



Nspire

NURSING : Service, Professionalism, Innovation, Resilience & Excellence!!

From the Desk of the Nursing Superintendent

It gives me great joy to present the very first edition of our Nursing Bulletin—a small step toward highlighting the heart and soul of our profession at Christian Medical College, Vellore. Nursing at CMC is more than a duty—it is a calling rooted in compassion, commitment, and service. Our nurses stand at the frontlines of care every day, blending clinical excellence with deep empathy, often becoming the silent strength behind a patient’s healing journey.

This bulletin is born out of a desire to connect, celebrate, and communicate. It will serve as a space to share updates, recognize achievements, reflect on challenges, and inspire one another with stories from our wards, ICUs, clinics, and communities. It is also a platform to keep learning, growing, and staying rooted in the values that define us.

Let this be more than just a newsletter—let it be a reminder of who we are, what we stand for, and how together, we make a difference.

MS. ALICE SONY

Nursing Superintendent, CMC, Vellore



“Together in Service, Stronger in Spirit”

In every act of care, every shared challenge, and every quiet moment of compassion, we are reminded of the strength that comes from unity. “Together in Service, Stronger in Spirit” is more than a motto — it is the heartbeat of our community. It speaks to the deep connection we share when we serve not only with our hands, but with our hearts.

Service in healthcare is rarely easy. It tests our patience, demands resilience, and often calls for sacrifice. But when we walk this journey together — supporting one another, lifting each other up, and standing shoulder to shoulder — we find that we are never alone. Our collective spirit becomes a source of courage and renewal. This is possible with the Spirit of Jesus.

In times of joy, we celebrate as one. In times of sorrow, we grieve and grow together. Through it all, our shared purpose binds us — to heal, to serve, and to give hope.

Let us continue to serve in unity, with kindness and grace. For it is together that we shine the brightest for the glory of God — stronger in spirit, and steadfast in our mission.

MS. JENI CHRISTAL VIMALA

President, Vellore Chapter Nurses League

**“Alone we can do so little;
together we can do so much”
-Helen Keller**



Together we made it.....



Mr. M was admitted with a severe infection and wounds that seemed destined for amputation.

With limited means and growing medical needs, the odds were stacked against him.

But where resources were scarce, teamwork and innovation stepped in. Instead of costly commercial VAC dressings, a wall suction VAC technique was learned and applied by the nursing team which brought new hope to the patient. Three sittings, one shared goal, and a healing wound turned around Mr. M's condition.

This was more than a medical intervention — it was a testament to collaborative care, creative problem-solving, and commitment to service by the nurses of our institution.

Together, we found a way. Together, we made a difference.

Ms. SOWMYA SUNDAR
Vascular Nurse, CMC Vellore

Training of the Team in the last 4 months!!!

- Healthy Living Older Adults with Diabetes
- Perioperative Safety
- Intravenous Therapy

- PALS
- ACLS
- Powerful Lever for eye Health
- Advancing Patient Safety In OR
- CPR

- Dermatological Disorders
- GI Emergencies
- Care of HIV patients





Sishya Advanced Leadership Training (SALT): Empowering Nurse Leaders

The Sishya Advanced Leadership Training (SALT) program was conducted for 165 charge nurses at Christian Medical College, Vellore, over two days with the goal of nurturing confident, compassionate, and competent nursing leaders. Through a blend of interactive sessions, case-based learning, and reflective discussions, SALT focused on key areas such as team leadership, communication, ethical decision-making, and crisis management. The program aimed to strengthen not just professional capabilities, but also the personal growth and spiritual resilience of every participant. The feedback from the participants was overwhelming. This triggered commitment, empathy and servant leadership among its participants.



Washim Staff Mentoring: A Step Toward Mission Networking

As part of Christian Medical College Vellore’s commitment to mission-focused care, a mentoring program was held for 7 staff nurses from Reynold’s Memorial Hospital, Washim, Maharashtra, aimed at strengthening clinical skills, professional values, and spiritual foundation. This initiative served not only as a platform for hands-on learning and mentorship but also as a meaningful bridge for mission networking. This program triggered bonds between institutions united by the vision of compassionate, Christ-centered care. Through shared experiences and guided support, the program empowered those nurses to carry forward the mission of healing and hope in underserved communities.



Together we can do great things.
-Mother Teresa



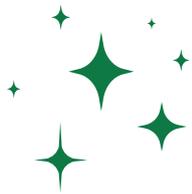


A Nurse through the eyes of a patient



Teamwork Makes the Dream Work

From March 21st to 23rd, 2025, six nurses from Medical Surgical Nursing Specialty XII (Operating Rooms) at CMC Vellore joined a multidisciplinary surgical camp organized by the Smart Mini Health Center, Kamagiri, in the Denkanikottai forest range. Alongside the General Surgery team, they participated in surgeries that ran from morning till early next day, benefiting around 70 patients across four specialties—Endocrine Surgery, Gynaecology, Urology, and General Surgery. The team returned after Sunday service, completing a meaningful and impactful service effort.



Hands That Heal

In quiet strength and steady grace,
They meet each need, they find their place
With every touch, a silent prayer,
With every glance, a heart that cares.
They walk the halls both night and day,
When hope feels lost, they choose to stay.
A calming voice, a guiding light—
They hold the hand, they fight the fight.
Not just a job, but love in stride,
With skill and soul they stand with pride.
To every nurse, both near and far—
You are a healing, human star.

True Teams are made when you put aside individual wants for collective good.
-Chiney Ogwumike,
Stanford WBB

Wellness Corner

- H-Hydrate Well**
- E-Eat Light**
- A-Avoid Peak Sun Hours**
- T- Take Cool Breaks**



 **CONTACT**
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with your stories

