



**Dr. KM CHERIAN INSTITUTE
OF MEDICAL SCIENCES**
KALLISSERY, CHENGANNUR

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[A Venture of Dr. K M Cherian Institute of Medical Sciences Pvt.Ltd.]

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CARE मित्रा

CARE BEYOND BOUNDARIES - THE NURSING CHRONICLE

**INTERNATIONAL
NURSES DAY 2026**

**OUR NURSES.
OUR FUTURE.**

**EMPOWERED
NURSES
SAVE LIVES.**

*Stronger together for
healthier tomorrow*



“

*When nurses
are empowered,
communities
are stronger,
and lives
are saved. ”*



*Care Today,
Better Tomorrow*



**Empowering a
Stronger Nursing
Team**



**Stories of
Compassionate
Care**



**Leadership &
Innovation**



**Celebrating
Nurses Day
2026**



Dr. KMC HOSPITAL
CHENGANNUR



Our Specialities

- Anesthesiology
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- Cosmetic Gynaecology
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- De-addiction & Counseling
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Theme Song

Lighting Hope Along The Way

We are the nurses, we are the pillars, brave and kind
Healing hearts and easing minds
Through every storm, we'll stand and stay,
Lighting hope along the way...

From the wellspring of compassion, O world...
We shall become a lamp of kindness...
With hands that gently touch all pain...
We'll bring comfort, again and again...

We are the nurses, we are the pillars, brave and kind
Healing hearts and easing minds
Through every storm, we'll stand and stay,
Lighting hope along the way...

Day and night, without a pause...
Together we walk the path of service...
With tender love, we'll wipe each tear...
And spread warm smiles, drawing hearts near...

We are the nurses, we are the pillars, brave and kind,
Healing hearts and easing minds,
Through every storm, we'll stand and stay,
Lighting hope along the way...

When one lies weak on a bed of pain...
We'll arrive like a ray of hope again...
Holding sacrifice deep in our hearts...
We'll shine as a light where goodness starts...

We are the nurses, we are the pillars, brave and kind,
Healing hearts and easing minds,
Through every storm, we'll stand and stay,
Lighting hope along the way...



Radhika
Staff Nurse



CHAIRMAN'S MESSAGE

On the occasion of International Nurses Day, I extend my heartfelt appreciation to all our dedicated nurses who are the backbone of our healthcare system. Your compassion, commitment and tireless service play a vital role in healing and comforting patients every day. You are not just caregivers but true pillars of strength and hope for countless families.

Today is even more special as we proudly launch our first Nursing Magazine, **“Care Mitra”**. This initiative reflects the experiences and achievements of our nursing community. It is a platform to celebrate your knowledge and contributions, share best practices, and inspire continuous learning and professional growth.

I congratulate the entire nursing team and everyone involved in bringing out this wonderful publication. May this magazine grow into a source of pride, innovation, and excellence.

Thank you for your unwavering dedication and service.

Wishing you all a very Happy International Nurses Day.

Warm regards,
P. M Sebastian
Chairman



MANAGING DIRECTOR'S MESSAGE

On the occasion of International Nurses Day, it gives me immense pleasure to extend my warm greetings and sincere appreciation to our dedicated nursing team at Dr. K M Cherian Institute of Medical Sciences.

As we celebrate the spirit of nursing, we also recognize the growing importance of innovation in healthcare. Nurses today are not only caregivers but also innovators, problem solvers, and leaders who continuously adapt to new technologies, evidence based practices, and evolving patient needs.

Your ability to combine compassion with innovation is what sets you apart. Whether it is improving patient safety, enhancing care delivery, or embracing new ideas, your contributions play a vital role in shaping the future of our hospital.

Care Mitra stands as a testament to your creativity, knowledge-sharing, and commitment to excellence. It reflects your voice, your ideas, and your dedication to advancing the standards of care. I congratulate the editorial team and all contributors for this remarkable initiative.

As we gather for the **Nurses Day Grand Celebration MAGMA 2026** (Mobilizing and Guiding Medical Angels) we honor you the medical angels who mobilize care when it matters most and guide countless lives toward healing with skill and humanity.

As Managing Director, I am proud of the remarkable work you do every day. We remain committed to fostering an environment that supports learning, encourages innovation, and empowers each of you to reach your fullest potential. On this special occasion, I thank you for your unwavering service, compassion, and forward thinking approach. Let us continue to innovate, inspire, and make a meaningful difference in every life we touch.

Wishing you all a Happy International Nurses Day.

With warm regards,

Fr. Dr. Alexander Koodarathil

Managing Director



MESSAGE FROM THE MEDICAL SUPERINTENDENT

It gives me immense pride to be part of two historic milestones at Dr. K M Cherian Institute of Medical Sciences, the launch of our first nursing magazine **“Care Mitra”** and the grand Nurses Day Celebration **“MAGMA 2026”** (Mobilizing and Guiding Medical Angels).

Nurses are the backbone of our healthcare system. Beyond clinical expertise, they bring empathy, strength, and selfless service to every bedside. Your dedication transforms treatment into healing, and turns fear into hope for our patients and their families.

“Care Mitra” is more than a magazine. It is a reflection of your voice, your knowledge, and your compassion. It will stand as a testament to the tireless work our nursing fraternity carries out everyday, and serves as a platform to inspire, educate, and celebrate one another. I congratulate the editorial team and every contributor for bringing this vision to life.

As we celebrate **“MAGMA 2026,”** let us honor the spirit of every medical angel who chooses service over self. Your commitment to patient safety, quality care, and continuous learning elevates our entire institution.

On this Nurses Day, I salute each one of you. May **“Care Mitra”** grow as a beacon of nursing excellence, and may **“MAGMA 2026,”** remind us all of the noble purpose we serve together.

Wishing you a joyous International Nurses Day and continued success in your healing journey.

With pride and gratitude,
Dr. Geevarghese K Mathew
Medical Superintendent



MESSAGE FROM THE CHIEF OPERATING OFFICER

It is with great pride that I join our nursing fraternity in celebrating two remarkable milestones at Dr. K M Cherian Institute of Medical Sciences: the release of our first nursing magazine **“Care Mitra”** and the “Nurses Day Grand Celebration **“MAGMA 2026”** (Mobilizing and Guiding Medical Angels).

Operations can build infrastructure, systems, and processes, but it is our nurses who breathe life into them. You are the constant presence at the bedside, the calm in emergencies, and the compassionate hands that uphold the trust patients place in us. Your commitment directly drives our quality outcomes, patient satisfaction, and the reputation of our hospital.

“Care Mitra” marks a historic step. It gives voice to the expertise, research, and real stories that shape nursing excellence every day. This magazine will inspire new learning, strengthen professional bonds, and showcase the critical role nurses play in advancing healthcare. I commend the editorial team and every contributor for this outstanding initiative.

As we gather for **“MAGMA 2026”** we celebrate not just a profession but a purpose. You are the medical angels who mobilize care when it matters most and guide patients through their most vulnerable moments. Your resilience, skill, and humanity are the foundation of everything we strive to achieve as an institution.

On behalf of the management, I extend my deepest gratitude to each nurse. May **“Care Mitra”** become a lasting legacy of nursing pride, and may **“MAGMA 2026”** energize us all to serve with even greater excellence.

Happy International Nurses Day to our exceptional nursing team.

With admiration and best wishes

Dr. Rebecca John

Chief Operating Officer



MESSAGE FROM CHIEF NURSING OFFICER

To commemorate International Nurses Day 2026 and the launch of our inaugural Nursing Magazine **“Care Mitra”** I extend my warmest greetings and heartfelt appreciation to every member of our nursing community. Nursing is more than a profession it is a calling that demands compassion, resilience, and unwavering dedication.

Each day, our nurses go beyond their duties to provide not only clinical care but also emotional support and comfort to patients and their families. Your commitment to excellence and patient-centered care continues to strengthen the foundation of our healthcare services.

The release of this inaugural Nursing Magazine **“Care Mitra”** marks a significant milestone in our journey. It serves as a platform to showcase the knowledge, achievements, research, and inspiring stories of our nurses. I hope this magazine encourages collaboration, continuous learning, and professional growth while highlighting the vital role nurses play in advancing healthcare.

I sincerely congratulate the entire editorial team and all contributors who made this publication possible. Your efforts reflect the spirit of innovation and teamwork that defines our nursing profession.

As we celebrate the Nurses Day Grand Celebration, **MAGMA 2026** (Mobilizing and Guiding Medical Angels) let us reaffirm our commitment to compassionate care, lifelong learning, and excellence in practice. I am proud to lead such a dedicated and talented group of professionals.

Wishing you all a Happy International Nurses Day and continued success in your noble journey.

Warm regards,
Mahesh M V

Chief Nursing Officer & Quality Head



A tribute to a visionary heart

A reflection that never fades from our hearts, Dr. K.M. Cherian's enduring legacy. His vision, compassion, and care continue to inspire us and his life remains a beacon of progress for us all.

Dr. KM Cherian:

The Pioneering Cardiac Surgeon of India" and "Architect of India's Cardiac Revolution"

Dr. Kotturathu Mammen Cherian was a renowned cardiac surgeon from Kerala, India. He was born on March 8, 1942, in Kayamkulam, Kerala. He was a pioneer in cardiac surgery in India, he performed the country's first coronary artery bypass surgery in 1975 at Southern Railway Headquarters hospital, Perambur, Chennai.

Dr. Cherian's achievements in Cardiac Surgery:-

He performed India's first coronary artery bypass surgery, the first heart-lung transplant, and the first pediatric cardiac surgery.

Awards and Honors:-

He received the Padma Shri award in 1991 and served as honorary surgeon to the President of India from 1990 to 1993.

Founder of Medical Institutions:-

He founded Frontier Lifeline Hospital, Madras Medical Mission, and Pondicherry Institute of Medical Sciences.

International Recognition: -

He was the first Indian president of the World Society of Cardio-Thoracic Surgeons and a founding member of the American Association for Thoracic Surgery.

His vision and his dreams

Dr. K.M. Cherian's vision was revolutionary he aimed to democratize cardiac care, making it accessible to all, especially the marginalized. His dreams were fueled by a passion for innovation and a desire to place India on the global map of cardiac surgery.

He worked to make cardiac care affordable and available to everyone, regardless of financial background.

His vision led to the establishment of institutions such as Frontier Lifeline Hospital and Madras Medical Mission, which provide cutting-edge cardiac care. His work has inspired countless medical professionals and transformed cardiac surgery in India.

He strongly believed that advanced cardiac care shouldn't be limited to a privileged few. His focus was on making it affordable accessible for all. He introduced TMR (Laser Heart Surgery) in India and developed indigenous cardiac valves.

Empowering Future Generations: -

He was passionate about mentoring young surgeons and building institutions that would carry forward his legacy. Dr. Cherian passed away on January 25, 2025, at the age of 82, leaving behind an extraordinary legacy of over 48,000 surgeries.

A warm word to our readers.....

With warm greetings and heartfelt admiration, we welcome you to the launch of our hospital's very first nursing magazine, **"Care Mitra"**.

This magazine, from Dr. K M Cherian Institute of Medical Sciences, is a tribute to the heart, skill, and compassion of our nurses, whose dedication truly saves lives every day. Each page captures their inspiring stories, their resilience in the face of challenges, and the deep personal connections they build with each patient they care for.

The herculean task of bringing out this magazine wouldn't have been possible without the sincere support of all our staff and nursing administration. We are truly grateful to our Chief Nursing Officer Mr. Mahesh MV for providing this opportunity, and to all the wonderful individuals who took the time to bend down their thoughts, enriching the iridescent pages of **"Care Mitra"**.

As you turn these pages, we hope you feel the pride and purpose that drive them, and we invite you to join us in celebrating this noble calling.

At Dr. K M Cherian Institute of Medical Sciences, we believe our nurses are the future of healthcare- empowered nurses save lives.

We are thrilled to announce the International Nurse's Day Grand Celebration **"MAGMA 2026"**, honoring our medical angels with grandeur and gratitude.

Editorial Team,
Care Mitra

EDITORIAL TEAM



Mahesh M.V
Chief Editor



Sony Sabu
Executive Editor



Sunithamol Chacko
Magazine Co-ordinator



Anu Usha
Magazine Co-ordinator



Tino Titus
Magazine Co-ordinator



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Designing, Printing &
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Siny Thomas
Editorial Team



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Annamma M. R
Photography



Beena S Varughese
Editorial Team & Designing



Dhanya P.S
Sub Editorial Team

The Creative Pulse of Nursing





PRIORITIZING PATIENT SAFETY AND QUALITY: A NURSING IMPERATIVE



Mrs. Sony Sabu

Deputy Nursing Superintendent

Ensuring patient safety and delivering high-quality care are cornerstones of nursing practice. Nurses play a pivotal role in preventing errors, promoting a culture of safety, and driving quality improvements. By focusing on safety and quality, nurses enhance patient outcomes, build trust, and foster a positive care environment.

Key Strategies for Enhancing Safety

Medication Safety: Accurate administration, verification, and monitoring reduce medication errors.

Infection Control: Rigorous hygiene practices and protocols prevent hospital-acquired infections.

Fall Prevention: Assessing risks and implementing tailored interventions protect patients.

Communication: Clear, empathetic interactions with patients and teams ensure coordinated care.

Quality Improvement Initiatives

Evidence-Based Practices: Integrating research into care decisions improves outcomes.

Clinical Audits: Regular assessments identify improvement areas and track progress.

Team Collaboration: Working with multi-disciplinary teams ensures holistic care.

Patient Feedback: Leveraging insights enhances care experiences and satisfaction.

The Role of Technology Electronic Medical Records (EMR):

Streamlining access to patient data improves care coordination.

Barcode Scanning: Reducing medication administration errors enhances safety.

Safety Alerts: Automated reminders and notifications support timely interventions.

Data Analytic: Identifying trends and patterns informs quality initiatives.

“Safety is not an intellectual exercise to keep us in work. It is a matter of life and death”



Facing Future Challenges and building positive attitudes in the Nursing Profession



Beena S Varughese
Nursing Educator

The nursing profession is consistently evolving with advancements in healthcare, technology, and patient expectations. In the future, nurses will face many new challenges, however with proper preparation, knowledge, and a positive attitude, they can overcome these difficulties and continue to provide high quality patient care.

One of the major challenges nurses may face is the increasing demand for healthcare services. As the population grows and people live longer, the need for skilled nurses will also increase. Nurses must be prepared to manage heavy workloads while maintaining safe and compassionate care.

Another challenge is the rapid development of medical technology. Nurses need to continuously update their knowledge and skills to use modern equipment and digital health systems effectively. Lifelong learning and professional development are essential to stay competent in this changing health care environment.

Emotional stress and workplace pressure are also common challenges in nursing. Developing resilience, maintaining a positive mindset, and supporting one another as a team can help nurses manage stress effectively.

Furthermore, nurses must be prepared to respond to global health issues such as pandemics and emerging diseases. Strong clinical skills, critical thinking, and adaptability will help nurses respond effectively to these situations.

The future of nursing will bring many challenges, but it also offers opportunities for growth and innovation. By embracing continuous learning, teamwork, and dedication to patient care, nurses can successfully face future challenges and strengthen the nursing profession.

A nurse's attitude plays a vital role in patient care. Patients often come to hospitals feeling anxious, afraid, or in pain. The way a nurse communicates and behaves can greatly influence a patient's comfort, trust, and recovery. Therefore, developing a positive attitude in patient handling is an essential quality in nursing practice.

First, empathy and compassion are fundamental in nursing care. Nurses should try to understand the patient's feelings and concerns. Listening patiently and responding kindly can make patients feel valued and supported.

Second, effective communication helps build trust between nurses and patients. Speaking politely, explaining procedures clearly and answering questions calmly can reduce patient's anxiety and improve cooperation during treatment.

Respect and dignity are also important aspects of patient care. Every patient should be treated equally regardless of age, culture, or background. Maintaining privacy and respecting patients' preferences create a respectful care environment.

Professionalism and patience are key qualities in nursing. Nurses often work in stressful situations, but maintaining a calm and supportive attitude helps in managing difficult situations and providing quality care.

In conclusion, a positive attitude in patient handling enhances patient satisfaction and strengthens the nurse patient relationship. By practicing empathy, communication, respect, and professionalism, nurses can provide compassionate and effective care.

SCRIBES OF HUMAN PAIN

Beneath the glow of humming lights,
Through the quiet stretch of weary nights,
They walk the line where shadows fall,
And answer every whispered call.

With steady hands of quiet grace,
They find the strength in every face,
A gentle word to ease the fear,
A selfless heart that's always near.

The scalpel's pulse, the rhythmic beat,
That makes the circle of hope complete;
They stand along the line of life and death,
Bringing down with every breath.

They are the scribes of pain and fear,
Recording every breath, ever near
with a velvet touch, the gently stand,
holding tight the trembling hand.

They translate silence into speech
And soothe the tears no words can reach
Finding grace in the sterile white
with strength unseen endless fight.



Smitha Koshy
Staff Nurse






More
THAN JUST A
Nurse

*A nurse is not just a name we say,
But a thousand hopes that light the way.
For many hearts in pain and fear,
She stands as comfort, always near.*

*To some, an angel soft and kind
With healing hands and a caring mind.
A quiet strength, a gentle grace,
A little hope in every place.*

*Leaving behind her stressful days,
She walks through endless caring ways.
For every patient who depends,
She gives her all, again and again.*

*Being a nurse may seem so light,
But living it is a daily fight.
Not just a duty, not just a role,
It's a heavy promise carried in the soul.*

*Even when she feels unwell inside,
Her pain and struggles she will hide.
To make her patients strong and fine,
She sacrifices her own precious time*

*With tired eyes and sleepless nights,
She still stands up and fights the fights.
With angel hands and a heart so true,
She heals the world in all she does.*

*So when you see a nurse one day,
Remember the price they quietly pay.
Not just a job, but a life they choose,
Giving care they never refuse.*



Remya Ravi
Staff Nurse



From First Steps to Final Goodbyes: A Nurse's Journey

Every year, on International Nurses Day, we pause to recognize the Resolute dedication of nurses the silent pillars of healthcare. Behind every uniform is a story, one that begins with hope and unfolds through resilience, compassion, and sacrifice.

This is the journey of a nurse, from the very first day in a hospital to the day they finally say goodbye.

The First Day: A Beginning Full of Dreams

The first day of a nurse in a hospital is often a blend of excitement and nervous anticipation. Freshly trained, inspired by figures like Florence Nightingale, and armed with knowledge, they step into a world that is both challenging and deeply human.

The corridors seem endless, the machines intimidating, and the responsibilities immense. Every patient interaction feels like a test. Hands may tremble while administering the first injection, and hearts race while responding to the first emergency call. Yet, beneath it all lies a strong desire-to care, to heal, and to make a difference.

The Early Days: Learning Beyond Books

Soon, textbooks give way to real life lessons. A nurse learns that healing is not just about medication but also about empathy. Holding a patient's hand, calming a worried family, or offering a reassuring smile becomes just as important as clinical skills. Mistakes may happen, tears may be shed, but each day builds confidence.

Colleagues become mentors, and the hospital slowly transforms from a place of fear into a second home.

The Middle Years: Strength, Skill, and Sacrifice

As years pass, the nurse grows into the role with remarkable strength. They become the backbone of patient care anticipating needs, managing crises, and often working long, exhausting shifts. Festivals are missed, family gatherings postponed, and personal time sacrificed. Yet, there is fulfillment in seeing a patient recover, in hearing a heartfelt "thank you," and in knowing that their presence made a difference during someone's most vulnerable moments. These are the years when a nurse becomes more than a caregiver

they become a healer, a counselor, and sometimes even a lifeline.

The Emotional Weight: Silent Battles

Not all days are filled with success stories. There are losses-patients who couldn't be saved despite every effort. These moments leave lasting impressions. Nurses carry these memories quietly. They learn to stay strong, to comfort others, even when they themselves are hurting. This emotional resilience is one of the most profound, yet unseen, aspects of their profession.

The Final Day: A Bittersweet Goodbye

The day of resignation arrives quietly, often without fanfare. It may be due to personal reasons, career changes, or simply the need to rest after years of service. Walking through the same corridors one last time, memories flood back-the first patient, the toughest night shift, the lives touched, and the bonds formed. Every corner holds a story. There is pride in what has been achieved, but also a sense of loss. Being a nurse is not just a job; it is an identity. Letting go is never easy.

A Legacy That Lives On

Even after leaving the hospital, the essence of

nursing remains. Compassion, discipline, and the strength continue to shape their lives and the lives of others. A nurse may hang up their uniform, but the impact of their journey lives on in the hearts they healed, the lives they saved, and the humanity they upheld.

Conclusion

From the first hesitant step into a hospital ward to the final walk out as a seasoned professional, a nurse's journey is one of dedication, growth, and profound humanity.

On this Nurses Day, let us not only celebrate their service but also understand their story of courage, compassion, and countless untold sacrifices. Because nursing is not just about healing the body it's about touching lives.

Happy Nurses Day to every nurse who begins, continues, and even concludes this journey with dignity and heart.

Madhavan V Kaimal
Staff Nurse

അവയമാറ്റിവയ്ക്കൽ ശസ്ത്രക്രിയാ രംഗത്ത് മികവോടെ ഡോ. കെ. എം. സി ഹോസ്പിറ്റൽ, ചെങ്ങന്നൂർ

ഹൃദയം, വൃക്ക, കരൾ, പാൻക്രിയാസ്, ചെറുകുടൽ തുടങ്ങിയ അവയമാറ്റിവയ്ക്കൽ ശസ്ത്രക്രിയയ്ക്ക് ലോകോത്തര നിലവാരത്തിലുള്ള സജ്ജീകരണങ്ങൾ

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HEALING WITH HEART AND SKILLS

Healing is not limited to medicines alone; it resides in a gentle touch, listening ear, or reassuring smile. At Dr. K. M. Cherian Institute of Medical Sciences, nursing is a calling rooted in compassion, dedication, and strength.

Nurses enter patients' lives during their most vulnerable moments. Behind every monitor and clinical procedure lies a human story of fear, hope, pain, and courage. In these moments Nurses become a source of comfort, a pillar of support, and a silent hero. Skill enables swift and confident action, reflecting precision, knowledge, and commitment to patient safety. The heart behind the care transforms it into healing a warm word, holding a hand, or simply being present leaves a lasting impact.

Healing, in its truest sense, occurs when science meets compassion. It happens when a nurse chooses kindness despite exhaustion, listens despite the noise, and cares beyond expectations.

At Dr. K. M. Cherian Institute of Medical Sciences, this beautiful balance of heart and skill defines the culture of nursing. Here, care is not hurried; it is felt. Every patient is treated with dignity, respect, and genuine compassion. Nurses go beyond their duties, offering not only treatment but comfort and hope. There are times when the workload is heavy and the challenges many. Yet, nurses continue to serve with resilience and grace, always prioritizing their patients. Their strength lies not only in clinical expertise but also in their ability to care deeply, even in the most demanding situations.-

*Healing with heart and skill is not just a theme; it is the soul of nursing at Dr. K. M. Cherian Institute of Medical Sciences. It is a promise to every patient that they are not alone and that they are cared for with both excellence and empathy.
A touch... a word... a smile... that is true nursing.*



Siny Thomas
Nursing Incharge.



ARE NURSES REALLY ANGELS?

We often hear people say “Nurses are angels.” But are nurses really angels? Angels are believed to be perfect, always calm, always smiling, and free from pain. But nurses... are human. They feel tired after a long shift. They worry when a patient is critical.

They go home carrying the emotions of the day in their hearts. And still... they come back the next day, ready to care again. Nurses do not have wings. They do not wear halos. Instead, they wear uniforms carry stethoscopes and walk quickly through busy hospital corridors. But what make people to call them angels? It is not because they are perfect. It is because of what they choose to do. They hold patients hand during fear. They stay awake when others sleep. They notice small changes that save lives.

They speak kindly when someone feels alone. In moments of pain, confusion and uncertainty, nurses become a source of comfort and strength. Being a nurse is not just a job. It is a responsibility, a commitment, and a quiet promise to care no matter how hard the day is. So are nurses really angels? May be not in the traditional sense. But in the way they care, support and stand beside patients during their most critical moments, They become something just as special, not angels from the sky.

But angels in action, here on Earth. “Nurses may not have wings. But they help others fly through their hardest days”



Sunithamol Chacko
Nursing Incharge

Silent Strength

— A Psychiatry Nurse on Duty —

In quiet wards where whispers stay,
A psychiatry nurse begins the day.
Not just with charts or meds in hand,
But with a heart that understands.
Behind each gaze, a storm may hide,
A fragile world kept deep inside.
No wounds to dress, no blood to see,
Yet pain flows vast, like an unseen sea.
With gentle words and patient grace,
They meet each soul in their own space,
Through broken thoughts and silent cries,
They offer hope that never dies.
When nights grow long and minds feel lost,
They stand beside-no matter the cost.
A steady voice, a calming light,
Guarding minds through darkest night.
Not all heroes wear a crown,
Some sit and listen, never frown.
In every step, in all they do,
They heal the mind-and spirit too.



Tino Titus
Nursing Incharge

A SAFE HAVEN



Midnight streets, shadows fall.
Darkness everywhere, silence takes its call.
Then whispers sweet, a gentle breeze.
I turn around, but no one's there, if you see.
No ghosts in sight, just a light a glow.
A tiny lamp, in the dark, it grows.
Who's behind it? An angel, perhaps?
No, she's more - a nurse, with heart that dares.
Empathy and compassion, her guiding stars.
A silent guardian, in the darkest hours, she cares.
She is smiling at me, warmth in her eyes.
I was lost in pain, but she opened skies.
With gentle touch, she soothed my soul.
Like a mother, making my heart whole.
In the darkness, she lit a way.
Through the night, she led me to day.
Her kindness wrapped me, like a gentle rain.
Healing hands, easing my pain.
With every smile, my heart feels light.
In her care, I found a peaceful night.



Bustin Mathew
Staff Nurse

താങ്ങായ് തണലായ്



വിടരുന്ന പൂവിന്റെ മനമറിഞ്ഞ വേര് പോൽ
 വന്നവർക്കായി സ്നേഹം പകുത്ത് നൽകി നീ
 മകളായി, ഏവർക്കും സോദരിയായ്
 മണ്ണിൽ വന്ന മാലാഖ പോലെ
 എൻ മുന്നിലായവൾ

എന്നുമെന്റെ സാന്ത്വനമായി
 സ്നേഹമല്ലോ, രോഗത്തിന് ആശ്വാസമായ്
 ആതുരസേവകർ ദൈവത്തിന് പ്രതിമുഖങ്ങളായി, മാലാഖയായി
 ഇടറിയമനവും, തളർന്നൊരൻ ദേഹവും, ഊർജ്ജമാക്കുവാൻ
 സ്വന്തമല്ലാതെ സ്വന്തമായവർ വന്നിടും നേരം
 താങ്ങായ്, തണലെന്നും ചിറകടിച്ചുയരും
 പ്രതീക്ഷകൾ നൽകി

മാലാഖപോലെ.....



Subha D
 Staff Nurse

സാന്ത്വനം

കാരുണ്യത്തിൻ സ്വരൂപമായ്
 കണ്ണുനീരിൽ
 സ്നേഹസ്പർശമായ്
 കരുതലിൽ തലോടലായ്
 നെടുവീർപ്പിൻ ആശ്വാസമായി
 കൈകളിൽ കരുണ നിറച്ച്
 പുഞ്ചിരി തുക്കി നടപ്പു അവൾ
 ഏവരുടെയും വിളിപുറത്ത്
 നൊമ്പരമെല്ലാം ഉള്ളിൽ ഒതുക്കി
 കാതോർത്ത്, കുർമ്മതയോടെ
 ഒരു നിഴൽ പോൽ
 നിൻ സാന്നിധ്യം എന്നരികിൽ
 സർവ്വം സജ്ജയായ് തുണയായി
 എന്നും ജീവിച്ചിടും അവൾ



Aleena Jossy
 Staff Nurse





OUR NURSES. OUR FUTURE.

Empowered Nurses Save Lives

LEADING WITH COMPASSION, HEALING WITH POWER

Nursing empowerment is essential for building a confident, skilled, and motivated healthcare workforce. When nurses feel empowered, they are more likely to take initiative, make informed decisions, and provide high-quality patient care. Empowerment comes through education, supportive leadership, recognition, and opportunities for professional growth. It also strengthens teamwork and communication, creating a positive work environment where nurses feel valued and respected. One effective way to promote empowerment is through programs like “Star of the Month.” This initiative recognizes nurses who demonstrate excellence, compassion, and dedication in their roles. By celebrating individual achievements, it boosts morale, encourages healthy competition, and inspires others to perform at their best. Recognition also reinforces positive behaviors and highlights the importance of patient-centered care. Ultimately, empowering nurses and acknowledging their contributions not only improves job satisfaction but also enhances patient outcomes, making healthcare systems stronger and more effective.



STAR OF THE MONTH JANUARY



STAR OF THE MONTH EVENT FEBRUARY



STAR OF THE MONTH MARCH



IV EXCELLENCE AWARD 2026

JANUARY 2026 : CSICU TEAM



FEBRUARY 2026 : SURGICAL ICU TEAM



MARCH 2026 : NEURO ICU TEAM



EMPOWERING THROUGH EDUCATION



ശുശ്രൂഷ കവിതയായപ്പോൾ
ഒരു രോഗിയുടെ സ്നേഹാദരം....

മനുഷ്യത്വവിൽ

ദയ കരുണ ത്യാഗം സഹനം
ഒരു പൂവിൽ വിരിഞ്ഞു നില്പു
അതുകണ്ടു ഞാനെൻ ഹൃദയം നൽകി
ഏറ്റുവാങ്ങി സ്നേഹത്തിൽ പരിപാലിച്ചോർ

ഏതു നാമത്തിൽ വിളിച്ചിടും
എന്തു നാമവും മതിയാകില്ല ഹേ !
ദൈവദൂതൻ മാലാഖമാരെന്നോ
ദൈവം തന്നെ മുൻപിൽ നിൽക്കുന്നോ

വന്ദിക്കുന്നേൻ വാനോളമീക്കൂട്ടരെ
വന്ദിച്ചാലും മതിയാകുമോ കടങ്കാടുകൾ
വിണ്ണിനും മണ്ണിനും കിട്ടിയ പുണ്യജന്മങ്ങൾ
വിശ്വം നിറക്കും നിൽക്കും മനുഷ്യസ്നേഹികൾ

കെ. വിജയൻ നായർ
ഉല്ലാസ് നഗർ (മുംബൈ)
(MICU Patient)



മരുന്നും മണ്ണും കരുതലും കരുത്തും രണ്ട് പൂണ്ണം.

ശ്വേതവസ്ത്രത്തിൽ വിനയവുമായി ഞാൻ
രോഗി തൻ ചാരെ ഉണർന്നിരിപ്പു
മരുന്നിൻ തുളികൾ തൻ കുളിരാലെ
നോവിൻ കനലുകൾ മാറ്റിടുന്നു.

ഇടവേളയിൽ പാടത്തു ഞാനിറങ്ങി
മണ്ണിൽ കനകം വിളയിക്കുന്നു.
വിയർപ്പുതുളികൾ മണ്ണിൽ വിഴുമ്പോൾ
അന്നമായി ഭൂമി കനിഞ്ഞീടുന്നു

കൈകൾ രണ്ടുമി നാടിന്നു വേണ്ടി
ഒന്ന് വിശപ്പിന് പരിഹാരമായി,
മറ്റൊന്ന് നൊമ്പരക്കടലിലെ
ശാന്തി തൻ കുളിർമഴത്തുളിയായ്.

മണ്ണും മനസ്സും ഒന്നായ് ചേരും
എന്റയി ജീവിതം ധന്യമാകുന്നു
രണ്ടു കർമ്മവും പൂണ്ണമായി മാറ്റിയോൻ
ഞാനൊരു നേഴ്സ് കർഷകൻ!

മരുന്നും മണ്ണും കരുതലും കരുത്തും രണ്ടും പൂണ്ണം



Liju Thomas
Nursing Incharge

രോഗി



Arya Aravindhakshan
Staff Nurse

രണ്ടു വർഷങ്ങൾക്കു മുൻപാണ് വന്ധ്യതാ ചികിത്സയ്ക്കുശേഷം ഗർഭം ധരിച്ച യുവതിയെയും ഭർത്താവിനെയും ആശുപത്രിയിൽ വെച്ച് ആദ്യമായി കാണുന്നത്. പലതരം ചികിത്സകൾക്കൊടുവിൽ തന്റെ വയറ്റിൽ മൂന്നു കുട്ടികൾ വളരുന്ന ആ അമ്മയെ കാണുമ്പോൾ വല്ലാത്തൊരു സന്തോഷമായിരുന്നു. അമ്മയാകാൻ ഹോകുന്നു എന്നറിഞ്ഞ നിമിഷം മുതൽ അവർ നെയ്തുക്കുട്ടിയ കിനാവുകൾക്കു അതിരില്ലായിരുന്നു. IVF എന്ന നൂതന വിദ്യയിലൂടെ വിജയിയായ അവളെ കാണുമ്പോൾ, അവളുടെ ചിരിയിൽ, അവളുടെ നോട്ടത്തിൽ ലോകം കിഴടക്കിയ പോരാളിയെ ഞാൻ കണ്ടു. പിന്നീട് ഒരു ദിവസം ഞാൻ അവളെ കണ്ടു. എന്റെ ഡ്യൂട്ടിക്കിടയിൽ..... ആ നിമിഷം എന്റെ ഹൃദയം നിലച്ചുപോയി. അവളുടെ വസ്ത്രമെല്ലാം രക്തക്കറയിൽ മുങ്ങിയിരിക്കുന്നു. അവളുടെ കണ്ണുകൾ നിറഞ്ഞു നിർത്തുള്ളികൾ താഴേക്ക് പതിക്കുന്നു. കാൽപാദങ്ങൾ വിറയ്ക്കുന്നുണ്ടായിരുന്നു. അവളുടെ പിറകാനിരുന്ന കുഞ്ഞുങ്ങൾ അവൾക്കു നഷ്ടമായി..... ആ ഹൃദയം നിലച്ചുപോയപ്പോലെ എനിക്കു തോന്നി. എന്തിനായിരുന്നു ഇതെല്ലാം? ആ പോരാളി, ആ കുഞ്ഞുപാദങ്ങൾ എല്ലാം എല്ലാം ഇല്ലാതായി. ഡോക്ടർമാർ അവർക്കു മൂന്നു ദിവസം പരിപൂർണ്ണ വിശ്രമം അനുവദിച്ചു. എനിക്കതു ആശ്വാസമായി. ആ മൂന്നു ദിവസം എനിക്കവളെ പരിചരിക്കാമല്ലോ! ഓരോ ദിവസവും ഞാൻ പതിവു തെറ്റിച്ചില്ല. നേരത്തെ തന്നെ അവളുടെ റൂമിലെത്തും. അവൾക്കു വേണ്ടി ഞാൻ ഒരു കളിക്കുട്ടുകാരിയായി, ഒരു ടീച്ചറായി, ഒരു കൗൺസിലറായി, ഒരു ഡയറ്റീഷ്യനായി. പതിയെ പതിയെ ഞാൻ അവളുടെ മരുന്നായി. ഓരോ ദിവസവും കഴിയും തോറും അവളുടെ

മുഖത്തെ മാറ്റം ഞാൻ കണ്ടു. അവളുടെ മുഖത്തേ കാർമേഘങ്ങൾ നിങ്ങിത്തുടങ്ങിയിരുന്നു. അങ്ങനെ ആ ദിവസം എത്തി. അമ്മയാകാനുള്ള ആഗ്രഹവുമായി ഒരു സ്നേഹത്താൽ പൊതിഞ്ഞ ചെറുചിരി സമ്മാനിച്ചു അവൾ ആശുപത്രിയിൽ നിന്നും പടിയിറങ്ങി..... ആഴ്ചകളും മാസങ്ങളും കടന്നുപോയി. അറിയില്ല ഓരോ രോഗികളെ കാണുമ്പോളും എന്റെ മനസിൽ അവൾ അവൾക്കെന്തു സംഭവിച്ചു. എന്റെ ചിന്തകൾ എനിക്കു നിയന്ത്രിക്കാൻ സാധിക്കുന്നില്ലാ ആർത്തിരമ്പുന്ന കടലുപോലെ അറിയണം? എന്റെ പിറകാതെ പോയ സഹോദരി, നിനക്കെന്തു സംഭവിച്ചു. ഞാൻ അഡ്മിഷൻ ഡിസ്ചാർജ്ജ് ബുക്കിൽ നിന്നും ആ പേര് കണ്ടുപിടിച്ചു രേഷ്മ രജനി ആ ഇടനൂർന്ന ബുക്കിന്റെ താളുകൾക്കുള്ളിൽ അവളുടെ ഫോൺ നമ്പർ എനിക്കു തിളങ്ങുന്നപ്പോലെ തോന്നി അവളുടെ ഫോണിലേക്ക് ഞാൻ ആവർത്തിച്ച്, ആവർത്തിച്ച് വിളിച്ചു എടുക്കുന്നില്ല. എന്തുപറ്റി അവൾക്ക് എന്റെ മനസിലെ പ്രതീക്ഷകൾ അസ്തമിക്കുന്നതുപോലെതോന്നി നാളുകൾ ഏറെ കഴിഞ്ഞു. രാവുപകലും മത്സരിച്ചു വന്നു കൊണ്ടിരിക്കുന്നു. ഒരു ദിവസം രാത്രിയിൽ എന്റെ ഡ്യൂട്ടിക്കിടയിൽ ലേബർറൂമിൽ നിന്നും ഒരു കോൾ വന്നു. ഒരു മുനി വേണം. പേര് രേഷ്മ രജനി. പ്രസവം കഴിഞ്ഞതാണ് ഈശ്വരാ..... ഇത് അവളാകുമോ? എന്റെ സഹോദരി ...! ഞാൻ കാത്തിരുന്ന ആ നിമിഷം. പിഞ്ചു കുഞ്ഞിന്റെ നിർത്താതെയുള്ള കരച്ചിൽ ഞാൻ കണ്ടു അവളെ ക്ഷീണിച്ച മുഖത്തോടുകൂടി തന്റെ കുഞ്ഞിനെ പുണർന്നു കിടക്കുന്ന ആ അമ്മയുടെ രേഷ്മയെ പതിയെ ഞാൻ വിളിച്ചു അവൾ പതിയെ കണ്ണുതുറന്നു ഒരായിരം താമരകൾ ഒരുമിച്ചു വീടർന്നതുപോലെ അവളുടെ ഈ ജന്മം സഫലമായി.....

കരുണയുടെ കൈച്ചൊഴുകൾ

ആശുപത്രിയുടെ വെളുത്ത ഇടനാഴികളിൽ മരുന്നിന്റെ ഗന്ധത്തോടൊപ്പം കടന്നുവരുന്ന ഒന്നാണ് ആശ്വാസത്തിന്റെ തണുപ്പുള്ള സ്പർശം. ലോകം ഉറങ്ങുമ്പോൾ ഉണർന്നിരിക്കുന്ന കണ്ണുകളുമായി, നിലയ്ക്കാത്ത ഹൃദയമിടിപ്പുകളെ കാത്തുസൂക്ഷിക്കുന്നവർ, സ്വന്തം വീടിന്റെ ഉമ്മറത്ത് വിളക്ക് കൊളുത്തേണ്ട നേരത്തും മറ്റൊരാളുടെ ജീവിതത്തിൽ പ്രത്യാശയുടെ വെളിച്ചം പകരാൻ ഓടിനടക്കുന്നവരാണ് ഓരോ നേഴ്സുമാരും.

നേഴ്സിംഗ് എന്നത് വെറുമൊരു തൊഴിലല്ല, അതൊരു ജീവിത സമർപ്പണമാണ്. സ്വന്തം കുഞ്ഞിന് പനിച്ച് വിറയ്ക്കുമ്പോഴും, അത്യാഹിത വിഭാഗത്തിൽ ശ്വാസം കിട്ടാതെ പിടയുന്ന മറ്റൊരു കുഞ്ഞിന്റെ ജീവൻ രക്ഷിക്കാൻ ഓടിയെത്തുന്നവരാണ് ഓരോ നേഴ്സുമാരും വിശപ്പും ദാഹവും ഉറക്കമില്ലാത്ത രാത്രികളും അവർക്ക് ശീലമാണ്.

ഈ വെളുത്ത വസ്ത്രത്തിനുള്ളിൽ ഒളിപ്പിച്ചു വെച്ച സ്വന്തം സങ്കടങ്ങൾ ആരും കാണാറില്ല. രോഗിയുടെ വേദനയിൽ പങ്കുചേരുന്നപ്പോഴും, തളർന്നു പോകുന്ന കുടുംബാംഗങ്ങൾക്ക് ധൈര്യം പകരുന്നപ്പോഴും അവർ ഒരു മകളായും സഹോദരിയായും അമ്മയായും മാറുന്നു.

ഓരോ തുള്ളി മരുന്നും രോഗിയുടെ ശരീരത്തിലേക്ക് പകർന്നു നൽകുമ്പോൾ, അതിനോടൊപ്പം തങ്ങളുടെ സ്നേഹവും പ്രാർത്ഥനയും അവർ കരുതിവെക്കുന്നു. രോഗം തളർത്തിയ ശരീരം സുഖം പ്രാപിച്ച് പുഞ്ചിരിയോടെ ആശുപത്രിയുടെ പടികൾ ഇറങ്ങിപ്പോകുമ്പോൾ ആരും കാണാതെ സന്തോഷം കൊണ്ട് കണ്ണുനീരുന്നവരാണ് നേഴ്സുമാർ.

ആ പുഞ്ചിരിയാണ് അവർക്ക് ലഭിക്കുന്ന ഏറ്റവും വലിയ പുരസ്കാരം. മരണത്തിന്റെ നിഴൽ വീണ മുറികളിലും പ്രത്യാശയുടെ മെഴുകുതിരി തെളിക്കാൻ ശ്രമിക്കുന്നവർ. മാലാഖമാർ കരുണയുടെയും സഹനത്തിന്റെയും വലിയ ഒരു ലോകം തുറന്നിടുന്നവർ ഈ ലോകത്ത് ചില കൈകൾ വേദന മായ്ക്കും. മറ്റ് ചിലർ പ്രതീക്ഷ പകരും എന്നാൽ ഒരു നേഴ്സിന്റെ കൈകൾ ഇവ രണ്ടും ഒരുപോലെ ചേർത്തുനൽകിടും.

ലോകമെമ്പാടുമുള്ള നേഴ്സുമാരുടെ ത്യാഗപൂർണ്ണമായ സേവനത്തിന് മുന്നിൽ ഈ നേഴ്സന് ദിനത്തിൽ എല്ലാ നേഴ്സുമാർക്കും **"HAPPY NURSES DAY"**.

ലോകമെമ്പാടുമുള്ള നേഴ്സുമാരെ വാർത്തെടുക്കുന്ന നല്ലവരായ എല്ലാ മാതാപിതാക്കൾക്കും ഒരായിരം പൂച്ചെണ്ടുകൾ നേരുന്നു.



Lija Mathew
Staff Nurse



മാലാഖത്തൊട്ടിൽ

പേറ്റുനോവിനറുതിയിതിൻ പൊന്നുണ്ണിതൻ ജന്മം!
ഏതൊരു മാതാവിനും ജന്മസാഫല്യം.
മഹിതയാം ഭൂമിതൻ മാറിൽ,
ഒപ്പം അശ്രുവാർന്നുകൊണ്ടൊരു മാതാവു.

തൻ കുഞ്ഞുമിഴികൾ തുറക്കവേ,
കണ്ടാരാ മുഖം അമ്മയല്ലോ ?
അല്ല, പൈതലേ ഞാൻ നിൻ പെറ്റമ്മയല്ല,
നീ കേൾക്കുമ്പോഴുതൊളവും നിൻ പ്രിയരുടേതല്ല.

ധരിത്രിതൻ കൈകളിൽ അതിഥിയാം
മാനവരാശികൾ അറിയാതെ പോയിടുമു,
ആദ്യമായ് അറിയുന്ന തലോടൽ.
എന്തിനധികം വിശ്വാസമേൽക്കുന്ന,
രൂപമേതോ അതാകുന്നു ഞാൻ.
അല്ലയോ, ഞങ്ങൾ ഭൂമിയിലെ മാലാഖമാർ..

നീ വളരും പടരും പന്തലിക്കും
നിന്നോർമ്മയെന്നേയും, എൻ ജീവനും മായ്ക്കും..
ഞാനേകിയ താപവും എൻ താരാട്ടും മറയും.
അറിയില്ലയെന്നെ നീയെങ്കിലും..
നിൻ യാത്രയിലെല്ലോഴുമെൻ കരുതൽ
നിൻ വേദന ഞാനാവഹിക്കും
വീണ്ടും വീണ്ടും നിനക്കമ്മയാകും..

ലോകം മായയാൽ യവനിക തീർക്കും
ഓർക്കുക, ഞാനിരിപ്പൂ എന്തുരാത്രിയിലും പകലിലും
നിനക്കു താങ്ങും താരാട്ടുമോതാൻ
ഞാനെന്നും നിൻ തൊട്ടിലാവും.. മാലാഖത്തൊട്ടിൽ.



ഡെയ്സി ഫിലിപ്പ്
Staff Nurse



A SMILE THAT SOOTHES: THE NURSE'S QUIET ROLE IN HEALING

In healthcare environments, small gestures often carry profound meaning. Among them, a nurse's smile stands out as a subtle yet powerful element of patient care. Far from being a mere social courtesy, it functions as a meaningful aspect of therapeutic interaction, contributing to both emotional comfort and overall recovery.

From a physiological perspective, positive facial expressions can influence the body's stress response. Research suggests that pleasant interactions may encourage the release of natural chemicals associated with relaxation and pain relief. As a result, patients may experience reduced tension, improved mood, and a greater sense of ease during treatment.

Equally important is the psychological impact. A warm and reassuring expression helps build trust, particularly for individuals who feel anxious, uncertain, or vulnerable. It communicates empathy without words, fostering dignity and acceptance. This emotional connection strengthens the caregiver-patient relationship, forming the foundation of compassionate practice.

The benefits extend to patient outcomes. Individuals who feel emotionally supported are generally more willing to follow medical advice, share concerns openly, and maintain a positive

outlook toward their health journey. Such engagement plays a significant role in enhancing the effectiveness of clinical interventions.

For nurses, maintaining a positive demeanor serves as a coping mechanism in demanding work settings. It promotes emotional balance, reduces stress, and supports resilience under pressure. In this way, a smile becomes mutually beneficial, supporting both the provider and the recipient of care.

Scholarly discussions on caregiving emphasize the importance of nonverbal communication in shaping patient experiences. A simple expression of kindness can influence not only the individual receiving care but also their family and the wider healthcare environment. Notably, patients often remember how they were treated on a human level, even when specific medical details fade from memory.

In essence, a nurse's smile represents a quiet yet powerful dimension of healing. By complementing clinical expertise with genuine warmth, it reinforces the principles of holistic care and highlights the enduring value of compassion in modern health care.



Liji Daniel
Nursing Supervisor

WHISPERS OF CARE

*Nurses; the heartbeat behind healthcare,
unseen and unspoken hands that hold through night and day.
From life's birth to its end, their care and love doesn't fade,
Yet love and care there, yet smile remains.
Through all Pathetic paths, they stand tall,
Caring for unknown hearts, for unknown people endlessly.
Their weary souls bear unspoken weight,
long hours of shifts and endless care,
Yet miles are there yet smile remains.
Their struggles unseen, but love shines through,
Making a light in someone's darkness,
A silent symphony of hearts and hands that heal.
Yet aches there yet smile remains!
From dawn till dusk and dusk till dawn,
With weary body and shooting pain,
Empty stomach and a heavy bladder,
They care for someone's smile.
Yet with weary soul, yet smile remains!
A quiet ode of care, for me, for you and for the world...
A silent symphony caring for me,
for you and for the world...
Yet endless care and devotion, yet smile remains!*



Bhavya. S
Staff Nurse

BATTLE

*Bodies bleed, but hearts do too.
Can I win this battle inside?
The doubts that chase me in my dreams,
Search for a sign that shines.*

*Can I win the battle within?
The darkness that follows and threatens,
Leaving me lost in an empty room,
And makes me feel so lonely.*

*Inside the head,
A conflict of right and wrong.
This is not a fight between smooth and rough
It's a battle between life and death.*



Seeniya Mariyam,
Staff Nurse

NURSE - THE BEACON OF HOPE

In quiet halls where patients stay,
Kind nurses guide them, day and night.
With gentle touch and humble heart,
healing wounds with a gentle art.

Her smile is so sweet,
Our wounds melt into it,
With steady hands and a blissful heart,
She comfort tears, then sorrows sets down

Through day and night they never tire,
Helping people with better and brighter,
With caring hands and hearts so true
They heal the pain and start a new.

With every beat they give their all,
A beacon of hope in a busy hall.
Their kindness shines like a guiding light
A nurse's love that clears the night

They are the voices for those who can't speak,
The pillars of strength for those who are weak.
From the first breath drawn to the very last
Nurses hold the future and honor the past.



Preena Chandy
Staff Nurse

Compassion: The Soul of Nursing Care

Compassion, a word that literally means “suffering together,” embodies the core of our profession. As human beings, we each bring our own qualities to nursing. In our profession, we provide care to every individual, irrespective of age, race, or background.

While delivering our services, we wholeheartedly express both our innate and required qualities. Among these, compassionate care is one of the superpowers in healthcare. Along with compassion, empathy, kindness, and gratitude shape every moment of care.

As a nurse in a medical and surgical unit, I once cared for a 16 year old female patient who was seriously ill due to an autoimmune disorder, SLE. When I first took care of her, she did not talk much. But she lit up whenever anyone spoke her name. Her parents were extremely worried about her condition and asked many questions about treatment, procedures, and consents.

The initial phase was challenging and sometimes frustrating for everyone involved. However, I realized that if I were in their shoes, I would have done the same. I chose to listen to their concerns with compassion. That approach not only helped resolve their questions but also built a strong, caring bond with my patient and her family.

Compassion is a vital part of the treatment process. It is not merely the recognition of others’ human needs, but the action we take to care of human needs.



Reena Varghese
Staff Nurse

Beyond Medicine: The Power of Nursing

Nursing is not just a profession; it is a promise - a promise to care, to comfort, and to stand beside patients when they need it the most.

Behind every patient lies a story of pain, fear, and uncertainty. Behind every recovery stands a nurse who refused to give up. While doctors diagnose and prescribe, nurses bring healing through compassion, patience, and human touch.

In the ICU, where machines beep and time feels fragile, nurses become the silent warriors. They hold hands when families cannot, notice the smallest changes before anyone else, and they stay awake so others can sleep peacefully.

A nurse's strength lies not only in skill but in empathy. A simple smile, a reassuring word, or a gentle touch can become more powerful than any medicine.

Nursing goes beyond injections, charts, and procedures - it is about humanity. It is about being present in someone's most vulnerable moment and making it less painful.

On this Nurses' Day, we celebrate not just the profession, but the heart behind it - the courage, dedication, and endless compassion that define every nurse.

Because truly, Nursing is the act of caring beyond medicine.

By
SICU Staffs



ചങ്ങന്നൂർ ഡോ. കെ.എം.സി. ഹോസ്പിറ്റലിൽ ശസ്ത്രക്രിയ ഇല്ലാതെ സ്ത്രോക്കും ഹൈബ്രോഡയ്ഡ്സ്കൂം ഭേദമാക്കാം



Advanced Centre for Neurovascular & Interventional Radiology

ഗർഭാശയ
കുഴികൾ



പ്രോസ്റ്റേറ്റ്
പ്രശ്നങ്ങൾ



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A Second Chances of Life



Linya V Dev
OPD Nurse

In the fast-paced environment of a Cardio-Thoracic and Vascular Surgery (CTVS) outpatient department, every day brings new challenges. While OPDs are typically associated with consultations and follow ups, emergencies can arise without warning, testing the preparedness and coordination of the healthcare team. One such unforgettable moment was a recent Code Blue event that reinforced the importance of vigilance, teamwork, and timely intervention.

With routine day in the OPD when a middle aged patient, who had arrived for a cardiac evaluation, suddenly collapsed in the waiting area. Within seconds, the situation escalated he was unresponsive, pulseless, and not breathing. Recognizing the signs of cardiac arrest, the Code Blue was immediately activated.

The response was swift. The resuscitation team arrived promptly, and cardiopulmonary resuscitation(CPR) was initiated without delay. As a nurse in the CTVS department, my role involved assisting with chest compressions, preparing emergency medications, and ensuring that all necessary equipment was readily available. The synchronized efforts of doctors, nurses, and support staff created a focused and efficient resuscitation environment.

Defibrillation was administered as indicated, and advanced cardiac life support (ACLS) protocols were followed meticulously. Every second was critical, and the team worked with precision and determination. After several intense minutes,

a palpable pulse was restored, and the patient began to show signs of recovery. The return of spontaneous circulation (ROSC) was a moment of immense relief and accomplishment for everyone involved.

The patient was then stabilized and shifted to the intensive care unit for further management. Follow-up revealed that timely intervention and coordinated teamwork played a crucial role in saving his life.

This experience was a powerful reminder that cardiac emergencies can occur anywhere even in an OPD setting. It highlighted the importance of continuous training, readiness, and adherence to established emergency protocols. More importantly, it emphasized the value of teamwork and clear communication during critical moments.

As healthcare professionals, we often work behind the scenes, but moments like these reaffirm our purpose. Being part of a team that contributed to giving a patient a second chance at life is both humbling and inspiring.

In conclusion, this Code Blue event was not just a medical success but a testament to the dedication, skill, and unity of the healthcare team. It serves as a reminder that preparedness and prompt action can make the difference between life and death.

Beyond Financial Wealth to Career Worth



Jerin Joe Varghese
Nursing Supervisor

When we talk about “career milestones,” the mind often jumps to promotions, salary increments, or administrative titles. However, for those in the heart of healthcare, true professional wealth is built on a foundation of purpose and resilience rather than just a linear climb up a corporate ladder. To inspire the next generation of healthcare providers, we must shift the narrative from why people leave to what makes the journey worth finishing.

The Milestone of Purpose

Early in a career, the primary milestone is often technical proficiency. But as a nurse matures, the most significant milestone is the transition from “having a job” to “embracing a professional identity.”

- **The Shift:** It isn’t about the number of shifts completed; it’s about the realization that your presence matters during a patient’s most vulnerable moments.
- **The Value:** This sense of enduring purpose acts as a buffer against the well-documented pressures of rising demand and limited resources.

The Power of Small Victories

We often wait for “grand” milestones to celebrate, but career longevity is actually sustained by quiet, daily wins. These “micro-milestones” include:

- **Collaborative Trust:** Reaching a point where you and your team operate with instinctive, mutual reliance.
- **Clinical Integrity:** Taking pride in performing complex care with excellence, even when conditions are suboptimal.
- **Human Connection:** The quiet reaffirmation found in a thank you from a family member or a successful patient interaction.

Structural Milestones:

The Role of Leadership For an individual’s career milestones to be sustainable, the organization must reach its own milestones in culture and support. Retention isn’t just about financial incentives; it’s about protecting the elements that make nursing possible.

- **From “Coping” to “Thriving”:** Organizations must stop praising nurses for simply “surviving” difficult conditions. A true milestone for a healthcare system is when it provides enough continuity and support that “going above and beyond” is a choice, not a requirement for survival.
- **Protecting the Craft:** Leadership must ensure that as a nurse hits career benchmarks, they aren’t met with a “personal cost” that erodes their well-being.

Investing in Career Longevity

Career wealth is the accumulation of skill, knowledge, and the specialized judgment that only comes with time. To keep this wealth within the profession, we must treat nursing as a path that is continuously valued, not just a resource to be managed.

Nurses don’t stay because the path is easy; they stay because the milestones they reach along the way meaning, connection, and professional pride are irreplaceable. As we look toward the future of the workforce, our goal should be to make sure that staying in the profession is a milestone celebrated by both the individual and the institution.



A Night I Will Never Forget



Ranji Kurien
Nursing Incharge

Working in the NICU is not just a profession it is a journey filled with fragile lives, silent prayers, and moments that stay with us forever. One such unforgettable experience happened during one of my night duties at Dr. KM Cherman Institute of Medical Sciences.

It was a quiet night when we received a critically ill, intubated newborn into our unit. As always, we remained vigilant, monitoring every breath and every heartbeat. For some time, the baby remained stable. But as the night progressed, the situation suddenly changed.

The baby developed a sudden desaturation. We immediately intervened, providing Neopuff / ventilation, and thankfully, the baby responded well. We felt a brief moment of relief. However, that relief did not last long.

Soon after, the baby had another episode of severe desaturation. This time, providing giving Neopuff ventilation, the baby did not respond. The oxygen saturation levels continued to fall. The baby became pale, cold, and unresponsive it felt as its life was slipping through out sinkers. It was a terrifying moment.

The duty consultant rushed in, and we immediately began resuscitation. Adrenaline was administered, CPR was initiated, and every possible effort was made. Minutes felt like hours. Despite all interventions, the baby was not improving. The atmosphere in the NICU was

tense, heavy, and filled with silent prayers. At this time point HOD also joined with us for the resuscitation. But we did not give up.

We continued reassessing, thinking, and searching for the cause. Finally, we suspected a pneumothorax. Acting quickly, an intercoastal drainage (ICD) tube was inserted. It was a critical decision taken exactly the right movement. Slowly, almost miraculously, the baby began to respond.

That moment when the oxygen saturation started improving felt like witnessing life return. It was a victory not just of medical care, but for persistence, teamwork, and hope.

In the following days, the baby showed remarkable recovery. What once seemed impossible became a beautiful reality. The day of discharge was filled with emotions. The parents, with tears in their eyes, expressed their heartfelt gratitude. Their words, their smiles, and their silent prayers touched us deeply.

Even today, during follow-up visits, they come back to see us not just as healthcare providers, but as a part of their journey. Those moments remind us why we chose this profession.

That night taught me that in the NICU, every second counts, every decision matters, and above all, never giving up can bring life back from the edge of loss.

BETWEEN BEEPS AND PRAYERS: A MEDICAL ICU NURSE'S STORY

Life in the Medical ICU is a beautiful mix of prayer, pressure, patience, and just a little bit of love to keep us going. Every shift begins the same way, with a silent prayer. Before even touching a patient or checking a monitor, there's that one small moment where I whisper, "Let everything go well today" because in the ICU we know that no matter how skilled we are, some things are beyond our control.

Then comes the reality the constant beeping of monitors, humming, ventilators and alarms that never seem to take a break. It may sound chaotic to others, but to us, it is a rhythm we have learned to live with and sometimes even joke about. If the monitors stop beeping, that is when we get worried often saying it with a tired smile. Amidst all this seriousness, humor quietly finds its way in. Like when we carefully explain every detail to a patient's bystander, and they ask, "Sister, can we give them coconut water?" Or when a patient who has just started improving suddenly becomes the strictest doctor, reminding us of their medication timings better than we do.

But behind every smile is effort ICU nursing is not easy; it involves hours on our feet, lifting, adjusting and watching every number, every second. It means staying alert even when we are exhausted, and staying calm when everything feels urgent.

There are moments that test us deeply, when we try our best and still feel it is not enough. In those times, we go back to prayer, to hope, and to each other. Because in the ICU, team work is not just important, it is everything. A



simple look between colleagues can say, "I've got you." And then come the moments of happiness the ones that make it all worth while. A patient opening their eyes, a stable smile after hours of struggle, a family saying "thank you" with tears of relief. These are not small things; for us, they are victories we carry in our hearts.

At the end of the shift, when we finally sit down, exhausted yet peaceful, there is a deep sense of satisfaction. Not because the day was easy, but because we gave it our all. We cared, we tried, we stood strong. Being a Medical ICU Nurse means living between stress and smiles, between machines and miracles, between struggles and satisfaction. And through it all, we continue with a little humor, a lot of heart, and endless hope.

Happy Nurse's Day to all the incredible nurses Your strength heals, your care comforts, and your dedication truly saves lives.



Priya A
Staff Nurse

The Silent Guardians



They stay awake and keep watch not for themselves, but for many people. They have never met before. Even as they carry the weight of exhaustion, it is the 24 hour cycle and the rhythmic changes in their patients heart beat that keep them moving. It is their heart that is nursing. Every nurse sees the patient before them not just as a care, but as father, mother, brother, sister or child. During the long period of struggle to bring these lives back to health, nurses often forget their own bodies, their own hunger and their own needs.

Joining a shift is like a race. Even when they run out of fuel (energy) they keep running. Often in their final days what they gain is not just the merit of their good deeds, but a wealth of profound life experiences. Despite knowing the hardships, they continue to run toward those in need. They are the ones working for the return of lives entrusted to them by god.

Dedicated to all nurses and medical teams.

Saranya Harichandran
Staff Nurse



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ഒരു നേഴ്സിന്റെ ഹൃദയം



നിശബ്ദമായ ആശുപത്രി ഇടനാഴികളിൽ,
വേദനയുടെ ശബ്ദങ്ങൾ മാത്രം മുഴങ്ങുമ്പോൾ...
അവിടെ ഒരു ശാന്തമായ നടപ്പുണ്ട്
അതെ... അത് ഒരു നേഴ്സിന്റെ വരവാണ്.

കണ്ണീരിൽ നനഞ്ഞ മുഖങ്ങളിൽ,
നീ ഒരു ചെറിയ ചിരി വരയ്ക്കുന്നു...
വേദന കൊണ്ട് വിറയുന്ന കൈകളിൽ,
നീ ഒരു കരുത്തായി മാറുന്നു.

മരുന്ന് കൊടുക്കുന്ന കൈകൾ മാത്രം അല്ല നീ,
ജീവിതം വീണ്ടും വിശ്വസിക്കാൻ പഠിപ്പിക്കുന്ന ഹൃദയമാണ്.
ഒരു സ്പർശം കൊണ്ട് ആശ്വാസം നൽകുന്ന,
ഒരു വാക്ക് കൊണ്ട് പ്രതീക്ഷ വളർത്തുന്ന
അതാണ് നിന്റെ മഹത്വം.

നിന്റെ ഉറക്കം വിട്ട രാത്രികൾ,
നിന്റെ ക്ഷീണം മറച്ച പുഞ്ചിരികൾ,
നിന്റെ തളർച്ച പോലും മറക്കുന്ന സേവനം
അവയൊക്കെയാണ് ജീവൻ രക്ഷിക്കുന്ന കഥകൾ.

നീ ഇല്ലെങ്കിൽ ആശുപത്രി ഒരു കെട്ടിടം മാത്രം...
നീ ഉണ്ടാകുമ്പോൾ അത് ഒരു പ്രതീക്ഷയുടെ വീട്.

നിന്റെ കരുണയാണ് രോഗിയുടെ ആശ്വാസം,
നിന്റെ സഹനമാണ് അവരുടെ ശക്തി,
നിന്റെ സ്നേഹമാണ് അവരുടെ മരുന്ന്.

നേഴ്സിങ് ഒരു ജോലി അല്ല
അതൊരു ജീവിത വിളി ആണ്.
മനുഷ്യ സ്നേഹത്തിന്റെ ഏറ്റവും ശുദ്ധമായ
രൂപം.

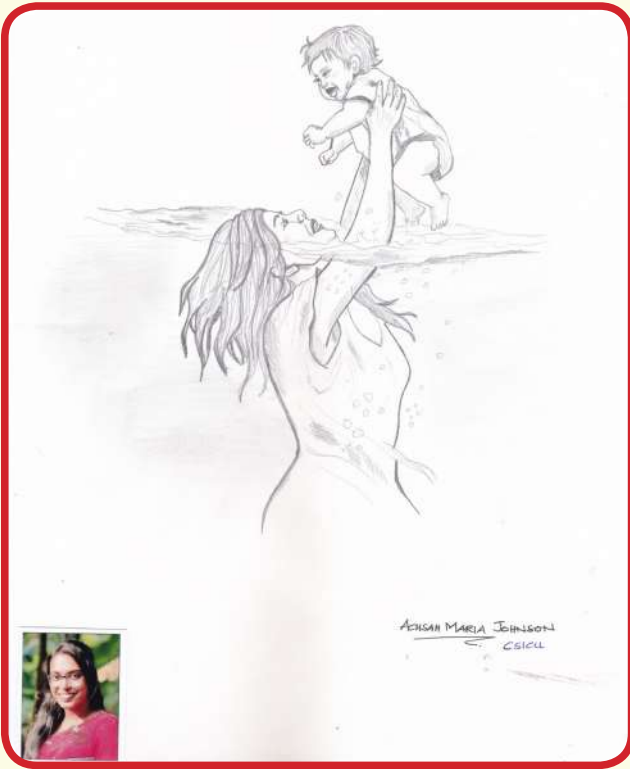
*"Caring is not just a duty...
It is the heartbeat of a nurse."*

" Happy Nurses Day "

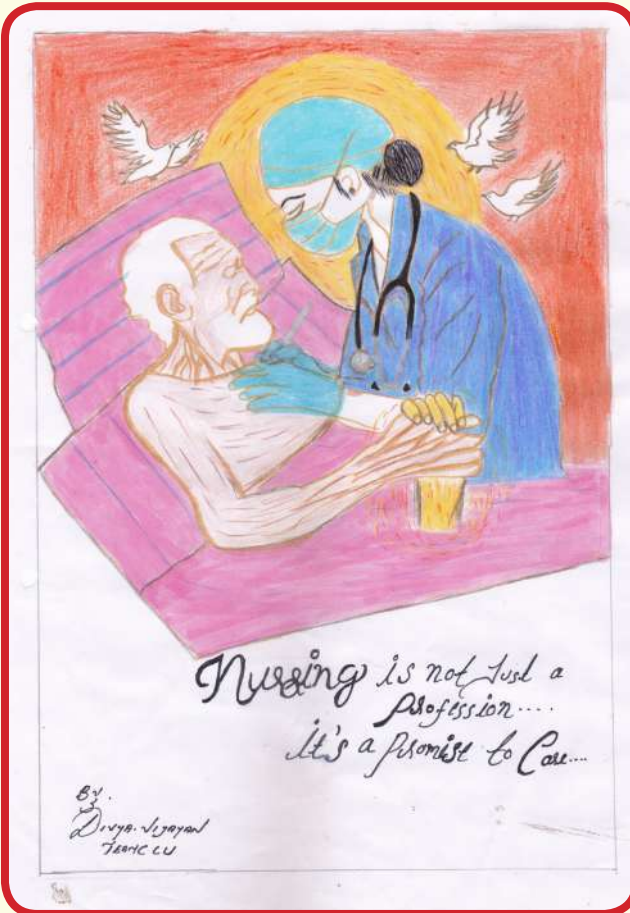
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Jyothi S
Staff Nurse

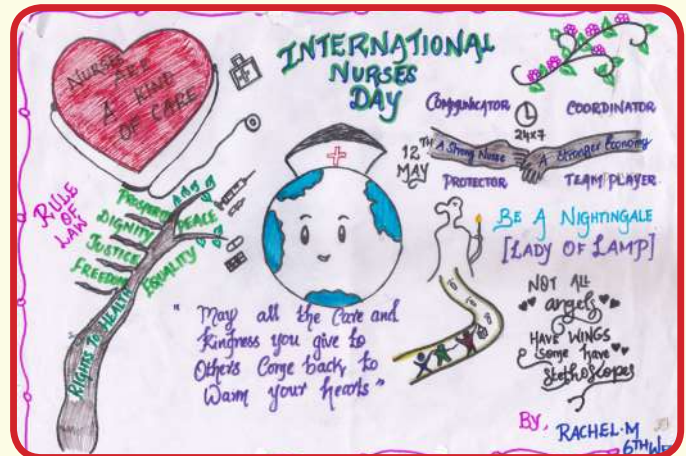


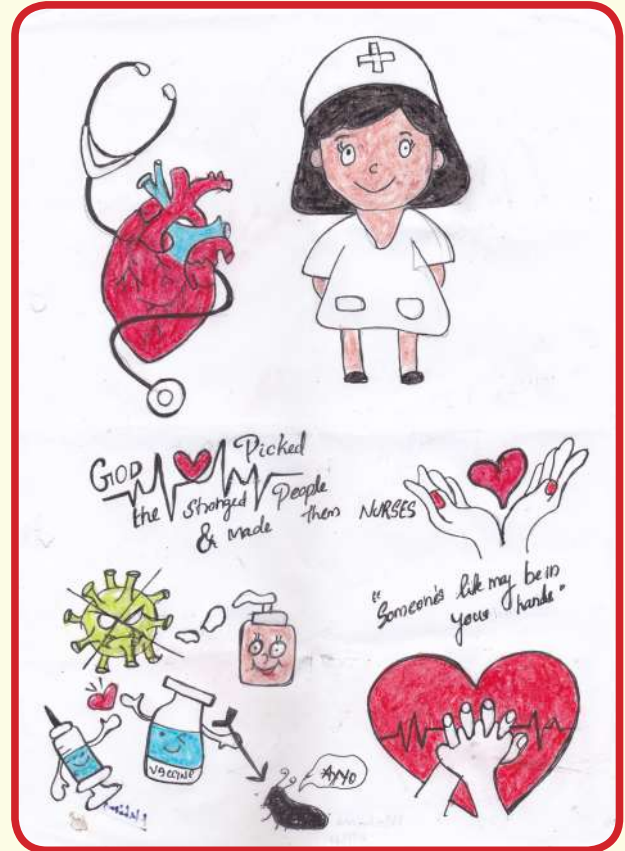
ART GALLERY





ART GALLERY







“The Light in Darkness: A Nurse’s Journey”

On this special occasion of International Nurses’ Day, I feel honored to share a few words about the noble profession of nursing.

Nursing is not just a job; it’s a mission. It is the language of the heart that understands human pain and brings comfort to those in need.

When a patient cries in pain, it’s the nurse who understands the story behind those tears. When a family loses hope, it’s the nurse who restores their faith and confidence. Nurses don’t see only the physical suffering of patients; they also understand their fears, anxieties, and loneliness.

The moments spent standing beside a patient through sleepless nights waiting for small signs of recovery, and dedicating heart and soul to save a life, define the true life of a nurse.

Nurses often go unrecognized. Yet, the gratitude in a patient’s eyes, the relieved sigh of a mother, and the smile of a family – these are the greatest rewards they receive.

Nursing is not just about giving medicines; it’s about giving one’s heart. It’s not just about spending time; it’s about giving oneself completely in service of others.



Ancy Jacob
Staff Nurse

As a touch of love,
you walk into shadows of pain,
in paths filled with sorrow,
you stand as a light that remains...

In the fragile moments of life,
you become hands of comfort and care;
even the silent cries of hearts
are understood by you with grace...

Who are you..? The world may ask,
walking strong through every task,
like shining stars, you softly prove
that care is strength, and healing is love.

Yes... you are nurses, brave and kind,
with endless patience, heart and mind,
in every life, in every place,
you are God’s own gentle grace



**Kesiya Anna
Varghese**
Staff Nurse

Nurses
The Saviour of Life

THE PULSE OF A NEW LIFE



Nancy moved through the hospital corridors like a shadow, her body heavy with exhaustion and her mind clouded with worry. That morning, she had left her seven-year-old son, Rahul, shivering with a high fever. "Amma, please stay with me today," he had whispered, his small hand clutching her uniform. But Nancy couldn't stay. The weight of unpaid bills, looming school fees, and her meager nursing salary forced her to prioritize duty over her heart. She had begged her supervisor for leave, but due to a severe staff shortage, her plea was gently denied.

In room no. 8, seven-year-old Aleena, a girl whose own heart was failing, was the only reason Nancy could smile. She cared for Aleena with a mother's touch, perhaps to compensate for the time she couldn't give her own son.

Suddenly, a frantic call from the Emergency Department shattered her world. While waiting for his mother to return, Rahul had run toward the road. He was struck by a group of youngsters who, in their thirst for a momentary "high" and reckless speed, had ignored all traffic rules, unknowingly snuffing out the life out of a small child and the dreams of a struggling mother. When Nancy reached the casualty ward she found her son drenched in blood. Despite the doctors' desperate battle, the verdict was soul-crushing: Nancy's son was brain dead. He was gone. In the depth of her agonizing grief, Nancy learned that Aleena's condition had turned fatal. Without an immediate heart transplant, the little girl would not see another sunrise. Standing amidst the ruins of her life, Nancy made a decision that defined the greatness of her soul. She signed the consent for **ORGAN DONATION**. "My son's journey

should not end in a handful of dust," she whispered through her tears. "Let his heart continue to beat in this world. Let him give a new life to those who are desperately waiting for a miracle."

The transplant was a success. Days later, Nancy stood by Aleena's bed. As she placed her trembling hand over the girl's chest, she felt it—the familiar, rhythmic thumping of Rahul's heart. In that moment, Nancy realized that while she had lost a son, she had gained the immortality of his spirit.

A Message to the New Generation about **ORGAN DONATION**

A Gift that Outlines Death.
To the Youth: Your reckless speed on the road might be a thrill for a second, but it can cause a lifetime of agony for a family. Life is precious; do not trade it for a moment of adrenaline.



Janani A
Staff Nurse

The Unsung Heroes: Nurses, the Heartbeat of Healthcare

Nurses are indeed the heartbeat of the healthcare system, breathing life into patients' lives with their tireless dedication and compassion. From Florence Nightingale's pioneering work in the Crimean War to the present day, nurses have been the unwavering pillars of care, working selflessly to heal and comfort those in need. The COVID-19 pandemic and war zones have showcased their bravery, as they continue to fight for lives without knowing day or night. Their healing hands bring solace to the suffering, and their empathy inspires hope.

Despite their critical role, nurses often struggle to balance their profession with family life, leading to burnout and exhaustion. The pressure to perform, coupled with emotional trauma, takes a toll on their mental health. Long hours, inadequate staffing, and limited resources add to their stress, making it challenging to maintain a healthy work-life balance.

The impact of this struggle is evident in the alarming rates of nurse burnout and turnover. According to the Indian Nursing Council, nearly 50% of nurses in India leave the profession within the first five years of practice. This not only affects the healthcare system but also has a ripple effect on the communities they serve.

So, how can we help neutralize their life? By showing appreciation for their work, offering flexible work arrangements, and providing mental health support, we can go a long way in alleviating their burden. We can also encourage self-care practices, provide resources for stress management, and recognize their contributions beyond the workplace.

Some potential solutions include:

- Flexible scheduling and staffing models

- Mental health resources and counseling services
- Professional development opportunities
- Recognition and rewards for their contributions
- Support for family and childcare responsibilities
- Mentorship programs for new nurses
- Advocacy for policy changes to improve working conditions

By implementing these strategies, we can help nurses maintain a healthy work-life balance, ensuring they continue to be the heartbeat of healthcare. Let's acknowledge the selfless service of nurses, the true heroes of healthcare. They're not just caregivers; they're the embodiment of hope. As the saying goes, "If there is a nurse, there is hope." Let's support our nurses, today and always.

We can make a difference by:

- Expressing gratitude for their hard work
- Sharing their stories on social media
- Advocating for policy changes to support nurses
- Offering resources and support for mental health
- Recognizing their contributions and achievements

Let's join hands to support our nurses and ensure they continue to be the heartbeat of healthcare.



Minimol O V
Nurse Educator

Preventing MICU Nurse Burnout: Strategies for a Healthier Workforce....

MICU nurses are the backbone of critical care, but burnout is a looming threat. Here's how we can support my team for effective outcomes :-

Unit-Level Changes

Optimizing Staffing: Manageable patient loads and flexible scheduling can reduce stress.

Debrief and support : Regular team debriefs help process emotions after tough cases.

Autonomy Matters : Involve MICU nurses in decision-making to boost job satisfaction.

Self-Care Practices

Mindfulness Breaks: Short mindfulness exercises during shifts can reduce stress.

Peer support : Foster a buddy system for emotional support.

Health Habits : Encourage hydration, nutrition, and rest breaks.

Leadership Support

Recognize and reward : Regularly acknowledge hard work and celebrate wins.

Growth opportunities : Offer critical care certifications and leadership training.

Mental health resources : Provide access to counseling or wellness programs.

Work-Life Balance

Flexible Scheduling : Allow for adequate rest and personal time.

Time off: Encourage nurses to use planned leaves and take breaks.

Set Boundaries : Train nurses to prioritize self-care without guilt.

By implementing these strategies, we can reduce burnout and keep MICU nurses thriving.....

By
Medical ICU Team



NURSES' THE LIFELINES OF HEALTH CARE

“When the world sleeps, nurses stay awake saving lives.”

Nurses are truly the silent heroes of our society. They work quietly behind the scenes, yet their contribution to healthcare is priceless. While doctors diagnose illnesses, nurses are the ones who stay beside patients day and night, ensuring they receive care, comfort, and hope.

What makes nurses special is not just their skill but also their compassion. They not only treat diseases but they care for people as well. A nurse gently holds the hand of a frightened patient, offers kind words during painful moments, and supports families in times of fear and uncertainty. Sometimes, their kindness heals more than medicine ever can.

Nurses also show remarkable courage and dedication. During emergencies, accidents, and global crises like the COVID-19 pandemic, they continue to serve without hesitation. Even when facing long hours, stress, personal risks, they put the lives of others before their own. Many miss festivals, family time, and rest, yet they never fail in their duty.



Lince George
Staff Nurse

In hospitals, nurses are the backbone of the healthcare system. They monitor patients, give medicines, assist doctors, and respond quickly in critical situations. Without them, hospitals simply cannot function.

“Not all heroes wear capes some wear scrubs”. This quote perfectly describes nurses. Their work may not always be seen or praised, but its impact is immeasurable.

In conclusion, nurses truly deserve to be called silent heroes. Their selfless service, strength, and compassion touch countless lives every day. They may work in silence, but their care speaks louder than words, echoing in every life they save.

Nurses are an important part of the healthcare system. They care for patients with love, patience, and dedication. Nurses assist doctors, administer medications, monitor patients, and comfort both patients and their families. Their care helps patients recover faster and feel safe. Being a nurse is not an easy job. Nurses often work long hours, including nights and emergencies. They face many challenges, yet they continue their work with a smile and a kind heart. Their dedication, care, and compassion make a big difference in the lives of patients and the community. On Nurses' Day, we honor and thank all nurses for their hard work and selfless service. Being a nurse is a proud and noble profession.

With their caring hands and healing hearts, nurses make the world healthier and better every day.



Anu V S
Staff Nurse





A Star in Scrubs: My Journey as ‘Star of the Month’

Recognition in nursing often arrives quietly in a patient’s grateful smile, a silent nod of trust. Working in the 6th East Surgical Ward at KMC Hospital demands accuracy, quick thinking, and boundless compassion. From preparing patients for procedures to guiding them through recovery, every moment feels like a privilege.

This journey has taught me nursing is more than just a duty, it is a profound commitment to providing compassionate care during life’s most critical moments. I’m deeply grateful for the unwavering support of our CNO, educators, ward Incharge, mentor, and wonderful colleagues. Their guidance has shaped not only my technical skills, but also the very heart of my practice.

Every small gesture - a gentle touch or a reassuring word - has the power to change a life. As I always say, “Some stars don’t shine in the sky-they shine in the lives they touch.”

Happy Nurses Day to all who light up lives every day!



Anija John
Staff Nurse

BETWEEN SHIFTS AND SUNSETS: THE NURSE'S BALANCING ACT

At 3:00 AM, the hospital corridor hums with machines while Maria, a nurse, moves between patients, charts, and surgical teams. By the time she leaving to, her children are asleep, and she wonders if she's living two lives, one in scrubs, one at home. For nurses everywhere, the struggle isn't just about saving lives; it's about finding balance in their own.

THE HIDDEN BURDENS

Nursing is more than physical endurance-it involves emotional labor and endless paperwork. Long shifts disrupt sleep and family rhythms. Compassion fatiguedrainsenergy meantfor loved ones. Documentation stretches hours beyond the shift, while sterile, fluorescent environments leave nurses disconnected from nature.

"Sometimes I spend more time with charts than with patients," Maria admits.

SMALL STEPS TOWARD BALANCE

Maria has learned the power of micro-rest-a cup of tea, a deep breath, or a walk outside. Holidays, though rare, remind her she's more than her uniform. She practices emotional de-gowning, using music or silence during her commute to shift from "Nurse Mode" to "Home Mode." She also finds healing in green spaces: sunsets, gardens, and fresh air that resets her spirit.

COLLECTIVE CARE AND LEADERSHIP

Balance cannot rest solely on individual effort. Hospitals must embrace biophilic design with

natural light and plants, flexible rostering that respects personal needs, adequate staffing to allow real breaks, and peersupportcircles to share emotional burdens. Leadership must recognize that a nurse's well-being is not a luxury it is a clinical necessity.

RESPECT OVER SYMPATHY

Too often, society responds to nurses with sympathy acknowledging their exhaustion but failing to act. What nurses truly need is respect: for their expertise, their time, and their humanity. Respect means fair policies, recognition of their contributions, and listening to their voices in shaping healthcare systems. Sympathy alone cannot lighten the load; respect can transform it.

THE HEART OF HEALTHCARE

Maria's story reflects a profession built on resilience but too often marked by sacrifice. When nurses are rested, respected, and supported, patient care reaches its peak. As Maria watches the sunset after another long day, she reflects: "Balance isn't perfect, it's a work in progress. But every small step whether it's a break, a holiday, or a walk in nature makes me stronger, both for my patients and for myself."

"Nurses are the heart of healthcare. But even a heart needs rest and a breath of fresh air to keep the body alive.



Shani Mathew
Nurse Manager

WE WILL NOT LET DEATH WIN

It was a busy moment in the Emergency Department when a young patient was rushed in. The scene was heartbreaking. The patient had no breathing and had no pulse.

Outsidetheresuscitationarea,thepatient'smother was crying uncontrollably, her voice trembling with fear and helplessness. Her tears filled the corridors and every cry from that mother touched our hearts.

It was reported that the patient had been in this condition for almost 15 minutes. In our hearts, we kept saying, "We will not let death take this patient."

Immediately, we began CPR and administered emergency medicines. Our hands worked with urgency, but our hearts were full of hope. Minute after minute passed. Sweat covered our faces. Our hands grew tired, yet none of us stopped. For us, this was not just a medical case. It was a young life, and a mother's world. Then, after intense effort, a miracle happened

we got a pulse. Life slowly returned to the young patient. In that emotional moment, we held the patient's hand tightly and whispered in our hearts, "We will not hand you over to death not while we are here."

That day reminded us why nursing is called a noble profession. A nurse's hands may look ordinary, but within them lie care, courage, faith, and the power to fight for life.

Until the very last moment, medicines may save lives, machines may help, but its a nurse's determination and a mother's heart that brings a life back from the edge of death.

Nursing is not just a job. It is a promise to fight for life until the very last moment.

Dhanya P S
Nursing Incharge



THE SILENT STRENGTH IN EVERY RECOVERY

In the quiet corridors of hospitals, where hope and fear often walk side by side, nurses stand as a gentle yet powerful presence. They are the silent strength behind every recovery, offering comfort through warm smiles, steady hands, and compassionate hearts. With patience and dedication, they care for the sick not only with medicine, but also with kindness that heals the spirit. The service is a beautiful blend of knowledge, courage, and empathy, guiding patients from pain toward healing. Though their efforts may not always be seen, their impact is deeply felt in every life they touch. Truly, nurses are the guardians of health, lighting the path to recovery with unwavering devotion and grace. Behind every recovery stands a silent strength built with care, patience and compassion. Nurses may work quietly, but their impactspeaks loudly in every life they help heal. Truly they are the unseen heroes who turn hope into recovery.

Nimmy John
Staff Nurse



From Nurse to Transplant Coordinator: A Journey That Changed My Life



Aneesh P V

Transplant Coordinator
Department of Multi Organ Transplant.

I come from a typical Malayali family where dreams often travel beyond borders. Like many parents, mine hoped that I would go abroad and work as a nurse. They believed it would offer stability, growth and a secure future. While I respected their aspirations, deep within I felt something holding me back. Despite the opportunities, I wasn't fully convinced that working abroad was the path meant for me. For me, nursing has always been more than just a profession- it is a commitment to stand beside patients and families during the most vulnerable moments of their lives. Over time, my journey as a Transplant Coordinator transformed this commitment into a deeper purpose where clinical expertise meets compassion, coordination and hope.

The Beginning: A Nurse at the Bedside I began my career as a bedside nurse, where I learned the fundamentals of patient care monitoring, teamwork, communication and empathy. Working closely with critically ill patients and their families helped me understand that nursing extends far beyond clinical procedures. It is about supporting people through uncertainty, fear and sometimes loss. Around this time, when I was being encouraged to move abroad, I received an unexpected phone call from Chennai. That single call changed my life and career completely. I was invited to attend a one-day workshop on organ donation and Transplantation organized by MOHAN

Foundation, Chennai, a pioneer in organ donation and transplantation in India. I traveled from Perumbavoor to Chennai to attend the workshop. What I experienced there changed my perspective entirely. Listening to real-life stories of patients waiting for organs, families making selfless decisions and lives being saved through organ donation deeply moved me. For the first time, I realized how powerful and meaningful this field truly is. During the session, I learned about the role of a Transplant Coordinator a professional who bridges hope between donor families and recipients. That moment sparked a thought in my mind: Why I shouldn't move from nursing to transplant coordinator role ?

The Turning Point: Soon after, I enrolled in a one-month training program conducted by the MOHAN Foundation in Chennai. As part of my training, I was posted at Rajiv Gandhi Government General Hospital (RGGGH) for practical exposure. That experience became a turning point of my life. During my training, my

senior colleague shared a sensitive case that they had coordinated at RGGGH, Chennai before I joined. A five-year-old girl had been brought from Vellore following a road traffic accident. She was the only child of her parents. After careful medical evaluation, the child was declared brain dead. My senior conducted counseling sessions with the family, gently explaining the possibility of organ donation. As the case was medico-legal, the team stepped back to complete the necessary documentation and obtain permissions.


At that moment, the child's maternal uncle approached them with an unexpected request he asked whether the child's kidneys could be donated to her own father. The entire team was shocked. Emotions ran high. This was also my senior's first pediatric case and the situation was deeply moving. Since this request went beyond standard legal provisions, the case escalated. Special permission was sought from the Health Minister of Tamil Nadu. Eventually, permission was granted. Both kidneys of the child were transplanted into her father—a procedure known as EN-BLOC transplantation.

We often hear that parents give life to their children. But here, a child gave life to her father. That moment transformed me completely. I realized that this was what I wanted to do, to stand between loss and hope and help save lives.

A Decade of Purpose: In 2013, I made the decision to become a transplant coordinator. More than a decade later, I continue to serve in this field with pride. I have counseled over a hundred families for organ donation and have been part of saving many lives. This journey

has also taught me that nurses should never limit themselves. Nursing equips us with compassion, patience, courage and the ability to make critical decisions. These qualities allow us to grow beyond traditional roles and create a broader impact.

Today, I proudly say that I am a nurse and a multi-organ transplant coordinator serving humanity in a different way, giving hope where there was none and helping save lives beyond boundaries. And that, for me, is the greatest reward of all.



**“One Call...
Countless Lives
Saved!”**

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EVENTS











Transformation Journey: From Nurse to Infection Prevention and Control Nurse (IPCN)

Being a nurse is not just a label. People often casually say that nurses are angels on earth it is comforting to hear, but not always easy to truly understand the incredible effort behind helping someone return to normal life.

I started my career as an ICU nurse and initially thought I would continue in that path. However, I strongly believe that my Heavenly Father had better plans for me, guiding me toward the role of an Infection Prevention and Control Nurse (IPCN).



Entering this profession was not easy. It gave me wide exposure and the opportunity to learn from experts across India and abroad. These experiences helped me explore infection control as a meaningful pathway to grow my nursing career and take on higher levels of responsibility and new challenges.

Staying focused, overcoming tough challenges, putting in sleepless efforts, and facing situations like the pandemic these experiences tested me deeply.

At times, I doubted my own abilities, but I believe God has a purpose and goals for me to achieve. I will stay calm, remain strong, and continue moving forward until I reach my goal.



Jithu Johny
Infection Control
Nurse





FAKE FACES

When memories become wounds

*I loved you, and you loved me.
We were best friends.
We shared happy moments and created beautiful memories.
But now, every memory of you feels painful to me.*

*We built a fictional world of our own. where no one could enter without our permission.
I gave you love, happiness, care- everything you needed.*

*You taught me the value of friendship in life,
but my friendship with you changed my whole life...*

*I never thought
you were standing before me.*

*with a fake face.
I keep replaying our laughter,
trying to find the moment your smile turned to glass.*

*I don't hate you-
that's the hardest part.
I miss the version of you I created,
the one who lived in my heart.*

*Maybe someday, this pain
will become just a story I tell,
not a wound I still feel.
But today is not that day.*

*I couldn't hold back my tears
when you left me and made
me feel alone again.*

*Now, whenever I hear your name,
memories of you return
and break me even more*

*I knew you would come back to me again...
But I can't accept you as mine anymore.
I can't give you the same love, care,
and happiness I once gave you*

*At last, we are going to part ways. Before
that, I want to ask you one thing:
"Why did you make me happy,
if you were only going to hurt me?"*

Mariamma Daniel
Nursing Incharge



A RETROSPECTION

In this period of reflection, she tries to recall and record the experiences of her life both those she cherishes and those she does not. These are memories that were once hidden behind the curtains of time. My name is Vinitha. Perhaps my parents gave me this name believing that my character would reflect it humble and gentle. Or perhaps it was shaped by an unseen divine presence. From a very young age, even while playing with friends, she used to act as a nurse. During rainy days, she would stick a coconut leaf midrib into the ground, pretending it was an injection. Whether it was these childhood memories, the hope of securing a job quickly, the dream of going abroad, or a genuine passion for service after completing her Plus Two, she chose Nursing. She began her studies without fully understanding what the field demanded.

Before her lay a long list of subjects: Anatomy, Physiology, Sociology, Pharmacology, and many more. The textbooks were as thick as pillows. Someone who had never even drawn a simple picture before found herself sketching her first diagram in Anatomy class a “cell.” Beneath it, she drew two ears and humorously wrote, “This is a cat.” Even today, that memory brings a smile to her face. Later, it was her Medical-Surgical (MS) teacher who patiently guided her to draw complex diagrams, including the heart and respiratory system. When she joined nursing, she also had a desire to enter a convent. The main reason may have been the influence of the head teacher. Perhaps it was her noble character, or the disciplined lifestyle and the rhythm of daily prayers that inspired her.

Like in many nursing colleges, ragging existed there too. Yet, those days were filled with happiness. The very first “procedure” in

our nursing life was cleaning. Dressed in pure white uniforms, we cleaned every corner of the hospital. Patients and their relatives often looked at us with sympathy, wondering if this was truly part of nursing education. What made it even more challenging was the inspection that followed. I am not sure if this was common everywhere or unique to our hospital.

Amidst all this, the Lamp Lighting Ceremony stood out as a moment of pride and joy the first celebration of our nursing journey. It is worth reflecting whether we truly live up to the promises we made while holding that lamp. Our days began at 5 a.m., followed by a hectic routine. By 6 a.m., everyone had to be in the prayer hall. Whether it was my love for sleep or my reluctance to wake up early, I was always the last to rise. Prayer, hospital Next Paragrah duty until 12:30 p.m., followed by classes this became our daily rhythm, and the years passed quickly. I do not clearly remember whether it was 2013 or 2014, but it was around that time the government abolished the Nursing Bond system.

In our hospital, only a few staff nurses worked in the Operation Theatre, Labour Room, and OPD; the rest were seniors. When the Bond system was suddenly abolished, the true nature of the administration began to show. One day, the Sister Principal called her and instructed her to report to the Old Block. She was told to follow the seniors’ instructions carefully. Without fully understanding the situation, she went as directed. A senior nurse placed a large register before her and said, “This is the Inventory Register. It contains details and counts of everything in our department.” She then showed her where each item was kept and added, “Until the next nurse takes charge,

you are responsible for maintaining everything. Any loss will be your responsibility.”

Only then did she realize the seriousness of the situation. For someone who loved sleep, the next three days were sleepless nights. Even the slightest noise would wake her up, fearing that something might be taken. Looking back now, it feels almost amusing. At that time, she even marked footsteps with nail polish as a precaution only later realizing that nail polish could easily be wiped off. After two days, a staff member from outside arrived. The relief and joy she felt while handing over the inventory register are beyond words perhaps one of the happiest moments of her life. She had been terrified that any missing item would have to be compensated from her own pocket, which she could not afford. Later, when she began working, she understood that managing inventory is a constant responsibility in

nursing. She worked in several hospitals afterward, and everywhere, nursing seemed to be treated in the same way. Perhaps because she studied nursing, she often feels that obedience is an inherent quality of nurses along with compassion, which forms its very foundation. We, too, deserve progress.

During crises like the COVID-19 pandemic, nurses are often called angels. At this moment, we remember with love and tears Sister Lini, who sacrificed her life for others. Let us come together for the upliftment and recognition of nurses. “My heartfelt greetings to all nurses...”



Jereena A. J
Staff Nurse

GOD'S LOVE IN EVERY TOUCH

“Whatever you did for one of the least of these.... you did for Me.” Matthew 25:40

Not by chance this path you chose,
But by a call your heart still knows.
To stand with those in pain and fear,
To be the voice that whispers,

“I am here.” In weary nights and hurried days,
You walk in quiet, faithful ways.
With gentle hands and strength unseen,
You serve where broken hearts have been.

A touch, a smile, a moment's grace,
Reflects God's love in every place.
Through every wound you softly bind,
His healing presence walks behind.

You lift the weak, you calm the storm,
With compassion deep and spirit warm.
Not just a duty you fulfill.
But living out His perfect will.

So when you wonder if you're enough,
In days that feel so hard and tough,
Remember this-so pure, so true:
God's caring hands are working through you.



Alanta Ani
Staff Nurse

പോരാളി....

നീലാകാശത്തു.. മഴവിൽ തോണിയിൽ വിരിഞ്ഞ ചിറകും നിറഞ്ഞ പൂഞ്ചിരിയുമായി അവൾ. നിൽപ്പു.. നമ്മുടെ മാലാഖ.. പ്രസവമുറി..... പേറ്റുനോവ്...പുതിയ ജീവന്റെ തുടിപ്പുകൾ... അതിവേദനയിൽ അലറിതെറിച്ചപ്പോൾ പ്രിയ സോദരി.... ചേർത്ത് പിടിച്ച എന്റെ ഹൃദയതാളം നിന്റേതു കൂടിയാരുന്നു.... അപകടങ്ങൾ.....! തകർന്ന തലയോടുകൾ മുറിഞ്ഞമാംസങ്ങൾ തുന്നിച്ചേർക്കുമ്പോൾ... ചോരത്തുള്ളികൾ ഒപ്പിയെടുക്കുമ്പോൾ.. നെഞ്ചുപിടഞ്ഞിരുന്നെങ്കിലും.. കൈവിറക്കാതെ ഞാൻ നിന്നിരുന്നു.... അന്നൊരു നിപാകാലം നാലുചുവരുകളിലും പടർന്നു കയറിയ വൈറസ് യുദ്ധം.... രക്തസാക്ഷിയായി.. നായികയായി.. നാടിൻ വിളക്കായി.... ലിനി.... പിന്നെയുമൊരു കാതം കൊറോണക്കാലം... നാട് ജയിലായി വീട് ജയിലായി .. പട്ടണങ്ങളും തോടുകളും നാട്ടിൻ പുറങ്ങളും ശവപറമ്പുകളായി മാറിയ കാലം... ഭൂമി മാസ്കിനുള്ളിൽ ഒളിച്ചുകാലം... കരികാലം ഭയന്നുവിറച്ചു നെടുവീർപ്പിടാതെ വൈറസിനെ തേടിയിറങ്ങി മാലാഖ., ചിറകുകൾ ആപാദചൂടം കിറ്റിനുള്ളിൽ ഒതുക്കിവെച്ചും പോരാളിയായി നിന്നനേരം... ശ്വാസം.. നിലച്ചവർക്കു നിശ്വാസമായി.. കരുത്തോടെ തോൽപിച്ചു ഓരോരു അണുവിനെയും.. നാട്ടാറിഞ്ഞു.. നാടൊട്ടുക്കും പറഞ്ഞു ഇവരെന്നും പ്രിയമാലാഖ.... ഭാവിലേക്കു നീട്ടുന്ന വിരളുകളെല്ലാം താങ്ങായി തണലായി നമ്മോടു ചേർക്കാം... അണയാത്ത ജാലയായി ഓരോരു ജീവാണുവിലും തുടിക്കുന്ന സപ്തനമായി തുടരാമീ യാത്ര.. പോരാളിതൻ യാത്ര.....



Anu Usha
Nursing Incharge

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Our Nurses, Our Future: The Economic Power of Care

In every health system, nurses form the backbone of care. They are often the first point of contact, the steady presence during recovery, and the critical link between patients, families, and complex medical systems. Yet beyond compassion and clinical skill lies a dimension that is frequently overlooked: the economic power of care. Investing in nurses is not just a moral or social imperative it is a strategic economic decision that shapes the future of societies. Care as an Economic Engine.

Healthcare is one of the largest and fastest growing sectors globally, and nurses make up the majority of its workforce. Their contributions directly influence productivity, workforce participation, and national economic stability. When people are healthy, they work, innovate, and contribute to growth. Nurses, by safe guarding public health, sustain this cycle. Preventive care, health education, and early intervention often led by nurses reduce the burden of expensive hospital treatments. A well supported nursing workforce can lower healthcare costs by minimizing complications, shortening hospital stays, and reducing read missions. In this sense, nurses are not just caregivers; they are cost containment specialists and efficiency drivers. “Strengthening Communities Through Care”

The impact of nurses extends far beyond hospitals. In communities, they provide maternal care, manage chronic diseases, support aging populations, and respond to public health crises. These services are foundational to social stability and economic resilience. Consider rural and underserved areas, where nurses often fill gaps left by physician shortages. Their presence ensures that communities remain viable children grow healthier, adults remain productive, and local economies stay active. Without adequate



Salini Chandran
Supervisor

nursing care, these communitie srisk decline, increasing inequality and placing additional strain on national resources. Gender Equity and Workforce Participation

Nursing is a profession largely dominated by women, and investing in it has direct implications for gender equity. Fair wages, safe working conditions, and opportunities for leadership empower women economically and socially. This empowerment translates into broader economic benefits, as women reinvest in their families and communities. Moreover, supporting nurses with flexible work arrangements and professional development opportunities helps retain skilled workers in the labor force. This is especially important in aging societies, where the demand for care is rising rapidly. Innovation and the Future of Healthcare Nurses are increasingly at the forefront of healthcare innovation. From telehealth services to community-based care models, they are redefining how care is delivered. Their close interaction with patients gives them unique insights into practical improvements and system inefficiencies. By investing in nursing education, digital skills, and leadership training, countries can unlock new models of care that are both cost effective and scalable. This is particularly crucial in a world facing challenges such as pandemics,

climate-related health risks, and demographic shifts. The Cost of Neglect Failing to invest in nurses comes at a high price. Burnout, staff shortages, and migration of skilled professionals weaken health systems and increase economic vulnerability. When nurses are overworked and undervalued, patient outcomes suffer, and healthcare costs rise. The COVID-19 pandemic made this starkly clear. Health systems with strong nursing workforces were better equipped to respond, recover, and rebuild. Those without faced prolonged disruptions and deeper economic losses. A Call to Invest in Care Recognizing the economic power of care means rethinking how societies value nurses. It requires

policies that prioritize fair compensation, safe staffing levels, continuous education, and leadership opportunities. It also means elevating the voice of nurses in decision-making processes, ensuring that their expertise shapes the future of healthcare. Investing in nurses is not an expense it is an investment in human capital, economic resilience, and societal well being. As we look to the future, one truth becomes clear: when nurses thrive, economies prosper. Our nurses are not just caregivers. They are nation-builders. And in strengthening them, we secure a healthier, more equitable, and more prosperous future for all.

കനവ്

പ്രിയമായ്, തഴുകിയ തെന്നലും
 ഇനീ,, സന്ധ്യയിലെനെ തനിച്ചാക്കി..
 പതിയെ, മൊട്ടിട്ട എൻ സ്വപ്നവും
 പാതിവിരിയവേ,, നിശ്ചലം...

മിഴിക്കുമ്പിൾ നിറഞ്ഞൊരാ...
 പനിനീർതുള്ളികൾ എന്തിനോ
 തേടുവതു....നിന്നെ....
 ഞാനും.. അറിയാതെ..
 തേടുവതു.....നിന്നെ....

പിരിയാതെ നീയെന്നുമെൻ...
 അരികിൽ ചേരുകിൽ....
 ജന്മത്തിൻ വരമിന്നു സഫലം..
 എൻ ജന്മത്തിൻ വരമെന്നു സഫലം...



Reshmamol E.G
 OPD Nurse

When time holds its breath

The bus was already too full when it left the stand that morning people squeezed into every seat, bags on laps, shoulders touching strangers. The air smelled faintly of rain and diesel. Among the passengers sat Anjali, a staff nurse on her way home after a long night shift. Her eyes were tired, but her mind was still alert in that way nurses learn to be half resting, half ready.

The bus had barely reached the highway when it happened.

A middle-aged man standing near the front suddenly swayed. At first, people thought he had lost his balance, but then his body stiffened, and he collapsed hard onto the floor. A sharp gasp rippled through the crowd.

“Give him space!” someone shouted, but no one moved at first. Panic froze them in place.

Anjali was on her feet instantly.

“Please move back!” she said firmly, her voice cutting through the confusion. Something about her tone made people listen. The crowd shifted, creating just enough room for her to kneel beside the man.

She checked his pulse.

Nothing.

Her training snapped fully into place. This wasn't just fainting. This was cardiac arrest.

“Does anyone know him?” she asked quickly. No answer. “Driver! Stop the bus!”

The bus screeched to a halt by the roadside.

Anjali tilted the man's head back, opened his airway, and began chest compressions steady,



Adhan Johnny
OPD Nurse

rhythmic, precise. One, two, three, four... Her hands pressed down with practiced force, her mind counting, her body working automatically.

“Call an ambulance!” she said without looking up. Someone fumbled with their phone.

Minutes stretched unbearably. Sweat gathered on her forehead. The bus, once noisy, had fallen completely silent except for the thud of compressions and her controlled breathing.

“Come on,” she murmured under her breath. “Stay with me.”

She paused briefly to check again.

Still nothing.

She resumed, not allowing doubt to creep in. People watched, some praying, some holding their breath.

Then after what felt like forever the man's body jerked slightly.

Anjali froze for a split second and checked his pulse again.

A faint beat.

“There!” she said, relief breaking through her composure. “He has a pulse.”

A collective sigh swept through the bus.

The man coughed weakly, drawing a shallow breath. His eyelids fluttered. He wasn't fully conscious, but he was alive.

By the time the ambulance arrived, Anjali had stabilized him as best as she could. Paramedics took over, lifting him onto a stretcher.

Before they closed the doors, one of them looked at her. "You saved him."

Anjali just nodded, suddenly aware of how exhausted she felt.

As the ambulance drove away, the passengers turned to her not with panic now, but with quiet awe. Someone offered her a seat. Another handed her a bottle of water. She sat down, her hands still slightly trembling,

her heartbeat slowly returning to normal. The bus journey resumed, but something had changed. For everyone on board, it wasn't just another ride anymore. It was the day they witnessed a life pulled back from the edge by someone who didn't hesitate, didn't panic, and didn't walk away.

Anjali leaned her head against the window, closing her eyes for a moment.

For her, it wasn't extraordinary.

It was simply what she was trained to do.

But for that man and everyone who saw it it meant everything.

ഓർമ്മകളിൽ ഒരു നക്ഷത്രം

മരണത്തിന്റെ നിഴൽ വീണ നേരം,
മനുഷ്യജീവൻ കാത്തു നിന്ന വീരം,
ഭയമെന്ന വാക്ക് മറന്നൊരു ഹൃദയം,
അവൾ തന്നെയായിരുന്നു ലിനി എന്ന പ്രകാശം.

സ്പർശത്തിൽ സ്നേഹവും, കണ്ണുകളിൽ കരുണയും,
രോഗത്തിന്റെ ഇരുളിൽ തെളിഞ്ഞൊരു ദീപവും,
സ്വജീവൻ പോലും പണയം വെച്ചൊരമ്മ,
മറ്റുള്ളവർക്കായി ജീവിച്ചൊരു മഹത്തരം.

അവസാന കുറിപ്പിൽ തുളുമ്പിയ വാക്കുകൾ,
കണ്ണീർ ചേർന്ന സ്നേഹത്തിന്റെ തെളിവുകൾ,
വിടപറഞ്ഞിട്ടും ജീവിക്കുന്നു അവൾ,
ഓരോ ഹൃദയത്തിലും അനശ്വരമായി.

ലിനി ഒരു പേര് മാത്രമല്ല,
ത്യാഗത്തിന്റെ ശബ്ദമാണ്,
മരണത്തെതയും തോൽപ്പിച്ചൊരു ധൈര്യം,
കാലം മുഴുവൻ ഓർമ്മയായ് നിലനിൽക്കും



Jithin Chacko
Nurse Incharge

Dear Nicu Team,

God Bless you all;
Our baby girl, Elaina, was born 15/7/25 at 10:27 am. Right after delivery, we were terrified to see her struggling to breathe. The days that followed were filled with uncertainty, fear and heartache as her condition remained critical, at times, life threatening. But through it all, your Nicu Team became

dedication and kindness saved our daughters life

From the bottom of our hearts
Thank you. Thank you - with all our love and gratitude.

May our heavenly father bless each and every one of you abundantly.

With sincere thanks

Our pillar of hope.

We want to extend our heartfelt thanks to Dr Anur, Dr Aparna, Dr Rony, Dr. Annamma, all the incredible Nicu-Nurses - [truly God's angels] - who cared for Elaina as if she were your own. The way you looked after her went far beyond duty. It was filled with compassion, patience and extraordinary strength. We truly believe that God worked through your hands to bring our daughter back to life and health. Your care offered more comfort and healing than even a mother's hands could provide - and for that, we are eternally grateful.

Tomorrow, we are joyfully taking Elaina home: her smile, her eye, her life - they are blessings we owe to you. Words will never be enough to express the depth of our gratitude. We are incredibly proud of you Nicu Team - your skill

To
The HR Head
DR. KMC Hospital

Dr,
I would like to appreciate the medical services and related approach in a very decent and honest manner. I am so happy about the services of individuals in general and the authorities in particular. Dr. Anoop S. Naik, Dr. Krishna Kumar, and Dr. Sheka were top class. The staff especially in charge Sr. Sanitha, Staff Shetty, Anasha, Rony, Sharon were excellent. The cleaning people and cleaning staff were very good.

Thanking you

Yours truly

Beyond the Hum of the Machines

To an outsider walking into our department for the first time, the dialysis unit might seem overwhelming. The air is filled with the rhythmic, mechanical hum of blood pumps, the sharp beep of monitors, and the sight of complex machines with tubes carrying life back and forth. But if you stay a little longer, if you truly listen past the alarms, you will hear something entirely different. You will hear laughter. You will hear comforting. You will hear the sound of a family. I have spent countless hours inside these walls, and I can tell you with absolute certainty: this is not just a clinical treatment area. It is a second home.

When a patient first comes to us, their eyes are often wide with fear. They are stepping into a lifelong Commitment of lying on a bed for four hours, two or three days a week. But as the weeks turn into months, and the months weave into years, a beautiful, unseen transformation happens. We spend hundreds of hours a year together. We stop being just their nurses, technicians, and doctors, and they stop being just patients.

We become the keepers of their stories. While the dialyzer works to cleanse their blood, they pour out their hearts to us. They share their deepest fears when the burden of the illness feels too heavy. They tell us about their struggles to make ends meet, their sleepless nights, and their quiet prayers. But they also share their most radiant hopes. A patient will lean in close, look around and whisper, " മോളേ, ഇന്നലെ ഇച്ചിരി വെള്ളം കുടുതൽ കുടിച്ചു പോയി... ' or 'ആ മാങ്ങ അച്ചാർ കണ്ടപ്പോൾ നിയന്ത്രിക്കാൻ പറ്റിയില്ല, ' ' ആകെ ഒരു പകുതി പഴമേ കഴിച്ചുള്ളൂ...." They will look at us with the guilt of a child and the hope of a friend, pleading, "Please, adjust the machine somehow today. Just don't tell my family." We shake our heads, gently scold them, but ultimately, we smile and protect their secret. We become their silent accomplices,



Sosamma Cherian
Nursing In Charge

their counsellors, and their closest confidants. Their families begin to trust us implicitly, handing over their loved ones into our care with the kind of faith you usually reserve only for your own blood.

This unit has seen more celebrations than I can count. Our patients don't just endure life; they celebrate it with us. Whenever there is a joy in their lives a wedding, an engagement, a house warming, or a festival like Onam or Christmas the very first box of sweets, the finest payasam, or the warmest homemade food always makes its way to our nurses station. We have celebrated so many birthdays right here beside the machines. We gather around the bed, clapping and singing, cutting a cake while the life saving machine quietly hums in the background. In those golden moments, the illness disappears, leaving only humanity and love..

But this journey is not without its storms. There are difficult moments, sudden drops in blood pressure, medical emergencies, and days when the emotional toll brings a patient to tears. It is in these critical, terrifying moments that I witness the true magic of our team.

I look around and see a unity between our dialysis technicians and nurses that brings tears to my eyes. I see the sheer dedication of our technicians, swiftly and calmly managing

alarms and complex technical needs. I watch our nurses holding a frightened patient's trembling hand, whispering words of courage. I see the sacrifices of our entire team during gruelling late night shifts, skipping meals, sacrificing their own sleep, and pushing through physical exhaustion just to ensure every single patient returns safely to their family. They are the silent, unsung guardians of this unit. We laugh together, we cry together, we pray over difficult cases together. We are one united family, bound by a shared mission of healing.

Looking back, it fills me with overwhelming emotion to see how far our department has come. I remember the days when we were a smaller unit, focusing purely on routine four hour dialysis sessions. We were good, but we dreamed of doing more for our patients. Step by step, through relentless hard work, continuous training, and shared nervous excitement, we evolved into a comprehensive renal care centre. Every new procedure felt like a mountain we conquered together. I will never forget the immense pride of our first Jugular catheter insertion, the collective breath we held during our first Permcath insertion, and the quiet triumphs of initiating kidney biopsies, Peritoneal dialysis and CRRT. And finally, witnessing our department step into the profound realm of Renal transplants, it was a milestone that left us all in tears. We built this together, weathering the challenging times, supporting one another, and growing stronger year after year. We are able to provide this

level of care today because we stand on the shoulders of those who built this department before us. I hold a deep, respectful gratitude for our dedicated doctors Dr. Appu, Dr. Varsha Vipin, and Dr. Sebastian alongside the previous in-charge and staffs. Their strong leadership, unwavering support, and clear vision built the very foundation of this unit. They guided this team through thick and thin, teaching us how to balance clinical excellence with empathy.

And when we speak of our legacy, our hearts fondly remember Smijitha Ginesh. She brought life, vibrant positivity, and a boundless, compassionate energy into the unit every single day. Her warm presence and bright smile instantly comforted anxious patients and inspired our staff. Both patients and colleagues still speak of chechi with full hearts, and the light that chechi brought into this department continues to shine in the way we care for our patients today. Being a part of the dialysis unit is a profound privilege. It breaks you sometimes, but it builds you up in ways nothing else can. It teaches you the fragility of life and the indomitable strength of the human spirit. At the end of our shifts, we may clock out, and we may hang up our uniforms. But what people do not see is that behind these uniforms are hearts that remain deeply, irrevocably connected to every single person who walks through our doors. We are here, standing by their side, machine by machine, heartbeat by heartbeat, today, tomorrow, and always.



The Red Alarm

The Cath Lab always felt different after midnight.

The hospital corridors became quieter, shadows stretched longer under dim lights, and every sound seemed sharper—monitor beeps, trolley wheels, hurried footsteps.

I was the senior Cath Lab nurse on night duty when the emergency call came.

“Emergency angioplasty. Forty-eight-year-old male. Unstable vitals.”

Within minutes, the patient arrived.

His shirt was soaked with sweat, breathing rapid, face pale like paper. The ECG showed a severe heart attack. Dr. Nikhil, our cardiologist, glanced at the monitor only once before saying,

“We go in immediately.”

The procedure began fast.

Inside the Cath Lab, tension always hides beneath silence. The fluorescent lights reflected off steel instruments while monitors painted moving green lines across the dark room.

I prepared the contrast injector while the doctor advanced the catheter carefully through the radial artery.

The patient suddenly turned his head toward me.

“Brother...” he whispered weakly, “something feels wrong.”

Before I could respond, the monitor alarm exploded.

BEEP-BEEP-BEEP.

Blood pressure dropping.
Oxygen saturation falling.



Anish Varghese
Nursing Incharge

The room instantly changed.

Dr. Nikhil narrowed his eyes at the screen.

“Left main blockage,” he muttered.

Even the technicians froze for half a second.

Everyone in the Cath Lab knew what that meant.

A critical left main coronary artery blockage can become deadly within moments.

The doctor guided the wire carefully, sweat forming beneath his surgical cap. One wrong movement could collapse the fragile blood flow completely.

I adjusted the medications while watching the monitor continuously.

The patient’s fingers trembled.

Outside, heavy rain slammed against the hospital windows. Thunder rumbled faintly above us.

“Balloon,” the doctor said calmly.

I handed it over immediately.

The blockage was tight—dangerously tight. On the monitor screen, the artery looked almost completely sealed.

The balloon advanced slowly.

Then suddenly

The screen froze.
The imaging system flickered once.

Dark.

The Cath Lab went silent.

For one terrifying second, nobody moved.

Power failure.

Only emergency backup lights glowed dim red
across the room.

“Generator should kick in,” one technician
whispered nervously.

But seconds passed.

Nothing.

The patient groaned weakly.

My heartbeat thundered inside my ears.

The doctor kept his hands perfectly still over
the catheter.

“No one moves,” he said sharply. “If the wire
shifts, we lose access.”

The emergency backup monitor finally blinked
alive, grainy and unstable.

Partial imaging.

Barely enough.

Rain hammered harder outside.

I could hear the generator struggling some-
where deep in the hospital basement.

The doctor exhaled slowly.

“We continue.”

In the dim red emergency light, the Cath Lab
looked unreal shadows moving silently around
a patient balanced between life and death.

Every small movement mattered now.

The stent moved forward millimeter by
millimeter.

The patient stared directly at me,
frightened but conscious.

“Will I survive?” he whispered.

I forced myself to smile despite the fear
tightening inside me.

“You came to the right place.”

Then came the longest five seconds of the
night.

The stent expanded.

The artery opened instantly.

Blood flow returned beautifully across the
monitor.

At the same moment, the main power surged
back.

Bright white lights flooded the Cath Lab
again.

Everyone breathed.

The monitor stabilized.

Normal rhythm.

Normal pressure.

Alive.

No one spoke for several seconds.

Then Dr. Nikhil finally removed his gloves
slowly and looked at me.

“Tonight,” he said quietly, “we were very
close.”

After shifting the patient safely to ICU, I
walked toward the hospital corridor window.

The storm outside had almost ended.

THE FORCE BEHIND THE FRONTLINE



Thank You

**ചെങ്ങന്നൂർ കെ. എം. സി.
ഹോസ്പിറ്റലിലെ സുസജ്ജമായ
നേത്രരോഗ ചികിത്സാ വിഭാഗം**



**മങ്ങിയ
കാഴ്ചകൾ
ഇനി കണ്ടു
മടുക്കില്ല !**

- ▶ **വേദനരഹിത താക്കോൽദ്വാര തിമിര ശസ്ത്രക്രിയ**
- ▶ **ഗ്ലോക്കോമ രോഗനിർണ്ണയവും ലേസർ ചികിത്സയും**
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- ▶ **ഡയബറ്റിക് റെറ്റിനോപ്പതി പരിശോധനയും സ്കാനിങ്ങും (OCT)**
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