

Recreation for Nurses

By

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Recreation for nurses is just as important as their duties, and should run side by side, just as *all work and no play makes Jack a dull boy*. Similarly, all work and no recreation makes the life of a nurse very monotonous.

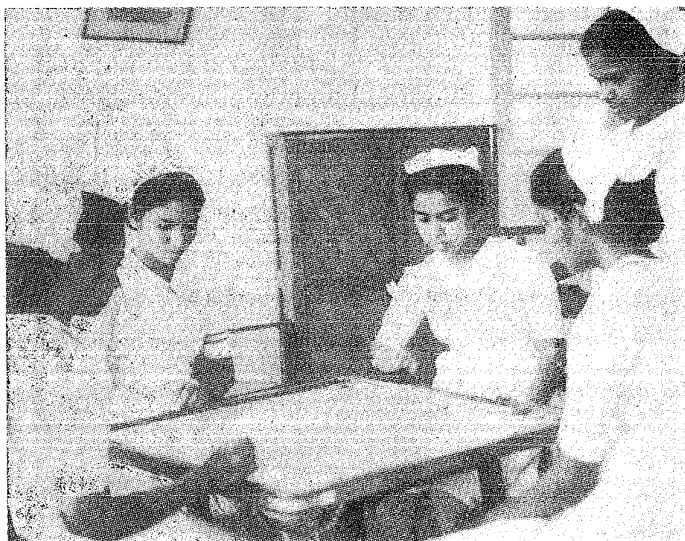
Though the nurses work hard, they feel it necessary to have some kind of recreation so that they can divert their attention towards some other activities.

Recreation may be of various kinds and include entertainment like movies, concerts, socials, dances or even taking a pleasant evening walk in the park, and picnics; then there are games both indoor and outdoor. Indoor games being table tennis, cards, draughts, Carems, Housie, etc., and such outdoor games as basket ball, throw ball, badminton and hockey. Competitive games are a good way to improve staff relationships by developing a "sporting spirit".

The library draws nurses who are interested in reading; books provide relaxation as well as knowledge while newspapers keep nurses in touch with current events. Then again music is another form of recreation whether it is just to listen to the Radio or in playing

the piano or what ever instrument they could handle.

Attention please! Something important! Nurses should bear in mind that in their social activities they should be very careful in all that they undertake such as their conversation, movements, mode of dress; they should have clear ideas of conduct especially when they mingle with the opposite sex. At social



The game is exciting

functions nurses come into contact with people of various race, caste and creed; therefore, they should be careful in their behaviour, wherever, they are; as behaviour counts and gives a clear picture to others of what type of nurses are they, or what they are going to be.

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