

## குடும்ப உறவுகள் மெம்பர்

மழைத்துளியாய் வானில் அமைய  
பனித்துளியாய் நெஞ்சில் உறைய  
விண்மேகங்கள் ஒற்றுமையில் திகைக்க  
அகிலமே வியந்து போகிறது உன் பாசப் பிணைப்பால்  
அம்மா என்ற சிற்பி சிலையாக வடிவமைக்க  
அப்பா என்ற கவிஞர் உயிர் கொடுக்க  
அன்பை நெஞ்சில் விதைத்து  
சிறுதுரும்பும் அணுகாமல் சீனச் சுவராய் அமைந்த  
வாழ்வு தொடங்கிய இடம் உலகம் என்றால்  
உறவு தொடங்கிய இடம் குடும்பம்  
உயிர் தொடங்கிய இடம் உடல் என்றால்  
உணர்வுகள் வெளிபடுத்திய இடம் குடும்பம்  
விண்கற்கள் வானில் சிதறிப்போகும்  
உணர்வுகள் ஒற்றுமையாகவும்  
நிலைத்து வாழும் ...



Ms. B. Bavani  
GNM II year

மனசும், மணிபர்சும் ஒன்றுதான்  
சில்லறை விஷயங்களை  
இறக்கி வைக்கும் வரை  
கனமாக தான் இருக்கும்

**மனசு**

## WAYS

to de-stress, in less than 10 minutes

- Listen to your favourite tunes
- Meditate
- Read books
- Write down 10 things you are grateful for
- Focus and notice your present surroundings
- Spend time with your pets
- Read an inspirational quote
- Look at the happy photo
- Disconnect from the tech
- Take a shower
- Kneel down in prayers
- Help without expectations
- Be optimistic
- Take deep, slow breathing
- Drink plenty of water

திடமான  
சாதனைகளை  
செய்ய மிகுந்த  
அர்ப்பணிப்புடன்  
இருக்க  
வேண்டும்



THE NEXT LIGHT WILL SHINE ON MAY 2018

## CONTENTS

Chief Editor's voice	2
Bishop's message	3
From reader's pen	4
Homage to our loving president	5
Tips to enjoy healthy and happy mind	6
Humanity and healthy mind	7
Mental health - an overview	9
The good mind	10
The power of mind	12
Mental health in womb	14
Practices vs ideal facts of child rearing	16
Mental strength - A path to healthy life	18
Positive attitude towards illness	20
Mindfulness	22
Microbes in mind	24
Stop stress to start living	25
Relaxation techniques	26
Cell phone usage and mental health	28
Poetic thoughts on modern education	30
Poetic thoughts on nurses	31
Students' articles	32 - 36



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OF  
OLHSCON



3<sup>rd</sup> Cross, Arulananda Nagar,  
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### Mens Sana in Corpore Sano

*This is a very famous Latin saying, which expresses the importance of having healthy mind in healthy body.*

*Now a days people are so much worried about their physic and we can see people walking and jogging early morning to take care of their body. But, often many forget to care their mind. Many of us are enmeshed in so many problems and live a stressful life. It is rightly said "You become what you think" Yes, our thoughts create us, shape us and mould us.*

*Mind is the power bank that gives energy to our body. But it depends on every individual what kind of energy the mind produces, whether negative or positive. Our mind must be tamed to produce only positive energy. We have chosen the topic HEALTHY MIND as the theme for light magazine this year with the great dream of helping the readers to tame their mind to produce positive energy only.*

*I am so proud to announce that the Light magazine celebrates its first birthday this year. We, Our Lady family members, feel so happy and proud that within one year our Light magazine reached and illumined so many people. Let me take this opportunity to express my sentiments of gratitude to our Loving President Most. Rev. Dr. M. Devadoss Ambrose for his support and encouragement. Let me congratulate the hard work and team spirit of last year's editorial team and I wish all the very best for the new editorial team.*

#### Chief Editor

Rev. Dr. T. Arokia Baskar, D.C.L.,  
Correspondent

## DO YOU KNOW ?



Ms. Shobana  
B.Sc (N) IV year

1. One cannot die by holding their breath by themselves.
2. Crocodile cannot put its tongue out.
3. A healthy person can sleep within 7 seconds.
4. Birds have no bladder.
5. The only animal which does not drink water in its lifetime is kangaroo.
6. Butterfly has taste buds in their legs.
7. Cockroach has over 2,000 lenses in each eye.
8. Octopus has blue color blood.
9. Sky looks orange color when it is visualized from mars.
10. The human heart can change the way it beats to mimic the music you are listening to.
11. Without the little finger, the hand would lose about 50 percent of its strength.
12. Stomach acid is strong enough to dissolve razor blades.
13. Venus is the only planet to spin clockwise.
14. The strongest muscle in the body is the human tongue.
15. Scientists believe that people who dream about an activity will actually get better at it in real life.

## A GOOD STUDENT AND HEALTHY MIND

Always be liked by others.

Greet everyone with smile.

On time to college.

Obedient to teachers.

Dress neatly.

Study with interest.

Treat everyone with courtesy.

Understand the subject effectively.

Do the homework without fail.

Eager to know new things.

Never misbehave in the class.



Talk less in the classroom.

"Have all these qualities.

Enjoy healthy mind.

Make your environment happier".



Ms. Usha Karolin Mary  
B.Sc(N) III year



## நல்ல சிந்தனையும் ஆரோக்கியமான மனமும்



“ரியா” என்கிற ஒருவர் “ரதி” என்கிற பச்சைகிளி ஒன்றை வளர்த்தாள். தினமும் காலையில் எழுந்தவுடன் ரதியுடன் பேசுவது வழக்கம்.

அன்று காலையில் தூக்கத்திலிருந்து எழுந்த ரியா ரதியை நோக்கி சென்றாள். ஆனால் கூண்டில் ரதியை காணாததை கண்டு அதிர்ச்சியடைந்தாள்! உடனே வீட்டிலுள்ள மதி, தியா, நதியா (இவர்களெல்லாம் வேறுயாருமல்ல செல்லமாக வளர்த்த கோழி, மாடு, முயல் இவைகள்தான்). இவைகளை அழைத்த ரியா ரதியை காணவில்லை, நீங்கள் பார்த்தீர்களா என்று கேட்க அவர்கள் பார்க்கவில்லை என்று பதில் கூறினர். பின்பு அனைவரும் சேர்ந்து பக்கத்து வீட்டிலுள்ள மியா என்ற ஆட்டுக்குட்டியிடம் ரதியைப் பற்றி விசாரித்தனர். அதுவும் எனக்கு தெரியாது என்று கூற, ரியாவின்னுடைய அம்மா அழைப்பை கேட்டு ஓடினாள். (மீனாவின் வாயில் ரதி) ரியா சற்று தாமத்திருந்தால், ரதி மீனாவிற்கு இறையாகியிருப்பாள். அதற்கு தான் மீனாவை (நாய்) வீட்டிற்குள் வர அனுமதிக்க வேண்டாம் என்றேன், ரதியையும் மீனாவையும் அழைத்துக்கொண்டு மதி, தியா, நதியா இவர்களிடம் சென்றாள், ரியா. இவர்கள் மூவரும் ரதியை பார்த்தவுடன் மகிழ்ச்சியடைந்தனர். உடனே ரியா பறந்து சென்ற ரதியை தந்திரமாக மீனா நம்மிடையே கொண்டு வந்து சேர்த்திருக்கிறாள் என்றதும் அந்த நண்பர்கள் அனைவரும் மீனாவை (நாய்) பாராட்டினார்கள். அந்த மீனா திருதிரு என்று விழித்து தவறை உணர்ந்தது என்று கதையை முடித்த கவிஞர் அந்த பெண் குழந்தையைப் பார்த்து, இந்த கதையில் இருந்து நீ என்ன தெரிந்து கொண்டாய் ? என்று கேட்டார். அதற்கு அந்த குழந்தை மீனா மட்டும் ரதியை கவனி கொள்ளாமல் இருந்திருந்தால் அது பறந்து திக்கு தெரியாமல் சென்றிருக்கும் என்றாள். அதுமட்டுமல்லாமல் ரியா. ரதியை இழந்திருப்பாள் என்றாள். அதுமட்டுமல்ல என்று கவிஞர் பின்வருமாறு கூறினார். ஒவ்வொரு எதிர்மறையான சம்பவத்திலும் ஒரு நேர் மறையான கருத்து இருக்கிறது. ஆகவே உனது வாழ்க்கையில் நிகழும் ஒவ்வொரு சம்பவத்திலும் நீ நன்மையை மட்டுமே பார்க்க வேண்டும். அதுவே உனது வாழ்க்கையை மேம்படுத்தும் என்று கதையை முடித்தார்.



Ms. P. Savari Nisha  
B.Sc (N) II year



Most Rev. Dr. M. Devadass Ambrose D.D., L.S.S., S.T.D.,  
Bishop of Thanjavur

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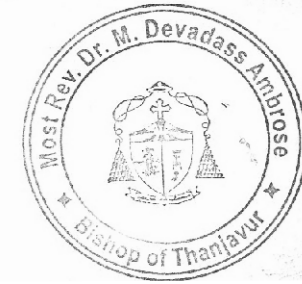


Date ..25.10.17...

### Bishop's message

*Health is wealth. It cannot be purchased by money. Having a healthy mind is as important as a healthy body. Mental health is imperative for physical health. If the mind is unsullied and pure, it will greatly help in maintaining physical well - being and health. The good news is that we have the power to change negative thoughts and feelings into positive attitude which helps us to create a healthy mind in a healthy body. Anxiety worry and tension prevent us to live a peaceful life. The third issue of the magazine “LIGHT” from Our Lady family flashes light of dawn on the concept of healthy mind. I wish all the best for the success of the magazine and wish you all a very happy, long and healthy life.*

Yours devotedly in Christ,  
*+ M. Devadass Ambrose*  
Bishop of Thanjavur.





**Mrs. Jeeva .S., M.Sc (N)**  
Lecturer, College of Nursing,  
NIMHANS, Bangalore - 29

## FEEDBACK

I came across an issue of LIGHT published by Our lady of Health school and college of Nursing.(March-August 2017). I must mention that the editorial team has done hard work and has been very enthusiastic in bringing about a colorful informative journal. With a new and attractive cover page and lot of material inside, the journal enhances the knowledge of its readers. Right from the quality of paper

used for printing to the standard of articles and research articles published are appreciated. The measures taken by the students to showcase their efforts are also appreciable. My best wishes to the entire team of LIGHT.

### Fr. Paulraj

Administrator, St. Xavier's I.T.I., Thanjavur.

My heart brims with joy and contentment to pen these few lines about your "LIGHT" magazine, which enlightened me in many areas of health care. This is something incredible, for it makes a qualitative teaching available even when you don't have a teacher. If compiled a book after a few "spark", it would definitely be a precious guide to the students and the society as well. "LIGHT" serves as a window through which a bystander like me could get a free and fresh air of knowledge about health care and a glimpse of your determination, dedication and sincerity in your service. Though dealing with sickness, each article is penned with a lot of optimism: while carefully and scientifically analyzing the causes for various physical and mental illness, no writer forgets to instill a ray of hope in the reader, by presenting the ways and means to prevent them and be cured of them. While appreciating your enormous efforts to make this magazine available in our hands, May I also request you to make efforts so that this magazine reaches out to many people regularly. A special word of appreciation to all the students who have contributed their articles here, which tell as that you are enthusiastic and rightly motivated to plunge into the field of your service. You are doing a great job. Keep it up.



**Mrs. Ashwini Grace Jebapriya M.Sc (N), M.Sc(Psy)**  
NCD Staff Nurse, Palayanur PHC, Tiruvannamalai.



I'm very grateful and happy to pen my feedback about the second issue of the magazine LIGHT of Our Lady family. The detailed explanations regarding the international health days of the concerned months were explicitly valuable and the efforts taken by the faculty and the students were amazing. The description of all these essential informations were notably excellent. I congratulate all the members for their immense effort towards the successful heights of the magazine.

I wish all the very best for all the future achievements of Our Lady family.

## உறுவுகளை மதிப்பீடுபாடு

- ரோஜாக் கூட்டம் போல் விரியும் என்றும் வாடாத எங்கள் குடும்பம்
- பனித்துளி போல் படரும் எங்கள் அழகிய அன்பு பெற்றோர்கள்
- பட்டாம் பூச்சிகளை போல் மகிழும் என் உடன் பிறப்புக்கள்
- கோப்பட்டாலும் அப்பாவை நேசிப்போம் கண்மீத்தாலும் அம்மாவை நேசிப்போம்
- சண்டையிட்டாலும் உடன் பிறப்புக்களை நேசிப்போம்
- கோப்பட்டும் அம்மாவிடமிருந்து அறிவை கற்போம்
- கண்மீத்து திருத்தும் தந்தையிடமிருந்து அன்பை பெறுவோம்
- சண்டை போடும் உடன் பிறப்புகளிடமிருந்து மகிழ்ச்சியை அனுபவிப்போம்
- தேன் கமழும் குடும்பங்களில் தினம் தினம் அன்பு பரிமாற்றம்
- தமிழுக்கு அழகு இலக்கணம் அதுபோல தமிழனுக்கு அழகு உறுவுகள்
- உறுவுகள் என்பவை துன்பங்களில் கைகொடுத்து, தோள் கொடுத்து மகிழ வைப்பது
- அன்பு, பொறுமை, மகிழ்ச்சி, நம்பிக்கை இவை அனைத்தையும் உறுவுகள் கொடுக்கும்
- உறுவுகள் நம் உணர்வுகள் போல் என்றும் அழியாது

*உறுவுகளை ஏன்றும் மதிப்பீடுபாடு*



**Ms. J. Shyni**  
GNM II year

## அரசினைப்பு

ஒருநாள் ஒரு மணி நேரம் - உன்

தாயின் மடியில் தலைசாய்ந்து பார்

அதைவிட நிம்மதி ஏதுமில்லை.

ஒரு நாள் ஒரு மணிநேரம் - உன்

தந்தை தோளில் தலைசாய்ந்து பார்

பெரும் பாராங்கல் கூட ஒரு

சிறிய கூழாங்கல் போல தோன்றும்.

தாய் தந்தை இவ்விருவரும் மண்ணில் தோன்றிய

விலைமதிப்பற்ற வாழ்வின் பெருஞ்செல்வங்கள்.

இவர்கள் அருகில் நாம் இருந்தால்

கர்வம் கொண்ட காலனும் அடங்குவான்

விண்ணக மண்ணக மன்னர்கள் வாழ்த்துவார்கள்



**Ms. Charumathi Kunasekaran**

B.Sc (N) II year

**Never worry about numbers.**

**Help a person at a time**

**and always start with**

**the person next to you**

**- Mother Theresa**



Winners are not people who never fail, but people who never quit

4 Your subconscious mind is 30,000 times more powerful than your conscious mind

33



## குடும்பம்



இறைவன் இடல விதையாய்  
அதை வளர்த்து விடல மழையாய்  
விதைத்து விடல மரமாய்  
சுவைகொடுக்கும் கனியாய்  
இருப்பதுதான் 'குடும்பம்'.  
ஆலமரத்தில் விழுதுகளைப் போல  
ஆழமானது 'குடும்ப உறவு'  
அதில் வேராக தந்தை !  
மரமாக தாய் !  
கிளைகளாக பிள்ளைகள் !  
விழுதுகளாக உறவினர்கள் !  
அதன் கனிகளாக நண்பர்கள் ...  
இளைப்பாற ஏங்கித்தவிக்கும் மக்களுக்கு  
நிழலைத்தருவதோ மரத்தின் இலை  
உறவினராக ஏங்கித்தவிப்பவர்களுக்கு  
புதிய உறவுகளைத் தருவதோ  
அன்பு என்னும் இதழ்  
இதழ்களாக இருந்து நல் அறிவுரைகளை கூறி  
உறவை மேம்படுத்துவது நம் தந்தை  
ஆலமரத்தின் தூனாக விழுதுகள் இருப்பதுபோல்  
ஒவ்வொரு இடத்திலும் தந்தைக்கு  
துணையாக இருந்து வழிநடத்துவதோ நம் 'தாய்'  
இத்துணை அழகான தாய், தந்தை  
என்னும் உறவுகளில் இருந்து மலர்ந்ததோ  
குழந்தைகள் என்னும் 'மலர்'!  
அன்பு என்னும் விளக்காய்  
உறவு என்னும் எண்ணையாய்  
ஒற்றுமை என்னும் திரியாய்  
வெளிச்சம் என்னும் பல உறவுகளைத் தருவதோ  
'அன்பு என்னும் குடும்ப உறவுகள்'  
'குடும்பத்தை நேசிப்போம்'  
அன்பை கொடுப்போம்  
உறவுகளை வளர்ப்போம்'

Ms. S. Poovizhi  
B.Sc (N) II year



## உங்கள் மனம் ஆரோக்கியமானதாக இருக்க சில வழிமுறைகள்

- ☉ தினமும் 15 நிமிடமாவது செபியுங்கள்
- ☉ தினமும் 10-15 நிமிடங்கள் யோகா செய்யுங்கள்
- ☉ பெற்றோர் மற்றும் நண்பர்களிடம் உண்மையாகவும், அன்பாகவும் பழகுங்கள்
- ☉ சத்தான சரிவிகித உணவுகளை சரியான நேரத்தில் சாப்பிடுங்கள்
- ☉ தினமும் நல்ல புத்தகங்களை வாசியுங்கள்
- ☉ உங்களுக்கு உரிய இலக்குகளை கொண்டு வாழுங்கள்
- ☉ எந்த குழப்பமும் இல்லாமல் மன நிறைவோடு வாழுங்கள்
- ☉ எல்லோரிடமும் பகையை மறந்து, சந்தோஷமாக இருங்கள்
- ☉ என்ன நடந்தாலும், என்ன செய்தாலும் மன நிறைவோடு வாழுங்கள்
- ☉ மன நிம்மதியோடு நன்றாக தூங்குங்கள், உங்கள் மனதில் நேர்மையானவற்றை கொண்டு இருங்கள்
- ☉ உங்கள் உணவு, உடை, இருப்பிடம் போன்றவற்றை தூய்மையாக வைத்திருங்கள்
- ☉ உங்களிடம் நேர்மையான எண்ணங்களை நினைத்து அடிக்கடி சந்தோஷப்படுங்கள்
- ☉ உங்களுக்கு பிடித்ததை யாருக்காகவும் விட்டுக் கொடுக்காதீர்கள்
- ☉ உங்களுக்கு பிடிக்காததை யாருக்காகவும் செய்யாதீர்கள்
- ☉ என்றும் மன நிறைவோடும், மனநிம்மதியோடும் வாழுங்கள்
- ☉ யாருக்காகவும், எதற்காகவும் உங்கள் உரிமைகளை விட்டுக் கொடுக்காதீர்கள்

Ms. R. Abikail Jubila  
B.Sc (N) II year



Rev. Dr. T. AROKIA BASKAR,  
D.C.L.,  
Correspondent

## TIPS TO ENJOY HEALTHY AND HAPPY MIND

### Twinkle Twinkle Little Star You Should Know What You Are Once You Know What You Are Mental Hospital Is Not Far.

A funny song sung by children. But there is a truth hidden in it. In this busy world and stressful life, all become mental, only difference is that there are grades. Some are 100% some 50% some 25% some 10% etc.

Healthy and peaceful mind becomes a mere dream for many people. Here are some of the tips to enjoy healthy and peaceful mind.

**1. Be positive :** Keep yourself away from all negative words and feelings. Think positive... Always say to yourself that all is for good, everything will pass on. Nothing is permanent, even your suffering is temporary. It is wisely said, "You become what u think".

**2. Use only positive words :** A.P.J.Abdul kalam rightly suggested that we should say to ourselves every morning the following five phrases.

- ❖ I am the best
- ❖ I can do it
- ❖ I am a winner
- ❖ Today is my day
- ❖ God is always with me

**Words not to be used :** I can't, impossible, worried, stressed, difficult, problem, hate, I don't like...etc,

**3. Have positive emotions :** Most of the time, we may be positive, but when we

become different person when we are emotionally charged. So have positive emotions like:

- ❖ Faith
- ❖ Love
- ❖ Enthusiasm
- ❖ Hope
- ❖ Desire

**At the same time, avoid negative emotions like** 1) fear, 2) jealousy, 3) hatred, 4) revenge, 5) anger

**4. Have faith in God :** Repeat the following words of Bible often in a day....

- ❖ "If God be for us; who can be against us"(Rom 8:31)
- ❖ "I can do all things through Christ who strengthens me"(Phi 4:13)

**Always remember that :**

- ❖ Smile increases your face value,
  - So smile a lot
  - Laugh like a mad
- ❖ Peace Increases your mind value,
  - Acquire inner peace
  - Don't get easily upset
  - Don't weep for the second time for an incident
- ❖ Prayer increases your life value
  - Spend time in the presence of God
  - Prayer does not mean saying or repeating printed prayers
  - You can pray in silence or you can offer your silence as your prayer
  - When you pray with sincere heart and deep faith, you be rarely perplexed or disturbed rather you will enjoy happy and peaceful mind.

- Prayer gives you inner strength
- Prayer gives you sense of balance
- Prayer gives you a new and creative perspective about life

**Pray, be positive, enjoy peaceful mind**

If you can't change circumstances. change your Perspective



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Principal

## HUMANITY AND HEALTHY MIND

### Introduction

The word humanity refers to the characteristics that belong uniquely to human beings, such as kindness, mercy and sympathy. Humaneness refers to the quality of compassion or consideration for others including people, animals and things.

It is not only a word; it is a gift and the supreme creation of God's nature. A human being is a bundle of infinite qualities. A human being wearing the crown of humanity only can shine as a diamond amongst the human race.

The concept of the word humanity makes an instant association with mother Theresa, Vallalar, Nelson Mandela, Helen Keller, Kamarajar, because of their expression of humaneness, they had reached the heights.

The concept humane has got its root from the period of renaissance in thirteenth century. The Hindu dharma, Christian faith, Islam, the Confucian philosophy, greek philosophy by Plato and Aristotle all emphasize love and kindness that evoke feelings of altruism generosity, helpfulness and a general desire to help people.

We can analyse the humanity under three categories as follows;

1. Humanity towards nature. [safe and respectable use of earth, plants, animals and resources.]

2. Humanity by government to its citizen. [implementation of services and schemes considering the wellbeing of voiceless people.]

3. An individual showing humanity to another. [helping others in need for food, shelter and life.]

**Healthy Mind** The terms brain and mind are actually more related than different concepts. Each one has a specific meaning and a function. While brain deals with transmitting information in the form of chemical impulses, the mind deals with turning the chemical impulses into electrical impulses into proper mental images.

### A person with a healthy mind

- Will function effectively as a human being
- Continue to adapt to the environment and be self controlled
- Be alert to changes in the environment.
- Responds to the change effectively by avoiding pain and finding pleasure
- Find ways to get greater resources knowledge, power and tools for survival.
- Have an awareness of what is happening around him/her and plans actively.
- Keep learning, thinking and growing intellectually and has the capacity to change him or her behaviors to fit into new situation and modify their opinions to accommodate to new facts.
- Possess both intellectual and emotional intelligence.

### Illustration regarding humanity

A street vendor was selling bananas.  
A mother of 7 years old girl called the

## செவிலியப் பெண்ணே நீ

கடவுளுக்கு அடுத்தபடியாய்  
கண்ணிமைக்கும் நேரத்தில்  
கடுந்தவ பயிற்சி கற்றுக்கொடுத்ததை  
கருத்திற் கொண்டு  
கடுநோயை வருமுன்னே  
கச்சிதமாய் கணிக்கும் - அன்புக்  
கணினி நீ !



நோய்களுக்குப் பேயாய்  
உடல் துயருற்றோர்க்குத் தாயாய்  
முதிர்ந்தோர்க்கு சேயாய் - உடல்  
துன்பம் வரும் போது  
துவண்டு போகும் உள்ளங்களை  
துரிதமாய் செயல்பட்டு  
துள்ளியமாய் மனம் அளந்து  
மருந்தின்றி மாயம் செய்து  
துக்கம் தகர்த்து  
துயில் கொள்ளச் செய்யும்  
துதித்தற்குரிய / தூய ஆடை  
தரித்த தும்பைப் புஷ்பம் நீ !



அன்னையைப் போல்  
அன்பையே ஆயுதமாய்  
ஆர்ப்பரிப்பின்றி  
அங்கம் நொந்தோரை  
அணுவளவும் முகம் சுளியாது  
அள்ளி அணைக்கும்  
அகிம்சை வாதி நீ !  
நன்மையும் தீமையும்  
நயமுடனே நன்றாய் விளக்கி  
நந்தொண்டு செய்திட  
நாள்தோறும் நல் உள்ளங்களை  
கொள்ளை கொள்ளும்  
நல் அன்னப்பறவை நீ !

ஆங்கிலேயரை எதிர்த்த  
ஜான்சிராணியின்  
போராட்ட காலமோ சில காலம் தான்

ஆனால் நீயோ  
கண்ணுக்கு தெரியா காலனோடு  
காலம் முழுதும் போராடும்  
மருத்துவமனை ராணி நீ !  
நோயொன்று அண்டாமல்  
வறியோரை வாஞ்சையுடன்  
கட்டிக்காக்கும் கற்பக  
விருட்சம் நீ !

அந்த அண்டம் காக்கும் ஆண்டவனே  
கைக்கொட்டிப் போற்றும்  
பெருமைக்குரிய பேறுபெற்ற  
செவிலியப் பெண்ணே நீ !  
வாழிய பல்லாண்டு !!



Prof. Mrs. Thamaraiselvi  
Principal





# கல்வி நிலை

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



கல்வி பெருமைக்காக

தேடிக்கொள்வது அல்ல

பெற்றதைக் கொண்டு

பெருமை தேடிக்கொள்வது.

இலவசமாக இண்டர்நெட்

கிடைத்ததில் சந்தோஷப்படும் நாம்

அனைவருக்கும் இலவசமாக

கல்வி கிடைத்தால் அனைத்து

துறைகளும் சிறக்கும் என நினைக்கவில்லை.

காசு இல்லாத காரணத்தால்

எத்தனை குழந்தைகள் கதறுகிறார்கள்

அன்று குருக்குல கல்வி கற்றார்கள்

குருடசனனை கொடுத்து !

இன்றும் கல்வி கற்கிறார்கள்

நன்கொடைகள் கொடுத்து !

பெற்றோரிடம் கெஞ்சி

குழந்தைகளை அழைத்து வந்து

பாடம் நடத்தியது ஒரு காலம் !

இன்றோ ! பெற்றவர்கள் கெஞ்சி

பிள்ளைகள் அழுது

வரிசையில் நிற்கிறார்கள் சீட்டுக்காக.

பிள்ளைகள் படிக்க வில்லையே

என்று பெற்றவர்கள் புலம்பினார்கள் அன்று !

நினைத்ததை படிக்க முடியவில்லையே

என உயிரையே விடுகிறார்கள் பிள்ளைகள் இன்று !

அரியலூர் அனித்தாவின் சாவிற்கு - யார்

பொறுப்பாளர்கள் சிந்திப்பீர் !

எங்கே போகிறது நம் கல்வியின் நிலை

என்று தான் புரியவில்லை !

தேர்வில் தோல்வியுற்ற பிள்ளைகள்

இறக்கும் நிலைமாறி

நல்ல மதிப்பெண்கள் எடுத்த பிள்ளைகள்

வீதியில் அலைகிறார்கள் !

காசுக்காக கல்வியை விற்கும் இந்நாட்டில்

கிறிஸ்தவ கல்வி நிறுவனங்களால்

சில பிள்ளைகள் நிம்மதி அடைகிறார்கள்

பாசமுள்ள இயேசு நாதர் காட்டுகின்ற

நன்றெறியை நேசமுடன் பின்பற்றி

வாழ்வில் உழைத்திடுவோம் !

ஈடற்ற நற்பனியை நாளும்

கடைபிடிப்போம் ! பாடுபட்டால்

நற்பலன் உண்டு !!



vendor and bargained for 10 minutes to lessen the cost of banana from Rs.12/- to Rs.10/- for a pair of bananas. Finally, the mother won and got for Rs.10/-. Then the mother asked vendor whether she had food. The vendor replied no and the mother served food to her satisfaction. The girl questioned the mother about the contradicting behaviour of her mother. The mother who bargained so much for Rs.2/- but served food worth more than Rs.50/-. The mother answered the girl that “வியாபாரத்தில் தர்மம் கூடாது; தர்மத்தில் வியாபாரம் கூடாது”

We can help our kith and kin at our reach by extending our helping hands in the form of offering such as

■ Physical help,

■ Emotional support,

■ Just a smile, motivational words, prayers, keeping area clean, speaking kind words, promoting human relationships, smoothen the friction and serving elders.

We are losing our present life just because of our working on our uncertain future life. Mother Theresa says, “While you are unable to love the one who is in front of you, how can you love the unseen God?”

**A healthy mind and humanity**

A healthy mind accompanying humanity has got the capacity to feel the compassion towards others.

■ They will be sincerely interested in others welfare.

■ They will have satisfying and lasting friends.

■ They will take responsibility for neighbor and fellow members, the capacity for empathy and social sensitivity, a respect and concern for the wants and needs of others.

They will be able to love reciprocally.

The people with humanity will not speak ill of others behind their back. They have the power to change negative thoughts and feelings into positive. So humanity helps to create a healthy mind within oneself and others.



**Don't worry**  
when you are not recognized

**But strive**  
to be worthy of recognition





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## MENTAL HEALTH - AN OVERVIEW "THERE IS NO HEALTH WITHOUT MENTAL HEALTH"

**Introduction** Mental health is an integral and essential component of health. It is the foundation for individual well-being and effective functioning in a community.

**Mental health** is a state of well-being in which a person understands his or her own abilities, can cope with the normal stresses of life, can work productively and faithfully and is able to make a contribution to his or her community. The word 'Mental' refers to the mind and relating to the process of thinking of an individual.

**Mind** is a person's ability to think and reasoning. Health is a state of complete physical, mental, social, spiritual well being and not merely absence of disease or infirmity.

"Health is the greatest gift but mental health is the miraculous gift"

### Characteristics of Healthy Mind

1. They feel good about themselves.
2. They do not become overwhelmed by emotions, such as fear, anger, love, jealous, guilt, or anxiety.
3. They have lasting and satisfying personal relationships.
4. They feel comfortable with other people.
5. They can enjoy each and every moment of life.

6. They have respect for themselves and for others even if they have differences.
7. They are able to accept life's disappointments.
8. They can meet life's demands and handle their own problems.
9. They can make their own decisions.
10. They shape their environment whenever possible and adjust to it when necessary.

### How to maintain your mental health

- Eat healthy
- Exercise adequately
- Care your health daily
- Take time for yourself regularly
- Get enough sleep
- Manage stress diligently

### Conclusion

Mental health is directly related to the state of well being in which a person cope with the normal balanced life without stress and illness. So the promotion of mental health is an important aspect at all the stages of human life.

**If you Salute your Duty,  
You no need to Salute Anybody.  
But  
If you pollute your Duty,  
You have to Salute Everybody.**

head as possible or using head phones/ loud speaker facility, etc may minimize the adverse effects of cell phones.

It is necessary to develop recreational programmes for students' leisure time to maintain mental health and health education awareness programmes for improving mental health of students. Also mental health problems of youngsters need to be detected early and treatment which includes counseling ,cognitive behavioral therapy and if needed, psychiatry treatment.

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## விவற்றி பழகள்

- |            |                |
|------------|----------------|
| நட         | - அதிர்ஷ்டம்   |
| பேசு       | - பணிவாக       |
| உண்ணு      | - அளவாக        |
| தூங்கு     | - அமைதியாக     |
| உடுத்து    | - அழகாக        |
| பெயர்ப்படு | - அச்சமின்றி   |
| உறவு       | - உண்மையாக     |
| சந்தி      | - சுயமாக       |
| நம்பு      | - சரியாக       |
| பழகு       | - நாகரிகமாக    |
| திட்டமிடு  | - முன்னதாக     |
| புட்கு     | - கீதர்மையாக   |
| பேசு       | - சிறிதாக      |
| பெயர்ப்படு | - கையாடுத்து   |
| கேள்       | - பேதம் கடந்து |
| படி        | - முடிவின்     |
| மறணி       | - பயமின்றி     |



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**விழுவதெல்லாம்  
எழுவதற்குத்தானே தவிர  
அழுவதற்காக அல்ல.**





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## CELL PHONE USAGE AND MENTAL HEALTH

World Health Organization (WHO) defines mental health as, “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

Mental health is the base for welfare and health at individuals and society. The current era can be known as a combination of information and communication. Approximately more than 90 crores of people both in rural and urban areas, educated or illiterate and almost all now use cell phones in India.

According to the Pew Research Centre, more than 90 percent of college students own a cell phone. Students use face book, twitter, whatsapp, video games and surfing the internet frequently. Despite the advantages and necessity of technologies for human society, due to their stimulating factors, they result in excessive use which leads to addiction.



### Negative effects of cell phones

Research published in Sage publications (2015) found that cell phone use is associated with decreased academic performance in college students. From the perspective of Thomee et al. (2011), problematic and overuse of mobile phones is associated with anxiety, insomnia, depression, psychological distress and unhealthy life style.

The study of Jayanthi P.Acharya et al.(2013) showed that headache was found to be the commonest symptom (51.47%) followed by irritability/anger (50.79%), other common mental symptoms included lack of concentration and poor academic performance, insomnia, anxiety,etc. among physical symptoms, body aches (32.19%), eye strain (36.51%), digital thumb (13.8%), were found to be frequent among over users of cell phones.

On 31st may 2011, the WHO confirmed that cell phone use indeed represents a health menace and classified mobile phone radiation as a carcinogenic hazard, possibly carcinogenic to humans.

### Suggestions

According to Jayanthi P.Acharya (2013) curtailing the time period spent on talking, communicating more via texting, holding the device as much away from the



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## THE GOOD MIND - NEED FOR NURSES

*“The key to the healthy life is having a healthy mind”*

The mind is shaped by all the experiences, ideas and thoughts to which it is exposed. A healthy mind is a good mind that never stops learning. It also helps to stay active and maintain relationships with other people.

### Signs of healthy mind

- Ability to take responsibility for one's own actions
- Adaptability to changing circumstances
- Non defensive posture, especially when being criticized
- Kindness and helping others
- Feeling secured
- Ability to accept and give love, affection and happiness
- Stability of the mind which does not fluctuate or waver
- Intelligence and gratitude
- Truthful speech, clarity of thought and right action
- Maximum ability of getting along with people and being friendly to all.

### Signs of unhealthy mind

- Feeling sad
- Confused thinking or decreased concentration

- Excessive fear or worries
- Extreme mood changes of highs and lows
- Significant tiredness
- Withdrawal from others and day to day activities
- Detachment from reality
- Excessive anger, hostility or violence
- Suicidal thinking
- Trouble to cope up with problems

### Importance of healthy mind for the nurses

Individuals can maintain mental health and keep the mind sharp in many ways, such as reading, staying social and constantly challenging the mind. In a demanding field such as nursing, it is easy to get lost in the daily cycle; therefore keeping the mind constantly active and alert can boost mental health as well as work output.

Wise health care organizations are striving their best to care for the patients by the nurses knowing that a nurse of strong mind, body and spirit will deliver better patient care, resulting in better outcomes, satisfaction scores and ultimately reimbursements.

Nurses need to take care of themselves as devotedly as they care for their patients. They need to use the mantra, **care4me.**

**C - Connect with the higher power.**  
Spend 15 minutes a day in quiet meditation

or prayer. Research shows that people who attend religious services and participate in spiritual communities are healthier and happier.

**A - Assess your life.** If you realize you are out of balance physically, mentally or spiritually, make a plan for what you need to achieve better balance.

**R -Rest and sleep.** Get 7-8 hours of sleep per day to replenish your brain.

**E - Eat right.** Consume the quality and quantity of food as per the need of your body. Drink plenty of water.

**4 - Four times a day,** deep breathe. One breath cycle should last for approximately 6 seconds 4 times a day. Take slow, deep and easy breath by focusing on your breath so that it will increase the sense of awareness as it enters your body and fills with your life.

**M - Mind your mind.** Practice positive thinking and visualization. Because it can change your physical and mental wellbeing. Forgive yourself and others.

**E - Exercise three times a week.** Walk 45 minutes a day. Incorporate exercise in your everyday life.

Hospitals that implement **care4me** strategy have happier, healthier nurses and find an increase in loyalty, better work environments, improved moral, increased safety, improved recruitment and retention and better patient care and satisfaction. Proving the best way to care for patients is to care for their nurses.

**And nurses deserve to be cared for.**

LESS	MORE
Junk Foods	Real Foods
Sitting	Walking
Watching TV	Reading Books
Frowning	Smiling
Talking	Listening
Complaining	Encouraging
Negativity	Gratitude
Arguing	Understanding
Worrying	Praying
Taking	Giving

**TEN COMMANDMENTS OF MENTAL HEALTH**

1. Think positively.
2. Cherish the ones you love.
3. Learn from your mistakes.
4. Exercise daily and it enhances your well being.
5. Do not complicate your life unnecessarily.
6. Try to understand and encourage around you.
7. Discover and nurture your talents.
8. Take time to enjoy.
9. Deal with stress.
10. Set goals for yourself and pursue your dreams.



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Repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting and then focus on controlled, relaxed breathing, reducing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.

**Meditation**

- Involves deep breathing and concentration
- Allows tension to leave the body with exhalation.

**Forms:**

- Sitting quietly for 20 minutes
- Focusing on a word or symbol with mind fullness breathing.

**Biofeedback**

- Uses instruments which measure changes in bodily functions.
- Instruments can measure changes in:
  - Skin temperature
  - Sweating
  - Heart rate
  - Breathing
  - Muscle activity
  - Brain waves

**Exercise**

Regular exercise (20–30 minutes a day) is extremely important for staying healthy and releasing tension. Most of the exercises are very cheap or free. Group sports are fun, but individual activities like walking, running, swimming and cycling

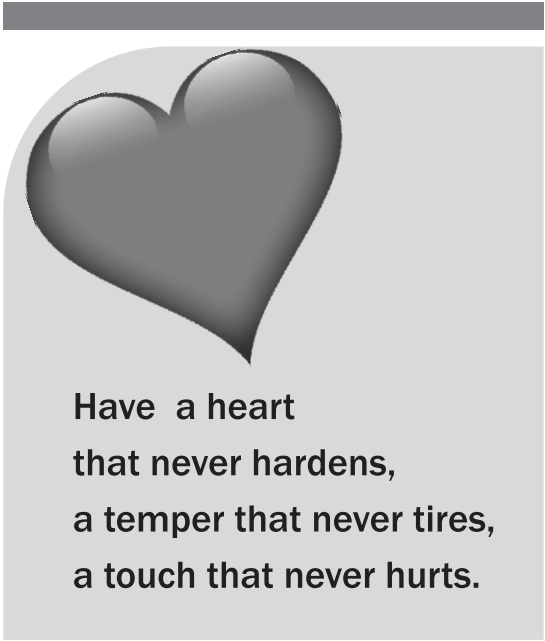
are also very good for clearing the mind and releasing physical tension.

**Schedule pleasant activities**

It is admirable to study and work hard. However, each of us needs to have some time away from study and work. Unfortunately, the fun is often gets neglected when things become hectic. It is important to schedule in things you enjoy, like seeing friends, going to the movies, or heading to the beach.

**Creative visualization**

This is a visualizing a scene, place or situation you regard as safe, restful, and happy. Sit comfortably in a quiet place. Breathe gently through your nose, eyes closed. Visualizing in your mind the place you like – a forest, the beach, a field. Try and smell the aromas, taste the air, hear the sounds. Feel your body relax. Continue at least for 10 minutes.





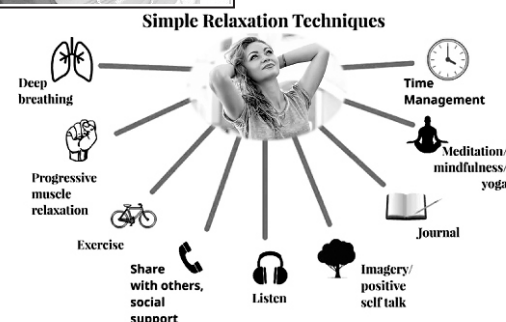


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## RELAXATION TECHNIQUES



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### What is relaxation ?

- ❖ It is a state in which muscle tension and mental stress are reduced as much as possible through conscious effort, or a process that decreases the fear and tear of life's challenges on your mind and body.
- ❖ It can increase the sense of control, reduce anxiety and help you to feel calm and comfortable.

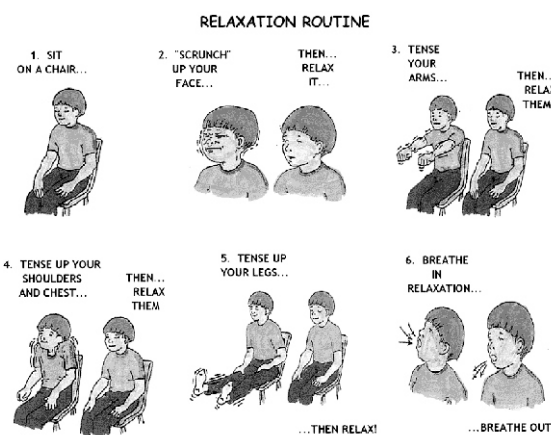
### Practicing relaxation techniques can have many benefits, including

- ❖ Regulates heart rate
- ❖ Regulates blood pressure
- ❖ Regulates breathing rate
- ❖ Improves digestion
- ❖ Maintains normal blood sugar levels
- ❖ Reduces activity of stress hormones
- ❖ Increases blood flow to major muscles
- ❖ Reduces muscle tension and chronic pain
- ❖ Improves concentration and mood

- ❖ Improves sleep quality
- ❖ Lowers fatigue
- ❖ Reduces anger and frustration
- ❖ Boosts confidence to handle problems

### Progressive Muscle Relaxation

- This technique concentrates on muscle relaxation.
- This helps you to feel the difference between tension and relaxation. It regulates the heart and breathing rate



### Autogenic Training

Autogenic comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress.



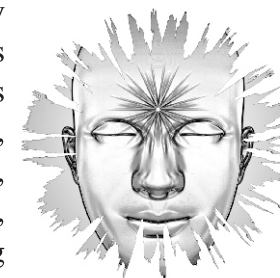
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## THE POWER OF MIND



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What is mind? Where is it located in our body? What does it do for an individual? These are some basic questions which may emerge in knowing about one's mind and its functions. Mind is a philosophical term and it is commonly associated with our various mental processes and activities like “thinking, reasoning, imagining, remembering, analyzing, discriminating, evaluating, judging, observing and knowing etc.



grows old. The power of mind is like sharpening the pencil. “What you think that you become and mind is a bundle of thoughts” this famous quote explains well what is the power of mind. This can be positive or negative but it depends upon what types of thoughts we carry in our mind.

The cells in our body react to everything that our mind says. Faith is a higher power that helps us to control our mind and thoughts. Here, we have an

example to make you clear about this concept. A girl was suffering from fungal infection on her wrist. Dermatologist prescribed two kinds of ointments and tablets for itching but she didn't take the tablets instead she was telling repeatedly in her mind that “I will be cured” and she was cured. It is proved that the cells in our body react to everything what our mind says. If you think I can, you can and if you think I can't then you can't. Remember, you are the only person who can control your mind. You are the power and authority in your world. Our mind is a powerful force; it can make the worst of the best and the best out of the worst. So, when you become the master of your mind, you are the master of everything. Instead if you allow somebody

These various mental processes in no way mean that mind is a separate physical organ of our body. Mind cannot be seen as an organ but it can only be known and experienced through its visible functioning.

One who enjoys sound healthy mind, will demonstrate the richness of his mental functioning. This mental functioning is the “power of mind”.

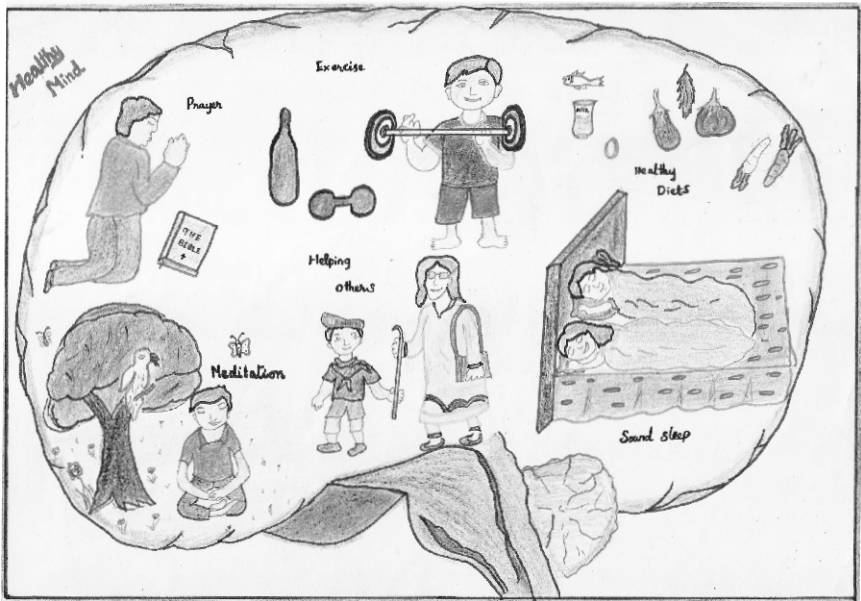
The power of mind is reflected in the form of carrying out abstract thinking, good memory, sound judgmental capacities etc. The power of mind gets developed every day. It becomes richer and more complex day by day as we advance in age till adulthood and begins to decline as one

grows old. The power of mind is like sharpening the pencil. “What you think that you become and mind is a bundle of thoughts” this famous quote explains well what is the power of mind. This can be positive or negative but it depends upon what types of thoughts we carry in our mind.

or everyone else to control you, they will control your mind. “Mind is like a monkey that makes you mad”. Understand that your mind is your greatest power. Use it well.

The famous Indian wiseman, Nagarjuna had an encounter with a shepherd. The young shepherd saw Nagarjuna sitting still and meditating in the jungle. One day he asked to Nagarjuna what did he do sitting still and doing nothing? He told him that he was meditating and he was hoping to get in touch with the power within. The young man told him that he didn't find any meaning in his doing nothing. Nagarjuna told him that he will understand only if he practices and experiences it for himself. Then the young man requested him to train him to meditate and seek the inner power. Nagarjuna questioned him whether he loved anyone. And he replied that he didn't love anyone not even his parents. But he loved the buffalo and took care and even the buffalo was fond of him. Then Nagarjuna took him to a cave and trained him to sit still and meditate. Every day when he came to the jungle he was told to meditate on the image of his buffalo. Later, when Nagarjuna called the young man he replied that he could not come out because after meditating on the buffalo, he had developed large horns which prevent him getting out of the cave. Then the wise man directed him to meditate on the power that was within and he did. The shepherd felt an experience of compassion, peace and joy. He became monk and did good things to the people around. This points out that we become what we think or meditate. We experience a transformation from within.

We are all blessed with the power of mind to enjoy saner life than what we experience now. The power is within us but dormant. All that we need is to recognize this mental power and willingness to make an inward journey.



Healthy Mind



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STOP STRESS TO START LIVING

- A - Assertiveness
- B - Breathing exercise
- C - Counseling at times of conflict
- D - Do things with high level of coping
- E - Exercise
- F - Fix targets for your activity
- G - Get into regular dietary habits
- H - Healthy lifestyle
- I - Increase the intake of anti-oxidants
- J - Join with the team work
- K - Keep time schedule and management
- L - Listen to music
- M - Maintain balance activity and rest
- N - No drugs or alcohol
- O - Optimistic attitude
- P - Prioritize your work
- Q - Quit smoking
- R - Relax yourself
- S - Sleep adequately
- T - Think rationally
- U - Utilization of support work
- V - Value yourself and others
- W - Watch your activities
- X - Xtreme anger and outbursts should be avoided
- Y - Yoga
- Z - Zeal towards life

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**ANGER**  
is a feeling that  
makes your mouth  
work faster than  
your **MIND**





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### MICROBES IN MIND

#### If you don't like bacteria you're on the wrong planet"

Microbes (or) microscopic organisms are living things that is small to be seen with naked eye. The microbes are bacteria, fungi and viruses etc., These microbes play a major role in our body. In this article we are going to know about the developing role of microbes healthy mind.

In our human body, the intestine comprises number of bacteria which we can call gut macrobiotics that is produced soon after the birth. These bacteria are immature for about 2-3 years. It won't show any beneficial effects. As we take adequate nutrients in our diet, these bacteria will become matured to produce more beneficial effects.

The bacteria like bacillus, bifid bacterium and entereococcus will play an active role in neurotransmitters such as serotonin, dopamine and GABA (Gamma Amino Butyric Acid). This right bacteria and neurotransmitters are the keys to open the mind.

In our day to day life we face more challenges; are more prone to get anxiety and depression. So the right bacteria will be a protective measure by stimulating the neuro transmitters which help us to be

away from anxiety and depression. It also helps to brighten the mood.

How can we stimulate these neuro transmitters in our body? Certain foods can stimulate the neurotransmitters like unpasteurized milk, cereals, herbs and spices which are rich in these bacteria.

Certain foods have fewer amounts of these bacteria such as meat, raw and cooked rice, starchy foods (Potatoes and Pasta), food mixtures (Soups), egg white, yogurt and cheese. So let us promote these types of beneficial microbes to lead a healthy life with a healthy mind.

விருட்சமாய் எழு

**விதைகள் கீழ்நோக்கி  
எறியப்பட்டால்தான்  
விருட்சங்கள் மேல்  
நோக்கி வளரும் ...**

**விரும்போது  
விதையென விழு  
எழும் போது  
விருட்சமாய் எழு**



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### MENTAL HEALTH IN WOMB



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#### "Life doesn't come with a manual; it comes from mother's womb"

A mother's womb is a wonderful ever comfortable day and night care centre in the world. The couching months are around 9 months (280days) but syllabus of this centre is hard. Each moment is very precious for a foetus. Indoor of a baby and outdoor



tips of fingers and toes.

► At 36 week birth is expected.

Factors vary from one pregnant mother to another. Socioeconomic status, emotional support system and

major life events of the pregnant mothers are very important which overwhelm her to function effectively. We say apart from these, a pregnant mother is more anxious about the process of pregnancy, sex of baby and the comment of the people around. All these are the factors which dramatically influence the mental health of the baby in the womb.

► At 8-12 weeks of pregnancy foetus pass the urine and distinguishing features of external genitalia appear.

► At 12-16 weeks of pregnancy foetus capable of sucking thumb.

► At 16-20 weeks of pregnancy mother feels first foetal movements "quickenings".

► At 20-24 weeks of pregnancy most of the organs function well

► At 24-28 weeks of pregnancy eyelids open.

► At 32-36 weeks of pregnancy nails reach

Research shows that negative social interaction such as constant criticism and belittlement from other people can reduce the mental health of a pregnant mother. But if the mother is having positive attitude towards all the above circumstances, automatically the baby in the womb will absorb the healthy mind.

Is the womb the safest place in the world for the baby to be mentally healthy....? Answer depends upon the mental health of the mother. **What is meant by mental health..?** Mental health is a “state of balance between the individual and surrounding world, a state of harmony between oneself and others, a coexistence between the realities of the self and that of other people and the environment”. Thus **mental health of the foetus is based on the mental health of the mother.**

A baby in mother's womb is attached to its mother's feelings, her blood, her hormones, her nutrition and her mood etc. Life doesn't come with a manual; it comes from mother's womb.

The modern materialistic culture provides everything and anything to a pregnant mother for the well-being of a baby in the womb. It depends on the degree of the unconditional love, care, concern and understanding the family members towards mother. Providing air conditional room should not be conditioned by the meaningless customs and rituals. It is to be noted that every pregnant mother needs emotional, mental, physical, spiritual nourishment and support. When a pregnant mother is respected and well cared for, she and her whole family will be benefitted by a mentally sound baby. We want every human being in the womb to be safe.

According to Sigmund Freud at conception an egg of the female is fertilized by the sperm cell of the male. Each new human being receives a genetic inheritance

and present behaviour traits throughout a lifetime. If we take the famous personalities in the world, they all had a good mother, her mental health led them from womb to tomb, ever healthy, remarkable and never forgettable mentally healthy persons. As we all know today's children are the future of our country, to present a good citizen to our country, mental status of the pregnant mother is important. **Being pregnant is carrying a blessing in her belly.** She is moving tabernacle, where she thinks about her second and her baby first, she carries the images of God. A womb is the ultimate environment for the baby to survive.

Pregnant women are like tea bags. We never know how strong they are until they are in hot water. She turned her can't into can and her dreams into plans. A strong woman knows that she is strong enough for the journey, but a woman of strength knows it is in the journey where she will become strong. Yes, pregnancy provides mental strength to a baby to journey from womb to tomb.



### POSITIVE ATTITUDE TOWARDS ILLNESS

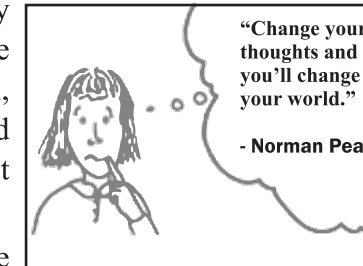
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**Mrs. M. JEYANTHI,**  
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***“Your illness does not define you,  
Your strength and courage does”***

Health is not an absence of disease. It is balance between the body and mind. The disease is due to the alternation of physical, bychological, social and economic agents that affect the daily activities.



Many studies have proven that person with healthy mind will get well soon from any illness. Every body should believe that my illness will be cured as soon as possible.

Nowadays, the people are more worried and frustrated even about the minor illness. This unhealthy attitude makes minor illness into major illness. So better to avoid negative attitude towards the disease instead, develop the awareness about the diseases.

How can we develop a positive attitude towards illness?. It depends upon two aspects preventive and curative.

Preventive aspects include not only the lifestyle modifications like food, exercise, sound sleep but also developing the knowledge about the disease and its prevention.

Curative aspects differ from preventive care. It takes its role after the development of disease. This involves taking tablets as prescribed by the physician and never without consulting the doctor, for the speedy recovery. It helps you to have a control over a disease and develop will - power against the illness. Research shows that the will-power of a person boost the immune system of the body.

A living example of willpower against the deadly disease of cancer is the famous cricketer Mr.Yuvaraj. We are well versed about his talent but he suffered by lung cancer and he never ever lost his hope and he saw the disease positively and tried in all other means to take victory over the disease only with his healthy mind.

***“Stay healthy and live healthy”***

**ACCEPT WHAT IS,  
LET GO OF WHAT WAS  
AND  
HAVE FAITH IN WHAT WILL DO.**



working to accomplish them, step by step. Working through boredom or pain and sticking it out until you've made it. Make yourself strong against negativity and use positive self-talk.

Positive daily affirmations can help you develop your mental and emotional strength. Take a few moments every day to look at yourself in the mirror and say something encouraging to yourself. You can either say something that you believe about yourself or something that you would like to believe about yourself.

#### Learn to stay calm under pressure

Before you have an emotional reaction to something, pause, take a deep breath and think it through. Instead of reacting, look at the thoughts and emotions, calm down and make a right decision.

#### Let go of the little things

Learn to have positive attitude in order to relieve the stress. This will keep the stress hormone, cortisol under control and prevents you from the risk of heart diseases.

#### Tips for being a mentally strong person

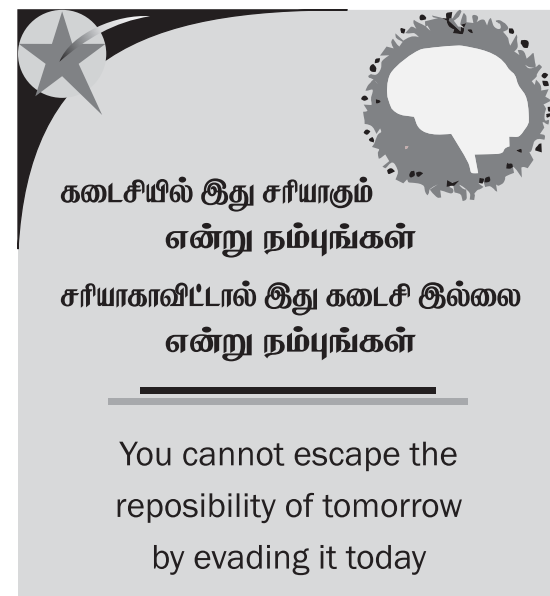
- Be honest.
- Think before you act. Examine all angles, determine the right path and take it.
- Connect with friends and family.
- Stay active and never hesitate to ask for help.
- Take frequent short breaks. Do one thing at a time.

- Get rid of distractions. Be optimistic and remember that you are the best.
- Monitor the emotions and tackle the low moods.
- Be alert, focused, relax, recognize your achievements and don't discount them.
- Pray regularly and continually. Don't skip because "you're tired". Stay in touch with prayer. Spend time each day cleaning out your mind of all unwanted thoughts.

#### Things you'll need

- Paper and pen
- Time for yourself
- Dedication
- Love and forgiveness

*"Know that a positive mind creates a wonderful life for you. Prepare your life to be mentally strong. Life is yours".*



#### PRACTICES VS IDEAL FACTS OF CHILD REARING

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**Introduction** Child rearing enables a new born to adopt the culture and traditions of the existing society and it enables a child to become a productive member of Society. Child rearing has a deep influence in the personality building. When a child comes in this world the socialization process of the child starts ; family and kin groups play important role in this society.

S.No.	PRACTICE	FACTS
1.	In utero fetus hears the tinkle sound of the bangles.	It provides auditory stimulation to the foetus. If the bangles gets tightened on the hands, it signifies that the mother is having pregnancy induced hypertension
2.	Increased number of turns of a mother on bed cause umbilical cord to wind around the baby.	The umbilical cord is about 50 – 55 cm long – a few cm longer than the average baby length. It is possible for the umbilical cord to wind up but the mother's movement did not interfere it.
3.	When a baby is born in the month of Adi – both the baby and the family suffer a lot in future	It is a Autumn season - more chances of infection and by air convection leads to more water loss and heat loss from the body that results in dryness of the skin and hypothermia.
4.	Baby should not be born in the month of Chithirai	It is a summer season and the baby could not withstand the heat.
5.	Feeding new born with the sugar water immediately after birth because it makes the baby to feel the fullness of the stomach that ensures sound sleep and not disturbs the mother for feeding.	It infers with the digestion of the baby and cause infection. There is no scientific rationale behind it
6.	During child sneezing, says that the heart stops and it might expel the spirit from the body. So expression of counting 100, 200 etc or saying 'God bless you' that increases the life span.	Sneezes are an automatic reflex. The heart actually doesn't stop but there is a change in the rhythm of the beat. There is no scientific rationale behind it.
7.	Putting thread or wool or straw on the babies head while hiccups	Over feeding and distension of the stomach which stimulates the diaphragm to go into the spasm causing hiccups. There is no scientific rationale behind this practice.
8.	Use of kajal is to protect the child from evil.	Chemicals cause eye allergies and infection
9.	New born should not be taken in the dark – evil spirit or ghost would harm the child.	We will not be aware of the insects which may bite the child.

10.	Standing next to fire or cooking dry up breast milk.	Lactating mother needs some rest and gets relief from domestic chores to focus the new born.
11.	A child when falls on the floor, blaming and saying 'beat the floor'.	In future the child blames others for their own mistake and takes revenge on them. This practice affects the moral value of the child.
12.	Asking the baby about the parent whom do you love the most?	In future the child likes any one of the parent and dislikes the other.

### Conclusion

Child rearing supports the mental, physical, emotional, intellectual, social, cultural and cognitive development of a child from infancy to adulthood. The main focus of the present research is the effect of child rearing on a person's personality. The major determinant of parental behavior lies in their general attitudes as well as specific beliefs, thoughts, and feelings that are activated during parenting: These have a powerful impact on behavior, even if parents are distressed by or unaware of that impact. Child-rearing attitudes are cognitions that predispose an individual to act either positively or negatively toward a child.

### MINDFULNESS



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### “Mindfulness is the miracle by which we master and restore ourselves”

Mindfulness can be used as tool to manage our well being and mental health. In this busy world, always our mind is preoccupied with certain thoughts and emotions and leaving us feeling stressed and at times quiet anxious. Paying more attention to the present moment to your own thoughts and feelings and to the world around you can improve your mental well being.

### Tips to practice mindfulness

1. Be conscious of where is your focus.
2. Be aware of your actions.
3. Don't live in the past.
4. Avoid getting caught up in the future.
5. Stop watching the clock.
6. To do nothing for some time
7. Get rid of judgments and negative emotions.
8. Treat your feelings like the weather.
9. Treat others with kindness and compassion.
10. Mindfulness is not always happiness. It is willing to let go of the past regardless of the positive or negative emotions.

### MENTAL STRENGTH - A PATH TO HEALTHY LIFE



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Becoming mentally and emotionally strong isn't something that happens overnight. Enjoying strong mental health means understanding the meaning of well-being, functioning normally in everyday life and having enough confidence to overcome the hurdles that confront us on a daily basis. It is important to take care of our mental health from childhood through adulthood in order to avoid depression, anxiety, excessive stress and addiction. Here are some pathways to improve the mental strength.

### Understand what it means to be emotionally resilient

Being emotionally strong doesn't mean that we don't experience pain or suffering. Resiliency is often learned when one is faced with an extremely painful situation. We have to rebuild or bounce back from these experiences.

### Learn about emotional regulation

Learning to manage the emotions is another important factor which make you emotionally and mentally strong. We may not be able to control what comes to us but we always have a choice to react to them.

### Acknowledge the strengths

Read through the list of strengths and congratulate yourself for these positive

traits. Giving yourself a little pat on the back now and then, will help you to stay focused on your positive qualities and help build up your mental strength.

### Consider your past experiences

Try to recollect the past experiences, understand them, deal with them, reconstruct the lost thoughts and move on.

### Take good care of yourself

Exercise regularly. Aim for 30 minutes of exercise per day. Eat a balanced diet of healthy whole foods like fruits, vegetables, whole grains and lean proteins. Sleep 8 hours per day. Set aside atleast 15 minutes per day to practice yoga, do deep breathing exercises or meditate. Drink plenty of water.

### Enrich your mind

Challenge yourself to keep learning all the time. Be aware, curious and informed about the world. Read books, watch good films, play well, make your own art and indulge in anything that stimulates your creative side. Learn new skills and talk to people. Have open conversations that go beyond small talk.

Set reasonable goals and follow them to achieve success.

You can practice building mental strength by setting meaningful goals and

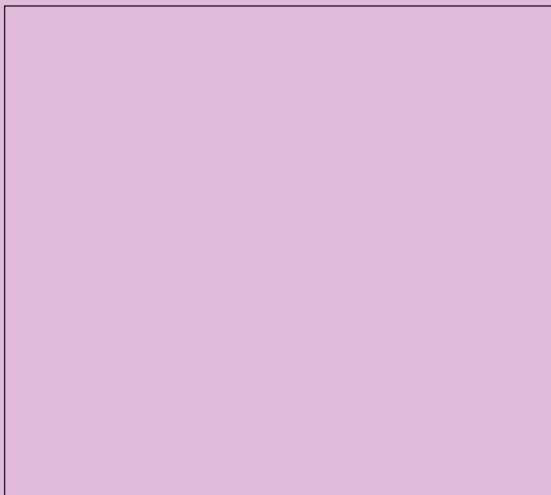




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Students oath taking ceremony



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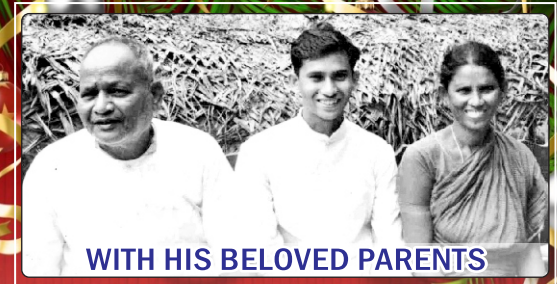
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## Homage TO OUR LOVING PRESIDENT

*Rev. Fr. M. Dadas Ambrose D.D., L.S.S., S.T.D.,*  
Bishop of Thanjavur



WITH HIS BELOVED PARENTS



A generous heart,  
kind speech, life  
full of service and  
compassion are the  
qualities of our  
loving president.

We are very delighted to  
honour our Rev. Bishop  
for 20 years of service.

With Best Compliments from  
Correspondent,  
Principal, Faculty and  
Students of Our Lady family

