



# Assam Nurses' Midwives' & Health Visitors' Council

(A statutory autonomous body constituted under the Assam Nurses', Midwives' and Health Visitors' Act, 1944.)

E-Mail: [assamnursingcouncil@gmail.com](mailto:assamnursingcouncil@gmail.com), Website: [www.assamnursingcouncil.com](http://www.assamnursingcouncil.com)

O/o Director of Health Services Assam, 3rd Floor, Hengrabari, Guwahati-36

## A LETTER TO OUR NURSES

### *International Nurses Day*

*"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi*

**3:17 in the morning.** The ward is quiet. Most of the world is asleep. But we are not.

We are standing at a bedside: adjusting a drip, checking a number on a screen, watching a chest rise and fall. Making sure. Thinking ahead. Noticing what others might miss. Nobody asked us to care this much. We just do.

**What I Want to Say:** This week, I want to say something that does not get said enough: not in passing, not in a group message, not as a line in a speech. I want to say it clearly, and I want all of us to actually feel it:

*What we do every day is one of the hardest things a human being can do.*

Not only because the tasks are hard (though they are). But because we do them for strangers. For people we met an hour ago. We clean them, we comfort them, we carry their fear when they have nowhere else to put it.

*And we do it with skill. With judgment. With quiet decisions that matter more than anyone sees.*

We do all this while being tired, while missing our own families, while dealing with our own lives outside that door. And then we come back the next day and do it again — not by accident, but by commitment.

### **The Moments Nobody Sees:**

- The patient who was too scared to sleep. We stayed a little longer than we needed to.
- The family that did not understand the diagnosis. We explained it again, calmly, gently, for the third time.
- The old man who had not spoken in days. We said good morning anyway. And he looked up.
- The moment we held someone's hand at the end, because no one else was there. Because we could not let them go alone.
- The shift was over, we went home and we came back the next morning.



*Dr. Aruna*  
Registrar  
Assam Nurses' Midwives' & Health Visitors' Council,  
Hengrabari, Guwahati-36.





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And in between all this, we calculated, monitored, anticipated, and acted, often before anyone had to ask. Some days this work will break our hearts. That is not a problem with us. That is proof that we are doing it with our whole hearts.

Staying open to another person's pain, letting it actually reach us instead of bouncing off. It is not something everyone can do. It is the rarest kind of courage.

**On The Days No One Says Thank You:** Some days the family will thank the doctor. The patient will leave without a word. We will clock out feeling invisible.

On those days, let us hold this: *The comfort we gave was real. The fear we eased was real. The hand we held was real. It happened. It mattered.*

And so did the decisions we made. The things we prevented. The care that never became a crisis because we were there.

**To Our Nursing Teachers:** You may no longer stand at the bedside like other nurses: but you are not removed from this work. **You are its beginning.**

Every nurse who stays calm when the room is not calm, who knows what to do and does it, who notices the small change before it becomes a big one, who sits with a patient and makes them feel like a person, learned that somewhere. Learned it from someone. The patients you will never meet have already been helped by you. That is a kind of reach most people never know.

We showed up on the worst day of someone's life and made it more bearable. We used our hands, our minds, and our judgment to make a difference, again and again, often quietly.

**And as we move forward, we continue to grow, to learn, and to lead in ways the world is only beginning to recognize. That is not a small thing. That is everything.**

*With gratitude, and with pride.*

**OUR NURSES · OUR FUTURE · EMPOWERED NURSES SAVE LIVES**

*Darwa*  
Registrar

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*Safeguarding Standards & Strengthening Care... Since 1944*