

MY INTERNSHIP JOURNEY AT CHRISTIAN BAPTIST HOSPITAL

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I just wrapped up my one-month internship at **Baptist Christian Hospital**, Tezpur and I wanted to take a moment to share this unforgettable journey with you. It was intense, eye-opening, and to be honest, it feels like just yesterday I nervously walked into the hospital, unsure of what to expect. Now, I am walking away with more confidence, knowledge, and lifelong memories.

First Impressions; Walking into the hospital on Day 1 was a mix of nerves and excitement. The environment was warm and welcoming. At first, I was very formal with the doctors, but as time went on, I realized how kind and supportive both the doctors and nurses were. They also corrected me whenever I made mistakes—which, though tough at the moment, helped me learn faster.

I was placed in the **Department of Palliative Care**, where the staff guided me patiently. Every day started at 8:45 AM with Bible reading and prayers for the patients and for those seeking help through our department.

Week 1: Observing and Absorbing



I was appointed for **field work**, which meant visiting patients' homes to check on their progress after being discharged. We ensured that they were continuing their medication properly, and if needed, we provided free medicines.

These home visits were not just about medical support, but also about giving patients **emotional strength**, helping them mentally prepare, and raising awareness about their illness. Watching the doctors and nurses work with such speed, precision, and teamwork made me realize *textbooks can only teach so much—real learning happens on the floor.*

Weeks 2 & 3: Getting in the Flow

By the second and third weeks, I felt more confident in my role. Coming from a **sociology background**, I was asked to prepare and present a PPT about how sociology students can contribute to the medical field.

It was my first presentation in front of doctors and nurses—I was nervous, but it turned out to be a turning point. I gained confidence, and I learned that **bookish knowledge means little unless it is applied in real life**.



My responsibilities during this time included:

- Observing patients and their family relationships.
- Understanding their mental and financial conditions.
- Offering emotional support and preparing families for the challenges of caretaking.
- Suggesting ways to improve financial stability during treatment.

Case Study:

As part of my work, I was asked to pick one patient for a **case study**. I chose Mr. Y, whose case was both complex and inspiring. The biggest challenge for his family was **financial constraints**. Despite being his stepbrother, Mr. Y's brother took full responsibility for his medical expenses—a rare and touching example of dedication in today's world.

To help, I suggested options like:

1. Opening a small shop or roadside food stall.
2. Leasing out their paddy fields.
3. Growing organic vegetables to sell in nearby weekly markets.



Week 4: Wrapping Up and Looking Back

As my internship neared its end, I reflected on how much I had grown in just a month. I wasn't only learning about healthcare—I was learning how to be present, professional, and compassionate.

The guidance and feedback from mentors and professionals will remain with me as I move forward in my career.

Final Thoughts: More Than Just an Internship

This internship wasn't just a line on my resume—it was a **life-changing experience**. I learned about healthcare, people, and myself. It strengthened my passion for this field and gave me a glimpse of the future I'm working toward.

If you're considering an internship in a hospital, I encourage you to go for it. It's intense, emotional, and challenging—but deeply rewarding.”

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