

His Ways

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Mahatma Gandhi was one of the few men of our time who had entered deeply into our lives in a manner which is intimate and personal. Gandhiji is regarded all over the world as one of the great teachers who integrated his ideas with his acts, and with the earnestness of a practical genius he became an example to all of us. He believed in *ahimsa* because he stood against man's cruelty to man. He developed new technique of satyagraha, truth—*satya*, and 'taking possession of it'—*graha*. And thus he became the embodiment of the protests against the mass violence of the 20th Century and said no to all wars. His experience shows that we can win justice by rendering justice to the other party.

Gandhiji defined satyagraha as 'soul-force or truth-force'. He believed that a true satyagrahi bids good bye to fear and is therefore never afraid of trusting the opponent even if the opponent plays him false twenty times. The satyagrahi is ready to trust him for the twenty first time, for an implicit trust in human nature is the very essence of his creed.

Gandhiji believed that the practice of satyagraha demanded genuine non-violence in the person and self control. If a satyagrahi submits to a restraint he does so voluntarily, not because he is afraid of punishment but because he thinks that such submission is essential to the common weal.

Gandhiji believed that the good of the individual lies in the good of life. He also realised that the labour of a barber has the same value as the work of a lawyer, because human beings have the same rights of earning their livelihood from their labour. He also considered the life of labour, the tiller of the soil, the craftsman, and the

nurse as the most worthwhile life. His secret of service is worth studying by all the nurses. Service for him presupposes the will first and then experience. He was against inequality in all walks of life—political, economical and social.

Gandhiji held that inequality ultimately leads to exploitation which for him was equal to violence.

We must also give up all inequalities and serve the public in the same spirit in which the Father of Nation wanted us to do.

MY RESPONSIBILITY*

Sharadailin Nongrum

Responsibility means that we are trustworthy in our work or profession. Responsibility is very important or necessary in every sphere of life. All of us need to share responsibility whether big or small more often, than we had realised.

We all agree that a nurse has more responsibility towards her profession and humanity than her colleagues in the other professions, because the nurse deals with life and death. A moment's carelessness can be fatal and a moment's vigilance can save a life.

As a student nurse my responsibilities are to take care of the sick, prevent illness and promote health. Care of the sick, involves physical and psychological care of the patients. It is my duty to see that the total needs of each patient are met. I must carry out the Doctor's orders accurately, observing the patients for the development of any new signs and symptoms and informing the doctor in time about the condition of the patients. It is also necessary to record the patients temperature, pulse and respiration, intake and output and other treatments. Accurate recording helps in making proper diagnosis and giving the right treatment.

At night I should see that the

Ward is calm and quiet so that the patients have a sound sleep, as sleep plays an important part in the recovery of the patients.

I am responsible to provide safety for the patients, and protect them from physical, mechanical and chemical injuries. While giving medicine to the patient I should check the medicine and dosage carefully so that the patient gets the right medicine on time as prescribed by the doctor. I should observe aseptic technique while giving the injections and doing the dressings. The needles should be sharp to avoid unnecessary pain and injury to the patient. To keep the wards clean and tidy and to provide a congenial atmosphere is my lookout.

I am also responsible to provide health education to the patients, the relatives, the friends and the community to maintain normal health and to get rid of the diseases.

In conclusion I should say that the responsibility which is given to me during my training period helps me to understand and enables me to stand on my own feet. Those who take responsibilities of their work, never fails to achieve their ambitions.

* Based on a speech given by Miss Sharadailain Nongrum at the Nurses Week Celebrations at Shilling.