



## Extra-Curricular Activities in Schools of Nursing

By T.A. Thrope\*

It has been revealed recently that the nurses are also capable of participating in extra-curricular activities. They take part in dramas, act and even dance. The public really get surprised when they witness a variety entertainment programme presented by the students of a school of nursing.

I can well remember the days when we could hardly hear of any such programme in our own institution. The girls who entered nursing used to leave all such interests in their academic schools. Once they became nurses, they could do only nursing and nothing else. Very little or no attention was given to develop the latent talents of the students in the nursing Schools.

A variety entertainment programme was presented by the students of our school of nursing as part of the 50th anniversary celebrations of the school last year. It was an excellent programme beyond expectations.

It helped the students a lot and in several ways. This was the time when students had finished the examinations and they were under a great tension for their examination results. This tension was released when they were busy in preparation of the whole programme.

Many of them got an opportunity to exhibit their latent capabilities and felt proud of

those. They became more confident of themselves than ever. It helped them to have self-worth, an important factor in maintaining the mental health.

During the preparation I felt that the students are more cheerful than ever. They could believe that in nursing there was something more to do than mere performing nursing jobs. They could well integrate the nursing duty and off duty time in preparation.

I observed that the students also revealed some of their very good qualities like leadership, instruction and decision-making which were of tremendous importance in the field of nursing. They could also exercise some of the administrative tools during this period.

They realised how important it was to co-operate. Co-operation is needed among nurses for good performance. In the atmosphere of co-operation they can provide high quality nursing care.

Team-work was a new experience they had through the programme and they mixed up with the people of all status. A major part of help came from different people who helped in its direction, music etc. It provided a good chance to nursing students to mix up with people from outside the hospital since their dealings are generally confined to patients or their relatives.

The nurses who tend to isolate

themselves from others or who are isolated by others, through their participation in such activities came out to the para-nursing society spontaneously. The students of nursing schools are like the students of other schools and colleges. It is one of the best ways for nurses to have public recognition which we need in India more than in other civilised countries.

The nurses must involve themselves in such activities which help them get relaxation by forgetting the world problems and the effects of sorrowful atmosphere of the hospital where they are in contact with those who are sick and anxious for their own lives or life of their dear ones. Other activities which needs encouragement in the nursing schools are sports, essay and speech making competitions, flower arrangements, fashion shows etc. All these activities can be grouped under one head, extra-nursing activities.

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