

CHRISTIAN INSTITUTE OF HEALTH SCIENCES AND RESEARCH, DIMAPUR



MONTHLY NEWSLETTER

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CHRISTMAS MESSAGE



Christmas – good tidings of great joy!



I love the season. I love my family coming together at Christmas. I love the music of Christmas. I love seeing happy faces on everybody at Christmas. I love the Christmas feasts. Most of all I love Christmas because it is a festival that has much greater and deeper meaning than just feasting together with songs, new clothes and great food. It is the celebration of the birth of the Redeemer of mankind. It is true that 25th December is a doubtful date of His birth. It is also true that the Scripture has made no mention to celebrate the birth day of the Saviour. And yet personally I am very happy in celebrating Christmas commemorating the incarnation of God on earth to redeem us all. I always look forward to it like a child.

The Scripture tells us that “He came in the likeness of man, making Himself of no reputation, taking the form of a servant ...He humbled Himself and became obedient to the point of death, even the death of the cross” (Phil.2:7,8) and “ though He was rich, yet for your sake He became poor, that you through His poverty might become rich.” (2 Cor. 8:9). From His birth in a lowly manger to His death on the cruel cross till He could pronounce “It is finished”, He was at it voluntarily and by choice stuck to the objective of redeeming all of us and making us spiritually rich. At no point of time in His life on earth would He seek His own comfort – even the foxes and birds were more comfortable than Him. He was the perfect servant leader. “The true greatness of anyone lies in his willingness to serve others to the utmost” says Dr. Laji and praise be to God, this is what we see in Jesus Christ whose birth we celebrate at Christmas.

At His birth, the angel of the Lord declared to the shepherds in the country side “ Do not be afraid, for behold, I bring you good tidings of great joy which will be all people”. (Luke 2:10). Indeed it is for all people and not the Jews only. What is that good tidings of great joy? The Saviour Himself would clarify it saying He “did not come to be served, but to serve, and to give His life a ransom for many” (Mark 10:45). The Apostle John also says “For God so loved the world that He gave His only begotten Son (Jesus of Nazareth), that whoever believes in Him should not perish but have everlasting life.” (John 3:16). John further added that “as many as received Him, to them He gave the right to become the children of God, to those who believe in His name”. (John 1:12). Not to be fearful, to be ransomed, to have everlasting life, to be a child of God! Further to be led by the Spirit to live a life of love and holiness and to have a sure hope in heaven! What greater tidings of great joy for all people could there be?

(Dr. Viu Meru, Community Health)



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You may submit your suggestions/contributions for the forthcoming issue to the office of PS to Director

Or

Email to psdirector@cihsr.in

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EMPLOYEE FEATURE

Dr. Leishiwon Kumrah



In this edition of our newsletter, we are featuring **Dr Leishiwon Kumrah** a senior consultant in the department of Dermatology .As a mother of three children, a homemaker & wife, Dr Leishiwon shoulders many responsibilities & yet she is one of the most sought after, distinguished dermatologist & cosmetologist in Nagaland. This is evident in her brilliant academic performance. Right from the 1st year MBBS until her final year she had secured the 1st position, and was also a gold medalist in her 3rd year & final year MBBS. In addition, she was awarded the best outgoing student at Regional Institute of Medical Sciences, Imphal.

Post MBBS, she had worked at the All India Institute of Medical Sciences, New Delhi as Junior Resident (Non-Academic) for 12 months. She completed her MD (Dermatology & Venereology) from the All India Institute of Medical Sciences, New Delhi in May 1996.

After completing her post graduation she worked at CMC, Vellore as a Lecturer & also at Bethel Medical Centre, Kohima as a Dermatologist & as an Ultrasonologist.

She is a professional member of the Indian Association of Dermatologist, Venereologist & Leprologist and the Indian Association of Cosmetic Laser Surgeons. She has presented papers in different conferences & published several articles in medical journals/magazines. The cosmetology department has the exception of being a state of the art department with one of the best equipped services in the northeast in India. The dermatology department, on a regular basis, also provides consultation services to other mission hospitals through telemedicine.

In addition to her busy schedule as a dermatologist she also manages the Ultrasound.

(By: Ms. Thingngamphy Vashum, HR)





CONTRIBUTIONS FROM STAFF

Christian Fellowship - Dr. Nirmal Tudu

Christians are mentioned as humble sheep in the Bible. And sheep are always seen in a flock. Remaining separated from the flock can result in harm to the life of the sheep because it does not have any major protective power. The sheep has to depend entirely on the shepherd for guidance and protection. We like the sheep, need to learn to be humble and dependant on the Good Shepherd (Jesus Christ) and also need to remain in a fellowship. Fellowship is a place where Christians (believers) meet regularly and encourage one another to be in the faith. Meeting together regularly for Bible studies and prayers can have a tremendous positive impact in one's life and it also encourages others. But sadly, many fall into the trap and do not realize the need to be in a fellowship. On the other hand, laziness, negligence, pride, self-centeredness etc. hinders one from being diligent in seeking the LORD and obeying His commandments. Each believer has a role to play in a fellowship. If someone thinks he/she is strong in the faith, then he/she ought to come to fellowship to share the richness of blessings he/she has received and encourage and enrich others with biblical truths. On the contrary, one has to humble one self and make it a point to come to the fellowship and learn and grow in spiritual knowledge and wisdom. It only requires taking a conscious decision to be in the fellowship of believers and continue to grow in the LORD.

Ours is a Christian Institute and we have regular fellowships, Bible studies and prayer meetings in the campus throughout the week. You are most welcome to join any of the following activities mentioned below. Let us be united in Christ Jesus and carry one another's burden and continue in the fellowship. Let us not be found sleeping but walking diligently in the faith (Ephesians 5:14-16).

Bible verses to reflect – “Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.”

Hebrews 10:24-25 (NIV).

Weekly regular activities in our campus

Sunday, 5:00 pm – Worship service at chapel

Wednesday, 6:30 pm - Staff quarter Bible study

Thursday, 6:30 pm – Women's Bible study

Thursday, 8:30 pm – Library Bible study

Friday, 6:30 pm – Prayer meeting



HUMUROUS QUOTES:

The deathbed can lead people to speak with great honesty and, in many cases, humor. This is a list of last words by famous people.

Pardon me, sir, I did not do it on purpose. *Said by Queen Marie Antoinette after she accidentally stepped on the foot of her executioner as she went to the guillotine.*

Now why did I do that? *Said by: General William Erskine, after he jumped from a window in Lisbon, Portugal in 1813*

It's stopped! *Said by Joseph Henry Green, upon checking his own pulse.*

Tomorrow, I shall no longer be here. *Said by Nostradamus*

Now, now, my good man, this is no time for making enemies. *Said by Voltaire when asked by a priest to renounce Satan.*

Did you know?

Consecotaleophobia- Fear of chopsticks
Nosocomophobia – Fear of hospitals
Ablutophobia- Fear of washing or bathing
Genophobia- Fear of knees
Venustraphobia- Fear of beautiful women

(by: **Orentsani Kithan**)

EMPLOYEE BIRTHDAYS IN DECEMBER

You're not getting older, you're getting better! And you are wished the finest things in life today & always.

We wish you a **'HAPPY BIRTHDAY!'**

Zekolo Letou Koza	04- Dec	Pf Maneni	14-Nov
Cecilia Katasi	08-Dec	Idazeule Hegeu	15-Dec
Bilashini Dinam	08-Dec	Akumtoshi	17-Dec
Temsusongla Jamir	11-Dec	Afong Walling	17-Dec
Moainla Imchen	06-Dec	Sedevi Angami	24-Dec
Eloni Kayina	12-Dec		

Congratulations to the new parents and their families!

Mr. Ajaya Maharana, Mr. Adaikalam, Mrs. Bendanginla, Mrs. Yampvulo

JOKES: 😊

Top Three things you don't want to hear in a surgery!!!

1. Don't worry. I think it is sharp enough.
2. Damn! Page 84 of the manual is missing!
3. Whoa! Wait a minute, if this is his spleen, then what's that?!

QUOTATIONS

"Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing".
Abraham Lincoln.

"I respect faith, but doubt is what gets you an education".
Wilson Mizner.

"Before God we are all equally wise – and equally foolish".
Albert Einstein.

"Life isn't simple but the beauty of it is, you can always start over. It'll get easier".
Alacia Bessette.

"To love and be loved is to feel the sun from both sides".
David Viscott.

(By: **Pelezoto Pius Kikhi**)



RECENT HAPPENINGS AT CIHSR

JULY

9th July, 2011- Dedication of new Private Ward at CIHSR



A short dedication service was held in the presence of the Hon'ble Health Minister, Mr. Kuzholuzo Nienu. The building has 89 rooms including 6 suites on the ground floor. The ward will have its own Canteen facility on the ground floor.

The General Body Meeting of the CIHSR society was also held on the same day.

AUGUST

4th: The CIHSR Local Support Committee meeting



The meeting began with a prayer by Ms. Narola from Nagaland Baptist Church Council. Two new members were nominated into the Committee. Dr. Abraham Joseph, Director- CIHSR gave a presentation on the past, present and future of CIHSR. The Committee also took the decision to meet once a year. The closing prayer was said by Rev. L. Bizo.

17th: 2 year Diploma in Radio diagnosis Technology (CMAI recognized)-The first batch of students began their classes on the 17th of August.

28th: Hospital Assistants' recruitment- There were 112 applications received, out of which 50 were selected. After undergoing three month training cum learning period, they will be absorbed into the CIHSR family depending on their performance during the training period.

SEPTEMBER

8th ~9th :Appreciative Enquiry Workshop

A 2 day workshop by CMAI on healthcare policy for HIV patients and caregivers was conducted at the 6th Floor STRC Building.

10th: Inspection of College of Nursing by Nagaland University

A three member team visited the CIHSR campus to inspect various facilities for affiliation of the College of Nursing with the University. Approval of the University has been received.

27th & 28th: College of Nursing, CIHSR

After inspection on 14th & 15th July by the Indian Nursing Council, the College has received approval of the Council to admit 20 students into the Post Basic BSC (PBBSC) and 30 students into the General Nursing & Midwifery (GNM) courses for the academic session 2011-2012.

A total of 32 applications were received for the PBBSC course from various parts of the north east. After a rigorous round of written, practical tests and viva voce conducted on the 27th and 28th September, 18 were selected for admission into the course. This is the first nursing course under the College of Nursing at CIHSR.

The GNM course is expected to begin in January 2012. Application for admission is now open; the last date for submission is 20th December 2011.

Both courses have also been approved by the Assam Nursing Council.



OCTOBER



Oct 22-Nov 19 : CIHSR Annual Sports Meet

The Annual sports meet was inaugurated by Dr. Abraham Joseph. The staff was divided into four groups – Macedonian, Titans, Spartans and Trojans. Volley ball, Badminton, tug of war, slow bicycling and Football were the games played in the Sports Meet. The Spartans emerged as the overall champion for 2011.

NOVEMBER



19th & 20th: Retreat with Dr. Kuruvilla Varkey

This year's retreat for the Senior Consultants and other senior staff of CIHSR was led by Dr. Kuruvilla Varkey. Other participants included Dr. Susan and Dr. George Varghese.

17th: Inauguration of the ARSH Clinic



Under the public private partnership venture under NRHM, an the Adolescent Health Clinic on 17th November 2011. Dr Leishiwon during the inaugural stated that the clinic aims to address the issues related to adolescents by providing youth friendly environment & staff.

22nd: Inaugration of new X-ray, DMV and Holter Room



The new X-Ray room was inaugurated by Dr. Kuruvilla Varkey.

24th : Thanksgiving / Foundation Day Service



The evening's function opened with a prayer by Dr. Viu Meru. The Director's message was read out by Dr. Atsung Aier as the Director was away in Vellore. Dr. Sedevi Angami also presented the Medical Superintendent's report. Their messages provided an insight into the past, the present and the future of CIHSR. Dr. George Varghese was the main speaker. It event was well attended by well wishers from outside, the CIHSR local support group members, the Diphupar youth and also the CIHSR staff.



NEW STAFF

We hope that your career here will be a gratifying one and we look forward to having the best relations with all of you.



Dr Bendangtoshi Jamir (MS) Obstetrics & Gynecology completed his MBBS & Post graduation from Regional Institute of Medical Sciences, Imphal in 2003 & 2010 respectively. Post MBBS, Dr Bendangtoshi had worked as a Medical Officer at District Hospital, Kiphire for 32 months & post PG studies, he worked with the Department of Health & Family Welfare, GoN, Kiphire as Junior Specialist for 11 months.



Dr Zhokhosa Rhakho, from Chetheba town, Phek district has joined CIHSR as a Medical officer. Having completed his MBBS from Bankura Sammilani Medical College, Bankura, West Bengal in 2008, Dr Zhokhosa worked in Bethel Medical Centre for 17 months & with the NRHM, DTCR, Kohima for just 2 months.



Miss Khumjanbeni Murry, from Wokha town has joined CIHSR as a Staff Nurse. She completed her MSc Nursing (Psychiatry) this year from the College of Nursing, CMC, Vellore & her BSc (Nursing) in 2006 from Regional Institute of Paramedical and Nursing, Aizawl.

She had a brief stint at Makunda Christian Leprosy & General Hospital, Assam for 24 months as a Nurse & finally as the Nursing Superintendent.



Miss Ramneimoi Varte (BSc Nurse) hailing from Moreh, Chandel District, Manipur has joined the institute as a staff Nurse. Having completed her BSc Nursing from Aditya College of Nursing, Andhra Pradesh in 2010, worked at Medanta-The Medicity, Gurgaon for a brief stint.



Khriekesonuo Zumvü (Kohima) completed her Diploma in GNM from School of Nursing, Dr Imkongliba Memorial District Hospital, Mokokchung in 2008. Prior to joining CIHSR, she had worked at Bethel Medical Centre, Kohima for two (2) years.



Y Kezevinuo (Dimapur) completed her Diploma in GNM from School of Nursing, Civil Hospital, Mokokchung in 2002. Prior to joining CIHSR, she had worked at Bethel Medical Centre, Kohima for almost nine years (6 years in OT & 2 years in ICU).



Martha Phaomei (Imphal) completed her ANM from School of Nursing, Kangpokpi, Christian Hospital, Manipur in 2010.



K Mughatoly from Pherima town now settled in Dimapur, completed her ANM from School of Nursing, Tuensang in 2008. She had worked at Elpis Home (Community Care Centre), Dimapur as a Nurse for 2 years.



Miss V Hetoli a post graduate in Economics from the Annamalai University has joined CIHSR as Front Desk Assistant on 16th September, 2011.

(New staff details to be continued in the next issue)

MERRY CHRISTMAS TO ALL!

