



The project is a government under taking by the ministry of DoNER, North East Livelihood promotion society of which Satribari Christian Hospital is a partner to the programme.

The 1st batch of Nursing Assistant programme was started on 6th April 2015. We started this programme with four students; they are Nempilhing, Nengjahoi, Nemneikim and Tingneilhing from Paren district, Nagaland.

They have completed their training programme on 5th July 2015. Course completion ceremony was conducted on 7th July 2015. The main purpose of this course is to assist/ help the patient in meeting their activities for daily living.

We have commenced classes of the 2nd batch of Nursing Assistant programme from 03rd August, 2015 comprising of 28 students from Sikkim.

Sikh Samaritan who removed turban to help wounded boy awarded

MELBOURNE, July 3-A 22 year old 'Sikh samaritan's in New Zealand, who made global headlines after he broke religious protocol by removing his turban to help a profusely bleeding child, was today given a top police award for his act of "outstanding compassion and empathy". Harman Singh has received the district commander's certificate of appreciation at the Counties Manukau Police district awards, held at Manukau Institute of technology. His "outstanding compassion and empathy" in the situation was to be commended, Counties Manukau Police was quoted as saying by The stuff Online.

Acting deputy commissioner Grant Nicholls and Hunua MP Andrew Bayly presented Singh and Affleck with their awards. Singh became famous globally as the "Sikh samaritan" after he removed his turban, which Sikh men must wear in public at all times, to stop the blood flowing from a 6-year old boy's head, it reported. Daejon Pahia was walking to school with his mother, was hit by a car nearby on May 15.

Source-The Assam Tribune 3rd July 2015.

For private circulation only
 Editorial Team : T. Singson, *Chaplain*, K Sushila, *Vice Principal*, SON & Mrs. Naomi Sangma, *Senior Tutor*
 Circulation : Mr. Biren Boro
 Address: Satribari Christian Hospital, KC Road, Satribari, Guwahati-781008
 E: thensem@yahoo.com Website: www.schcare.org
 Published at: Aesthetic Inkworks, Christian Basti, #9864023085



SWIFT

A monthly newsletter of Satribari Christian Hospital Guwahati.

Vision

"Transformed community in and around Guwahati"

Mission

"Satribari Christian Hospital is a team of healthcare professionals that exist to Provide holistic healthcare at affordable cost (irrespective of caste, creed, religion and culture) to the people of the whole North East India".

Belief

In God's love we Serve - We believe health care is more than a business or profession. Lord Jesus moved with compassion towards multitude and healed the sick. It is this indwelling Life of Christ in action and a personal witness of our faith in the Lord Jesus Christ our Saviour we pledge to uphold.

Editorial...



Dear readers
 Greetings in the sweet name of Jesus.

First of all, we are thankful for your valuable prayers. The Lord is sustaining the hospital through which we are able to take care of the sick and the suffering. We are also grateful to the dedicated Doctors, Nurses and all the employees; may their hard labour be rewarded by Lord Jesus.

Let us continue to labour for the lord. In spite of all the hardships and difficulties we are going through at this crucial moment, the Lord in His own will and time will lift us up and make us prosperous according to his word. (Psalm 128:2) "You shall eat of the fruit of your labour, blessings and prosperity will be yours."

This is the first point of the "blessedness" God's faithful servant shall enjoy the fruits of his own industry and not have them devoured by strangers, for everything depends upon the blessing of God. .

In His service
 Pastor Thensem Singson,
 Chaplain.

VOICES

"We cannot stop natural calamities, but we can and must better equip individuals and communities to withstand them."

- Kofi Anan, former UN Secretary General

"You cannot change your future but you can change your habits and surely your habits will change your future."

- Dr APJ Abdul Kalam

"Every week more people walk through the doors of hospitals than through the doors of churches."

- Francis Grim, *Founder, Healthcare Christian Fellowship*

"Christ must increase, but I must decrease."

- John the Baptist

"By birth I am a Chinese, but by grace I am a Christian."

- Mr. Loh Hoe Peng, *CFCI regional Representative (Asia)*

"My message, especially to young people is to have courage to think differently, courage to invent, to travel the unexplored path, courage to discover the impossible and to conquer the problems and succeed. These are great qualities that they must work towards. This is my message to the young people."

- Dr APJ Abdul Kalam

Bible Verse for the Month

"Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but her leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit."
 - *Jeremiah 17:7-8.*

Health Tips

What keeps us healthy?

A lot of things can keep us healthy: a right amount of sleep, exercise, fresh air, having friends, and healthy food. Eating healthy food means not eating too much and not eating the same thing always. Our food is composed of three components: fats, carbohydrates and proteins. We also need vitamins and minerals to stay healthy.

In this July issue, we would like to focus on the importance of vitamins (Vitamin- A). Vitamins assist the body in utilizing the nutrients and also help in the correct functioning of enzymes that help convert food into components useful for the body. Since the body cannot synthesize vitamins, they need to be supplied from outside.

Vitamin A

Functions:

Vitamin A plays a vital role in bone growth, vision and cell division. It promotes good vision and helps to maintain healthy bones, teeth, skin, and soft tissues.

Sources of Vitamin A:

Animal sources include the following: Beef, Eggs, Chicken, Fish, and Seafood.

Fruits and vegetables are good plant sources. Some of the fruits that are high in vitamin A include: Apple, Apricots, Oranges, Mangos, Cantaloupe, Watermelon, Kiwis, Plums, Peaches, Blackberries, Red palm oil.

Some of the vegetables that are high in vitamin A are Greens, Carrots, Spinach, Collards, Pumpkin, Peas, Broccoli, Tomato, Turnip, Escarole, Wheat germ.

Dairy products such as cheese, milk, ghee and yogurt are also good natural sources of vitamin A.

Nine tips for Back Pain Relief

Dr. Priyanka Dutta (BPT), Physiotherapist

These lifestyle habits can bring relief & help you to avoid future problems.

- ✍️ Maintain a healthy weight.
- ✍️ Keep your back muscles strong.
- ✍️ Stretch your muscles.
- ✍️ Focus on good posture.
- ✍️ Lift properly: when you do pick up a heavy object, bend at the knees & keep the object close to your body).
- ✍️ Wallet packed full of cards & receipts in your back pocket can affect your back because it puts pressure on your SCIATIC NERVE.
- ✍️ Use a chair with a backrest. Change how you sit every few minutes.
- ✍️ Quit smoking, it reduces blood supply to the discs between the vertebrae & this may lead to disc degeneration.
- ✍️ Stay hydrated: staying hydrated is important to maintain soft tissue elasticity & fluidity.

Revising My Purpose In The Professional Sphere

A young entrepreneur once thought that, in the corporate world, if you earn this much amount of money successfully in a short span of time, you are considered better than the remaining entrepreneurs and you reach the peak of fame. A time arrived when he said to himself "This is stressful. Is this what I want? Working so hard to reach the top, so that you become famous in the entire country and are known amongst the fastest growing businessmen. No, I want to excel in my career, but in another way, without stress, without fighting to reach and maintain fame and power." He then revised his purpose:

"What do I want?

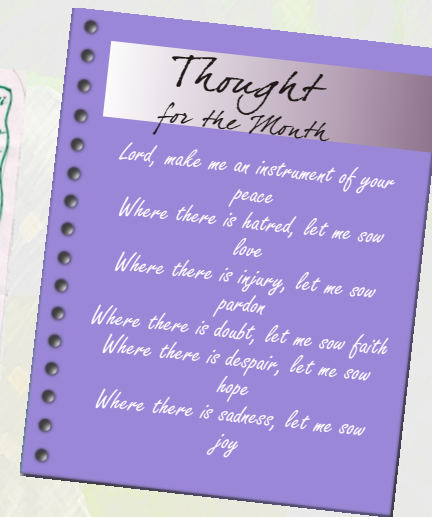
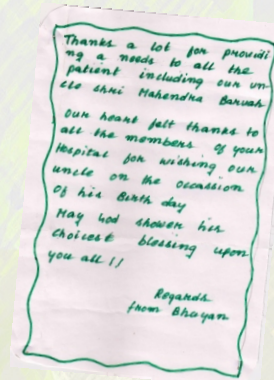
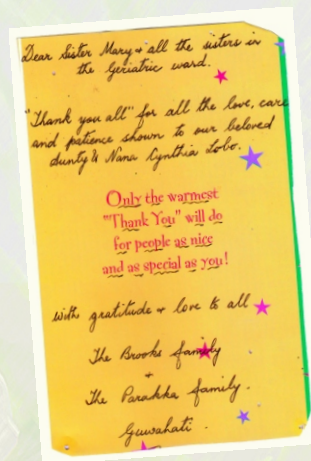
Why do I do what I do?

For what and for who do I do it?

What is the price that I have to pay for this dependence on fame?"

Aspiring to be famous causes continuous stress and anxiety. You participate in a race in which you compete and are comparing yourself constantly. You stop taking care of yourself and nourishing your inner self. You take care of your image but not your inner being. This brings about an inner emptiness and loneliness that, sometimes, is unbearable for us. Reaching fame, financial wealth, the power of a visible position, and reaching it with a broken soul, a broken apart family and a sick body, causes anxiety and depression.

We need to look inwards and ask ourselves - Does our life's purpose revolve around the search for fame and power? If yes, then we need to revise our purpose suitably by realizing the negative effects that this search can have on our lives.



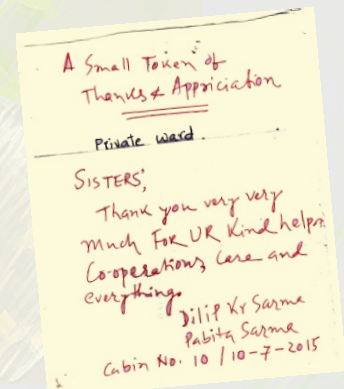
AUGUST BIRTHDAYS

The swift would like to wish the following staff and students on their birthdays.

NAME OF STUDENT	DATE	NAME OF STAFF	DATE
Deba Kumar Saikia	6	Hudson George Weston T	1
Themjakim	18	Dr. Herman C Frank	2
Katiro N	27	Debasish Saikia	14
Meristela	28	Y K Elizabeth	28
Esther Zeliang	29	Sanjay Chetri	29
		Nira Dhan	30

HOSPITAL ACTIVITIES

Sunday Campus Fellowship	: 6:00 to 8:00pm
Every First Sunday Fellowship	: Holy Communion
Every Wednesday	: Cottage Prayer Meeting
Every Third Sunday Fellowship	: Bible & General Quiz
Daily Roster Devotion	: 7:30-8:00 am (Monday to Saturday)
Nurses Youth Fellowship	: 7:00-8:00 pm (Only on Friday)
Hospital Prayer Meeting	: 7:00-9:00 pm (Every 1st Saturday)



Student Profile



I am Rinsing Zimik, 1st year GNM student of School of Nursing, Satribari Christian Hospital. I was born and brought up in a Christian background but till my VIII standard I did not know who really God was. When I reached my IX standard I stayed in a Christian hostel owned by a church, that hostel brought a lot of changes in my life. In the year 2010, I received Christ as my personal saviour in a youth Bible camp organised by the church. In my XII standard when I was about to write exam, I was told that my father was diagnosed with last stage cancer, doctors said that he would survive for just two months. I could not be with my dad because he wanted me to obtain good marks, so I returned back to the hostel.

I continued to pray day and night asking God to sustain my dad's life until my exams were over. Unfortunately, during one of the off days between exams, I was informed that my father wanted to see me for the last time. But before I could reach home, he passed away. I was devastated and slowly started to walk away from God. When my results were declared, to everybody's astonishment I scored good marks. It was then I realized that God always has higher and better plans for me. Lord Jesus created such a situation that I could be with my father for sometime though not in his final hour. I could attend his funeral and could write my final exams as well. Today, I cannot serve my dad but I am happy because I am able to serve the needy.

There may be times when life becomes difficult and prayers are unanswered. But we should acknowledge God and that His plans are the best ever. 1st Corinthians 10:13 says, "No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it".