

The MAGAZINE

DRUSHTI



*Datta Meghe Institute Of Medical Science
Smt. Radhikabai Meghe Memorial College Of
Nursing Sawangi (Meghe) , Wardha*



MESSAGE FROM HON'BLE CHANCELOR SIR SHRI DATTAJI MEGHE DMIMS(DU)



I am happy to know that the Nursing Student's Magazine
"DRUSHTI" – 2019 -20 is being published.

Nursing is one of the noblest professions and the nurses act as a vital link between the doctor and the patients, resulting in the quick recovery of the patients. Nursing students who have become professionals after obtaining the degree should serve the patients diligently and thereby contribute to the welfare of the society.

The publications of the Student's magazine are the culmination of the combined efforts of all Nursing Students, teachers, and members of the Editorial Board. I would like to congratulate the Principle, Faculty Members, Editorial Board members, and the Nursing Students who have contributed towards the publication of the annual student's magazine.

" My blessings and good wishes will always be with them in their future endeavors too ".



MESSAGE FROM HON'BLE SAGAR MEGHE SIR DMIMS(DU)

It gives me immense pleasure and satisfaction to note that Smt.Radhikabai Memorial College of Nursing is about to publish its Students Magazine.

The Title of the magazine 'DRUSHT' is not only apt and logical but also conveys a deep rooted and subtle philosophical message to all concerned. The college magazine is a reflection of the literary activities of the students and Institution. The preparation and publication of the magazine gives an opportunity to all students to exhibit their hidden talent.

The nursing students who contributed to the magazine and the Editorial board have done a commendable job in planning and publishing the magazine.

I congratulate the members of the Editorial board and the team for putting commendable efforts in bringing out this magazine. **I wish them all the best for their future endeavors.**





Message

It gives me immense pleasure and satisfaction to note that Smt. Radhikabai Meghe Memorial College of Nursing, Sawangi Meghe, Wardha, a constituent unit of Datta Meghe Institute of Medical Sciences (Deemed to be University), Sawangi (Meghe)Wardha, is bringing out the students magazine titled "Drushti"-the vision, which is a milestone in its own right.

It is imperative that all initiatives that go to contribute to generate a positive, pragmatic and a relevant personality of an individual need to be undertaken in the nick of time, so that the desired output is feasible in a time bound manner.

Venturing to have a students magazine is not just a cosmetic initiative, but a very vital step, which goes to provide for a meaningful platform for all the students to depict their creative talents, which are within them and perhaps remain un-manifested for want of an appropriate opportunity. Talent and opportunity need to be complimentary to each other because no talent can blossom without a reasonable opportunity coming its way. It is this void which would stand fulfilled in a big way by the instant venture. It should not be just left to the students to be manifesting themselves all on their own. They need to be provided with guidance and incentives which would motivate them to bring out their creative dimensions through provided opportunities.

The caption given to the magazine is also very philosophically speaking in as much as that each one of us has capacity to see, but translating it into a visionary form is tough and difficult. This initiative in my opinion would also render yeomen service in this arena of personality transformation and up-gradation, which would result in the student resource getting converted into the precious human resource capable of rendering its impeccable prints on the sands of time, which would be exemplary milestones for the times to come.

Recording my appreciation for the venture. I wish a very best for its contemplated success.



Dr. Vedprakash Mishra
Pro-Chancellor



MESSAGE FROM HON'BLE VICE-CHANCELLOR DMIMS(DU)

I am glad to know that the Students' Magazine 'DRUSHTI' for the year 2020 is being published online by the students of Smt.Radhibabai Meghe Memorial College of Nursing, The Datta Meghe Institute of Medical Sciences (Deemed to be University) encourages the students not only to achieve academic excellence but also provides them platform to showcase and nurture the artistic and literary talent of the students, and publication of a students' magazine is one of the steps towards the same.



On perusal of the draft of the magazine 'Drushit-2020' it is very heartening to see creativity and enormous hidden talent amongst the students.

I congratulate the entire Editorial Committee and the Teacher In-charge for undertaking this venture with great deal of success.

I extend my best wishes to the students, Teaching Faculty and the staff who have directly or indirectly contributed in publication of '**DRUSHITI-2020**' and pray that all to stay safe and scrupulously follow the norms in view of prevailing COVID-19 pandemic.

(Dr.Rajiv M.Borle)
Vice-Chancellor



MESSAGE FROM HON'BLE REGISTRAR DMIMS(DU)



I am happy to know that Smt. Radhikabai Meghe Memorial College of Nursing student's magazine Drishti 2020 is being published. I congratulate the Principal SRMMCON, teacher incharge and the student's editorial board for bringing out such a beautiful artwork reflecting the creativity and talent of the students.

I am proud that the students of SRMMCON are excelling in these areas which are evident on each and every page of **DRUSHTI 2020**. Sincere gratitude to all the teachers who have been guiding, encouraging and inspiring the students towards their overall growth and personality development.

“I congratulate the team Drishti and all those who have contributed to the success of this venture and wish you all the best for such endeavours in future” !

Dr.Babaji Ghewade
Registrar
DMIMS
(Deemed University)



Message

It gives me immense pleasure to write a few words as prologue to our in-house students magazine 'DRISHTI' exclusively meant for churning out the talent which bears immense potentiality of sharpening students communication skill as part of your over all personality development. I congratulate all the contributors and the editorial board for bringing out such a beautiful magazine.

We strongly believe that the nursing students are responsible and accountable for qualify nursing practice thus they need to be appropriately trained, oriented and directly supervised. The highly qualified and motivated professionals providethe skill and knowledge needed to the students to meet the challenges of today.

We are providing outstanding facilities and help the students to achieve great success. The curriculum planned in way that all the potentials and inherent talents of the students are developed to make them full pledged individuals of the society. Empowerment of students for their all round development through education is our cherished motto.

Today education means much more than merely acquiring knowledge. It is acquisition of knowledge and skills, building character and improving employability of our young talent, the future leadership. I am sure, being stars and their painstakingly and gainfully develop Nursing Culture, we inherited a strong foundation to march ahead and achieve the within mentioned education objectives for a stronger and brighter India. Measures initiated by the Hon. Management, steps taken by the college administration, the willing contribution of the teaching and non-teaching staff and over whelming response and enthusiastic participation of my dear students in the college activates in the recent past all vouch for this. When all the constituents come together and work in unison, the expected results are bound to flow.

I am proud of being the Principal of such a wonderful institution dedicated to the causes of better India. Through education and their real empowerment, Come on let's give our best and make this institution a modern temple of learning through our diligence, devotion and dedication. **Wishing you all the best...!**



Dr. Seema Singh
Principal,

(Smt. Radhikabai Meghe Memorial College of Nursing)



MESSAGE

It gives me immense pleasure to notify that Smt. Radhkaibai Meghe Memorial College of Nursing is presenting the student's magazine titled '**Drushti**' - The Vision which is epitome of students' creativity. I am sure that their optimistic attitude, hard work and their new wave of ideas will surely stir the mind of the readers.

The innovative abilities are very much in evidence to see in the diligent work and activities in which almost students have participated with joy and gaiety. This proves that college is able to knit the devoted and competent members into a vibrant team.

My hearty congratulations to the entire team who contributed in making the students' magazine an ultimate success. **Wishing students happiness and triumphant future.**



Prof. Vaishali Taksande
Dean (Academics)
Faculty of Nursing, DMIMS (DU)



Message

My dear students

College life is not easy, as it involves a lot of effort and dedication, but you are a capable person and I know you will continue to the end. I have seen your creativity and devotion for work. Do not stress, take time and do your best. I believe that you will do very well.

I am very much proud of you because all of you an energetic, honest disciple and admirable person. I hope that you will shine in life. Never give up my dear students. You have the full ability to do any work perfectly. So keep working hard and follow your dream.

You are the person who is responsible for your happiness. We can only show the path but you have to make it. So think about your life carefully and wisely. I know you can do very well in your life. All the best for your bright future.

“Your struggle of life is a message for others, but make sure it is inspiring to all. Nothing is permanent in the world, but your good deeds always remain alive.”



Prof Archana Maurya
Dept of Child Health Nursing
SRMMCON



Message

It gives me great pleasure to know that 'Drushti', SRMMCON magazine 2019-'20 is ready for publication. True to its name, this magazine gives an insight into the range and scope of the imagination and creativity of our students. I congratulate the editorial team for the hard work and dedication they have invested in realizing this goal, and

“Wish my dear students success in all future activities”. !



Mrs. Archana Teltumbde
Student Magazine incharge
SRMMCON Sawangi Meghe Wardha

Message from Student Editorial Committee

It gives us immense joy and satisfaction to finally re-introducing our very own college magazine "DRUSHTI". Just like the Gods and the Demons churned the ocean of milk to extract the nectar, we have tried to churn out creativity from the magazine. A lot of efforts have gone into the making of this issue. We hope you enjoy reading the magazine. The best thing about this issue is that it represents the creativity side of S.R.M.M.C.O.N. students to a fair degree something that we think we all need to reconnect with. Amidst the busy schedule

of a last 4 months, with 2 exams, clinical postings, community postings and all those assignments, submissions and night duties that make you want to bang your head on the wall, we tend to lose track of all the other simpler things that we are capable of doing that we could have been proud of, that can bring

one satisfaction. So this time we have made an attempt to bring out the talent concealed within our student community. In the following pages, you will find articles relating to education, culture, sports etc... More specifically, there are the articles about SNA (Student Nurse Association) community visits, important events, educational articles and entertaining articles in the scientific section. We hope you enjoy your time reading this magazine as it also includes articles, poems, art-works. We hope you enjoy reading this issue as much as we have enjoyed in making it.

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English Editorial Committee

Chief Editor -

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Co-Editor -

Mrs.Pooja Kasturkar

Ms.Bali Thool

Mrs.Arti Raut

Hindi Editorial Committee

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Mrs.Darshana Kumari

Co-Editor -

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Ms.Shalini Moon

Marathi Editorial Committee

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Ms.Shalini Moon

Co-Editor -

Mrs.Pratibha Wankhede

Mrs.Madhuri Shambarkar

Mrs.Archana Taksande

Scientific Section Committee

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Mr.Archana Teltumde

Co-Editor -

Mrs.Kavita Gomase

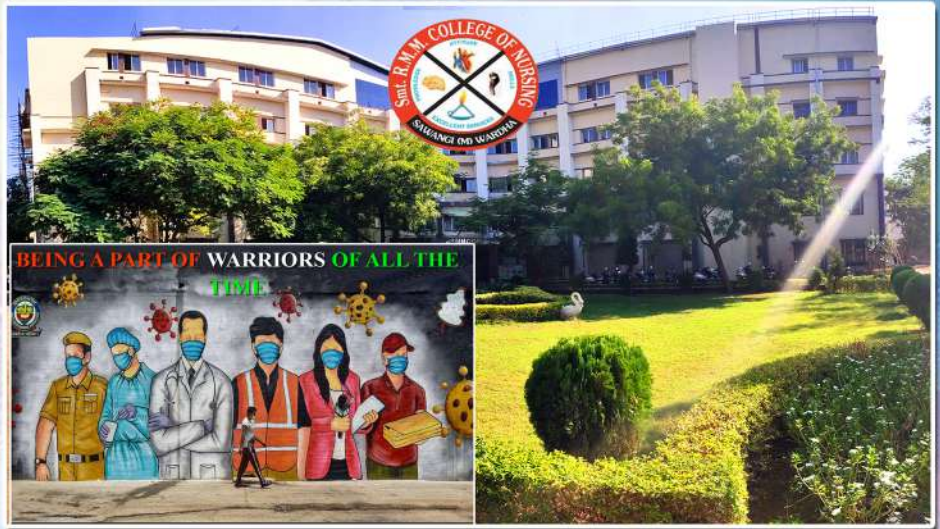
Mrs.Pradnya Sakle

Mrs.Arti Raut

STUDENT EDITORIAL COMMITTEE

TEAM DRUSHTI

SMT.RADHIKABAI MEGHE MEMORIAL COLLEGE OF NURSING
(SRMMCON)



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B.Bsc.Nursing 3rd Year

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B.Bsc.Nursing.1st Year

Chief Co - Designer :-

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B.Bsc.Nursing 3rd Yr

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Mr.Himanshu Dhande
B.Bsc.Nursing 4th Yr

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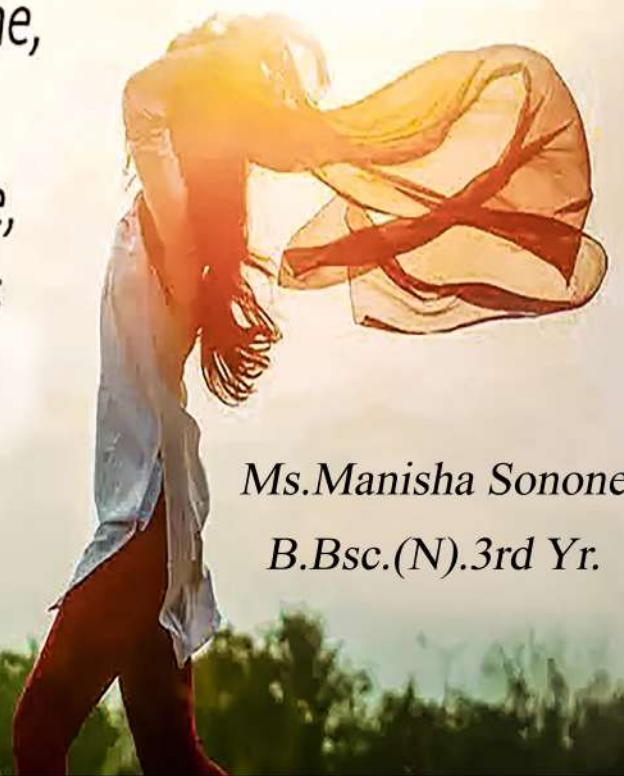


I
A
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From the high and low,
I forget what to show..
While others thought,
Surely, she'll blow..
I am a type of girl,
Who don't walk
With the flow..!!

I accept I walk very slow,
That doesn't mean I am very low..
When all believe in stone,
I believe in snow..
With keeping all inside,
I am a girl who always
Want to glow..!!

Ms.Manisha Sonone
B.Bsc.(N).3rd Yr.



DON'T TELL ME

Don't tell me that you understand,
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.

Don't tell me this is just a test,
That I am truly blessed,
That I'm chosen for this task,
Apart from all the rest.

Don't come at me with answers,
That can only come from me,
Don't tell me how my grief will pass....
That I shall soon be free.

Don't stand in pious judgment
Of the bonds I must unite,
Don't tell me how to suffer,
And don't tell me how to cry.

My life is filled with selfishness,
My pain is all I see,
But I need you, and I need your love...
Unconditionally.

Accept me in my ups and downs,
I need someone to share,
Just hold my hand and let me cry,
And say, "My friend, I care for u".

Vishnu Tadas
B.Bsc.(N).3rd Yr





What you did, Corona..?

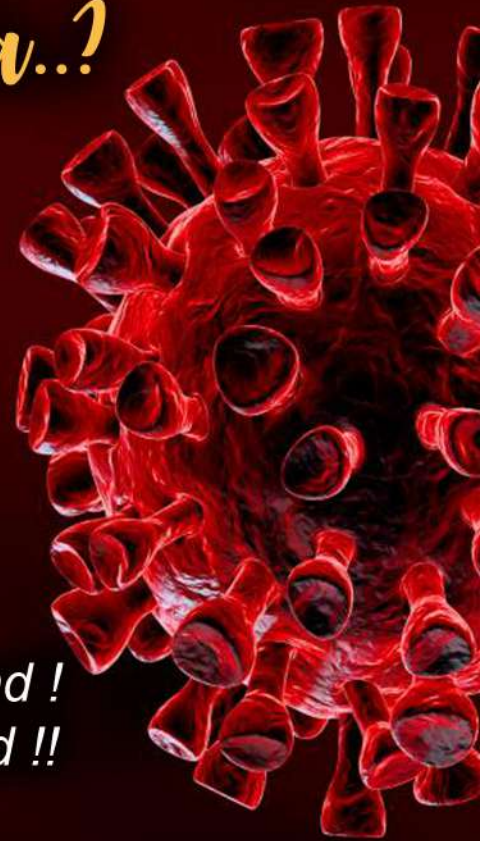
*Who knows what can happen !
But we know anything can happen !!
Wherever you are, stay safe there !
The Corona can go anywhere !!*

*Corona has put us in the trouble today !
Like Animals stay in the cage everyday !!
Everyone used to hate the life which they had !
Now, dying to go back to that life, feeling bad !!*

*All this stuff is originated from China !
But, we all know how to fight this Corona !!
Use sanitizer, cover your mouth, prefer Doctor if any doubt !
The Doctors , the Nurses are fighting with honor and proud !!*

*Follow the guidelines, which government approves !
The fear, the anxiety, you please just remove !!
Everyone is there to keep you safe !
So, Respect them obey the rules and be brave !!*

*- Anjali Tripathi
- B.BSc.(N). 1st Year.*



< Fight Against Corona ...

Go Corona Go, Go Corona Go!
Coming from Wuhan, China and killing everyone in
U.S, Chicago!!
Today you are storm, tsunami on tomorrow!
Corona please say, what you want to show!!
The world is like Battlefield, were Doctors, Nurses
are Superheroes!
Corona is opponent, aiming towards making Human
count Zero!!
But, we humans are Powerful, will not let them grow!
Hey Corona be ready, you the waste that we'll
throw!!
Everyone is ready to be on this Mission!
Make usage of sanitizer like Machine Gun!!
Cover your face with Mask, like Shield!
And keep 1 meter distance away in this Field!!
If you have fever, cough or cold!
Go to Doctor, follow the guidelines as they told!!
This are the common symptoms of COVID-19!
Don't hesitate, be brave and keep yourself Safe and
Clean!!

- ABHILASH SATONE
- B.BSc 2nd year.

- Anjali Tripathi
- B.BSc 1st Year.



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So, Respect them obey the rules and be brave !!



She could raise up her voice.
But she have no need to rise to your thoughts.
She could follow her dreams,
But She can't supress herself following your expectation.
She can live her life,
But can't escape in fear passing every street to save her life.
Neither the dresses nor the late night it is just the thought
that barks in the devils mind.
Rising up in fear to return safe at night shame on those
who have haunted the night scarer than the bhangarh fort
at night.
Thousands of news from all corners of the country, are we
in democracy
Or just living in sexually monarch nights.
I may be only talking of her but it is not limited to them the
violent red game of sex have engulfed even male.
The blooming days of life the child phase what we say,
explain it how come they attracts ur demonic head.

Cage me in the chain after you worship me as a goddess,
rape me dead after you drape red your goddess

No reason to be a woman as there are no men,
just eunuchs raping babies enjoying their pain

You want my love else you pour me acid,
I rot in hell & you beasts roam around a place placid

You want me to cover up my skin because it looks foul,
your naked male ego can do with a soul

You hate me in the womb as I will cost you dowry,
and then you will sell your son the more the merry

You molest me as if you strong and me no guts,
tease me again & I will kick you in the nuts

I won't beg for my right, no prayers only fight,
I will go out in the night, as I am a woman & you are slight

Ms. Manisha Sonone

"JESUS CHRIST"

He gave his life upon the cross, the epitome of love.

God of all, His name is Jesus Christ.

He left heaven, came to earth,

He gave his life in return of love and forgiveness,

All he got was insulted and mockery,

For (our) sorrow and pain,

He was scourged,

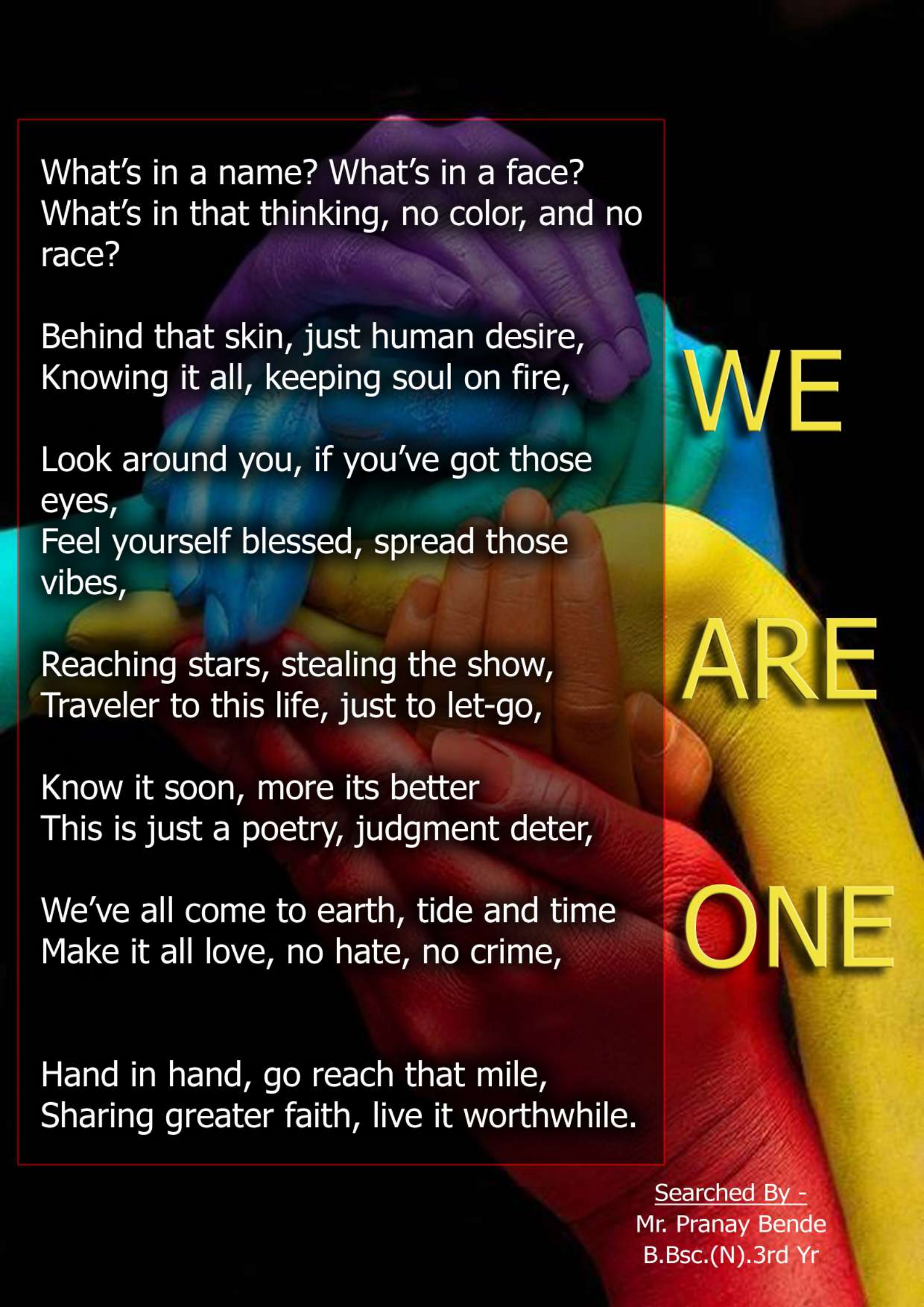
Frees us from sin, destroyed all our bondages.

He is miracle, A mystery, so much that humanity went baffled,

Satan's army fearfully retreated because Satan lost his battle,

There is Power in your Blood and that Power is here,

Listen up Satan, God is Alive.



What's in a name? What's in a face?
What's in that thinking, no color, and no
race?

Behind that skin, just human desire,
Knowing it all, keeping soul on fire,

Look around you, if you've got those
eyes,
Feel yourself blessed, spread those
vibes,

Reaching stars, stealing the show,
Traveler to this life, just to let-go,

Know it soon, more its better
This is just a poetry, judgment deter,

We've all come to earth, tide and time
Make it all love, no hate, no crime,

Hand in hand, go reach that mile,
Sharing greater faith, live it worthwhile.

WE

ARE

ONE

Searched By -
Mr. Pranay Bende
B.Bsc.(N).3rd Yr

Quarantine

**Lockdown har gully har nake pe
Band darvaja ky kre sab**

R

**Haa akela ab mein chalta
Gully gully nake sab
Sun san sakad mere idher
Ky kar rahe sab**

A

**Jo tune kiya
Tune hi bhukta sab
Ismein galti kiski
Ye puchte hai sab
Galti hai khudke hi
jo kiya ab bhukta hai haa
Ghr raho kaam karo aaccha hai**

B

**Mahamari se bachne ka ek hi ilaj
Duri banye rakho,pm ke kadam
mein kadam milye chalo
Frontline walo ko salam kro**



**Artist :- Dope
B.Bsc (N),3rd Yr**

MERI CITY INDORE

I ♥ INDORE

इन्दौर जंक्शन
INDORE JN.

Malwa ke pathar madhyapradesh ka shahhar indore h...
Kal kal karti nadhiya shipra ki shayak h,
Ahilya ki y nagri Rajwada iski shan h,
Khan nadhi par isdhir lalabagh ka mahal h,
Kach ka y mandir jain logo ki dharohar h,
100 saal se pujit khajrana Ganesh mandir
Indore ki shan h,
Malwa k pathar par madhyapradesh ka shahhar Indore h...

Siksha k shetra m unaat hota humara sahar indore h,
IIM,IIT jaise sansthan Indore m ishthapit h,
Holkaro ka sikhshit grah Holkar science college h,
Ahilya k nam par devi ahilya vishwavidhyalay h,
Malwa k pathar par madhyapradesh ka sahhhar indore h...

Ujjan ka ansh ujaini shipra or narmada ka sangam h,
Sanam jaisa group Tarun manch jaisa sansthan Indore k pass h,
Raahe Samaj karya m rahit hamara shahhar indore h,
Malwa k pathar par madhyapradesh ka sahhhar indore h...



Ms. Ragini Joshi
B.Bsc. (N) 3Yr



B BOY

Am a street dancer, representing Hiphop culture..

Hip hop include 5 thing's Rapping,
DJ, graphity, emcees and breaking.

I am breaker mean bboy ..

Bboying is actually hip hop dance form.

Which having special breaking beats.

And done by including various flips,
freezes, Powermoves, to rock, Footwork,
backrock and many more..

Red Bull and many social companies promote it.

Red bull is best platforms where every bboy from
different

different nation takes part and show their's
moves..

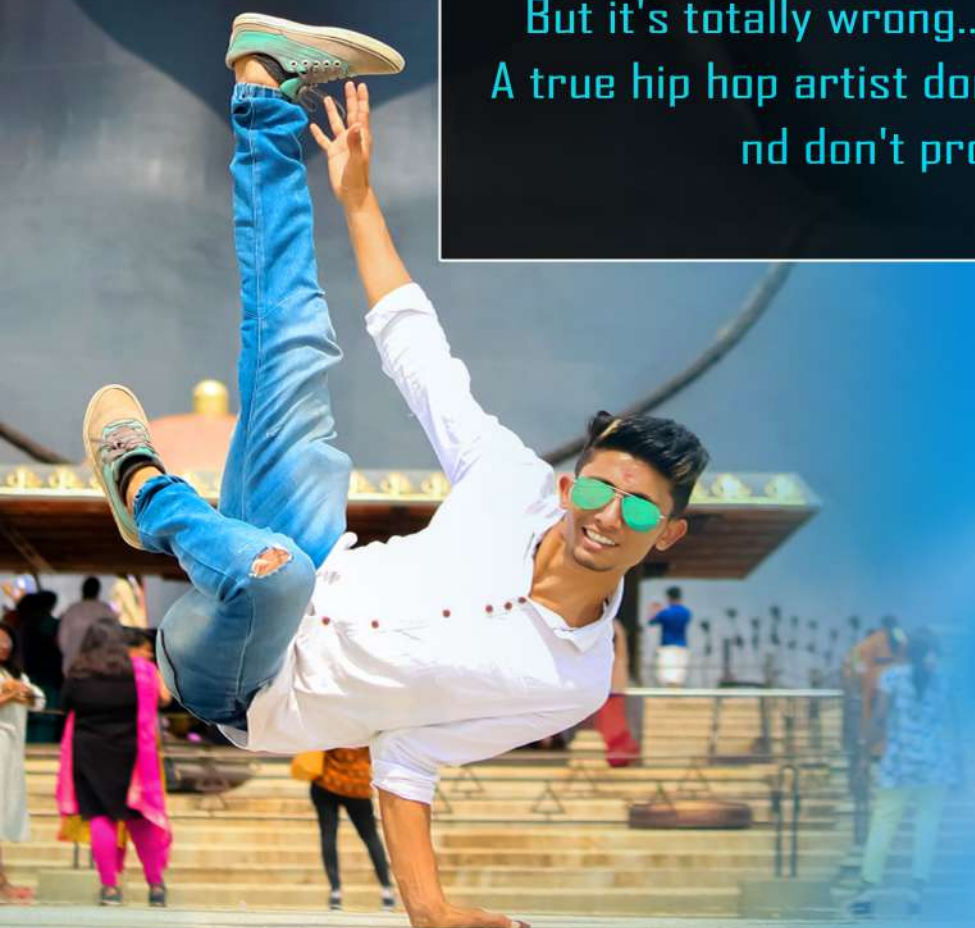
Some rumors are there which says that's hip hop
is about

smoking weed and all kind of stuffs are there.

But it's totally wrong.. It's only a dance form.

A true hip hop artist don't consume such things
and don't promote them.

Mr. SANKET PATIL
B.Bsc.(N) 2nd Yr



Being a Treasurer ..

I'm glad and thankful to our principal Dr. Seema Singh ma'am and our SNA advisor Mrs. Archana Teltumbde ma'am who gave me this opportunity to be the part of student council. Becoming a part of students council team is like one of my dream come true. I always wanted to be in student council since my school life and I remember the day when Archana ma'am asked me to be a treasurer and I refused as I was so poor fellow who is not at all good in math's. I dropped out math's in my 11th grade and guess what I didn't even thought that I will be the treasurer in student council team of my college. I have always looked forward to the possibility of serving you all. Being a treasurer I have learnt so many things. The treasurer is in the charge of maintaining the student council budget. Being a treasurer is not an easy task as one must be very thorough in calculations, so well focused, should be capable of handling figures, have an orderly mind and methodological way of thinking, keeping careful records, managing accounts. And I must say I have learned to do all of this. I did and learned about organizing events, about how one can raise funds, about the qualities a treasurer must have, developing ideas for students welfare and helping the other students council members. In our college we raise funds by organizing programs like blood donation ,tree plantation and by organizing cultural events by celebrating health related programs days and weeks and also by sports events. I have learned working in team with other council members, preparing bank deposits, adhere to financial control policies of the board. Your student council treasurer will be responsible for handling all the money you work hard to raise for the events you love. I had a great journey as a treasurer since one year and I'm glad that I continued it in another year too. I'am looking forward to all the possibility of serving you. So well said by Michael Jordan - Talent wins games but team work and intelligence wins championship. Without the support and help of other council members it would not be possible for me to grow. Thank you to all the colleagues and seniors forming a team of students council. Thank you for considering me as a student council treasurer.



Ms. Vaishnavi S Shiwarkar
B Bsc.(N) . 3rd Yr
The Treasurer
Students council member

ZINDAGI

जिंदगी....

जिंदगी में तु रूक मत
चलता रहे पथपर
तु चलना सीख जाएगा
कभी खुशी मिल जाएगी
कभी गम हाथ आएगा
या तो मिलेगी संजिल खुश
या तु अच्छा मुसाफिर बन जाएगा।

तक तो ताज की उम्मीद रखने वाली की
होसले तुद कर चूर नही होते
छुंड लेते है अंधारे में संजिल
क्योंकी जुगनू कभी रोशनी के मोस्ताज नही होते।

अभी तो जिंदगी के असली खंदा बाकी है
अभी तो इशदों का क्मेदान बाकी है
अभी तो नापि है हिनके भर जमिन गलीब
अभी तो पुरा आयमान बाकी है।

ना पुछ तु मेरी संजिल क्या है
अभि तो इशदा कियों है
इशदा तो नेक है
मुश्किलो से लडकर हर के जिना है
ए किसीने नही खुद से ये वादा किया है।

- नसरिन शेख
(B.Bsc Ist year 2019-21)

Nasarin Sheikh
B,Bsc.(N).1st Yr

आई

कमरेखरती हात नसणारी,
तू मं मठन मिठाई!
लेकशासाठी जिने पाठवले,
देवालाच तू उत्तर द्याई!



जशी झाडाची नवीन पालवी,
तशीच तू आई प्रेमळ माऊली!
व्यक्तित्व शिस्तीचं, मन प्रेमळ,
माझीच तू आई!

लहानपणी बळ करतो आई आई,
लग्नझाल्यावर मात आठवन का येत नाही!
बुद्ध्याचा मार्ग दाखवताना लाज का
वाटत नाही, माझी आई!



माझ्या मनमंल्लित हेव माझी आई,
जन्मभर साथ देईल मी तुझा,
माझी सावली, माझी आई!



मातृ
देव
भव

माझी ♥ माय

हंबऱ्नी वासशाला चाटते जेव्हा माय,
तेव्हा मला मायीमध्ये दिसते माझी माय!

काड्या फुड्या वेचायला माय जाई रानी
काट्या ठोट्यालाही तिचे मानत नसे पाय
तेव्हा मला काट्यामध्ये दिसते माझी माय!

बोलता बोलता मकडा तिच्या डोळ्यात पणी,
सांग म्हणे राजा तुझी केव्हा दिसेल राणी!
मरल्याडोळ्यात केव्हा येईल दुधावरची साया!
तेव्हा मला सायीमध्ये दिसते माझी माया!

म्हणून म्हणतो आनंदान भरवी तुझी ओटी,
पुन्हा मकडा जन्म द्यावा आई तुझ्या पोटी!
तुझ्याचरणी ठेवुनी माया धरवी तुझे पाय,
तेव्हा मला पायामध्ये
दिसते माझी माय!

Ms. Pranali Kamble
B.Bsc.(N). 1st Yr



स्त्री जीवन व्यथा:-

धडधडते हृदय ऐकून
अत्याचाराच्या बातम्या
आया बहिणींचा बळी पाडताना
कंप सुटेना कैसा मनुज आत्मा...!!१!!

रक्तबंबाळ केले लक्तरे टांगले
फेकतो का देह वेशीवर
गुढ्या केला मग का
शरमतो चढायला फासावर...!!२!!

मर्द मानता स्वयं
कृत्य ते नराधमासारखे
किती वस्त्र हरण कराल
द्रौपदीचे दृष्ट दुषासनासारखे...!!३ !!

लालसा वासना भूत शिरे
विसरून गेला मानवजात
सबला नेहमी दुय्यम स्थानी
सहनशील मनाचा पाहे अंत...!!४!!

तडफडता जीव बघवेना मला
अखेर झुंजुन घेतला मोकळा श्वास
मनी मंत्र जपतो मी न्यायाचा
आवरावा वाटे कंठ सुळ फास...!!५!!

रावणापेक्षाही कलंक आहे नर
कलियुगे वर्णितो स्त्री व्यथा
दुर्जन घोर पापे न घडो
संहाये ही दृष्ट प्रथा...!!६!!

✍ कु. चैताली प्रमोदराव येंगडे
रा. कोसुर्ला, जि. वर्धा





भरारी

शिखरावरुन पडले आज जरी
हा माझा अंत नाही
पुन्हा नव्याने घेणार उडी
तिच असणार माझी भरारी

कशल लाख प्रयत्न अडविण्याचे
जिद्द तोडु शकाल नाही
सामर्थ्यावरही कराल जरी वार
पण तो माझा अंत नाही

येतील कितीही वादलळे
हात, शिखर सोडणार नाहीत
अंत नाही असे म्हणावे किती
जेव्हा शिखर सोडणे
पावलांनाही पसंत नाही



दिशा बागेश्वर

B.Bsc.(N).3rd Yr.

सडा तारकांचा:-

सडा तारकांचा तारांगणी
नटखट कान्हा चांदोबा गातो प्रेम गाणी
प्रेम वेड्या गोपिसम चांदण्या
तेजोमय लुकलुकत्या धगाआडच्या चांदण्या....!!१!!

पौर्णिमेच्या रात्री
जमली रासलीला अंबरी
गोपी राधा कृष्ण प्रेयसी
मुरलीघर बजाये बासरी....!!२!!

पिवळे अंबर
कोवळे रवी किरण
इंद्रधनुने सप्तरंगी
नभी बांधले तोरण.....!!३!!

पुष्कर उधळीत प्रेम रंग
लपंडाव खेळतो चंद्र तार्या संग
तेजस्वी भास्कर किरणे
पडता तरु वेली सुमन नाचे हर्षाने!!४!!

मेघ दाटले, चंद्र तारे लुप्त झाले
प्रारंभला झुळझुळ वार्याचा प्रवास
समुद्र सिंधू रत्नाकर सज्ज
आलिंगन घालण्या अंबरास.....!!५!!



कु. चैताली प्र. येंगडे
B.Bsc.(N).4th Yr



Udaan
chhulo asmaan

!! फक्त तू खचु नकोस !!

संधी मिळेल तुलाही लगेच हिरमसू नकोस,
आयुष्य खूप सुंदर आहे फक्त तू खचु नकोस !!1!!

प्रेम तुझ्यावर करणारे कितीतरी लोक आहेत,
तुझ्यासाठी जोडणारे खूप सारे हात आहेत,
अरे अशाच आपल्यांसाठी तुही थोडं हसून बघ,
आयुष्य खूप सुंदर आहे फक्त तू खचु नकोस !!2!!

उठ आणि उघडून डोळे पहा जरा जगाकडे,
प्रत्येकाच्या आयुष्यात काहीतरी असतेच थोडे,
नाही नाही म्हणून उगाच कुढत तू बसू नकोस,
आयुष्य खूप सुंदर आहे फक्त तू खचु नकोस !!3!!

सामर्थ्य आहे हातात जर स्वप्ने डोळ्यात घोरून चल,
परिस्थितीशी भिडवून छाती दोन हात करत चल,
विजय तुझाच असेल तेव्हा मागे वळून बघू नकोस,
आयुष्य खूप सुंदर आहे फक्त तू खचु नकोस !!4!!

Nikhil Nehare
B.Bsc.2nd yr



अंगावर शहारे!

**दाटून आली भीती जशी
कुणी मला नकळत हाक दिली!
काळोखात सावली दिसली एक
मागे वळता कुणी नव्हते थेट!
आवाज येई मज पावलांचा
हातपाय लागे थरथराया!
जिव्हे घोर लागे मजला
जेव्हा जेव्हा सामोरे सरता!
विश्वास ठेवून वाट पूर्ण सरली
मागे पुन्हा वळता सावली न दिसली!
असे वाटे देत आहे मागे कुणी पहरा
दाटून जीव येताच आले अंगावर शहारे!!!**

Vishnu Tadas
B.Bsc.(N).3rd yr

बचपन का दौर

आज फिर लेके चली ये जिंदगी मुझे उस दौर में,
जहा चेहेरे पर एक मुस्कान के पिछे ना था कोई गम और ना कोई मतलब,
आज चेहेरे पर मुस्कान तो हैं मेरे पर खुश हुये जमाना हो गया,
बचपन कि वो कागज कि कश्ती आज भीं याद आती हैं मुझे
भिगती हु जब भी में बारीश में
अकैली चलती हू रासते पे फिर भी कोई डर नही मुझे,
पर पापा के साथ हात पकड कर चलना आज भी अच्छा लगता मुझे,
बचपन कि वो दोस्तों के साथ कि हुई मस्ती और
झगडा जो पल दो पल में निपट जाता था,
आज सालों लग जाते हैं उसे मान्ने में,
भले ही तु लेले मेरे जवानी के चार पल
मगर मुझे लोंटा दे बचपन का वो दौर फिरसे
बचपन का वो दौर फिरसे

- Kamini Rodge
B-Bsc 3rd yr

प्यारी teri आंखें ,Jaise koi घटाएं
महकती hawayen ,Jaise teri hai सांसे

Wo julfon ka बादल ,Jaise ho koi
आचल

Bhatakta मुसाफ़िर, Mai ,Jaise Koi
आशिक

Mai Pagal sa जुगनू ,Bss Raaton me
hi चमकू

Mai din ka उजाला ,Jaise Roshni ka
प्याला

Ha ,teri आंखें hai आंखें ,Muze सपने
दिखाए

Mai दिन me सो jau , toh रातभर
जगाए..।(×4)

- @ifeelprateek



"कितना मैं चाहूँ"

कितना मैं चाहूँ छुह लु तुझे, दिल मेरा तरस्था है की देख लूँ तुझे !

मेरे लिये जिया, मेरे लिये मरा, अपने लिये तुने कूछ ना किया, मरते दम तक प्रेम किया तुने, दिल ना भरा तेरा फीर जी उठा तू, मेरे लिये, मेरे लिये,

कितना मैं चाहूँ छुह लु तुझे, दिल मेरा तरस्था है की देख लूँ तुझे !

मेरे रोगो को लिया, मेरे पापों की क्षमा, क्रूस उठा कर मुझे अपना किया,

बाप से जुदा होके प्रेम दिया तुने, दिल ना भरा तेरा साथ चला तू, मेरे लिये, मेरे लिये,

कितना मैं चाहूँ छुह लु तुझे, दिल मेरा तरस्था है की देख लूँ तुझे !

सुप्रिया बेंडले

अशीही एक मैत्रीण असावी

अशीही एक मैत्रीण असावी मनात काहीही न ठेवणारी

वेळ आल्यानंतर बिंधास्त बोलणारी पण दिलखुलास हसणारी.

अशीही एक मैत्रीण असावी खूप काही बोलणारी असावी पण प्रेमाने समजावून सांगणारी पण असावी,

बिंधास्त आणि खेळकर असावी पण मनाने खूप प्रेमळ साधी असावी.

अशीही एक मैत्रीण असावी जिला बघुणच हसु याव आणि तिच्याशी बोलताना सर्व जग विसरून जावं.

अशीही एक मैत्रीण असावी जिच्या डोळ्यात आईचं प्रेम दिसावं बहीणीची माया दिसावी आणि भावाचा अधिकार असावा,

जिच्याशी बोलताना सर्व नात्यांचा विसर पडावा.

अशीही एक मैत्रीण असावी खूप बोलणारी आणि ऐकताना बाकीचं जग विसरायला लावणारी.

॥ मैत्री जिह्वाळ्याची ॥

नेहमीच असते मला तुझी गोडी।

आठवतात मला तुझ्यासोबत केलेल्या खोडी ॥

तुझ्या सल्याशिवाय मी कोणतेही कार्य करत नाही ।

तुझ्याशी कितीही बोलावे मन माझे भरत नाही॥

येते गं मला तुझी फारच आठवण ।

तेव्हा भरून येते गं माझे मन।।

सर्वांना तुझ्यासारखी मैत्रीण मिळावी ।

चुकलं तर रागावणारी . बरोबर असल्यास कौतुक करणारी ।।

तू मैत्रीण मला मिळाली हे भाग्य माझे ।

नाहीतर. आजच्या जगात कोण जपते कोणते नाते ।।

आहे गं तु माझी चिमणी।

नेहमीच तुझी आठवण येते माझ्या मनी ॥

तुझ्यासोबत कितीही लिहलं तर वही कमी पडेल।

पण तुझ्यासारखी मैत्रीण सर्वजगात शोधूनही नाही मिळेल ।।

मैत्री आहे कृष्णा आणि सुदामाची।

तशी तुझी-माझी मैत्री आहे जिह्वाळ्याची ॥

चेतना विष्णुदास तळवेकर

B.Bsc.(N) 1st Yr

R

Shot on realme 2 Pro
By:supri photography

बाबा

असा का रे बाबा तु
कितीही थकलास तरी
का नाही रे
चिडत तु

तु तुझ्या भावना
कधीच व्यक्त करत नाहीस
तुझ माझ्यावरच प्रेम
कधीच बोलुन दाखवत नाहीस

तुझा कुठलाही त्रास
एक लेकच समजु शकते
तु कितीही नाही बोललास
तरी तुझ मन मीच वाचु शकते

तुझी शिकवण
आजही मला आठवते
तुझ्या सोबत घालवलेला प्रत्येक क्षण
मी रोजच जगत असते

रोज येते रे बाबा
तुझी आठवण मला
तुझी लेक आता मोठी झाली
हे कळलय ना रे तुला

Mr.Sai Bhokre
B.Bsc.(N).3rd Yr

कल रात सपने में आया कोरोना!

उसे देख जो मैं डरातो मुस्कुरा के बोला
मुझसे डरो ना...

उसने कहा- ककतनी अच्छी है तुम्हारी संस्कृतत।

न छूते ,न गले लगाते

दोनों हाथ जोड़ कर वो स्वागत करते,

मुझसे डरो ना..

कहां से सीखा तुमने ?

रूम से ,बॉडी से,

पहले तो तुम धूप,

दीप कपूर अगरबत्ती,लोभान जलाते

वही करो ना,

मुझसे डरो ना...

शुरू से तुम्हें ससखाया गया

अच्छे से हाथ पैर धोकर घर में घुसो,

मत भूलो अपनी संस्कृतत

वही करो ना

मुझसे डरो ना...

उसने कहा सादा भोजन उच्च ववचार

यही तो है तुम्हारे संस्कार।

उन्हें छोड़ जंक फूड फ़ास्ट फूड के चक्कर में पड़ो ना

मुझसे डरो ना...

उसने कहा शुरू से ही जानवरों को पाला-पोसा प्यार ददया

रक्षण की है तुम्हारी संस्कृतत,उनका भक्षण करो ना

मुझसे डरो ना

कल रात मेरे सपने में आया कोरोना

बोला मुझसे डरो ना।

Ms.Supriya Bendle

B.Bsc (N) 4th Yr

कोरोना एक महासंकट

कोरोना आला घालू आळा
गर्दीची ठिकाणे तुम्ही टाळा
चीन, अमेरिका, इटली नंतर जगात झाला
भारतात शिरकाव करून तो महाराष्ट्रात पसरला !!

आले जरी संकट मोठे घाबरू नका
घराचं उंबरा तुम्ही ओलांडू नका
सरकारच्या या सूचनांचे पालन करा
सतत हाथ स्वच्छ धून मास्क घाला
कोरोना आला घालू आळा !!

संचारबंदी, जमावबंदी सारे पाळूया
विनाकारण बाहेर जाणे सारे टाळूया
शत्रूला या एकजुटीने परतून लावूया
मी सुप्रिया हाथ जोडून सांगते तुम्हाला
कोरोना आळा घालू आळा !!

Supriya Bendle

B. Sc 4th yr

महामारी

कोरोना मुळे झाली देशबंदी
काय कारण या मागचे ?
केली निसर्गाची फसवणूक या माणसांनी
हेच ते कारण समजून घेण्याचे

फिरत मोकळ्या मनानं ही पशू-पाखरे
हसत असणार. अडकली पिंजर्यात माणसं हे,
म्हणत, केले खुप अत्याचार आम्हावर
आता तु पण या बंधीस्तीची मजा घे.

मानुनी उलटफेर हा निसर्गाचा
पडतोय पाया, देवा हाऊ दे सगळ ठीक हे,
निसर्गाला दोष देऊन काय फायदा
आहे केलेले सगळे पाप तु हे.

म्हणतो पैसा हाच सर्वश्रेष्ठ
रोखू शकला काय, कोरोना महामारी हे,
होत आहे रोजची हजरोनी जीवहानी
आतातरी निसर्गाला बरोबरीचा सन्मान दे.

COVID-19

— STAY —
— SAFE —

संकेत राऊत
B.Bsc.(N) 1st Yr

3,056 deaths
Hubei China

Italy

Iran

Spain

France France

Washington US

Henan China

Japan

Heilongjiang China

8 deaths

London

Paris

Amsterdam

Oslo

Copenhagen

Berlin

Stockholm

Brussels

Madrid

Rome

Vienna

Warsaw

Zurich

Geneva

Prague

Brno

Vienna

London

Paris

Amsterdam

Oslo

Copenhagen

Berlin

Stockholm

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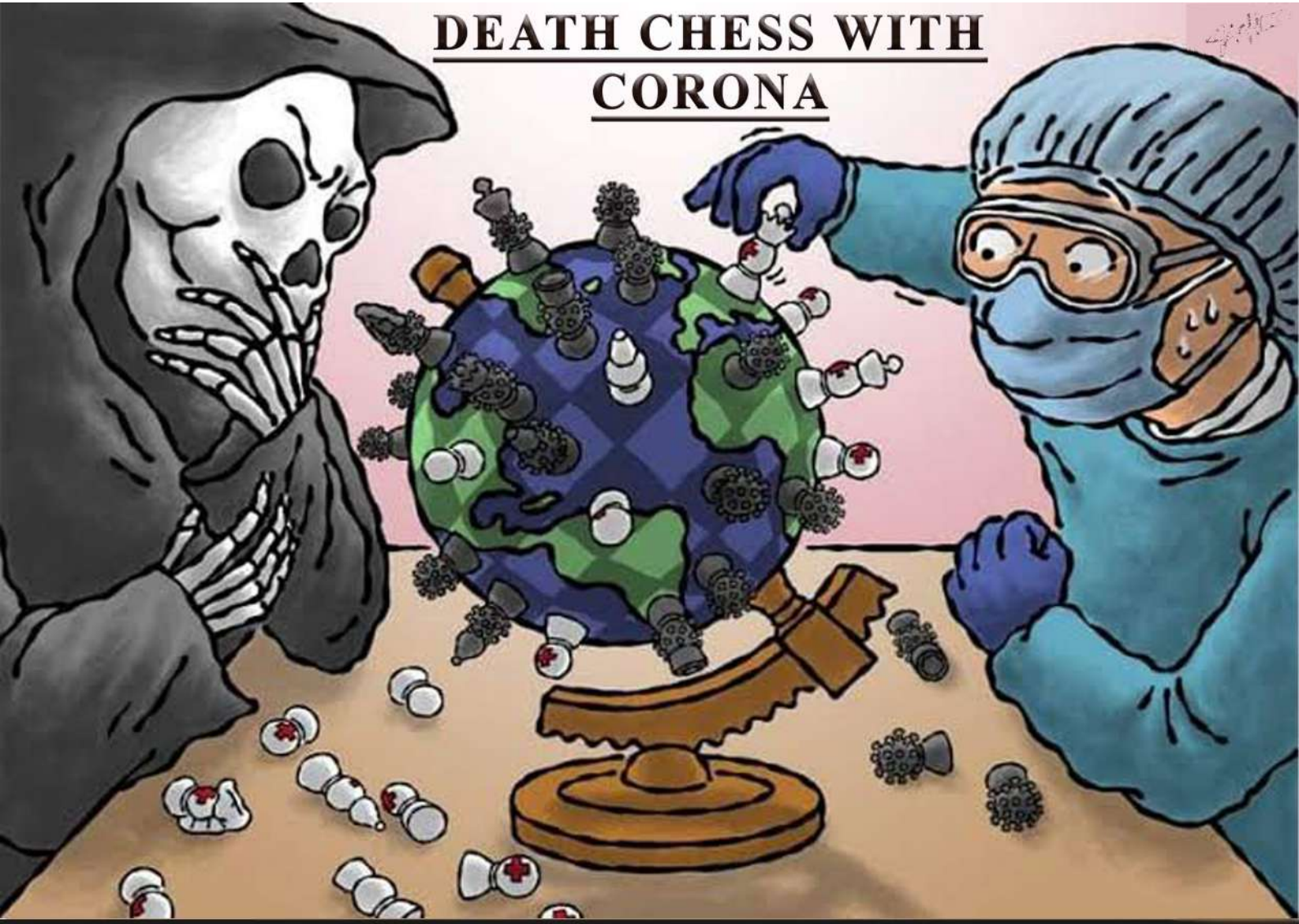
Amsterdam

Oslo

Copenhagen

Berlin

DEATH CHESS WITH CORONA



कसला आला हो हा रोग कोरोना...!

कतितीरी लोक होत आहेत कोरोनाग्रस्त.

तरीसुद्धा काही लोक वनाकारण बाहेर फिरता आहेत मसत ॥
घरी तुमची कोणी वाट बघत असेल याचा वचार येत नाही काहो
तुमच्या डोक्यात?

कशाला घालत आहात स्वतःचा जीव धोक्यात ॥

कोरोनावर अजूनही उपचार मळाला नाही.

तरीसुद्धा लोकडावून चा अर्थ काही लोकांना अजूनही कळला नाही

॥

संपूर्ण जग घरी बसून करते आहे आराम.

पण डॉक्टर आणि नर्सचे 24 तास ही सुरु आहे काम ॥

त्यांना ही आहे घरदार.

त्यांचेही आहेत परिवार ॥

त्यांचेही मन दुखावते आहे फार

अश्या परिस्थितीत ते सुद्धा काय करणार.

तरीही रुग्णांची करतात आहे ते सेवा आणि उपचार ॥

सांगतात आहे ते तुम्हाला, स्वतःची काळजी घ्या !

घरी रहा, सुरक्षित रहा.

ही आज्ञा पाळा ॥

Ku.chetana v.talwekar.
Basis bsc nursing. 1st yr.

जगाच्या पाठीवर कोरोना येवून बसलाय
नविांत,
क्षणाक्षाला गजबजलेलं जगं झालयं काहसि
शांत,
लाकडाऊन झालेय सर्वच प्रांत,
अनुभवून घ्या हा आत्मसुखनयि एकांत!

प्रश्न पडला जगाला कशी करावी मात,
या जैवकि युद्धाची झाली आहे सुरूवात,
अदृश्य शत्रुने माजवलायं आकांत,
चालतं फरितं जगं दडुन बसलय घरातं!

रस्त्यांवर दसितोय सर्वकिडे शुकशुकाट,
बाहेर कोरोना बघतोय सर्वांची आतुरतेने
वाट,
घरातचं राहुन होईल या दृष्ट वशिानुचा
नायनाट,
'वसिावा' या वलनावर; नक्कीच होईल नवनि

ISHA THAKRE
B.BSC (N) 3rd YR



कोरोना एक महासंकट

आला आला कोरोना
घाई आता नको ना !

हाथ पाय स्वच्छ करण्यात
मन काय रमेना !

काय करू काय नाही
आता हेच काही कळेना !

हाथाला ग्लव्हस आणि तोंडाला मास्क वापरून तर टाका !

काय माहित हे पाहून कोरोना पण जाईल आता !

सुप्रिया बेंडले


B.Sc 4th yr

अस्तित्व:-

कणाकणात दरवळती वात्सल्याचा ठेवा
मातीत पिकतो फळाचा मळा
ज्यातून मिळते जीवनसत्त्व
मातीतच आहे माणसाचे अस्तित्व.

- कु. चैताली प्र. येगडे
रा.कोसूर्ला

Lamp Lighting :-



Light is a pretty universal symbol of truth , knowledge and understanding. Lamp Lighting is done at the beginning of every ceremony as a sign of goodwill , similarly the begining of nursing is done with lighting a lamp, because with all goodness comes pain and hardships , the light will remind the promise made in the genesis with ourselves and nursing which will make us determined throughout and will act as a guide keeping us from stumbling in the dark . It is an international symbol of nursing , accompaying the most important ceremonies . It symbolizes a lit lamp used by Florence Nightingale while caring for injured soldiers during the Crimean War.

Lamp Lighting And Oath Taking Ceremony :-

Every year this ceremony is organized for 1st year ANM , GNM , B.Bsc. Nursing students of S.R.M.M.College and school of nursing respectively . This year it was organized on 05 February 2020 which was a grand success .

Lamp Lighting 2019-20





STUDENT
NURSES'
ASSOCIATION

SNA

(Student Nurses Association)

The Student Nurses Association (SNA) is an associate organization of Trained Nurse Association of India and is a nation-wide organization. It was established in 1929 at the time of Annual Conference of the Trained Nurse's Association (TNAI). Each nursing institute has its own S.N.A unit. It is remarkable growth of SNA and TNAI used to have combined Annual Conference, but due to increase in number of delegates it was felt in 1960 to hold separate conference for the student Nurses. Since 1961 the student nurses are having separate Biennial Conferences. These are held alternately with TNAI Conference. And this year it was held in Thane on Dt. 18th, 19th & 20th September 2019.

XXVIII SNA BIENNIAL STATE CONFERENCE MAHARASHTRA

This year the 28th SNA Biennial State Conference Maharashtra (A state level conference) was held in Thane on Dt. . 18th, 19th & 20th September 2019 and the theme was: - ***“Nursing: Harmony of Mind, body and spirit.*”**

As per every year this year also we were been Guided by Mrs. Archana Teltumbde SNA Advisor & Mrs. Pradnya Sakle Student welfare incharge with all new fresh SNA office bearers Ms. Shrushti Gawande, Mr. Abhash Nakhle and Prajwal Nagrale . There were various competition for the students. Such as Group Dance , Poster compition , Quize compition , Mono acting , personality contest , Sketching , Floor decoration , Sports and etc..

XXVIII NATIONAL LEVEL SNA BIENNIAL STATE CONFERENCE COIMBATORE...

As being a winner at State Level we were been invited to attain a National Level SNA biennial state conference at Coimbatore, Tamil Nadu on dt. 2nd to 6th November 2019. With Mrs. Archana Teltumbde, SNA Advisor & Mrs. Kavita Gomase, Ms Shrushti Gawande vice president and Mr. Abhas Nakhale Secretary.

It was a great opportunity for us, that we got a chance to visit a state level conference. With all best wishes from our friends and blessings from our teachers we were awarded by consolation prize for Group Dance Competition at national level in Coimbatore, Tamilnadu.



ACHIEVEMENTS



In group dance perform students had got 1st prize and selected for national level at combater, Tamilnadu which was held on November 2019. Name of Participants in dance performance Mr. Sanket Patil, Devendra pahune, Abhilash Satone Ms. Vaishnavi Kantode, Dharti Khewale, Ayushi Pudke, Dipti Raut, Mrunalini Pothbhare Certificate and prize

In poster competition 3rd prize got - on Theme Nomo phobia, Name of participants Mr. Khushal, Ms. Gunjan, Ms. Pratiksha, certificates and prize distributed to the posters winners.

In essay competition 3rd prize got –on theme why books is important than internet, name of participant Ms. Isha in that events certificate and prize distributed to the essay winners.

Participation of other competition In Quiz- Ms. Vaishnavi , Mr. Pritesh, Mr. Vaibhav , Monoacting – Ms Nilima, Personality contest Mr. Abhas and Pema , Painting- Ms. Namrata , Sketching- Ms Arundhati, Floor decoration- Ms. Mrunal and Sports – Mr. Raju. Supriya, sakshi, Nishikant, Deepali, Ashish

SNAA CONFERENCE THANE



SNA STATE LEVEL CONFERENCE

COIMBATORE



SISA, E –POSTER PRESENTATION, STATE LEVEL CONFERENCE,
INTERNATIONAL CONFERENCE OF Msc. and B. Bsc
STUDENTS.



College EXPERIENCE

Myself Ms. Vaishnavi Dipak Joshi Basic B.Sc. Nursing final year student. It gives me immense pleasure and satisfaction of getting admission in NAAC A+ accredited Shrimati Radhikabai Meghe Memorial College of Nursing.

The college is situated in the large campus area and has outstanding infrastructure with all the necessary facilities in a campus like well built building, well ventilated lecture halls, staff rooms, well equipped laboratories including nursing foundation lab, computer lab, nutrition lab, obgy lab, auditorium, AV aids room, examination hall and virtual labs.

The principal of SRMMCON, Dr. Seema Singh mam, being a Ph.D. holder at a very young age is a very disciplined and motivating personality and a role model for me and all the students and I am fortunate enough to have a compassionate, student-centered, optimistic and inspiring teachers to teach me. All the teachers including principal mam guided me very well throughout this four years. All the teaching staff try their hard to built up tomorrow's qualified, skilled and experienced nursing staff.

There are theory classes, clinical postings and community postings for the students to enhance their overall growth and development. Students have a golden opportunity of getting nursing training from Vidarbha's largest hospital Aacharya Vinoba Bhave Rural Hospital. Students are posted in various departments and get a chance of providing the nursing care to different kind of the clients. In the journey of this four years I got chance of providing comprehensive nursing care to clients and gathered lot of learning experiences.

Students are encouraged by the principal mam and teachers to get engaged in a co-curricular and extracurricular activities to prepare the students in the "art of living and working together successfully". Various activities that takes place in college are rangoli competition, extempore competition, poster competition and sport competitions.

The college has a library with reading room facility where there are lots of textbooks, newspapers, journals and dissertations and e-books to help the students to study in very calm and disciplined atmosphere with good concentration on their studies. The unique feature of the college is book bank facility wherein meritorious and economically backward students are provided textbooks from the library. Every year lots of students get benefitted by this facility, I am being the one since last 3 years.

Various programs are there concerning about students welfare. Preceptorship meeting is held monthly to know if students have any academic, clinical or personal problems and attempts are made by allotted teacher to solve those problems and refer the students to student guidance clinic for counselling if it needs. Monthly student council meeting is arranged to give students an opportunity to develop leadership by planning and organizing events that contribute to college spirit and community welfare. I got wonderful experience of planning and organizing events by being student council member.

College campus also have hostel facility and mess facility. Very good quality of food is served in the hostel mess. There is loving, caring and home touch giving warden mam and understanding and supporting hostel rector, Ms. Ruchira Ankar mam.

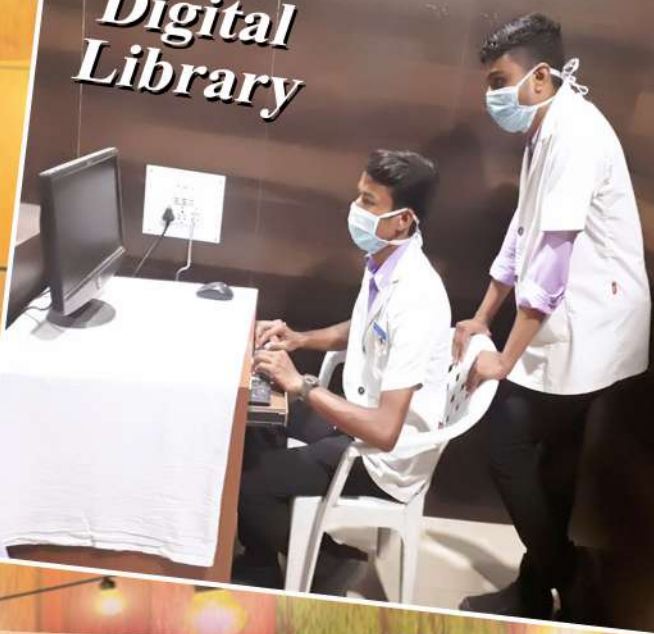
Hence I can proudly say that my college is the centre of excellence for nursing education and training with all basic facilities to nourish the students for their great future. It is really a matter of pride for me to be the student of SRMMCON college and I would love to continue my further higher education from here only.

Ms. Vaishnavi Dipak Joshi
Basic B.Sc. (N) IVth year

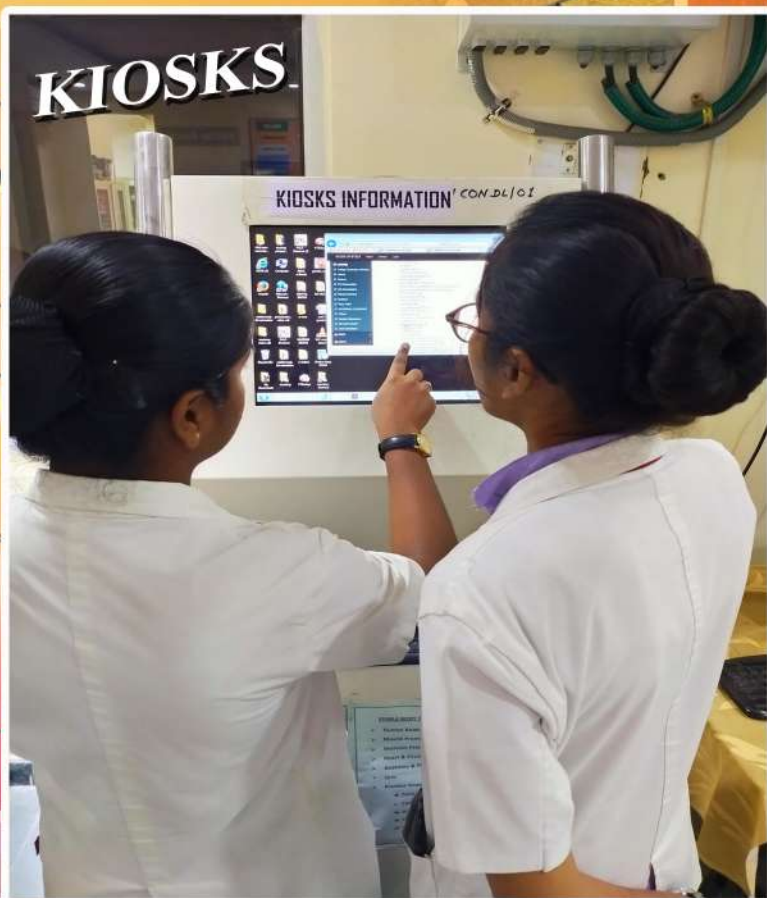
**The Entrance
which is with
Blossoms that
makes us calm
& relax
through its
Fresh Air..**



**Digital
Library**



KIOSKS



Library



**One of our Watchman Uncle
is been always there with us..**



CLINICAL EXPERIENCE



Nursing, a profession which is demanding. It demands all of you: physically and mentally. There were many misconceptions about nursing and exploring new things everyday, we realized nursing is misinterpreted.

Once we take the lamp lighting oath, we step into the new world of serving and working for the welfare of people and their good health. Stepping into this world of nursing, we gradually realized we will be facing many births and deaths everyday.

The orientation to the hospital felt like a maze and now the hospital feels like our home. We look forward to go to clinicals everyday to know about the new treatment modalities being made with the patient we gave care to.

Initially, we were taught how to interact with the patients and explain them their treatment without expelling those medical terminologies out of our mouth. Entering the hospital and working there we realized that hospital not only works on doctors but the whole health care team.

The best part is assisting the residents and the staff in the work they do. Be it taking samples or being a circulatory nurse in the operation theatre it is all a lot of learning.

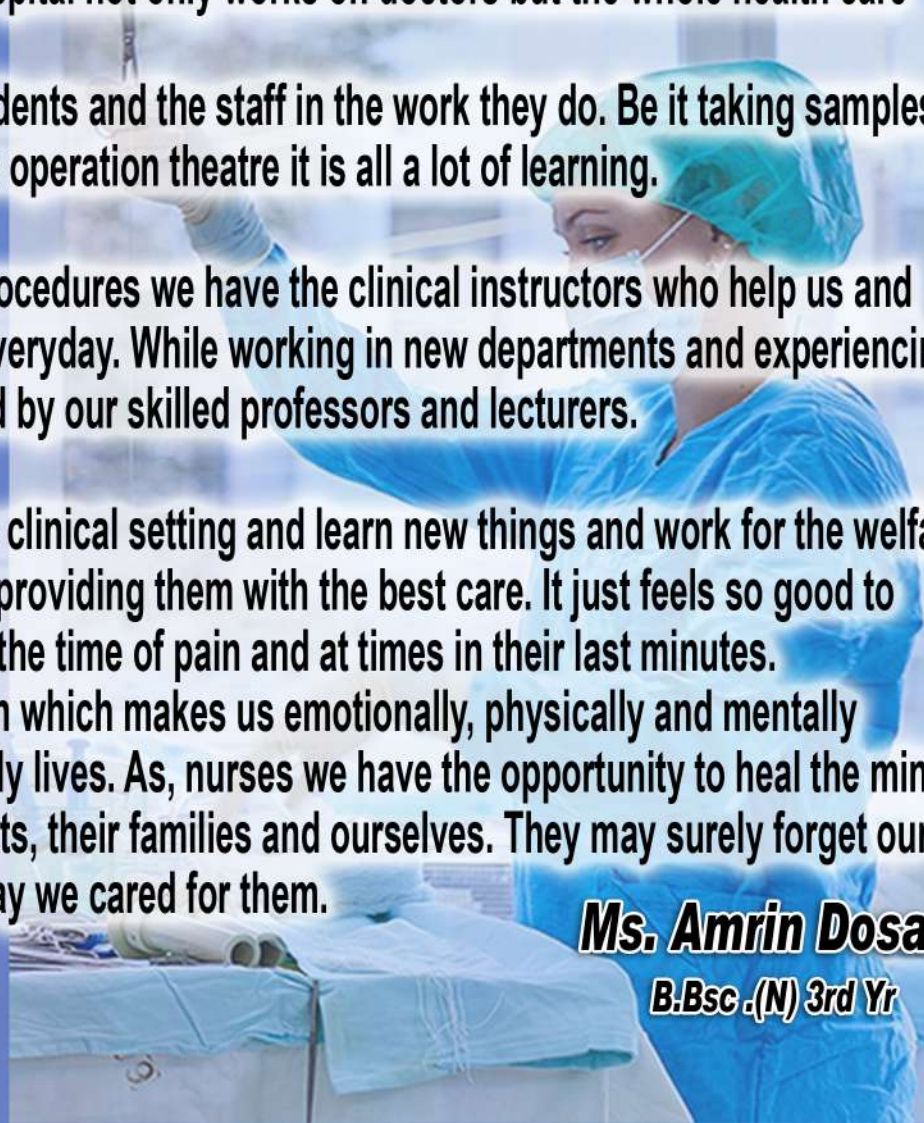
To learn more and explore new procedures we have the clinical instructors who help us and guide us in learning new things everyday. While working in new departments and experiencing things for first time, we are guided by our skilled professors and lecturers.

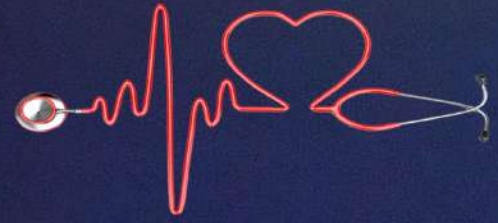
We look forward to working in the clinical setting and learn new things and work for the welfare and good health of the people by providing them with the best care. It just feels so good to serve people and be with them in the time of pain and at times in their last minutes.

This is one such noble profession which makes us emotionally, physically and mentally strong and also apply it in our daily lives. As, nurses we have the opportunity to heal the mind, soul, heart and body of our patients, their families and ourselves. They may surely forget our names but will never forget the way we cared for them.

Ms. Amrin Dosani

B.Bsc.(N) 3rd Yr





Birthday celebration of 9 year old patient Ms.Purnima Zade in female ortho ward-38.She was diagnosed with osteomyelitis (Infection was progressing to adjacent bones) and undergone left above knee amputation surgery.



We all are glad to have an hospital A.V.B.R.H interlinked with our college of nursing .It not only help us to understand the Medical Emergencies practically but also to do the things passionately....





GFC

Ganesh Festival Celebration 2019-20



Ganesh festival celebration (GFC)

Lord Ganesha also known as Ganpati, Vinayak is one of the most worshipped deities in the Hindu pantheon. Ganesha is widely revered as the remover of obstacles or troubles, the patron of art and sciences and the Deva of intellect and wisdom. As the god of beginnings, he is honoured at the start of rites and ceremonies.

"Ganesh Chaturthi" or "Vinayak Chaturthi" is the Hindu festival celebrating the arrival of Ganesha to earth from Kailash Parvat with his mother Goddess Parvati.

At DMIMS Ganesh Chaturthi or Vinayak Chaturthi is celebrated with full of joy and enthusiasm. There is lots of happiness during these days in the campus. The idol of Lord Ganesha is placed in the campus premises with the announcement "GANPATI BAPPA MORYA, MANGAL MURTI MORYA". Each and everyone attends Ganesh Arti daily and lost into devotional environment.

Last year also we celebrated this festival with full of joy. Various events and programs were organized in GFC like Ganesh Sthapana, Garba, Band night, Marathi folk, Treasure hunt, Gurukul, South Indian night, Mahaprasad and Visarjan. Among all these events there is one most awaited event known as variety in which students from every colleges of our institute participate and show their talent, creativity, teamwork etc and in that we are famous as "SRMMCON Hits" last year our SRMMCON kids did a fabulous performance as they gave tribute to our Indian army and won the prize of 11000Rs.

There is one other event which is joyful and memorable to everyone popular as "GURUKUL NIGHT" in that all the teachers show their talents and enjoy themselves. It is like a festival of their own in that singing, dancing, acting, comedy, etc involve. Just like every year last year also Gurukul was successfully done.

The GFC was mesmerizingly good and everyone had a magical experience during those 10 days that will be always in our heart.

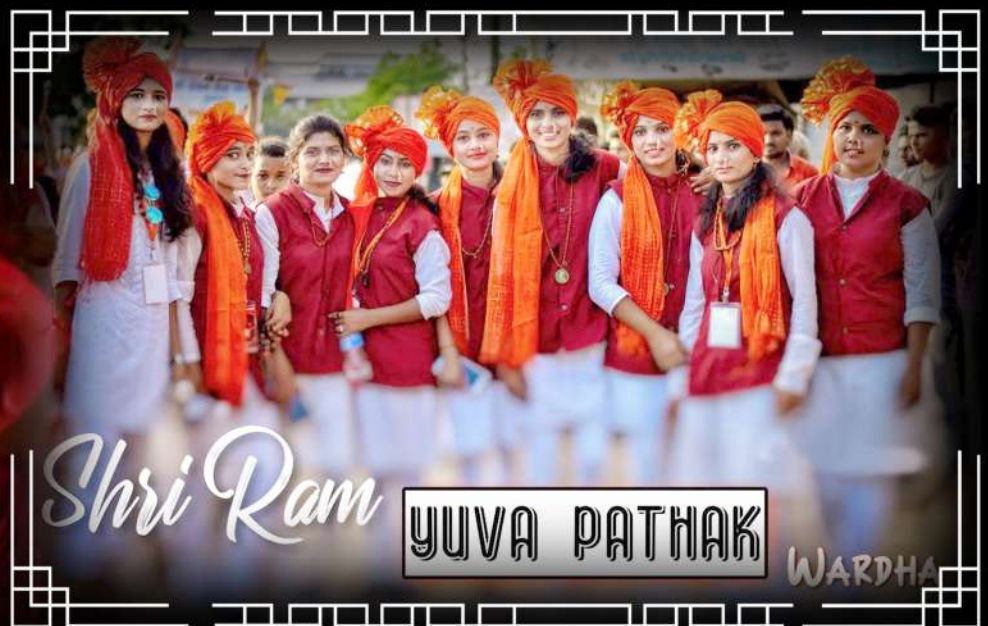
गणपति बप्पा
मोरया







Great moments takes
place when we have
Great Seniors not as
seniors but as our
senior friend....



Shri Ram

YUVA PATHAK

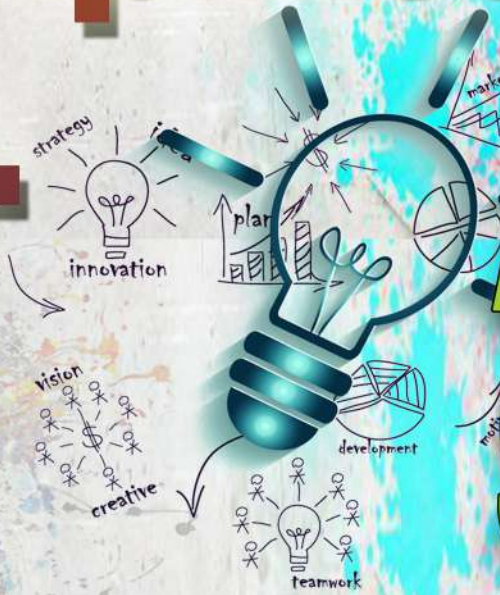
WARDHA

ताशाच्या तरिंला साथ आहे ढोलाची
बाप्पा तू कला दिली यला लाख मोलाची

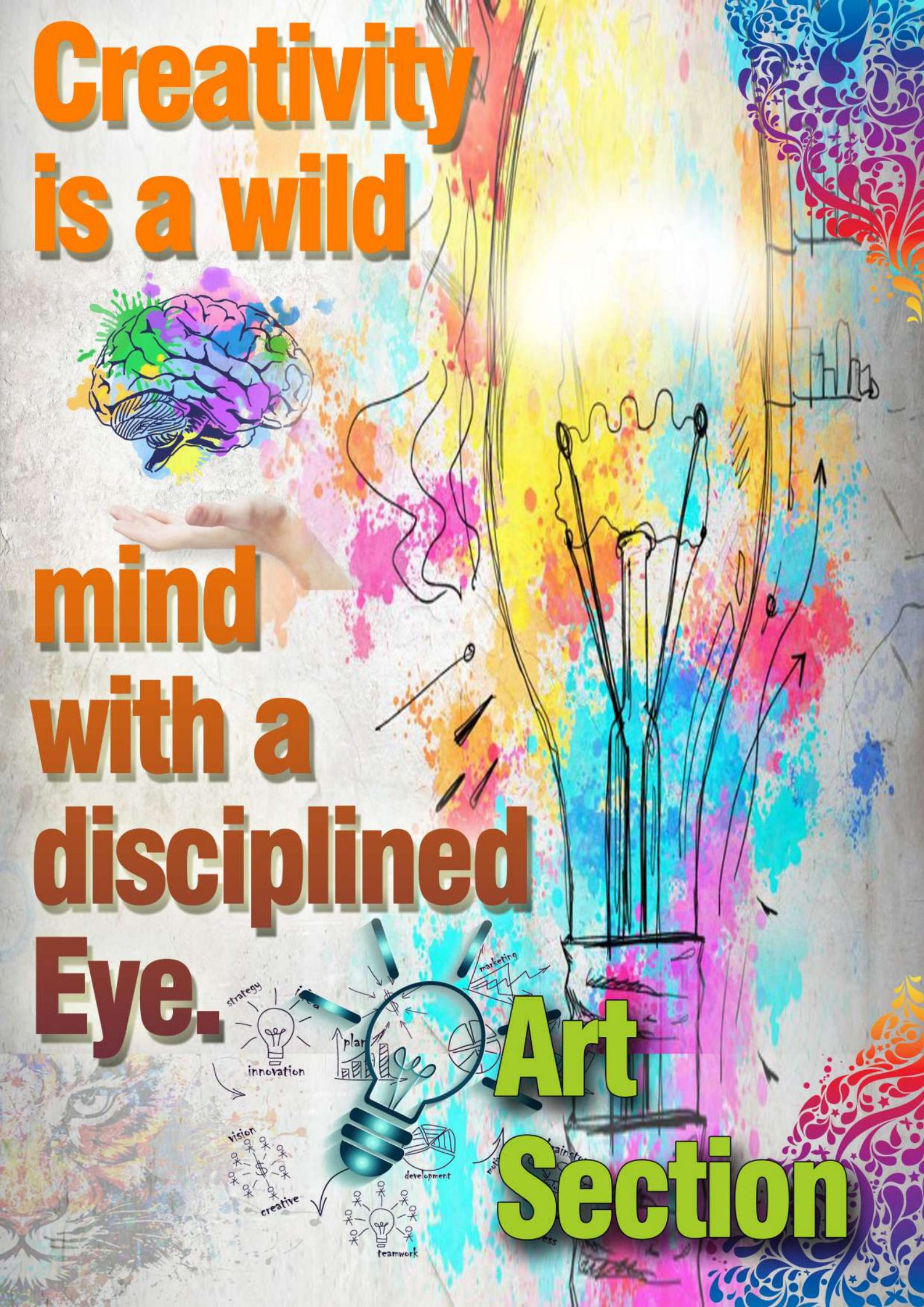
Creativity is a wild



mind with a disciplined Eye.



Art Section



The bird
who dares
to fall
is the bird
who learn
to fly.



Name: Pranali A. Kamble
Batch: 2019-2020
Year: B.Sc I st yr

MOM



Name: Pranali A. Kamble
Class: B.Sc Nursing
I st year

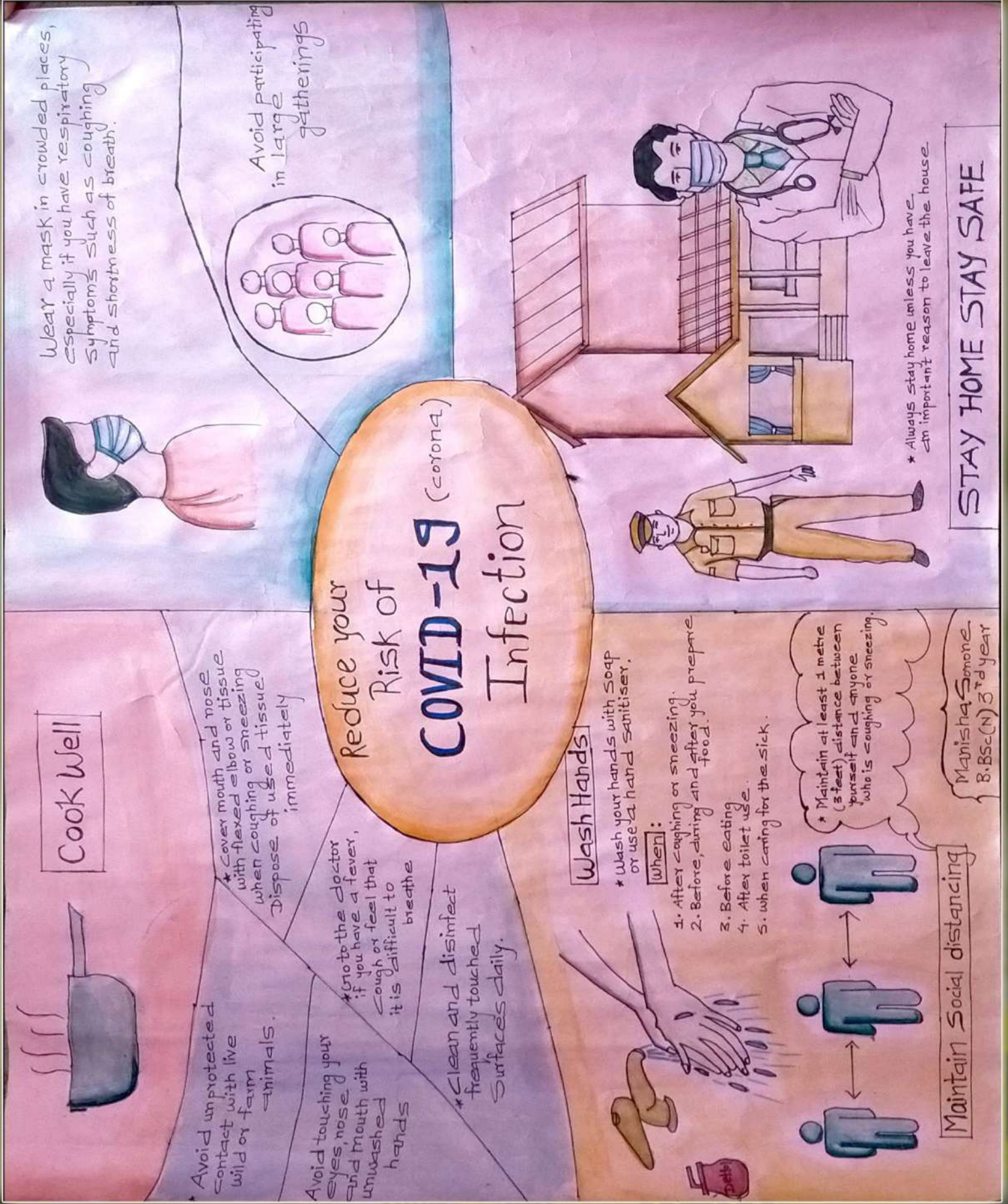
**PRANALI
KAMBLE**
B.Sc.Nursing

1st Year



A Poster on how to Reduce Risk of COVID -19 Infection

By :- Manisha Sonwane
B.Bsc.(N). 3rd Yr.





Ms. Vaishali Gahane
B.Bsc.(N).3rd Yr

Mr. Aditya Uthkhede
B.bsc.(N).3rd Yr





Made By :-
Archana Sawarkar
B.Bsc.(N).3rd yr





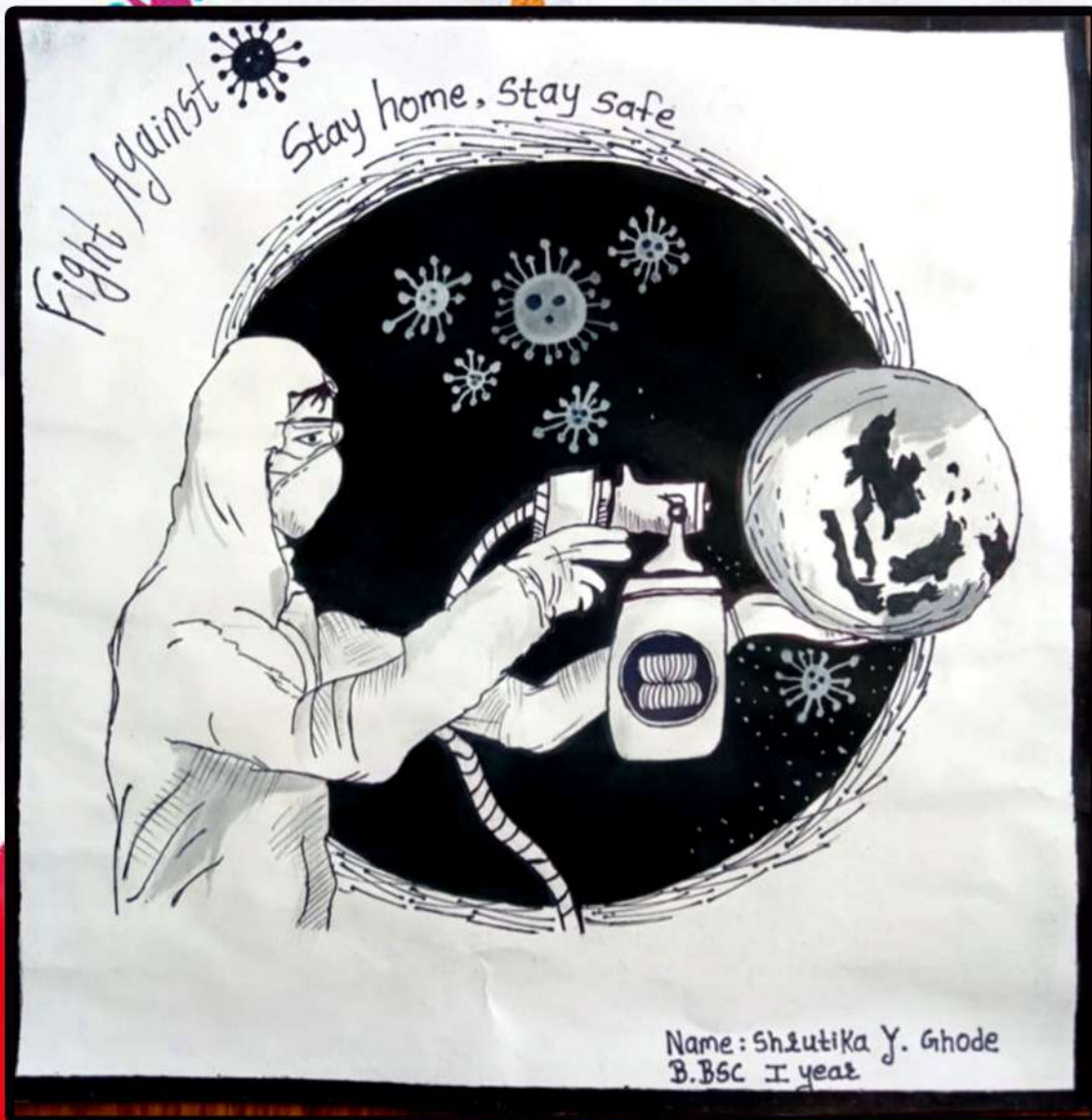
**THE
ART
THAT
MAKES
STUDY
MORE
INTERESTING**

*Mrunali Darve
B.Bsc. (N).3rd Yr*





Ms. Karishma Wadariya
B.Bsc(N).3 Yr



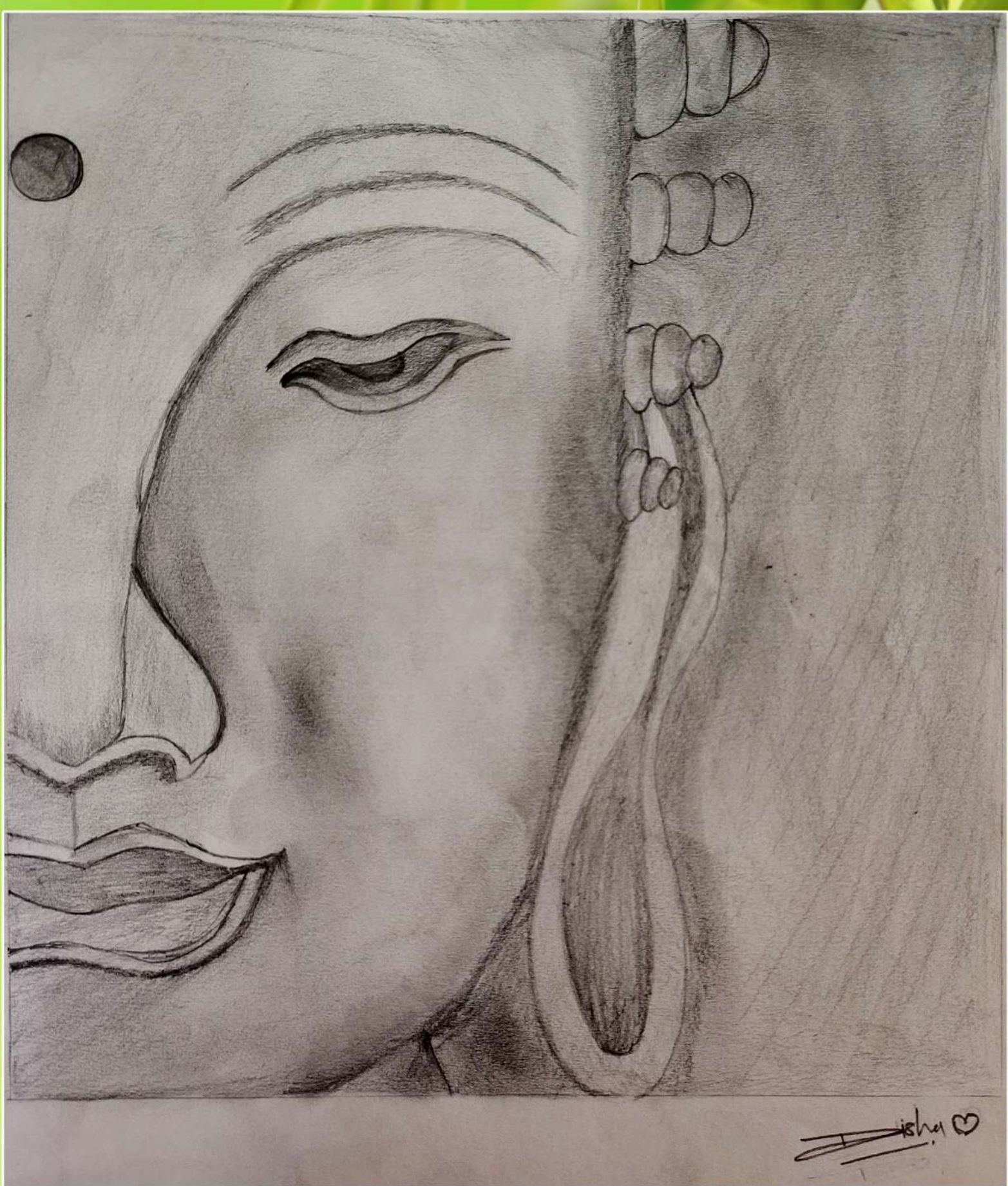
Ms. Shrutika Ghode
B.Bsc (N) 1 Yr



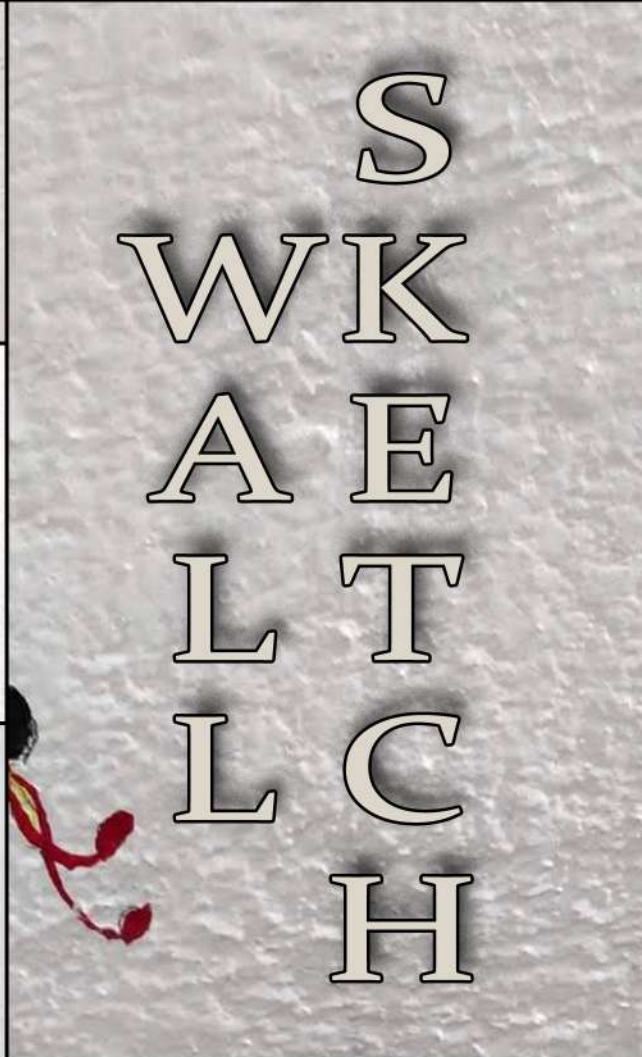
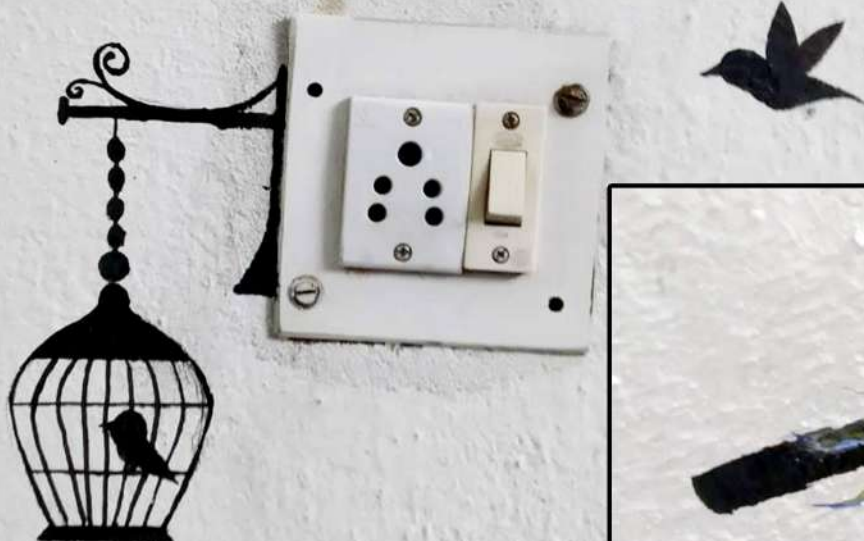
*"Harmony of Body, Mind and Spirit is
Balanced by Meditation"*



**Ms.Mrunali Darve
B.Bsc.(N).3rd Yr**

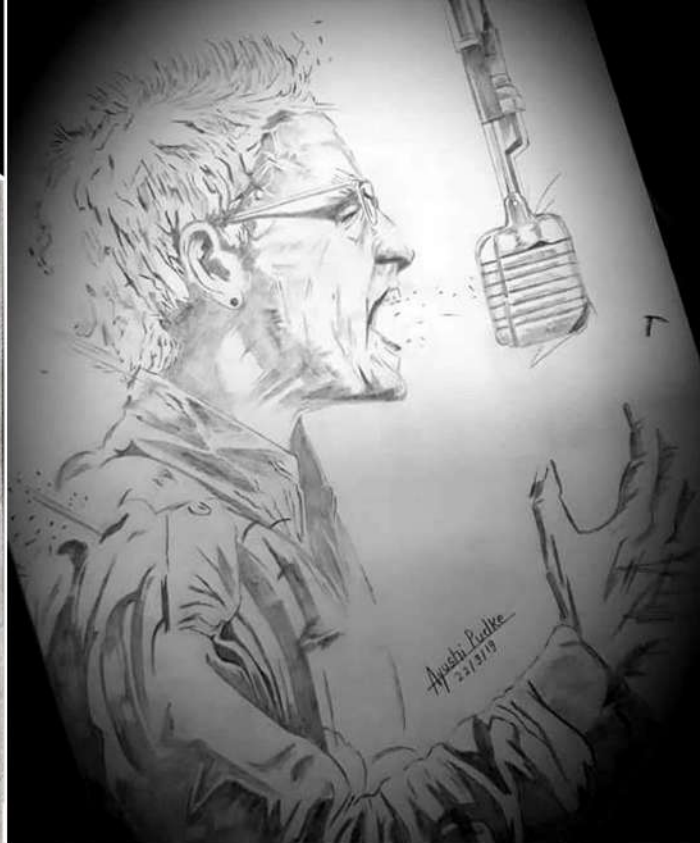
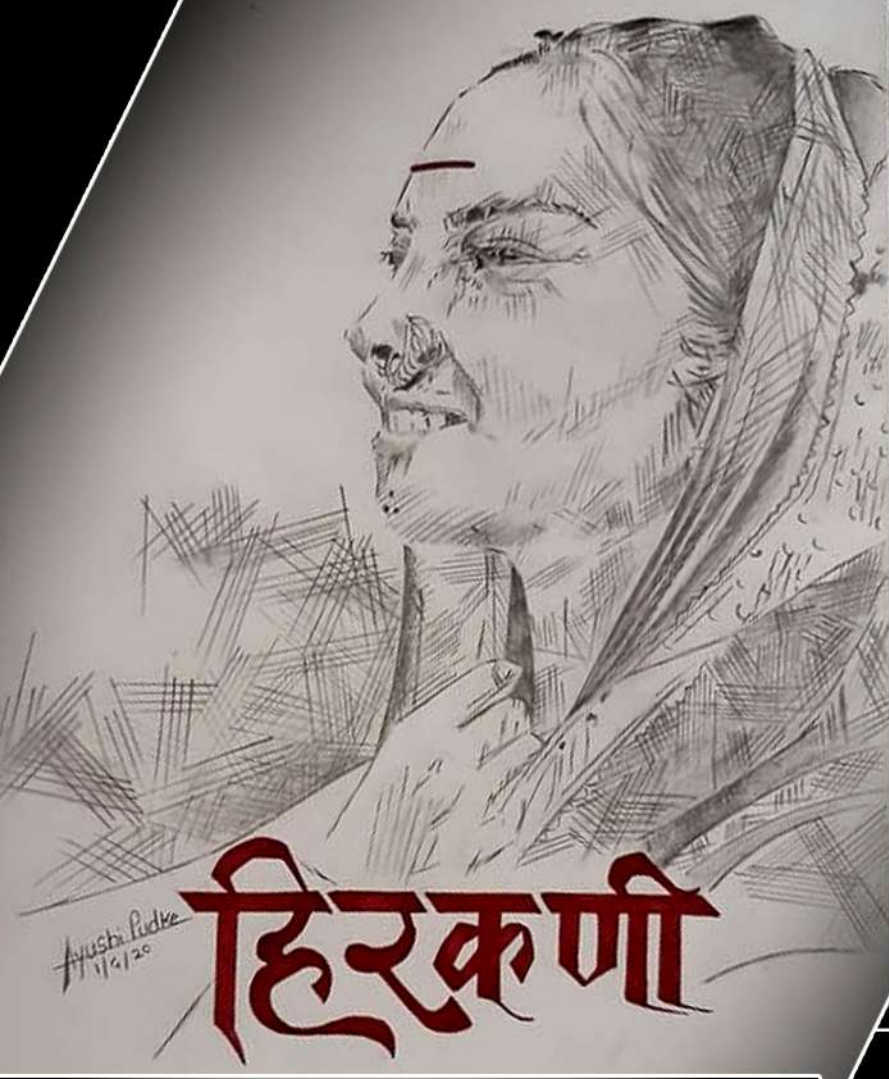


Ms.Disha Bageshwar
B.Bsc.(N).3rd Yr

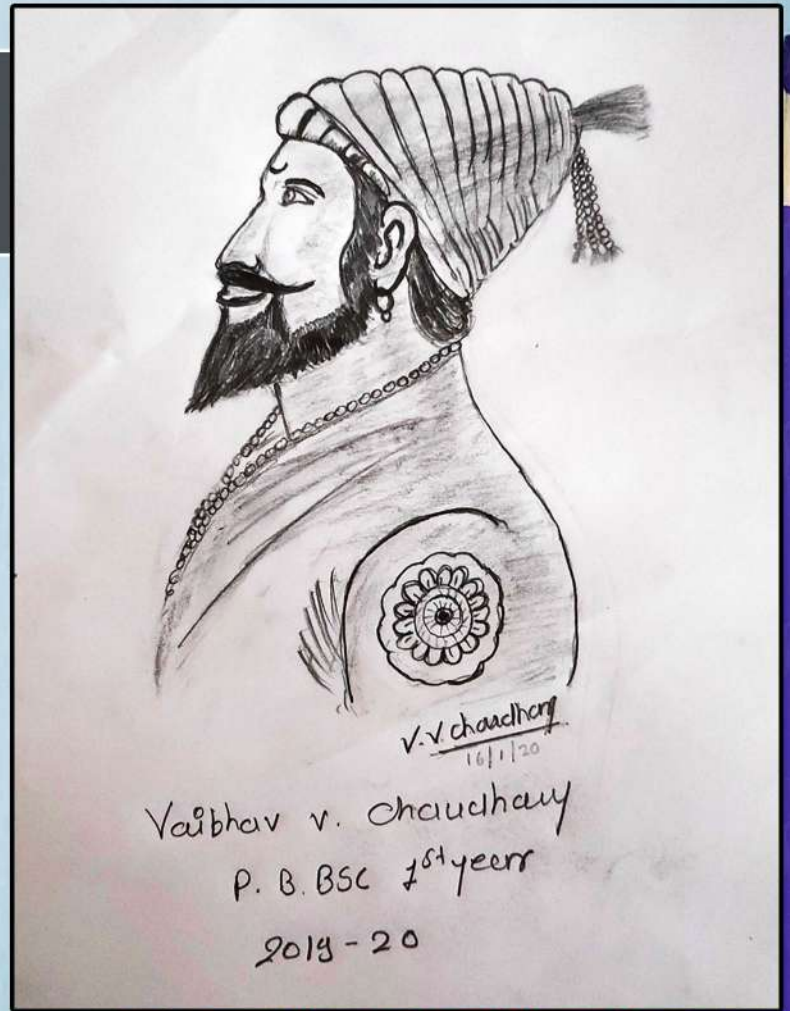


By :- Arunali
Barve

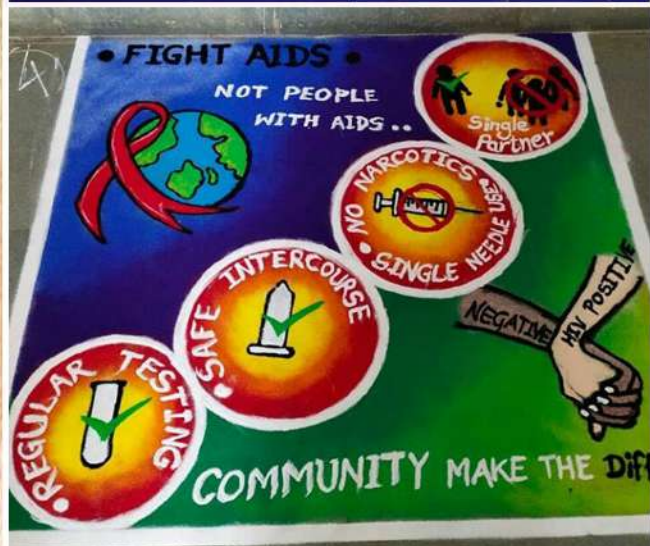
Made By :- Ayushi Pudke
B.Bsc.(N).4th Yr



Mr. Vaibhav Chaudhary
P.B.Bsc.(N).1st Yr



Ms. Rajani Rajiv
B.Bsc.(N).3rd Yr





First Prize
Ms. Sheweeta Chavan
Basic B.Sc Nursing

Second prize
Ms. Manisha Sonone
Basic B.Sc III year

Ms. Manisha Sonone
&
Ms. Sweta Chauhan



Mrunali Darve
B.Bsc.(N).3rd Yr.

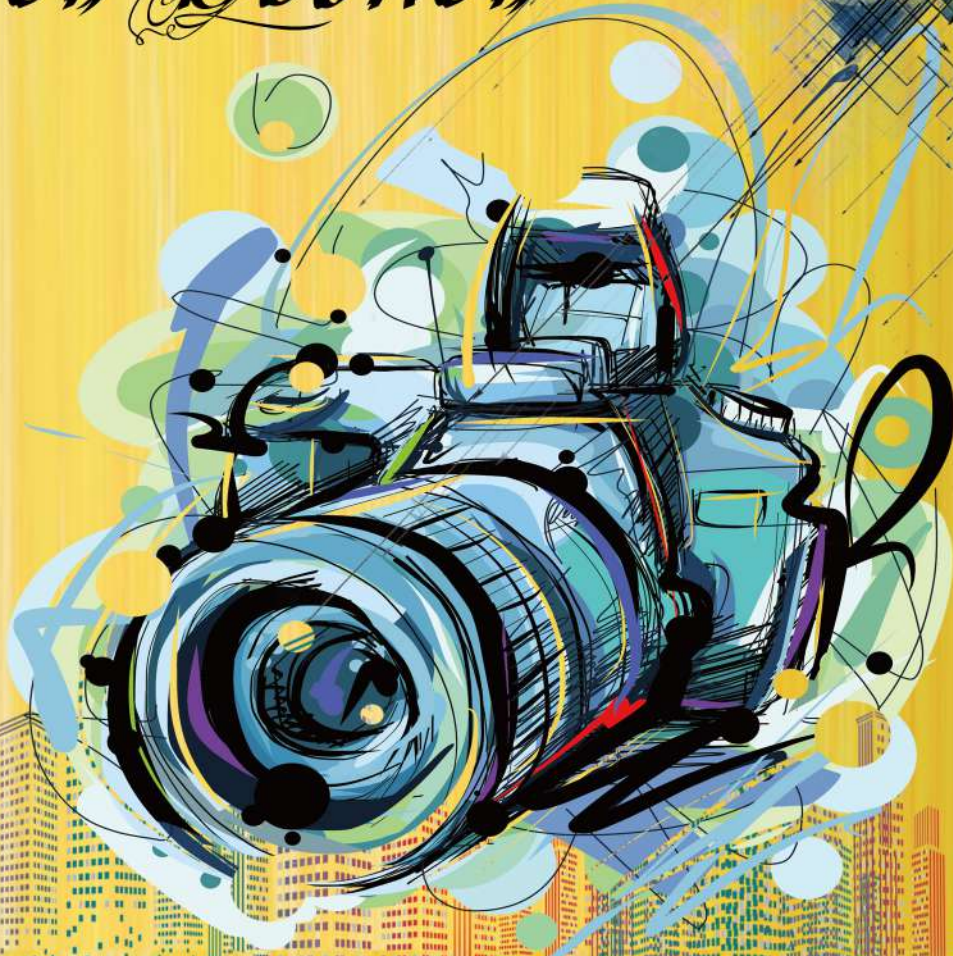
Ms. Samiksha Girde.



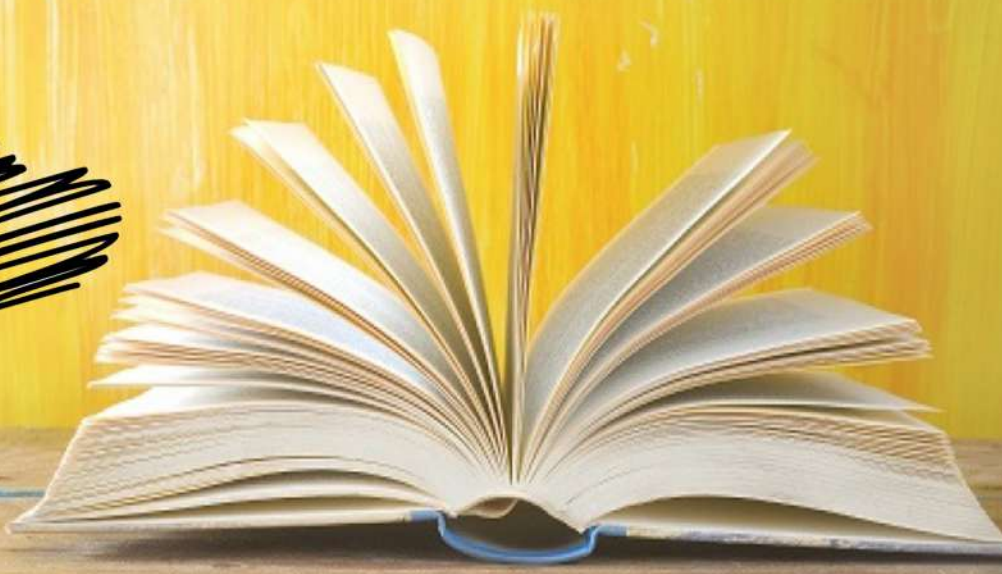
BEST OUT OF WASTE



Photography Collection Section



*Capturing every
moments as if
it's your's
Last...*





*Ms. Chaitali Vengde
Collection
B.Bsc.(N).4th Yr.*

*Fine Gardening Creating
interest in the
Shade*

Small Yard Gardening Ideas.....



A design that
keeps lush
planting
under control
which is the
creation of
Holy God





**F
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C
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L
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E
C
T
I
O
N**

Floral Floursihing Englihting the Iris...

**Collection By :- Dr. Seema Singh
Principal, Smt. Radhikabai Meghe
Memorial College of Nursing.**



Enthusialis



The journey of a thousand miles begins with one step.

~ Lao Tzu

Energia

It takes place every year in our university. It's Inter- University Event and our nursing college students use to participate every year in every sports event. We have achieved may god medal and trophy in many events of energia. Our nursing college has maintained a record of winning Football, Cricket, Vollyball, Badminton, Chess, Marathon and etc... events every year and it has been since last 15 years, we are unbeatable champions. It is an inspiration to all upcoming batches, and responsibility to maintain our record.



Experience about National Cricket Championship IITM University Gwalior

Cricket is a team spirit sport that requires coordination, cooperation, inspiration, control on self, honesty, strength, courage and opportunity to explore team spirit oneself. I'm really very grateful to my university for giving me and my fellow the opportunity to represent ourselves in National sport. As our journey starts with practicing and balancing with the academic schedule after selection for the National Cricket Championship 2019-20, which was held at IITM university Gwalior.

We practiced with full team spirit and coordination. Three students (Players) were selected from our college (SRMMCON) the other team mates were from (JNMC). I Mr. Tushar thought to thank our principle ma'am, teachers and all the college authority for giving us the support to achieve our passion with any hesitation.

At IITM University Gwalior, we arrived with a strong determination and blessings towards our goal on 25th of Dec. 2019 from Wardha with fresh mood, fun, and sports spirits, enthusiastic and with warm wishes from our family, teachers and friends.

Our first match was on 28th of Dec. 2019 against Udaipur. All the players were so excited and were with new ideas, strategies and expectations. The Gwalior is famous for its beauty and cold weather but, it was going to stop our players from going to give their best.

On 28th of Dec. all my teammates played well gave there 100 % and also I tool 3 wickets in the match but, unfortunately that day was bad for us and we lost our match.

Even though we lost our match the experience what I got was my real leaning which was my actual earning. As a sport person I still pass relationship with my game.

We also decided to travel around the Gwalior as it is famous for its beautiful places. So first we visited to the Gwalior fort and captured all the beautiful memories from there, and then we went to Gwalior palace which is one of the most amazing and beautiful place to visit. Then we went in a 300and saw all the wild as well as domestic animals. It was the most beautiful experience of my life.





Student Activities



*We Don't know we were
making memories we were just
having fun*



Teachers day 2020



Great Teachers are not one who has the bundle of knowledge with astonishing personality but the one who share's his bundle to explore the future of other..

When student walks on the street guided by the teachers , Success starts its journey..



Alumini Meet 2020







Singing Bonzers

R
H
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Music is the power that taps
the strings of the mind.

When the seven voices of
music spread their shadow the
raga ragini shows its effects ,
then the pranamatram experiences joy.

Music is the outburst of the soul.

It begins where the possibilities of language ends.

It is an art of thinking with sounds.

Music acts like a magic key ,
to which the most tightly closed hearts opens.

It is just like worshipping God.

It gives soul to the universe ,
winds to the mind ,
flight to the imagination and charm
& gaiety to life and everything.



the moments
the memories
the Pain 
the happiness



Bonzi Singer's Of S.R.A.A.C.C.N..



Mr. Anup Bende



Mr. Sanket Gange



Ms. Neha Khode



Mr. Sarthak Meaghe



Mr. Pranay Bahadure &
Mr. Shivam Gange.

S.R.A.A.C.C.N has a history of having Bonzi singers of all the time and it will be....

**DEAR
LET'S
DO**

TREE PLANTATION





DEAR ! LETS PLANT A TREE

Oh my dear , let's plant a tree for peace

Oh my dear , let's sow a thought for peace

Oh my dear , let's plant more and more trees

Oh my dear , let's mend ecological imabalnces.

If the enviroment is safegaurd first
We can challenge the changing climate,
The more and more trees we now plant
We can live rest assured in nature's delight..

Our initiative for global climate change
Would influence millions to seek a change ,
Why not, yes why not we roll-up our sleeves
And engage in planting more and more trees..

Moving towards a low carbon , sustainable path
Let us challenge to curtail the climate's warth,
Let us ensure that " The Billion Tree Campaign"
Ultimately would become a " Peoples Campaign "

Yes, let's plant a tree to ensure universal saftey
Yes , Lets sow a thought for the sake of humanity;
" Billion Tree Campaign " is the need of the hour,
It unites people of different faiths , Oh my dear !





YOGA DAY



Life is all about balance. Finding stability in our lives begins with creating it internally. A yoga practice helps to generate an equilibrium by clearing our minds, building our strength, and improving our focus. It's the perfect way to start the New Journey of our Life in an optimistic and spiritual way.



" Yoga is an invaluable gift of India's ancient tradition and is a holistic approach to health and well being".

- Narendra Modi



Scientific Section

MEDICAL

MEDICAL CARE
AMBULANCE
FIRST AID
NURSE
DOCTOR
HEALTH



MEDICAL CARE
AMBULANCE
FIRST AID
NURSE
DOCTOR
HEALTH



HEART
DOCTOR
HEALTH
PULSE

Life From Death

The world's first baby born to women who had a uterus transplant from a deceased donor is healthy and thriving. Brazilian Doctors have reported in the journal. The Lancet.

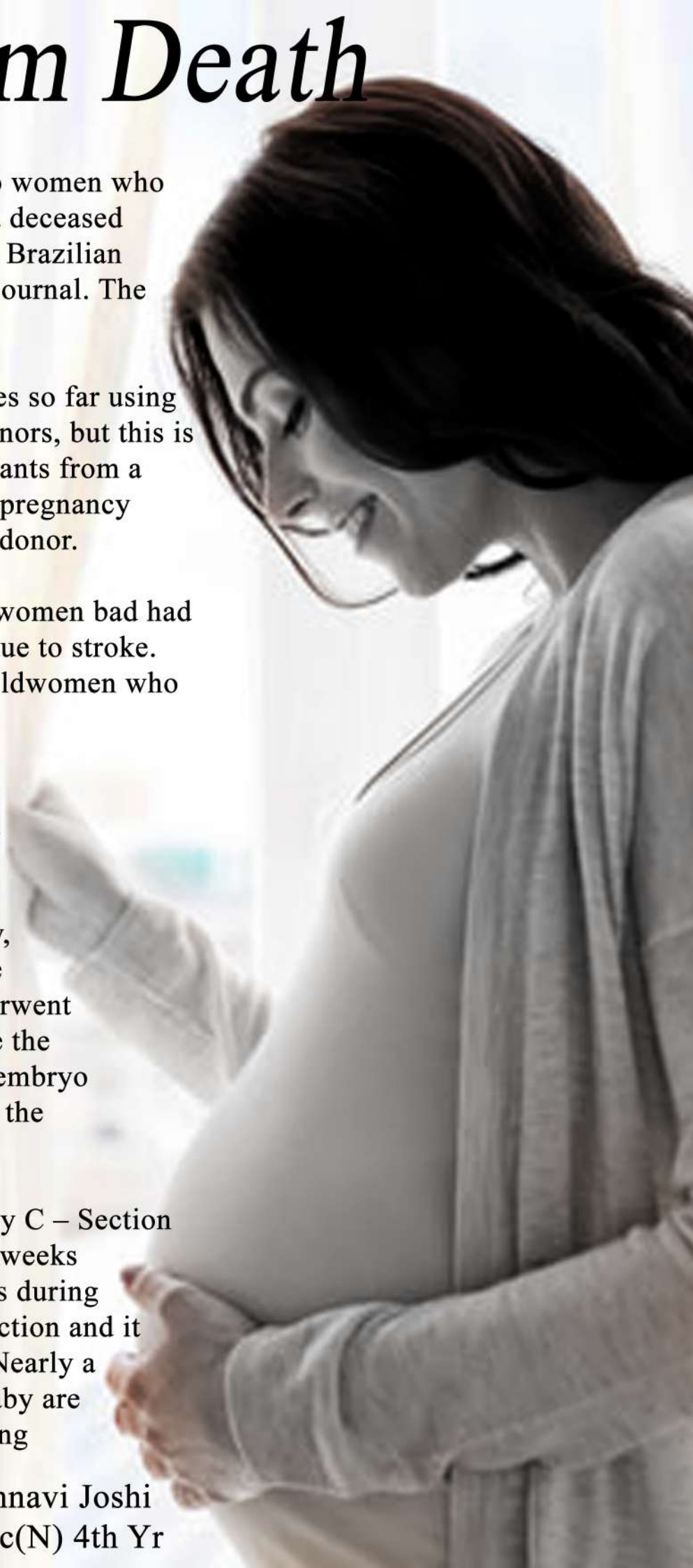
They have been 11 pregnancies so far using uterus transplant from live donors, but this is the first case of uterus transplants from a deceased donor of successful pregnancy using uterus from a deceased donor.

The donor was a 45 year-old women bad had three children, and had died due to stroke. The recipient was a 32-year-oldwomen who was born without a uterus.

The uterus from the deceased donor was implanted during a 10 operation in September 2016. The recipient received immunosuppression therapy, which was continued until the baby's birth. The women underwent in vitro fertilization before the transplant, and the resulting embryo was implanted 7 months after the transplant.

The baby girl was delivered by C – Section on December 15 -2017, at 35 weeks and 3 days. The complications during pregnancy were a kidney infection and it was treated with antibiotics. Nearly a year later, both mother and baby are healthy and the baby is growing normally.

Vaishnavi Joshi
B.Bsc(N) 4th Yr



STEVEN JOHNSON SYNDROME (SJS)

Steven-johnson syndrome (SJS) and toxic epidermal necrolysis (TEN) is a rare, serious disorder of skin and mucous membrane. It's usually a reaction to medication or an infection. SJS is one of the most debilitating adverse drug reactions and can be parainfectious. A recent systematic review on SJS/TEN reported fatality rate of 12.95% overall and 28.20% for rare case in India.

Causes

SJS caused by allergic reaction of medication (anticonvulsant, antibacterial, NSAID'S) and also by infection (mycoplasma pneumonia) the syndrome often begins with flu like symptoms followed by red or purple rashes that spread and form blister.

RISK FACTORS

- Bone marrow transplantation.
- Systemic lupus erythematosus.
- Human immunodeficiency virus
- Other chronic diseases of joints and connective tissue.

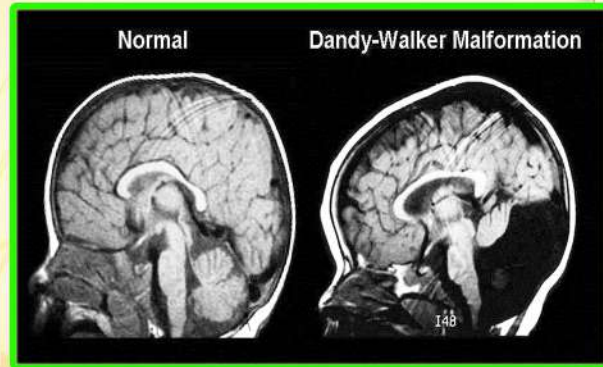
Treatment

The treatment should be provided in intensive care unit and burn center. Emergency treatment aims to eliminate the underlying cause and control symptoms and complication. IV fluids, fluids replacement (i.e DNS and RL) and wound dressing to be done. Ensuring adequate nutrition and artificial tears. Also treat with antibiotics, oral steroids and local anesthetic.

Ms.KARISHMA WADSARIYA
B.BSC.(N).3RD YR

DANDY WALKER MALFORMATION (DWM)

Dandy–Walker malformation (DWM), also known as Dandy–Walker syndrome (DWS), is a rare congenital brain malformation in which the part joining the two hemispheres of the cerebellum (the cerebellar vermis) does not fully form, and the fourth ventricle and space behind the cerebellum (the posterior fossa) are enlarged with cerebrospinal fluid. Dandy-Walker syndrome occurs in approximately in every 30,000 births. Physician may detect Dandy-Walker malformation in a baby with a fetal high-resolution (level II) ultrasound during the second or third trimester.



CAUSES

- Chromosomal defects that affect fetal brain development.
- Certain viral infections in the mother that pass to the developing baby.
- Exposure of the unborn baby to certain toxins or medications.
- Maternal diabetes.

CLINICAL MANIFESTATION

Most of those affected develop hydrocephalus within the first year of life.

- Developmental delays in motor and language skills such as sitting up, walking, and talking.
- Poor muscle tone, balance, and coordination.
- Problems with eye movement, mainly jerky eye movement.
- Vision and hearing impairment.
- Seizures.

Risk factors: Some studies have suggested a link between maternal use of warfarin during pregnancy and Dandy-Walker malformations.

TREATMENT

Treatment for individuals with Dandy-Walker Syndrome generally consists of treating the associated problems, if needed. A surgical procedure called a ventriculoperitoneal shunt may be required to drain off excess fluid within the brain, which will reduce pressure inside the skull and improve symptoms. Treatment may also include various forms of therapy (physical therapy, to help keep muscle strength and flexibility, and occupational therapy, to learn new ways of performing daily activities) and specialized education.

Ms. Rajani Rajiv

B.Bsc.(N). 3rd Yr

Misperception Of CPH4



The 10% rule is a complete and total myth. But can a drug like CPH4 improve your brain's performance? Well first of all, the drug CPH4 doesn't exist. The blue candy looking drug that is shown in the Movie Lucy (In the movie Lucy, CPH4 was a drug that allowed Lucy to increase her brain function from 10% to 100%.) is completely fake, looking more like a prop from Breaking bad than something produced in your body.



The movie gives the explanation that it's based on a molecule that helps infants and fetuses ignore the pain caused by growing bones. This does exist, but it has absolutely no connection to CPH4. There is in fact a molecule known as CPH4 in medical science. Its full name is 6-carboxytetrahydropterin synthetase. This is an enzyme found in the cells of millions of organisms, but primarily in bacteria. Enzymes in cells are used to produce other types of molecules that are necessary for the cell to function. The CPH4 enzyme produces Queuosine. Queuosine is a molecule that essentially helps hold the tRNA of bacteria cells together. It's nothing more than glue for other molecules to stick to each other. It literally has no impact on intelligence or brain capacity

(bacteria don't have brains after all).



As a result of this movie people have taken to selling CPH4 online

in an attempt to take advantage of uninformed customers. Do NOT under any circumstances consume anything labeled CPH4. The best case scenario is that you would be taking the literal CPH4 synthetases described above, in which case absolutely nothing positive would happen to your body. The worst case scenario however could be accidentally ingesting something harmful. You don't know what is being put into these mysterious packages.



Your brain's capacity is theoretically unknown, and so you can't simply take a magic drug or pill and expect to become more intelligent or gain instant knowledge about a subject like Scarlett's character in Lucy. However some true nootropics exist. Real life nootropic drugs allow your brain to use its existing capacity more fully by improving connections within the brain and heightening the speed with which it transfers information. Modafinil is a proven commodity. It improves concentration, increases awareness, and improves short term memory recall. These things will allow you to perform better. There isn't a drug out there that is going to make you "smarter" in the classic sense of the word, but you CAN increase your day-to-day efficiency with proven products such as Modafinil.

So don't waste your money or risk your health with a potentially dangerous product being sold as part of a get-rich-quick scheme where you are the victim. Instead, use 100% of your brain and make a smart decision. Buy something that thousands of other people have tried and loved.

Mr. Mayur Wanjari
Msc.(N).1st Yr

AGING AND IMMUNITY:

Why older adults are highly susceptible to diseases like covid-19

Older adults are particularly susceptible to infectious diseases like COVID-19. This disease may also be more severe in older adults than in younger people. Here's why:

Resistance to infection wanes in adults over 50

- ✚ The physical barriers that help fight infection – such as skin, cough reflex, and cilia that push pathogen-laden mucus out of the lungs-weaken with age.
- ✚ The cells that prevent infection don't work as well.
- ✚ The quantity and quality of antibodies produced is lower than that produced in younger people.
- ✚ The body's response of inflammation to fight infection is less regulated.

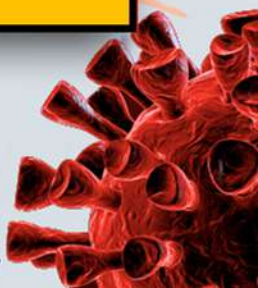


Why inflammation matters

- ✚ The impact of immune response in older adults may cause a cytokine storm (in which the body fights its own cells while also fighting the virus) and inflammation, which can have negative consequences.
- ✚ Inflammation in the body increases with age as well as with chronic diseases such as diabetes, obesity, hypertension, chronic obstructive pulmonary disease (COPD), Heart disease, and dementia. This is amplified in older people with conditions such as influenza, shingles, bladder infection, and pressure sores.
- ✚ Inflammation can cause clots, which can lead to heart attack or stroke.
- ✚ A severe inflammatory reaction has the potential to cause significant damage in the body, including organ failure.



COVID-19



Increased likelihood of comorbidities

- ✚ Older adults are more likely to have underlying cardiovascular and pulmonary disease, diabetes, cancer, and other chronic conditions.
- ✚ These comorbid conditions increase the risk of contracting infectious diseases and make it harder for people with chronic conditions to survive.

Notes about COVID-19

- ✚ Chronic conditions such as diabetes, obesity, hypertension, COPD and heart disease are important risk factors for having severe complications if infected with covid-19.
- ✚ Age is also risk factor- infected older adults often seem to have worse outcomes than younger people.
- ✚ Many older adults, especially women, have recovered from COVID-19, And researchers are trying to understand why some people have better outcomes.
- ✚ Infection and death rates for COVID-19 Are higher for people who are black or latino than for whites, this predicament appears to be, at least in part, due to social inequities related to race, income, comorbidities, and access to health care.
- ✚ Vaccines are the only way to boost waning immune systems. No vaccines are yet available for COVID-19, although many are in development.
- ✚ Testing Vaccines on adults aged 60 and older will be an important part of the clinical research to make sure the vaccines can overcome natural waning immunity and protect older people .

Mr.Vishnu Tadas
B.Bsc.(N).3rd Yr

Alternative Complementary Medicine with AYUSH...



GRAPEFRUIT



Grapefruit is one of the healthiest citrus fruits. Besides being a good source of vitamins and minerals, it is known for its ability to aid weight loss and reduce insulin resistance. Grapefruit group has a significant reduction in insulin levels and reduced insulin resistance. Also, eating grapefruit has been shown to reduce cholesterol levels and help prevent kidney stones.

ECHINACEA



Echinacea is a genus of flowering plants in the daisy family and a common ingredient in cold remedies. Promoters of Echinacea believe that the supplement boosts the immune system and can reduce symptoms of infections and other illnesses, including the common cold. Some people use Echinacea to help wounds heal.

SAMBUCOL GENERIC NAME: ELDERBERRY



Sambucol is a berry from a European or Black elder tree. The berries are used to make medicine. Sambucol has been used in alternative medicine as a possibly effective aid in treating constipation. This medicine is also possibly effective in reducing the symptoms of influenza (the flu). Other uses not proven with research have included heart disease, gum disease, high cholesterol, obesity, or the common cold.

GINKGO BILOBA



Ginkgo Biloba has been used in alternative medicine as a possibly effective aid in improving mental function or treating anxiety, dementia, leg pain caused by blood circulation problems, premenstrual symptoms, vision problems caused by glaucoma or diabetes, vertigo (dizziness). Ginkgo Biloba has also been used to treat seasonal affective disorder, age-related memory loss, asthma, tinnitus (ringing in the ears)

VALERIAN ROOT GENERIC NAME: VALERIAN



Valerian is a flowering plant, the root of which is dried and used as an herbal remedy. Valerian has been used in alternative medicine as a possibly effective aid in treating sleep problems (insomnia). Other uses not proven with research have included treating anxiety, stress, depression, attention deficit disorder, chronic fatigue syndrome, tremors, epilepsy, menopause symptoms, and other conditions.

*Collection From :-
Mr. Pranay Bahadure
B.Bsc.(N).3rd Yr.*

COVID-19 A PANDEMIC OF THE CENTURY

Introduction : According to the World Health Organization (WHO), viral diseases continue to emerge and represent a serious issue to public health. In the last twenty years, several viral epidemics such as the severe acute respiratory syndrome coronavirus (SARS-CoV) in 2002 to 2003, and H1N1 influenza in 2009, have been recorded. Most recently, the Middle East respiratory syndrome coronavirus (MERS-CoV) was first identified in Saudi Arabia in 2012. On February 11, 2020, the WHO Director-General, Dr. Tedros Adhanom Ghebreyesus, announced that the disease caused by this new CoV was a "COVID-19," which is the acronym of "coronavirus disease 2019". In the past twenty years, two additional coronavirus epidemics have occurred. SARS-CoV provoked a large-scale epidemic beginning in China and involving two dozen countries with approximately 8000 cases and 800 deaths, and the MERS-CoV that began in Saudi Arabia and has approximately 2,500 cases and 800 deaths and still causes as sporadic cases.

Herd Immunity : When most of a population is immune to an infectious disease, this provides indirect protection—or herd immunity (also called herd protection)—to those who are not immune to the disease. For example, if 80% of a population is immune to a virus, four out of every five people who encounter someone with the disease won't get sick (and won't spread the disease any further). In this way, the spread of infectious diseases is kept under control. Depending how contagious an infection is, usually 70% to 90% of a population needs immunity to achieve herd immunity.

Disinformation : depends on people believing it and sharing. And it is easy to be fooled. To make sure you do not spread disinformation, be extra careful when sharing news that elicits a strong reaction or that seems too good or too bad to be true. An easy first check is to search the internet to see if more than one reliable source is reporting about the same thing.

What about non-COVID19 patients? : Recent study published in New England Medical Journal says that the coronavirus pandemic focuses medical attention on treating affected patients and protecting others from infection, how do we best care for people with non-Covid-related disease? For some, new risks may warrant reconsideration of usual standards of care. For others, the need to protect caregivers and preserve critical care capacity may factor into decisions. And for everyone, radical transformation of the health care system will affect our ability to maintain high-quality care.

Cancer care, which often involves immunosuppressive therapy, tumor resection, and inpatient treatment, has been disproportionately affected by Covid-19. Like other oncologists I spoke with, Grossbard, who primarily treats lymphoma, has been tasked with revising chemotherapy protocols to minimize both the frequency of chemotherapy visits and the degree of immunosuppression. For example, though patients with low-grade lymphoma typically receive maintenance therapy, it will not be recommended for now because it requires an office visit, worsens immunosuppression, and improves progression-free but not overall survival. Other protocol modifications have arisen because of cancellations of elective surgeries. For instance, some patients with solid tumors, such as breast and rectal cancers, are being offered systemic therapy before, rather than after, surgery.

Lessons to learn : Mahatma Gandhi's concept of Gram Swaraj (Village Republic) can be interpreted and appreciated in the light of the coronavirus pandemic. He used to say that India's soul lives in its villages. To Gandhi, villages were the basic units of social organisation. Therefore, the villages should be self-sufficient in the matters of their vital requirements. Today, the whole world is struggling to procure basic goods and necessary medical equipment, and hardly a few countries have the stock. Luckily, India has an adequate number of pharmaceutical companies and has made strides in manufacturing and supplies, but it is still dependent on China for raw material. We can see how Europe is struggling or the US is reliant on China for medical equipment. This crisis has taught us a lesson that every country must possess basic amenities for self-survival.

Gandhi's principle is very relevant here as it stressed on self-reliance at the local level. With globalisation, outsourcing has become a key principle of business. Now this concept will be reexamined

in light COVID-19 as it has challenged many assumptions. The way China is negotiating with the world over medical equipment has lessons in it. The concept of sovereignty is not only limited to territory and military. It has many elements including data and basic lifesaving medicines. This pandemic crisis has given a message that we can not outsource basic health services to other countries. Post COVID-19, the world will be more vigilant and conservative, as international bodies appear incompetent are unable to restrict the mischievous ambitions of some.

Conclusion : It is hard to conclude at this stage because there is lot of uncertainty where is this pandemic will lead us but there are surely some lessons which we have to immediately inculcate in our lifestyle and in our world.

Mr. Abhas Nakhale

B.Bsc.(N).4th Yr

DON'T BE THE ONLY SOCIAL MEDIA VOICE

Yes, this is what we say the karma..!!

The phase of life what we all are going through as one human, one country, one world is all because of us.

Yes, it's the pay back time of all of us what we had destroyed is destroying us today.

My article is all about the Corona (covid 19) fight that we, as one whole big family is fighting with. Against this such a small virus, which bounded us in our home.

This lockdown is the best realising time what exactly the animals must have felt up in zoo's. Staying in one place for such a big of time span.

As I had said it is the pay back time for us every person out is suffering or either I should say facing the worst time which he never have imagine of. This little enemy was first born in wuhan, China and then start it spread all over the world, with the game of death.

Look over what happened in Italy, America and other big country the people are dying like insects, each and every day, every hour, every minute the number of death is increasing, the same way and with the same speed with which we had killed the trees, water, air of the Earth.

Yes, it the most difficult time we are going through, in this lockdown time the people are getting jobless, feeling empty with out there family, don't have the traveling transport to go to there family place.

But at the same time it's important to stay at home and stay safe, so to reduce the spread of viruses.

We say that in the time of trouble the god will help today we are unable to go to temple or Church or mosque or gurudwara as they had been closed.

Bye closure of their worship place doesn't mean that they do not exists.

But rather in this difficult time they are present in between us in role of a doctor and nurse, a cleaning staff, a police.

They (the god) are present in white PPE kit waring for 8-12 hours without drinking a single drop of water.

They (the god) are present where standing to maintain discipline in country while lock down under the sun at 41° celsius.

But do people really have the emotion for this people who are working day and night only to get India covid-19 free, or it's the only thing that speak on the internet or social media to get just likes on the post.

Do you think the people really understand that the fight which our soldier do at the borders is the same or more dangerous fight our health workers are dealing today.

But what exactly the people of our country is doing closing up their doors by sing the doctors or the nurses they don't wanna speak to them.

the police the health workers is facing very bad time as they have been beaten by the people of our country itself.

No, this is not deserve from us...

Come on guys..!!! Just don't speak on the social media about the greatness of this workers rather speak to they do some or other things to motivate

Let's all respect there job.. Let become there strength..

Stay home safe safe..

hey (the god) are present where all the cleaning or sanitization is required.

Ms.Amisha

B.Bsc.(N).2nd Yr

HUM KAISE BATAYE LOCKDOWN ME YE DIL TUMSE KAISE DUR RHE PATA HAI..
WO DOSTO KI AAWAJ OR TEACHERS KA DATNA KITNA RULATA HAI..
KAISE BATAYE WO COLLEGE KA DIN HUME KITNA YAAD AATA HAI..
WO ASSIGNMENTS ME ITNA LIKHNA..
OR UNHE CHECK KARANE KE LIYE MAM K PICHE BHAGNA..
BAHOT YAAD AATA HAI..
ASSIGNMENT NA KRNE PR JHUT BOLNA
OR HOSPITAL KE BAHANE BUNK KARNA..
BAHOT YAAD AATA HAI..
MORNING ME PRESENTY LAGA KE BHAG JANA
OR EVENING ME AAAKE DOUBLE PRESENTY LAGA NA
BAHOT YAAD AATA HAI..
WO DOSTON KE SATH ME BAATEIN KRNA
OR PADHAI KRTE KRTE RAATEIN KATNA
BAHOT YAAD AATA HAI..
EK THALI ME KHANA,EK ROOM ME SONA
OR EK HE BATHROOM ME NAHANA
BAHOT YAAD AATA HAI
KAISE BATAYE CORONA TUMHARE KARAN YE DIL HUME KITNA RULATA HAI..
COLLEGE KI YAADON ME KITNA SATATA HAI..



Mr. Aditya Utkhede
B.Sc.(N).3rd Yr

COVID-19

Coronavirus
Disease

HELP STOP THE SPREAD

AVOID CLOSE CONTACT

Avoid close contact with sick people, and when you're sick- Maintain distance at least 6-ft



STAY HOME WHEN YOU ARE SICK

If you feel sick, go home to prevent the spread of germs, and remain at home until better



COVER YOUR MOUTH AND NOSE

Cough or sneeze into a tissue, then throw the tissue in the trash



CLEAN YOUR HANDS

Wash your hands with soap and water for 20 seconds. Or use an alcohol-based hand rub



AVOID TOUCHING, YOUR EYES, NOSE, OR MOUTH

Prevent touching something contaminated with germs, and then to eyes, nose, or mouth



PRACTICE OTHER GOOD HEALTH HABITS

Routinely clean and disinfect frequently touched objects and surfaces

- Get Sleep
- Be Physically Active
- Manage Your Stress
- Drink Plenty of Fluids
- Eat Nutritious Foods



I'm a Nurse
I'm a nurse, I make
the difference between life and death.

I have the educated eyes
that prevent medical errors,
injuries, and other catastrophes.

I'm a researcher who helps
nurses and doctors give better,
safer, and more effective care.

I work in a fast paced community team
managing and monitoring patients
who are receiving cutting edge treatment
and evidence-based care.

I AM A NURSE

I educate patients and families
about how to maintain their health.

I make the difference between
a person staying in their own home
or being admitted to hospital.

I make sure that children and young people
stay healthy so they can learn in school.

I make the difference
between dying in agony and dying
in comfort and with dignity.

I'm central to providing
the real bottom-line in healthcare.

Don't you want to be a Nurse too?

