



MANIPAL COLLEGE OF NURSING  
MANIPAL  
(A constituent unit of MAHE, Manipal)

# MANIPAL SCHOOL OF NURSING

## MCON, MAHE, MANIPAL

*The Ability to turn good  
knowledge in to action*



**PRAJNA**  
2023 - 2024





**Padmashree Awardee Dr. T.M.A.Pai.**  
Our Founder

*'Educated And Enlightened Children Are An Asset Not Only To The  
Family But To The Whole Nation'.*

*- Dr. Tonse Madhava Ananth Pai*



# Manipal Academy of Higher Education, Manipal



**Dr. Ramdas M Pai**  
**Padma Bhushan Awardee**  
President and Chancellor



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**Dr. Sharath Kumar Rao K**  
Pro Vice Chancellor  
Health Science



**Dr. P. Giridhar Kini**  
Registrar



**Dr. Padmaraj Hegde**  
Dean  
KMC, Manipal



**Topper in GNM 2019 – 2022**



**Mr. Abhishek Kumar**

**Best out going Student**



**Mr. Prasad  
2019-2022**

**Academic Toppers 2022-2023**



**Ashwitha Nayak  
1st year**



**Ashwitha  
2nd Year**



**Poulomi Mallik  
3rd Year**

**Excellence in Clinical Practice**



**Raveena Raina D'Souza  
2019 - 2020**



# MSON FAMILY





# prajna 2022-23

## Message



**Dr. Judith Angelitta Noronha**  
Professor and Dean  
MCON Manipal



With great pleasure and excitement that I extend my warmest greetings to each and every member of our esteemed Manipal School of Nursing through the pages of the magazine, Prajna .The Manipal School of Nursing has been one of the best institutions committed to bringing about all-round development in nursing students over six decades. As we navigate through the corridors of academia and life, it is imperative that we not only strive for excellence but also embrace the wisdom that accompanies our pursuit.

Prajna, the nursing school magazine, stands as a testament to the collective commitment to learning, growth, and enlightenment. Within its pages, we find a reflection of diverse talents, passions, and achievements. It serves as a platform for voices to be heard, stories to be shared, and creativity to flourish. May each article penned, artwork created, and idea expressed within these pages inspire us to reach greater heights and make a positive difference in the world around us. As we embark on this journey of exploration and discovery, let us remember that true wisdom lies not only in what we know but also in how we apply that knowledge to uplift others and create a brighter tomorrow.

Congratulations to the editorial team for bringing out the school magazine, and I eagerly anticipate the unveiling of yet another edition of Prajna, filled with the essence of our collective wisdom and the promise of a future filled with infinite possibilities.

Wishing you all continued success, fulfilment, and joy in your endeavours





# prajna 2022-23

## Message



**Dr. Leena Sequira**  
Principal, MSON, MCON  
MAHE Manipal



As we approach the end of another academic year, I am filled with immense pride and gratitude for the journey we have undertaken together.

Our school magazine serves as a testament to the creativity, talent, and achievements of our students. I extend my heartfelt appreciation to the editorial team, contributors, and all those involved in bringing this magazine. In the pages of the magazine, we celebrate not only academic accomplishments but also the values of integrity, and community service that define us as individuals and as a school.

As we look ahead to the future, let us continue to embrace opportunities for growth, and learning. Together, we can overcome any obstacles and create a brighter tomorrow for ourselves and generations to come. I encourage everyone to cherish this edition of the school magazine as a token of memories shared and milestones achieved.

Thank you for your unwavering support and dedication. Let us continue to inspire, innovate, and make a positive impact in everything we do.





# MANIPAL SCHOOL OF NURSING ANNUAL REPORT 2022-2023

The Manipal School of Nursing which made a humble beginning in the year 1959 as Auxiliary Nurse-midwife training center and later upgraded to GNM training School in the year 1962 admitted its 67th batch of students in September, 2023.

Presently since 2015 September, a revised 3-year Diploma Nursing curriculum is being implemented. This includes three years training with an integrated internship in 3rd year. To date, 2719 students have qualified from the institute. In the academic year 2022-2023, the results have been 98% in the final year examination. The School has sanctioned annual intake of 60, of which 10% seats are reserved for government- sponsored candidates. Presently the student strength is 174. The Karnataka State Diploma in Nursing Examination Board (KSDNEB) has recognized MSON as a center for board examination. Consequently, the school undertakes examinations for the students of Nursing Schools of Udupi district.

The School is governed by the Manipal Academy of Higher Education since 1996 and administered by the Principal under the guidance of the Dean, Manipal College of Nursing, though academically the Karnataka State Diploma in Nursing Examination Board is the governing body. The school enjoys the freedom to function as an autonomous body with an independent budget. The School publishes an annual magazine aptly named as 'PRAJNA' meaning conscience.

## **Annual day and lamp lighting:**

Annual Day and Lamp Lighting of Manipal school of Nursing (MSON, MCON), Manipal Academy of Higher Education was held on Friday, 3rd March 2023. Dr Suba Sooria, Nursing Head, Kasturba Hospital, Manipal was the chief guest for the day's programme and congratulated students who lit the lamp.

## **Physical Facilities:**

The School is housed on the 5th floor of MCON building with all modern teaching facilities.

## **Clinical Facilities:**

The Kasturba Hospital with ultra-modern facilities provides an excellent clinical field for student education.

## **Community Health Nursing:**

Kaup, Katpadi, and Malpe Padukere areas are utilized for Community Health Nursing field practice.

## **Faculty:**

The sanctioned faculty strength is one Principal, one Lecturer and 14 Assistant Lecturers.



### **Non-teaching Staff:**

The School has one secretary responsible for clerical work, record keeping and student admissions and one housekeeping staff.

### **Continuing Nursing Education:**

Faculty of the School actively participate in the Continuing Education Program conducted by the Manipal Centre for Professional Development, Manipal College of Nursing and other departments and Regional and National Seminars, Workshops, and Conferences. The School conducted a half-day seminar on 'Updates in Healthcare Management' on 7th June 2023.

### **Research:**

Publications – 5

Ongoing – 2

Completed - 1

### **Co-curricular and Extra-curricular Activities:**

#### **• Seminar on "Updates in Health Care Management"**

A seminar on "Updates in Health Care Management" was organized by Manipal School of Nursing, MCON, Manipal Academy of Higher Education on 7th June 2023 at, MCON, MAHE, Manipal. Dr. Leena Sequira, Principal, Manipal School of Nursing welcomed the gathering. The seminar was inaugurated by the Chief Guest Dr. Ullas Kamath, Dean, MMMC, MAHE, Manipal.

#### **• Alumni Guest Lecture Series**

Manipal School of Nursing, MCON, MAHE, Manipal had organized the following guest lecture during 2022-2023.

1. A guest lecture on the topic "Role of Infection Prevention and Control Nurse in preventing Healthcare-associated infections in Irish Acute Hospital" by Mrs. Prathiba Karkada, Clinical Nurse Manager -2, Infection Prevention and Control, Our Lady of Lourdes Hospital, County Louth, Dublin, Ireland on 7th November 2022.
2. Manipal School of Nursing, MCON, MAHE, Manipal had organized a online guest lecture on the topic "Nursing care guidelines in cardiac emergencies" by Mrs. Clara D'mello, Registered Nurse, Cambridge University Hospital, Addenbrookes, Cambridge, UK on 28th of February 2023
3. on the topic "Nurses Role in Chemotherapy Administration" by Mrs. Shani John, Senior Staff Nurse, Hamad Medical Corporation, Doha, Qatar on 7th July 2023
4. A guest lecture on the topic "FIELD NURSING IN MILITARY" by Mr. Subhash Avil Dsouza, Staff Nurse, Military Medical Centre, Abu Dhabi, UAE on 05th of October 2023



5. To sensitize the final year students of MSON, an alumni guest lecture on the topic 'Care of Deteriorating Patients' was organized by the Manipal School of Nursing, MCON, MAHE, Manipal on 06th of November at 3pm by Ms. Soumya, Band 5 Registered Nurse, Integrated Assessment Centre, Boston, UK (alumnus of MSON-Diploma(N): 2000-2003 batch)

#### • Annual Sports Meet - 2023

Manipal School of Nursing, MCON, MAHE, Manipal has conducted an Annual sports meet on 15th of December 2023. The chief guest of the program was Dr. Ashwini Kumar, Prof & Head, Dept. of Community Medicine, KMC, MAHE, Manipal.

#### Intercollegiate Sports Events

- MAHE has organized Intercollegiate staff throwball tournament on 27th February 2023. Our faculty members are winner in the competition
- Mr Abdul Aashir( 2nd Year DNM) and Mr Unnath N Amin (2nd Year DNM) won the runner up trophies in the MAHE Intercollegiate Boxing Championship held on 10th November 2023
- Mr Abdul Aashir( 2nd Year DNM) winner in the MAHE Intercollegiate Karate Championship held on 18th November 2023

#### S.N.A.:

All the students are members of Student Nurses' Association. The SNA unit is very active.

Various activities are conducted by the SNA unit during the year

**Farewell day:** The farewell program was conducted for final year students on 27/07/2023. Various entertainment program was conducted by the junior students.

**Teacher's day:** SNA unit organize teachers' day for the faculty of MSON on 05/09/2023. Different games and entertainment programs were arranged for the faculty.

**Fresher's day:** SNA cabinet welcomed the 1st year students by celebrating Fresher's day on 26.08.2023.

**Deepavali Celebration:** The festival of Diwali symbolises the victory of light over darkness, knowledge over ignorance, good over evil, and right over wrong. The members of SNA cabinet celebrated the festival of lights Deepavali with much fun and joy on 11.11.2023. They performed the skit related to the celebration of Deepavali.

**Christmas Celebration:** Christmas marks the celebration of birth anniversary of Jesus Christ. Christmas was celebrated by our students with full enthusiasm on 23.12.2023 followed by the fun games and dances.



### **Cultural Day 2022-23**

Manipal School of Nursing, MCON, MAHE, Manipal has conducted cultural day on 3rd February, 2023 at MIT Auditorium from 8am to 4pm. The cultural programme 'KALOTSAV' began with a prayer song by the students followed by lamp lighting by Dr. Leena Sequira, Principal, Manipal School of Nursing, Manipal, SNA Co-ordinator Mrs. Shanthi Pinto, cultural committee members Mrs. Saraswathi Hebbar, Mrs. Supriya and Mrs. Sylvin Mendonca. A warm welcome address was given by Dr. Leena Sequira.

### **Library:**

Apart from a small sub-library with about 600 books, the faculty and students have access to the main KMC library which is a rich resource of nursing related texts and international and national nursing journals.

### **Scholarships:**

Total 53 students were the beneficiaries of the Scholarships instituted by MAHE. 16 of them received 100% free on their tuition fees and 15 others 60%. 14 students have received Sri K. K. Bhandarkar's scholarship awarded in memory of Late Smt. Sujatha Bhandarkar during the last academic year.

8 students are recipients of Mr. Krishna Nayak endowment scholarship in memory of Late Ms. Geetha Nayak, an alumna of MSON.

### **Conclusion:**

While concluding, we would like to thank the administration of MAHE for giving us a freehand in conducting the activities of the School. A special mention needs to be made of Dr. Judith A Noronha, our Dean who has been a pillar of strength. I also would like to thank the nursing service for taking interest in the students' welfare and learning activities.







# ಕನ್ನಡ ವಿಭಾಗ



## ಗೆಲತಿ

ಮರೆಯಲಾಗದ ಪ್ರೀತಿಯಿದು  
ಅನುರಾಗದ ಅನುಬಂಧವಿದು  
ಬಾಲ್ಯದ ನಮ್ಮಿಬ್ಬರ ಸ್ನೇಹವಿದು  
ಎಂದು ಮುಗಿಯದ ಕತೆಯಿದು  
ಮರಳಿ ನೆನೆಯುವ ಕ್ಷಣಗಳಿವು  
ಬಹಳ ಸಂತಸದ ದಿನಗಳಿವು  
ಓ ಗೆಲತಿ ನೀ ಕೇಳು  
ಎಂದೆಂದು ನೀ ನನ್ನ ಜೊತೆಗಾರ್ತಿ ಎಂದು.

## ತಾಯಿ

ಹೆತ್ತ ತಾಯಿ ಹೊತ್ತವಳು  
ತುತ್ತು ನೀಡಿದವಳು  
ಅಳುವ ಕಂದನ  
ಎತ್ತಿ ಮುದ್ದಾಡಿದವಳು  
ತನ್ನ ಮಗುವಿನ ನೋವನ್ನು  
ತನ್ನ ನೋವೆಂದು ತಿಳಿದು  
ಅನುಭವಿಸಿದಳು.  
ಮುದ್ದು ಮಾಡಿ ಪ್ರೀತಿಯಿಂದ  
ಲಾಲಿ ಹಾಡ ಹೇಳಿದವಳು  
ಮಗು ನಕ್ಕರೆ ಅವಳು ನಗುವಳು  
ಅದು ಅತ್ತರೆ ಅವಳು ಅಳುವಳು  
ಎಂತಾ ಪ್ರೀತಿ ಅಮ್ಮನದು  
ನೋಯಿಸದಿರು ಅಂತಹ  
ತಾಯಿಯ ಮನಸ್ಸು.



- Shreya D.  
2nd Year DNM





## ನನ್ನ ಕನಸು

ಕನಸು ಎನ್ನುವುದು ಮೂರಕ್ಷರದ ಪದ  
ಕನಸು ಎನ್ನುವುದು ಮೂರಕ್ಷರದ ಪದ

ಆ ಕನಸನ್ನು ಸಾಧಿಸಲು ಬೇಕು ಮೂರಕ್ಷರದ ಪ್ರಯತ್ನ  
ಆ ಕನಸನ್ನು ಸಾಧಿಸಲು ಬೇಕು ಮೂರಕ್ಷರದ ಪ್ರಯತ್ನ

ಅತಿಯಾಗಿ ಪ್ರಯತ್ನ ಪಟ್ಟರೇ ಸಿಗುವುದು ಮೂರಕ್ಷರದ ಸಾಧನೆ  
ಅತಿಯಾಗಿ ಪ್ರಯತ್ನ ಪಟ್ಟರೇ ಸಿಗುವುದು ಮೂರಕ್ಷರದ ಸಾಧನೆ

ಅತಿಯಾಗಿ ಸಾಧಿಸಿದಾಗ ದೊರಕುವುದು ಮೂರಕ್ಷರದ ಸಂಪತ್ತು  
ಅತಿಯಾಗಿ ಸಾಧಿಸಿದಾಗ ದೊರಕುವುದು ಮೂರಕ್ಷರದ ಸಂಪತ್ತು

ಅತಿಯಾದ ಸಂಪತ್ತಿನಿಂದ ಬದಲಾಗಬಹುದು ನಮ್ಮ ಮೂರಕ್ಷರದ ಭಾವನೆ  
ಅತಿಯಾದ ಸಂಪತ್ತಿನಿಂದ ಬದಲಾಗಬಹುದು ನಮ್ಮ ಮೂರಕ್ಷರದ ಭಾವನೆ

ಅತಿಯಾಗಿ ಭಾವನೆ ಬದಲಾದಾಗ ಆಗುವುದು ಮೂರಕ್ಷರದ ತೊಂದರೆ  
ಅತಿಯಾಗಿ ಭಾವನೆ ಬದಲಾದಾಗ ಆಗುವುದು ಮೂರಕ್ಷರದ ತೊಂದರೆ

ಆ ತೊಂದರೆ ಆಗುವುದು ನಮ್ಮ ಮನಸ್ಸು ಎನ್ನುವ ಮೂರಕ್ಷರಕ್ಕೆ  
ಆ ತೊಂದರೆ ಆಗುವುದು ನಮ್ಮ ಮನಸ್ಸು ಎನ್ನುವ ಮೂರಕ್ಷರಕ್ಕೆ

ಮನಸ್ಸು ಎನ್ನುವುದು ನೋವುಗೊಂಡಾಗ ಆಗುವುದು ಏಟು ಮೂರಕ್ಷರದ ಹೃದಯಕ್ಕೆ  
ಮನಸ್ಸು ಎನ್ನುವುದು ನೋವುಗೊಂಡಾಗ ಆಗುವುದು ಏಟು ಮೂರಕ್ಷರದ ಹೃದಯಕ್ಕೆ

ಆ ಹೃದಯ ಸ್ವಚ್ಛಂಧವಾಗಿದ್ದರೆ ಅದೆಂದಿಗೂ ಶಾಶ್ವತ  
ಆ ಹೃದಯ ಸ್ವಚ್ಛಂಧವಾಗಿದ್ದರೆ ಅದೆಂದಿಗೂ ಶಾಶ್ವತ

ಆ ಹೃದಯದಲ್ಲರಬೇಕು ನಮ್ಮ ಮೂರಕ್ಷರದ ಕನಸು  
ಆ ಹೃದಯದಲ್ಲರಬೇಕು ನಮ್ಮ ಮೂರಕ್ಷರದ ಕನಸು

ಒಂದಲ್ಲ ಒಂದು ದಿನ ಆಗುವುದು ಆ ಕನಸು ಮೂರಕ್ಷರದಲ್ಲಿ ನನಸು  
ಒಂದಲ್ಲ ಒಂದು ದಿನ ಆಗುವುದು ಆ ಕನಸು ಮೂರಕ್ಷರದಲ್ಲಿ ನನಸು

ನನಸಾದಾಗ ಗೊತ್ತಾಗುವುದು ನಮ್ಮ ಮೂರಕ್ಷರದ ಬದುಕು  
ನನಸಾದಾಗ ಗೊತ್ತಾಗುವುದು ನಮ್ಮ ಮೂರಕ್ಷರದ ಬದುಕು

ಆ ಬದುಕಿನಲ್ಲಿ ಗೊತ್ತಾಗುವುದು ನಮ್ಮ ಮೂರಕ್ಷರದ ಜೀವನ  
ಆ ಬದುಕಿನಲ್ಲಿ ಗೊತ್ತಾಗುವುದು ನಮ್ಮ ಮೂರಕ್ಷರದ ಜೀವನ

ಕೊನೆಗೊಂದು ದಿನ ಬರುವುದು ಮೂರಕ್ಷರದ ಮರಣ  
ಕೊನೆಗೊಂದು ದಿನ ಬರುವುದು ಮೂರಕ್ಷರದ ಮರಣ

ಅಷ್ಟರಲ್ಲಿ ನಾವು ಸಾಧಿಸಬೇಕು ನಮ್ಮ ಮೂರಕ್ಷರದ ಕನಸನ್ನು  
ಅಷ್ಟರಲ್ಲಿ ನಾವು ಸಾಧಿಸಬೇಕು ನಮ್ಮ ಮೂರಕ್ಷರದ ಕನಸನ್ನು

ಕನಸೆಂದಿಗೂ ಉಳಿಯಬಾರದು ಕನಸಾಗಿಯೇ  
ಆಗಲೇಬೇಕು ಅದು ಮೂರಕ್ಷರದ ನನಸು.



- Nishal Karkera  
1st Year DNM





## ನಮ್ಮ ಬಿದ್ಯಾ ಸಂಸ್ಥೆ

ಜ್ಞಾನ ಕೃಪೆಗೆ ಹೆಸರಾದ  
ಸಂಸ್ಕೃತಿಯನ್ನು ಗೌರವಿಸುವ  
ಕೀರ್ತಿಗೆ ಹೆಸರಾದ  
ಗತವೈಭವಕ್ಕೆ ಹೆಮ್ಮೆಯ ಹೆಸರಾದ  
ಭೇದಭಾವ ಅರಿಯದ  
ವಿದ್ಯಾರ್ಜನೆಗೆ ಹೆಸರಾದ  
ವಿದ್ಯಾಸರಸ್ವತಿ ನೆಲಸಿರುವ  
ತಾಂತ್ರಿಕ ಶಿಕ್ಷಣಗಳ ಬುನಾದಿಯಾದ  
ಉನ್ನತ ಭೋದಕಬರ್ಗ ಹೊಂದಿರುವ  
ಅಂತರಂಗದ ಉತ್ಸಾಹವನ್ನು ಮೆಲುಕು ಹಾಕುವ  
ಸಂಸ್ಥೆಯೇ ಮಣಿಪಾಲ ವಿದ್ಯಾಸಂಸ್ಥೆ.

★★★

ನಗು ಬಯಸುವ ಹೃದಯಕ್ಕೆ ಅಳುಬಾರದಿರಲಿ  
ಬದುಕುವ ಜೀವಕ್ಕೆ ಕಷ್ಟ ಎಂಬ ದುಃಖ ಸಿಗದಿರಲಿ  
ಮೊಗ್ಗಿನ ಮನಸ್ಸಿಗೆ ಎಂದೂ ನೋವಾಗದಿರಲಿ  
ಆ ಸುಂದರ ಜೀವನ ನಿಮ್ಮದಾಗಲಿ.

★★★

ದೇಶದ ರಕ್ಷಣೆಗೆ ಇವರು ಆಲೋಚಿಸಿ  
ತಮ್ಮ ತಾಯಿಯ ಮಮತೆಯನ್ನು ತ್ಯಜಿಸಿ  
ತಂದೆಯ ಕನಸನ್ನು ಪ್ರೇರಿಸಿ  
ದೇಶಕ್ಕಾಗಿ ಸೇವೆ ಸಲ್ಲಿಸಲು ಮರುಳಿಸಿ  
ನಮ್ಮನ್ನು ಕಾಯಲು ಹೊರಟ ಯೋಧರನ್ನು ಗೌರವಿಸಿ



- Prameela  
2nd Year DNM







*English  
Section*



## *My Dream*

My Dream is to fly high  
Over the sky  
Like a naughty guy

Sometimes my dream disappear  
like a shiny fly  
But I will catch it till i die

I have faced many problems  
in my life  
But, my dream never let me die

O Dream you know me  
the most  
Please never leave me alone

O Dream one day  
I will reach the sky  
Then you will become proud of my style

My Dream is to fly high  
Over the sky  
Like a naughty guy.....!



- Prarthana  
2nd Year DNM





## *A Nurse's Prayer*

Let me dedicate my life today  
to the care of those  
who come my way  
Let me touch each one  
with healing hand  
and the gentle art  
for which i stand  
And then tonight  
when day is done,  
O let me rest in peace  
if i helped just one...

- Neetha  
2nd Year DNM



## *My Dream*

The sky is always blue  
but my heart always get renew  
I love to see the water scream  
All above from a very high stream  
The sun shines and burns like fire  
And the rain falls from the sky that is so higher  
When the trees move in the blowing air  
They appear so beautiful and rare  
I wish to sing in the forest for very long  
And cherish forever this unforgettable song.



- Neetha  
2nd Year DNM





## *To Mother*

You sound like honey  
I cannot tolerate you  
I pout at your refusal  
Lecture my wreckless behaviour  
Giggle at my artistic dance  
You handle my tantrum how?  
You let me escape with immature youth  
In your absence, im in grief  
I weep into your arms  
I sob as your embrace is like sunset, Warm & reassuring  
I canot unlove you, is it one sided?  
Sacrifice is what you do  
You stroke my hair when i fall asleep  
You glide into my dreams like milk  
with subtle motions you tackle my troubles  
while the universe turns it back on me  
i still have you by my side  
Shoulder to shoulder just like shadow.  
You reflect my thoughts my actions  
i wish to capture your welcoming smile  
Just one day...



- **Shrinidhi**  
II Year DNM





## *A Beautiful Reality*

Sometimes you are just happy  
happy for all the reasons  
you sit and watch yourself  
how beautiful and marvellous you are  
That laughter, its effect  
those eyes that shows you what you  
want to see.

Those ears that absorb the unheard words  
that nose which draws the smells  
the skin that feels everything.  
and the mouth that speaks everything  
you are sensuous  
you are reality.



- **Jayashree**  
IInd Year.



## *Positivity*

Sun rises in the morning  
Giving us an example  
of new hope and new light  
making our day warmer and life merrier  
Sun shines bright in the noon,  
Giving us an example  
of life and its harsh ways  
Life has ups and downs, let us not give up  
Sun sets in the evening  
Giving us an example  
that endings can be beautiful too  
Everything has an end, patience is the key  
Stars shine at night  
Giving us an example  
of darkness and its cruel ways  
But darker the night,  
brighter the shining stars.



- **Sanjana**  
IInd Year.



# Life without Social Media

*Life is a beautiful thing which God has given to us & Social Media is something a man has created. Now a days it has become an important thing in one's day to day life & life without them would be devastating. Social Media has a great impact on a persons daily basis without it the human cycle will turn upsidedown.*

*It would bring great impact to people who work through social media platform without it most of them who lose their jobs. On the other hand life would have been way better without social media people would have communicated face to face instead of blankly sitting in front of their electronic devices & lose contact with the outside world.*

*A 16 Year old killed himself for being bullied by his own fans on instagram these kind of news are the one who are most affected by it. Social Media being one of the vast platform for opportunities has also turned into a platform for harassment, bullying etc.*

*Life without social media would be difficult to live but it would also be the most peacefull one. Its been a routine for people to wish eachother on different occasion through social media which mainly leads to distance in the bonding between their own family members, relatives & friends lets try to bring a change in this, lets encourage everyone to meetup during occasion & thats how we can save our relationships.*

*Social Media is never bad for anyone, It mainly depends on how we use it & how much time we spend using it. It's better to talk to someone about your problems & the situations are going through rather than posting about it on social media & gain fake sympathy from people you dont even known about. As the saying goes "The more private you're life is the more happier you will be".*

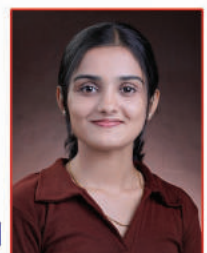
*As I conclude, what i would personally like to say is never go or fall for something which is on the internet, because most of the things shown there are fake. People will try to manipulate you by showing how perfect their life is but in reality they just pretend to be so. lets all embrace the things which we have, love ourselves for who we are other than who social media wants us to be living a life without it might be challenging but after all just know that you are making yourself happy, your life would be way more healthier.*

*Life was way beautiful in the olden days. so lets try bringing back that culture without the use, or we can say by spending time least amount of time on social media & by spending time with the people around us. surround yourself with good people & stay away from social media.*

Thank You.....



**- Sthuthi**  
III Year DNM





## *Thoughts on Life*

Life is a Song, sing it  
Life is a tradey, face it  
Life is a duty, perform it  
Life is a mystery, unfold it  
Life is a sorrow, overcome it  
Life is a game, play it  
Life is a gift, accept it  
Life is a struggle, fight it  
Life is a puzzle, solve it  
Life is a challenge, meet it  
Life is a beauty, Enjoy it  
Life is a journey, complete it  
Life is a promise, fulfill it  
Life is a goal, achieve it  
Life is a gun, aim it  
Life is an opportunity, seize it  
Life is an adventure, dare it  
Life is a love, discover it...



**- Roshni**  
2nd Year DNM





## *Expectations always hurt!!!*

*Never keep expectations  
As situation change  
People also deviate themselves  
Emotions flow through tears  
when expectations are not met  
Relations go apart when  
We have high expectations  
It is really hard to  
Choose between our  
Expectations and relations'  
So its always a better choice  
to learn to live independently  
As expectations always hurts.....*



**- Violet Elveera Menezes**  
Senior Research Investigator



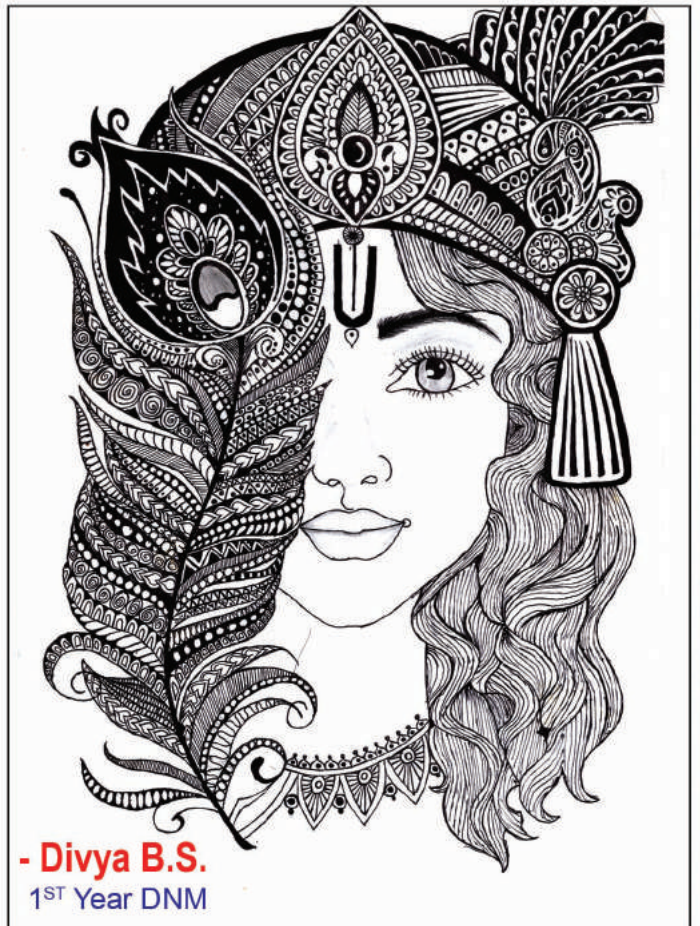




- Stuthi  
3<sup>rd</sup> Year GNM



- Pratheeksha  
3<sup>rd</sup> Year GNM



- Divya B.S.  
1<sup>st</sup> Year DNM

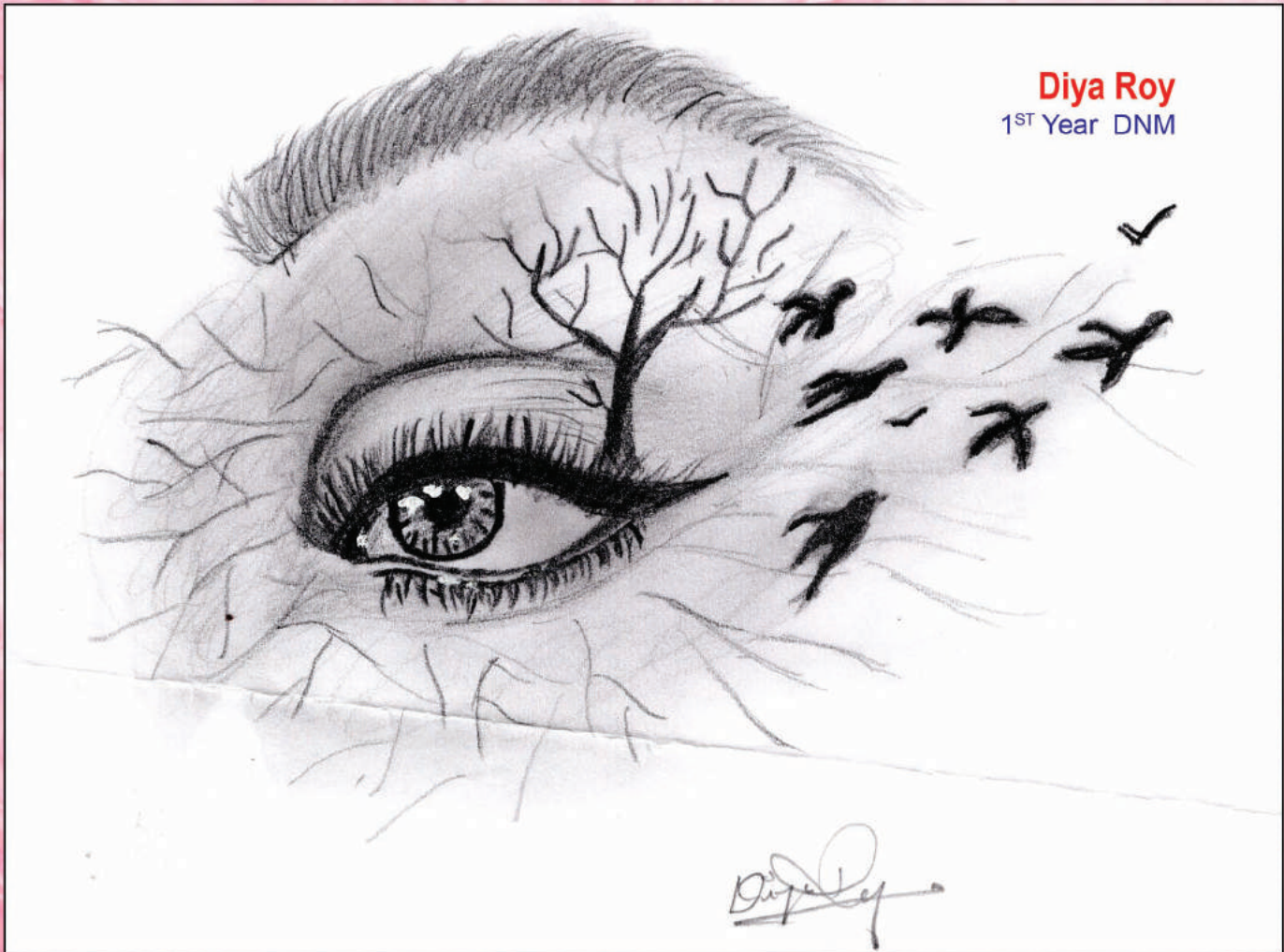




**Shrinidhi**  
2<sup>nd</sup> Year DNM



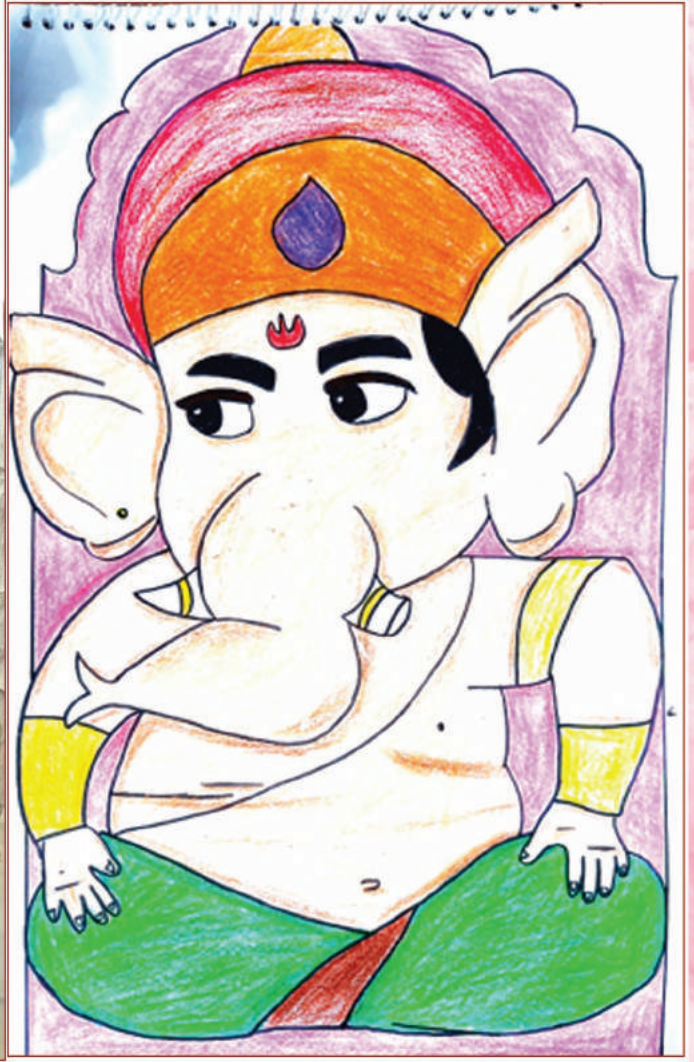
**- Pratheeksha**  
3<sup>rd</sup> Year DNM



**Diya Roy**  
1<sup>st</sup> Year DNM



- Saniha  
2nd Year  
DNM

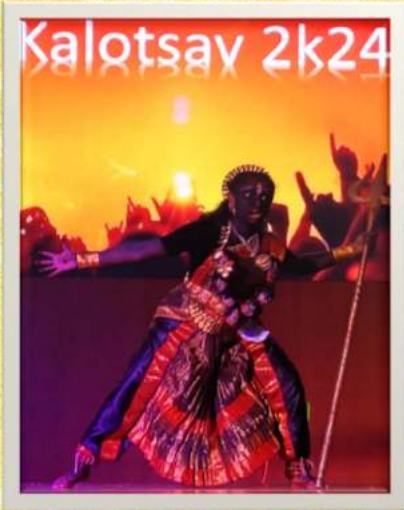


- Pavithra Nayak  
Asst. Lecturer  
MSON, Manipal





# MSON ACTIVITIES





**SEMINAR UPDATES IN HEALTHCARE MANAGEMENT ON JUNE 7th 2023**



**NUTRITIONAL PROJECT**





## SPORTS INDIVIDUAL CHAMPIONSHIP-2023



## MAHE INTERCOLEGIATE ATHELETIC MEET-2023



1st Place in MAHE Intercollegiate karate championship



2nd Place in MAHE Intercollegiate Boxing championship



2nd Place in MAHE Intercollegiate Boxing championship

## STAFF SPORTS ACTIVITIES





## ANNUAL DAY AND LAMP LIGHTING



## ANNUAL SPORTS MEET- 2023





## FRESHER'S DAY



## Student Nurses Association





1<sup>st</sup> Year DNM



2<sup>nd</sup> Year DNM





## 3<sup>rd</sup> Year DNM

