AC on

★ Place wet cotton on the closed eyes of the donor

★ Raise the head with a pillow

★ 10 ml of blood sample is collected from the donor's body for testing

After eye donation, the donor's family receives a certificate of appreciation from the eye bank. Eyes are evaluated at the eye bank and only the cornea that is suitable is transplanted.

Corneal transplantation is better done within 2-3 days of post removal. Recipients are selected on a "First come First serve basis" from the recipients' registry.

As of now, 6.8 million people in India are with corneal blindness. Of these 1 million people are bilaterally blind. Around 40,000 new patients are added every year to this group. But our collection of cornea from eye donation is around 45,000 and utilization is around 20,000 to 25,000. As per the vision 2020 India, we

have to collect around 2, 00,000 corneas per year. It is obvious that with this Indian scenario, we have a large gap between the demand and supply.

Everyone should contribute little bit of their effort to bridge the gap. We can spread awareness about eye donation. Encourage our close relatives and friends to donate their eyes. Motivate the family members of the deceased persons. We can organize talks and eye pledging camps in our areas to propagate the message of eye donation.

Enjoy the beauty of God's creation even after the death.

**“ DONATE YOUR EYES
OPEN OTHER'S EYES. ”**

The National eye donation fortnight is celebrated every year from **25th August to 8th September**. The celebration of the great campaign is to promote the eye donation as well as to put forth the significant message to the people for being the special part of eye donation or eye pledging for giving normal life to the common public.

உன் கண் நல்லதாக இருந்தால்
இந்த உலகமே அழகாக தெரியும்...

உன் நாக்கு நல்லதாக இருந்தால்
நீ உலகத்திற்கே அழகாக தெரிவாய் ...

TECH NECK



**Mrs. NAGESHWARI,
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Tech neck is the term used to describe the injuries and pain sustained from looking down at wireless devices. The number of smart phone users has increased dramatically. Poor posture while looking at the visual display terminals of smart phones for extended period causes muscular skeletal problems.

Our head weighs about 12 pounds. That is the weight of the skull, brain, blood vessels, teeth, tongue etc.

Studies say that when we bend our head to 15 degree, its weight effectively increases from 12 pounds to 27 pounds. At 30 degree it increases to 40 pounds, at 45 degree our head exerts 49 pounds of force. Then at 60 degree it exerts 60 pounds (this is like carrying an eight year old child around our neck). This forward neck posture leads to repetitive increase in stress to our cervical spine leading to all sorts of neck problems including early wear and tear, degeneration of muscles and bone which possibly leads to the need for surgery.

Tech neck symptoms

Chronic headache, upper back pain, shoulder pain, neck pain, the forward

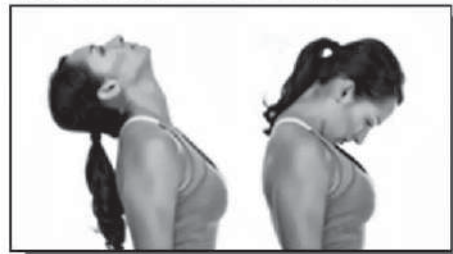
curvature of the spine (kyphosis), wear and tear, degenerative disc disease, decreased sexual activity, depression, increased stress, constipation, backflow of stomach contents and protrusion of internal organs.

Ergonomics

- ★ Keep your chin up
- ★ Elevate the mobile high up to the level of eye
- ★ Have a little walk by breaking the continuous watch of Electronic devices
- ★ Change the postures intermittently
- ★ Stand up as much as possible
- ★ Walk more
- ★ Take an exercise break
- ★ Perform posture training
- ★ Take a deep breath by elevating the arms up with a little bit neck extension
- ★ Perform relaxation techniques, yoga and stretch free exercises

Exercises to prevent tech neck

Neck Stretch 1: Chin Tuck



Extend your head towards back, holding for 5 seconds. Bring your head to the centre and move your chin towards your chest, holding for 5 seconds. Repeat it 10 times.

Neck Stretch 2: Side Bending



Tilt your head to the right, bringing your ear close to the shoulder. Hold 20 seconds. Bring your head back to the center, and then tilt it to the left, again holding 20 seconds. Repeat 3-5 times on each side.

Neck Stretch 3 : Side-to-Side head rotation



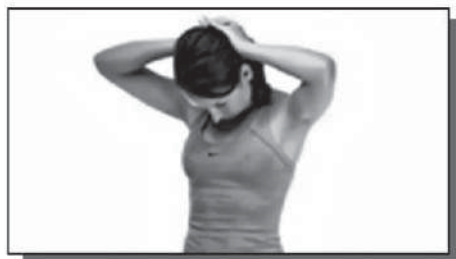
Rotate your chin towards your right shoulder. Hold 20 seconds. Bring your head back to the center, and then rotate it to the left, again holding 20 seconds. Repeat 3-5 times on each side.

Head stretch 4.1:



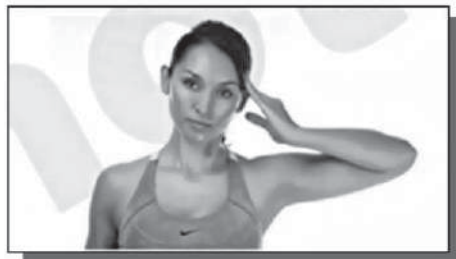
Keep your hand on your forehead and give pressure to the back. Hold 10 seconds and repeat 3 times.

Head stretch 4.2:



Push your head forward by keeping both hands at the back of your head. Hold 10 seconds and repeat 3 times.

Head stretch 4.3:



Push your head sideways against the resistance of your own hand. Hold 10 seconds and repeat 3 times.

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BREAST FEEDING AND WORKING MOTHERS



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“Breast feeding may not seem the right choice for every parent; it is the best choice for every baby”

Breast feeding is a gift during motherhood to the baby. It can create a lot of unexpected biological and emotional reactions in a mother. Breast feeding may not be something that everyone likes to talk about but it's a pretty essential part of life. Unfortunately, since it can sometimes be perceived as taboo. There are lot of things mother might not be aware and knowing them will help the mother to prepare her mind as well as her body.

Benefits of breast feeding

For the mother

- It releases the hormone oxytocin which helps the uterus to return to its pre pregnant state and may reduce uterine bleeding after birth
- It makes the mother to feel great
- Reduces the risk of breast, uterine and ovarian cancer
- It is a natural child spacing method
- Promotes postpartum weight loss

For the baby

- It gives joyful bonding between mother and baby
- It helps to improve the Intelligence Quotient of the baby
- It is easy to digest
- It has a perfect mix of vitamins, proteins and fat
- It contains antibodies that helps the baby fight off virus and bacteria
- Babies who are breastfed for exclusively for first six months without any formula have fewer ear infections, respiratory illness and bouts of diarrhea

Guidelines to improve the breast feeding among working women

During pregnancy

- Join a breastfeeding support group and talk with other mothers about breastfeeding while working
- Discuss with the supervisor about breastfeed plan and different types of schedules
- Find out whether company provides a lactation support program for employees

Back at work

- Start to practice expressing breast milk one or two weeks before resuming work. After feeding excess milk can be expressed and stored in a clean container or bottle
- Express and store milk in refrigerator
- It is important for the mother to express

the milk every 3 - 4 hours. So she can collect 70- 90 ml of breast milk per day

➤ Practice expressing milk by hand or with a quality breast pump.

Barriers to breast feeding in the work place

- Limited access to breast pumps
- No place available for expressing milk
- Lack of refrigerator to store breast milk
- No flexible time to express milk during the work hours
- Longer working hours

As an individual, in day today life we all face new challenges which can easily trigger with stress. As being a breast feeding mother, here are the ways to handle the stress in order to promote breast feeding.

- Get help from a health care professional if you need it
- Relax yourself by doing deep breathing exercises, yoga and meditation
- Try to sleep seven to eight hours per day
- Eat fruits, vegetables and whole grains
- Drink plenty of water
- Do physical activities
- Plan your daily schedule

At present many are working mothers, so the working place should support by providing crèche room, designated private space for breast feeding and creating flexible schedule for feeding the babies. So

that we can achieve our motto, “healthy mother and a healthy baby”.

World breast feeding week is celebrated **First week of August** every year. The theme of this year is “**Sustaining breast feeding together**”.

அசோக சக்கரத்தில் உள்ள 24 ஆரங்களின் விளக்கம்

- ✱ அன்புடைமை
- ✱ அருளுடைமை
- ✱ அறவுடைமை
- ✱ ஆசையில்லாமை
- ✱ அறிவுடைமை
- ✱ அழுக்காறின்மை
- ✱ இனிமையுடைமை
- ✱ தீண்டாமை
- ✱ களவு செய்யாமை
- ✱ ஈதல்
- ✱ கர்வம் கொள்ளாமை
- ✱ ஊரோடு ஒழுகல்
- ✱ ஒழுக்கமுடைமை
- ✱ தீமை நினைக்காமை
- ✱ குது கொள்ளாமை
- ✱ பண்புடைமை
- ✱ ஊக்கமுடைமை
- ✱ பொது உடைமை
- ✱ பொருடைமை
- ✱ பிறனில் விழையாமை
- ✱ பொய்சொல்லாமை
- ✱ போரில்லாமை
- ✱ கல்வியுடைமை
- ✱ ஒற்றுமை



Ms. AYARIN REENA
B.Sc (N) II year

EMOTIONAL INTELLIGENCE AND ASSERTIVE BEHAVIOR AMONG NURSING STUDENTS



Mrs. N. GOWRI, M.Sc (N)
Associate Professor and HOD
Dept. of Community Health Nursing

Emotion is an affective state of consciousness in which joy, sorrow, fear, likes or dislikes are experienced. Emotional intelligence (EI) is the ability to identify and manage your own emotions and the emotions of others. The research shows that IQ (Intelligent Quotient) can help you to be successful to the extent of only 20% in life. The rest of 80% success depends on your EQ (Emotional Quotient). Assertiveness means respecting yourself and other people; seeing people as equal to you, not better than you or less important than you. The goal of assertive behavior is to stand up for your rights in such a way that you do not violate another person's rights.

Tips to be an assertive and emotionally intelligent person

- Reduce negative emotions.
- Stay cool and manage stress.
- Stay proactive. Controlling a situation by causing something to happen rather than waiting to respond to it after it happens.
- Express intimate emotions in close, personal relationships.
- Respect yourself and others.

- Be confident but not overconfident.
- Make clear statements about how you feel and think.
- Listen, don't pretend to hear.
- Accept your mistakes and learn from it.
- Maintain eye to eye contact.
- Don't feel guilty when you say 'no'.
- Be empathetic.
- Openly express your personal feelings and opinions (including anger, love, disagreement, sorrow)
- Hurt neither yourself nor others.

Importance of EI and Assertive behavior for the nurse

- Helps in good nurse-patient relationship.
- Improves patient satisfaction.
- Helps to control your stress.
- Aids confidence in nursing profession.
- Improves coping skills and self image.

In order to assess these above aspects a descriptive study was undertaken in our college. The abstract of the study is as follows.

Aim

A study was conducted to assess the relationship between emotional intelligence and assertive behavior among B.Sc., Nursing IV year students at Our Lady of Health College of Nursing, Thanjavur, Tamil Nadu.

Methods and materials

Sample consisted of 49 nursing students. Purposive sampling technique was used to select the samples. Emotional intelligence was assessed by EI scale developed by Schutte's et al (1998) and to assess the assertive behavior, an assertive inventory was used. The data were analyzed with descriptive and inferential statistics wherever required.

Results

The Karl Pearson's coefficient correlation found ($r=0.4536^*$ $p<0.05$) significant positive relationship between emotional intelligence and assertive behavior among nursing students. Emotional intelligence and assertive behavior had no significant relationship with demographic variables.

Conclusion

The study findings revealed that there is significant positive relationship between emotional intelligence and assertive behaviour which conclude the person who is stable emotionally expresses more assertive behavior.

Do not make unreasonable demands on yourself; learn to be assertive rather than just saying, 'Yes' to the demands of others.

**"Be who you are and
say how you feel,
because those who mind don't matter
and those who matter don't mind".**

Check your assertiveness

1. Strongly disagree,
2. Disagree
3. Neither disagree nor agree
4. Agree
5. Strongly agree

S.No.	Criteria	1	2	3	4	5
1.	I am often concerned about what people think of me*					
2.	If I want to find out something, I ask someone about it					
3.	I accept my mistake and learn from it					
4.	I like to have eye contact when I speak with others					
5.	I dismiss others' ideas very soon*					
6.	I am often impatient with people*					
7.	In general, I like my work					
8.	I tend to blame others when things are going badly*					
9.	I value myself as equal to others					
10.	I usually like to discuss my ideas with others					

Scoring 1-15 – Unassertive
16-30–Fairly assertive, >30–Very assertive

Check your Emotional Intelligence

1. Strongly disagree, 2. Disagree
3. Neither disagree nor agree
4. Agree 5. Strongly agree

S.No.	Criteria	1	2	3	4	5
1.	I know when to speak about my personal problems to others					
2.	I find difficult to understand the non-verbal messages of other people*					
3.	I am aware of my emotions as I experience them					
4.	I am a good listener					
5.	I seek out activities that makes me and others happy					
6.	I present myself in a way that makes a good impression on others					
7.	I recognize others emotions when I look at them					
8.	I have control over my emotions					
9.	I compliment others when they have done something well					
10.	When I am faced with a challenge, I give up because I believe I will fail*					

Scoring 1-15 – Average EI
16-30 – Good EI, >30 – Excellent EI

YOGA- "STRETCHED AND UNSTRESSED"



Mrs. M. JEYANTHI, M.Sc (N)
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"Yoga is not a religion. It is a science of well-being, science of youthfulness, science of integrating body, mind and soul."

Yoga is a holistic development of physical, mental and moral-spiritual aspects of being. The philosophy of Yoga is practical and applicable in day-to-day life.

Benefits of yoga

1. Holistic fitness

True health comes from not only being physically fit but also mentally and emotionally balanced. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are. By synchronizing the breath with the body it brings more attention into the present moment.

2. Weight loss

Weight loss is inevitable effect of a regular practice. Sun salutations, when practiced daily, are one of the best yogic tools for managing weight. As they work every part of the body by increasing the heart rate expulses sweat and increases the body metabolism thereby utilizing more

amount of glycogen which is deposited in the body.

3. Stress relief

Even practicing yoga for just a few minutes can rid the body and mind of the stress throughout a day. We spend the majority of the day with our attention focused on the events happening outside of ourselves. When we take the time, even just five minutes, to focus our attention on the way our body feels, the content of our mind and the quality of our breath, we enter into the present moment, which is a constant source of peace.

4. Inner peace

Peace is a state of being that can be cultivated within ourselves and we can take a mini-vacation to experience this at any time of the day. Yoga is one of the best ways to calm a disturbed mind and bring ourselves to a place of peace.

5. Improved immunity

Our body, mind and spirit are interconnected. Disharmony in the mind can manifest as an ailment in the body. Yoga poses massage the internal organs, strengthen muscles and increase circulation, all of which detoxify the body.

Yoga also increases circulation of the lymphatic system (lymph is a clear, watery fluid that moves bacteria and viruses out of the body). Breathing techniques and meditation also release stress and improve immunity.

6. Living with greater awareness

When practicing yoga, because your attention is focused on the most present parts of yourself (your body and breath), you create a state of increased awareness, which brings the mind to the present moment, where it can stay happy and focused.

7. Better relationships

Yoga can improve the relationship with spouse, parents, friends and loved ones. When mind is relaxed, happy and content, the person better able to be present for others and sensitive to our own behavior.

8. Increased energy

A few minutes of yoga everyday provides the secret of feeling fresh and energetic even after a long day. The breath is naturally energizing, as it oxygenates the blood and brain. Taking just a few minutes to move your body can wake you up and even kick your caffeine habit.

9. Better flexibility and posture

A regular yoga practice stretches and tones the muscles and helps improve posture. Yoga brings mental awareness to the body, which can lead to an increased awareness of posture throughout the day.

10. Better intuition

When we practice yoga, we activate and communicate with all the parts of our body, creating coherence in our brain and integration in our entire system, because of this increased ability to listen to

our body and mind, yoga and meditation have the power to improve our intuitive ability.

It is important to remember that these benefits come with a regular practice. So keep practicing. The more you integrate yoga into your daily routine, the more profoundly you will experience its benefits.

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YOU CANNOT ALWAYS CONTROL
WHAT GOES ON OUTSIDE.
BUT YOU CAN ALWAYS CONTROL
WHAT GOES ON INSIDE.



SUMMER TIPS ...

Hydrate, hydrate, hydrate. Don't wait until you're thirsty to drink water. Drink plenty of water before, during and after activities.

MCKENZIE EXERCISES FOR LOW BACK PAIN



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SWEETY
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Low back pain (LBP)

Low back pain is the common complaint filed by most of the people.

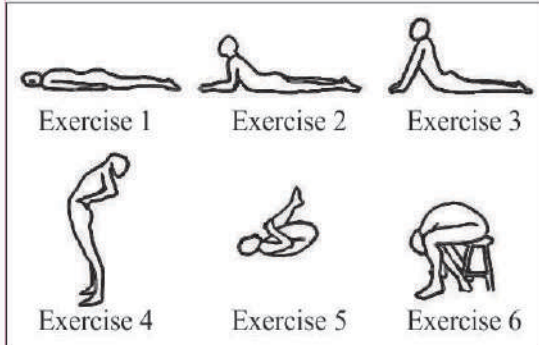
It is the musculoskeletal symptom caused by a variety of diseases and disorders that affect or extend from the lumbar spine. More serious causes of LBP may be accompanied by fever, night pain that awakens a person from sleep, loss of bladder or bowel control, numbness, burning urination, swelling or sharp pain in the back.

McKenzie Exercises

The McKenzie method was developed in 1981 by Robin McKenzie, a physical therapist from New Zealand. It is a physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body especially lower back.

Assessment before starting the exercises

The McKenzie assessment consists of taking a patient history and performing a physical examination. For example, patients may be asked to perform single and/or repeated flexion or extension movements forward and backward.



McKenzie Exercise : One and Two

To perform the passive stages of the McKenzie exercise sequence lie face down on an exercise mat. Place your hands on either side of your head and your forehead on the floor. Remain in this position for five minutes. From this position move to stage two; rise up onto your elbows and place your forearms flat on the floor. Lift your chin slightly and hold this position for a further five minutes.

McKenzie Exercise : Three

Stage three is prone push-ups-sometimes referred to as cobra push-ups. Place your hands beneath your shoulders and keeping your hips on the floor, raise your chest off the ground by pressing with your arms. Hold this position for 20 seconds.

McKenzie Exercise : Four

The fourth stage of McKenzie's exercises for lower back pain is standing spinal extensions. Stand with your feet hip-

width apart and your hands on your lower back. From this position lift your chest and lean back. Hold this position for 20 to 30 seconds before relaxing and repeating.

McKenzie Exercise : Five

Lie on your back with hip raised and elbow locking the legs. Hold this position for 20-30 seconds before relaxing and repeating.

McKenzie Exercise : Six

Sit on the chair. Bend downwards with legs widely separated. Try to touch the front foot of the chair. Try to be in this position for 10-15 seconds. Then relax yourself by sitting in the chair for 10 seconds.

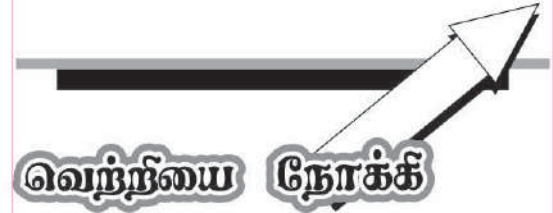
Frequency of the exercises

If your lower back pain is chronic, you will benefit from performing McKenzie's series of exercises two, three or even more times a day. Morning, noon and night is a good schedule to ensure that you perform the exercises often enough for them to be beneficial. Once your back pain is under control, you may find that performing the exercises once a day is sufficient to stop the pain from returning. If you spend an especially long time sitting down, increase the frequency of your McKenzie exercises to stop your back pain returning.

**"Exercise to be fit not skinny,
Eat healthy to be healthy,
Ignore the areas which causes pain,
You are worth more than you realize"**

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இளைஞனே! இது முடங்கி கிடக்க வேண்டிய
பருவம் இல்லை! முட்டி மோத வேண்டிய பருவம்!
பேசி கழிக்க வேண்டிய காலம் அல்ல! உலகே
உன்னை பேசி வியக்க வேண்டிய காலம்!
யாருடைய காலடி சுவடும் அல்ல நீ!
தீயவரின் தோலுரிக்கும் சாட்டை நீ!
வானில் பரவிய இருள் அல்ல நீ!
இருளை பிளக்கும் கதிரொளி நீ!
அமைதி ஆற்றின் அழகும் நீ!
தேவைப்பட்டால் பெருக்கெடு நீ!
தயங்காதே! தளராதே
எங்கேயும்! எதற்காகவும்!

விழித்தெழு, விரைந்திடு

வெற்றியை நோக்கி....

Ms. S. GREATA THERES
B.Sc (N) I year



CHALLENGES FACED BY THE NURSES IN INDIA

நன்றி : ஆனந்த விகடன்

"Nurse – A word to describe a person strong enough to tolerate everything and soft enough to understand everyone". Nursing is caring for the sick, injured or infirm.

School of nursing was first started at government hospital, Chennai in 1871. Bachelor of nursing was started in RAK College of nursing in 1946.

Nurses work 24 hours a day with the patients with their full soul of hard work, patience and sincerity but they are paid very less compared with all other healthcare professionals.

Lack of stocks in medical dispensaries, lack of medicines during emergency situations, less number of nurses than the required census, lessened privacy for the nurses and less grievance rehearsal leads to the unsatisfied job environment for the nurses who are appointed for the salary in limited private sectors.

According to the present scenario of this 21st century, the census of the nurses all over India should be 22 lakhs. But, today we have only 12 lakhs with the ratio of less than 2 nurses to the 1000 patients in hospitals.

Even when nurses protest for their rights, everybody passes the protestants with the view that these people protest for no reason and just wasting time.

"A Nurse is one who opens the eyes of a newborn and gently closes the eyes of a dying man." It is indeed a high blessing to be first and last to witness the beginning and the end of life.

The nurses while remembering their nursing career in general recited that they skipped many meals after giving care to burns patient had many sleepless nights as the voices of the painful patients screamed over their ears, suffered from many infectious diseases even immunized and missed many enjoyments of life due to the work overload and helpless people in their paths.

Nurses felt that there was no support and respect from people. They uttered, **"We need only recognition rather than appreciation"**.

Changing patterns of medical treatments, new medical technologies, increased vacancies of nursing personnel's has a wide spread opportunity towards the nursing students. Building a 300 bedded hospital with a wide range of facilities is not a hectic work, but rebuilding the nurses with a full set of useful education, service and ensuring the satisfaction of them in salary, job environment and working relationships only will save many human lives in all arenas.

Nurses are not martyrs; they are humans too. If we are not making a peaceful environment for the nurses, it will

create a suffering not only in the life of nurses but also in the society.

Nurses dispense comfort, compassion and caring without even a prescription.

A Nurse is,

- ◆ A Person who cares patients they've never met before.
- ◆ Someone who gets yelled at daily for no reason.
- ◆ Someone who arrives at work early and leaves late.
- ◆ Someone who rarely receive a "Thank you".

"Support the Nurses
Salute their passion
Synchronize with their work
Succeed with the Health".

International nurses day is celebrated May 12th of every year, the anniversary of Florence Nightingale's birth. The theme of this year is "Nurses : a voice to lead - achieving the sustainable development goals".



Save one life
You're a **HERO**.
Save hundred lives
and you're a **NURSE**.

4

பேர் மதிக்க...



- ★ பொறுப்புகளை கடமைக்காக செய்யாமல்
கடமைகளை பொறுப்போடு செய்வோம்
- ★ நினைத்ததை எல்லாம் செய்வது சுதந்திரம் அல்ல...
செய்வதை எல்லாம் நினைத்து பார்த்து செய்வதே
உண்மையான சுதந்திரம்.
- ★ பணத்தை பார்த்து பார்த்து செலவழிக்கும் நாம்
நேரத்தை மட்டும் பார்க்காமலே வீணாக
செலவழிக்கலாமா!
- ★ உறவுகளை உதாசீனப்படுத்தி உதரி தள்ளாதே
உணர்வுகளை உணரும் உள்ளம் உனதாகட்டும்
- ★ கடின வார்த்தைகளால் பிறரை காயப்படுத்தாதே
அன்பான வார்த்தைகளே அனைவரும் விரும்புவது.
- ★ அன்பு செய்ய முதல் ஆளாக இரு
வம்பு செய்ய நினைக்கவே நினைக்காதே
- ★ வீம்பு பேசி வீணடித்த நாட்கள் போதுமே
வாழ வைக்கும் வார்த்தைகள் நம் வசம் ஆகட்டும்
- ★ புரணி பேசி பிறரை புண்படுத்தாமல்
பாசத்தால் எல்லோரையும் வாழ வைப்போம்
- ★ வாழ்வது ஒரு நாளாக இருந்தாலும்
நாமும் வாழ்ந்து பிறரையும் வாழவைப்போம்
- ★ நிரந்திரமில்லா உன் வாழ்க்கையில்
அன்பு செலுத்தி பிறர் மனதில் நிரந்தரமாகு...

- ராஸ்க்

தஞ்சாவூர் மாவட்ட கல்லூரிகளுக்கு இடையிலான கட்டுரைப் போட்டியில் முதலிடம் பிடித்த எங்கள் மாணவியின் கட்டுரை

உலகத்தமிழ் மாநாடு பற்றிய ஓர் பார்வை



Ms. SWATHI
B.Sc (N) IV year

முன்னுரை

“யாமறிந்த மொழிகளிலே தமிழ்மொழிபோல்
இனிதாவது எங்கும் காணோம்
பாமரராய் விலங்குகளாய் உலகனைத்தும்
இகழ்ச்சிசொல்ப் பாண்மை கேட்டு
நாமமது தமிழரெனக் கொண்: இங்கு
வாழ்ந்திடுதல் நன்றோ? சொல்லீர்!
தேமதுரத் தமிழோசை உலகமெல்லாம்
பரவும்வகை செய்தல் வேண்டும்”

இனிய மொழியாம் நம் தமிழ்மொழி, அத்தகைய இனிய பண்புகள் கொண்ட நம் தமிழ்மொழியை உலகமெல்லாம் பரப்பவே உலகத்தமிழ்மொழி மாநாடுகள் நடத்தப் படுகின்றன. இதுவரை எட்டுமுறை உலகத் தமிழ்மொழி மாநாடுகள் பல்வேறு நாடுகளில் நடைபெற்றுள்ளது. இதன் முக்கிய நோக்கம் தமிழ்மொழியாம் நம் செம்மொழியை மேலும் மேலும் வளர்ப்பதாகும். இத்தகைய இனிய செம்மொழியாகிய நம் தமிழ்மொழி பற்றியும் தமிழ்மொழி மாநாடுகள் பற்றியும் காண்போம்.

செம்மொழி மாநாடு

திருந்திய பண்பும் சீர்த்த நாகரீகமும் பொருத்தி நின்றலே செம்மொழியின் இலக்கணமாகும். இத்தகைய பண்புகள் கொண்ட நம் தமிழ்மொழியை 12.10.2004 ஆம் ஆண்டு நடந்த மாநாட்டில் செம்மொழியாக அறிவித்தோம். செம்மொழியாம் தமிழ் மொழியின் சிறப்பை

உலகறியச் செய்ய “கொங்கு தமிழ் கொஞ்சி விளையாடும்” கோவை நகரில் உலகத் தமிழ்மொழி மாநாடு 23.06.2010 முதல் 25.06.2010 வரை நடப்பெற்றது. பிறப்பொக்கும் எல்லா உயிர்க்கும் என்பதாகும். மேலும் இம்மாநாட்டில் தான் வள்ளுவப் பெருந்தகையின் திருவுருவச்சிலை தாங்கிய சின்னம் உருவாக்கப்பட்டது.

மாநாடு நடைபெற்ற இடங்கள்

- மலேசியா (கோலாலம்பூர்)
- தமிழ்நாடு (சென்னை)
- பிரான்சு (பாரிஸ்)
- இலங்கை (யாழ்ப்பாணம்)
- தமிழ்நாடு (மதுரை)
- மொரிசியசு
- தமிழ்நாடு (தஞ்சாவூர்)
- தமிழ்நாடு (கோயம்புத்தூர்)

மாநாட்டின் சிறப்பு

“உலகத்தில் ஏழு அதிசயங்கள் உள்ளது என்று சொல்கிறார்கள் ஆனால் எனக்கு ஒரே அதிசயம் என் “தமிழ்மொழி” மட்டுமே!”

என்பதை விளக்கும் வகையில் கவியரங்கம், ஆய்வரங்கம், பட்டிமன்றம், கலைநிகழ்ச்சிகள், புத்தகக் கண்காட்சி, இணையதளக் கண்காட்சி, பொதுக் கண்காட்சி, ஊடக அரங்குகள் அமைத்து தமிழின் பெருமையை விளக்கினர்.

எழிலார் பவனி

முதல் நாள் இனியவை நாற்பது என்னும் தலைப்பில் அழகு ஊர்திகள் வடிவமைக்கப் பட்டிருந்தன. இதன் மூலம் சிந்து சமவெளி நாகரீகம், ஐவகை நிலங்களும், அதன் வாழ்க்கை முறைகளும் வெளிப்படுத்தப்பட்டன.

இவ்வகை உணர்த்திகளுக்கு முன்பு கலைஞர்கள் இசைக்கருவிகள் மீட்டியும் ஆடல்கள் மூலமும் பண்மைத்தமிழின் சிறப்பினை வெளிப்படுத்தினர்.

சிறப்பு அஞ்சல் தலை

கோவையில் நடைபெற்ற மாநாட்டில் குமரகுருபர சுவாமிகள், இராபர்ட்கால்டுவெல் ஆகியோரின் தலைகள் பொருந்திய சிறப்பு அஞ்சல் தலை வெளியிடப்பட்டன.

செம்மொழி மாநாட்டு களம்

இதுவரை நடைபெற்ற உலகத்தமிழ்மொழி மாநாடுகளில் கோவையில் நடைபெற்ற உலகத்தமிழ் மொழி மாநாட்டின் களம் அதிக பரப்பளவு கொண்டது. அதாவது எட்டு ஏக்கர் முப்பத்தைந்தாயிரம் அடி கொண்டது. இம்மைதானத்தின் நடுவில் வள்ளுவப் பெருந்தகையின் திருவுருவச்சிலை நிறுவப்பட்டது.

கண்காட்சி

புத்தகக் கண்காட்சியில் ஆறடி உயரம் 2 அடி அங்குலம் கொண்ட திருக்குறள் நூல் இடம்பெற்றிருந்தது. சிந்துசமவெளி நாகரீகம் திராவிடர்களுக்கே உரியது என்பதை விளக்கும் வகையிலான ஓவியம், சிற்பம், ஓலைச்சுவடி, செப்பேடு, கலைப்பொருட்கள் ஆகியன இக்கண்காட்சியில் இடம்பெற்றிருந்தன.

செம்மொழி விருது

இம்மாநாட்டில் ஐம்பொன்னாலான வள்ளுவப் பெருந்தகையின் திருவுருவச்சிலை விருதாக பின்லாந்து நாட்டைச் சேர்ந்த அஸ்கோ பார்ப்போலோ என்பவருக்கு அன்றிருந்த முதலமைச்சர் வழங்கி பெருமைப்படுத்தினார். கணியன் பூங்குன்றனார் விருது சென்னை மென்பொருள் நிறுவனரான விஜயன் என்பவருக்கு வழங்கப்பட்டது.

செம்மொழி மாநாட்டின் தீர்மானங்கள்

- தமிழ் வளர்ச்சிக்கு நன்கொடை வழங்குதல்
- மதுரையில் தொல்காப்பியர் உலகத்தமிழ் சங்கம் அமைத்தல்

- பள்ளி, கல்லூரிகளில் மொழிப்பாடமாக தமிழை அறிவித்தல்
- நடுவணரசில் தமிழை ஆட்சி மொழியாக்கல்
- தமிழ்மொழியை வழிகாட்டும் மொழியாக அமைத்தல்
- தேசிய கல்வெட்டில் தமிழ்மொழியை பொறித்தல்
- தமிழ்வழி பயின்றவர்களுக்கு அரசு வேலை வழங்குதல்
- சென்னை உயர்நீதிமன்றத்தில் தமிழ்மொழியை வழிகாட்டும் மொழியாக மாற்றுதல்

முடிவுரை

"பட்டினி கிடந்து பசியால் மெலிந்து பாழ்பட நேரிடனும்
கட்டி இழுத்து கால் கை முறிந்து
பிளந்து அங்கம் துடித்திடனும்
கொங்கு தமிழை பேசுமறப்பேனோ ... ?"

இத்தகைய இனிய பண்புகளை கொண்ட பண்மையான மொழியான செம்மொழியான செம்மொழியாம் தமிழ்மொழியை பேணிக்காத்து வளர்த்திடவே உலகத்திடவே உலகத்தமிழ்மொழி மாநாடுகள் நடத்தப்படுகின்றன.

“தடுக்கி விழுந்தால் மட்டும் **அ...ஆ**
சிரிக்கு போது மட்டும் **இ...ஈ**
கூடுபட்டால் மட்டும் **உ...ஊ**
அதட்டும் போது மட்டும் **எ...ஏ**
ஐயத்தின் போது மட்டும் **ஐ**
ஆச்சரியத்தின் போது மட்டும் **ஒ...ஓ**
வக்கனையின் போது மட்டும் **ஔ**
விக்கலின் போது மட்டும் **ஃ**”

என்று தமிழ்மொழி பேசி மற்ற நேரம் வேற்று மொழி பேசும் தமிழர்களிடம் மறக்காமல் சொல் உன் தாய்மொழி தமிழ்மொழி என்று.

TUBERCULOSIS



Ms. RATCHA MONICA
B.Sc (N) I year

Introduction

Tuberculosis (TB) is a most severe and deadly disease caused by "Mycobacterium tuberculi". First it was found out by Robert Koch. Tuberculosis is a communicable disease because it spreads easily. It is an air borne disease too. The bacteria is not transmitted through food and water or by kissing, by skin contact such as shaking hands, by touching a toilet seat or by sharing a tooth brush. Tuberculosis is a chronic infectious disease which affects primarily the lungs.

The closer the infectious person is and the longer time of exposure, the higher the risk if being infected.

Types of tuberculosis

◆ Pulmonary tuberculosis

If a tuberculosis infection does become active, it most commonly involves the lungs (in about 90% of cases). Symptoms may include chest pain and a prolonged cough producing sputum. About 25% of people may not have any symptoms (i.e. they remain "asymptomatic").

◆ Extra pulmonary tuberculosis

In 15–20% of active cases, the infection spreads outside the lungs, causing other kinds of TB. These are collectively denoted as "extra pulmonary tuberculosis". Extra pulmonary TB occurs more commonly in immuno suppressed persons and young children. In those with HIV, this occurs in more than 50% of cases. Notable extra pulmonary infection sites include the pleura, the central nervous system, the lymphatic system, the genitourinary system, bones and joints.

Pathogenesis

TB infection begins when the mycobacterium reach the pulmonary alveoli, where they invade and multiply within endosomes of alveolar macrophages. Macrophages identify the bacteria as foreign body and attempt to eliminate it by phagocytosis. Mycobacterium tuberculosis has a thick, waxy mycolic acid capsule that protects it from these toxic substances. It is able to reproduce inside the macrophage and will eventually kill the immune cell.

The primary site of infection in the lungs is generally located in either the upper part of the lower lobe or the lower part of the upper lobe. Tuberculosis of the lungs may also occur via infection from the blood stream. This hematogenous transmission can also spread infection to

more distant sites such as peripheral lymph nodes, the kidneys, the brain and the bones. All parts of the body can be affected by the disease, though for unknown reasons it rarely affects the heart, skeletal muscles, pancreas and thyroid gland.

Causes and symptoms

Mycobacterium tuberculosis is a microscopic, rod-shaped bacterium. The majority of individuals who are infected with TB do not go on to have active disease. Active TB can be triggered when a person's immune system is weakened, such as from human immunodeficiency virus (HIV), malnutrition or alcohol abuse.

Early symptoms of TB includes unusual fatigue, fever, loss of weight, headache, coughing and irritability. An infected child may have night sweats and coughup blood. In advanced stages, the patient will suffer persistent coughing, breathlessness and fever. The disease can reoccur, or reactivate, during adolescence when resistance is low and may disappear on its own or develop into serious lung disease.

Diagnosis

Tuberculosis is nearly always diagnosed by tuberculin skin tests, although one can also be diagnosed by chest X ray and analysis of sputum (matter from the respiratory tract) smears and cultures. The most common tuberculin skin test is the Montoux test, which consists of injecting a small amount of protein from the TB bacillus into the forearm. A

reddening and swelling of the area after 24–72 hours signals the presence of TB.

Treatment and prevention

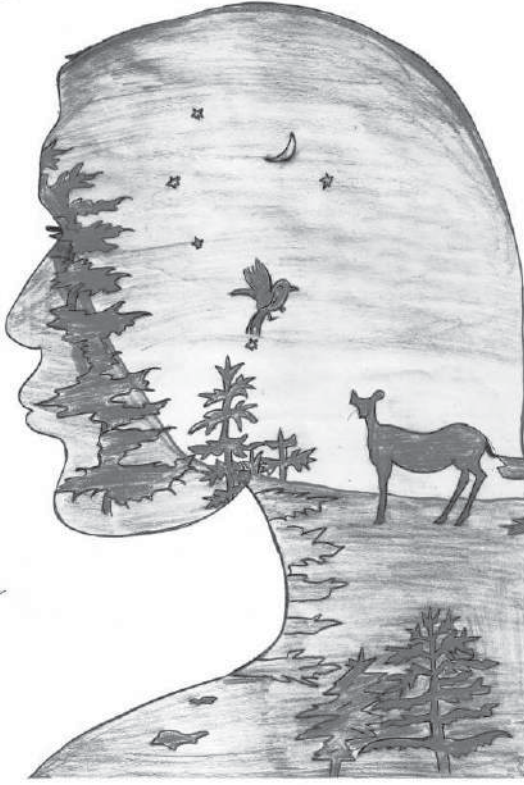
The disease is treated with strong antibiotics and by the DOTS therapy. Stopping the spread of tuberculosis is the most effective way of preventing its incidence among children. All adults who work with children should be screened regularly.

While a vaccine for TB does exist (*Bacilli Calmette-Guerin* or BCG vaccine), it does not always prevent infection with the disease. In order to reduce exposure in households where someone has infectious TB, the following actions should be taken whenever possible

- * Houses should be adequately ventilated
- * Anyone who coughs should be educated on cough etiquette and respiratory hygiene and should follow such practice at all times
- * While smear positive, TB patients should,
 - ❖ Spend as much time as possible outdoors
 - ❖ If possible, sleep alone in a separate, adequately ventilated room
 - ❖ Avoid being in over-crowded places

**"On the move against TB :
Transforming the fight
towards elimination"**

BEAUTY OF NATURE



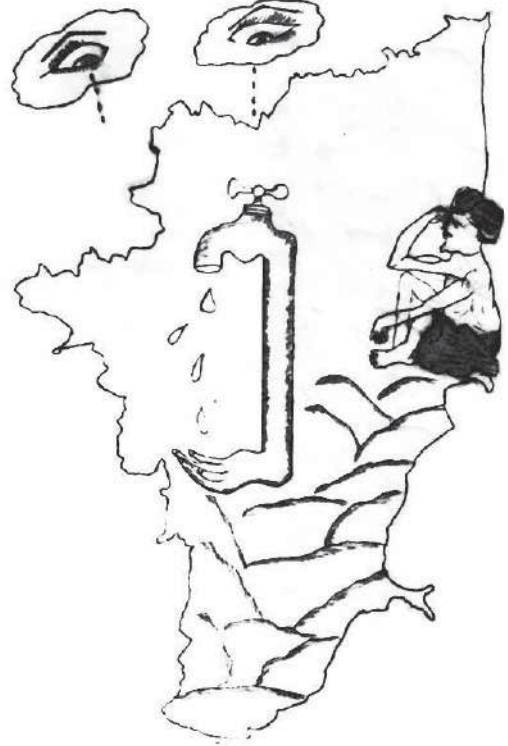
Ms. B. SNEKASHRI
B.Sc (N) II year



SUMMER TIPS ...

Look before you dive. To prevent head, neck and spine injuries, never dive head first into unknown bodies of water.

தரிசு நிலமும், விவசாயின் கண்ணீரும்...



வானில் இருந்து வரும் மழைத்துளிகள் கூட விவசாயியின் கண்ணீர் துளி தான் ... சுவாசிக்க முடியாத நிலையில் பணக்காரன் செயற்கை சுவாசத்தை தேர்வு செய்கிறான். ஏழையோ மண்ணையும்

மண் வாசனையையுமே சுவாசிக்கிறான் ஆனால் இன்று அவர்கள் கண்ணீர் கூட மண்ணை நனைக்க முடியவில்லை. வறண்ட மண்ணில், தரிசு நிலத்தை பார்த்து

ஏங்கும் விவசாயி...

Ms. EZHILARASI
B.Sc (N) IV year



போற்றுவோம் என்றும் ...


பண்பாடுடைத்த இந்தியாவில்
பெருமைமிகு தமிழ்நாட்டில்
நெற்களஞ்சியமாம் தஞ்சையிலே
அமைதியாய் வீற்றிருக்கும்
ஆரோக்கிய கல்லூரியில்
தன்னிலம் பாராது பிறர் நலம் பேனும்
பாஸ்கரா! விண்கலம் போல்
மேன்மையே நோக்கிடும் வேந்தராம்
புண்நகையோடு கண்டிப்பை
காட்டிடும் முதல்வராம்
தாமரை போல் நிறமாறாமல்
தள்ளாடிடும் இறையண்பும்
பஞ்சபூதங்கள் ஐந்தாகினும் - எங்கள்
கல்லூரிக்கோ ஐந்து துறைகள்
புண்சிரிப்போ போற்றிடும் ஆசாண்களாம்
கலங்கமில்லா கண்ணிகைகளாம்
பட்டாம் பூச்சிகளாய் பறந்தோடும்
எங்கள் அன்பு செல்வங்கள்
நிறைந்த சொர்க்கமாய் திகழும்
எங்கள் அன்பு இல்லமாம் கல்லூரி
செய்யும் தொழிலே தெய்வம் - அந்த
திறமைதான் நமக்கு சொந்தம்
கையும் காலும் தான் உதவி
கடமைதான் நமக்கு பதவி
பயிரை வளர்த்தால் பலனாகும் - அது
உயிரை காக்கும் உணவாகும்
வெயிலே நமக்குத் துணையாகும் - நாம்
சிந்தும் வேர்வைகள் எல்லாம் விதையாகும்

காயும் ஒருநாள் கனியாகும்
நம் கனவும் ஒருநாள் நனவாகும்
உடல் வாடினாலும் பசி மீறினாலும் - வழி
மாறிடாமல் வாழ்ந்திடுவோம்.

ஆங்கிலத்தை கற்கையிலும் அயல்
மொழியை
கற்கையிலும் செந்தமிழை மறவாது
பெருமையோடு பேசுவோம் நம் மொழியை



சி. இன்ப தமிழ் வேணி
M.A., D.S (Admin).,



SUMMER TIPS ...

- Don't let injuries go untreated. If a summertime injury occurs. The Orthopaedic institute offers same or next-day appointments to help you get back to your summer time fun!
- A warm lemon juice early in the morning helps to flush out toxins from the body.
- Go easy on your joints. Swimming is a great, low-impact exercise for summer and helps to prevent over-heating.

நெஞ்சம் பேசுதே

பனிகள் மேகங்களாக மாற, குளிகள் காற்றாக தன்னை உருவெடுக்க, மலர்கள் தங்களை மனம் வீசுவதாக நினைக்க, வண்ணத்துப் பூச்சிகள் சிறகடித்து பறக்க, இவ்வுலகிலே வாழ ஆசையாய் இருக்கிறது என்று தாயை உதைத்து அவருடைய இன்னொரு உயிராய் பிறந்தது ஒரு பெண் தேவதை. பெற்றோரின் அன்போடும், பெரியவர்களின் வழிநடத்துதலோடும், நண்பர்களின் நட்போடும் சுதந்திரமாக வாழ்ந்து வந்தாள்.

ஒரு நாள் பள்ளிக்குச் செல்லும் வேளையில் அவள் எதிரே ஒருவர் வந்து, பாப்பா என்னை அந்த வீட்டில் விட்டுவிடுகிறாயா, என்னிடம் குடை இல்லை, மழை அதிகமாக பெய்கிறது என்றார். அவள் பள்ளிக்குச் நேரம் ஆகிவிட்டது என்றாள். அவர் அவளிடம் தயவு செய்து எனக்கு இந்த உதவியை செய் என்றார். அவளும் அவரை அழைத்து சென்றாள்.

சரியாக இரண்டு மணி நேரம் கடந்தபின் மருத்துவமனையில் இரத்தம் கசிந்த நிலையில் காயப்பட்டுக் கிடந்தாள். அவளுடைய பெற்றோர் இச்செய்தி கேட்டு ஓடோடி வந்தார்கள். மருத்துவர் பெற்றோரிடம் உங்களுடைய குழந்தை பாலியல் பலாத்காரத்திற்கு உள்ளாக்கப் பட்டுள்ளாள் என்று கூறினார். இதை கேட்ட அவளின் தாய் மயங்கி விழுந்தாள். தந்தையோ அழுது கொண்டு என் குழந்தையை எப்படியாவது காப்பாற்றுங்கள் என்று கதறினார்.

மருத்துவர் உயிரை காப்பாற்றினார் ஆனால் அவள் மன அழுத்தத்தால் பாதிக்கப்பட்டாள். தன்னுடைய பெற்றோரை கூட பார்க்க விரும்பவில்லை. அவளுடைய மனதில் தோன்றிய கேள்விகள் இதோ ! என்னை இந்த நிலைக்கு உருவாக்கிய அவன் தன்னுடைய

தாயையோ, தங்கையையோ, அக்காவையோ அல்லது தன் பிள்ளையையோ பாலியல் பலாத்காரத்திற்கு உட்படுத்துவானா !

வெறித்தனமாக இன்னொருவருடைய வாழ்க்கையை அழிக்கிறாயே ! இந்த வெறியை இவ்வுலகத்தில் நிறைய நல்வழியில் பயன்படுத்தி சாதிக்கலாமே!

உடம்பை வளர்க்க நினைக்கும் உனக்கு, உறவை வளர்க்க முடியவில்லையா!

பணம் இருந்தால் உல்லாசமாக வாழ விரும்பும் உனக்கு இப்பணத்தை கொடுத்து ஏழைகளுக்கு உதவி செய்யலாமே ! கனவுகளோடும், ஆசைகளோடும், உறவுகளோடும் வாழ்ந்த என்னை சிதைத்து விட்டாயே...

இப்பெண்ணின் கேள்விகளுக்கு உங்களால் பதில் சொல்ல முடியுமா ? கண்டிப்பாக முடியும். எப்படியென்றால், ஒவ்வொரு பெண்ணையும் உங்களுடைய சொந்த பிள்ளையாக, தங்கையாக, அம்மாவாக, அக்காவாக நினைத்துப் பாருங்கள். உங்களுடைய ஆசை மற்றவர்களுடைய வாழ்க்கையை அழிக்காதவாறு பார்த்துக்கொள்ளுங்கள், உணர்ச்சிகளை கட்டுப்படுத்துங்கள். பாலியல் பலாத்காரத்திற்கு உட்பட்டவர்களை ஒதுக்காமல், அவர்கள் மீண்டும் புது வாழ்க்கை தொடங்க உதவ வேண்டும்.

"Girls beauty is in the heart.
Not on the face
Believe in yourself, you are a STAR"

Ms. CONSITHA MARY
B.Sc (N) II year



CITADELS OF BHARATH FROM ANTIQUITY TO STRANGENESS

LEADERSHIP	
Vijjalakshmi Pandit (First woman U.N. leader from India)	Indhu Jain (First woman chairperson of times group)
BRAVERY	
Jancy Rani Lakshmibai (Woman freedom fighter, queen)	Kiran Bedi (First woman I.P.S officer in India)
COURAGE	
Indhira Gandhi (Woman woman prime minister of India)	Lt. Ramandeep Kaur (First woman judge advocate Indian Army)
CHARITY	
Dr. Muthulakshmi Reddy (First woman doctor in India)	Dr. Padmavathy (D.G.O., M.D., Chennai)
KINDNESS	
St. Mother Teresa (Dwelling of Amiable)	Erome Sharmila (Who hasn't taken any food orally for 14 years to against the repression of the innocent people by the military force)
PRODIGY	
Kalpna Chawla (First woman in Galaxy from India)	Tessy Thomas (First woman scientist in India and Head of missile project)
JUDICIOUS	
Fathima Beevi (First woman supreme cour Judge of India)	Chanda Kochar (First woman MD & CEO of ICICI bank in Indai)
SMART AND GORGEOUS	
Reeda Parora (First Miss World from India)	Anamika Gupta (Graphic Artist)
LEGEND	
Bendila Dikotha (First woman foorball leader in India)	Rupa Devi (First woman International Football referee from India (Tamil Nadu))
COMPETENT	
Karnam Maleeshwari (First woman Olympic winner in weight lifting from India)	Mary Kom (In Olympic, Bronze medal wionner)



Ms. HARIPRIYA
B.Sc (N) IV year

Without Women Nothing Happens

Ms. MARIA JONCY VINCILA
B.Sc (N) IV year



THE NEXT LIGHT WILL SHINE ON NOVEMBER 2017

"Start Lighting a Candle instead of cursing the darkness"



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