



SRI DEVARAJ URS COLLEGE OF NURSING

A Constituent Unit of
Sri Devaraj Urs Academy of Higher Education & Research
Deemed University, Kolar, Karnataka



ORGANISING BY

DEPARTMENT OF PSYCHIATRIC NURSING

&

DEPARTMENT OF COMMUNITY HEALTH NURSING

SDUCON, TAMAKA, KOLAR

VENUE

MULTIPURPOSE HALL

SDUCON, TAMAKA, KOLAR

Date: 17/09/2024 TO 19/10/2024

Time: 8:30 am to 4:30 pm

	SRI DEVARAJ URS COLLEGE OF NURSING TAMAKA, KOLAR-563103		Doc. No.	PRN-05
			Issue Status	02
	Meeting Minutes Record/Report		Rev. Status	00
			Date:	01.09.18

Date-21/10/2024

REPORT ON LIFE SKILL TRAINING PROGRAMME

Department of Psychiatric Nursing in Collaboration with IQAC & YRC unit of Sri Devaraj Urs College of Nursing, organized a Life Skill training programme for Ist Year B.Sc Nursing semester students and Ist Year GNM Nursing students on for 3 days from 17/10/2024 to 19/10/2024.

The programme has been built on the 10 essential skills based on WHO 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 students will be able to know about the concepts of Life skills.
2. Understand the importance of Life Skills 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.

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Orientation

On 03/05/2024 the orientation on Life Skill training programme was given by the faculties. Total 125 students were divided into 4 groups and each group having 30 students. The faculties for group activities are as mentioned below:-

Group I incharge facilitator was Dr. Malathi.K.V

Group II incharge facilitator was Mrs.Ramya.M

Group III incharge facilitator was Mr.Gajendra Singh

DAY-I

On 17/10 /2024 training programme started at 08:30am-04:30pm. Groups were shifted into 4 different class rooms accompanied by the facilitator. The first session in the morning was on **self-awareness, Critical thinking and Inter personal Skills** and afternoon session was on **Effective communication and Empathy**. The facilitator explained each of the life skill and conducted activity based on the same. The 1st day ended at 4:30pm. Students participated actively in all the activities.

DAY-II

On 18 /10 /2024 training session started at 08:30am. The morning session was on **Creative thinking and Emotions** and afternoon session was on **Decision making and Problem solving** the Students participated actively in all the activities and were excited to be involved in various activities. The day ended at 4:30pm

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DAY-III

On 19/10 /2024 training session started at 08:30am. The 3rd day session was on **Stress management, guidance and counselling** the Students participated actively in all the activities and were excited to be involved in various activities. The day ended at 4:30pm

With the above programme schedule the life skill training programme ended with vote of thanks given by Mrs.Ramya on 19 /10 /2024 at 4:30pm





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TAMAKA, KOLAR-563103**

Meeting Minutes Record/Report

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Incharge Faculty
Incharge Faculty

Signature of the HOD
Signature of the HOD

Principal
Principal
Sri Devaraj Urs College of Nursing
Tamaka, Kolar-563103



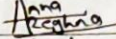
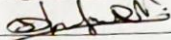
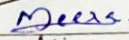
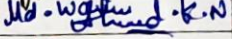
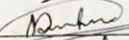
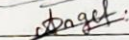
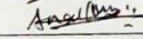
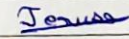
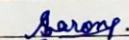
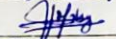
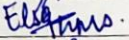
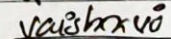
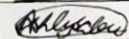
SRI DEVARAJ URS COLLEGE OF NURSING,
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TRAINING RECORD (STUDENT)

Format No.	ADM-18
Issue No.	02
Rev. No.	00
Date:	01-09-2018

Name of the Training Programme		Life Skill Programme		
Trainer Name Dr. Molathi, Ranga Gajendra Sath		Venue: Multi purpose		
Total No of days 03		From 17/10/2024	To	19/10/2024
Purposes of Program				
Participant Details				
Sl No	Name of the STUDENT	COURSE	YEAR	Signature
1.	DHANA KADEETA	1 st Yr BSc (N)	2024-2028	
2.	ARATHI SANKHOSH	1 st Yr BSc (N)	2024-2028	
3.	NUMA LIMBU	1 st Yr GNM (N)	2024-2027	
4.	Mamata Pun	1 st Yrs GNM (N)	2024-2027	
5.	Laxmi Shrestha	1 st Yrs GNM (N)	2024-2027	
6.	Rozina Thapa	1 st Yrs GNM (N)	2024-2027	
7.	Asmita Kumari Khatri	1 st Yrs GNM (N)	2024-2027	
8.	Bhawana Chunara	1 st Yrs GNM (N)	2024-2027	
9.	Alphonsa Joseph	1 st Yrs BSc (N)	2024-2028	
10.	Jasmire Toji	1 st Yrs BSc (N)	2024-2028	
11.	Jessin sunny	1 st Yrs BSc (N)	2024-2028	
12.	Aneeka elizabeth	1 st Yrs BSc (N)	2024-2028	
13.	Telma susan jomon	1 st Yrs BSc (N)	2024-2028	
14.	Aswami Krishna.T	1 st year BSc (N)	2024-2028	
15.	Meilin thankamchun	1 st year BSc (N)	2024-2028	
16.	Amrutha S. Krishna	1 st year BSc (N)	2024-2028	
17.	Elaine Aji	1 st year BSc (N)	2024-2028	
18.	Elba Marya Joe	1 st year BSc (N)	2024-2028	
19.	Aleena joy	1 st year BSc (N)	2024-2028	
20.	Agness Paulron	1 st year BSc (N)	2024-2028	
21.	Vandana P.S	1 st year BSc (N)	2024-2028	
22.	Sreya sabu	1 st year BSc (N)	2024-2028	
23.	Pam Moay Sunil	1 st year BSc (N)	2024-2028	
24.	Mable Binoy	1 st year BSc (N)	2024-2028	
25.	Sheha Mariam Cherian	1 st year BSc (N)	2024-2028	
26.	Aleena Mary Roy	1 st year BSc (N)	2024-2028	
27.	Feby Tomy	1 st year BSc (N)	2024-2028	

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Name of the Training Programme		Life Skill Programme		
Trainer Name <u>Dr. Malathi K.V. Mrs Remya</u>		Venue: <u>Multipurpose Hall</u>		
Total No of days <u>03</u>		From <u>17/10/2024</u>	To	<u>19/10/2024</u>
Purposes of Program				
Participant Details				
Sl No	Name of the STUDENT	COURSE	YEAR	Signature
28	Sandra Jacob	1st Yr B.Sc (N)	2024-2028	
29	Anna Reghna	1st Yr B.Sc (N)	2024-2028	
30	Obervapuya R.Nair	1st Yr B.Sc (N)	2024-2028	
31	Meera Keishran M	1st year Bsc (N)	2024-2028	
32	Meenakshi - D	1st year Bsc (N)	2024-2028	
33	ASHIMA S	1st year Bsc (N)	2024-2028	
34	Jyothika Sanjosh Mahan	1st year Bsc (N)	2024-2028	
35	Mohammed Ahmed K.N	1st year Bsc (N)	2024-2028	
36	Silva K. Wilson	1st year Bsc (N)	2024-2028	
37	Soniya Ebby	1st year Bsc (N)	2024-2028	
38	Malavika shajan	1st year Bsc (N)	2024-2028	
39	Angel Mariya Antu	1st year Bsc (N)	2024-2028	
40	Angel Maria shibu	1st year Bsc (N)	2024-2028	
41	Jessusa George	1st year Bsc (N)	2024-2028	
42	Sharon Stanley	1st year Bsc (N)	2024-2028	
43	Stephy Stomly	1st year Bsc (N)	2024-2028	
44	Elsa Thomas	1st year Bsc (N)	2024-2028	
45	Ivelin Maria George	1st year Bsc (N)	2024-2028	
46	Jiya Thomas	1st year B.Sc (N)	2024-2028	
47	Anna Neelin KD	1st year B.Sc (N)	2024-2028	
48	Ashly Tommy	1st year B.Sc (N)	2024-2028	
49	Jelita Mathew	1st year B.Sc (N)	2024-2028	
50	Adithya B	1st year Bsc (N)	2024-2028	
51	Alema Anna Mathew	1st year Bsc (N)	2024-2028	
52	Adithya M	1st year Bsc (N)	2024-2028	
53	Vaishnavi vijayan	1st year Bsc (N)	2024-2028	
54	Ashly Saba	1st year Bsc (N)	2024-2028	



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Name of the Training Programme	Life Skill Programme		
Trainer Name	Dr. Malathi K.V. Mrs. Ranya		
Total No of days	03	Venue:	Muchpurpur Hall
Purposes of Program	From	17/10/2024	To 19/10/2024

Participant Details				
Sl No	Name of the STUDENT	COURSE	YEAR	Signature
55	Adithya.p.s	1st Year Bsc(N)	2024-2028	<i>Adithya</i>
56	Amala Byju	1st Year Bsc(N)	2024-2028	<i>Amala</i>
57	Niranjana.s	1st year Bsc(N)	2024-2028	<i>Niranjana</i>
58	Nimisha M.K	1st Year Bsc(N)	2024-2028	<i>Nimisha</i>
59	Swalakshmi P.K	1st Year Bsc(N)	2024-2028	<i>Swalakshmi</i>
60	Anjali L	1st Year Bsc(N)	2024-2028	<i>Anjali</i>
61	Fathima Mahirah	1st year Bsc(N)	2024-2028	<i>Fathima</i>
62	Prasada P.Nair	1st year Bsc(N)	2024-2028	<i>Prasada</i>
63	Anju T.joji	1st year Bsc(N)	2024-2028	<i>Anju</i>
64	Priyanka mairam	1st year Bsc(N)	2024-2028	<i>Priyanka</i>
65	Christiana aleyama	1st year Bsc(N)	2024-2028	<i>Christiana</i>
66	Menu Santhosh	1st year Bsc(N)	2024-2028	<i>Menu</i>
67	Amrutha.s	1st year Bsc(N)	2024-2028	<i>Amrutha</i>
68	Bethel Abraham	1st year Bsc(N)	2024-2028	<i>Bethel</i>
69	Nandhini.G	1st year Bsc(N)	2024-2028	<i>Nandhini</i>
70	Nanditha.s	1st year Bsc(N)	2024-2028	<i>Nanditha</i>
71	Chandni bhai J	1st year Bsc(N)	2024-2028	<i>Chandni</i>
72	Anaya xavier	1st year Bsc(N)	2024-2028	<i>Anaya</i>
73	Biniya Ann Binu	1st year Bsc(N)	2024-2028	<i>Biniya</i>
74	Muhsina.B	1st Year Bsc(N)	2024-2028	<i>Muhsina</i>
75	Niya shenid	1st year Bsc(N)	2024-2028	<i>Niya</i>
76	Adithya.K.M	1st year Bsc(N)	2024-2028	<i>Adithya</i>
77	Afna Akbar P.A	1st year Bsc(N)	2024-2028	<i>Afna</i>
78	Naziya Sadhana	1st year Bsc(N)	2024-2028	<i>Naziya</i>
79	Aysha Mirza	1st year Bsc(N)	2024-2028	<i>Aysha</i>
80	Rufayida.O.V	1st year Bsc(N)	2024-2028	<i>Rufayida</i>
81	Shabna Jasmine T.T	1st year Bsc(N)	2024-2028	<i>Shabna</i>

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Name of the Training Programme		Life Skills Training Programme		
Trainer Name		Venue		
Dr. Kalathi, Pany, Gajendragad		Kuciperam Hall SDC Corp		
Total No of days		From	To	
03		12/12/24	14/12/24	
Purposes of Program				
Participant Details				
Sl No	Name of the STUDENT	COURSE	SIGNATURE	
82	Dhanaranda P.V	1 st Year BSc (N)	2024-2028	<u>Dhanaranda</u>
83	Nidha Mahav	1 st Year BSc (N)	2024-2028	<u>Nidha</u>
84	Nafiya. N	1 st Year B.Sc (N)	2024-2028	<u>Nafiya</u>
85	Gopika.S	1 st Year B.Sc (N)	2024-2028	<u>Gopika</u>
86	Sani. M. Mathew	1 st Year BSc (N)	2024-2028	<u>Sani</u>
87	Aleena Antony	1 st Year BSc (N)	2024-2028	<u>Aleena</u>
88	Liya Sunny	1 st Year BSc (N)	2024-2028	<u>Liya</u>
89	Shreeshmi.V.S	1 st Year BSc (N)	2024-2028	<u>Shreeshmi</u>
90	Threetha Unni	1 st Year BSc (N)	2024-2028	<u>Threetha</u>
91	Anna Sayu	1 st Year BSc (N)	2024-2028	<u>Anna</u>
92	Ananya Maria Roy	1 st Year BSc (N)	2024-2028	<u>Ananya</u>
93	Amalu Sunny	1 st Year BSc (N)	2024-2028	<u>Amalu</u>
94	Tania Joseph	1 st Year BSc (N)	2024-2028	<u>Tania</u>
95	Anu Roy	1 st Year BSc (N)	2024-2028	<u>Anu</u>
96	Anoona Reji	1 st Year BSc (N)	2024-2028	<u>Anoona</u>
97	Riya Biju	1 st Year BSc (N)	2024-2028	<u>Riya</u>



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Name of the Training Programme	Life Skill training Programme			
Trainer Name	Dr. Malathi, Mrs. Ranga, Gayathra Singh			
Total No of days	03	Venue:	Multipurpose hall SDU CON	
Purposes of Program	From	14/08/2018	To	16/08/2018

Participant Details				
Sl No	Name of the STUDENT	COURSE	YEAR	Signature
1	Adithya T Anesh	GNM	1st year	
2	Anija Annachacko	GNM	1st year	Anija
3	Anjana Ramchandran	GNM	1st year	Anjana
4	Arachana B	GNM	1st year	
5	Ashly Shaju	GNM	1st year	
6	Divya V	GNM	1st year	Divya
7	Esther S	GNM	1st year	
8	Jayes Johnson	GNM	1st year	Jayes
9	Piljamel Prince	GNM	1st year	Piljamel
10	R. Saranya	GNM	1st year	
11	Sulw shajani	GNM	1st year	Sulw
12	Shijiya P.S	GNM	1st year	
13	Sindhu C	GNM	1st year	Sindhu c
14	Soniga Sunny	GNM	1st year	Soniga
15	Supriya pradeesh	GNM	1st year	Supriya
16	Sweetha Sathyan	GNM	1st year	Sweetha
17	Uday kumar	GNM	1st year	
18	Laxmi Shrestha	GNM	1st year	
19	Rozina Thapa	GNM	1st year	Rozina
20	Asmita Kumari Khatri	GNM	1st Year	
21	Mamata Pun	GNM	1st Year	
22	Namee Limbu	GNM	1st Year	Namee
23	Sapana Bangali	GNM	1st year	
24	Apeksha Subba Nindlaku	GNM	1st year	
25	Bhawana Chunara	GNM	1st year	
26	Muna Sirpali	GNM	1st year	