

Report on Professional Talk on Maintaining Silence & Discipline

Titel: Maintaining Silence & Discipline- Silence in wards ensures healing environment

Date: 07.10.2025

Time: 8 45am

Venue: Auditorium Hall, College of Nursing Sangli

Resource Person: Dr. Bahubali J G, Associate Professor & HoD Psychiatric Nursing

Introduction

An educational session was conducted for B.Sc. Nursing students on the subtle role of silence and discipline. The session explained twofold aspects that is in healthcare settings perspective and self. The session emphasized how environmental noise control directly impacts patient recovery outcomes and established students' professional responsibility as a factor in therapeutic healing atmospheres. And the impression of silence and discipline in one's own subtle behavior/action may yield the benefits in professional career.

Objective

To educate nursing students about the significance of maintaining silence and discipline to ensure the healing environment in the clinical scenario.

Session Summary

The 10-minute presentation covered four segments: scientific foundation of noise impact on healing, an ICU case study showing a post-cardiac surgery patient's remarkable recovery improvement through quiet hour protocols (sleep improving from 20-minute to 3-hour intervals, two-day earlier discharge), practical discipline measures including communication strategies and equipment management, and professional responsibility emphasizing Florence Nightingale's principle that "unnecessary noise is the most cruel absence of care."

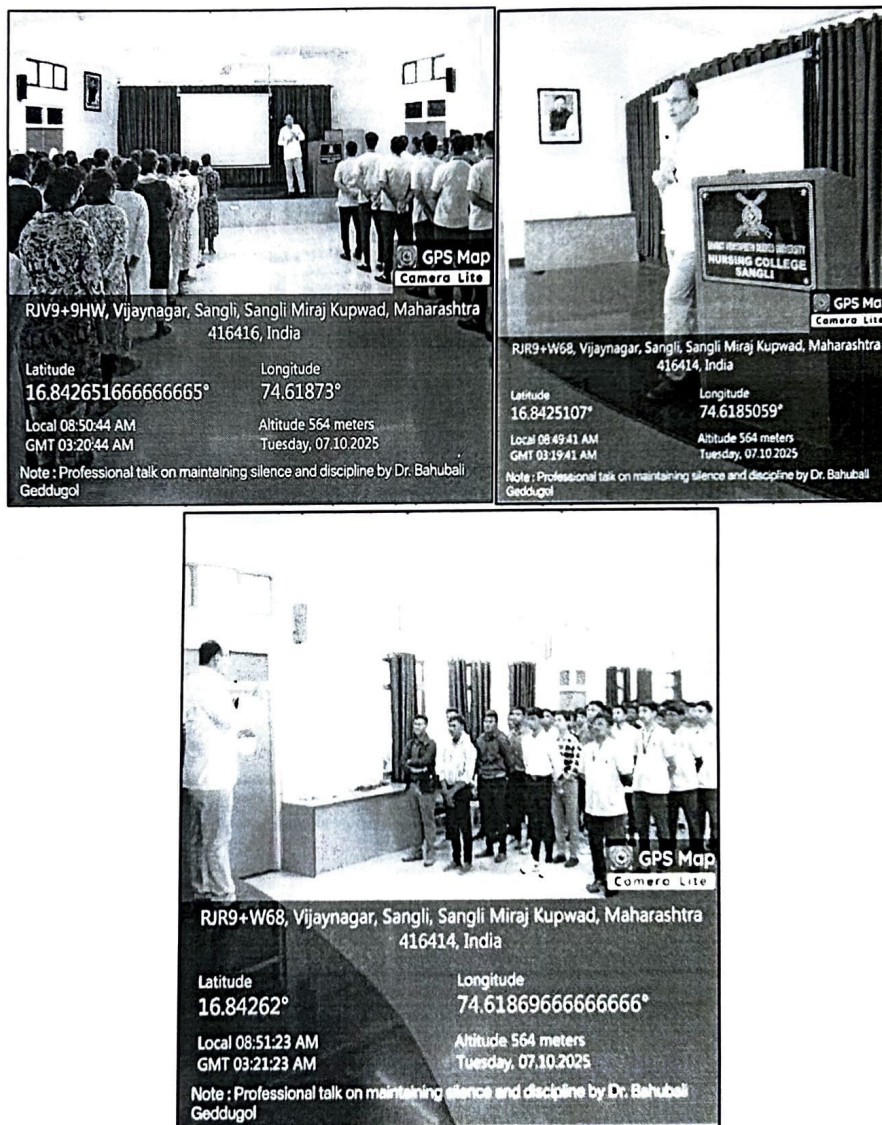
Outcome


Students gained enhanced awareness of the quantifiable relationship between environmental noise and patient recovery. Cultural integration through Sanskrit quotes [if you maintain silence, you will get an opportunity to listen more- Ramdas. "Calmness is the language of God"- Swami Vivekananda] strengthened relevance for Indian nursing students, bridging traditional wisdom with evidence-based practice.


Conclusion

The session successfully established silence and discipline as fundamental components quality nursing care. Simple, cost-free interventions implemented with consistency produced remarkable patient improvements. Students were equipped with knowledge and practical to become effective stewards of healing environments, understanding that their commitment to maintaining quiet, disciplined spaces directly accelerates patient healing and exemplifies respect for human dignity during recovery.

Geotagged Photographs:




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