

The **Rawal's**

Issue I Volume II
April 2021-March 2022

Nursing Magazine



Rawal College of Nursing

Lehtrar Road Khanna Islamabad

Table of Contents

Faculty Section

	Page
1. My Carrier by Nazia Shoaib	5
2. Perception of Mental Illness in Pakistan Community by Daizi Jaffar2.	7
3. Reflection on Student's Community Health Nursing by Farhan Ahmad	8
4. Nursing by A Non Nursing by M. Sadaqat Tahir	9

Students Section

1. I wonder by Nida Hafeez	11
2. Knowledge is Power by Rahat Yaqub	12
3. Reflection by Ahmad Shahid	13
4. A Dignified Nurse Path by Mariam Rameen	14
5. Influence of Nurses on Society by Nowbahar	16
6. Triad that will Mould Nursing Profession in 2022 by Rimsha Waseem	17

Book Review

1. <i>Khak aur Khoon</i> book review by Amna	19
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Poetry Section

1. Being Humane by Sehrish Azeem	21
2. Why Do I like this amma by Anum Fatima	22
3. Misery of brain by Suman Shoukat	23
4. Ustad ki Azmat by Mehran Ilyas	25
5. Haseen Yadein / aik nazar bachpan per by Sumbal Sheraz	26

Pictorial

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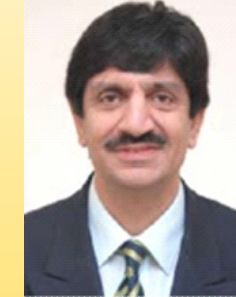
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MESSAGE FROM THE CHAIRMAN

It's a matter of great pride to write down about "The Rawal's Nursing Magazine" which is published annually in Rawal college of Nursing, Islamabad.

I believe that magazine will serve as a window through which the complete profile of the academic and co-curricular activities, achievements, events and progress made during the stipulated period can be viewed. This magazine serves to exhibit the literary skills and innovations of students and teachers, academic excellence along with active participation in co-curricular activities. It gives me immense pleasure that the college is progressing in all its endeavours towards the overall development of the students. RCN is very much committed to creating an environment for nurturing innovation, creativity and excellence in our students in the field of Nursing.

I hope that college graduates will become leaders of their chosen field and they will contribute positively by serving the humanity and country at large. As Chairman of the college, I admit the efforts of the principal, magazine committee, faculty members, students and wish the institution a bright future.

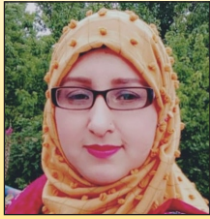
Best Wishes

Khaqan Waheed Khawaja

Faculty Section

MY CARRIER

by: Nazia Shuaib



Throughout my time in high school, I was involved in a lot of extracurricular activities. When I graduated I earned the Gold Medal for the graduate who best combines academic achievement with overall contribution to school life. I twice represented my class on student council as a President Student body, peer-tutored,

and played on numerous sports teams. I was unwaveringly or staunchly loyal with volleyball, table tennis, badminton, carom board and many more games. Thanks to Almighty Allah to render myself as a champion in all games. Continue many of these activities today. However my favorite extra-curricular activity was always be focused on nursing care of patients with chronic diseases and sports.

There are several goals that I hope to achieve upon successfully completing my PhD in Nursing. I have 28 years experience in different field of nursing including anesthesia, critical care nursing, pediatric nursing, gynae, oncology etc. After completing a Bachelor's degree and a Master's degree, supplemented by six years of experience as a Nursing Instructor and Associate Professor between the two and after Master in Nursing, I have developed a refined set of personal, academic and professional goals. In addition, based on group discussions and research findings, I have published several papers during my previous career. However, I feel that achieving these goals will be more effectively facilitated using the tools acquired through a further education through Zhengzhou University under wise and outstanding command and supervision of Professor, Zhang Zhenxiang Professor, Doctoral/Master Supervisor in School of Nursing and Health, Zhengzhou University Research field.

My post-graduate travels and professional work not only helped consolidate my undergraduate experiences, but also led to great personal and professional growth as a teacher, student, advocate, collaborator, manager, and leader. These experiences on the ground served as an invaluable contribution to my evolving understanding about nursing and fed my innate curiosity in ways not possible in a classroom.

Essentially, I know what I want to do but am unable to take on the desired roles with my current qualifications without guidance and supervision of Zhengzhou university team. My academic result and research will rectify this by providing me with invaluable tools, knowledge and experience integral to the achievement of my professional aims outlined below.

Fortunately, I am able to find a balance between my academic goals and non-academic responsibilities, and thus achieve grades more representative of my ability in following year 2019 to 2020. In terms of academic achievements, I am also quite prominent among my fellow students. Nevertheless I am proud to say I am able to persevere and got 91 percent result in major subjects in nursing during

the year 2019 to 2020. As China prepares to play an increasingly important role on a global basis, it first of all has to deal with its relations with Asian countries, one of the most challenging issues in China's foreign policy. As International student, Chinese language is a big challenge for me. My attendance record in Chinese class, Culture class and in major discipline like Nursing Philosophy and Theoretical Construction, Advanced evidenced based Nursing, The Frontier of nursing science development and in the advanced qualitative research method throughout year 2019-2020 are 100 percent. Furthermore, I would like to add that I secured 91 percent in my Major Nursing academics and more than 90 percent got in Chinese Language and culture. Apart from being involved in the major research projects and academic activities mentioned in the previous paragraph, I have excelled and participated in a major academic research project and in seminars and workshops on International forum on long term care for chronic diseases, venereal diseases and application of nursing information technology in illness at University of Zhengzhou Henan China. In fact, I consider much of my Professor Supervisor Zhang Zhenxiang search and work as major contributing factors that motivated me to pursue my particular field of interest in Nursing. The research performed by Chinese scholars has yet to become more systematic and in-depth. While I do hope to gain substantial international practical and research experience both while pursuing my PhD and in my nursing career, I would also like to contribute about research that I have completed my synopsis and now working on met analysis on my research project. Moreover I wish to add my contribution to the nursing community, particularly in the domain of nursing care of chronic diseases and its management with quality of life. Both during my studies and upon completion of my PhD, I hope to be involved in further activities like research in nursing, academic nursing, practical nursing and so on. Under such a background, Asian studies have naturally become my focus. Having done much detailed preparations, I am writing my synopsis and dissertation on chronic diseases like stroke survivors and quality of life of stroke survivor's and their care partner.

Because of the significance of a dyadic interventions, it is pertinent to conduct a systematic review and meta-analysis regarding the effectiveness of dyadic intervention for stroke survivor-caregiver dyads after discharge from the rehabilitation center to improve outcomes and quality of life.

Moreover, I have plan to develop questionnaire and manual in Urdu language for Pakistani stroke survivors and care partner to improve their activities of daily livings as well as quality o life at home.

Perception of mental illness in Pakistani Community

By Daizi Jaffar



In health care system of Pakistan mental health is the most mistreated field where it is estimated that 10- 16% of the population is suffering from mental illness, around 200 million ill with mild to moderate mental illness. It is the poorest mental health marker and a reduced amount of 500 psychiatrists for these individuals are available.

In Pakistan, mental illness is considered as possession by supernatural powers or demons so majority of the community beliefs to go for tradition faith healer. All this is due to severe shortage of mental health care professionals and comparatively little understanding of community about mental illness. Therefore, families habitually hide mental illness to avoid the individual from unpleasant stereotyping.

There are many perceptions about the mental illness. Firstly, individuals who suffer mental illness are avoided due to violent attack. Secondly, it is assumed that mental illnesses are communicable, that is, the evil spirit of the individual can trouble the persons relating with the patient. Thirdly, majority of the people consider that shrines recommend the best possibility of healing from the affliction. It is recurrently accounts that patients are bodily harmed as element of their management. Therefore, this is the dying need of the Pakistani community to educate them about mental illness through awareness programs in community.

Reflection on Students' Community Health Nursing Projects

By Farhan Ahmed



Community health nursing plays an important role in the primary and secondary levels of prevention and health promotion. Keeping in view about community health nursing objectives, Post RN semester III students paid their field visits and school health projects in Bari Imam Colony, Islamabad under the kind supervision of Mr.Farhan Ahmed and Ms Hajji Bibi. The students' projects were on different topics: Personal Hygiene among school children. Secondly, Pneumonia prevention in children etc. Basically these projects were conducted in different schools on community level, attended by school students, their parents, school teachers and local stake holders of the community. It was appreciated hugely by the members of community by stating that the activity will enhance the seriousness towards health problems along with knowledge of the people from every run of life. The higher management praised the healthy event and shown the interest for welcoming it in future as well. It was a very fruitful activity for the students of PRN in order to address the health needs of the people from far flung areas. It also helped them to learn the practicality.

Nursing by a Non Nursing

By: Muhammad Sadaqat Tahir



What...? I mean who is a nurse? Should I define it in nautical sense? Where it performs when captain is unfit or ill? If so, then who is the captain? A bachelor of medicines? Whom simpletons call doctor? Or a post graduate who kills folks' ill mothers and fathers and wives and brothers and sisters and sons and

daughters_inshort humanity, by having a written and signed pledge (from attendants, for not registering a case against him/her) before tearing the patients apart in a separate room for gaining experience, just experience! no treatment in mind? Or really a doctor who really has earned degree of doctrate, a most senior medical professional, yes! one who counsels patients to visit him/her at privite clinic? I think the definition befits, for the so called captan has gone unfit and ill, mentally, emotionally and heartedly. I pity them, their thoughts and their doings!. Blessings on exceptions. All are not amiss, a few_I mean a fistful are great as well.

Who is a nurse? I still ponder and a bulk of thoughts start flowing: one who is seen in white, neat and clean dress at hospitals, like an innocent angel flying here and there twelve hours a day or 24 hours a day sometimes? One who absorbs shouts and hard comments from attendants? One who is paid less? One who is marginalized and harrassed a lot in wards during night duties? One who is killed in the name of honor by husbands and fathers and brothers? If spared by them, spoiled by deadly diseases in wards. One whose ATM card is kept by her husband or family members to enjoy on expense of her/his tiresome duties?One who unwillingly overlooks his/her own babies and parents and cares about others' babies and parents?One who really knows what sacrifice is in its essence.

To do justice to the topic I must provide closure to the topic since commenting on nursing being a non nursing is demanding. But before summing it up let me define it briefly, I say nurses nurse or nurse nurses. To nurse is to care,to share, to love,to serve, to pray, to array, to live, to give_ to be a nurse is to be hundred and thousand times great!.

Students Section

I Wonder

By Nida Hafeez



I wonder deeply about the varied phenomena of life. With the world so immense and changeable, I doubt there will be a day that will go by without questions. We, creatures of clay, will think and inquire until all questions are answered and all obscurities cleared. But is it really possible before the end of time?

I wonder why day and night follow a set pattern; why the sun dawns at day break to give us light and sets once the moon appears to light up the darkness of the night. Is there some deity who controls them? If yes, then where is it and if no, then who, maintains the perfect order of night and day and the changing seasons? Why there is never a disproportion to be found in nature's cycles. I wonder why?

The earth is a kitchen, producing foods to nourish all life forms, human and animal. We see wheat and grains getting their nutrition, from the fertile land on which they grow; apples, bananas, cherries and other fruits growing rich on trees. The unmatched flavor and nutritional value is a testimony of the love of the mother earth for all life forms.

There probably was a person who gave names to all the objects in our environment. Table, wall, rock, light, thunder, and even ice-cream; these things were named and their names became popular with people. I wonder how they came up with names so unique and different in all languages.

This whole universe, from a tiny microscopic organism to the endless galaxies, is a mystery. We assume we know all there is to know, though there are deep, dark mysteries scattered all around us that are beyond human understanding. The universe is unfathomable and its mysteries are enduring. It is an eternal source of wonder. That is why I wonder.

Knowledge is Power

By Rahat Yaqoob



It is said that knowledge is power. I agree to it but let's understand first what knowledge is? We acquire information all the time from everything around us through our senses; and that information is then processed analytically, logically and through other various procedure, which at the end

becomes wisdom or knowledge or skill etc.

Now the question arises why do we need knowledge, there are a lot of explanations but I found out three basic reasons behind our hunger and need for knowledge and those are survival, excellence and evolution. If we dig a little deeper for our thirst for knowledge the main driving factors for its very own existence are: curiosity (which is natural human tendency), competitive pride/self-superiority (also another human behavior), last but not least, self-independence or feeling powerful which brings us back to the start of circle that is knowledge is power.

In other words, in this modern age knowledge is more powerful than anything else. As medical student I cannot emphasize enough that our medical advancement and diagnosis evolution are the perfect examples of what can be achieved by devotion, towards knowledge. But beware! knowledge is like a two sided sword where it can protect you and make you powerful, on the other hand it can also hurt you or take control of your emotions, so one must find the balance between effects and benefits of knowledge. Because if knowledge is power. One should be very care full as to how to use this power because there is also another saying that ignorance is bliss.

Therefore, how we use our knowledge and acquire that knowledge both should not come at cost of our humanity and ethics in my opinion. Find the balance between bliss and power, and to be accountable about using your power for progress and what was the cost for it.

Reflection

By: Ahmed Shahid



This is a reflection on our first experience of psychiatric ward in BBH (Benazir Bhutto hospital). This reflective log is according to Gibbs reflective cycle..

I am understudy of BSN Generic sixth semester. I have a subject of mental health nursing in my course and it contains theory as well as clinical. As there is just couple of hospitals which have psychiatric wards. One of them is BBH Benazir Bhutto Hospital.

My clinical are in BBH as chosen by my Respected faculty. It is hard to go there in consistently so faculty chose one constant week clinical in one month. Today on 29 Nov, 2021 was my first clinical in BBH

I reached there in BBH at 9: 10 am . Regarded sir Sajjad gave orientation of the ward for my clinical.

As it was a very first day with insane patients i was little demented and panicky to do first impression with such patients.

As it was in my mind that such patients can harm the care giver or their attendees also. So with fear i entered into my ward and introduce myself to patient and ask his name and age. Instantly staff nurse came there to draw blood sample of patient and ask me to draw his blood sample. I did it and thanks to patient for cooperation. After it i communicate with patient and built repo with patient then patient develop trust on me and easily give me history. It helps to overcome my fear and develop a confidence.

I understood that everything is troublesome up to when we start it . As I assemble a decent correspondence and communication with patient the conversing with patient is happy and rooting for me. What's more, patient needed to share his inclination and feelings to somebody and I felt glad and proud to be a one of them whom patient trust and offer his inclination to make himself unwanted and relaxed. Also, I think legitimate consoling and psychiatry will serve to recovery and rehabilitation of patient.

Every patient need proper care but mental sick patient need specialized care And these patient are polite and not harm when we properly communicate and built a repo with patient.

With good behavior and use of good communication skills i can communicate to any person with any of diseases. The good reputation is most important factor in interviewing a patient. Our interactions with patient are reflection of skills and knowledge.

I learned and planned that do not scared from anything or work. Everything is possible. Proper care of patient and interaction with patient is necessary for recovery of patient. Our good and effective communication is fruitful in treatment process of psychotic patients.

A Dignified Nurse Path

By: Mariam Rameen



I don't know, how fasts the night get over, I just slept and the buzz of the alarm woke me up, as it always does. Six a.m. comes too soon. It's early November. It's time to get up and get ready for a clinical day at emergency ward.

I lie in bed and think, What if I just don't go today at all? I consider it, but then I realize that being a nurse is not an easy job, it's just like you have to push a heavy rock up to the hill alone; so I, proudly said to myself; go! Get up girl, get ready, you have so much work to do. I'll have drugs to deliver, nursing notes to put up, provide comfort to patients, and to learn new skills.

Thinking of all these, makes me afraid that what, if I fail? I fail to fulfill my duties, my responsibilities, if I fail to be honest and loyal to my profession. Patients, when they see a nurse coming to them, they become so optimistic, because to them “Nurse” is a language of kindness, who; spends more time with them than any other professional, take care of them, listen to them, shows empathy, advocate on their behalf. I'm afraid, what! If the rock falls down?

I put all my thoughts away, get out of bed, and freshen up myself. My mother prepares the breakfast, but, I, in so much hurry, pick a banana from fruit bowl and eat it with a glass of milk. Scrambled eggs, toast bread and a cup of tea waiting for me, but I can't get because I don't have time have that!

The most difficult task for me to do is, brushing my frizzy hair, it's just same difficult as getting early in the early.

My mother always tells me to do a healthy breakfast, so that I can do my work lavishly, richly and effortlessly.

The shift starts at 8:00 a.m. performing a clinical in an emergency ward, it's no more than a challenge. A ward flooded with patients; clamor, screams and shrieks everywhere.

It's a tough row to hoe, five nurses and fifty two patients, but I will have to bear the burden and to be strong as a lion.

Sometimes, handling the ward is not that much difficult, as to face the negative people, who take nurses for granted, to some people including doctors “Nursing”

The Influence of Nurses on Society

By: Nowbahar



is a profession, with no self-respect, self-esteem, and dignity. They are like, 'oh, look,' a nurse is coming, let's trifle with her, because she is nurse, she won't mind it.

I'm like, "oh, man!" come on, we are not bad eggs, but; we are the smart cookies, and jack of all trades. Being a nurse, it's not easy to provide the same care to all patients, because of shortage of time, lack of resources, and lack of time.

A common question that arises from every other individual, that, "why! the nurses shout at patients? Why they are frustrated? Why they are so grumpy? The only answer to all such questions is that, nurses are also human, off course they get angry, frustrated, grumpy, not because they are nurses; but because, they are overburdened, doing double shifts, handling the whole ward alone, performing their skills, duties all alone.

We nurses have to go the extra miles, keep nose to grindstone, so that the sufferer might get well, go back home on his own feet's to their loved ones. Putting everything aside, providing care, comfort is always the first priority.

As, I enter the emergency ward, I left behind all my worries, tasks, so that, I can give my full attention to my patients.

I throw a glance at the wall clock, oh! It's 11, "lunch time", time to get some break, but then I realize, how can I leave the ward for just a break? The ward is extremely busy, how can I leave my patients at this time, as I'm in emergency ward. I take a sip of water, and get back to work.

Eight hours of shift, five nurses in an overcrowded emergency ward, leaving all their worries behind, working tirelessly, effortlessly, to provide care to the patients. Being a nurse is not easy. It requires both physical and mental stamina to make through those 8-10 hours of shift. The hardest part of the job is seeing patients die, after providing every possible care to them, workload, staff shortage, and most important lack of respect from other people in the healthcare industry.

Nursing is a respectable, dignified and noble profession which requires commitment, a great deal of tolerance and a deep sense of immolation for humanity. Great personalities like Florence Nightingale, Mother Teresa bring to mind the noble profession of nursing. Nursing is a thrilling and challenging profession, loaded up with numerous innumerable number of professional and personal rewards.

As man changes his own nature, so does the attitude of the world changes towards him. Throughout my college years, I was in a state of metamorphosis, preparing to emerge from the cocoon at a young age, to face an exploding world as a versatile, literate person. Adults ready to enter the nursing profession. While this process is ongoing, it has prepared me to determine what kind of impact I want to make in society. The impact I want to have on society is to help the poor people of our country. Being a professional nurse I would be trying to establish positive public image.

The beauty of nursing, is that one receives to satisfy, assist, and enhance the being of such heaps of individuals. The career relies whole on the holistic technique of recovery, and therefore the premise of recovery will have a profound impact upon society. via being a nurturing individual, serving to others emerge as, and still be, healthful, and aiding holistic care, this varied recovery primarily heals the theater. From worrying for character, this demonstrates that others do care concerning their fellow individuals. The impact a nurse, consisting of the one I hope to be, will facilitate turn out harmony within the globe. via changing myself with coaching, and supporting totally different attain their purpose of turning into a member of the arena via teaching, I accept as true with that impact can be helpful to society. As time has improved, I might love to allow once more all that i accustomed be educated one manner or another, and training seems like a superb thanks to reach on the far side the boundaries of a sanatorium. while caring for people during a health center will permit one to satisfy, and help, several charming people, being an instructor permits different's do the equal issue.

Triad that will mold Nursing Profession in 2023

By: Rimsha Wseem



The triad has three components i.e. staff shortage, advanced practice and the third is incentive measures. While talking about staff shortage, we should go through the several aspects that in our country there are too long duties hours and nurses should look after many patients in public hospital and also their children and families. In 2021, there is a lot of staff shortage because our country is in crisis situation of Covid-19 and till now we are facing the 5th wave of Covid-19. We lost many nurses while taking care of Covid-19 patients. The other reason of staff shortage is about 900 nursing staff went to Kuwait because of better salary packages. It means if we gave our nurses better salary packages according to duty hours and other to reduce the duty hours. If we talk about the year from 2022-2032 we can say many newly graduated batch prefer teaching instead of clinical side.

The next one is advance practice, now we lack research based nurses and actually nurses can't pay attention to research. Actually our diploma holder nurses, join nursing field after matric and after three months they join their clinical, they don't have extreme teaching experience and research is only paper based. From 22-32 nurses can lead their profession more advance and research based. Nurses can do research on many topics that will mold nursing profession in 2032.

The last one is incentive measures, if now we pay attention in the field of nurses, the future of nurses is bright. For this we should pay attention to our manageable workload and effective workload management, safety risks including a safe and clean workplace, effective employee communication, flexible work hours, effective supervision and study leave without duty. In this way nursing profession mold in 2032.

Book Review

A Book Review

KHAAK AUR KHOON

By: Amna Tariq



Khaak Aur Khoon, a book written by Naseem Hijazi. The story of partition of the Hindus and the Muslims, partition of Pakistan, the stories about sacrifices, the story of betray and the story of martyrs. It is written by Naseem Hijazi, who migrated from India to Pakistan at the time of partition. It is the story of migration of the Muslims to Pakistan from India. The Hindus and the Sikhs attacked them, snatched their properties and killed them.

The main character of this story is Saleem, who lives with his family in Gurdaspur, India before partition. His grandfather, uncles and his father were respectful members of their village. Saleem participates in politics when he goes for higher studies to city. There he writes a speech in the favor of partition and afterwards he starts working for Pakistan. At the time of partition Gurdaspur village is given to the Muslims. The Muslims provide security to the non-Muslim neighbors, but, after a few days the lord Mount Baton announces to merge Gurdaspur in India. The Sikhs and the Hindus betray their Muslim neighbors. They kill them and snatch their properties. Saleem's house is set on fire. Saleem, with his cousin, is saved. They start journeying to Pakistan. On the way they face difficulties but they overcome that, they save the lives of the Muslim friends and deliver them into Pakistan.

The novel was initially boring as it was just about the life of Gurdaspur village. The interest begins when the decision of partition is announced. When the Hindus and the Sikhs play the game of blood and dirt. The moment when Saleem leaves his village for Pakistan truly fills tears into eyes.

This novel was written to make aware of Pakistani people about the sacrifices of the Muslims they have given for the Pakistan. This Novel not only describes the sacrifices of the Muslims but it also describes the hideous face of the Hindus and the Sikhs. The sacrifices of the Muslims for Pakistan when their homes were set on fire, when they were killed, when they were buried, when they were betrayed and their respect and dignity were destroyed so badly. There are many stories and book on partition but this book describes the clear, true and exact picture of partition.

Poetry Section

Being Humane

by Sehrish Azeem



For Stray Animals of Pakistan

Make sure humanity must not die as long as we are on Earth.

We share this earth with Animals, most vulnerable we find on the streets

We know that God is Creator and Provider, but remember we have a responsibility

Providing food and water to the Strays should not be a big deal for us

Taking injured and sick to the clinic should not be a big deal for us

They also feel pain, they have emotions, they also have family and friends

Not hurting them should not be a big deal for us!!

Why do I like this amma?

By Anum Fatima



Why do I like this amma, I ask myself
because I don't have the energy or the mindset to ask you this.
Because you always wanted me to be happy
to be the energy pack the little smile package
But where did I go wrong?
Where did my life go wrong?
Missing myself for what I once was
punching at the walls
Depressed, saddened and the night crawls
breaking heart; pieces to pieces to pieces
you didn't raise me to be like this amma!
Why am I like this?amma!

Blank Expressions

I stood there in front of the mirror
Gazing at myself blankly
I stood there for a while
Staring at all my flaws.
Those dark circles, even though I sleep alot
Feeling tired although I just sit my way through the day.
Feeling exhausted
Feeling nothing but a burden that heavies my heart
an unknown feeling that makes me sad.
I stood there in silence
and wondered, why?

Heartbreak

She knew when a heart is broken it takes time to heal, so much time sometimes up to ages.
She realized that it's hard to believe someone after you have been left with empty
promises and broken hearts it takes courage to breathe again, it takes courage to make a
smiling face again when you just want to cry out loud when you want to scream...
A broken heart feels like you are drowning but you can see everyone else around you
breathing. It's like you are being punched every single moment,
But you can't show it.
When you are alone the screams inside your head kill you every single second the
memories haunt you every single moment it's like treating one like she is in hell...

MYSTERY OF BRAIN

By: Suman Shoukat



It's all story of my brain
I don't know how to explain
I love to do work
But I always fail in what I gain
It's all story of black and white
Watching watch to sleep tight
But some memories are always remain
I love fairytales, still I'm in ...
Flowers bloom in sites of hearts
But life is a game
It is all story of brain

REGRET

In the bottom of my heart, beating some dreams
Some values, some colors, and some themes
In happiness,
In sadness,
I set a goal and made a team
It always hurts,
It is always dark,
I always fall, when I'm on the extreme
Think positive,
Think lean,
With a big smile, mentally I scream

YOUNGSTER

Parents are scared of youngster
In imagination, they come from Munster
The charming, cool and bright personality
In real they're real monster
What they're living is a lie,
They're gentle punster
They act they're player
But they don't know
Life is real sponsor

I'm a woman

I'm a woman strong enough like water,
I'm puissant to drown you
I'm soft to cleanse you
I'm deep to save you
But,
I'm not there to entertain you

Maa (Mother)

That laughter of my mother,
And innocence of that question,
I asked! Yes, I asked something silly that day,
Maa, who's God?
With a smile on her face, she replied
Sigh! Emmmmm God!
God's the one who loves you unconditionally,
Who protects you phenomenally,
He never asks you for anything,
Anything? I interrupted
Yes, anything in return, in return for loving you.
Now you know who God is my fairy?
Ma! Ma! Ma! I screamed loud!
Very loud, and asked,
Are you God?

I wish

No one... I mean no one will ever understand
What you're going through...
The buzzing of your past, your present and flying cables of future...
The worst feeling ever is being in the daffodils but you can't see them, smell them
You can't enjoy the moment because the one flower which is closest to your heart is miles away
Your smile... your voice... you text ... your photos ... left memories around

حسین یادیں / ایک نظر بچپن پر

از: مہران الیاس



استاد کی عظمت

استاد وہ ہے جو آپ کے مضمون کو آپ کیلئے
آسان کر دے اور بڑا استاد وہ ہے جو آپ کی
زندگی کے مضمون کو آسان بنا دے

وہ استاد کمال انسان ہے جو اپنے کردار اور
اخلاق سے آپ کی زندگی بدل کے رکھ دے

آپ کے اساتذہ میں کمال کا استاد وہ ہے جو
آپ کے دل کے ساتھ ساتھ سوچ کا رخ ہی بدل
دے

از: سنبل شیراز



میں 90 کی دہائی میں پیدا ہوئی جب سب سے مشہور کھیل چھین چھپائی، لوہا
لوہا، پکڑن پکڑائی ہوا کرتے تھے۔ جب سب سے بہترین کھیل جو کہ ماں باپ
کے ساتھ بھی کھیلا جاسکتا تھا لڈو تھا۔ اس میں پائی جانے والی سانپ کی گیم سب
کی پسندیدہ ہوا کرتی تھی۔ جب پیسے کی وقعت نہ تھی اور کھانے کی چیزیں سستی
ہونے کے باوجود ہمیں ایک روپے کی سات مالٹا ٹافیاں اچھی لگتی لگا کرتی
تھیں۔ صبح سویرے اٹھ کر سکون سے تیار ہو کر ساڑھے سات بجے سکول جانے
سے پہلے ٹی وی پر کارٹون دیکھا کرتے تھے۔

دوپہر میں سکول کا کام، شام میں سپارہ اور پھر سات بجے "کیپٹن پلیٹ"
دیکھتے تھے۔ اس وقت موویز دیکھنے کی قطعاً اجازت نہ ہوا کرتی تھی۔ ماں باپ کا
احترام بے حد پایا جاتا تھا اور ایک اشارے پر سو جایا کرتے تھے۔ اس وقت 50
روپے عیدی ملنے پر خود کو امیر سمجھا کرتے تھے جب ہم کھیل میں فیصلہ "اکڑ
بکڑ بچے بو" سے کیا کرتے تھے۔ اس وقت سب سے خطرناک چیزیں
انجکشن، تاریک کمرے اور قاری صاحب ہوا کرتے تھے۔ اس وقت کرکٹ کھیلتے
ہوئے یہ شرط پہلے رکھنا کہ کسی کے گھر گیند جانا آؤٹ ہے، عیدی امی کو دے دینا
کہ کوئی اچھا جو تیا کپڑے لے آئیں گی۔ اس وقت وہ گڈے گڈی کی شادیاں
اور تھوڑی سی بات پر گڑیا واپس لے آنا یا دے آنا، چھوٹی سی بات پر انگلی ملا کر
دوستی پکی کر لینا۔

"وہ کتنا حسین وقت تھا بچکانہ لیکن بہترین یادیں"
لیکن افسوس آجکل کی نسل یہ سب کبھی انجوائے نہیں کر پائے گی۔

Pictorial



The magazine team with top management



Anatomy & Physiology Exhibition,BSN Year-I, Semester-I



Cultural-Exhibition-RCN,2022



Pathophysiology model's presentation,BSN Year II,Semester III



Student body Election,2021 (1)



BSN Welcome-Party,2022



Christmas Celebration,2021



Postion Holders (SZAMBU),BSN , Semester I,2021



Postion Holders(SZAMBU), Post RN,Semester I,2021 (1)



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