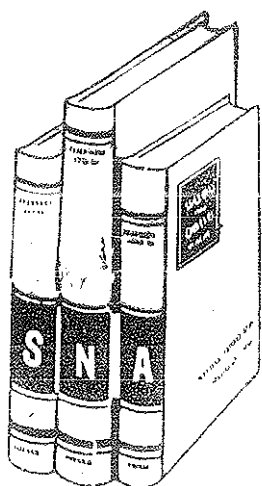


# DISCIPLINE

By

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**R**ECENTLY I was travelling from Delhi to Calcutta. A crowd of students just got into the compartments howling and screaming, started banging the doors and windows, breaking and throwing all the breakfast trays and crockerys and cutlerys. Four times they pulled the chain shouting slogans, causing immense anxiety and terror to all. Finally when they got out after some time, we understood that there was absolutely no reason at all for that show and that it is more or less a daily feature now. Is not it shocking !

It is with shudder and distress one opens the morning newspaper now-a-days, as indiscipline has been mounting up throughout, causing horrid damages to innocent common man and properties. It is so disheartening that students—our future citizens—own the major responsibility in the present calamities and destructions. Students' agitation in many parts of the country makes one wonder as to where we are heading for and whether we are going back to our jungle days ! Students easily get excited and lose self-control and adopt unruly methods to achieve their aims and solve their grievances. It is shocking to notice that their disastrous methods like bunds, strikes, burning of railway stations, public offices, and properties, hartals, fasting, police firing, deaths etc. etc. occupy the major portion of newspapers. Committees, conferences, interventions of any kind don't seem to lead us any far and one often wonders whether discipline is only a past glory !

## What is Discipline

The word discipline means "subjection to control" and "mode of life in accordance with rules". The word discipline originates from a latin word "Discere" which means "learn". So it shows that a learner, a student, a disciple should be a refined product of discipline.

In olden days "Guru-Kula-Vasam" was in practice. A few students lived with a "Guru" (teacher) and got training under his close supervision and guidance. They got excellent individual attention, but punishment even for trace of disobedience or indiscipline had been severe. A trainee or a disciple was expected to be moulded in discipline. He had to abide by strict rules and obey them implicitly. Great men of the past had the benefit of this wonderful guidance and they found that discipline was an indispensable necessity in social and community life.

## Where do you stand as Student Nurses ?

You should be able to take stock as to where you want to go and where you are. If you want to reach where you are to reach, you have to have certain modifications in your attitudes, actions, reactions and procedures.

Student nurses are the builders of the future nursing profession, and the nobility of the future nursing service depends on the devotion, skill, integrity and above all in their self-disciplined behaviour.

As nurses our mission is to deal with human suffering ; suffering of mind, body and of the community. This great commitment of ours demands patience, fortitude, poise and self-discipline. In order to be good nurses and good citizens, it is most important to abide by rules and subject to control. Preservation of self-control is a vital virtue we all have to cultivate. When you can control yourself including your expression, voice and manners, you will better control the people around you. Uncontrolled mind in early days gives room to indisciplined behaviour later. As

charity begins at home, let self-discipline take its form in your own schools of nursing. Be loyal to your institution. Strictly abide by the rules of your hospital and hostel. Set a good example in front of your juniors in obeying rules. Try to respect your seniors and authority from the very beginning. Remember that by giving respect to others, you will command respect in the long run. Bring your problems to your authorities in the proper way and through proper channel and try to solve them in dignified ways.

## Your Leisure Time

It seems that one of the outstanding factors which lead students to indulge in uncontrolled behaviour is "availability of leisure hours" which has no meaning to them. They don't get proper guidance regarding how to use leisure time in a profitable way.

"Constructive and purposeful" leisure time activities will be important asset in your life. Make some definite plans for leisure time. Do some thing worthwhile, good for you and good for others, instead of making gossiping circles. Your time is short but precious and you have to make yourselves nurses of high calibre and integrity within the limited period you have. Divert your attention and interest by devoting a part of your free time and a small fraction of your stipend to the relief and the betterment of the less fortunate people. Think of the famine stricken areas and people and try to do your bit to relieve their misery. Do not indulge in unprofessional and unethical behaviour and activities. Stand firmly and courageously even if you have to stand alone against indisciplined movements. Make your youth and your service a pride of our nation.

Let us realise that civilisation is not just the progress of science or medicine alone, but also the progress and refinement in human nature and behaviour.

Best wishes for a very **HAPPY NEW YEAR.**