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## WORK CAMP AT SEITHEKEMA BAWE (OLD) VILLAGE

25<sup>th</sup> - 27<sup>th</sup> November, 2011



We started our journey to Seithekema old village from CIHSR at 9:00 am with a word of prayer and sang songs all the way till we finally reached the quaint and picturesque village by 9:40 am. There we were divided into three groups for the three days as stewards. We had tea and proceeded to our designated places for settling down with our luggage. At around 10:35 am we gathered at the Seithekema Bawe Baptist Church and started the 1<sup>st</sup> Session of “Faith Talk” on the topic “Christian Relationship” by Dr. Kuruvilla George. Right after lunch we set out to work on building the bamboo steps for the church. With great enthusiasm we all participated in the work. By 5:30 pm, we congregated at the church for the 2<sup>nd</sup> session on Faith talk which was on “10 points to avoid and 10 points to develop for good relationship”, by Dr. Kuruvilla George.

We started the 2<sup>nd</sup> day with breakfast followed by morning devotion led by Dr. Viu Meru in which he briefly talked about ‘Devotion’ – ‘meditating’, focusing on God with the help of the Scripture. As the group assigned for the kitchen busied themselves in preparing lunch, the rest of us went to the jungle which was about 2-3 kms away to collect bamboo for the construction of the church steps which was finally over by the evening with active initiation from Dr. Viu Meru and Madam Emi Humtsoe. We inspected our finished work and we all agreed, “It is good!” The evening session “Action Talk” was led by Dr. George Varghese (Dr. Laji) in which he talked about “Pillars of Relationship”, viz.; Love, Respect, Trust, and Understanding. The post-dinner “Action Talk” discussion started at 6:30pm in the dining room. Dr. Laji based the talk on Luke 6:43. We learnt that God gives us the choice to be what we are – “good”/ “evil”. Then in the later part of the discussion, we had some interaction where we learnt that our choice of being good or evil affects our relationship with those we meet, interact or live with.

On the third day of the camp, we had a lovely combined service with the Seithekema village Baptist Church with Dr. Laji sharing from the word of God and us filling the church with our melodious voices as we sang, “What a friend we have in Jesus”. We were served a delicious lunch by the villagers in which the village Pastor and Deacons also joined. After Dr. Viu pronounced the thanksgiving prayer, we headed back to CIHSR campus.

Half way back home we stopped to explore the Patkai waterfall which was on the way from Setheikema village to Patkai Christian College, located some distance from the main road. The “some distance” turned out to be a little hazardous for some of us from the plains but nothing could dampen our spirits and with all our cuts and bruises we reached the waterfall to have our breaths taken away. We enjoyed the cool water and the romantic environment and with great reluctance made our way back to the bus. We were breathless but this time, with exhaustion! As our bus made its way to the campus, we had a lot to say about our trip, which will not be forgotten for a long time.

**Compiled by, Anthony Horo, Lanusen Pongen and Bendangtamsula, 1st year PBBSC nursing.**

## **“YOUTH”**

**Samuel Ullman**

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity of the appetite, for adventure over the love of ease. This often exists in a man of sixty more than a boy of twenty. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether sixty or sixteen, there is in every human being's heart the lure of wonder, the unfailing child-like appetite of what's next, and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at twenty, but as long as your aerials are up, to catch the waves of optimism, there is hope you may die young at eighty.

(Contributed by: Dr. Leishiwon Kumrah)

**ABOUT US**

*In saving and serving life  
We have a positive & definite role,  
Helping in proper diagnosis and treatment  
is our commitment & true goal.  
We work in the department of Radio  
diagnosis  
It's an essential & important part of CIHSR  
It's equipped with units of latest  
technology  
Whether DSA, ULTRASOUND, CT.  
We are being led by persons  
Who possess some real power,  
Their greatness- they are geared up  
To guide us even at mid night hour.  
Every year, we try to improve  
And adopt this resolution  
To give best quality work  
By using minimum dose of radiation  
CIHSR is our mother organization  
That gives us strength and recognition,  
We should feel proud that,  
We belong to this noble profession.  
We should make our mind very clear  
Only from God we must fear,  
We will strive to wipe off  
And let no eye shed a tear.*

**Robert Alexander Burgess - Supervisor  
Radiology department**

**CONGRATULATIONS!!**

Best wishes to Zayieno Hibo, Rick Tain Sharma, Liza Awomi and Masarenla on their Weddings!

Congratulations Zuchobeni Jami on the birth of a baby girl! May your baby be blessed!

Congratulations Innainla Walling, Dr. Adahrii Moses, Dr. Sulanthung Kikon and Dr. Rohan Michael Ramesh on being selected for the Post Graduate studies at CMC Vellore.

Best wishes for the PG Course!!

*Recent happenings*

**College of Nursing:**

Jan 10~12, 2012- Written, practical and oral tests were conducted for 30 seats for the GNM course. The registration and admission have been completed on 16<sup>th</sup> January. Classes have begun from the 23<sup>rd</sup> January, 2012.

**Nursing Service:**

On January 20<sup>th</sup> and 21<sup>st</sup>, 2012: 5 GNM and 5 Bsc nurses were recruited into the CIHSR family.

## New staff



**Brahmacharimayum Ruhi Kumar Sharma** from Manipur has joined CIHSR as a Lab Technician on 1<sup>st</sup> October, 2011. Having completed his BScMLT from Regional Institute of Paramedical & Nursing Sciences, Aizawl, Ruhi worked in Greenwood Hospital, Aizawl followed by Baptist Christian Hospital, Tezpur.



**Elvis Kamei** from Manipur completed his DPharm from Regional Institute of Pharmaceutical Science & Technology, Agartala in 2011 & has joined us as a Pharmacist.



**Ms Genevive Thangal** from Manipur completed her ANM course, from School of Nursing; Kangpokpi Christian Hospital in 2011. She had joined our Nursing team on the 1<sup>st</sup> October 2011.



**Miss Tomuishim Charanga** from Manipur completed her ANM course, from School of Nursing; Kangpokpi Christian Hospital in 2011. She had joined our Nursing team on the 1<sup>st</sup> October 2011.



**Miss K Athisa Kayina** from Manipur completed her GNM course, from Kangleipak Medical & Nursing Institute; Imphal in 2008. She had joined our Nursing team on the 1<sup>st</sup> October 2011. Prior to joining CIHSR she had worked in Woodland Hospital, Shillong & Heema Hospital, Itanagar.



**Miss D Kholerou Linda** from Manipur completed her GNM course, from School of Nursing, Catholic Hospital; Borgang, Assam in 2010. She had joined our Nursing team on the 1<sup>st</sup> October.



**Miss Aosenla Walling** completed her GNM from the School of Nursing, Dr Imkongliba Memorial District Hospital, Mokokchung in 2008. Prior to joining CIHSR she had worked at Dimapur Hospital followed by Bangalore Baptist Hospital.



**Miss Anu Kalondi** a Commerce graduate from SD Jain Girls' College has joined CIHSR as a Billing Clerk.



**Parag Kumar Borah** is no stranger to the staff of CIHSR. He has returned to CIHSR & has joined the Laboratory Department as a Lab technician. We are happy to have him back.



**Miss Eneingu-u**, a graduate in Economics Honors from SD Jain Girls' College, from Toulazou village has joined CIHSR as Personal Secretary to the Principal, College of Nursing.



Dr. Tony Abraham Joseph-In its relentless mark towards providing healthcare of excellence CIHSR is truly elated to welcome **Dr Tony Abraham Joseph (MCh-Neurosurgery)** & **Dr Ancy Susan Thomas** who has now joined us full time since December 2011 & has assumed the role of a Consultant & Junior Consultant respectively. Having completed his MBBS & MCh-Neurosurgery from Christian Medical College, Vellore Dr Tony has worked in Mar Timotheus Charitable Hospital, Kerala as a Medical Officer, Sri Ramachandra Medical College, Chennai & CMC, Vellore in the capacity of Assistant Professor.



Dr Ancy completed her MBBS from Father Mullers Medical College, Mangalore, Fellowship in Emergency Medicine from St John's Medical College, Bangalore & Diploma in Clinical Pathology from Kasturba Medical College, Mangalore. Prior to joining CIHSR she had worked in the Department of Clinical Pathology at the CMC, Vellore

### EMPLOYEE BIRTHDAYS

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!'**

Rebecca Khumlo	01-Feb	Petevikhono	09-Feb
Pangchentula	01-Feb	Warnihring Bungsong	11-Feb
Sh Julie Pao	01-Feb	V Hetoli	13-Feb
Vimezhuno Sakhrie	02-Feb	C Chingai Konyak	16-Feb
C Lotus Kikon	02-Feb	Roland Kikon	18-Feb
Worlanso	03-Feb	Adazia Neli	18-Feb
Kevino Leigise	03-Feb	Komuha	19-Feb
Khamjailiu Panmei	03-Feb	S Vasanth Kumar	22-Feb
Robin Thambudorai	03-Feb	Elizabeth Humtsoe	23-Feb
Athia Neli	06-Feb	Tsungdenla Ao	24-Feb
Khriekesonuo	06-Feb	Betom Huidrom	25-Feb
Dandalu Sampath Kumar Naidu	06-Feb	Md Sahidul Islam	25-Feb
Nirmal Kumar Tudu	06-Feb	Shantidevi Hemam	26-Feb
Thelü Domeh	08-Feb-	Chinghoihvung Tombing	27-Feb
Aketoli V Chishi	09-Feb	Zayieno Hibo	28-Feb

### **Reflections :**

“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God”.

**Ephesians 2, 8.**

“Even in laughter the heart may sorrow and the end of mirth maybe grief”.

**Proverbs 14, 13.**