



INSPIRE

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

From the Office of the Nursing Superintendent

As nurses and healthcare professionals, we dedicate ourselves each day to healing the sick, relieving suffering, and bringing comfort to those entrusted to our care. Yet, healing extends far beyond physical recovery. Behind every diagnosis is a person carrying unseen burdens—fear, anxiety, grief, uncertainty, and hope. Our presence, kind words, and compassionate listening often become powerful instruments of healing.

The theme, "Healing Minds: Restoring Hope," reminds us that mental well-being is central to holistic care. Just as we care for our patients' emotional needs, we must also recognize the importance of caring for our own. The demands of our profession can be emotionally and physically exhausting. Seeking support, sharing our struggles, and encouraging one another are signs of strength that sustain resilience and prevent burnout.

Let us continue to build a workplace where empathy is extended not only to our patients and families but also to every member of our healthcare team. May we foster a culture of kindness, respect, and mutual support, where hope is renewed through every interaction.

Together, let us nurture healthy minds, inspire hope, and uphold the compassionate excellence that has always been the hallmark of nursing.



Prof. AROCKIASEELI MABEL
Deputy Nursing Superintendent, CMC, Vellore

HEALING MINDS: RESTORING HOPE

Mental health is an essential part of holistic well-being, shaping how we think, feel, relate to others, and face life's challenges. Emotional distress, trauma, anxiety, and depression can leave individuals feeling overwhelmed and hopeless. Yet healing is possible, and hope can be restored through compassionate care, understanding, appropriate support, and faith.

Recovery begins when people feel accepted without judgment and are encouraged to share their struggles openly. Support from healthcare professionals, family, and friends, along with counseling, appropriate treatment, healthy practices, and meaningful relationships, can strengthen resilience and promote healing.

For Christians, healing also involves drawing closer to God. His Word reminds us, "He heals the brokenhearted and binds up their wounds" (Psalm 147:3), and Jesus invites the weary to come to Him for rest (Matthew 11:28). Through prayer, His Word, healthcare professionals, loving families, and caring communities, God can bring comfort, strength, and renewed hope. As followers of Christ, let us be instruments of His compassion through kindness, encouragement, and support. As we trust in the Lord, wounded minds can find peace, discouraged hearts can regain strength, faith can grow, and hope can be restored (Isaiah 40:31; Proverbs 3:5-6).

Prof. SHANTHI JOHNSON
Former Ag Head, Psychiatry Nursing Dept, CMC, Vellore



COMPASSION



SUPPORT



HEALING



COMMUNITY



HOPE



Healing doesn't mean the absence
of struggle; it means choosing hope
and moving forward, one step at a time.



UNDERSTANDING MENTAL HEALTH AND RECOVERY

De-escalating aggression in a violent patient. Preventing self-harm. Distracting patients experiencing hallucinations. Running after an absconding patient. These can all be part of an ordinary day in the life of a psychiatric nurse. Psychiatry is still a relatively young science, and despite significant advances, much remains unknown about the human mind. Treatments can be highly effective, but mental illness continues to be surrounded by stigma and misunderstanding. Patients are often judged or mistreated out of fear, and their families and healthcare professionals may experience similar negative reactions. Psychiatric nursing is not everyone's cup of tea. I have always believed it takes something extra special to work in this field because caring for people with mental illness presents unique challenges. Even something as simple as encouraging a patient to take medication may take anywhere from 5 to 45 minutes. In such situations, nurses must remain patient and flexible while ensuring the patient's needs are met. We remind ourselves that every patient is a person worthy of dignity and respect, and that their behaviour may be a manifestation of illness rather than a reflection of the person beneath it.

Providing quality psychiatric care requires nurses to be physically prepared, self-aware, non-judgmental, observant, and skilled in therapeutic communication and critical thinking. Above all, kindness and compassion must guide every interaction. Because body and mind are inseparably connected, care is holistic. In settings such as the Mental Health Center, where families are part of the therapeutic milieu, support also extends to their physical and emotional needs. Providing this level of care is deeply satisfying, but it can also be exhausting. Mental illness is distressing, and psychiatric nurses regularly witness the struggles of patients and families. Frequent and prolonged admissions may create familiarity that strengthens the therapeutic relationship but can also make professional boundaries difficult to maintain. Repeated exposure to suffering and emotional involvement can gradually contribute to compassion fatigue and burnout.

Psychiatric emergencies add another layer of strain. Caring for intoxicated, self-harming, or aggressive patients requires constant vigilance, and workplace violence remains a genuine concern. Nurses may find themselves on the frontline of unpredictable situations and can feel particularly vulnerable. Although minor assaults have occurred among our staff, serious injuries have generally been prevented through a rapid response system involving security personnel, hospital attenders, housekeeping staff, and doctors who assist in safely restraining and calming patients. Working in such demanding circumstances requires resilience. Psychiatric nurses learn to practise what they teach by caring for their physical health, maintaining boundaries between work and personal life, nurturing meaningful relationships, using humour and spiritual coping, and making time for hobbies and rest. As the saying goes, you cannot pour from an empty cup. Self-care is not a luxury; it is a necessity. Workplace support is equally important. Safe opportunities to discuss concerns, timely problem-solving, debriefing after difficult incidents, continuing education, counselling, and appropriate safety measures help protect staff well-being. Social gatherings, picnics, weekly prayers, retreats, and positive relationships within the healthcare team further strengthen connection and resilience. Together, these measures help nurses cope effectively and continue providing compassionate care.

Mental health recovery is often a journey of progress and setbacks. As psychiatric nurses, we have the privilege of supporting patients and families through vulnerable moments, offering dignity, compassion, and hope. In return, they teach us resilience, courage, and the strength of the human spirit. We are grateful to be instruments of healing and hope on their journey toward recovery.



Ms. MYTHILI VANDANA
Nurse Manager, Psychiatric Nursing

*“Hope is being able to see that
there is light despite all of the darkness.”*

– Desmond Tutu





Gentle Reminder



It's okay to
not be okay.



It's okay to
ask for help.



It's okay to
take a break.



You matter.
You are not alone.

STORIES OF HEALING: JOURNEY OF COURAGE, RECOVERY, AND HOPE

Every family that walks through the doors of Nambikkai Nilayam (Facility for children with intellectual disability) carries a unique story—one often marked by uncertainty, heartbreak, and unanswered questions. For parents, learning that their child has a neurodevelopmental disorder can feel overwhelming, as cherished dreams and expectations suddenly give way to fear and doubt. After searching for answers in many places, Nambikkai Nilayam becomes a beacon of hope, offering not only professional care but also compassion and understanding.

One mother's journey reflects the experience of many. The diagnosis of her child left her anxious and uncertain about the future. Determined to give her child every opportunity, she enrolled at Nambikkai Nilayam. There, she discovered that she was not alone. Meeting other parents facing similar challenges brought comfort, encouragement, and a sense of belonging.

With the unwavering support of the multidisciplinary team, she gradually learned to accept her child's unique abilities and celebrate every milestone, however small. Through the parent-mediated low-intensity training programme, she gained practical skills and the confidence to continue therapy at home. What once seemed an impossible journey slowly became one of resilience, growth, and renewed hope.

Today, like many parents whose lives have been transformed, she shares her experience with other families, encouraging them to seek timely support. Her story reminds us that healing is not merely about overcoming challenges—it is about discovering strength, embracing possibilities, and finding hope together. At Nambikkai Nilayam, every step forward, no matter how small, is a testament to the power of compassion, partnership, and the unwavering belief that every child can flourish.

Ms. ARUNA.G

Nurse Manager, Psychiatric Nursing



Be Kind
To Your Mind



Move
your body.



Rest
well.



Talk
about it.



Stay
connected.



Choose
self-compassion.





Mindful Minute



Pause.
Take a deep
breath.



Notice how
your body
feels.



Name one thing
you are grateful
for.



Carry peace
with you into
your day.



CONCLAVE-2026

The spirit of professional excellence, compassionate care, and collaborative learning was evident at the “Conclave” jointly organised by TNAI, CMC Vellore Local Unit, and the Office of the Nursing Superintendent., themed “Communicate to Care: Mastering Conversations at the Bedside,” was held on 30 April 2026, with nearly 100 nurses participating. Experts from psychiatry, medicine, nursing, emergency care, and chaplaincy shared practical insights on therapeutic communication, difficult conversations, patient safety, ethics, empathy, and compassionate listening. An interactive workshop enabled participants to apply these strategies to real-life clinical situations. The conclave was highly appreciated and served as a meaningful and enriching learning experience, reinforcing the vital role of communication in strengthening trust and enhancing holistic patient care

Faith & Hope
Corner +

Mindful Minute

Be Kind
To Your Mind

THRIVE FOR MENTAL WELL-BEING

Simple steps, every day, for a healthier mind and a happier life.

T **TALK**
Talk about your feelings.
Share with someone
you trust.

H **HEALTHY HABITS**
Eat well, exercise regularly,
and get enough sleep.
Small habits, big impact.

R **RELAX**
Take time to unwind.
Practice relaxation, mindfulness,
or a hobby you enjoy.

I **INVEST IN RELATIONSHIPS**
Nurture supportive relationships.
Connect with family, friends,
and your community.

V **VALUE YOURSELF**
Be kind to yourself.
Celebrate your strengths
and achievements.

E **ENCOURAGE & SEEK SUPPORT**
Encourage others and
don't hesitate to seek help
when you need it.

A healthy mind. A better you. A brighter tomorrow.
Take care of your mind, it matters!

International Nurses' Day Celebration 2026

International Nurses' Day was celebrated on 12 May 2026 under the theme, “Our Nurses. Our Future. Empowered Nurses Save Lives.” Chief Guest Dr. Punitha Ezhilarasu, former Dean and Florence Nightingale Award recipient, highlighted nurses' transformative role, quality nursing care, and the importance of research.

Outstanding nursing personnel were recognised: Mrs. Delcy Charles (Best Charge Nurse), Mrs. Chellamani Arthur (Best Staff Nurse), Mrs. Princy Thangamani (Best Multi-Purpose Health Worker), Mrs. S. Suji Sulochana (Best Nursing Auxiliary), and Mrs. Elmira Christy R (Best Nurse Researcher–Staff Nurse). The Surgical Nursing Department won the Overall Championship in the TNAI Local Unit competitions.

The celebration honoured the dedication, compassion, and invaluable contribution of nurses to quality, holistic patient care.



You Matter

Your presence makes a difference.
Your care changes lives.
Thank you for being you.



CONTACT

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with your stories