



---



# ANWESHAN

## 2026

**“KNOWLEDGE IS THE WING WHEREWITH WE  
FLY TO HEAVEN”**

**-WILLIAM SHAKESPEAR**



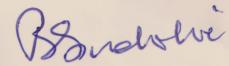
# অন্বেষণ

## ANWESHAN

It is believe that using অন্বেষণ (Anweshan) as a title for our college magazine that we are going to launce today is an excellent choice. It perfectly captures the spirit of student life and the purpose of an educational institution.

মহাবিদ্যালয় এখন কেৱল পাঠ্যপুথিৰ জ্ঞান আহৰণৰ ক্ষেত্ৰনহয়, বৰঞ্চ ই নতুন চিন্তা আৰু সৃজনীশীলতাৰ এক বিশাল ক্ষেত্ৰ। আমাৰ আলোচনীখনৰ নাম 'অন্বেষণ' থোৱাৰ সাৰ্থকতা ইয়াতেই যে ই শিক্ষাৰ্থী সকলৰ মাজত লুকাই থকা প্ৰতিভা, সত্যৰ সন্ধান আৰু ন ন চিন্তাৰ প্ৰতি থকা ধাউতিক প্ৰতিফলিত কৰিব। এই 'অন্বেষণ' কেৱল শব্দৰ সন্ধান নহয়; ই হৈছে জ্ঞানৰ পোহৰ বিচাৰি কৰা এক বৌদ্ধিক আৰু সৃজনশীল যাত্ৰা।

An educational institution is not just a place for textbook learning; it is a vast field for new thoughts and creativity. The significance of naming our magazine 'Anweshan' lies in the fact that it reflects the students' hidden talents, their quest for truth, and their urge for new ideas. This 'Anweshan' is not merely a search for words, but an intellectual journey in pursuit of the light of knowledge. It suggests that the students are not just reading, but "exploring" deep concepts. It encourages student Creative freedom to look beyond the ordinary and search for unique perspectives in literature and art where curiosity meets expression.



**Dr. Bibi Bordoloi**

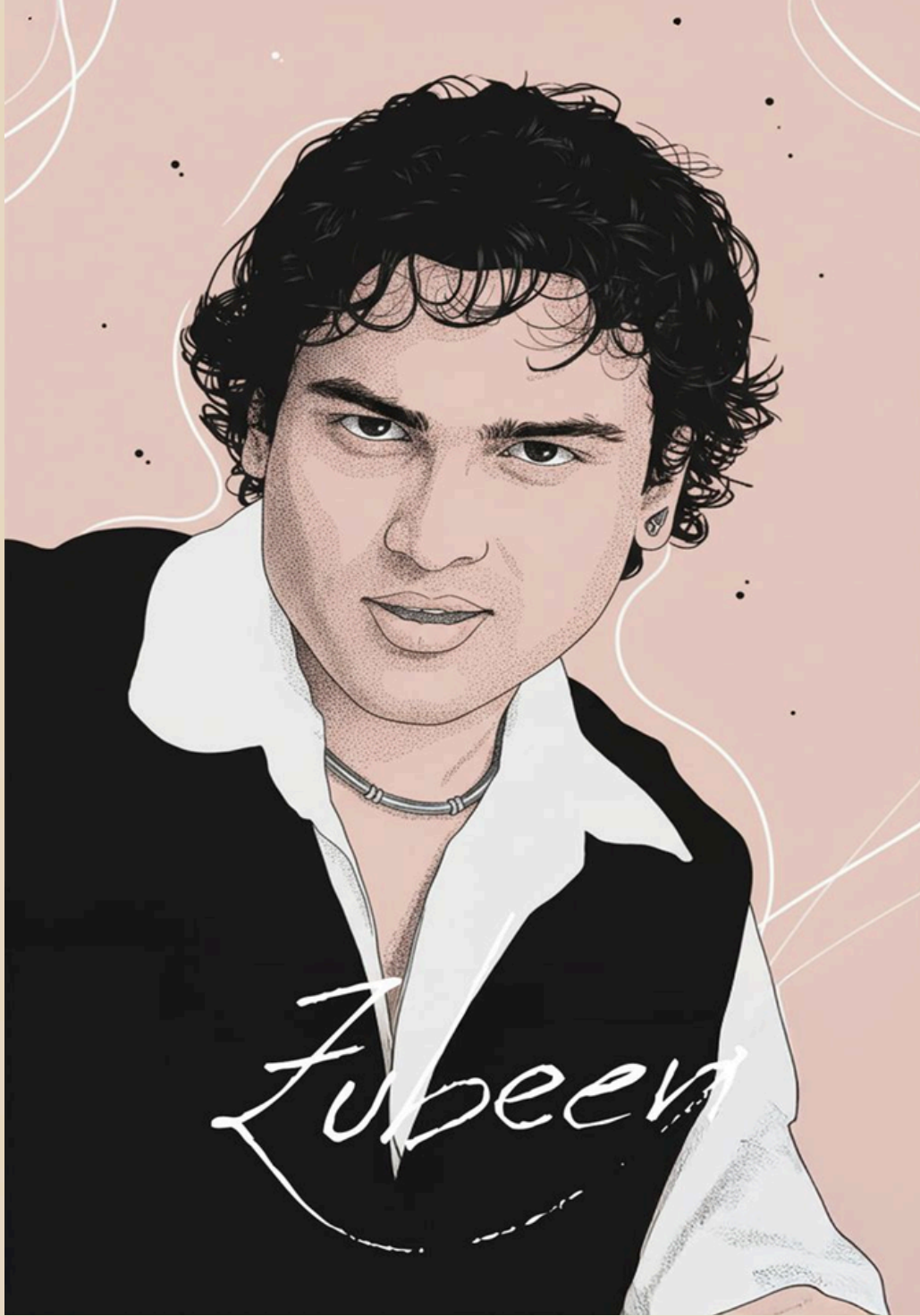
**Editor-in-Chief**

**CPMS COLLEGE OF NURSING**



কিতাপ নথকা জাতিক গামোচাই বচাব নোৱাৰে।

“A society that lacks books cannot progress  
through cultural pride alone”



**IN LOVING MEMORY OF ZUBEEN GARG**

**BORN ON: 18<sup>th</sup> NOVEMBER, 1972**

**DIED ON: 19<sup>th</sup> SEPTEMBER, 2025**

# COMMITTEE MEMBERS



## FACULTIES

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1. Prof. (Dr.) Bibi Bordoloi     | Principal (Editor – in- chief)  |
| 2. Prof. (Dr.) Rikupar Iawim     | (Editor)                        |
| 3. Prof. (Dr.) Khundongbam Pinky | (Member)                        |
| 4. Prof. Dropati Thapa           | (Member)                        |
| 5. Mr. Kiran Thokchom            | Assistant Professor (Member)    |
| 6. Ms. Snidgha Nath              | Assistant Professor (Co-Editor) |
| 7. Ms. Tipkurshisha Kharwanlang  | Lecturer (Co-Editor)            |

## STUDENTS

- |                          |                        |
|--------------------------|------------------------|
| 1. Ms. Alisha Basumatary | M.Sc. (N) 2nd Year     |
| 2. Ms. Anisha Kapoor     | M.Sc. (N) 1st Year     |
| 3. Ms. Barasha Deka      | B.Sc. (N) 7th Semester |

# MESSAGE

**RAM MURTI SHARMA**  
**CHAIRMAN**  
**PEWS GROUP OF INSTITUTIONS**



Dear students professions that sustain society not by visibility, but by responsibility. Nursing is one of them.

It is not defined by recognition, but by reliability. Its presence is most critical in moments that do not allow error — where attentiveness, judgment, and composure directly influence outcomes. The contribution of nursing is not occasional or symbolic; it is continuous, disciplined, and essential to the functioning of any healthcare system.

This strength is not recent, nor is it unfamiliar to our context.

It has long existed within our communities - in the instinctive care extended to the elderly, in the sense of responsibility carried within families, and in the resilience of individuals who choose meaningful paths despite constraints. These qualities, shaped by environment and experience, form the very foundation of what the profession demands.

The events of recent years, particularly during the global health crisis of 2020, reinforced the centrality of nursing. At a time when systems were under pressure and uncertainty was widespread, it was the consistency of nursing professionals that ensured continuity of care. Their role was not supplementary; it was fundamental.

However, it must also be acknowledged that the recognition accorded to the profession has not always reflected its true significance. This gap is not a reflection of the profession itself, but of perception, and perception evolves through demonstrated competence, discipline, and professional conduct.

That responsibility now rests with you.

As students of CPMS, you represent both an institution and a region that has consistently demonstrated resilience, capability, and quiet determination. These attributes are not incidental; they are directly aligned with the demands of the profession you are entering.

At the same time, professional environments are structured by hierarchy and expectation. There may be instances where your role is narrowly interpreted or your judgment insufficiently acknowledged. Such circumstances must be addressed not through reaction, but through preparation.

Competence establishes credibility.

A strong foundation of knowledge, precision in practice, and consistency in performance will ensure that your contribution is recognized where it matters. Authority in any profession is not granted by designation alone; it is reinforced through capability.

The example of Florence Nightingale remains instructive. Her contribution extended beyond service to the introduction of structure, discipline, and data-driven improvement within healthcare systems. It serves as a reminder that effective care is supported not only by intent, but by method.

The CPMS College-and school of Nursing was established with a clear objective: to create an environment where students are equipped to advance beyond limitations and contribute meaningfully within the healthcare sector. The circumstances from which you come do not restrict your potential; they have strengthened it.

This E-Magazine reflects the academic, professional, and personal development of the student community. It is a platform for expression, reflection, and engagement, and it contributes to the evolving identity of the institution.

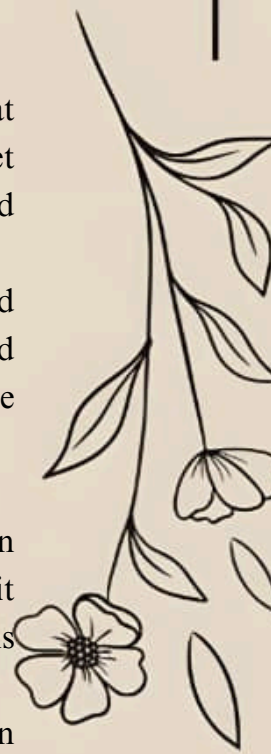
It is expected that it will be approached with seriousness of purpose.

With sincere regard and confidence in your continued growth,

**Thanking You**



**RAM MURTI SHARMA  
CHAIRMAN  
PEWS GROUP OF INSTITUTIONS**



# MESSAGE

**RAMENDRA KUMAR CHAMUAH**  
**SECRETARY**  
**PEWS GROUP OF INSTITUTIONS**



It gives me great pleasure to learn that CPMS College of Nursing, a unit of PEWS Group of Institutions, is launching its E-Magazine on the occasion of International Nurses Day, 12th May 2026.

This E-Magazine is a commendable initiative that reflects the dedication, creativity, and academic spirit of the students and faculty members. It will serve as an excellent platform to share knowledge, achievements, innovative ideas, and the vibrant activities of the institution.

I sincerely appreciate the efforts of the Principal, teachers, students, and the editorial team for their hard work in bringing out this publication. Such initiatives inspire young minds and strengthen the culture of learning and excellence.

I extend my heartfelt congratulations and best wishes for the grand success of the E-Magazine. May CPMS College of Nursing continue to grow and achieve greater heights in the field of Nursing and healthcare.

**Thanking you**

A handwritten signature in black ink, reading "R. Chamuah".

**Ramendra Kumar Chamuah**  
**Secretary**  
**PEWS Group of Institutions**

# MESSAGE

**VIPIN SINGH**  
**VICE - PRESIDENT**  
**PEWS GROUP OF INSTITUTIONS**



Message from the Vice-President's Desk

It is a matter of pride and happiness that CPMS College of Nursing, a unit of PEWS Group of Institutions, is releasing its E-Magazine on the special occasion of International Nurses Day, 12th May 2026.

This publication is a reflection of the institution's commitment towards quality education, creativity, and holistic development of students. It provides a meaningful platform where students and faculty members can express their thoughts, talents, and accomplishments.

I commend the sincere dedication of the Principal, teaching staff, students, and editorial committee for their valuable contribution in making this initiative successful. Their collective efforts will surely make this E-Magazine an inspiring and memorable publication.

I hope this magazine will motivate students to strive for excellence and continue to bring recognition to the institution through their achievements.

My warm congratulations and best wishes to everyone associated with this endeavour. I wish CPMS College of Nursing continued success in all its future pursuits.

A handwritten signature in black ink, appearing to read 'Vipin Singh'.

**Vice-President**  
**PEWS Group of Institutions**

# MESSAGE

**RUPAK SARMAH**  
**FINANCE OFFICER**  
**PEWS GROUP OF INSTITUTIONS**



It gives me immense pleasure to know that CPMS College of Nursing is launching its E-Magazine on the auspicious occasion of International Nurses Day, 12th May 2026.

This initiative reflects the creativity, knowledge, and achievements of our students and faculty members. An E-Magazine is a wonderful platform to showcase academic excellence, innovative ideas, and co-curricular activities of the institution.

I congratulate the Principal, faculty members, students, and the editorial team for their dedicated efforts in bringing out this publication. I am confident that this magazine will inspire all readers and continue to promote the spirit of learning and excellence.

I extend my best wishes for the grand success of the E-Magazine and for the continued progress of CPMS College of Nursing.

Warm regards

*Rupak Sarma.*

**RUPAK SARMAH**  
**FINANCE OFFICER**  
**PEWS GROUP OF INSTITUTIONS**

# MESSAGE

**DESK OF EDITOR – IN- CHIEF  
PRINCIPAL  
CPMS COLLEGE OF NURSING**

Values that Shape the Future



In an era defined by rapid technological advancement, instant communication, and ever-evolving aspirations, the young generation stands at a crossroads of immense opportunity and subtle challenges. While knowledge and innovation continue to expand horizons, the true measure of progress still rests on the foundation of moral values.

Today's youth are dynamic, creative, and ambitious. Yet, in the pursuit of success, it is essential not to lose sight of the principles that give life meaning and direction. Integrity must remain the cornerstone of guiding individuals to act with honesty and fairness even when faced with difficult choices. Respect for others, irrespective of differences, fosters a culture of harmony and inclusiveness that every progressive society requires. Equally vital is the sense of responsibility. The ability to take ownership of one's actions reflects maturity and strength of character. In both personal and professional spheres, accountability builds trust and credibility qualities that cannot be substituted by mere achievement.

The digital age has introduced a new dimension to ethical living. Every post, comment, or shared content carries weight. Practicing digital responsibility is no longer optional; it is essential. Thoughtful engagement and mind full communication can prevent harm and promote positivity in virtual spaces. Similarly empathy and kindness remain timeless virtues. In a world that often moves too fast, the simple act of understanding another's perspective can create meaningful connections and strengthen communities. Alongside this, self-discipline and perseverance ensure that goals are not only set but achieved with dedication and sincerity.

As we educate and empower the youth, we must remember that true education extends beyond textbooks. It shapes character, instills values, and prepares individuals to contribute meaningfully to society. Open-mindedness, coupled with critical thinking, enables young minds to grow, adapt, and lead with wisdom.

This editorial calls upon my every student to reflect not only on what you all aspire to become, but also on the kind of person you wish to be. For it is values, not just achievements, that define a life of purpose and impact.

Let us strive to nurture a generation that is not only intelligent and capable, but also ethical, compassionate, and socially responsible.

'Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then acquire the ability to do it even if I didn't have it in the beginning'

These words of Mahatma Gandhi remind us that our thoughts shape our abilities. When students believe they are incapable, they unknowingly limit their own potential. On the other hand, a strong belief in oneself creates confidence, courage, and the willingness to try even in the face of difficulty. Success does not always begin with perfect skills; it often begins with the right mindset. By nurturing self-belief, determination, and a positive attitude, students can gradually develop the abilities they once thought they lacked.

True growth starts the moment we begin to believe, **"I can."**

Thanking you

**Dr. Bibi Bordoloi  
Editor-in-Chief  
CPMS COLLEGE OF NURSING**



# MESSAGE FROM THE DESK OF EDITORS

**"Learning gives creativity, creativity leads to thinking, thinking provides knowledge, and knowledge makes you great".**

**Dr. A.P.J Abdul Kalam**

It is with immense pride and joy that CPMS College of Nursing under PEWS Group of Institutions Inaugural its 1st edition of E- Magazine "ANWESHAN" - a journey of inquiry, compassion, and commitment

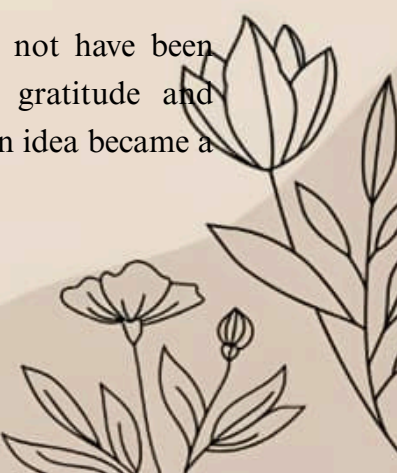
"ANWESHAN" meaning 'the quest', reflects the very spirit of Nursing. Florence Nightingale's lamp that pierced the darkness of the Crimean War, to the hands of our students and faculty who heal, comfort, and advocate today, nursing has always been a search: for knowledge, for empathy, for excellence.



This promise is demonstrated in the first edition of "ANWESHAN." The voices of our aspiring nurses, faculty perspectives, and the mission of CPMS College of Nursing are all contained within these pages. This Magazine is more than just a compilation of voices, ideas, recollections, and dreams

Being a part of this journey and seeing the talent, passion, and commitment that made this magazine a reality has been an honour. May these pages encourage us all to continue asking questions, showing compassion, and keeping the lamp of the nursing profession lit and alive for future generations. May they also connect and leave a lasting impression on each and every reader.

Thank you to all of the designers, contributors, and well-wishers who helped light this first lamp. May "ANWESHAN" develop annually as a forum where compassion and knowledge coexist.

Without the creative efforts of all the contributors, this journal would not have been possible. The editorial board members would like to express their gratitude and appreciation for their innovative work in making our magazine a reality. An idea became a lovely release thanks to your creativity, dedication, and time.





We extend our heartfelt gratitude to Prantik Sivam, a postgraduate student of Gauhati University, for his remarkable dedication in designing and illustrating this magazine. His creativity, effort, and artistic vision have played an invaluable role in bringing these pages to life. Without his contribution, this magazine would not have been possible.

We would also like to extend our heartfelt thanks to Miss Semina Khanam for beautifully designing the front page of the magazine. Her creativity and effort added a unique charm and identity to this magazine

Special thanks to our management and Principal Madam Prof. (Dr.) Bibi Bordoloi for their constant support, guidance, and faith in this initiative. Your encouragement made this possible.

This is our achievement. Thank you all.

**Prof. (Dr.) Rikupar Iawim**  
**Editor**



**Ms. Snigdha Nath**  
**Asst. Professor**  
**Co- Editor**



**Ms. Tipkur Kharwanlang**  
**Lecturer**  
**Co- Editor**



**Anweshan - Volume 1**  
**CPMS College of Nursing, Amgaon**





# CONTENT


## ARTICLE

- The Night I Finally Belonged Snigdha Nath
- The Silent Cry Of Indian Nurses Ms. Fem Yangfo
- Afraid Of Being Failure Ms. Lobsang Ega Marphew
- The City I Never Chose, Yet Chose Me Ms. Anisha Kapoor
- From Learners to Leaders:  
The Journey in Nursing Education Dr. Arenly Jamir
- A Nurse: A Real Fighter For Patient Safety Mr. Saikat Adhikari
- Nature Therapy: Where Healing Begins in Silence Snigdha Nath
- The One Who Heals Future Ms. Banashri Borgohain
- Road That Leads Me Back Sweety Kharmyndai
- Padma Shri Awardee Hally War Alvarica Kharnaioir
- Ergonomic Hazards and Its Prevention Ms. Manisha Adhikari

## POEMS

- Transition Ms. Divya Gharty
- Where Courage Wears Compassion Ms. Alisha Basumatary
- Happy Paws Ms. Anisha Kapoor
- Under The Silent Sky Ms. Barasha Deka
- The Weight Of Feeling Like A Burden Ms. Lhasang Tamang
- Conscience Ms. Roohana Salim
- Each Day Can Be A Good Day Ms. Aplangshisha Basaiawmoit
- Shades of Me Ms. Madhurima Mandal
- A Letter To My Mom Ms. Sushma Rai
- Story of Nurses Ms. Jayashree Das
- Frontline Warriors Ms. Roohana Salim
- When The Moon Followed Us Home Ms. Anisha Kapoor

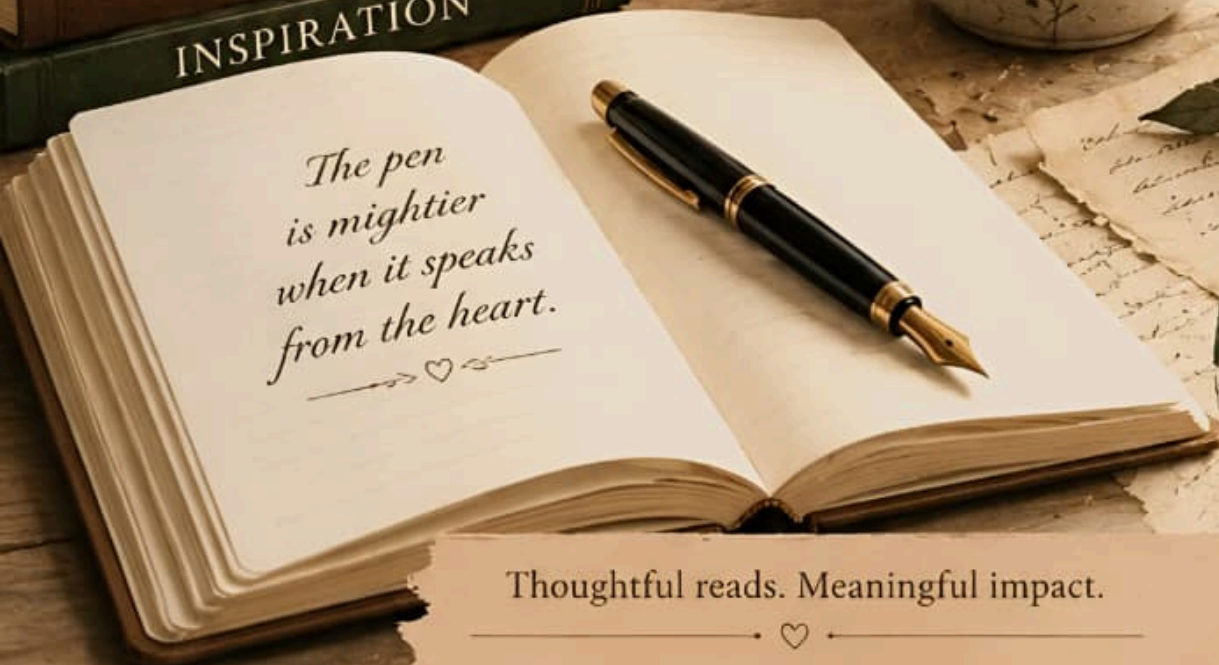
## CREATIVE CORNER

- Let's LAUGH OUT LOUD
  - Let's Learn Something New
  - Canvas Stories
- 



# ARTICLES *and* STORIES

*Ideas to inform. Stories to connect.  
Perspectives that inspire.*



Thoughtful reads. Meaningful impact.



# "The Night I Finally Belonged"

I am a nurse...but I never wanted to be one.

Life didn't take me here by choice, but by circumstance. When I couldn't crack my entrance exams for medical, my parents decided that I should take admission in BSc Nursing. I didn't have the courage to resist, so I agreed; silently carrying a heart full of doubt.

My first year felt like I had been thrown into a completely different world.

I was thousands of miles away from my family, in an unknown city, trying to survive each day.

Everything was new and overwhelming...the subjects, the assignments, the clinical postings, the endless exams. It felt like I was constantly running, but never catching up.

And then there were the taunts.

Relatives would say, "She didn't get any other course, so she chose nursing... it's like being an 'aaya'."

"She spending so much money just to become a nurse ...just to give injection "

Those words stayed with me. They hurt more than I ever showed.

Slowly, I stopped questioning.

I told myself, "This is my destiny. I just have to complete it."

So I adapted. I pushed through the years, finished my course...but I was never truly happy. Deep inside, there was always frustration; especially seeing the reality of nursing in India.

After completing my course, I joined a reputed hospital as a nursing officer in the ICU.

I thought things would get better.

But the first few months were very depressing.

Every day, I made mistakes. I got scolded by seniors and in-charges, and each word made me doubt myself more. So many times I end up coming crying to my room. I started regretting everything...why I chose nursing, why I couldn't choose something else.

The job didn't just drain me mentally, it changed me physically too.

I had joined as a healthy 60 kg girl, but within months, I dropped to 50 kg. The hectic work hours and constant exhaustion took everything from me. There was no glow left on my face. Dark circles settled under my eyes from endless night shifts.

I felt lost.

Then came one night that changed everything.

It was a quiet night duty, the kind that feels deceptively calm. The ICU lights were dim, and the rhythm of monitors filled the silence. I was checking reports when suddenly.....

A sharp alarm broke through.

I looked at the monitor.

Bradycardia.

44... 42... 38...

Before I could fully process it...

Flat line.

Asystole.

My heart dropped.

I looked at my senior and shouted pointing at the monitor, my voice shaking

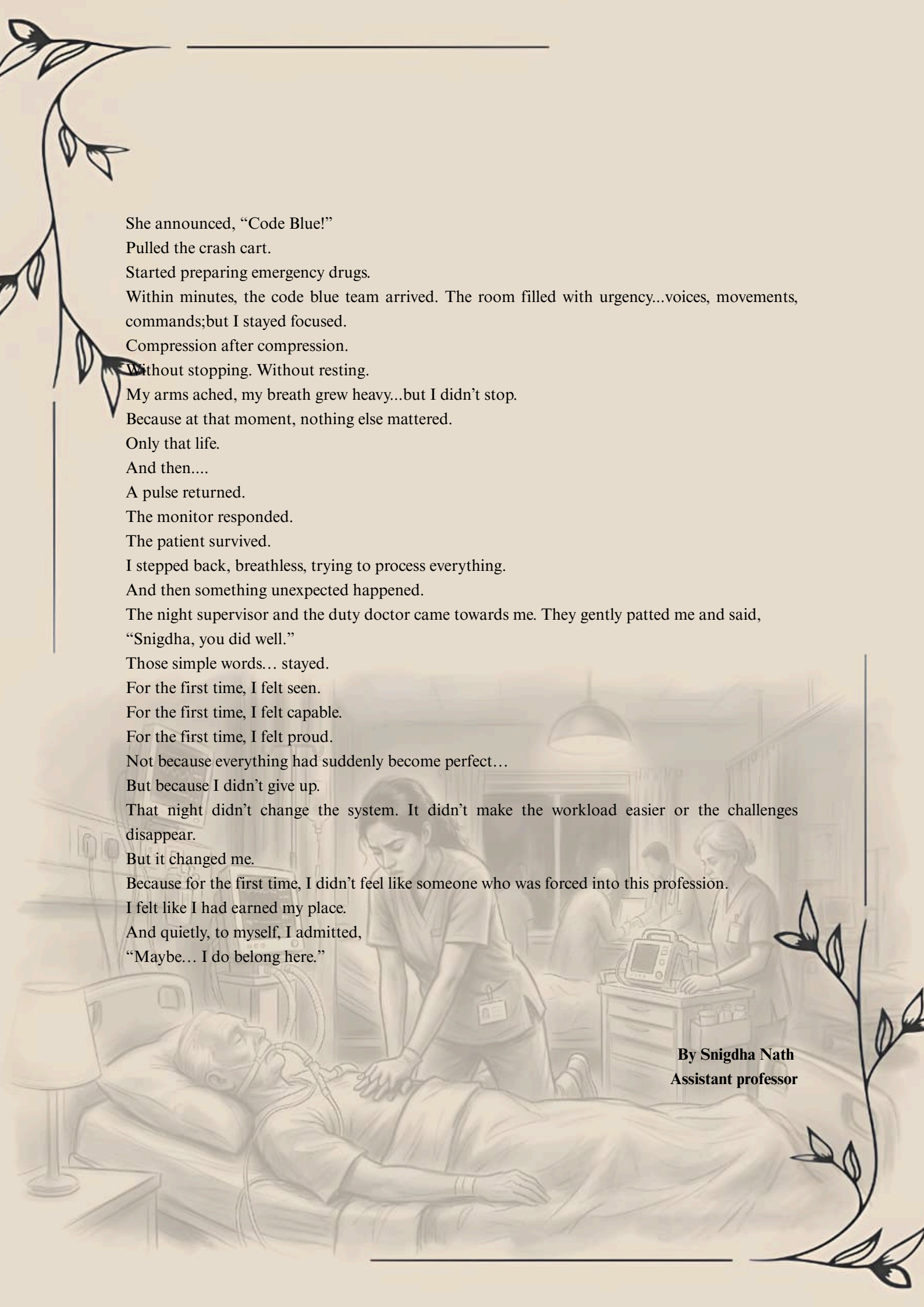
"Sis... my patient..."

My senior looked at me, calm and composed, as if she had seen this moment a hundred times before.

She said, "Climb on the bed. Start CPR."

Without thinking anything, I obeyed.

I climbed up and started compressions.



She announced, “Code Blue!”  
Pulled the crash cart.  
Started preparing emergency drugs.  
Within minutes, the code blue team arrived. The room filled with urgency...voices, movements, commands;but I stayed focused.  
Compression after compression.  
Without stopping. Without resting.  
My arms ached, my breath grew heavy...but I didn't stop.  
Because at that moment, nothing else mattered.  
Only that life.  
And then....  
A pulse returned.  
The monitor responded.  
The patient survived.  
I stepped back, breathless, trying to process everything.  
And then something unexpected happened.  
The night supervisor and the duty doctor came towards me. They gently patted me and said,  
“Snigdha, you did well.”  
Those simple words... stayed.  
For the first time, I felt seen.  
For the first time, I felt capable.  
For the first time, I felt proud.  
Not because everything had suddenly become perfect...  
But because I didn't give up.  
That night didn't change the system. It didn't make the workload easier or the challenges disappear.  
But it changed me.  
Because for the first time, I didn't feel like someone who was forced into this profession.  
I felt like I had earned my place.  
And quietly, to myself, I admitted,  
“Maybe... I do belong here.”

**By Snigdha Nath**  
**Assistant professor**



# The Silent Cry of Indian Nurses



It is often said that doctors are the brain of the hospital, but nurses are the Heart. Yet, in India, it feels like the system treats this heart as a "waste organ."

Becoming a registered nurse is not an easy journey. It takes years of hard work, constant learning, high tolerance, and physical strength. A nurse is not just a healthcare provider, but a "home" for many. When a patient is at their weakest and has no one else to take responsibility, it is the nurse who holds their hand. We saw the best example of this during the 2019-2020 Pandemic. Despite the love and care nurses give, all they receive in return is humiliation. It is not the citizens who are at fault, but the system. Every student enters this noble profession with big dreams and high hopes. During every lamp lighting ceremony, a nurse is born but slowly the system kills the nurse inside them. The journey from a student to a professional feels like slow poisoning. Indian Nurses work through thousands of tears to become competent staff or teachers, etc. They want to inspire others, earn a decent living, and have a stable life. Instead, they find low wages and long exhausting hours, lack of profession dignity and a system that makes it even hard to love their own profession.

The struggle of an Indian nurse has become a silent cry. Many have stopped fighting for their rights because they realize the ladder to success here is missing its steps. This is why so many are choosing a better life abroad. They are flying away to find dignity, satisfaction, and a world that values them. "If not India, then abroad."

The Bitter Truth of Indian Nurses, the nursing profession is beautiful across the world, but in India, it has become an undignified struggle. It is heartbreaking because Indian nurses are naturally capable and full of talent. They do not want to leave their homes, but they deserve so much more than what the system is giving them.

**Fem Yangfo**  
**M.Sc. (N) 2nd Year**



---



# Afraid of Being a Failure

Sometimes, the hardest thing to swallow isn't the truth, but the kindness of those who love you when you feel you've given them nothing to be proud of.

Some days, sitting down to eat at home feels heavier than it should. Not because the food isn't enough, but because I don't feel like I've earned it. I look around and think about how little I've achieved compared to where I thought I'd be by now, compared to people my age who seem so far ahead. It messes with my appetite, with my sense of worth. I eat, but there's this lingering feeling that I'm still borrowing time, still living on patience and support instead of results. I know it's not logical, but it's real.

There is a quiet heartbreak in being loved more than you love yourself. I sit there, surrounded by their support, feeling like a ghost at my own family table. I am terrified that their patience is a candle that will eventually burn out, leaving me in the dark with my failures.

I want to be the one providing, the one succeeding, the one they brag about. Instead, I am the one they are still waiting for.

And I'm still learning how to be grateful without letting comparison convince me that I don't deserve to be here.

Maybe one day I'll bring more to the table than just my hunger and my guilt. Until then, I sit. I eat. I survive the weight of being a work in progress.

**Lobsang Ega Marpew**  
**GNM 3rd Year**



---

## The City I Never Chose, Yet Chose Me...

I thought I had my life figured out. There was a plan, a quiet certain future waiting for me in Pune, a place I had not yet reached but had already begun to feel a sense of belongingness. But life has a strange way of interrupting certainty. I let go of one path for something that shimmered like hope, not knowing it would lead me somewhere I never asked for, “Bangalore”, a city I did not choose and almost resented for choosing me.

It felt like banishment at first. The food held no consolation, the walls was strange, and the quiet of the nights seemed intolerably loud. My mother would gently encourage me to wait, reminding me that time has a way of softening things, while I would call home in a heartbreaking voice, claiming I didn't belong here and wanted to go back. But the past seems harsh. Every night felt heavier than the last, and every day seemed to go on forever. That is, until one day she told me to return, the words I had been longing to hear. Something inside of me changed at that precise instant because leaving felt more like loss than relief.

So I stayed, not because it became easier, but because something in me refused to run. Slowly, without asking for permission, the city began to enter me in fragments, in the softness of its breeze, the calmness of its sky, and the gentle stillness of its nights where the moon no longer felt distant. I did not notice when resistance turned into acceptance, but it did, and with it I changed.


That city did not just give me memories, it unmade me and then remade me into someone who could stay. It taught me that love is not always immediate, sometimes it grows in the spaces we try to escape. It taught me how to sit with discomfort until it turns into understanding, to let go without feeling empty, and to accept that not everything is meant to make sense the moment it happens. And somewhere between strangers, becoming familiar and pain becoming poetry, I found pieces of myself I did not know I had lost. The city began to feel like a memory even while I was still living in it.

And then came the day I had to leave...the same place that once made me cry for escape made me cry because I could not stay.

That is the thing about life, it does not ask for your agreement before it changes you. And now when I look back, I do not see a wrong decision, but a moment where I thought I was losing my way, when I was actually being led somewhere deeper. In my life, every choice I once questioned has become a story I now hold close to my heart.

So now I trust it, the confusion, the redirection, the unanswered questions. Because time reveals everything gently, and what feels uncertain today is only a chapter, not the ending. And one day, you will not just remember the place you never wanted to go, you will realize it was the place that finally felt like home.

**Anisha Kapoor**  
M. Sc. (N) 1st Year



---

# From Learners to Leaders: The Journey in Nursing Education

Nursing education is continuously evolving to meet the demands of modern healthcare systems. Today, it extends beyond the development of clinical competence and places strong emphasis on leadership formation, preparing student nurses to become future-ready healthcare professionals. In this journey, nurse educators play a pivotal role by strengthening learning systems, serving as role models, and promoting evidence-based practice through meaningful integration of theory and clinical experience.

Nurse educators design, implement, and evaluate academic programmes that ensure quality education and prepare student nurses for diverse and dynamic clinical environments. Beyond classroom teaching, they mentor, guide, and support students through research, reflective practice, and experiential learning. Leadership development is intentionally embedded within the curriculum to help students build critical thinking, teamwork, communication, and decision-making skills essential for professional nursing practice.

Leadership is an integral part of nursing practice, as nurses are frequently required to coordinate patient care, manage healthcare teams, and communicate effectively with patients and their families. Effective nurse leaders foster collaboration, uphold accountability, and strengthen patient safety, ultimately contributing to improved healthcare outcomes. These competencies are not developed overnight but are shaped gradually through structured education, guided practice, and continuous learning experiences.

A well-structured nursing curriculum promotes experiential learning, enabling students to learn by doing, reflect on their experiences, receive constructive feedback, and continuously improve. It also emphasizes interprofessional collaboration, patient advocacy, and a deeper understanding of healthcare systems. While clinical exposure plays a significant role in leadership development, formal nursing education provides the essential foundation for building competent, confident, and capable nurse leaders.

Ultimately, nursing education is a transformative journey that turns learners into leaders. By nurturing core qualities such as vision, empathy, effective communication, and sound decision-making, it equips future nurses to lead with confidence and contribute meaningfully to the advancement of healthcare systems.

**Dr. Arenlila Jamir**  
Assistant Professor



---

# A NURSE: A REAL FIGHTER FOR PATIENT SAFETY

## INTRODUCTION

Nursing is one of the most respected and essential professions in healthcare. A nurse is not just a caregiver but a protector, advocate, and guardian of patient safety. Every day, nurses stand on the frontlines, ensuring that patients receive safe, effective, and compassionate care. Their role as fighters for patient safety is crucial in preventing harm, reducing errors, and promoting recovery.

### Nurse as a Protector of Patient Safety

#### Continuous Monitoring

Nurses closely observe patients' conditions, vital signs, and responses to treatment. Early detection of complications helps prevent serious harm.

#### Prevention of Medical Errors

Ensuring correct medication, dose, and timing, Double-checking prescriptions, Following safety protocols

#### Infection Control

Nurses strictly follow hygiene practices such as: Handwashing and Sterilization, Use of personal protective equipment (PPE). These actions help prevent hospital-acquired infections.

### Nurse as a Patient Advocate

A nurse speaks up for the patient's rights and needs. They ensure patients understand their treatment. Protect patients from unsafe practices. Communicate patient concerns to doctors. Advocacy is one of the strongest ways nurses fight for safety.

### Role in Emergency Situations

In critical moments, nurses act quickly and confidently, provide first aid and life-saving care, assist in emergency procedures. Maintain calm and control. Their quick actions often save lives.

### Communication: A Key Weapon

Effective communication reduces errors and improves safety. Nurses: Give clear instructions. Maintain proper documentation. Coordinate with healthcare teams

### Conclusion

A nurse is truly a real fighter for patient safety. Their dedication, vigilance, and compassion ensure that patients are protected at every step of care. In hospitals, clinics, and communities, nurses stand as silent heroes who fight every day to save lives and prevent harm. Their contribution is invaluable, and healthcare systems cannot function without them.

**Mr. Saikat Adhikari**  
**Alumnus**  
**CPMS College of Nursing**



# Nature Therapy: Where Healing Begins in Silence

In a world constantly buzzing with notifications, deadlines, and demands, the human mind quietly longs for something older, softer, and deeply familiar: nature.

Nature therapy, or ecotherapy, is not a new invention but a rediscovery. It reminds us that healing does not always lie in complexity; sometimes, it waits in the rustle of leaves, the rhythm of flowing water, and the warmth of sunlight filtering through trees.

## The Philosophy Behind Nature Therapy:

Nature therapy is grounded in the idea that humans are intrinsically connected to the natural world a concept known as biophilia. Coined by biologist Edward O. Wilson, this idea suggests that our well-being is deeply tied to our relationship with nature.

When we step into natural spaces, we are not escaping life, we are returning to a more balanced version of it.

Modern research echoes what ancient wisdom has always known. Exposure to greenery reduces stress hormones and calms the nervous system

Natural environments improve focus, creativity, and emotional stability

Patients recover faster when surrounded by views of nature

Time spent in forests enhances immunity and lowers blood pressure

Nature, it seems, does not just soothe, it actively heals.

## Gentle Forms of Nature Therapy

### Forest Bathing:

Not a bath in water, but an immersion in greenery. Walking slowly through trees, breathing deeply, and allowing your senses to awaken.

### Gardening:

To plant something is to believe in tomorrow.

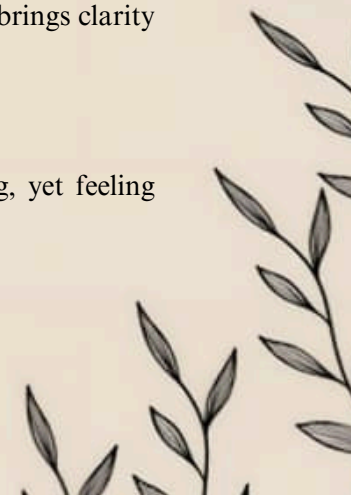
Even a small balcony garden can nurture patience, joy, and quiet fulfillment.

### Water Therapy:

Rivers, rain, lakeswater has a unique language of calm. Sitting by flowing water often brings clarity where thoughts once felt tangled.

### Mindful Stillness

Sometimes, the most powerful practice is simply sitting under a tree, doing nothing, yet feeling everything.





## The Subtle Benefits

With time, nature begins to reshape you gently:

- ✿ A calmer mind
- ✿ Deeper sleep
- ✿ Renewed energy
- ✿ Emotional balance
- ✿ A quieter, clearer inner voice

## Bringing Nature into Everyday Life:

You do not need mountains or forests far away. Healing can begin right where you are:

Take a slow walk under open sky

Spend a few minutes with plants each day

Let sunlight touch your morning routine

Pause, breathe, and listen to the natural world around you

Small moments, when practiced consistently, become powerful transformations.

Nature does not hurry, yet everything is accomplished.

In its presence, we are reminded that healing is not always something we chase, it is something we allow.

Perhaps the answer we seek is not far away.

Perhaps it is waiting... just outside, in the quiet embrace of nature.

## ✧ References

Ulrich, R. S. (1984). View through a window may influence recovery from surgery. *Science*.

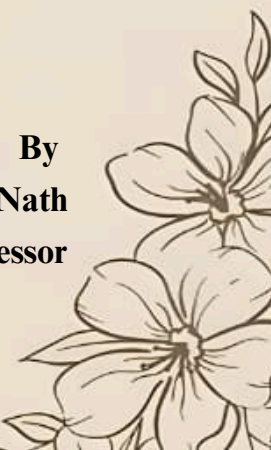
World Health Organization (2016). Urban green spaces and health.

Miyazaki, Y. (2018). *Shinrin-yoku: The Japanese Art of Forest Bathing*.

Wilson, E. O. (1984). *Biophilia*.

Twohig-Bennett, C., & Jones, A. (2018). *Environmental Research*.

By  
**Snigdha Nath**  
Assistant Professor





# THE ONES WHO HEAL THE FUTURE

## Why Supporting Nursing Students Today Shapes Healthcare Tomorrow

Nurses are more than healthcare professionals—they are the calm in emergencies, the comfort in pain, and the hope in healing. They stand beside patients during some of life's most vulnerable moments, offering not only treatment but also compassion and reassurance. If nurses are the future of healthcare, then supporting nursing students today is one of the most meaningful investments we can make in building a stronger healthcare system for

tomorrow.

### 1. MODERNIZATION IN NURSING EDUCATION

In today's fast-changing world, nursing education must evolve alongside advancements in healthcare. Traditional teaching methods alone are no longer enough to prepare students for modern clinical demands. Smart classrooms, simulation labs, digital learning platforms, and practical skill-based training can help students gain deeper understanding and confidence. When institutions adopt modern educational approaches, students become better equipped to handle real-life medical situations with competence

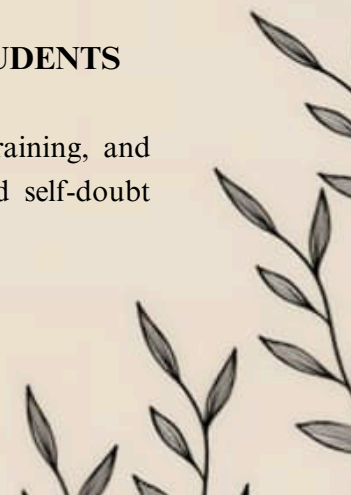
and critical thinking.

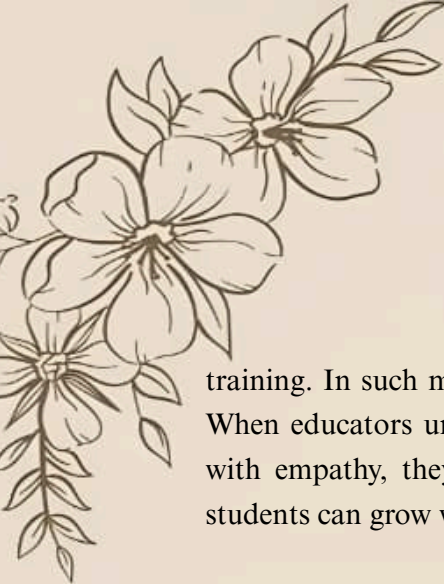
### 2. LANGUAGE DEVELOPMENT FOR EVERY STUDENT

Many students entering nursing come from non-English-medium educational backgrounds, making it challenging to adjust to medical terminology, academic writing, presentations, and communication in clinical settings. This language barrier can often affect confidence and academic performance. Institutions and educators should actively support these students through language development programs, communication practice, and patient guidance. Helping students strengthen their language skills not only improves academics but also prepares them for professional interactions in healthcare environments.

### 3. EMOTIONAL UNDERSTANDING BETWEEN TEACHERS AND STUDENTS


The journey of nursing education can be physically exhausting, emotionally draining, and mentally stressful. Students face academic pressure, clinical responsibilities, and self-doubt throughout their





training. In such moments, emotionally supportive teachers can make a powerful difference. When educators understand students' struggles, listen to their concerns, and motivate them with empathy, they create a healthier and more encouraging learning environment where students can grow with confidence.

#### **4. THE POWER OF GROUP PARTICIPATION**



Nursing is built on teamwork, collaboration, and communication. Group participation during nursing education helps students develop these essential qualities early. Through group discussions, seminars, teamwork-based projects, and collaborative clinical activities, students learn how to communicate effectively, solve problems together, and support one another. These experiences prepare them for the real-world healthcare environment, where teamwork is crucial for patient care.

#### **5. ENCOURAGEMENT MAKES A DIFFERENCE**

Every achievement-whether big or small-deserves recognition. Appreciation and encouragement can significantly boost a student's confidence, motivation, and willingness to improve. Sometimes, a simple acknowledgment from a teacher can inspire a student to push through challenges and believe in their abilities. Encouraging students consistently creates a positive atmosphere where they feel valued, motivated, and driven to become the best version of themselves.

#### **FINAL THOUGHTS**

To create better nurses for tomorrow, we must first create better learning environments today. Through modernization, language support, emotional understanding, teamwork, and encouragement, we can shape nursing students into highly skilled professionals with compassionate hearts and confident minds. Because when we support nursing students today, we secure the future of healthcare tomorrow.

**By**  
**Banashri Borgohain**  
**Tutor**



# Road That Leads Me Back

“A journey of a thousand miles begins with a single step”

~ Laozu ~

Every college has walls. Mine had something more. I left CPMS College of Nursing under PEWS with a degree in one hand and a slightly overstuffed suitcase in the other. At the time, I thought I was simply leaving a place behind. I didn't realize I was carrying it with me—stitched into my thoughts, my habits, and the way I now see the world.

What classrooms gave us was important. The lecturers taught us our subjects with dedication and clarity. We learned theories, procedures, and principles that shaped our professional foundation. But the real syllabus was never written on the board. It was hidden in the spaces between lectures, in the quiet struggles before deadlines, in the laughter shared in corridors, and in the moments when imagination met reality.

The knowledge we captured was clear and true—something we memorized, practiced, and carried into our profession. But CPMS College of Nursing gave me something beyond facts. It gave me a kind of “fiction”—not falsehood, but the ability to imagine, to adapt, to think beyond what is written. It polished me, shaped me, and gently brushed away my rough edges.

Group projects brought together people we might never have chosen as friends. Yet, in working together, we learned patience, understanding, and the art of cooperation. Assignments and research came with deadlines that often felt impossible, pushing us to our limits and teaching us resilience we didn't know we had.

Clinical and community postings were more than requirements—they were lived experiences. They were filled with skills, emotions, real-life challenges, and unforgettable lessons. They taught us not just how to care, but how to feel, how to respond, and how to grow into compassionate professionals.

Even the chaos of annual college fees had its lessons. In those moments of confusion and pressure, I learned more about leadership, responsibility, and decision-making than any textbook could ever offer.

Looking back, I realize that college was never just about earning a degree. It was about becoming someone new. The walls of CPMS College of Nursing did not confine me—they expanded me. They held stories, struggles, friendships, and growth that I now carry wherever I go.

And now, I am living what I learned as a nurse. Every patient I care for, every decision I make, and every moment I stand in service reflects those years. The lessons from college are no longer just memories; they have become part of my daily practice, shaping the kind of nurse I am becoming as I continue to grow in my profession.

I thought I left college behind. But in truth, it never left me.


**By Sweety Kharmyndai**

**Batch 2020 – 2025**

**B.sc. Nursing**



# **Padma Shri Awardee Hally War: The Man Who Grows Bridges and Heritage in Meghalaya**



In a quiet village perched on the misty slopes of the East Khasi Hills near Sohra (Cherrapunji), Hally War's lifelong devotion to an extraordinary traditional craft has won him one of India's highest civilian honours — the Padma Shri for 2026 in social work and environmental conservation.

For more than five decades, Hally War has nurtured and woven the aerial roots of the *Ficus elastica* — the rubber fig tree — into what the Khasi people call *jingkieng jri*, or living root bridges. These remarkable, bio-engineered structures are not hand-built; they are grown over years, shaped by human patience and nature's resilience into living pathways that span rivers and ravines.

War's journey began not in a workshop but in childhood play. Barely 10 years old, inspired by stories from his grandfather and an urge to help his community cross swollen streams, he began guiding tree roots with bamboo and wood supports — a process that takes decades to bear fully formed bridges strong enough to walk on.

Today, some of the structures he helped tend, like the Umkar Living Root Bridge in Siej village, have become symbols of sustainable ingenuity — drawing thousands of visitors and placing Meghalaya's indigenous ecological wisdom on the map.

Hally War's work goes beyond building bridges. He has mentored local families in traditional weaving techniques and ecosystem protection, ensuring that this Indigenous knowledge — passed down orally through generations — continues to thrive.

In his own words, the award is not just his achievement but a tribute to his village, forefathers and community who taught him to live with nature, not against it.

His story — from a young boy guiding roots to a national laureate — highlights the power of indigenous wisdom, ecological stewardship and community spirit, inspiring conservation efforts across Meghalaya and beyond.

**By**  
**Alvarica Kharnaier**  
**M.Sc. (N) 1<sup>st</sup> year**





# Ergonomic Hazard and Its Prevention

## Introduction

Ergonomic hazards are among the most common occupational health risks in industrial and commercial settings. Poor ergonomic conditions can lead to musculoskeletal disorders (MSDs), repetitive strain injuries, and decreased worker productivity. As industries modernize, the importance of ergonomic design and preventive strategies becomes critical for worker safety and performance.

## Definition

Ergonomic hazards are among the most common occupational health risks in industrial and commercial settings. Poor ergonomic conditions can lead to musculoskeletal disorders (MSDs), repetitive strain injuries, and decreased worker productivity. As industries modernize, the importance of ergonomic design and preventive strategies becomes critical for worker safety and performance. Environmental, operational, or design factors can all negatively impact a worker or user; examples include whole-body or hand/arm vibration, poor lighting, or poorly designed tools, equipment, or workstations.

## Causes

**Awkward posture:** Awkward posture is when the body deviates significantly from a natural position during work-related activities.


**Static posture:** Static posture, or static loading, is when a person holds a consistent posture during the entirety of the time it takes to perform a task, which does not allow the body to relax.

**Contact stress :** Contact stress occurs when some part of a worker's body—such as the knees, elbows, wrists, or fingers—touches or rubs up against a sharp, inflexible, or immobile surface repetitively or for a long period of time.

**Repetitive motion** Repetitive motion is prolonged, repeated movement which causes muscle fatigue and eventually results in nerve damage.

**High forces :** High forces involved in some physical labors can injure muscles and joints. Overexertion can occur when an external or muscular force exceeds the force the body can safely endure.

## Goals of Ergonomic Prevention

- To minimize the risk of musculoskeletal injuries.
  - Improve worker comfort and well-being ergonomic improvements enhance the comfort of the workplace.
  - To improve worker comfort and job satisfaction.
  - To enhance productivity and efficiency.
  - To reduce absenteeism and work-related disability.
  - To create a safer and healthier work environment.
- 



---

## **Prevention of ergonomic hazards**

Prevention involves proactive strategies at both organizational and individual levels:

- Work station Ergonomics: Adjusting desks, chairs, and equipment to suit individual workers (e.g., proper monitor height, keyboard position).
- Job Rotation: Reducing repetitive strain by rotating workers through different tasks.
- Use of Assistive Devices: Incorporating tools like lifting equipment, anti-fatigue mats, or ergonomically designed tools.
- Training and Education: Providing regular training on safe body mechanics and proper posture.
- Administrative Controls: Implementing rest breaks, modifying workloads, and encouraging stretching exercises.
- Engineering Controls: Redesigning tools or work stations to reduce strain and improve posture.

## **PPE Requirement for Head to Toe Protection (Iron and Steel Industries)**

1. Head protection
2. Eye protection
3. Hearing protection
4. Hand protection
5. Foot protection
6. Respiratory protection
7. Body protection

## **Preventive Strategies**

**Improve Posture:** Sit or stand straight while working. Keep the spine in a natural position, Use support for back and arms.

**Safe Lifting Techniques:** Bend knees, not the back. Hold the object close to your body. Avoid twisting while lifting. Ask for help with heavy loads.

**Use Proper Tools:** Use tools with comfortable grips. Choose equipment that reduces bending or stretching. Maintain tools to avoid extra force.

**Take Breaks:** Take small breaks between tasks, stretch your arms, legs, and back, avoid doing the same motion continuously.

**Ergonomic Training:** Learn correct working techniques, attend workplace safety programs, report discomfort early.


## **When to See a Doctor**

If you feel persistent pain, numbness, or swelling in joints or muscles

If discomfort affects your daily tasks or sleep

Early check-up helps avoid serious injury

---



## Conclusion

Ergonomic hazards are a significant but often overlooked risk in many occupational environments. They contribute to a range of musculoskeletal disorders, repetitive strain injuries, and other long-term health issues that can drastically affect workers' well-being and organizational productivity. These hazards stem from poor workstation design, awkward postures, repetitive movements, and high-force tasks, which, if left unaddressed, can lead to physical discomfort, absenteeism, and increased healthcare costs. Implementing preventive strategies such as ergonomic assessments, use of personal protective equipment (PPE), job redesign, worker education, and regular breaks can substantially reduce the risk of ergonomic injuries. Ergonomics should not be seen as a one-time intervention but rather as an ongoing commitment to improving workplace health and safety. Organizations that prioritize ergonomics foster a culture of care, efficiency, and sustainability. By integrating ergonomic principles into everyday work practices, employers and employees can work together to create safer, healthier, and more productive work environments.

## References

- Occupational Safety and Health Administration (OSHA). Ergonomics [Internet]. U.S. Department of Labor; 2022 [cited 2025 Jul 28]. Available from: <https://www.osha.gov/ergonomics>*
- National Institute for Occupational Safety and Health (NIOSH). Musculoskeletal disorders and workplace factors: A critical review of epidemiologic evidence for work-related musculoskeletal disorders of the neck, upper extremity, and low back. Cincinnati (OH): U.S. Department of Health and Human Services; 1997. Report No.: 97-141.*
- Bridger RS. Introduction to Ergonomics. 3rd ed. Boca Raton: CRC Press; 2009.*
- McAtamney L, Corlett EN. RULA: A survey method for the investigation of work-related upper limb disorders. Appl Ergon. 1993 Apr; 24(2): 91-9.*
- Putz-Anderson V. Cumulative Trauma Disorders: A Manual for Musculoskeletal Diseases of the Upper Limbs. 1st ed. London: Taylor & Francis; 1988.*
- Devereux JJ, Rydstedt LW, Kelly V, Weston P, Buckle PW. The role of work stress and psychological factors in the development of musculoskeletal disorders. Sudbury: HSE Books; 2004.*
- Canadian Centre for Occupational Health and Safety (CCOHS). Ergonomic hazards [Internet]. [cited 2025 Jul 28]. Available from: <https://www.ccohs.ca/oshanswers/ergonomics/hazards.html>*
- International Labour Organization (ILO). Ergonomics Checkpoints: Practical and Easy-to-Implement Solutions for Improving Safety, Health and Working Conditions. 2nd ed. Geneva: ILO; 2010.*

By  
**Manisha Adhikari**  
Alumna  
CPMS COLLEGE OF NURSING

POETRY SECTION

“ Poetry is the rhythmical  
creation of beauty in words. ”

— EDGAR ALLAN POE

# Poetry

WORDS THAT TOUCH, INSPIRE & HEAL

A collection of thoughts, emotions and  
imagination—woven into verses that  
speak to the heart and soul.



---

# TRANSITION

Looking back on the roads I have crossed,  
Reminiscing about the many versions of myself  
I had to embrace  
Only to survive!

Walked through the myriad seasons—  
Some healed me quietly,  
Some left me hollow inside.

And still, when I look ahead,  
The future feels like a blurred horizon—  
Close enough to long for,  
Yet too far to understand.

This is what it means to be human:  
To grow through what breaks you,  
To carry both joy and sorrow,  
And, regardless, call it a becoming.

Never realized  
Life would one day feel this heavy,  
This real,  
This painfully blissful.

And now here I am,  
Between whom I was  
And who I am becoming,  
Learning that transition  
Is not always graceful,  
But it is always inevitably necessary.

By,  
**Ms. Divya Ghatry**  
Tutor

---

# WHERE COURAGE WEARS COMPASSION

She walks in when the world walks out,  
when fear hangs thick in the air,  
No spotlight waits, no applause sounds  
just pain, and she is there.

Her feet ache, here yes burn,  
yet she does not turn away,  
For someone's breath depends on her,  
someone needs her to stay.

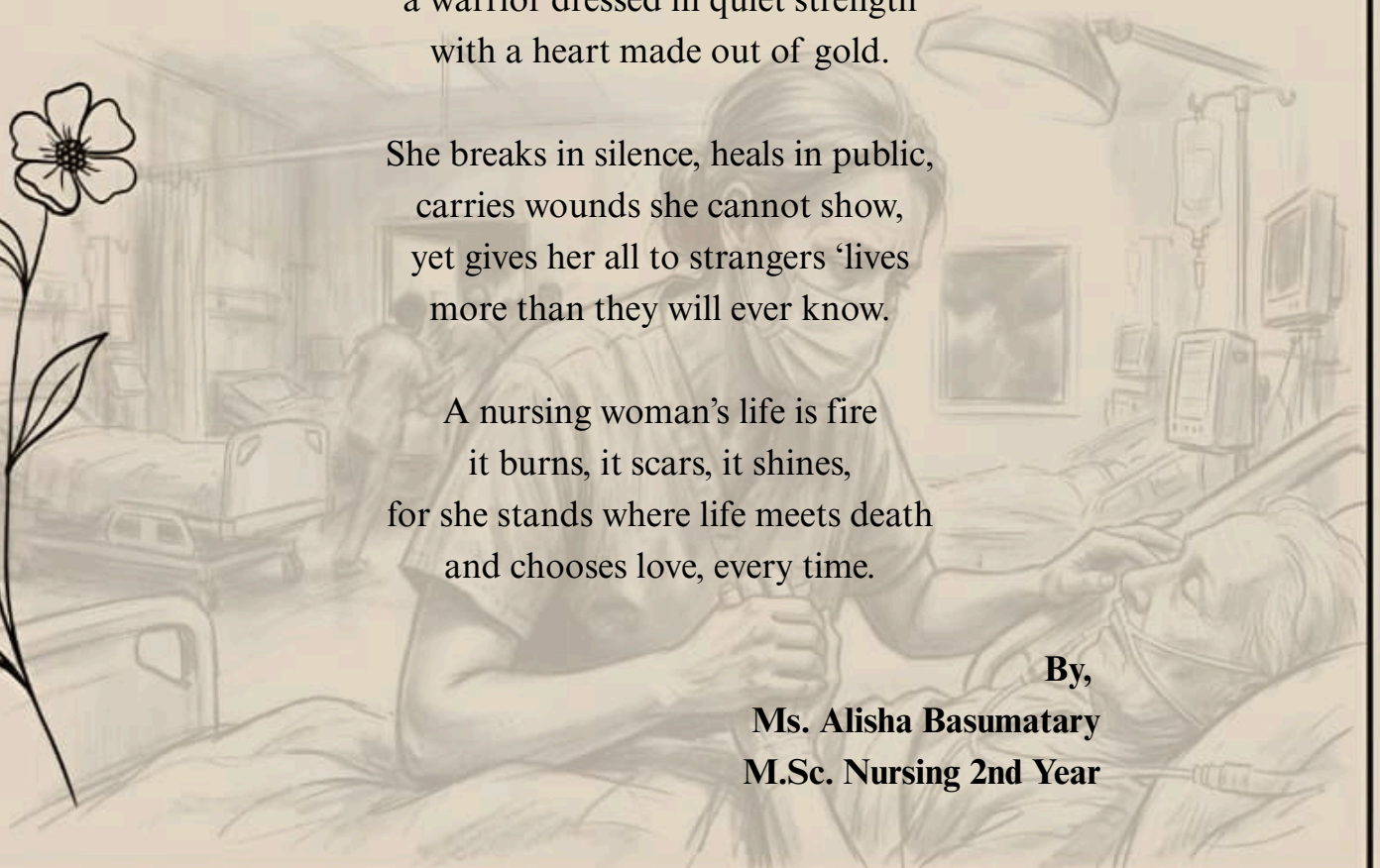
She has held hands that went cold,  
felt life slip through her care,  
And still, she shows up the next day  
with courage most won't dare.

She is not just soft and gentle,  
she is fierce, unshaken, bold,  
a warrior dressed in quiet strength  
with a heart made out of gold.

She breaks in silence, heals in public,  
carries wounds she cannot show,  
yet gives her all to strangers 'lives  
more than they will ever know.

A nursing woman's life is fire  
it burns, it scars, it shines,  
for she stands where life meets death  
and chooses love, every time.

By,  
**Ms. Alisha Basumatary**  
**M.Sc. Nursing 2nd Year**





# Happy Paws



Five little hearts in fur and light,  
Snowy, Fluffy, Brwony, Mmi, Tiktik bright.  
Time moves softly in their gentle eyes,  
Yet love still runs when they recognize.

They wait like guardians at my door,  
Bodyguards I never asked for.  
Tails that speak in silent cheer  
Saying I'm safe when they are near.

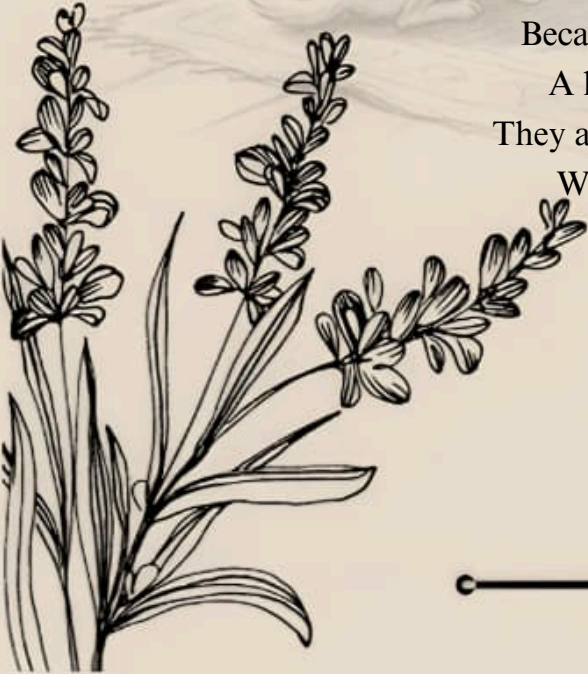

Charlie's Angels in furry disguise,  
Pure devotion in innocent eyes.  
A bond so simple, so pure, so true,  
Woven in every little things they do.

I talk to them, they listen still,  
in every way, in every thrill.  
I wish they could speak my name,  
Or tell me mine in their language frame.

They are growing old, yet love stays same,  
Soft little souls that never change.  
And when I look, my heart feels torn,  
So full of joy, so gently worn.

Because loving them is soft and deep,  
A happiness that makes me weep.  
They are not just pets, they are my home,  
Wherever I go, I never feel alone

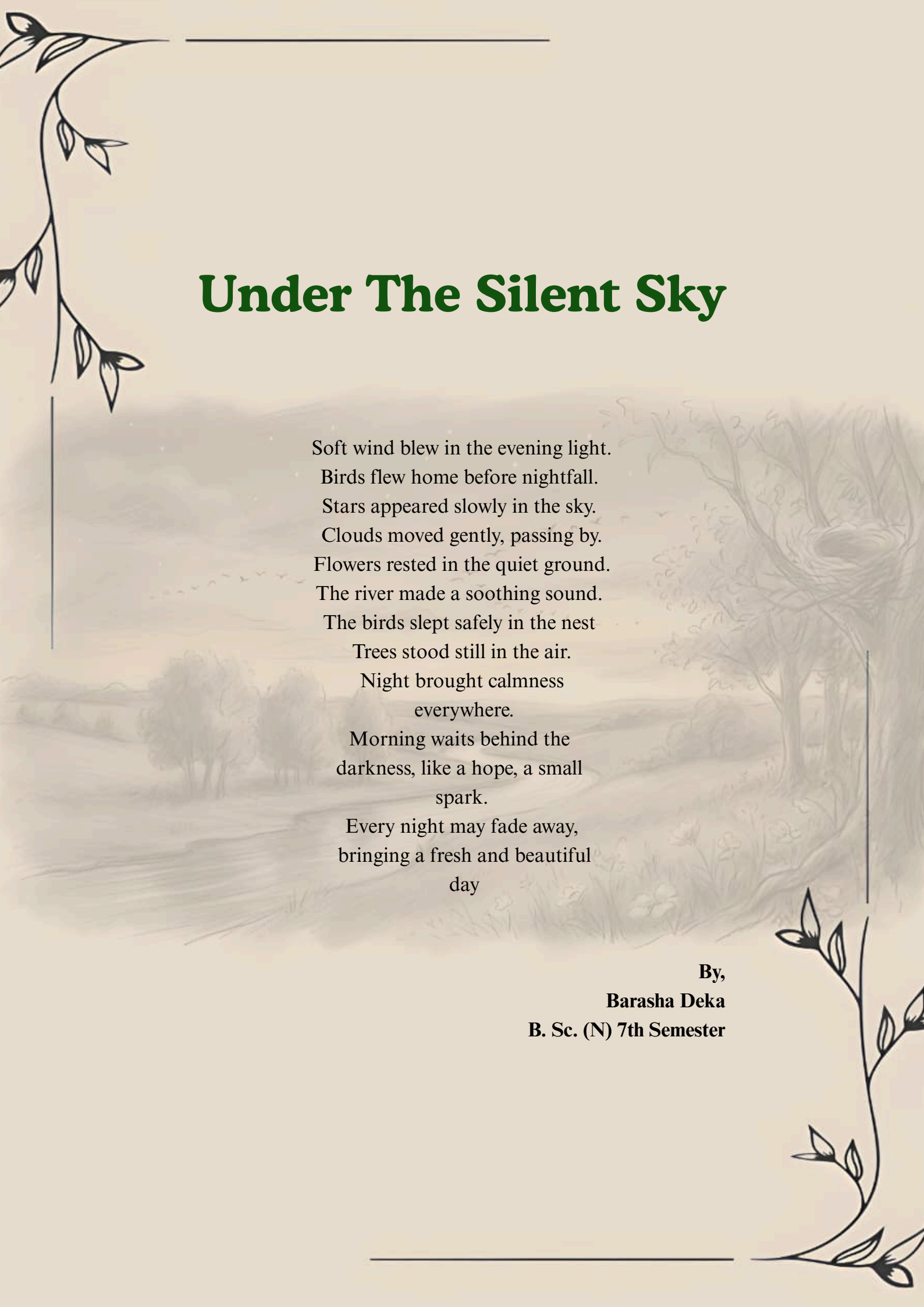
By,  
Anisha Kapoor  
M.Sc.(N) 1st Year






---

# Under The Silent Sky




Soft wind blew in the evening light.  
Birds flew home before nightfall.  
Stars appeared slowly in the sky.  
Clouds moved gently, passing by.  
Flowers rested in the quiet ground.  
The river made a soothing sound.  
The birds slept safely in the nest  
Trees stood still in the air.  
Night brought calmness  
everywhere.  
Morning waits behind the  
darkness, like a hope, a small  
spark.  
Every night may fade away,  
bringing a fresh and beautiful  
day


By,  
**Barasha Deka**  
B. Sc. (N) 7th Semester



---



# The Weight of Feeling like A Burden



There are days when it feels like your existence  
is too loud for some people and too quiet for  
others.

No matter how carefully you act, something  
always goes wrong – and somehow, it points  
back to you.

You try to be good

You try to fix things

You try to make people happy'

But in the end, you are the one blamed...the one  
misunderstood...the other left thinking, "What  
did I do this time?"

It slowly breaks something inside you  
You begin to doubt your own intentions. Even  
your kindness starts to feel like a mistake. You  
start holding back your words, your emotions,  
your true self – because every time you showed  
it, it turned into something you never meant.  
You sit quietly, watching others laugh, talk, and  
live freely...While you feel like an extra in a  
place you once belonged. You feel like your  
presence is something people tolerate, not  
something they truly want.

And that thought stays with you.

It follows you in conversation.

It follows in silence.

It follows you when you are alone at night,  
Overthinking everything you said, everything  
you did.

Sometimes it feels like I'm the  
burden for everyone  
not because anyone said it directly...but  
because of

How things always turned out  
You start wishing you could disappear for a  
while

Not to run away, but just to keep feeling like  
you are in the way. To stop feeling like  
everything would be lighter if you were not  
there



But even in that pain, there's a truth you  
rarely tell yourself.

You were never trying to hurt anyone.

You were just trying to belong

And maybe...just maybe...you deserve a  
place where you don't feel like a burden- but  
like someone who matters.

By,  
Lhasang Tamang  
GNM 3rd Year



# Conscience

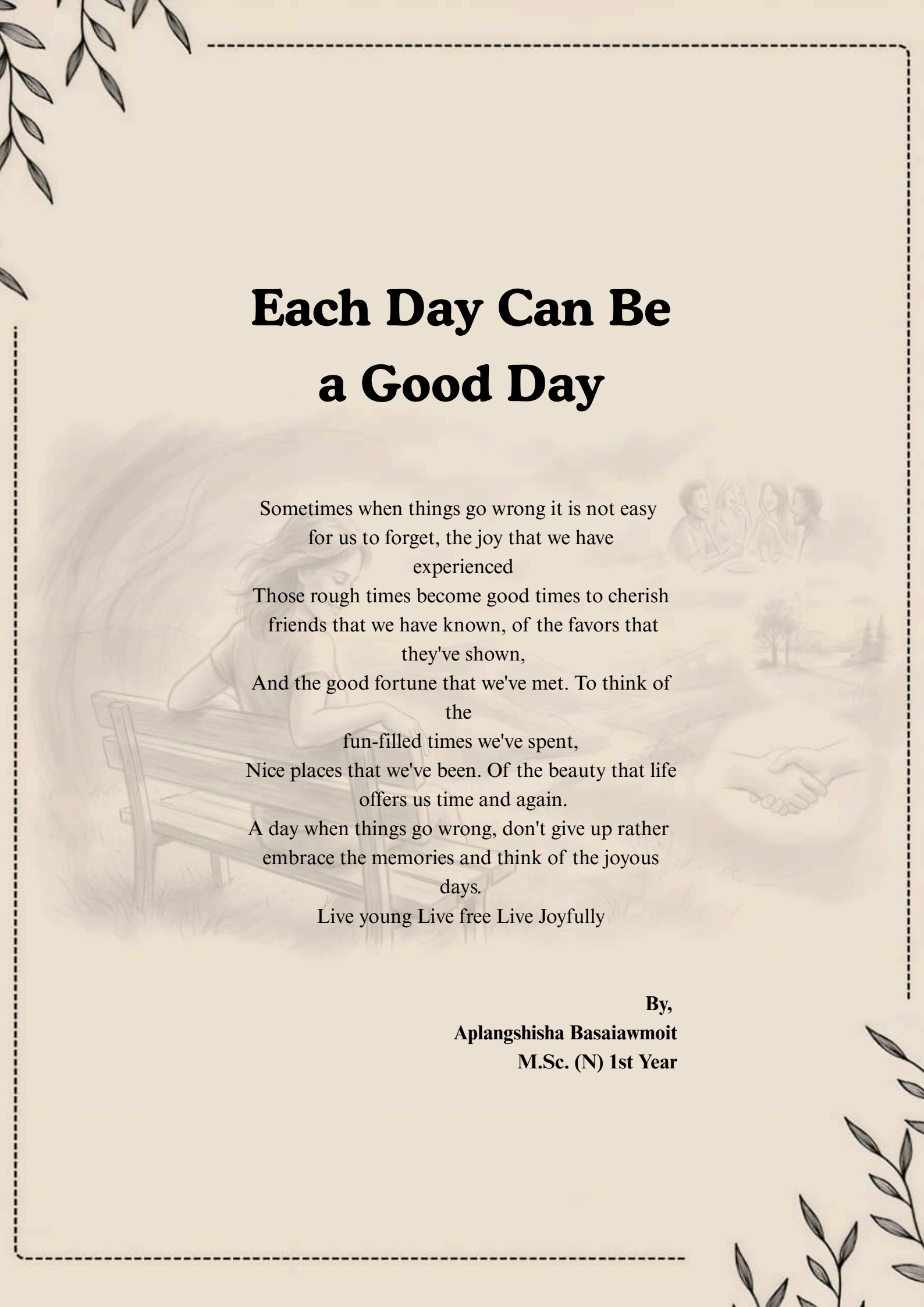
Your eyes might lie to you  
Might your ears lie as well.  
It wouldn't be much of a shock,  
If your lips are lying along .  
Your heart and your mind  
might never seem to sync,  
And your thoughts changing  
With every passing blink.  
Here, you can trust your inner voice!  
As shall it never lie.  
The voice of your conscience.

By,  
**Roohana Salim**  
B.Sc. (N) 7th Semester






# Each Day Can Be a Good Day



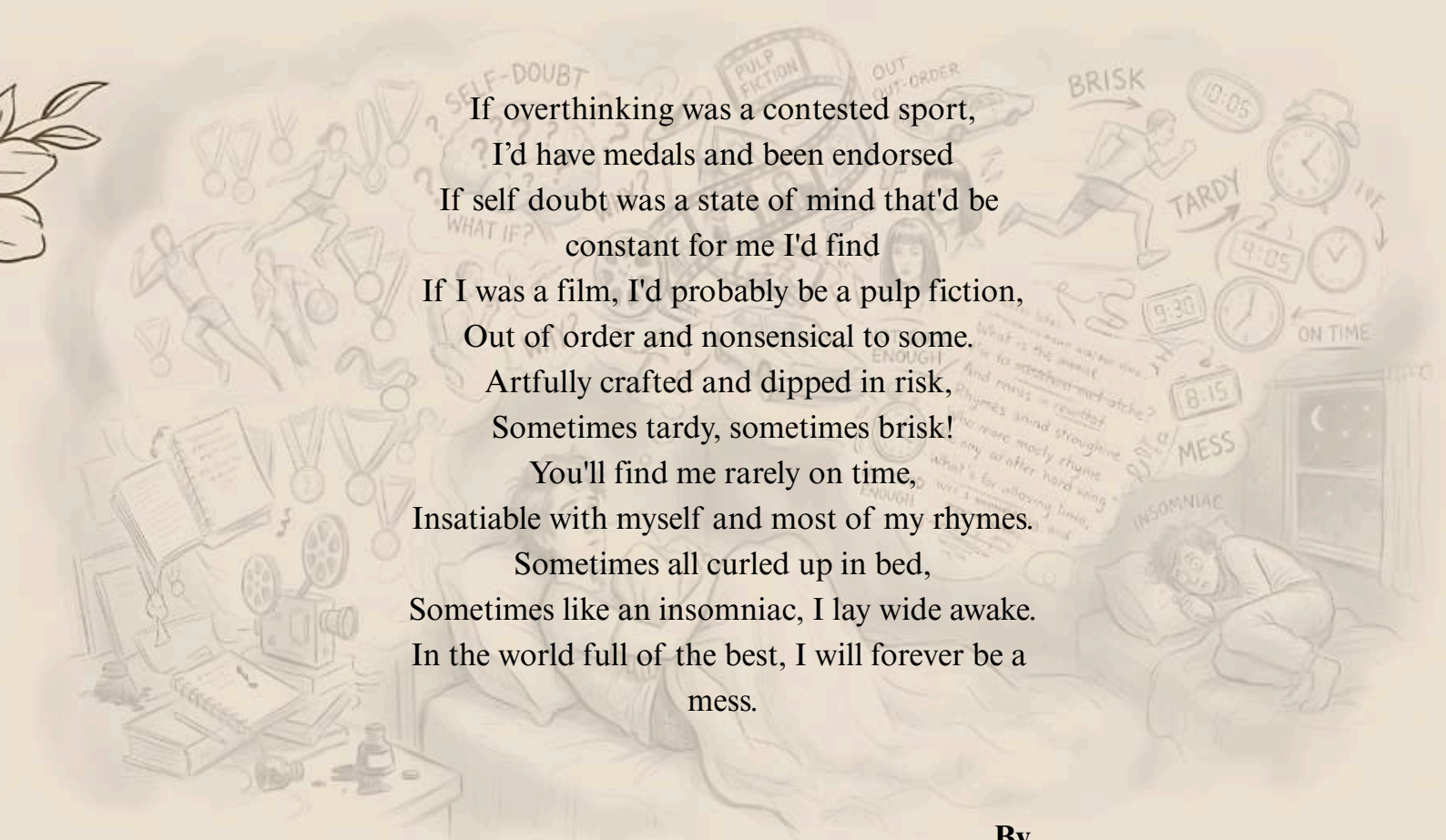
Sometimes when things go wrong it is not easy  
for us to forget, the joy that we have  
experienced  
Those rough times become good times to cherish  
friends that we have known, of the favors that  
they've shown,  
And the good fortune that we've met. To think of  
the  
fun-filled times we've spent,  
Nice places that we've been. Of the beauty that life  
offers us time and again.  
A day when things go wrong, don't give up rather  
embrace the memories and think of the joyous  
days.  
Live young Live free Live Joyfully

By,  
**Aplangshisha Basaiawmoit**  
M.Sc. (N) 1st Year






# Shades of Me



If overthinking was a contested sport,  
I'd have medals and been endorsed  
If self doubt was a state of mind that'd be  
constant for me I'd find  
If I was a film, I'd probably be a pulp fiction,  
Out of order and nonsensical to some.  
Artfully crafted and dipped in risk,  
Sometimes tardy, sometimes brisk!  
You'll find me rarely on time,  
Insatiable with myself and most of my rhymes.  
Sometimes all curled up in bed,  
Sometimes like an insomniac, I lay wide awake.  
In the world full of the best, I will forever be a  
mess.

By,  
**Madhurima Mandal**  
M.Sc. (N) 1st Year





# A Letter to My Mom

Mom, as I look back on the year,  
I begin to understand.  
All my life, you have loved me,  
Only as a mother can.

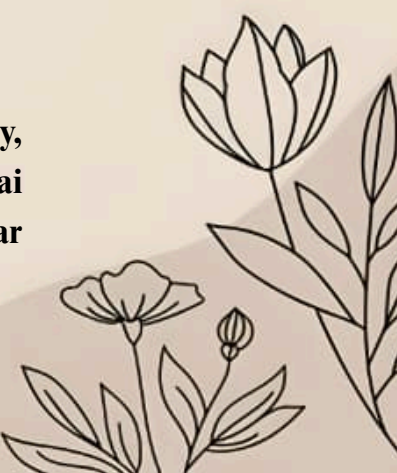
How do I put my love for you in a sentence?  
Words would never been enough.  
The one who has pulled me through,  
When life felt more than tough.

You filled my life with rainbow lights,  
Fairy tales and sweet dreams nights.  
Through every joy, through every tear,  
You stand beside me and always near.

I need to let you know mom how much  
You really mean to me,  
So I am telling you now  
You mean the world to me.

When God gave me to you,  
That's the best thing He could ever do.  
So, this poem is dedicated to you, because  
I don't know how else to say thank you.

By,  
**Sushma Rai**  
M.Sc. (N) 1st Year



# Story of Nurses

Her eyes have grown dark with tired nights,  
soft shadows where sleep once lived.

Lines now rest upon her face,  
not from age, but from endless care.

She forgets to look at herself,  
always busy looking after others  
checking their sleep,  
caring for their skin,  
holding their minds together.

She remembers everything about them,  
but slowly forgets herself.

Once, she was just a woman  
full of light, full of beauty.

Now, she stands strong and silent,  
carrying pain no one sees.

Somewhere along the way,  
she forgot she is human too.

Yet even now,  
there is beauty in her  
not just in her face,  
but in her heart.

Because she is a nurse

By,

Jayashree Das

M.Sc. (N) 2<sup>nd</sup> Year

Once, she was just  
a woman full of light.

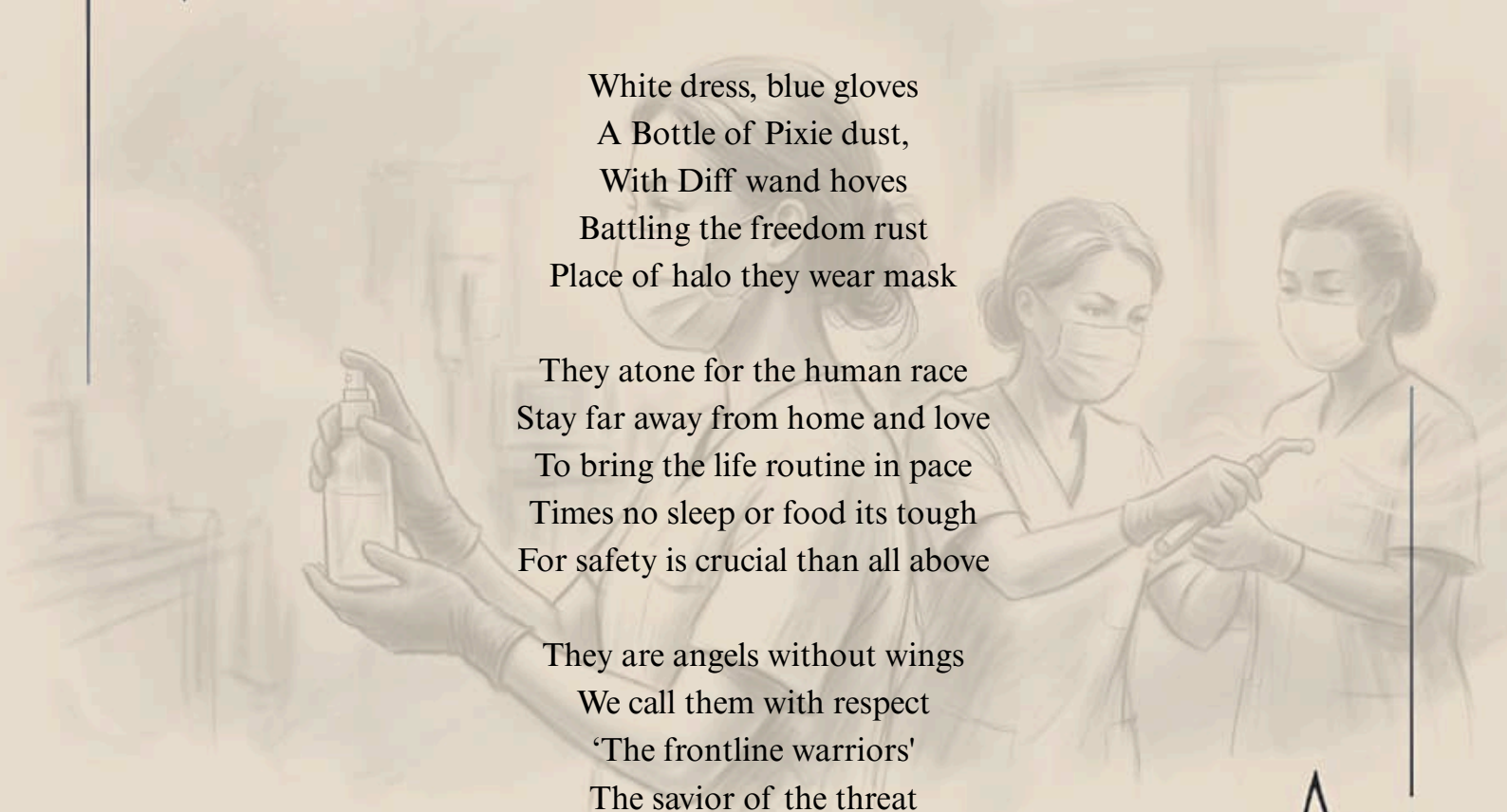
Carrying  
pain no  
one sees.

forgetting herself.



---

# The Frontline warriors




White dress, blue gloves  
A Bottle of Pixie dust,  
With Diff wand hoves  
Battling the freedom rust  
Place of halo they wear mask

They atone for the human race  
Stay far away from home and love  
To bring the life routine in pace  
Times no sleep or food its tough  
For safety is crucial than all above

They are angels without wings  
We call them with respect  
'The frontline warriors'  
The savior of the threat


By,  
**Roohana Salim**  
B.Sc. (N) 7th Semester



---



# When the Moon followed us home...



There was a time when life did not rush,  
when evenings stretched like soft  
lullabies, and worries did not know our  
names.

Childhood...

Where happiness lived in the  
smallest corners, industry streets, in  
scraped knees, in laughter that  
echoed without reason.

The streets were not just roads,  
they were stories filled with  
running footsteps, hide and seek  
secrets, and voices calling us home  
after the stars arrived.

The nights, oh the nights,  
They were not dark, they shimmered.  
Fireflies danced like fallen stars, and we held  
them gently as if we were holding magic.

The moon felt  
closer then, like a  
quiet friend  
walking beside us.

We believed it  
followed us home,  
and maybe it really  
did.



Even when the  
lights flickered  
away, the world  
never felt dim  
because our hearts  
were lit with  
something far  
brighter.

Now everything has changed...  
The streets are quieter, the nights feel heavier, and  
time moves faster than we can hold.

We grew...  
but somewhere along the way,  
We left behind that carefree soul who found joy in  
nothing, yet had everything.

And deep inside,  
through all the noise of becoming, there is a silent  
knowing.  
That peace, that pure untouchable  
happiness still lives in those  
golden days, where the moon  
bloomed softly  
and life felt like forever...

By,  
**Anisha Kapoor**  
M.Sc. (N) 1<sup>st</sup> Year





SMILES.  
GIGGLES.  
GOOD TIMES!

# LAUGHING OUT LOUD

BECAUSE  
LIFE IS  
BETTER  
WITH LAUGHTER!



- Why did the teacher wear sunglasses?  
Because her students were so bright!

- I asked my books what they think about exams...  
They said, "We're overbooked!"

- Why was the math book sad?  
Because it had too many problems.

- What did the plate say to the other plate?  
Dinner is on me

- Teacher: "Why are you late?"  
Student: "Because of the sign."  
Teacher: "What sign?"  
Student: "The one that says 'School Ahead, Go Slow!'"

- Teacher: "What is the chemical formula for water?"  
Student: "HIJKLMNO!"  
Teacher: "What?!"  
Student: "Because you said it's H to O!"

- Why was the equal sign so humble?  
Because it knew it wasn't less than or greater than anyone

- My brain during exams:  
"I definitely studied this..."  
Also my brain: "But I won't tell you where."





**LET'S  
LEARN**



**SOMETHING**

**NEW**



**DISCOVER.  
EXPLORE.  
GROW!**



- 
- 
1. Music has the ability to repair brain damage as well as return lost memories.
  2. Stomach acid is strong enough to dissolve stainless steel.
  3. Ants never sleep. Also they don't have lungs.
  4. The average human eye has enough resolution to process images at 576 megapixels.
  5. A human produces enough saliva throughout their life to fill two swimming pools.
  6. You are taller in the morning than you are at night.
  7. When you blush, the inside of your stomach does too.
  8. One quarter of your bones are on your feet.
  9. Fire has no shadow.
  10. Rain has vitamin B12.
  11. Ants compute. They count their steps so they can find their way back to their nest.
  12. Lemons contain more sugar than strawberries.
  13. Your nose and ears never stop growing.
  14. You can't tickle yourself because your brain predicts your movement and cancels the surprise.
  15. Fish can cough.
  16. Dolphins have names for each other.
  17. Teeth are the only part of the body that can't heal themselves.
  18. Human glow in the dark (too dim to see).
  19. Your eyes can distinguish about 10 million colors.
  20. Your brain can store the equivalent of 2.5 million GB of memory.



# CANVAS

# Stories

EXPRESS. CREATE. INSPIRE.

*Where imagination  
takes shape and colours  
tell stories beyond words.*



Every canvas  
is a new page,  
every stroke  
a new story.



Art Diary of Ms. Nikita Baruah, B.Sc. (N) 5th Semester



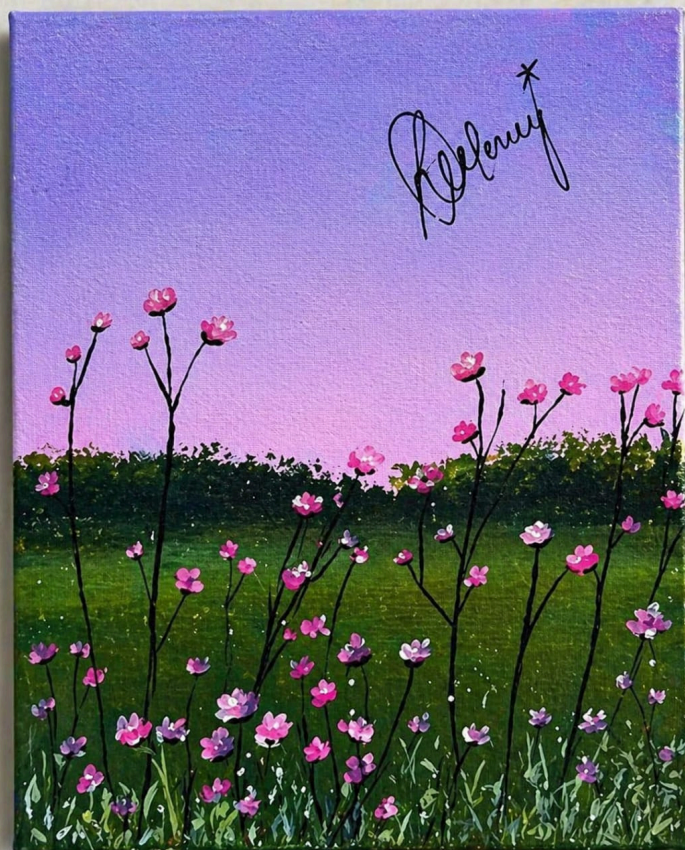


**Art Diary of Ms. Semina Khanam, B.Sc. (N) 5th Semester**

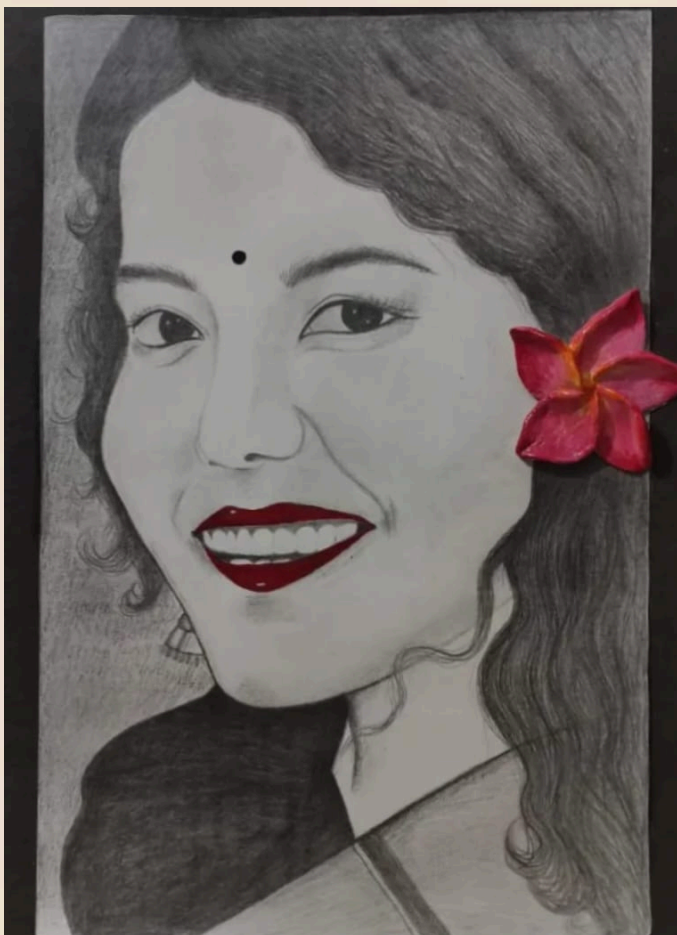
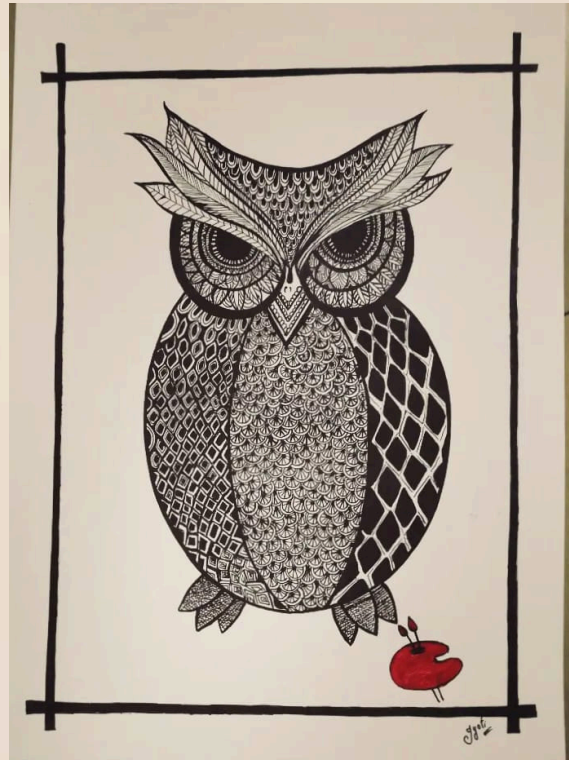




Art Diary of Ms. Dulley Kampi P.B.BSc(N) 1st Year



Art Diary of Jyotirmoyee Bezbaruah P.B.B Sc (N) 1st Year



Art Diary of Bhumiya Kalita P.B.B Sc (N) 2nd Year



## FROM THE DESK OF OUR ALUMNI

**SAYANIKA NEOG**



CPMS College of Nursing is a reliable institution for nursing education, offering good academic guidance and practical training that prepares students for professional responsibilities in the healthcare sector. As a former student of CPMS College of Nursing, I had a meaningful and enriching learning experience throughout my course. The faculty members were supportive, knowledgeable, and always willing to guide us in both academic and clinical areas. Their teaching helped me build a strong foundation in nursing concepts.





## **SURANJANA CHETIA**




PEWS Group of Institutions is a reputed educational group comprising three major departments: CPMS College of Nursing, College of Physiotherapy and Medical Science, and PEWS College of Paramedical Science. The institution is committed to providing quality education and professional excellence across various healthcare disciplines.

I joined CPMS College of Nursing in 2023 for the Post Basic B.Sc. Nursing course, and I am proud to say that I successfully completed the program in the year of 2026. My experience at the college has been truly enriching and memorable.

The faculty members are highly supportive, knowledgeable, and dedicated to nurturing students both academically and professionally. Their guidance played a crucial role in shaping my skills, confidence, and overall development in the field of nursing.


The college also provides valuable exposure to various job opportunities, helping students take confident steps toward their professional careers. I am grateful for the learning environment, encouragement, and opportunities that CPMS College of Nursing has provided me.

I will always cherish my time at this institution and carry forward the knowledge and values I gained here into my future endeavors.






**BABI BORO**



The faculty in the CPMS college of nursing are highly knowledgeable and offer great mentorship during practical sessions. The college has excellent ties with reputed hospitals.

There is a vibrant and inclusive culture with many opportunities for extracurricular engagement and creative projects.

Highly recommended institution for those seeking high standards of nursing education and real world hospital experience.





## ANANYA SAHA




I am pleased to share my feedback regarding my four years of study in the B.Sc. Nursing program at CPMS College of Nursing under the PEWS Group of Institutions.

My experience at the college has been highly enriching and professionally rewarding. The institution provides a strong academic foundation supported by a well-structured curriculum that integrates both theoretical knowledge and practical skills essential for nursing practice. The faculty members are knowledgeable, approachable, and dedicated to guiding students toward academic excellence and clinical competence

The college offers adequate clinical exposure, which has greatly contributed to the development of my confidence and skills in patient care. The practical training in various healthcare settings has helped me understand real-world nursing responsibilities and improve my critical thinking abilities

Additionally, the institution maintains a disciplined and supportive learning environment that encourages personal and professional growth. Various co-curricular and extracurricular activities have also contributed to enhancing communication skills, teamwork, and leadership qualities.

Overall, my journey at CPMS College of Nursing has been a valuable and transformative experience, preparing me to take on the responsibilities of a professional nurse with competence and compassion.





# ECHOES OF THE PAST A WALK THROUGH MEMORY

20th ANNUAL COLLEGE WEEK, 2026



**PRIZE DISTRIBUTION CEREMONY ORGANIZED BY PEWS GROUP OF INSTITUTION, 2026**



# CULTURAL DAY, UTOPIA, 2026





# GLIMPSES OF UTOPIA, 2026 (MAIN EVENT)





**WORKSHOP ORGANIZED BY M.Sc. NURSING 2ND YEAR, DEPARTMENT OF MEDICAL SURGICAL NURSING, CPMS COLLEGE OF NURSING.**  
**Theme: "Mastering ECG: From lead placement to Rhythm Interpretation"**



**WORKSHOP ORGANIZED BY M.Sc. NURSING 2ND YEAR, DEPARTMENT OF OBSTETRICS AND GYNECOLOGICAL NURSING, CPMS COLLEGE OF NURSING.**  
**Theme: "Maternal Mental Health: Evidence-Based Approaches and Holistic Care in Obstetric Practices."**



# BULLETIN BOARD

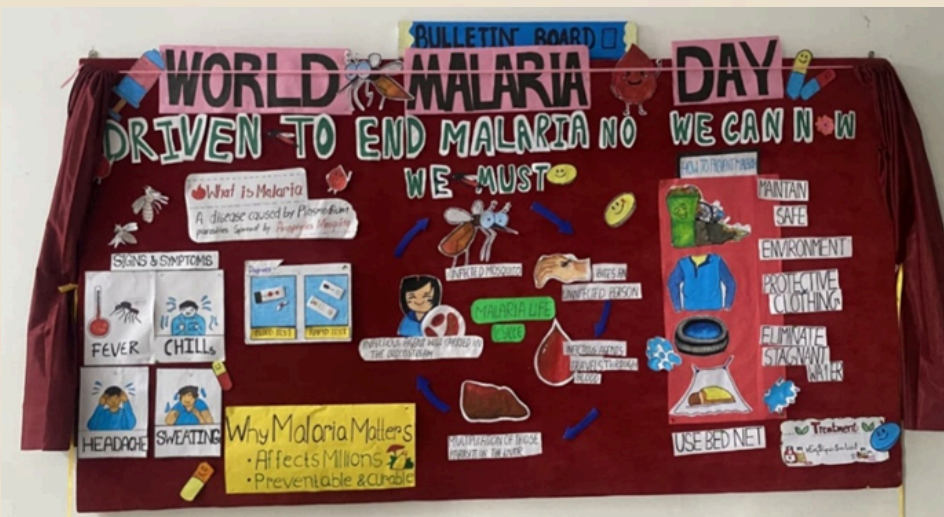
WORLD HEALTH DAY, 7th APRIL, 2026 PREPARED BY  
STUDENTS OF B.Sc. (N) 4th YEAR



WORLD EARTH DAY, 22nd APRIL, 2026 PREPARED BY STUDENTS OF B.Sc. (N)  
7th SEMESTER



WORLD MALARIA DAY, 25th APRIL, 2026 PREPARED BY STUDENTS OF B.Sc. (N)  
7th SEMESTER



# STUDENTS OF CPMS SCHOOL/ COLLEGE OF NURSING



**ANM 1st YEAR**



**ANM 2nd YEAR**



**GNM 1st YEAR**



**GNM 2nd YEAR**



**GNM 3rd YEAR**



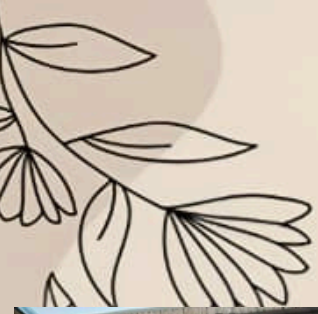
**B Sc. (N) 2nd SEMESTER**



**B Sc. (N) 4th SEMESTER**



**B Sc. (N) 5th  
SEMESTER**



**B Sc. (N) 7th SEMESTER**



**B Sc. (N) 4th YEAR**



**P.B.B Sc. (N) 1st YEAR**



**P.B.B Sc. (N) 2nd YEAR**





**M.Sc. (N) 1st YEAR**



**M.Sc. (N) 2nd YEAR**

# Faculties of CPMS College of Nursing





धन्यवाद



Thank You!

