



Sri Devaraj Urs College of Nursing

(A unit of Sri Devaraj Urs Educational Trust)

Post Box No. 7, Tamaka, Kolar-563 103, Karnataka.

(Affiliated to RGUHS, Bangalore and Recognized by KNC, Bangalore & INC, New Delhi)

ISO 9001: 2015 Certified & NAAC Accredited

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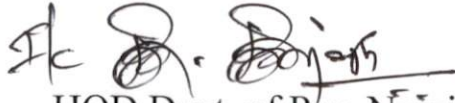
Website: sducon.ac.in

Ref. No. SDUCON/34/2021-22.


Date: 26-03-2022

CIRCULAR

This is to inform all First Year B.Sc(N) students that, dept. of Psychiatric Nursing of SDUCON in co-ordination with NIMHANS is organising a training programme on Value Added course towards “*Life Skills & Human Values*” from 28-03-2022 to 31-03-2022 between 8.30am to 4-30pm at Silver Jubilee Auditorium, SDUAHER. Hence, all students are informed to attend the same without fail.


HOD Dept. of Psy. Nursing
Head of the Department
Dept. of Psychiatric Nursing
Sri Devaraj Urs College of Nursing
Tamaka, Kolar - 563 101.

Copy to: Class Co-ordinator – I B.Sc(N)


Principal.
Principal
26/03/22
Sri Devaraj Urs College of Nursing
Tamaka, Kolar-563103

ACOM-27

NAAC CO-ORDINATOR
Sri Devaraj Urs College of Nursing
Tamaka, Kolar-563103

KIs/-



**SRI DEVARAJ URS COLLEGE OF NURSING
TAMAKA, KOLAR-563103**

Meeting Minutes Record/Report

Doc. No.	PRN-05
Issue Status	02
Rev. Status	00
Date:	01.09.18

Date-01/04/2022

REPORT OF TRAINING PROGRAMME ON VALUE ADDED COURSE ON "LIFE SKILLS & HUMAN VALUES.

Department of Psychiatric Nursing of Sri Devaraj Urs College of Nursing and in Collaboration with NIMHANS, Bangalore planned to conduct Life Skills programme for students. The programme has been built on the 10 essential skills based on WHO. Which are as follows;


1. Problem solving
2. Decision making
3. Creative thinking
4. Critical thinking
5. Communication skills
6. Interpersonal relationships
7. Empathy
8. Self-awareness
9. Managing emotions
10. Management of stress

The objectives of the Programme

By the end of the Training Programme;

1. The learners will be able to know about the concepts of Life skills and human values
2. Understand the importance of Life Skills & Human Values in personal as well as professional life
3. Learns from case studies activities and brain storming sessions in order to inculcate and practice their life skills and human values in day to day life.

AGAR-74
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Department of Psychiatric Nursing of Sri Devaraj Urs College of Nursing in Collaboration with NIMHANS, Bangalore had organized 4 days Life Skills Training Programme from 28/03/2022 to 31/03/2022 between 09:00am to 04:00pm for the fresh Ist Year B.Sc (N) and GNM students.

The inaugural session of the training programme was held on 28/03/2022 between 09am to 9.30am in Silver Jubilee Auditorium, SDUAHER. The programme started with invocation song and inaugurated by lighting the lamp by the dignitaries. Mr. R. Rajesh, Associate Professor, SDUCON, delivered the welcome address. The Chief Guest address by Dr. Pradeep Kumar, Vice-Chancellor, SDUAHER, has addressed on the importance of the life skills and human values for the Health Care Professionals. The presidential address given by Dr.G.Vijayalakshmi, Principal, SDUCON.




Later Dr. Lavanya Subhasini, Vice Principal, SDUCON, delivered vote of thanks.

AGAR-17

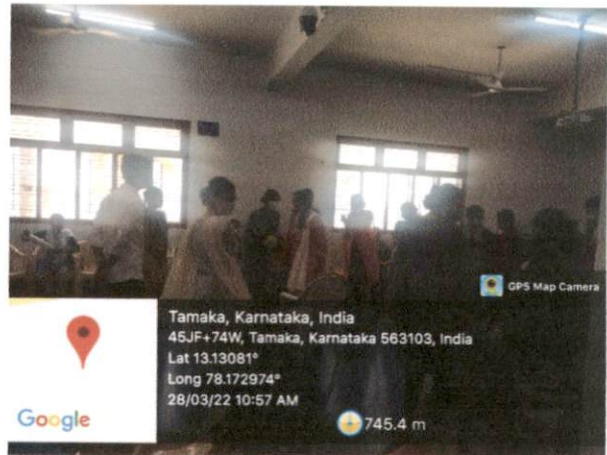
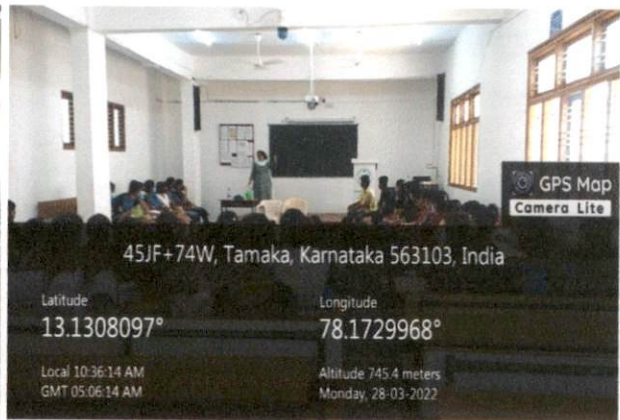
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	SRI DEVARAJ URS COLLEGE OF NURSING TAMAKA, KOLAR-563103	Doc. No.	PRN-05
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DAY-I

On 28/03/2022 training session started at 10:00am, while dividing students into three different groups and shifted them into three different class rooms. The first session was started with **Self-Awareness** between 10:15am to 01:00pm by Dr. B.V. Kathyayani, Dr. A,Shamala and Mrs. Annie P John respectively with three different groups followed by the afternoon session on **Empathy** from 02.00pm to 04:00pm



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DAY-II


On 29/03/2022 training session was from 09:00am-04:00pm. The first session in the morning was on **Effective communication and Inter personal Skills** and afternoon session was on **Coping with emotions** by Dr. B.V. Kathyayani, Dr. A.Shamala and Mrs. Annie P John respectively with three different groups.



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DAY-III

On 30/03/2022 training session was from 09:00am-04:00pm. The students were divided into two different groups and shifted them into two different class rooms. The first session was on **Critical thinking and Decision-making** and afternoon session was on **Problem solving by** Ms, Veeksha Rai, Mr. Sathrajith Bhargav respectively.



DAY-IV


On 31/03/2022 training session was from 09:00am to 4:00pm. The first session was on Stress Management by Dr. B.V. Kathyayani, Dr. A,Shamala and Mrs. Annie P John respectively for three groups. Later the students had divided into ten different groups and made to re-demonstrate on all the 10 life skills.

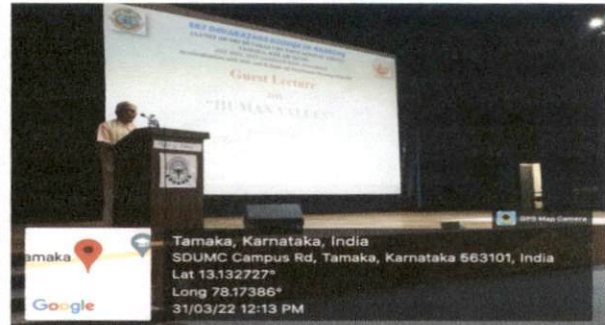
In the afternoon session the guest lecture was on Human Values by Dr. K. Subrahmanyam, Advisor, Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bangalore who emphasized on significance on Human values for the personal and professional development.

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The Valedictory Function of the Life Skills & Human Values training programme was held on 31/03/2022 between 4:00pm to 04.30pm in Silver Jubilee Auditorium, SDUAHER. The programme was started with invocation song followed by the welcome address by Mr. R. Rajesh, Associate Professor, SDUCON, Tamaka, Kolar. The key note address by Dr.B.V.Kathyayani, Professor and Principal, CON, NIMHANS, who shared her views on 4 days training programme. The presidential address by Dr. G.Vijayalakshmi, Principal, SDUCON, who emphasized on the importance of the life skills and human values for the day to day life. Later the certificates were distributed to the representatives of the B.Sc (N)/GNM students by the Chief guest Dr. K Subrahmanyam Advisor(S-VYASA), Bangalore and the programme feedback from students was given by Ms.Swathi on 04 days training programme. Then the College honored Dr. K Subrahmanyam Advisor(S-VYASA), Bangalore for his valuable speech on Human Values. Later Mr. Sheshadri. K.S, Tutor, Dept. of Psychiatric Nursing, SDUCON delivered Vote of thanks. The Programme ended with National Anthem at 4.30pm.




Signature of the HOD
 Head of Department
 Dept. of Nursing
 Sri Devaraj Urs College of Nursing
 Tamaka, Kolar-563101.


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Principal
Principal
 Sri Devaraj Urs College of Nursing
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Sl. No	Name of the candidate	Reg.No	Sl.No.	Name of the candidate	Reg.No
1	Aavany Saji		51	Lekshmi S.	
2	Adithya Manoj		52	Mareena Tony	
3	Agna James		53	Maya Madhu Kumar	
4	Aileen Anna Bavan		54	Meenu K. Mathew	
5	Aiswarya Anil Kumar		55	Megha Anil	
6	Aiswarya P.		56	Megha Jinu	
7	Aiswarya Raju		57	Megha Saji	
8	Akancha Ray		58	Nandana B.	
9	Aksa Susan Varghese		59	Nanditha Satheesan	
10	Aleena Biju		60	Neha Shibu	
11	Aleena Boby		61	Nikhitha Mathew	
12	Aleena Chacko		62	Rainu Elza Varghese	
13	Aleena P.B.		63	Rose Mary George	
14	Aleenamol Saji		64	Sandra Sabu	
15	Alent Jomy		65	Sharbari Mondal (Manoj)	
16	Allendeena Mariya Dimble		66	Sharu Elsa Manoj	
17	Alna Sara Eldhose		67	Sherin B. Varghese	
18	Anakha Santhosh		68	Sneha A.R.	
19	Ananya Halder (Manoj)		69	Sneha Babu	
20	Anaswara K. Majukumar		70	Sona Biju	
21	Ancy Eldho		71	Sreelakshmi S.	
22	Aneena shaji		72	Stani K.D.	
23	Aneeta Joshy		73	Stelin Joseph	
24	Angelin Lee Regi		74	Swathi S. Nair	
25	Angel Rose Antony (Dr. Jomon)		75	Tanimol P.J.	
26	Angel Siby		76	Teena Rajan	
27	Angelmariya Shaju		77	Thamburu Baby	
28	Ann Mary Cherian		78	Tinsiya Benny	
29	Ansel T. Jose		79	Trisha Ghosh	
30	Anumol K. Biju		80	Vinaya Mol K.S.	
31	Aparna Suresh		81	Shivani M.	
32	Archana Saji		82	Anusha S.	
33	Ashley Mariam Sebastian		83	Gokul K.R.	
34	Aswani C.		84	Chandana K.	
35	Beneta Selvi		85	Mounish M.	
36	Bincy Ann Benny		86	Nagajyothi Bai G.	
37	Cen Elsa Baby		87	Mujahid Khan	
38	Della Merin George		88	Pallavi S.	
39	Devibala S.		89	Ajith Kumar M.	
40	Devika B. Pillai		90	Vedhashree S.	
41	Devika S. Nair		91	Gangothri K.S.	
42	Dhiya Alias		92	Swathi G.	
43	Emin Varghese		93	Darshan Bahubali	
44	Gopika B. Nair		94	Glory	
45	Harinandhana Suresh		95	Nirmaya K. Jose	
46	Jesiley Anna Mathew		96	Merin gigi	
47	Jitty Sara Thomas		97	Kripa Santosh	
48	Karthika Suresh		98	Amitha T.S.	
49	Kripa Kurian		99	Ann Mariya Biju	
50	Krishna T.S.		100	Sandra K.S.	

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