

## **Reflections, aspirations and personal goals**

Nominees must submit an essay (English max. 250 words); reflecting on their experience of four years in Shri Mata Vaishno Devi College of Nursing. You may also explain how this life in SMVDCoN helped you in building resilience and achieving personal growth from 2019 - 2023. This should consider:

- What are your goals for your Professional life
- What were the setbacks or difficulties you encountered along the way in this college?
- How did you feel and how did you overcome certain emotions?
- What helped you to bounce back?
- What did you learn from those experiences and how do you define resilience in your own terms?