

RTC LIBRARY E-NEWSLETTER

NOVEMBER 2018



Welcome to the November 2018 issue of *RTC LIBRARY E-NEWSLETTER*

In this issue: Recommended Reads: My Birding Journey in Bhutan, Poem: Fear, Poem: Happiness...Where it dwell?, *RTC Library's online resource page on Health, Poem: Dearest of all.*

Recommended Reads from the RTC community

My Birding Journey in Bhutan

Arindam Ghosh

Birds were my subject of attraction since childhood although my hobby of photographing them developed after I came into Bhutan. Our RTC campus and its surroundings are full of greenery and the encircled forest is a natural habitat of rich variety of birds of different types. To grow this hobby I need not take a great pain, nor had to travel a lot climbing the uphill for long time. Rather the birds have chosen me as their favorite profile



The bird in the picture is probably the most common traveler of our campus that can be found almost on every day in the early morning or before the evening in small groups of five to eight. This beautiful bird of a bit more than two feet length with a long tail is called Yellow-billed Blue Magpie (*Urocissa flavirostris*). The species from the crow and jay family are found in the northern part of the Indian subcontinent, lower Himalayas and also in Vietnam. They are omnivorous and take insects, small mammals, eggs and young of other birds and also wild fruits and berries. The birds are very noisy by nature and their calls are a bit harsh. They build nests in the fork of a tree and the breeding season is April to July.

(About the Photograph: I did not have to move even a little as the bird gave me perfect pose in front of my balcony. The picture was taken on 26.05.14 at 6:36 AM by CanonEOS1100D with the following setting: ISO200, F Number 5.66, Exposure time 1/197 second, Focal length 194MM.)

Fear –The Inner Shadow

Whose creation is this shadow?

This shadow - I mean -

Which has two-dimensional silhouette
and block the ambient rays of the sun.

When eyes starve for beautiful sights
it furnishes nothing, but darkness
when heart cries out for lights
nothing begets, but Opium

all round and slope, it does reign
with its cruel and despotic hand
And wherever the light moves
so does the shadow goes!

Ganesh Pokhrel
BA English Studies
1st year

Happiness...where it dwell?

Happiness...where it dwell?

Gross National Happiness, North Star
Upon called our plea, our journey
every hamlet you have graced
from preservations to conservations,
Planning to actions
often shepherded logically
but happiness, where do you dwell?

Every bright mountain
No more shines and the myriad streams
Fail to pass the plunge pool
Now, we can step across it
And still have dry feet
Nesting holes of Martins
Are no more found on the mighty trees
People are beyond than normal
Where is the happiness? Where it dwells?

Dil Man Rai,
BA English Studies, 1st year

take time
to make
your soul
happy!♥

“
Doing what you
like is **freedom.**
Liking what
you do is
happiness.

- Frank Tyger -

RTC Library's online resource page on Health

The online resource page on Health has been updated. The websites listed are mainly for faculty and students in the nursing programme but there are useful websites that we all can use. For example: Merck manual (consumer version) written in everyday language, and Medline Plus provide consumer health information.

The link below will take you directly to the resource page:

<https://my.rtc.bt/academics/library/10-main/577-library-health>

Nursing, Health and Medicine

[National Library of Medicine \(US\) – Nursing Resource](#)

The National Library of Medicine (NLM) produces free, reliable information resources that nurses and nursing students can use. The resources include MedlinePlus, PubMed, PubMed Online Training, ClinicalTrials, Genetics Home Reference, Nursing Resources for Standards and Interoperability, AIDSsource, and more.

[HINARI](#) - (requires user name and password. See: RTC Cloud -> Library PUBLIC folder -> Access instructions for databases) - provides free access to e-books, e-journals and to a number of databases and reference sources.

For example:

- [CINAHL](#) – see *Databases for Discovery Nursing and Allied Health Literature* (EBSCO).
- [Cochrane Library](#) (evidence-based) – see *Reference sources Collection of databases in medicine and other healthcare specialties, a key resource in evidence-based medicine.*
- [ClinicalKey](#) – see *Reference sources Medical search engine and database tool, full-text access to over 600 of Elsevier's journals, 1,000 books, and 9,000 medical and procedural videos.*
- [Joanna Briggs Inst EBP Database](#) - see *Databases for Discovery Comprehensive evidence-based database that covers a wide range of medical, nursing, and health science specialties, and includes a unique suite of information that's been analyzed, appraised, and prepared by expert reviewers at JBI.*
- [Scopus](#) – see *Databases for Discovery Abstract and citation database of peer-reviewed literature, multidisciplinary.*

[PubMed](#) - a database of professional medical literature

[MedlinePlus](#) - a health information web site for patients, families and other consumers.

[IRIS](#) - WHO publications

[Medscape](#) - a website providing access to medical information for clinicians.

[MSD Manuals - Merck Manual](#) (*professional version*) – a medical online textbook.

[MSD Manuals - Merck Manual](#) (*consumer version*) - information on medical topics, symptoms, drugs, procedures, news and more, written in everyday language.

[Faculty of Nursing and Public Health](#) - one among three faculties under the Khesar Gyalpo University of Medical Sciences of Bhutan.

Online Resources by Subject

[Anthropology /Sociology/ Political Science](#)

[APA Writing and Plagiarism](#)

[Bhutan](#)

[Business](#)

[Computer Science/Maths](#)

[Country Information](#)

[Citation Tool](#)

[Dissertations and Theses](#)

[Economics](#)

[Education](#)

[English](#)

[Environmental Science](#)

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Dearest of all...

How often do you educate?
Or let others behave?
Deep from the sea of sorrow
Thick from the jungle of roadblocks

Always there to remember
Right from the bed, back to the bed
To plant a breaded seed
That may overload others
With a chance every now and then

Everybody is innocent
About how furthest they can visit
But still hopes are flying
As fast as a crow, so strong in desire
Nothing can determine their destiny
But your single stem towards them

Don't shake that tree
Which has a fruit, that fruit
In their absence, all surrender
And the darkness spreads all over

Dil Man Rai,
BA English Studies, 1st year

GLIMPSE OF COLLEGE FAIR



Wanted! Book reviews from Faculty, Staff, and Students

If you have read a good book and would like to contribute a review to the Library Newsletter, we would love to receive one from you. Tell us a little about the book and why you liked it in 250-500 words. If interested, send your review to monmchhetri@rtc.bt or come by the library and see the library staff.

Thanks!!