



Bound by resilience

Sanchi Suhas Kamble, MBBS

Junior Resident (MD Program), Department of Psychiatry, Smt. Kashibai Navale Medical College, Pune

Corresponding Author:

Dr Sanchi Suhas Kamble,
Department of Psychiatry,
Smt. Kashibai Navale Medical College, Pune, Maharashtra, India
Email: drsanchikamble at gmail dot com

Received: 15-JUN-2024

Accepted: 20-DEC-2024

Published: 08-JAN-2025

This is for all the mothers in the psych ward;
Mothers who are fighting for their children's sanity,
restrained,
do they want another life for themselves?
Living with little hope of seeing a better tomorrow,
and wishing for magic
that would end their child's misery and pain.

It is easy to tell her to have hope,
It is easy to say 'it'll all be okay',
but only the mother knows the battle,
a battle she faces all alone, every single day;
with her own demons,
with the demons of her child;
hidden shackles, binding her for life.

She's like a bird in a cage, looking outside,
waiting to soar,
waiting for life.
It's inspiring really, to see what she goes through;
She's a mother;
She wakes before dawn,
dons her invisible cape,
and turns into a guardian angel.

I've never seen anyone fly faster
than a mother who rushes to her child's side.
All was going well, then she woke one day
to find herself suddenly robbed,
her cries swallowed by the void.
Nobody can see her struggle,

Cite this article as: Kamble SS. Bound by resilience. RHIME. 2025;12:4-5.

they assume she's fine.
Everyone turns away.

But I see her.
She's like a river, always flowing,
making her relentless way.
She keeps on going, day after day.
Never getting tired,
never giving up,
fighting exhaustion, pushing through despair,
fueling herself with nothing but her will—
all for the sake of that magical moment:
when she may see her child smile again.
