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**Smt. NAGARATHNAMMA**  
**SCHOOL & COLLEGE OF NURSING**

**Editorial Board**

**Chief Editor:**  
Prof. Devi Nanjappan

**Deputy Editor:**  
Mrs. Perumalla Keerthi  
Sudha

*Greetings and a warm welcome to  
“The Pulse”*

We couldn't be more excited to have made it to this point. We are honoured to share the work of so many dedicated and thoughtful people. This academic year has been the year of excellence of many curricular **and extra-curricular activities.**

**Our Bulletin gives the readers a glimpse of**  
all the activities of the academic year 2022-23

“College life is known as one of the most memorable years of one's life. It is entirely different from school life. College life exposes us to new experiences and things that we were not familiar with earlier. For some people, college life means enjoying life to the fullest and partying hard. While for others, it is time to get serious about their career and study thoroughly for a brighter future”

## FROM THE PRINCIPAL'S DESK

With Lord Almighty, I take this opportunity to thank management and governance for entrusting empowerment by policies and procedures of the institution. Let me begin in emphasizing the efforts are showcased by the team in achieving the holistic outcomes of the institution with value creation amongst students through academic integrity in specific and honesty in general, more-over which is greatly supporting the leader to reach the targets and benchmarks laid by governance of Nursing and in particular towards Quality Assessment and Accreditation process which brings out absolute best from beginners' to seniors' colleague . Furthermore, I am delighted to release the Eighth Annual Bulletin "**The Pulse**" "2022-2023 of

Smt. Nagarathamma School and College (NR) of Nursing which creates momentum of success, which often reflects in institutional outcomes.



With lots of Prayers and Faith,

Prof. Devi Nanjappan

Principal

Smt. Nagarathamma School and College (NR) of Nursing,

Acharya Institutes

## FROM THE DEPUTY EDITORIAL DESK

Smt. Nagarathamma School & College of Nursing takes immense pleasure to release the annual Bulletin THE PULSE 2K23 . Motivation and guidance of our Principal, efforts of our staff and students has made . This moment brings forth profusion of knowledge and creativity in the form of inspiring message by them and by their magnificent artwork. The content of this magazine exhibited by the family of



Smt. Nagarathamma School& College of Nursing, primarily the students, is a testimonial for the talent and sophistication of the students and staff. Witnessed the most beautiful moments through the accomplishments of the staff and students. This magazine throws radiance on the journey sailed until now.

Opportunities to shine are endless, and for that to happen, you need to gain insight about the academic and co-curricular matters. Study not just to get grades but to immerse in the sea of knowledge and excel in field.

Mrs. Perumalla Keerthi Sudha. P

Assistant Professor

Smt. Nagarathamma School and College of Nursing,  
Acharya Institutes.

**CHILDRENS DAY - 14/11/23**  
**EQUALITY AND INCLUSION, FOR EVERY CHILD”**

November 14th marks the birth anniversary of Pandit Jawaharlal Nehru, the first prime of India. Since 1947, his birthday had been a public event marked by meetings and games for children. And so 10 years later, the Indian government officially declared November 14 will be celebrated as Children's Day. On 5<sup>th</sup> November 1948, the first Children's Day was observed as "Flower Day" by the predecessor of Indian Council of Child Welfare (ICCW) to collect funds for United Nations Appeal for Children (UNAC) through the sale of "flower tokens". On 30 July 1949, "Children's Day" was widely celebrated and publicized through radio, articles, cinema, etc. The theme for International children's day is, "Equality and Inclusion, for every child". In the view of International children's day "The Women cell of Smt. Nagarathamma college of Nursing, conducted International children's day on 14.11.2022. The program was co-ordinate and conducted by Ms. Geeta Lecturer, Women cell Coordinator, Ms. Shuruthi, assistant lecturer, Ms. Tejaswini, Assistant lecturer and first year GNM active participation. First year GNM given the health talk to the Anganwadi children's regarding importance of health, personal hygiene, play, Education.



**COMMUNITY OUTREACH ACTIVITIES -**  
**02.11.2022 to 15.11.2022**

In the view of community health nursing from Smt Nagarathamma college of Nursing, postings held from 02.11.2022 to 15.11.2022 .Many of the programs activities were conducted by Ms. shruthi. k Assistant Lecturer, & Ms. Tejaswini, Assistant lecturer and students participated actively and given the health talk to the community people regarding the importance of diabetic diet, physical exercise, Personal hygiene,





### **WORLD DIABETES DAY -14. 11.2022**

In the view of “World Diabetes Day” community health nursing from Smt Nagarathamma college of Nursing, conducted World Diabetes Day on 14.11.2022. The program was conducted by Ms. Shruthi. K Assistant Lecturer, Ms. Tejaswini, Assistant lecturer and students active participation and given the health talk to the community peoples regarding importance of diabetic diet, physical exercise, etc It increases the education to help and improve the strengthen of the people living with diabetes. It helps to promote and awareness to the society and community people to reduce the risk of diabetes, and to bring quality, affordable diabetes care .



### **WORLD EPILEPSY DAY**

Smt Nagarathamma College of nursing conducted a national awareness programme on the topic Primary prevention of epilepsy on month of November. Students understood about prevention of epileptic seizures and its opportunities and the work they should do. The programme is conducted in III BSc classroom in the month of November 2022, with complete explanation on the topic. It is a 1 day oriented class participated by 40 Students of Smt Nagarathamma college of nursing. The students of III<sup>rd</sup> B Sc of Smt Nagarathamma College of nursing, gain the idea and opportunities of prevention of epilepsy and to become an advanced in maintaining psychotic disorders in all over the world and also about the work they want to do.



### **LAMP LIGHTING CEREMONY -17/11/22**

Dedication is one of the components of professional nursing. However, no clear consensus exists on the definition of dedication in nursing, and it is difficult to understand and operationalize this concept in clinical settings. Professional commitment is defined as loyalty, the desire to stay in a profession, and a sense of responsibility toward the profession's particular problems and challenges. Commitment to nursing implies commitment to provide an optimal patient care and promote the nursing profession. For patients, positive consequences of dedication by nurses include protecting, preserving, promoting the patients' health, improving the perceived quality of care.█

Smt. Nagarathamma School & College of Nursing observed the Nursing Dedication Ceremony of the 19<sup>th</sup> batch of GNM & BSc. N Novice nurses on the 17<sup>th</sup> November 2022. This auspicious occasion was graced

by Prof. Jayanthi.V, Principal, of Kidwai College of Nursing. The Programme started by invoking almighty's blessing and lighting the inaugural lamp. Theme for the year was unfolded by the Principal Prof. Devi Nanjappan enlightening the gathering on the logo. The students sang the prayer song, took their Nursing oath and sang their dedication song as a mark of committing and dedicating oneself to the profession as budding nurses. Presidential address was given by Prof. Devi Nanjappan highlighting on the road map of the college for the academic year 2022-23 and emphasizing on certain achievements of the institution in the last academic year and the importance of Oath and the Theme of the year. Chief Guest Prof. Jayanthi.V spoke on the importance and future of nursing profession. Speech was given by Prof. Iqbal Ahmed Dy. Director Training & Collaborations, Acharya institutes, spoke on role of nurses in the present society. Investiture ceremony was also part of the occasion where the SNA office bearers took their oath and had their badge pinned. The ceremony came to an end by singing the national anthem.



#### **SNA INVESTITURE CEREMONY -17/11/22**

Leaders are not born but are made by their experiences in life". To inculcate the leadership qualities in students and to give them a feel of functioning of the administrative body, the SNA formulates a SNA body which is for the student, of the students and by the students. At the beginning of the academic year SNA office bearers are elected from the nominees who were unanimously proposed by the students.

The elections to the council were held in the college and the council members won the post by marginal votes as it was a tough competition. the college witnessed its solemn ceremony, where the elected council members formally appointed by the students consisting of 7 members .

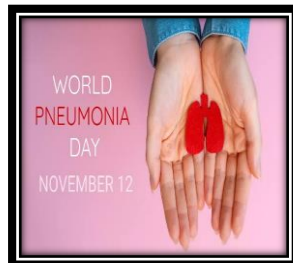
The election for the "Student Nurses Association" for the year 2022-2023 was held online by the teachers, and spot election for students, on 12th September, 2022. SNA Advisor Mrs. Keerthi Sudha. P was in charge of this well-organized event. On 8th September 2022, a meeting was held for the entire batch where they were oriented on the various roles and responsibilities of the Student Council. The interested candidates were asked to self-nominate themselves for the election.



## WORLD PNEUMONIA DAY:12 /11/2022

The World Pneumonia Day 2022 theme is "*Championing the fight to stop pneumonia.*"

World Pneumonia Day is observed on November 12 every year. The day aims to raise awareness about pneumonia and highlights its causes, symptoms, prevention and treatment. World Pneumonia Day significance and history According to the World Health Organisation (WHO), pneumonia accounts for 14 per cent of all deaths of children less than 5 years old First year first semester students are posted to KIDWAI hospital for clinicals from 7am to 3pm. On 12 November, to create awareness to the patients and their family members, students gave health talk to explain the meaning of Pneumonia, its causes, signs and symptoms, diagnosis and management for the disease condition. They also educated how to prevent and nursing management for Pneumonia. Their clinical instructor Ms. Basavalinga Bhagya Yaligar guided the students in delivering the health talk in Kannada also. They visited both male and female wards and discussed about World Pneumonia day, the theme of world Pneumonia day 2022. Few patients clarified their doubts especially how to take care of children with Pneumonia and the treatment available for Pneumonia.



## WORLD STROKE DAY:29/10/2022:

**THEME: "RAISING AWARENESS OF THE SIGNS OF STROKE AND THE NEED FOR TIMELY ACCESS TO QUALITY STROKE TREATMENT"**

A Seminar was conducted to 3<sup>rd</sup> B.Sc Nursing students of Smt. Nagarathamma College of Nursing on 29/10/2022. Speaker gave a valuable information regarding the life style changes, regular health check up. World Stroke Day is an opportunity to raise awareness of the serious nature and high rates of stroke and talk about ways in which we can reduce the burden of stroke through better public awareness of the risk factors and signs of stroke. It is also an opportunity to advocate for action by decision makers at global, regional and national levels that are essential to improve stroke prevention, access to acute treatment and support for survivors and caregivers. 2022 our campaign will be focused on raising awareness of the signs of stroke and the need for timely access to quality stroke treatment. 30, 3<sup>rd</sup> BSc N students were participated and improved the knowledge.



## WORLD AIDS DAY :1/12/23

Every year, on 1st December, the world commemorates World AIDS Day. People around the world unite to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS. HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome). World AIDS Day theme '*Equalise*' is all about highlighting the avoidable inequalities which perpetuate the AIDS pandemic. "They are avoidable. We can tackle them. "We're playing our part and we urge everyone locally to do the same and show your support for people living with HIV/AIDS. BENEFICIARIES: Group of people from community (kempapura) PROGRAMME DETAILS: In the view of "World Aids Day" community health nursing from Smt Nagarathamma college of Nursing, conducted World Aids Day on 01.12.2022. The program was conducted by Ms.shruthi. k Assistant Lecturer, and students active participation and given the health talk to the community people regarding importance of safety sex, barriers methods , pregnancy of infected (aids)women etc



## ANGANWADI VISIT:16/12/22

Department of Child health Visted Kempapura Anganwadi on 16/12/22

The system of anganwadis was developed in 1975 by the Indian government to alleviate malnutrition in children. The anganwadis provide meals each day to the slum children under 6 years old but also provide lessons in health and hygiene and literacy in a nurturing preschool environment. As per university requirment our third year BSc nursing students along with the supervision of Mrs Ramya B Asst proff.

Students were divided into 13 group were each group consist 6 students the total students visited anganwadi was 80. We reached Anganwadi at 11 am. Anganwadi orientation was given by teacher

Mrs. Nagarathna along with helper Mrs. Rekha. Total strength of anganwadi is 20 with both boys and girls under the age of 5. Each student group got an opportunity to do the health assessment and the main focus to check the height ,weight, midarm circumference, chest and head circumference. All the students filled the toddler assesment form .After the record of anthropometric measurement students had the interaction with the kids in instance, singing rhymes, counting numbers and telling the children regarding the importance of hand washing. At Kempapura Anganwadi they have daily menu for the under five children. They participate in immunization programme. Kids are given with monthly food supplies like multigrain powder ,milk powder, jaggery, ground nut. The lunch menu varies like Monday- milk, rice sambar, Tuesday-Milk ,kichidi, Kara pongal, Wednesday –egg, rice sambar, Thursday-karapongal, Friday-egg ,rice sambar, Saturday –karapongal. They have play time and the anganwadi opens at 9am -3pm. Our students distributed biskets to the toddlers and gave play material like balls and cricket bat. At 1pm we left anganwadi . Date: 16 th December 2022

## COMMUNITY HEALTH SERVICE:



Community health nursing posting for second year BSC nursing students community area (kempapura) from 22<sup>nd</sup> November to 21<sup>th</sup> December Community health nursing postings form an important part of the nursing curriculum as they help to expand the horizon of the student community. The students gain the knowledge experience through community health nursing posting . Smt. Nagarathamma College of Nursing conducts clinical posting in village ( kempapura) with proper guidance from our efficient staff members. The students conduct bed side presentations and clinical actives to gain the knowledge .Students learn nursing skills and techniques through coursework and putting these into practice requires a real healthcare environment and real patients. Taking vitals, administering medication, health education ,survey ,urine test, under 5 assessment, nutritional assessment and health assessment of family and more are all among the daily tasks you may have to take on. Practicing these skills and techniques prepares you for a career in nursing. Assisting with other procedures will expose you to new practices that you will perform as a registered nurse. Apart from task-based skills, students get used to interacting with families. One of the most important roles as a nurse will be to act as a community health officers. so listening and forming bonds with the families under your care will teach something you can't learn from coursework or labs' without a doubt. Gaining knowledge from community posting . quality clinical experience i beneficial to your The same goes for the healthcare facility where students gain the knowledge .Doing activates in community area like celebrating AIDS day, anganwadi program, giving health education for postnatal mothers and antenatal mothers and doing puppet show using by old methods to know the awareness about the pregnancy women etc BENEFICIARIES: Group of people from community (kempapura ) PROGRAMME DETAILS: In the view of community health nursing from Smt Nagarathamma college of Nursing, community health nursing posting from 22.11.2022 to 21.12.2022 The program was conducted by Ms.shruthi. k Assistant Lecturer and students active participation and given the health talk to the community peoples regarding importance of diabetic diet, physical exercise, health education etc

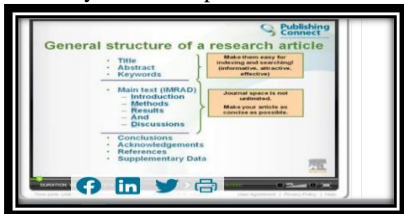
## WEBINAR ON ORGANIZATION OF NEONATAL INTENSIVE CARE UNIT

The webinar commenced with introduction of the speakers by Mrs Ramya.B Asst professor about Dr Eric Angel Phd N professor, Department of pediatrics Tirth Nursing college Madhya Pradesh. The session started with the introduction to the NICU and its organization'

**MANUSCRIPT WRITING : BED/BENCH TO JOURNAL:**The seminar on manuscript writing was conducted on 20<sup>th</sup> December 2022 under FDP .The session started at 4pm with welcome address by Mrs, Snehalatha ,Associate Professor R&D,IPR coordinator , Smt. Nagarthamma college of



nursing and session has started. The webinar speaker was by Dr B L R Madhavi Asst. Professor, Dept. of Pharmaceutics Acharya & BM Reddy College of Pharmacy, Bengaluru .20<sup>th</sup> December 2022 ; Tuesday from 4.00 pm to 5.00PM



**ROLEPLAY ON HEAD INJURY:** A head injury is a broad term that describes a vast array of injuries that occur to the scalp, skull, brain, and underlying tissue and blood vessels in the head. Head injuries are also commonly referred to as brain injury, or traumatic brain injury. As a 4th year BSc students had a roleplay on head injury. On 12th December 2022 at 4.00 PM in SMT. Nagarathamma collage auditorium hall. Spreading awareness about head injury is very crucial as it can motivate the students to avoid the head injury. All the faculty and 3rd year students included in this program. The program continued with beautiful and motivational words regarding head injury in the department of nursing the students. There we saw different types of head injury in different method.

#### **OBJECTIVES OF HEAD INJURY**

Discuss the incidence and death rates of head injury. Students learn about different types of head injury, learn proper first aid for head injury, develop an understanding of the causes and effects of head injury. The students of 3rd years are gain knowledge about head injury. The students feedback was it was really very useful program.



#### **HEALTH CAMP:07/12/22-09/12/22**

Health camp was organized by Smt. Nagarathamma College of Nursing on 7<sup>th</sup> to 9<sup>th</sup> of December 2022. Programme was conducted in community health nursing in community area (kempapura village) 2<sup>nd</sup> Bsc Nursing students actively participated Coordinated by Ms. K Shruthi Assistant Lecturer, AS Manjula Lecture, Pravalika Assistant Lecture. Team was divided among the students Registration/Height & Weight/Blood pressure monitoring/Vital signs monitoring/Vision test by Snellen chart and urine sugar test. Camp started at 10 am at kempapura, Total of 50 patients were examined. 85% of patients had no issues and 10% had mild trace of Diabetes, 5% with long sight vision issues. Programme was concluded with vote of thanks by Ms. K Shruthi and word of Appreciation to students by Principal Prof. Devi Nanjappan.

The program was conducted 3 days in the community area name kempapura,

Day 1 started with the orientation about the health camp and the services which will be provided at health camp to the community people at Kempapura. And arranged all the articles and preparation for the health camp, and explained all the services like monitor in the Blood pressure, urine test for diagnosing diabetes, Snellen chart to identify visual acuity, all the vital signs. Day 2 of health camp



started with gathering all the community people and collected the biographical data and started checking the vitals and conducted snellen test ,and urine test and monitored blood pressure for all community people and checked under 5 assessment and done antenatal checkup gave health education regarding immunization for pregnant women and postnatal mothers. The day 3 of health camp identified all the abnormal readings regarding the diabetes ,hypertension, vision ,malnutrition ,pregnancy related problems ,after identifying all abnormal gave health education to particular person regarding there abnormal readings and managing their diet and problems and end the health camp program .BENEFICIARIES: Group of people from community (kempapura )

**INTRA COLLEGE COMPETITION 2022 : -21/12/22-22/12/22**

Intra-College games and Cultural Meet was organized by Smt. Nagarathamma School & College of Nursing from 21<sup>st</sup> of December – 22<sup>th</sup> of December 2022. Events was carefully planned and monitored on every day basis . The two-day fest was attended by more than 80 students who participated in various competitions. SNA Leaders actively given their hands to run the 2 days Programme in smooth.**Day 2:** Session started with Cultural Competitions such as Solo song, Group Song, Solo Dance Group Dance , Ramp Show .The Students of Smt. Nagarathamma School & College of Nursing who are interested and talented in Cultural activities participated in the Intra college competitions held at Nursing auditorium. **Venue :** NURSING AUDITORIUM Here are some of the glimpses of competition





### DEPARTMENTAL SEMINAR ON HEALTH AND WELLNESS-03/12/22

Life without health is like an army without soldiers. Health is important to live life to the fullest. When a person leads a healthy life, the body remains healthy, the mind is active and fresh. Overall health of the population is determined by people's income, education, employment and housing, as well as a combination of preventive and rehabilitative approaches and services. Making a positive impact on the health of individuals is the common goal among partners in the continuum of wellness promotion, illness prevention and health care. **LEARNING OUTCOMES:** to demonstrate an understanding of one's health issues/conditions, including prevention approaches, self-care practices, and appropriate intervention and treatment when needed to describe Health & Wellness programs and services offered, how to access them, and their value to their well-being to increase self-awareness, self-care and well-being. **PROGRAMME DETAILS:** The seminar on health and wellness was conducted on 3/12/22 under Medical surgical nursing department & it's started at 11.30 pm, which was hosted by Mrs. Keerthi Assistant professor, Smt. Nagarathnamma college of nursing. This seminar speaker was Dr. Justin Jeya Amutha, Professor from Smt. Nagarathnamma college of nursing. This seminar is intended to understand the importance of health and wellness .The session was closed by Mrs. Keerthi after vote of thanks.



### OBJECTIVE STRUCTURED PRACTICAL EXAMINATION (OSPE)

OSCE – it is a new pattern of practical examination. In OSPE each component of clinical competence is tested uniformly and objectively for all the students who are taking up a practical examination at a given place. Smt. Nagarathnamma college of nursing conducted OSPE on Nursing Foundation for first year B.Sc. Nursing students from 12<sup>th</sup> Dec 2022 to 13<sup>th</sup> of Dec 2022. Students were given brief instructions about OSPE. Timer was set for every station for students, Two Batches were made and divided among 75 students. There was totally 3 Stations were made (2 Manned & 1 Unmanned) Viva was conducted and students were given scored based on their assessment and knowledge skills.



**Day 1:**

**Number of students attended: 35**

OSPE was conducted at Nursing Foundation lab by setting 3 different stations that includes Manned and Unmanned. OSPE began at 9:30 am, Three Students at a time was let inside the lab. Viva was conducted for individually with some of the positions, procedure demonstrations. Scores was given based on their oral and practical demonstration.



**Day 2:**

**Number of students attended: 40** OSPE was conducted at nursing foundation lab by setting 3 different stations that includes Manned and Unmanned. Questions were changed for the day for students OSPE began at 9:30 am, four Students at a time was let inside the lab. Viva was conducted for individually with vital signs procedure and other procedure demonstrations. Scores was given based on their oral and practical demonstration.



**Purpose of Conducting OSPE for Students Is To;**

- Provide feedback on performance.
- Evaluate on the basis of clinical skills.
- Measures minimal competencies.

**Advantages of Conducting OSPE**

Helps to observe and assess student for different professional and clinical skills. Enables to have an overall view of the student's performance.

**PUPPET SHOW -13.12.2022.**

**TOPIC -Referral System**



The system in which the patient is send from the health Centre having fewer amenities to the health institution or treatment Centre, which has more resources ,facilities and amenities,

## LEARNING OUTCOMES:

To promote awareness among pregnant women and for the betterment in health, to Creating better knowledge regarding sub centers Learning about the symptoms of serious complications can help you be proactive about your health. Help to learn about manage your diet and other daily habits, and regarding vaccination, can help to stay healthy. PROGRAMME DETAILS: In the view of “Referral system.” community health nursing from Smt Nagarathamma college of Nursing, conducted puppet show on referral system. on 13.12.2022. The program was conducted by Ms. shruthi. k Assistant Lecturer, and students of 2<sup>nd</sup> Bsc active participation and given the health talk to the community peoples regarding importance of diet, physical exercise, immunization, sub centers, health checkup etc OBEJECTIVE OF PROGRAM : It increases the education to help and improve the strengthen of the people living with fearness of pregnancy. It helps to promote and awareness to the society and community people to reduce the risk of abortion, and to bring good quality care.

## NATIONAL HEALTH SERVICES, UK CAREER GUIDENCE :

The global training and education center and abhinava global academy has recruiting nurses through national health services globally. This global training and education and international nurses program enable nurses to successfully clear OET and thereby qualify to be employed in reputed hospitals of national health services UK for three years. Therefore, given orientation about job opportunities in different countries and how to get register for OET and IELTS for the students. The global academy has given orientation about abhinava global academy mainly they train on Orientation for nurses Scan register code and registration Take rapid screening test- RST OET coaching Pass OET Scan QR code and apply for NHS job Interview coaching NMC registration, CBT training and test, interview Job offer letter These are the facilities available in this academy the global training and education centre has appointed Abhinava global academy as the global academic associate this is exclusively to facilitate all the arrangements towards collaborative works of GTEC international nurses program leading to NHS led training and career opportunities in UK for the Indian and international nurses. They have given all the information about training and the process of examination and till flying they given information at the end of the session many students were showing interest on the job opportunities in different countries. The session was very informative and students are interested to work in abroad by utilizing the opportunities. No of students attended: 60 students



## HACKATHON

### Topic: Artificial Intelligence Applications in Agriculture & Health care

The startup club #Founderica of Acharya Institutes organized a four day Programme named Hackathon where the students from different disciplinaries of Acharya like students from nursing, Pharmacy, Engineering, AIML, Mechatronics, BCA & MCA joined together on a common platform to come up with a new innovation or app in the field of Agriculture and Health care.



**Day1: REPORT ON ACHARYA HACKATHON:** Acharya Institute's startup club #Founderica is organized a 4-day Hackathon - Artificial Intelligence In Agriculture and Healthcare, from January 4th to 7th, 2023. The first day of the event was inaugurated by dignitaries including the Principal and Vice Principal of various colleges of Acharya Institutes. Professors from various departments and over 100 students actively participated in the inauguration of the Hackathon. Inspirational and Enriching Ideas were given to the students by the dignitaries and they also encouraged students to come up with innovative ideas and solutions. The whole-day event mainly included Team building among students of different specializations, mentoring, brainstorming sessions, and idea implementation planning sessions in both the healthcare and agriculture fields

**Day 2: REPORT ON ACHARYA HACKATHON**The day chiefly included idea pitching by teams and review of ideas by Internal Jury Panel in both Agriculture and Healthcare innovations. All the teams presented their innovative ideas in front of the jury members for a period of 3 minutes/team, followed by a 3 minute question- answer session. The jury's review has helped the teams to build their idea to next level of implementation and prototype development. Day 3 Report ON ACHARYA HACKATHON On the third the students assembled into different blocks. Health care teams were seated computer science seminar hall and Agriculture were gathered in EC block seminar hall. There were 12 teams formed. Each team were seated along with their mentors and worked on developing their idea and put it in the form of PPT presentation that had to be presented before the jury members. Lunch was provided to the students.

Day 4 Report ON ACHARYA HACKATHON On the last day of the programme the jury members were received by the organizing faculty members. The jury members were eminent personalities from both agriculture and health care field.

The Agriculture jury members were:

Dr. Harinikumar, Incubation, GKVK University of Agricultural Sciences.

Dr. Selvakumar, senior Scientist, Indian council of Agricultural Research

Mr. Sachin, Founder, Rootsgoods Pvt Ltd.

Ms. Ashwini, Manager, Synod Bioscience Pvt ltd.

Health care Jury members were:

Dr. Muralimohan, Senior Neurosurgeon, Sagar hospitals

Dr. Rajesh Palani, CEO and MD, Rajesh Laboratories

Mr. Padmanaba, Technical Expert, Ecolabs



On the last day of Hackathon, all the teams presented their innovative ideas before the jury members for the final judgement. Each team was given five minutes for presentation and three minutes for question answer round by the judges. Some of the innovations were Mellitus loop, O Kidney, Carley, etc. Artificial intelligence application was applied in their innovative ideas. The Programme commenced at 10.00am and concluded at 4.00pm. Agriculture and Health care were assembled in different blocks. Twelve teams presented their problem statement and explained their prototype to the

judges. Every team were accompanied by their mentor. The students came up with innovative ideas and performed their best in front of the jury members in a short period of time.

There were winner and runner selected from both Agriculture and Health care field. Below are the details of the winner and runner teams. Health care Project name-OKidney, Mentor name-Kumbhar Tripti, Students: Danush,Ishani Chowdhury,Nandana, Dinisha Project name -The Mellitusloop, Mentor name-Pallavi, Students; Saish,Pranathi, Yashashwini, Manoj Kumar.

Agriculture Project name-BeyondShelf,Mentor-JovinDeglus,Students:Aditi,MonishPrashant,Prashanth Kumar,Ramanand Project name-Smart Fly, Mentor name-Lakshmikanth Reddy, Students: Namratha, Suraj singh, Gourish,Manu



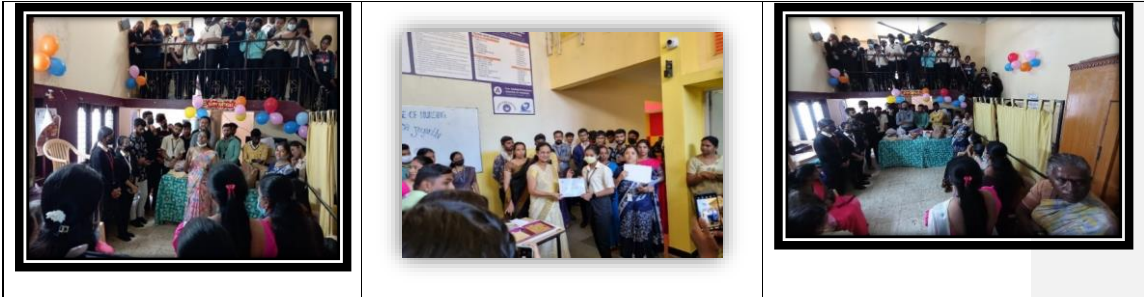
#### **SMT. NAGARATHNAMMA JAYANTHI:**

The program started with Worshipping the Lord and Smt. Nagarathnamma by offering traditional Pushpanjali by Prof.Devi Nanjappan, followed by cake cutting ceremony by Prof. Devi Nanjappan Principal and by all the Nursing staff and Nursing students. Principal madam addressed the gathering and briefed about Smt. Nagarathnamma's Vision for the nursing college. Principal, faculty and around 300 students of Smt. Nagarathnamma School and College of nursing gathered and participated in the programme and students received Achievement certificates of winners in the Intra college competitions and sweets were distributed to all the students and later 30 students from GNM and BSC visited Parvathy Charitable Trust, Bayatrayanpura,, Bengaluru. Students from GNM and BSC generously contributed to Parvathy Charitable Trust. Interactive session went on well with the family they shared their emotions and feelings. Parvathy Charitable trust the place where the service of Old age and orphan children were taken care with honesty. Trained Staff to take care of the old age women and orphan children's,around 30 old age women and 4 orphan children's were present in the trust. Then we had a various cultural programs such as dance and singing by our students. The programme concluded with Vote of thanks to all followed by handing over of Stationaries and groceries to the Parvathy Charitable Trust. Glimpses of Smt. Nagarathnamma Jayanthi





### VISIT TO PARVATHI CHARITABLE TRUST & BLOOD DONATION CAMP:



**CERVICAL CANCER AWARENESS PROGRAMME: PROGRAMME DETAILS:** In the view of cervical cancer awareness month “The department of obstetrics and gynecological nursing of Smt. Nagarathamma college of Nursing, conducted cervical cancer awareness programme on 27.01.2023 at ESIC hospital, Bangalore. The program was co-ordinate and conducted by Ms. Geeta, Lecturer, and Mr. Umer, nursing tutor, along with the help of nursing students. Programme started with introduction of students and teacher to the patients, explain the programme details to the patient to gain co-operation. With the help of flashcards, explained women’s regarding reproductive health, normal physiology of reproductive health, diseases, treatment, issues, new advancement to improve reproductive health of women’s.



**IN HOUSE TRAINING ON BLS (BASIC LIFE SUPPORT)01:02:2023 to 15:02:2023** In- House Training on Basic Life Support (BLS) Awareness training has provided to 498 teaching, non-teaching and Students from 01:02:2023 to 15:02:2023 , Smt. Nagarathamma School & College of Nursing Auditorium. The BLS training highlighted a set of awareness for the immediate emergency management of Cardiac arrest ,Heart attack and other life threatening medical emergencies as well as knowledge and skill to apply those interventions. The BLS session were split into Reviewing of Anatomy And Physiology of Heart and Lungs continuing with complete CPR Demonstration, 2 Case Scenario and redemonstration .The Participants learned the basics of Resuscitation like Chest

Compressions for Adults and Infants breaths, CPR for Pregnant women ,management of Choking in adults and Infants etc. Realistic stimulations were focused on the following key concepts : Proficiency in recognizing and initiating early management of Peri arrest conditions ,of choking and supportive care, identifying and treating, recognizing other life threatening clinical situations such as Cardiac arrest and providing initial care ,applying BLS and effective resuscitation. Before the training participants appeared for Pre- test to evaluate the knowledge on BLS, they appeared Pre test before the session and scored overall 51.81% and after the session Post test was conducted and 74.93% scores



#### **HEALTH SERVICES TO THE MENTALLY CHALLENGED :**

Clinical postings form an important part of the nursing curriculum as they help to expand the horizon of the student community. The students gain clinical experience through block postings in various government and multi-specialty hospitals. Smt.Nagarathnamma School of Nursing conducts clinical practices in reputed hospitals with proper guidance from our efficient staff members. The students conduct bed side presentations and clinical conferences to gain hands-on experience from the leaders. Clinical experience is an essential element of your nursing education, and you will not be able to become a nurse without first participating in clinicals as a student. In fact, because of the hands-on patient care experience it provides you with as a student, clinical rotations will be required at any accredited nursing program. From new skills to preparing students for real nursing work environments and beyond, we'll explore some of the benefits that clinical experience brings to nursing students. Students learn nursing skills and techniques through coursework and abs, but putting these into practice requires a real healthcare environment and real patients. Taking vitals, administering medication, bathing and feeding patients and more are all among the daily tasks you may have to take on. Practicing these skills and techniques prepares you for a career in nursing. Assisting with other procedures will expose you to new practices that you will perform as a registered nurse. Apart from task-based skills, students get used to interacting with patients.



**FIRST AID PROGRAM (2022 -2023)** **FIRST AID** is emergency care or treatment given to an ill or injured person before regular medical aid can be obtained. First aid is an important component which students should know and to learn how to manage some emergency cases until medical services available. By giving first aid training we can build the confidence of students to take some emergency measures in critical situation. The First aid program for the 1<sup>st</sup> B.Sc.(N) students was held from 27<sup>th</sup> Feb 2023 to 2<sup>nd</sup> Mar 2023. Organized by Ms. Basalingavva Yaligar, Lecturer And with involvement of faculties as trainer like Mrs. Nagammal, Mrs. Lavanya, Ms. Jenisha, Mr. Suprabath and Mr. Akash. **PROGRAMME DETAILS:** Day 1 - (27/02/2023) The First aid started at 9.00 am, about introduction by Ms. Basalingavva, Meaning, purposes, objectives and the topics like Choking, Suicidal Strangulations, and First aid for Drowning. In second session Ms. Janisha Started about Foreign bodies, frostbite By Showing some demonstration. Day 02 (28/02/2023) Mrs. Nagammal started with Burns its types, as well as House fire emergencies management, Fracture, and its types and also about bandages on mannikins and its management. In afternoon session was conducted by Mr. Suprabath about Basic life support its meaning and assessment of casualty and performance of CPR on Adults and Childrens. Day 03 (01/03/2023) Day 3 was started by Mrs. Lavanya about injuries and how to Transoft the injured patients by using basic first aid measures. Followed by Mrs. Manjula regarding hemorrhage and shock its types and management. Day 04 (02/03/2023) It was started by Mr. Akash Nath about Poisoning and unconsciousness. Followed by the role plays by the student's group for Drowning First aid, First aid for 1<sup>st</sup> and 2<sup>nd</sup> degree burns, First aid for Suicidal strangulations by 3 Students groups.





**INTERNATIONAL WOMEN'S DAY - PROGRAMME DETAILS:** In the view of International women's day "The Women cell of Smt. Nagarathamma college of Nursing, conducted women's day on 08.03.2023 at Acharya institutes, Bengaluru. The program was co-ordinate and conducted by Ms. Geeta, Lecturer, Women cell Coordinator. The programme was started by welcoming all the faculty of Smt. Nagarathamma College of nursing, brief talk on women's day by Principal Prof. Devinanjappan, and Mrs. Snehalata. After the speech there was a special celebration for teachers



which included games with prizes followed by cake cutting.



#### **INTERNATIONAL WOMEN'S DAY AT ESIC HOSPITAL**

**2023 "Digit ALL: Innovation and technology for gender equality"** International women's day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. Women day also marks a call for a gender –equal world that is free of bias, stereotypes and discrimination and is diverse, equitable, and inclusive while differences are valued and celebrated. The theme for International women's day is **Embrace Equity**. Equality means each individual or group of people is given the same resources or opportunities. Students of BSc 3<sup>rd</sup> year, Smt. Nagarathamma School & College had celebrated women's day on 15<sup>th</sup> March and 2023 from 3:00pm to 5:00pm at ESI Hospital, Peenya. Students were actively participated in dance and other cultural activities and got participation certificate for their performances under the guidance of Dr. Veena kumari. K., Medical superintendent and Mrs. Seema, Deputy Nursing Superintendent.





**ASNA COSMOPOLITON CULTURAL PROGRAMME 29/03/2023** We would like to inform you that all Cultural Activities, with the Co-operation of all students of the College, College Development Council's members, Principal, Members of the SNA and Cultural Committee, Teaching and nonteaching faculties have been very successful in the NAAC PEER TEAM VISIT 29/03/23. ASNA-Acharya Student Nursing Association cosmopolitan cultural program started at 6pm -8pm with ceremony of the national, international, our state dance, beatboxing, fashion show and song.

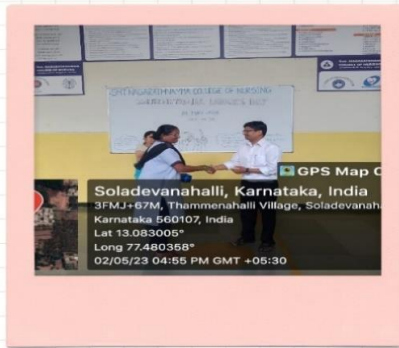




### LABOURS DAY : 01/05/2023

Smt. Nagarathnamma College of Nursing celebrated International Labour day under the SNA Unit of the college on 02/05/2023. Prof. Devi Nanjappan Principal of the college appreciated the efforts of employees by presenting many examples that have been set by the college managing committee to provide all the benefits. She motivated the students by highlighting the different kinds of diligence these workers show while doing their work. Unit of SNA students of SNA & faculty conducted International workers day on 02/05/2023. On that day all the labours working in the college were gathered and speech was given by the head of the institution and faculty about their rendering of dedicative services to the college. Students conducted some games and cultural programs for them where they were participated actively and prize distribution was done to the winners who are winners of the games and token of love from the Principal of Smt. Nagarathnamma school & college of Nursing. Many presents were given to them as a token of gratitude from the college. The day spreads awareness about workers' rights and also recognises their accomplishments. The messages were given to spread awareness about the rights and opportunities of every Labor which they should get for their welfare and betterment. The faculty members of the college also rendered gratitude to these workers for their continuous services. The programme was coordinated by the SNA & NSS advisors Mrs.

Keerthi Sudha. P , ,Mr. Vasantha Malagi.







WORLD ASTHMA DAY MAY-05-2021

To create awareness programme on the world asthma day as we all are under lockdown, so medical surgical Nursing department faculty members of Smt.Nagarathamma of Nursing selected some students and given The guidelines about the theme of Asthma and told them to create awareness between the family members regarding the misconceptions of Asthma and it was effectively done by the students.

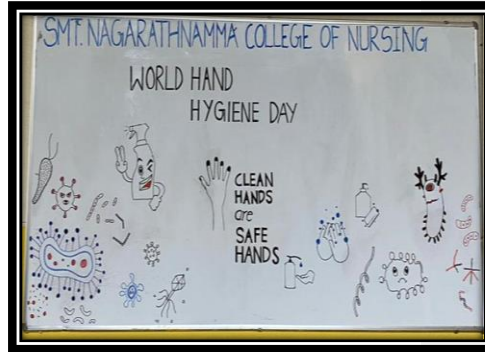
**BENEFICIARIES:**

Students of BSc Nursing IInd Year BSc Nursing



## HAND HYGIENE: 05/05/2023

Students of 1<sup>st</sup> year GNM from Smt. Nagarathamma School of Nursing, organized seminar on “Hand Hygiene 05/05/2023 The program was conducted by Ms. Shruthi Assistant Lecturer and Dr. Justin.J.Lin Mam was resource person who gave seminar on the hand hygiene to students And students active participation and given the health talk and done some cultural regarding the importance and maintenance of hand hygiene



### OBJECTIVE OF PROGRAM:

- It increases the education to help maintaining the hand hygiene.
- It helps to promote and awareness to the society and community people to reduce the risk of Infections and disease by poor sanitation like poor hand hygiene
- Clean Your Hands campaign aims to progress the goal of maintaining a global profile on the importance of hand hygiene in health care and to 'bring people together' in support of hand hygiene improvement globally.



- Hand hygiene reduces the transmission of microorganisms (including those that are antibiotic-resistant), increases patient safety, and decreases health care-associated infection (HAI)
- 

## ACHARYA HABBA

Acharya present the perfect platform for all-out fun and jamboree, in the form of Acharya Habba – a

15-days annual techno-cultural fest and last 3 days as main days of fest organized by Acharya Institutes, Bengaluru.

It draws about 25,000+ students from more than 300 colleges across Karnataka, with 50+ events taking place at the venue.

### **Cultural Mosaic Habba 2023:**

Acharya Habba is the ultimate celebration of cultural diversity that brings together students from different parts of the world to celebrate and showcase their Unique culture in any form, be it dance, drama, music, art or even food!. With the theme of multiculturalism at its core, Acharya Habba provides a platform for students to express themselves and share their cultural heritage in a festive . The festival is a melting pot of cultures with students performing traditional dances, music, and theater acts from various parts of the globe. As you step onto the vibrant campus, you'll be transported to a kaleidoscope of colors and sounds, each one representing a unique culture. The beats of the African Drums mingle with the lilting melodies of Indian Classical music, where Hip-hop meets Kathak, Raps form a jugalbandi with Sargams and everything comes together in a beautiful fusion to give you an experience like The Acharya Habba is more than just a celebration of cultures; it's a celebration of human diversity and the power of unity. Students of all backgrounds come together, forging new friendships, and learning from each other, as they embrace the rich tapestry of the world's many cultures

**Habba launch on 05/05/2023:** Acharya habba launch 2023 was launched & inaugural ceremony by lighting the lamp by the dignitaries of the College ,and the program followed as auto turbulence. The Auto turbulence event pushed the boundaries of automotive excellence , featuring a stunning collection of cars & bikes stunts that defied gravity and redefined speed.





**Football League.**

The Acharya Habba Football Competition was held from 5th May to 7th May, at Acharya Football Court. It was an exciting and highly anticipated event that brought together talented football players from various teams. The competition aimed to promote the sport of football, foster teamwork, and provide a platform for players to showcase their skills and sportsmanship.

**Participating Teams:**

The competition saw the participation of 12 teams across the different departments and students of Acharya. Each team consisted of dedicated and skilled players who displayed their passion for the sport throughout the tournament.



**Tournament Format:**

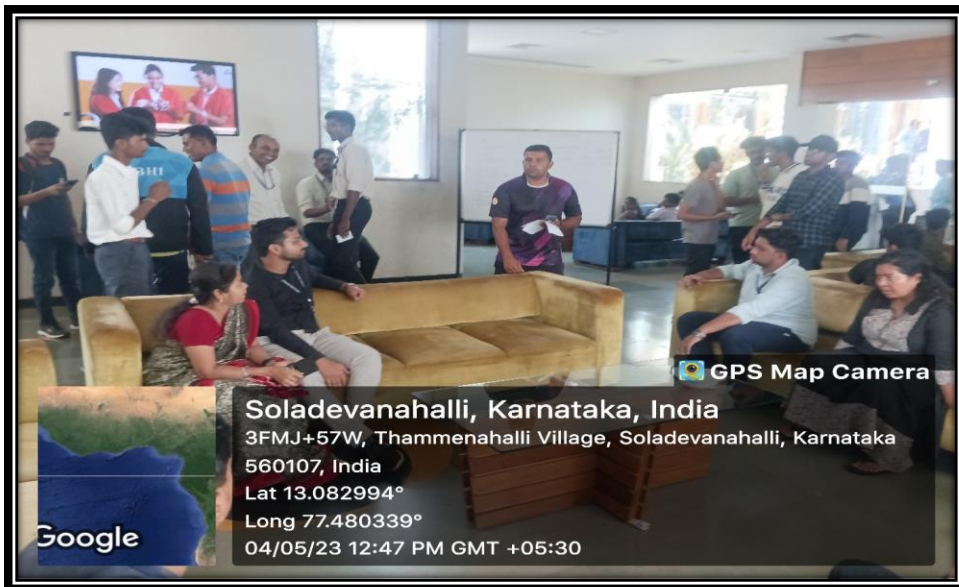


The tournament followed a knockout format. The teams competed against each other in thrilling matches, showcasing their football techniques, strategic gameplay, and teamwork. The matches were held over a span of 4 days to determine the champion of the Acharya Habba Football Competition.

### **Description :**

The Acharya Habba Football Competition started with the Team Fixtures on May 4th, 2023.

Total 12 Teams across different departments and different teams participated in this football competition. There were four different groups, each containing three different teams.



### **1st Match :**

Smt. Nagarathamma College of Nursing football team PEGASUS played their first match against AHS team on 5th May, 2023

Score : 2 - 1, Pegasus won the match.



### **2nd Match :**

Smt. Nagarathnamma College of Nursing football team PEGASUS played their Second match against Marcus team on 6th May, 2023

Score : 2 - 0 , Pegasus Won the match



### **3rd Match :**

Smt. Nagarathnamma College of Nursing football team PEGASUS played their Third match against team Godfather on 8th May, 2023

Score : 3 - 1, Pegasus Lost the match

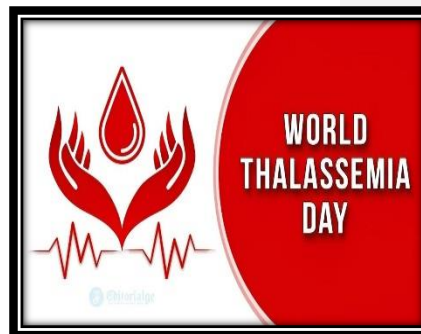


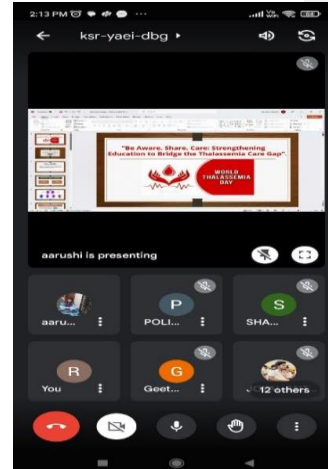
**Venue:** Banana kick Foot Ball ground

### **World Thalassaemia day: 08/05/2023**

The child health nursing departmental webinar for III bsc nursing on international Thalassaemia day was conducted on 08/05/2023. The guest speaker was Mr. Nalabollu Ram Babu, Nursing officer, ESIC hospital, Hyderabad. Mr. Ram briefed about the World Thalassaemia Day. This program was coordinated by Mrs. Ramya. B.,

Assistant Professor, Dept. Child Health Nursing. The theme for this year's International Thalassaemia Day is **“Strengthening Education to Bridge the Thalassaemia Care Gap.”** as it is dedicated to raising awareness about a genetic blood disorder called Thalassaemia. The day serves as an opportunity to educate people about the disease, its causes, and symptoms, and to encourage the adoption of healthy lifestyles that can help prevent the onset of Thalassaemia. The day is also crucial in highlighting the challenges that individuals with Thalassaemia face and promoting the importance of providing them with access to appropriate care and support. Additionally, World Thalassaemia Day serves as a reminder to society about the need for continued research and development in the field of Thalassaemia treatment and management.





**ALUMNI INTERACTION: 11/05/2023**

During the interaction the students who had passed from SMT NAGARATHNAMMA

COLLEGE OF NURSING given some good feedbacks regarding the college like

- placements
- job opportunities to the final year students.

During the event they said about the benefits of Acharya Institutions and Placements

and job opportunities in many States of India like West Bengal and all.

Especially they talked about the job opportunities in abroad.



**ETHNIC DAY-11/05/2023**The Ethnic Day festivities commenced with an inauguration and

opening ceremony, graced by esteemed guests, faculty members, and students. The event began with a ceremonial lighting of the lamp, symbolizing the illumination of knowledge and cultural unity. The college principal delivered an inspiring speech emphasizing the significance of celebrating diversity and promoting cultural understanding. A vibrant and colorful cultural event reflecting the Diaspora and diversity of Indian culture and values. A day of celebration with a mixture of the rich traditions and the vibrancy of India's diversified culture and people. It is an expression and representation of talent and creativity of the Ethnic Day is celebrated in Institute which commences with an Opening ceremony of dance/music performance followed by a multiple, events. **Cultural Parade:** A colorful cultural parade took place on the campus, featuring students dressed in traditional attire representing different ethnic groups. The parade showcased a magnificent display of costumes, traditional jewelry, and vibrant colors, mesmerizing the audience. The enthusiastic participation of students created an ambiance of joy and excitement, setting the tone for the rest of the day's celebrations. The Ethnic Day celebration at Acharya Institutes was a grand success, leaving a lasting impact on the college community. The event brought people together, breaking barriers and fostering a sense of unity and appreciation for diverse cultures. It served as a reminder that our differences are to be celebrated and cherished, as they contribute to the colorful mosaic of our college community. The Ethnic Day celebration not only enriched our understanding of various traditions but also strengthened the bonds among students, faculty, and staff, creating a harmonious and inclusive college environment.







**INTERNATIONAL NURSES DAY:12/05/2023**

Smt. Nagarathamma School & College of Nursing celebrated Nurses Day.

Inaugurated by lamp lighting followed by Prayer song, a token of love from all the faculty to the Principal , Inspiring talk by Principal Prof. Devi Nanjappan , faculty and students. The programme followed as honouring the faculty with badges of Acharya and faculty names, and later cultural by the faculty and students ,and concluded by a cake cut.Students of SNA & 3<sup>rd</sup> B.Sc organized the program .Few glimpses









## FIRST AID:

First aid is the provision of initial care for an illness or injury. It is usually performed by

a non-expert person to a sick or injured person until appropriate medical treatment can be accessed in a hospital or by going to a doctor.

When you provide basic medical care to someone experiencing a sudden injury or illness, it's known as first aid.

In some cases, first aid consists of the initial support provided to someone in the middle of a medical emergency. This support might help them survive until professional help arrives.

In other cases, first aid consists of the care provided to someone with a minor injury. For example, first aid is often all that's needed to treat minor burns, cuts, and insect stings.

### **3 steps for emergency situations**

If you encounter an emergency situation, follow these three basic steps:

**1. Check the scene for danger** First aid is the provision of initial care for an illness or injury. It is usually performed by a non-expert person to a sick or injured person until appropriate medical treatment can be accessed in a hospital or by going to a doctor.

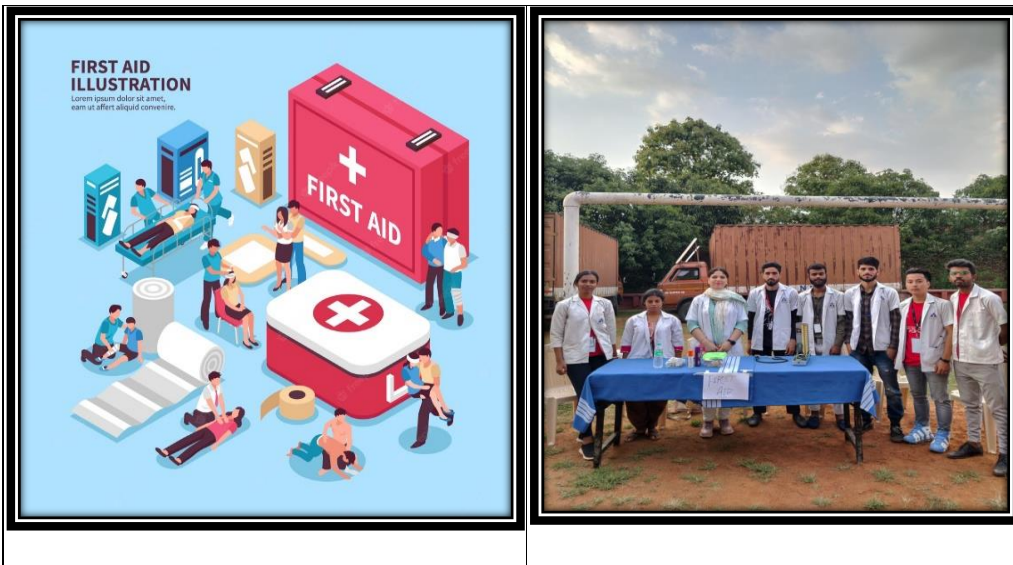
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## **INTERNATIONAL CONFERENCE ON GLOBAL PROSPECTIVE OF PUBLIC MENTAL HEALTH SERVICES**

The 1st international conference of SNCON is being organized on 23rd May 2023 at Bangalore..It is a one-day conference. The Global Prospective of Public Mental Health Services recognizes that mental health is a global issue

that requires a collective effort to address. It involves identifying and addressing the various challenges that individuals and communities face in accessing mental health services, including stigma, discrimination, and lack of resources.

The conference aims to achieve several objectives, including identifying current challenges and opportunities in the delivery of public mental health services, sharing evidence-based practices and innovative approaches to mental health care, promoting interdisciplinary collaboration and partnerships, and advancing the role of nurses in mental health care delivery

### **Convener:**

Mr. Vasantha Malagi, Associate Professor, Smt. Nagarathnamma College of Nursing

### **Coordinator:-**

Mr. Syam Mohanlal, Associate Professor, Smt. Nagarathnamma College of Nursing

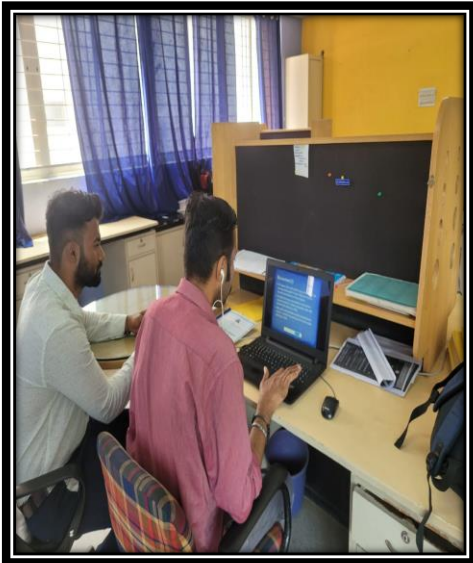
### **BENEFICIARIES:**

110 participants includes Academicians, Students from Nursing Colleges across the globe.

### **OBJECTIVES OF THE PROGRAM:**



- To explore the current state of public mental health services around the world and identify areas for improvement.
- To discuss the challenges and opportunities facing public mental health services in different countries and regions.
- To discuss the role of community-based interventions and peer support in promoting mental health and preventing mental illness.
- To provide a platform for nurses and other mental health professionals to share knowledge, experiences, and best practices in the delivery of public mental health services.
- To explore the role of nurses in the delivery of public mental health services, including their contribution to prevention, assessment, diagnosis, treatment, and support.
- To promote the development of evidence-based nursing practices that support the delivery of high-quality public mental health services.



## FIELD VISIT

**FAMILY PLANNING ASSOCIATION OF INDIA: 02/06/23**

As a part of the community requirement for 4<sup>th</sup> year Bsc Nursing a visit for planned on 2nd of June 2023. Objectives of the visit was to understand the vision and mission of FPAI and their future goals. There was three Session that was planned for students, The first session was handled by Mrs. Rekha the center manager started the session with a brief introduction about the center and orientation about their staffs, she explained about the Purpose, origin, vision, objectives and mission of FPAI. Second session by Mr. Sandeep incharge for records and reports explained students about various reports and records handled and maintained in the center with its importance. Third session was by Mrs. Geetha incharge for adult counseling briefed about various transgender sex difference with their aim of counseling, challenges & its importance. Programme concluded with vote of thanks to FPAI team .



## WORLD ENVIRONMENTAL DAY-05/06/2023

World Environment Day (WED) is celebrated annually on 5th June and encourages awareness and action for the protection of the environment. It is supported by many non-governmental organizations, businesses, government entities, and represents the primary United Nations outreach day supporting the environment.

The theme of World Environmental day of the year 2023 is #Beat Plastic Pollution. Solutions to plastic pollution: More than 400 million tonnes of plastic is produced every year worldwide, half of which is designed to be used only once. Of that, less than 10 per cent is recycled. An estimated 19-23 million tonnes end up in lakes, rivers and seas annually. That is approximately the weight of 2,200 Eiffel Towers all together. Microplastics – tiny plastic particles up to 5mm in diameter – find their way into food, water and air. It is estimated that each person on the planet consumes more than 50,000 plastic particles per year –and many more if inhalation is considered. Discarded or burnt single-use plastic harms human health and biodiversity and pollutes every ecosystem from mountain tops to the ocean floor. With available science and solutions to tackle the problem, governments, companies and other stakeholders must scale up and speed actions to solve this crisis. Plastic is predominantly produced from oil and gas, both of which are fossil fuels. The more plastic we make, the more fossil fuel is required, the more we intensify the climate crisis. Also, plastic products create greenhouse gas emissions across their whole lifecycle. If no action is taken, greenhouse gas emissions caused by plastic could account for 19% of the Paris Agreement's total allowable emissions in 2040 to limit warming to 1.5 degrees Celsius. Read more about climate change

SNA Unit and students of 1<sup>st</sup> GNM

Smt. Nagarathamma school of Nursing organized World Environmental day at community area of Kempapura Village . Students were divided in two batches and two faculty members were sent along with the students . The students started their journey in college bus at 9 am and reached by 9.30am. Our students participated for environment day and brief

explanation was given about environment day by faculty by highlighting the theme of the year 2023.

Awareness session was done by the students of 1<sup>st</sup> GNM by rally and finally plantation done in the school Anganwadi centre & Community areas.

After the explanation on beating the plastic, student brought the plants for giving to the teachers and childrens to plant for saying and wish them for environmental day

It was an unforgettable experience for the students and the faculty, exactly to grow the plants and environment is more important for our life and protecting the environment from plastic pollution.







## WORLD BRAIN TUMOR DAY : 08/06/23

Smt. Nagarathamma School & College of Nursing, Bengaluru organized the World Brain Tumor day on 8<sup>th</sup> June, 2023 with the theme of “PROTECT YOURSELF & KEEP AWAY FROM THE STRESS” awareness session was conducted among the students of 2nd B.Sc Nursing students. The session went on by creating awareness. Raising awareness about brain tumours is crucial for several reasons. First, early detection is vital for successful treatment. By spreading awareness, we can help people recognise potential symptoms and encourage them to seek medical attention promptly.

Second, awareness helps dispel misconceptions and reduce the stigma associated with brain tumours. It creates a supportive and understanding environment for patients and their loved ones.

Lastly, increased awareness promotes research efforts, leading to better treatment options and improved quality of life for those affected by brain tumours.

### Promise On World Brain Tumour Day

On World Brain Tumour Day, we all have the power to make a difference. Here are a few simple ways to take action:

**Spread Awareness:** Use social media to share informative posts, stories, and resources about brain tumours. Help educate your friends, family, and followers about the importance of early detection and support for those affected.

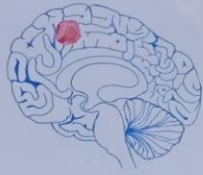
**Support Organisations:** Contribute to organisations dedicated to brain tumour research, patient support, and advocacy. You can donate, volunteer, or even organise fundraising events to further your vital work.

**Reach Out:** Offer your support and compassion to individuals and families impacted by brain tumours. A kind word, a listening ear, or a simple act of kindness can make a significant difference in their lives.

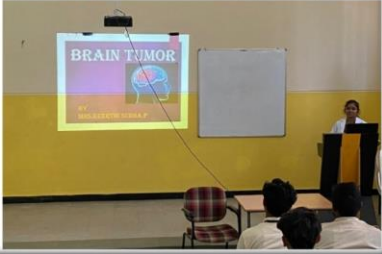
**Educate Yourself:** Take the initiative to learn more about brain tumours, including their symptoms, treatment options, and the challenges faced by patients. This knowledge will empower to be a source of support and understanding.



SMT NAGARATHNAMMA COLLEGE OF NURSING



WORLD BRAIN TUMOR DAY  
JUNE-8



## NO TOBACCO DAY:12/06/2023

**Tobacco growing harms our health, the health** of farmers and the planet's health. The tobacco industry interferes with attempt to substitute tobacco growing, contributing to the global food crisis. This campaign encourages governments to end tobacco growing subsidies and use the savings to support farmers to switch to more sustainable crops that improve food security and nutrition. The theme of the year 2023 is "Grow Food Not Tobacco"



By Concentrating on the objectives of the campaign Students of Smt. Nagarathamma School & College of nursing divided into two batches and participated in creating awareness among the people in the community areas of Kempapura & Karegudadahalli by effects of tobacco and about the importance of food in the life of the humans & educating about the healthy life.





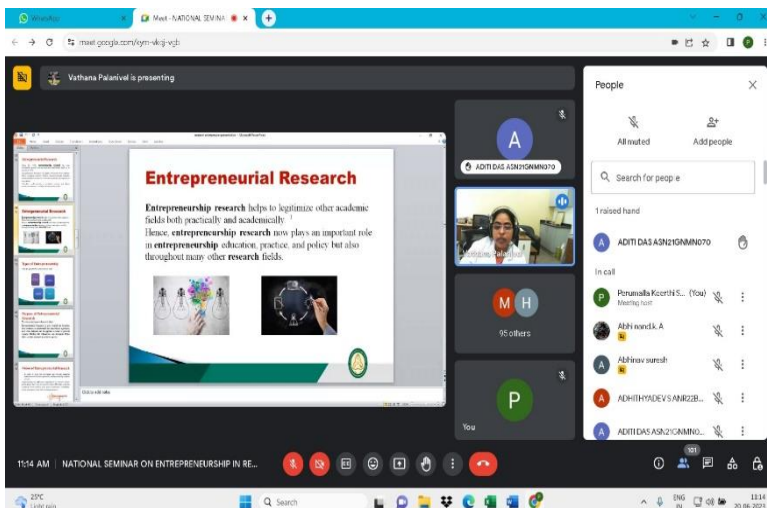
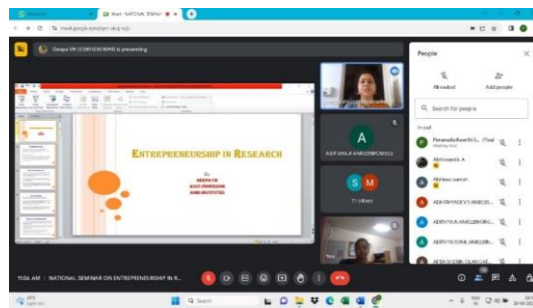
## NATIONAL SEMINAR ON “ENTREPRENEURSHIP IN RESEARCH”:20/06/2023

Department of Medical Surgical Nursing Organized National Seminar on“ ENTREPRENEURSHIP IN RESEARCH” on 20/06/2023. Students of the 1st,2nd, 3rd and 4th year B.Sc nursing, & 2nd,3rd year GNM students attended the session. The session was scheduled for 2 hours. The resource persons of the session are

Dr. Vathana Pazhanivelu & Dr. DEEPA V.H

The objectives of the session were

- To explore the current state of Medical Surgical nursing and health services around the world and identify areas for improvement in research
- To discuss the role of in promoting entrepreneurship in research.
- To transform research projects into real world applications
- To learn entrepreneurial skills
- To foster creativity and innovation
- To gain practical experience and industry knowledge
- To build a professional network
- To create a positive impact



## **BIG WALKATHON PROGRAM ON DRUG ABUSE AWARENESS AT VIDHANA SOUDHA, BANGALORE**

Date: 26th June 2023 Participants: Students and faculties of ANR

Location: Vidhana Soudha, Bengaluru

On 26th June 2023, a significant Walkathon Program on Drug Abuse Awareness was organized at Vidhana Soudha, Bangalore. The event aimed to raise awareness about the detrimental effects of drug abuse and promote a drug-free society. The program witnessed a massive turnout, with over 1000 students from various colleges participating in the rally. The event was graced by the presence of the Health Minister, Home Minister, and enthusiastic participation from the students of our nursing college.

Program Details:

**Inauguration and Dignitaries:**

The program commenced with an inaugural ceremony held at Vidhana Soudha. The Health Minister and Home Minister of the state were the chief guests who inaugurated the event. Their presence added significance and credibility to the cause, highlighting the government's commitment to combating drug abuse and promoting public awareness.

**Walkathon Rally:**

The highlight of the event was the walkathon rally, which saw the participation of over 1000 students from various colleges across Bangalore. The students, including the participants from our nursing college, gathered at the starting point and marched through the designated route, displaying banners, placards, and raising slogans to spread awareness about drug abuse prevention.

**Public Awareness Initiatives:**

Along the rally route, participants engaged with the public and distributed informative pamphlets, brochures, and posters to raise awareness about the harmful effects of drug abuse. They also conducted brief interactions, sharing insights about the consequences of drug addiction and the available support and treatment options for those affected.

**Student Engagement:**

The students from our nursing college actively participated in the walkathon program, demonstrating their commitment to creating positive change and addressing the issue of drug abuse. They displayed exceptional enthusiasm and dedication throughout the rally, encouraging the public to join the movement against drug addiction.

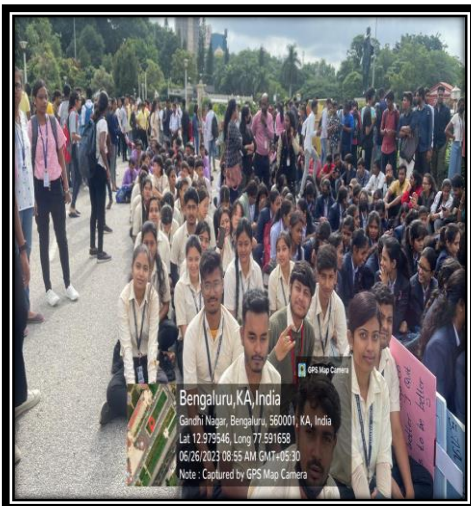
**Media Coverage:**

The Walkathon Program received extensive media coverage, with local news channels and newspapers highlighting the event's objectives and participant involvement. Interviews with the Health Minister, Home Minister, and students from various colleges, including our nursing college, were conducted to provide insights

into the significance of the program and the urgent need to address drug abuse.

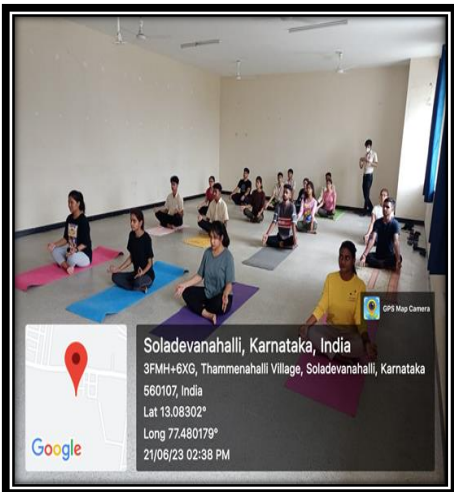
The participation of our nursing college students demonstrated their dedication to public health and their commitment to making a positive impact in the community. By actively engaging with the public and disseminating information, the students played a crucial role in educating and sensitizing individuals about the dangers of drug abuse.

Overall, the Big Walkathon Program on Drug Abuse Awareness served as a powerful platform to instigate change, promote public awareness, and inspire collective action against drug abuse in Bangalore and beyond.



## INTERNATIONAL YOGA DAY CELEBRATION: 21.06.2023

Yoga Demonstration Sessions: The program included multiple yoga demonstration sessions, led by experienced yoga instructors and assisted by the faculty members. The sessions were designed to introduce participants to different yoga postures, breathing exercises, and meditation techniques. The demonstrations focused on various aspects of yoga, including flexibility, strength, balance, and relaxation. Student and Faculty Participation. Both students and faculty members actively participated in the yoga sessions. They showcased their dedication and enthusiasm by performing various yoga asanas (postures) and pranayama (breathing exercises). The participation of the faculties served as an encouragement for the students, motivating them to incorporate yoga into their daily routines.

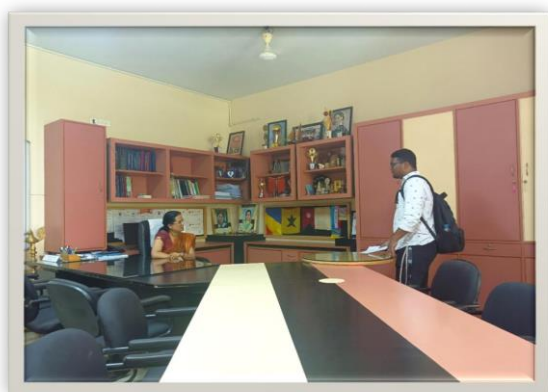






**ALUMNI MEETING : 26/06/2023**

Meeting held on 26/06/2023 on goggle meet regarding Alumni registration of Alumni coordinator and alumni to faculty and alumni to students which is easy to interact with Alumni to know there details and there work details and information of alumni. alumni also can know the details of others alumni and it helpsto get jobs for other from this registration. And in academic docs shared all the details of alumni from starting 2003 to 2022 of pass out students



## NATIONAL SERVICE SCHEME (NSS) ORIENTATION PROGRAM:06.07.2023

### Program Details:

The orientation program was conducted in the auditorium of the nursing college and lasted for approximately two hours. The event was divided into the following sessions:

### Welcome Address:

The program commenced with a warm welcome by Mr. Vasantha Malagi, the NSS Program Officer. He expressed his gratitude to the volunteers for their interest in joining NSS and highlighted the significance of community service.

### Introduction to NSS:

In this session, Mr. Malagi provided an overview of the National Service Scheme.

He explained the history, objectives, and key principles of NSS, emphasizing its aim to develop the personality of volunteers through community engagement.

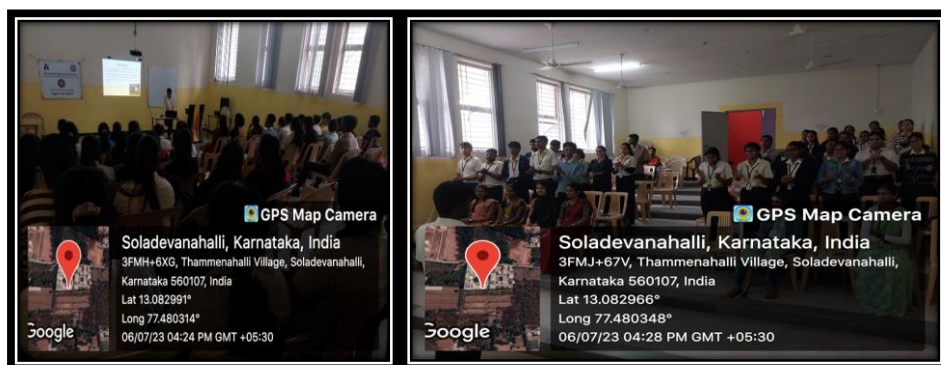
### NSS Organization Structure:

Mr. Malagi presented the organizational structure of NSS, explaining the roles and responsibilities of various positions such as Program Officer, Program Coordinator, and NSS Volunteers.

He also discussed the hierarchy and reporting channels within the organization.

### Functions and Activities of NSS:

The next session focused on the functions and activities undertaken by NSS. Mr. Malagi discussed the various programs conducted by NSS, including blood donation camps, cleanliness drives, awareness campaigns, and rural development initiatives. He shared success stories and encouraged the volunteers to actively participate in upcoming events.





## **OBJECTIVE STRUCTURED CLINICAL EXAMINATION (OSCE) FOR 4<sup>TH</sup> YEAR B.SC. NURSING (OBG)**

Department of OBG has organized OSCE for 4<sup>th</sup> year B.Sc. Nursing students on 2.5.2023. Conducted the 69 students and arranged the ten station each station kept the checklist to each procedure. Students went each station 5-minutes given to complete each station, answering questions from the examiner at the end of the station, then the questions are standardized and the students is only asked questions that are on the mark sheet. Team approach improves efficiency and encourages learning from students. The OSCE coordinated by Ms. Geeta and Ms. Ashwini Lecturer, Dept. of Obstetrics and Gynecological Nursing

**BENEFICIARIES: 4th year B.Sc. Nursing**





**SNA- CULTURALS** Cultural activities make it possible to generate bonds of union between members of the same community. They transmit beliefs, customs, traditions and knowledge from generation to generation; through art, dance, poetry, music, clothing, gastronomy, theater, literature. As a part of cultural activity under extracurricular program the students of Smt. Nagarathamma college of Nursing participated in the event organized 2K23 ANTHARAGNI .A student named Ms. Trishna Pathak a student from the 3<sup>rd</sup> year BSc Nursing participated in Fashion show and their group stood first in the show and achieved an award on importance of Jute.



### SNA SPORTS :

The students of Smt. Nagarathamma college of Nursing were Selected for RGUHS zonal games to give their best in various sports and games like Football, Cricket, volley ball , badminton, chess, carroms, Kabaddi, Kho-Kho .Students are putting their effort to win in the sports going to be held by RGUHS. Encouraging the students to participate in the various competitions held by the other institutions and Independence day .

As the Orientation was given to the students by the Sports Coordinator Mr. Girish about the RGUHS sports and the importance of sports where the students can show their talent in the sports.



PROGRAMME DETAILS: In the theme “Unleashing the Power of gender equality: Uplifting the voices of women and girls to unlock our world’s infinite possibilities” celebrated world population day by the Women cell of Smt.Nagarathamma college of Nursing, The programme started with by unveiling the theme of 2023 and welcoming panelist to the programme. Conducted panel discussion on Causes for population explosion, Impact and how to control population explosion. Fourth year B.Sc. nursing students actively participated in panel discussion. The programme is arranged and conducted by women cell co-ordinator Ms. Geeta Lecture, dept. of obstetrics and gynecological nursing.  
Venue: Smt. Nagarathamma College of nursing auditorium.





**PAPER HACKATHON:3/07/2023** Journal Club organized a 4-day Paper Hackathon, from July 3<sup>th</sup> to 6<sup>th</sup>, 2023. Dignitaries including the Deputy Director of Training and Placements, Principal and Vice Principal of various colleges of Acharya Institutes inaugurated the Paper Hackathon on 3<sup>rd</sup> July 2023 at the MBA Auditorium. Professors from various departments and over 120 students actively participated in the inauguration of the Hackathon. The chief guests of the program Dr. Ashutosh Kumar Singh (Scientist C, Centre for Nano and Soft matter Sciences (CENS), Bangalore) and Dr. Murali Mohan S (Director of Neuroscience, People Tree Hospitals, Bangalore) delivered motivation talks on importance of documenting the ideas and scientific communications. The session was followed by the expert's guidance on writing a paper in the MBA auditorium followed by mentors' guidance in two respective seminar halls. The Basic Sciences, Engineering, Literature and Humanities teams were assigned space in the ANA block seminar hall. Medical, Social Sciences and Interdisciplinary teams were assigned working space in the EC seminar hall. By the end of the first day, the students were able to understand and write the Abstract, Introduction and References Sections of the Manuscript. At the end of the day, the participants have submitted the 1<sup>st</sup> day work in the prescribed format through Google forms.

From The department of Smt.Nagarathamma college of Nursing . Participated 4 students and one mentor ...

- 1.Deeksha Gupta
- 2.Faizan E
- 3.Tanisa Parvej
- 4.Nenghoithem

For manuscript problem statement is "a study to evaluate the effectiveness of video assisted programme on knowledge regarding autism among primary school teachers at community, Bengaluru"





## **IQAC PRESENTATION:**

### **ORIENTATION ON NAAC ACCREDITATION PROCESS**

**“Accreditation is something to Celebrate”**

#### **INTRODUCTION:**

Internal Quality assurance cell of Allied Institute of Health Sciences, Bengaluru organized an Orientation Programme on NAAC ACCREDITATION PROCESS in Acharya Allied Health Sciences on 28-07 July 2023

#### **PROGRAMME DETAILS:**

The programme started with Welcome Speech by Dr. Mallikarjunaiah H S, Dean of Allied Health Sciences, Bangalore, followed by Sapling Distribution to the resource person. Further continued with sessions related to General accreditation process, and the Criterion wise description of Key Indicators and Metrics and whole process of IQA, AQAR, SSR, submission leading to DVV Validation, Peer Team Visit to the Institution and the CGPA Grading Process.

#### **ADVISORY COMMITTEE:**

- Dr. Mallikarjunaiah H S, Dean of Allied Health Sciences, Bangalore
- Dr. Nupur Sinha, Principal, AIAHS

#### **COORDINATORS:**

- Mrs. Sowmya Priya

IQAC Co-ordinator, Associate Professor, AIAHS

- Mr. Manjunath Kuntoji

IQAC Co-ordinator, Assistant Professor, AIAHS

- Ms. Ankita Gururaj Bhatt, Lecturer, AIAHS

#### **RESOURCE PERSON:**

- Mr. Syam Mohanlal

Associate Professor, Dept of Medical Surgical Nursing, Smt Nagarathamma College of Nursing, Bengaluru.

#### **BENEFICIARIES:**

All 35 Academicians from AIAHS attended the session (IQAC Co-coordinators, aspiring NAAC accreditation seekers/ learners)

#### **VENUE:**

Auditorium, AIAHS, Bangalore

#### **ABOUT THE PROGRAMME:**

##### **OBJECTIVES OF THE PROGRAMME:**

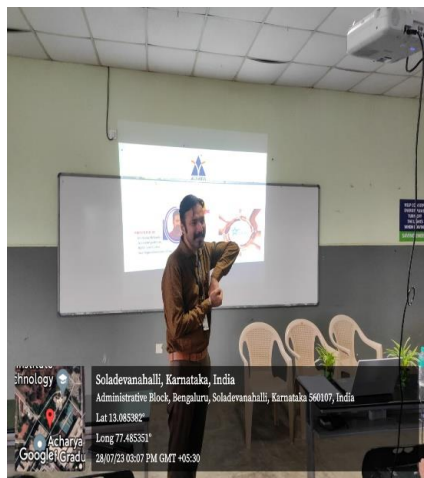
- ❖ Understanding the NAAC framework
- ❖ Standards and needs to be met for Accreditation

##### **EXPECTED OUTCOME OF THE PROGRAMME**

- ❖ For better understanding of NAAC accreditation process and promoting Quality Culture

#### **CONCLUSION:**

The programme started @3.00 pm and completed @ 4 pm on 28 July 2022. Mr. Syam Mohanlal, IQAC Co-ordinator of Smt. Nagarathamma College of Nursing participated in this Orientation Program. All participants were enthusiastic throughout the programme. The Programme was well organized in Offline Mode. This programme was indeed helpful to build the knowledge about NAAC Accreditation Process.







**IQAC SEMINAR**  
**TITLE: AWARENESS AND IMPORTANCE OF QUALITY IN HEALTHCARE**

One hour seminar on “ Awareness and Importance of Quality in Healthcare has been organised in Auditorium, SNCON on 24th June 2023 at Bangalore in which he explained about the basic definitions of quality in health, perspectives, client, provider, Managers’ perspective.

**PROGRAM DETAILS:**

- Why Quality
- Types of Quality
- What to expect from Health Care
- Dimensions of Quality
- Donabedian model to measure quality
- Principles of Quality Assurance
- Quality Improvement
- Elements of TQM
- Principles of Quality Improvement
- Plan- do- Study- act- Cycle
- Approaches to improve patient safety in Hospitals
- Quality in Hospitals
- Hospital Accreditation
- Patient Satisfaction Survey
- Patients’ expectations
- The Likert Scale
- Raw Score and Percentile Ranking

**Advisory Committee:**

- Prof. Devi Nanjappan, Principal of the respective college

**Coordinator:-**

Mr. Syam Mohanlal, IQAC Coordinator, Associate Professor, Smt. Nagarathamma College of Nursing

**KEY NOTE SPEAKER:**

Mr. Prince James  
26 | Page

Assistant Professor

Dept of Hospital Administration

AIAHS

Bengaluru

**BENEFICIARIES:**

15 participants includes Academicians from Smt Nagarathamma College of Nursing

**OBJECTIVES OF THE PROGRAM:**

- To explore the current state of Quality Management in Hospitals in the state.
- To discuss the challenges and opportunities facing Quality Assurance in Health care.
- To discuss the role of Nurses and peer support in promoting Quality Management in Hospitals.
- To provide a platform for nurses and Academicians to share knowledge, experiences, and best practices in the delivery of good quality in Hospitals and Nursing colleges.

**EXPECTED OUTCOMES OF THE PROGRAM:**

The outcomes of the IQAC SEMINAR on Quality Assurance can be far-reaching and significant in terms of delivering quality to Health care Institutions. The seminar can contribute to:

- Improving quality outcomes for individuals and communities in hospitals
- Promoting evidence-based practices, strengthening quality assurance
- Advocating for policies and legislation that support quality assurance in hospitals.







## UNITED NATIONAL DEVELOPMENT PROGRAM

Date: 19/6/23 – 10/07/2023

Time: 11:30 am to 1:30 pm

Venue: Auditorium

Smt. Nagarathamma college of nursing

Beneficiary: III GNM and IV B. Sc Nursing students

Smt. Nagarathamma college of nursing

Advisory board: Prof Devi Nanjappan

Principal

Smt. Nagarathamma college of nursing

Conveyer: Mr. Harsha

HR department

Acharya institutes

Coordinator:

Mrs. Pavithra j

Asst professor

Smt. Nagarathamma college of nursing

### Introduction

The United nation development programme is the global development network of the united Nations. It promotes technical and investment cooperation among nations and advocates for change and connects countries to knowledge, experience and resources to help people build a better life for themselves

### Objectives

\*Fostering youth- led entrepreneurship through training, boot camps, mentorship, and acceleration support

Commented [U1]:

### Benefits for the university and the affiliated colleges

- Helps to meet the criteria of university inspection and accreditation bodies
- Capacity building of the institutes faculties members and students at no cost
- Assess to all the learning materials to all the students of your organization at no cost.
- Guidance to the students from our industry mentors and branding to the colleges.

- Better branding of the institution and being know as an organization that supports students' growth and prosperity.

Glimpses of UNDP;





## SOFT SKILL TRAINING

Topic: "Reading Skills 1"

Venue: Nursing Auditorium

Date:06/7/23 TO 21/07/23

Time:6-8pm

Topic: **Reading Skills**

Beneficiaries: all NURSING students of Smt Nagarathamma college of nursing, Bangalore.

College: Smt Nagarathamma college of nursing, Bangalore.

### Reading Skills 1

#### Building Confidence In Reading

- **Focus-1**



#### Benefits of Reading

- Enhances knowledge
- Improves language & vocabulary
- Improves concentration, focus & imagination
- Improves analytical thinking
- Sharpens memory
- Improves writing skills



**Provides entertainment**

**Reasons for Poor Reading**

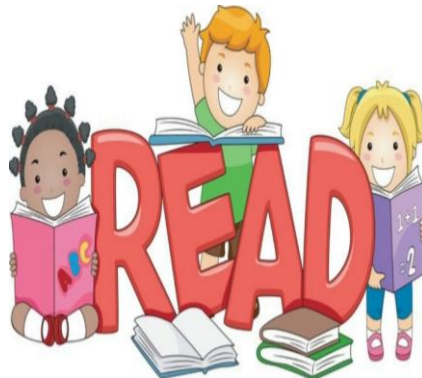
- Inability to understand words & sentences
- Inability to understand how the information is put together in a meaningful way
- Lack of knowledge about the topic
- Lack of interest or concentration



**Improving Reading Skills**

- Read variety of materials. Do not limit yourself to text-book
- Alternate between reading short and long texts
- Circle unknown words as you read
- Set reading goals

**Read in portions**



**WARM UP READING...**

Coming up next are extracts from various reading materials. Identify the source of reading and answer the questions on the slides.

**Sub-skills**

Skimming - Reading through a text quickly to get an overall idea of the contents; I.e. the gist of the passage.

For example, before buying a book we glance quickly at the cover page to get a general idea.

2. Scanning - Searching quickly for a specific piece of information or a particular word.

For example, when looking up a word in a dictionary, an address in a directory or the flight arrival schedule

#### Arrange The Paragraph

- A. Are you afraid of sharks?
- B. My uncle says that sharks have a bad reputation just because people think that all sharks are killers.
- C. I haven't taken a seaside holiday for the last three years.
- D. The largest sharks like the whale shark and the basking shark are not killers.
- E. There are, of course, several other types of sharks that use their rows of sharp teeth to tear apart everything, including human beings!
- F. But the next time you see a shark, try not to be scared. Even if you fall into the water, it may not attack you.



#### **For the love of Education,**

Soft skill training organizes from the acharya institutes for Smt. Nagarathamma college and school of nursing students and all the students got benefits from this program. students improved their communication skill, leadership qualities and profile making. Soft skill training conducted offline as well as online from the date 6/7/23 offline and 10/7/23 -20/7/23 online for all the batches both B. Sc and GNM Nursing. The program conducted by the Transit company. The company divided into 11 batches according to students pre assessment test. based on the test they made into 3 categories green, yellow and red.

## TOPIC: "WRITING SKILLS"

Date:06/7/23 TO 21/0723

Time:6-8pm

Topic: writing skills

Beneficiaries: all NURSING students of Smt Nagarathamma college of nursing, Bangalore.

College: Smt Nagarathamma college of nursing, Bangalore.

Soft skill training organizes from the acharya institutes for Smt. Nagarathamma college and school of nursing students and all the students got benefits from this program. students improved their communication skill, leadership qualities and profile making. Soft skill training conducted offline as well as online from the date 6/7/23 offline and 10/7/23 -20/7/23 online for all the batches both B. Sc and GNM Nursing. The programme conducted by the Transit company. The company divided into 11 batches according to students pre assessment test. based on the test they made into 3 categories green, yellow and red. Al the trainers

### Objectives:

#### Students will be able to understand.

- Writing is an essential job skill.
- Upon this basis one's work, learning, and intellect will be judged — in college, workplace and community.
- It equips us with communication and thinking skills.
- It makes our thinking and learning visible and permanent.
- It preserves our ideas and memories.



#### Reasons for Poor Writing

- Inability to organize information coherently
- Inability to explain a concept or point clearly with examples
- Incorrect writing format or structure
- Inability to write simple, short and clear sentences
- Grammar, spelling & punctuation errors
- Lack of ideas and content

Poor vocabulary skills

### How To Improve Writing Skills

- Read a variety of materials written by good writers
- Expand your vocabulary and subject knowledge
- Practice grammar exercises to reduce grammatical errors
- Create mind maps before writing
- Chunk the writing material into paragraphs or points
- Understand the difference between formal and informal style
- Use appropriate linkers and semantic markers

### Common Hilarious Spelling Mistakes

started the classes with....

### “TIME MANAGEMENT ”

Date:06/7/23 TO 21/0723

Time:6-8pm

Topic: TIME MANAGEMENT "

Beneficiaries: all NURSING students of Smt Nagarathnamma college of nursing, Bangalore.

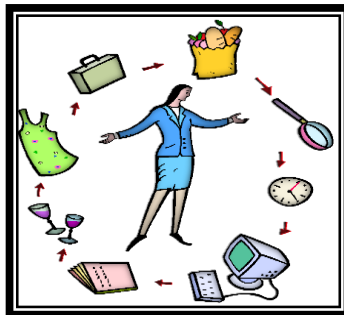
College: Smt Nagarathnamma college of nursing, Bangalore.

### Why Time Management?

#### Myths about Time Management

\_\_\_Time management is nothing but common sense.

- I do well in college/work place, so I must be managing my time effectively.
- It takes all the fun out of life!!!
- Time management? I work better under pressure.
- No matter what I do, I won't have enough time!



### The Truth About Time Management

Increases productivity.

**Reduces stress.**

Improves self-esteem.

**Helps achieve balance in life.**

Increases self-confidence

**Helps you reach your goals!**

### Principles of Time Management

- Develop habit to eliminate at least one time waster, each week
- Always have a great clarity of objectives
- Focus on achieving the set of objectives
- Reserve large blocks of time for important activities
- Set priorities to achieve more in the same day
- Before you start your work, make a to-do list

### **Steps to Managing Your Time**

1. Set goals
2. Set reasonable expectations (and remember that no one's perfect)
3. Make a schedule
4. Revisit and revise your plan

### **Where to start? Set Goals!**

#### **What is Important?**

1. Make your goals specific and concrete. Don't be vague.
2. Set both long-term goals and short-term ones to support them.
3. Set a deadline for your goals.
4. Integrate your goals: College, personal and career.
5. Realize that goals change, but know which goals to stick to!

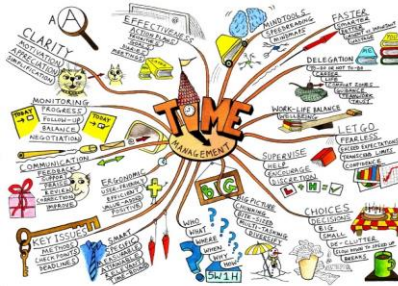
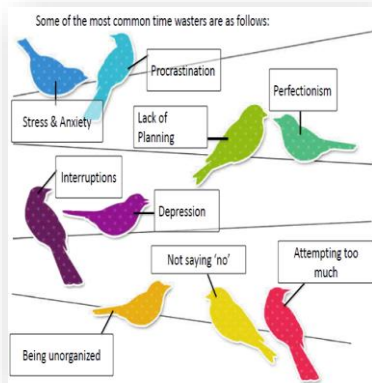
### **Organizing Your Time**

- Set realistic goals, there are only 24 hours in a day.
- Use spare time to review.
- Study at the same time each day: make it a habit
- Divide study time into manageable chunks
- Leave extra time at the end!

### **Time Wasters**

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## TOPIC: "GOAL SETTING"

Date:06/7/23 TO 21/0723

Time:6-8pm

Topic : goal setting

Beneficiaries: all NURSING students of Smt Nagarathamma college of nursing ,Bangalore.

College: Smt Nagarathamma college of nursing ,Bangalore.

" Life without a Goal is like a race without a finish line, you're running nowhere"

A Goal is an aim or objective that you would like to achieve, within a certain time.

Goal Setting

Goal setting is the process of identifying something that you want to accomplish and establishing measurable goals and timeframes.

" A man without a Goal is like a ship without a rudder "

Key principles of Goal Setting

Commitment

Clarity

Challenging

Task Complexity

Feedback

Soft skill training organizes from the acharya institutes for Smt. Nagarathamma college and school of nursing students and all the students got benefits from this program. students improved their communication skill, leadership qualities and profile making. Soft skill training conducted offline as well as online from the date 6/7/23 offline and 10/7/23 -20/7/23 online for all the batches both B. Sc and GNM Nursing. The program conducted by the Transits company. The company divided into 11 batches according to students pre assessment test. based on the test they made into 3 categories green, yellow and red.



## TOPIC: "STRESS MANAGEMENT"

Date:06/7/23 TO 21/0723

Time:6-8pm

Topic : Stress management

Beneficiaries: all NURSING students of Smt Nagarathamma college of nursing, Bangalore.

College: Smt Nagarathamma college of nursing, Bangalore.

### What Is Stress?

- Stress is the body's automatic response to any physical or mental demand placed on it.
- Adrenaline is a chemical, naturally produced in our body as a response to stress.

Fight or Flight response is elicited.

### Is All Stress Bad?

- Moderate levels of stress may actually improve performance and efficiency.
- Too little stress may result in boredom.
- Too much stress may cause an unproductive anxiety level.

Types of Stress

Eustress 👍

- Good stress
- Motivates you to keep working.
- Some good stress is necessary.

Distress 🙄

- Bad stress
- Too much to bear.
- Builds tension, no relief.

Identifying Stressors

Situations, activities, and relationships that cause 'trauma' to one's physical, emotional, or psychological self

Stressors

- School
- Work
- Family
- Relationships

- Legal
- Finances
- Health/illness
- Environment

Living Situation

Negative Effects of Stress

Physical

- Weight gain/loss
- Unexpected hair loss
- Heart palpitations
- High blood pressure

2. Emotional

- Mood swings
- Anxiety
- Can lead to depression.
- Can also lead to unhealthy coping strategies (i.e., alcohol, drugs, etc.)

Unhealthy Ways of Coping





## Healthy Ways of Coping

### Stress Relief Strategies

1. Body relaxation exercises
  - breathing techniques
  - guided imagery
2. Physical exercise
  - yoga, work out routine
3. Meditation
4. Counseling
  - talk therapy, life coaching

The Key Word Is....

Balance

## EMAIL ETIQUETTE

Soft skill training organizes from the acharya institutes for Smt. Nagarathamma college and school of nursing students and all the students got benefits from this program. students improved their communication skill, leadership qualities and profile making. Soft skill training conducted offline as well as online from the date 6/7/23 offline and 10/7/23 -20/7/23 online for all the batches both B. Sc and GNM Nursing. The program conducted by the Transits company. The company divided into 11 batches according to students pre assessment test. based on the test they made into 3 categories green, yellow and red.



Topic: "email etiquette "

Venue: Nursing Auditorium

Date:06/7/23 TO 21/0723

Time:6-8pm

Topic: email etiquette

Beneficiaries: all NURSING students of Smt Nagarathamma college of nursing, Bangalore.  
College: Smt Nagarathamma college of nursing, Bangalore.

#### A QUESTION TO BEGIN WITH



How is communi

#### ● SAMPLE EMAIL - IS IT A GOOD MAIL?

Subject: Hello!

Hi Jack!!!

My name's Jaana and I'M FROM FINLAND!!! I bet you haven't had students from here B4 ;-)  
) ;-) That's probably coz we're so amazing at languages, that we don't need any xtra help?  
Except me – I need all the help I can get!! FYI: the problem really started when I was in  
primary school, and my parents, who had been arguing non-stop since I was a little baby, got  
divorced and decided that I should be adopted as they couldn't decide who should have  
custody of me. If I had been in their situation, I think I probably wouldn't have known either!!  
Anyway, this was all a bit traumatic, so all my school subjects suffered, especially English.  
HAHAHAAA ONLY JOKING!!!! :-) (Actually, don't tell anyone, but I'm actually quite a  
good student?but if anyone found out, my reputation would be ruined, so shhhhhh!) BTW do u  
do courses for uni students? How many lessons/week? Is there any extra stuff after school, SO  
I CAN MEET SOME COOL PEOPLE? How about trips? Give me all the info you can, man.

Jaana (although all my mates call me Jakki!!)

SAMPLE- GOOD EMAIL

To: XYZ

CC/BCC:

Subject: Intra-college Quiz Competition.

Hello Everyone!

This is to inform you guys that an intra-college quiz competition is going to be held in our college on Nov 25 from 11:30 am in Hall – 01.

Everyone is therefore asked to take part in the competition so that our department can win.

For further queries, feel free to contact me.

Thanks



## PARTS OF AN EMAIL

To field: Recipient's Address

The To field is where you type the e-mail address of the person who is the recipient of your message.

An example of an email address is: [john.doe@email.com](mailto:john.doe@email.com).

When sending a message to multiple recipients be sure to separate all addresses by a comma or by pressing Tab Key.

### 2. Cc Field

The CC (Carbon Copy) field allows you to specify recipients who are not direct addressees (listed in the "To" field). For instance, you can address an e-mail to Karthik and CC Renu and Mark.

Although the e-mail is addressed to Karthik, Renu and Mark will also receive a copy of the message, and their addresses will be visible to each other.

This field is optional

### BCC Field

The BCC (Blind Carbon Copy) field is similar to CC, except the recipients are secret. Each BCC recipient will receive the e-mail, but will not see who else received a copy.

The addressees (anyone listed in the "To" field) remain visible to all recipients.

This field is optional but not recommended for use in professional emails.

### 4. Subject line

A subject line tells what is the email about

A subject line is the first thing recipients see when your email lands in their inbox.

They can use it to judge whether an email is worth opening

### Message Body

Finally, the Message Body is the location you type your main message.

It often contains Salutations, Greetings, Message and your Signature at the bottom

## 6. Attachments

An email attachment is a computer file sent along with an email message

One or more files can be attached to any email message, and be sent along with it to the recipient.

This is typically used as a simple method to share documents and images

### HOW TO WRITE AN EFFECTIVE SUBJECT LINE

- Write the subject line first
- Keep it short
- Place the most important words at the beginning
- Eliminate filler words
- Be clear about the content of the Email
- Don't use all CAPS in SL
- Don't write complete sentences in the SL
- Personalize the SL by mentioning names of people or files, dates, numbers etc.
- When replying, change the SL when the topic changes
- But don't change the SL in chain mails

### EXAMPLE 1 OF A GOOD SUBJECT LINE

**ACTIVITY - SUBJECT LINES**

Below are three possible subject lines for the email. Click on the correct subject line and then correct your answer by clicking on the "check" button.

To: Access Department  
From: Julia Lau  
Subject:  
Dear all,  
Elaine will be leaving to go overseas on long service leave on April 12. We will be having a farewell lunch for Elaine this Thursday. Could you advise whether you are able to come? Please let us know by 31 March. We're asking everyone to bring a plate of food.  
Regards  
Julia

Well done! This is the correct subject line.

### EMAIL OPENING

- Opening always states the purpose of your mail. (Why are you writing the Email)

- If you need something
  - It's great to hear from you
  - I'm reaching out about...
  - I am writing to inquire about...
  - This is in response to your...
- If you are following up on something:
  - As we discussed on our call...
  - To follow up on our meeting...

Can you provide me with an update on...

#### EMAIL CLOSING

- Courtesy is always important, no matter how short the email is
- Before you end your email:
  - Thank you for your patience and cooperation.
  - Thank you for your consideration.
- Include an accurate follow-up statement:
  - I will send you additional information.
  - I look forward to receiving your input.
  - If you have questions or concerns, do let me know.
  - I look forward to hearing from you.
- If a response is required, specify what, when.

BELOW IS A EMAIL. YOU MUST DECIDE WHICH OF THE PHRASES IN BOLD ARE MOST APPROPRIATE

Dear Mr Sexton,

I thought I'd write/ I am writing to complain about the state of the yard/condition of the playground. Over the last two weeks, I have noticed loads of rubbish/a great deal of litter.

I reckon/It is my opinion that this litter is a health hazard. For example, yesterday a year 4 boy fell over and cut his hand on a broken bottle. The boy I'm talking about/The boy in question needed four stitches.

Furthermore/On top of this, the litter is an eyesore. Our school has beautiful views of the river and these are wrecked/spoiled by the litter.

I believe/I reckon that there are a load of things/a number of things that you could do to fix/rectify this problem. Firstly, it may be possible for you/you could purchase additional litterbins. This would help



stop/prevent people discarding their litter recklessly/willy-nilly.

What's more/In addition, I think that our school needs better/more adequate security to prevent vandals littering.

To finish/In conclusion, I hope you will take my concerns seriously and I look forward to your reply/you writing back to me.

Yours Sincerely/Yours Faithfully

Soft skill training organizes from the acharya institutes for Smt. Nagarathamma college and school of nursing students and all the students got benefits from this program. students improved their communication skill, leadership qualities and profile making. Soft skill training conducted offline as well as online from the date 6/7/23 offline and 10/7/23 -20/7/23 online for all the batches both B. Sc and GNM Nursing. The program conducted by the Transit company. The company divided into 11 batches according to students pre assessment test. based on the test they made into 3 categories green, yellow and red. Al the trainers

**TOPIC: "CONFLICT MANAGEMENT "**

Date:06/7/23 TO 21/0723

Time:6-8pm

Topic: conflict management

Beneficiaries: all NURSING students of Smt Nagarathamma college of nursing, Bangalore.

College: Smt Nagarathamma college of nursing, Bangalore.

The interaction of interdependent people who perceive incompatible goals and interference from each other in achieving those goals.

-Hoeker & Wilmot

Take Home Message

- Conflict is:
  - Inevitable

Pair-Share

Define the characteristics of conflict.

### **What is Conflict?**

Conflict is...

- Perceived difference
  - needs, values and goals
- Part of a relationship
- Consequence of
  - growth

Conflict is not...

- Sign of a bad relationship
- Negative experience
- Mistake
- Struggle between right and wrong

### **Examples of Conflict**

- Generational change:
  - Housestaff clash with primary care providers
- Technology driven change:
  - Upgrading to electronic medical records
- Change in scope of practice:
  - Should we admit to the hospitalists?
- Something just isn't fair:

What about our salaries?

Others

### **Advantages of Conflict**

- Diffuse more serious conflicts.
- Stimulate search for new facts or solutions.
- Enhance relationships.
- Increase cohesiveness.

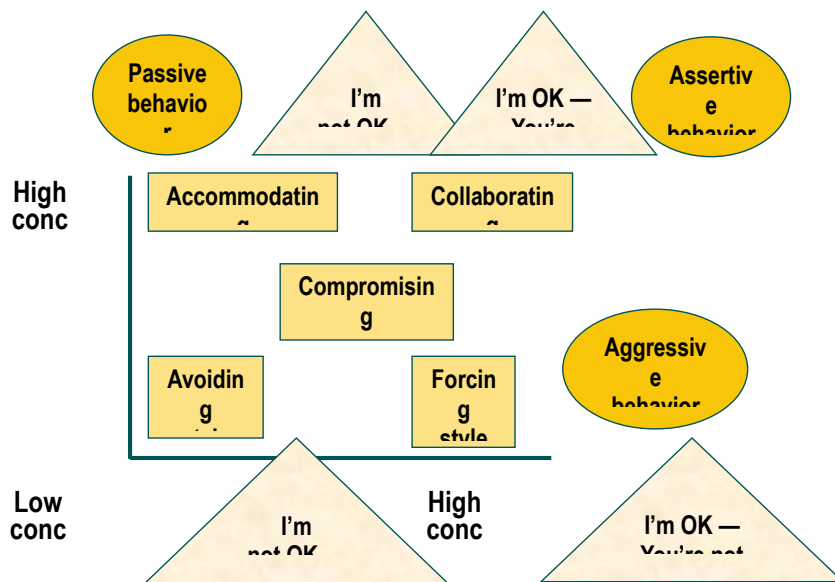
### **Disadvantages of Conflict**

- Time consuming

- Disrupts progress/ problem solving.
- Distracts from job at hand.
- Keeps people apart; if unresolved
- Poor quality lowers productivity.
- Reduces team effectiveness.

**Sources of Conflict**

- Fear
- Dishonesty
- Boundaries
- Negligence
- Need to be right.
- Miscommunication
- Mishandling conflict in the past
- Hidden agenda
- Revenge
- Fighting the “last war”
- **Management Conflict Styles**



## **Conflict Management**

Tailor your conflict management strategies to match situations with peers, supervisors or those that report to you.

### **Successful Conflict Management**

- Reconsider your definitions of conflict.
- Know your preferred style.
- Vary your style based on situation.
- Tailor your approach based on involved parties.
- Proactively manage conflict – anticipate.
- Communication – LISTEN



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**ACTIVITIES BY PLACEMENT CELL**

**ORGANIZED ON CAMPUS INTERVIEW ON 26/11/22 BY IDEA INFINITY IT SOLUTION**



**WEBINAR ON NINISKILLUP STUDY ABROAD SERVICES ON 14/12/2022**





**SEMINAR ON OPENING DOORS TO GLOBAL OPPORTUNITIES ON 17/04/2023**



**CAMPUS INTERVIEW BY VEE TECHNOLOGY PRIVATE LIMITED ON 25/04/23**



## FACULTY DEVELOPMENT

### JOURNAL REVIEW PRESENTATION

Smt. Nagarathamma college of nursing, as a part of faculty development programme presented journal presentation on 03/06/2023, at 3 PM. The journal selected from "International journal of current research", on "Independent midwifery practice in India."



The study was done in the year 2016, in "Bharati Vidyapeetha College of nursing, Pune". A study to assess the perception of nurse midwife regarding "Independent midwifery practice in India".

Convenience sampling technique was adopted and population included trained and trainee nurses. The data analysis showed that among 722 population 25% of them feel that midwives not allowed to conduct normal delivery, which is probably also being there personal experience. 72% population believed that trained nurses are eligible to conduct the normal delivery. The study concluded that, still many review analysis should collect the data on independent practice of midwife in India.

### TEAM BUILDING

Venue: Acharya main campus

Date:19/5/23 TO 20/5/23

Time:4pm-9pm

Topic : TEAM BUILDING

Beneficiaries: NURSING FACULTY

College:Smt Nagarathamma college of nursing ,Bangalore.

Coordinator :Mrs Ramya B

Asst professor

FDP coordinator

Smt Nagarathamma college of nursing ,Bangalore

#### Objectives:

Faculty will be able understand

- What is team building
- Team building importance

- Objectives of team building

**Program outcome:**

Faculty able to

- Define team building
- Explain the team building skills
- Types of team building

As a part of the habba event we the nursing faculty were involved in the different activities organized by the programme coordinator. Through Teambuilding only the event came well .We all were in different colours and enjoyed the show.With the all the core support of our principal we could able to progress together. Success only come when the team work together.Teamwork need participation of every single person who is a part of that specific team. Forming a good team is not an easy task. It require a lot of intellectual ability. And once a team is formed than it is necessary to guide your team mates and try to keep them together in order to achieve your specific goal. Goal can only be achieved from good team work, which is not possible until and unless there is a bonding in the team mates and they don't realize their duties regarding to their work. Best team work can be done by making a best team and making your team best is not an easy task. Once a team is formed and it has reached to the final stage of the achievement of goal it is the example of best team work. Because getting to the final goal can only be done with a good team work.

Team building is an ongoing process that helps a work group evolve into a cohesive unit. The team members not only share expectations for accomplishing group tasks, but trust and support one another and respect one another's individual differences. Your role as a team builder is to lead your team toward cohesiveness and productivity. A team takes on a life of its own and you have to regularly nurture and maintain it, just as you do for individual employees. Your Employee Relations Consultant can advise and help you.

With good team-building skills, you can unite employees around a common goal and generate greater productivity. Without them, you limit yourself and the staff to the effort each individual can make alone

4 types of team building

There are four types of team building techniques leaders can choose from that help their teams achieve various goals.

- Personality-Based Team Building Techniques. ...
- Activity-Based Team Building Techniques. ...
- Skills-Based Team Building Techniques. ...
- Problem-Solving-Based Team Building Techniques. .

Working with common objective leads to positive outcome. Team building really the way to work together for the betterment of the surrounding. Difficulties come accordingly ,managing the show with full effort will bring the brightest





## JOURNAL PRESENTATION

**Title of the Journal:** Indian journal of obstetric and gynaecology

**Venue:** Smt. Nagarathamma College of nursing, Auditorium

**Date:** 26/12/2022

**Presenter:** Ms.k shruhti

**Learning Outcome:**

- To know the journal content.
- To enhance the knowledge of faculty regarding International journal of Nursing and medical sciences
- To discuss about critics related to article.

**Name Of the article:**Inventi Impact

Obstetrics & Gynaecology [Formerly INVENTI IMPACT: SEX & REPRODUCTION]

**Article abstract:**

● **Problem Statement**

The Maternal Deaths at the Obstetrics and Gynaecology Department of the Ignace Deen National Hospital, University Teaching Hospital (CHU) Conakry, Guinea

● **Objectives:**

- 1) To calculate the ratio of maternal mortality.



- 2) To describe the socio-demographic characteristics of deceased patients.
- 3) To identify the main causes of maternal deaths.

**Methodology:** This was a retrospective study of the 12-month period from January 1st to December 31, 2015 performed at the Gynaecology Obstetrics Department of the Ignace Deen National Hospital, Conakry, Guinea. The study included women who died during pregnancy, childbirth, and in its peripheries according to WHO's maternal death report. **Results:** They collected 38 cases of maternal deaths out of 4404 live births, accounting a ratio of 863 per 100,000 live births. The 1st and 3rd type of delay amounted for 40% and 53%, respectively. Patients consulted after 12 hours after symptom-onsets accounted 47%, whereas those before 6 hours accounted for 19%, suggesting the delay of first medication. The final diagnosis and diagnosis at admission coincided in 69% of cases. The emergency kit was available for all. The opinion of a specialist was available in 16 patients. Blood was available in 40% of the patients who required it. Death caused by conditions directly related to pregnancy/delivery accounted for 71%. Haemorrhage was the most frequent cause of death. Death occurred within the first 24 hours of admission in 73% of cases. **Conclusion :**

We here shed light on the maternal death in this area. Although we did not demonstrate the method/procedure to reduce this high rate of maternal mortality, the present study may provide a fundamental data to reduce maternal death in this area.



## REPORT ON FGT-FACULTY GOT TALENT :06/05/23

Time: 9:30 am to 1:00 pm

Venue: Auditorium Acharya main campus

Beneficiary: All the teaching faculty of acharya

Coordinator:

Mrs Perumalla keerthi Suda

Habba nursing coordinator

Smt Nagarathnamma college of nursing

Mrs Ramya B

FDP coordinator

Asst professor

Smt Nagarathnamma college of nursing



Objectives:

- \* To exhibit the faculty talent
- \* To strengthen the faculty

Program Outcomes:

- Faculty got talent
- Faculty involved in various cultural event



The impact of an Education Institution can only be as effective as the individuals who are a part of it. An individual can create positive changes in the college and in the lives of students. Research has shown that individuals with a strong positive attitude about teaching and high level of satisfaction about their performance, are directly correlated to increased student achievement and self-esteem in college. Individuals not only play the role of educators, but that of role models as well. For effective talent management of faculty & staff members, the need of the hour is a robust performance management methodology. So far college have evaluated the performance of individuals using procedures that are superficial, perception-driven and relatively unstructured. There is also considerable variance in faculty & staff quality under the current systems of evaluation and appraisals. Understanding the fundamental need for boosting faculty & staff morale and improving capabilities, Talented aims to fill in this auditorium through its unique Talented Program. At the end of the program, faculty & staff members have clarity on role and expectations from the school, better understanding of themselves, their performance, potential and areas of development.

There was many event organized for faculty of Acharya. In that FGT is one among. Faculty got talent was organized on behalf of Acharya Habba. The event began with wonder full welcome speech and with prayer song. Then it was on flow with songs and dance by teachers and the students. We the nursing team participated in fashion show. The theme was RAINBOW which indicates different colors were we came up with classic attire .Ramp walk was done by each of us gracefully. The event was continued till 4pm. Lastly, the event was closed with vote of thanks.



## **JOURNAL OF MEDICAL SURGICAL NURSING PRACTICE AND RESEARCH.**

**Venue:** Smt. Nagarathamma College of nursing, Staff room

**Date:** 03/04/2023

**Presenter:** Mr. Suprabhat Dalal

### **Learning Outcome:**

- To know the journal content.
- To enhance the knowledge of faculty regarding International journal of Nursing and medical sciences .
- To discuss about critics related to article.

**Name Of the article:** A Study to Explore the Risk for Diabetes Mellitus and Knowledge on Diabetes Mellitus among School Teachers at Selected Educational Institutions in Mysuru City

**Article abstract:** India leads the world in the diabetes pandemic, with 50.8 million diabetics, followed by China and the United States. It is now being considerably agreed that knowledge of diabetes mellitus and its risk factors and prevention lifestyle among population will likely have a substantial benefit in the prevention of disease.

**Survey Approach :** Descriptive

**Sample Size :** 60

**Sampling Method :** Random Sampling

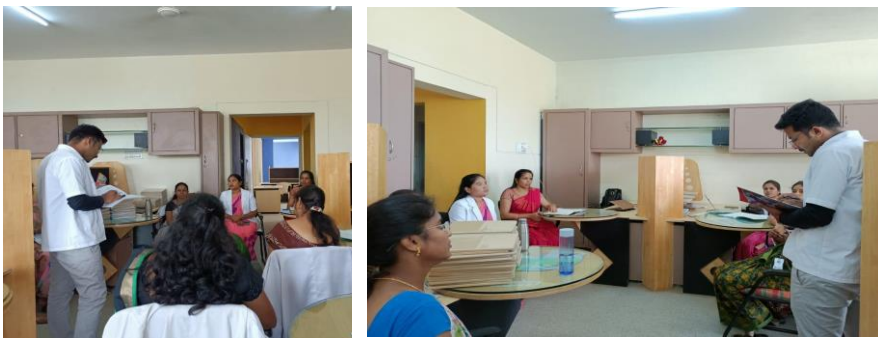
**Data Collection :** By using personal proforma,  
WHO Diabetes Risk assessment scale and  
Structured Knowledge questionnaire on Diabetes.

**Pilot Study :** at Sadvidya school Mysuru.

**Analysis and interpretation of data :** By using both Descriptive and Inferencial statistics.

**Result :** The data reveals that majority of school teachers 49(81.66%) were not having the risk for developing diabetic mellitus and remaining 11(18.3%) were at risk of diabetic mellitus.

**Conclusion:** Study concluded that school teachers are at risk for developing diabetes mellitus and due to the incomplete knowledge chance of developing complications are high. Hence there is an urgent need to create awareness regarding diabetes mellitus among school teachers.



### **Webinar on Decision Making**

**Objective of the webinar:**

- To understand the Decision making
- To enable the group to educate steps ,factors and strategies of decision making.

**Expected Outcome:**

- To identify the best way of decision making
- Ensuring decision making in our day today life

**Beneficiaries:** Faculty Smt Nagarathamma college of nursing.

**Introduction:** The webinar commenced with introduction of the speakers by Mrs Ramya.B Asst professor faculty development coordinator ,Department of pediatric .

The speaker of the session was . **ENDLA SRINIVASARAO** Nursing officer,JIPMER Puducherry -

The speakers discussed Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. Using a step-by-step decision-making process can help you make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives.

### **Decision Making**

According to the Oxford Advanced Learner's Dictionary the term decision making means - the process of deciding about something important, especially in a group of people or in an organization.

Trewatha & Newport defines decision making process as follows:, "Decision-making involves the selection of a course of action from among two or more possible alternatives in order to arrive at a solution for a given problem".



### **Types of decisions**

- strategic.
- tactical.
- operational.

### **DECISION-MAKING IMPORTANCE**

- The importance of decision making lies in the way **it helps you in choosing between various options**. Before making a decision, there is a need to gather all available information and to weigh its pros and cons. It is crucial to focus on steps that can help in taking the right decisions.



## STEPS IN DECISION MAKING



Step 1: Identify the decision. You realize that you need to make a decision. ...

Step 2: Gather relevant information. ...

Step 3: Identify the alternatives. ...

Step 4: Weigh the evidence. ...

Step 5: Choose among alternatives. ...

Step 6: Take action. ...

Step 7: Review your decision & its consequences.

## 5 FACTORS OF DECISION MAKING

This study addresses the influencing factors that are related to decision making, and categorizes them under five captions: Personal factors, organizational factors, Social factors, Environmental factors and behavioural factors.

Decision-making skills are all of the skills you need to make an informed, rational decision. Someone with good decision-making skills at work can assess all the facts, understand the company's current state and goal state, and choose the best course of action.

### Healthy decision-making

Good intentions, determination, and willpower are skills people think they need when trying to make healthy lifestyle changes.

## MANAGING EMOTIONS WITH MINDFULNESS

### INTRODUCTION:

Mindfulness in the workplace has been growing in popularity over the last few years. Mindfulness has been shown to help people become more resilient in the face of challenges, better manage stress and anxiety, improve focus, performance and enhance cognitive abilities -- skills that can help people thrive in the workplace and have greater job satisfaction.

Mindfulness can also help leaders -- aspiring or current -- to excel in their managerial role. It can form a key part of any manager's toolbox to create a positive working environment and enable their team to thrive and perform to the best of their ability. Mindfulness helps to train key skills that are an essential part of being an effective and successful leader -- it develops self-awareness, mental resilience, emotional intelligence, communication and provides a supportive resource for managing the stresses and frustrations that can arise in the workplace.

### About the Workshop

In this five-days workshop, we will explore how mindfulness can support you in becoming a more effective and present leader/manager. Through mindfulness practices, teaching, group discussion and reflection, the workshop will explore the key teachings and practices that mindfulness can offer in order to support you in excelling as a leader.

The workshop will cover:

- **DAY 1: AN INTRODUCTION TO MINDFULNESS**
- **DAY 2: EMOTIONAL STRATEGY**
- **DAY 3: RAIN PRACTICE**
- **DAY 4: WORK BURNOUT**
- **DAY 5: EMOTIONAL LABOUR**

And one of the best ways to bring mindfulness into a workplace, and share it with employees, is to exemplify it in our own behaviours. This workshop is suitable for anyone in a leadership or managerial role, or those who are aspiring to be. No prior mindfulness experience is required

### Target audience

- Teaching and nonteaching faculty of Nursing

### Scope

- bring mindfulness into a workplace

### Objectives

1. To understand regaining clarity and focus,
2. Developing Self-Awareness
3. Managing Oneself
4. Mindful Communication
5. To develop your own meditation practice

**DATE :** 20<sup>th</sup> December 2022 ; Tuesday

### **BRIEF REPORT ON SESSIONS:**

The seminar on managing emotions with mind fullness conducted on 26<sup>th</sup> to 30<sup>th</sup> December 2022 under FDP .The session started at 4pm with welcome address by Mrs Ramya B, Asst Professor FDP coordinator , Smt. Nagarathamma college of nursing and session has started. The webinar speakers were

- Mrs Sneha Latha Reddy ,R&D coordinator ,Associate Professor Smt. Nagarathamma college of nursing
- Mrs Nirmala Reddy, Exam Coordinator Asst Professor Smt. Nagarathamma college of nursing
- Mrs Ramya B Asst Professor FDP coordinator , Smt. Nagarathamma college of nursing
- Ms Geetha Women cell coordinator, Smt. Nagarathamma college of nursing
- Mr Syammlal IQAC coordinator Smt. Nagarathamma college of nursing

### **Expected outcome of this FDP**

1. Able To understand regaining clarity and focus,
2. Understanding Self-Awareness
3. Managing Oneself
4. Developing Mindful Communication
5. Practice own meditation

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

Healthy emotion regulation strategies are strategies that help us feel better in the moment but don't have negative long-term effects. They usually help us feel better emotions now and later

#### **5 strategies for managing your emotions using emotional...**

- Situation selection. Situation selection simply means choosing situations most likely to generate pleasant emotions. ...
- Situation modification. ...
- Attentional deployment. ...
- Cognitive reappraisal. ...
- Response modulation.

The acronym RAIN is an easy-to-remember tool for practicing mindfulness and compassion using the following four steps:

- Recognize what is happening;
- Allow the experience to be there, just as it is;
- Investigate with interest and care;
- Nurture with self-compassion.
  - The initial response to negative emotions is to suppress them. After all, society tells us that this is what we must do to remain happy — ignore any negative thoughts and focus only on the sunshine, rainbows, and butterflies of life.
  - 
  - However, this life view not only fails to address the complex tangle that is the human psyche, it can confine you to only one little bit of your psyche and make you feel even worse — stability at the cost of self-alienation. So what can you do? If you're really struggling, don't hesitate to see a professional, but if you would just like to know how to find peace in difficult emotions, the RAIN method might be for you.

more than just feeling tired at work. It's an emotional, mental, and physical reaction to constant stress. When work demands constantly pile up, it takes a toll on you. You might start to feel unappreciated and overworked.

Burnout is a thief of energy and productivity and can spread into your personal life. You might come home feeling completely drained and dread the next day. You feel you have nothing more to give or you simply stop caring.

#### **Impact of Work Burnout on Your Mental Health**

There are many effects that work burnout can have on your mental health. People suffering from work burnout can be at risk for:

- Anxiety
- Depression
- Distress
- Poor decision-making
- Shortened attention span
- Lack of motivation
- Negative or cynical outlook on life

### **Work Burnout**

Every situation is different, and work burnout can be caused by one thing or a combination of reasons. The main reasons for work are a high workload and a lack of appreciation. Other things that can lead to it include:

- Lack of control in the workplace
- Lack of social support
- Skills that aren't in line with your role
- Lack of fairness
- Not being recognized for effort

Emotional labor is the process of managing feelings and expressions to fulfill the emotional requirements of a job. More specifically, workers are expected to regulate their emotions during interactions with customers, co-workers, clients and managers.

Emotional labor is characterized by two main regulation strategies: surface acting and deep acting.

### **Determinants**

Societal, occupational, and organizational [norms](#).

For example, [empirical](#) evidence indicates that in typically "busy" stores there is more legitimacy to express negative emotions than there is in typically "slow" stores, in which employees are expected to behave in accordance with the display rules. Hence, the emotional culture to which one belongs influences the employee's commitment to those rules.

[Dispositional traits](#) and inner feeling on the job; such as employees' emotional expressiveness, which refers to the capability to use facial expressions, voice, gestures, and body movements to transmit emotions. or employees' level of career identity (the importance of the career role to [self-identity](#)), which allows them to express the organizationally-desired emotions more easily (because there is less discrepancy between



expressed behaviour and emotional experience when engaged in their work). Supervisory regulation of display rules; Supervisors are likely to be important definers of display rules at the job level, given their direct influence on workers' beliefs about high-performance expectations. Moreover, supervisors' impressions of the need to suppress negative emotions on the job influence the employees' impressions of that display rule.

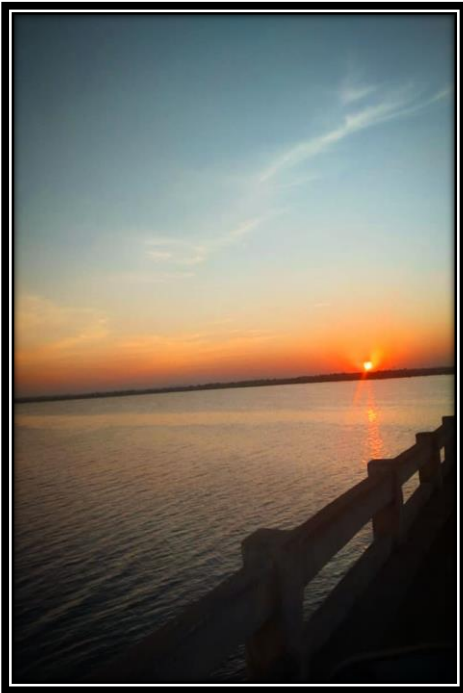


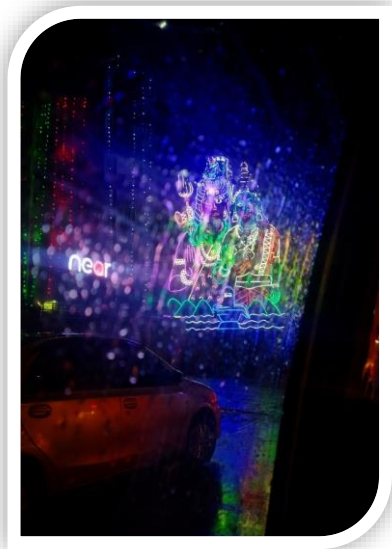
**FACULTY TALENTS :**

**WALL ART: Ms. Shruthi. K**



**PHOTOGRAPHY: Ms. Ashwini**









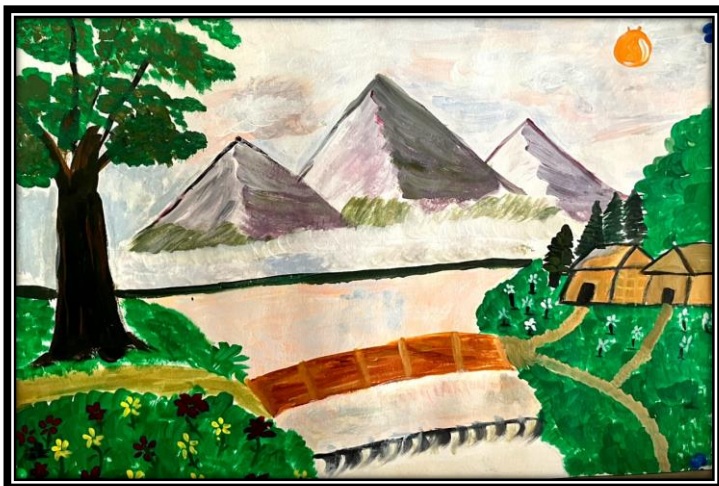
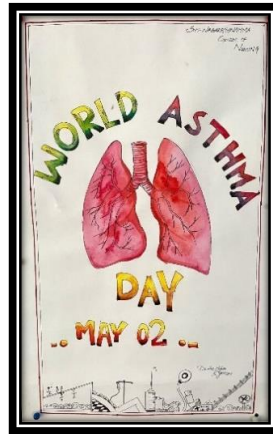
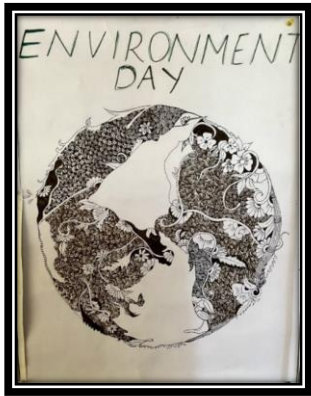


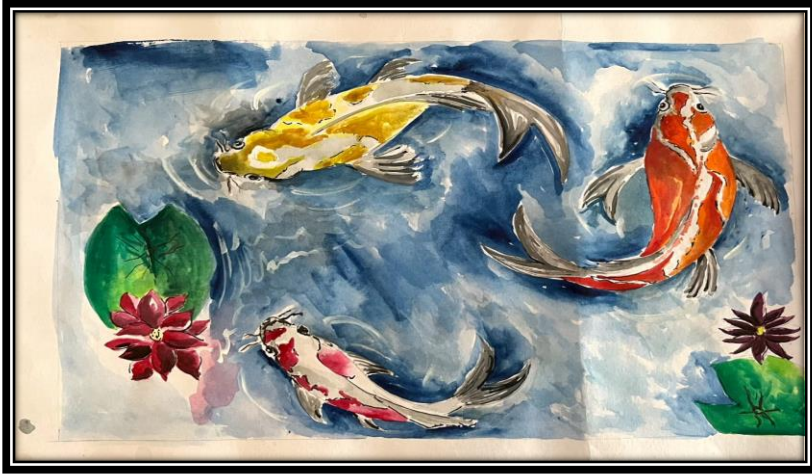


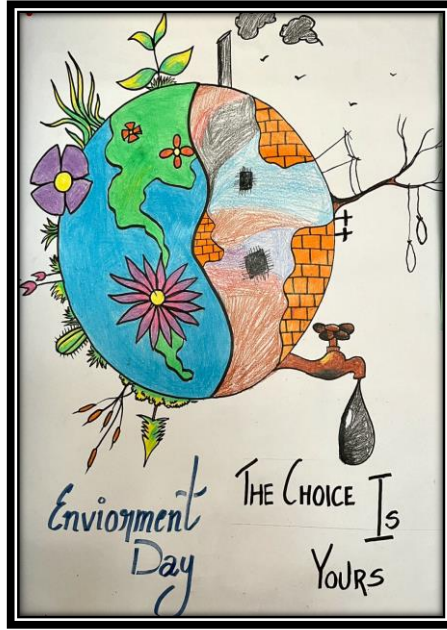
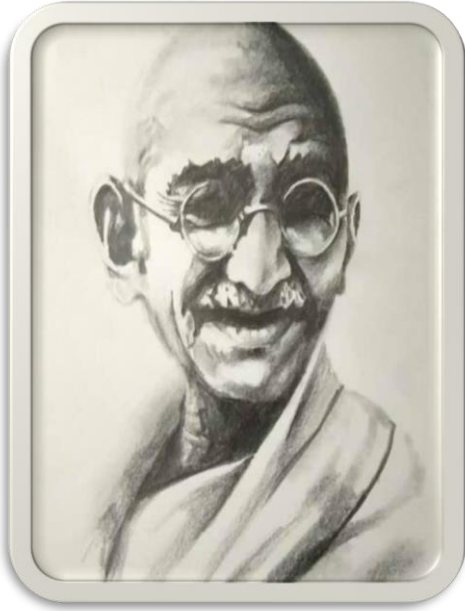
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## STUDENTS TALENTS









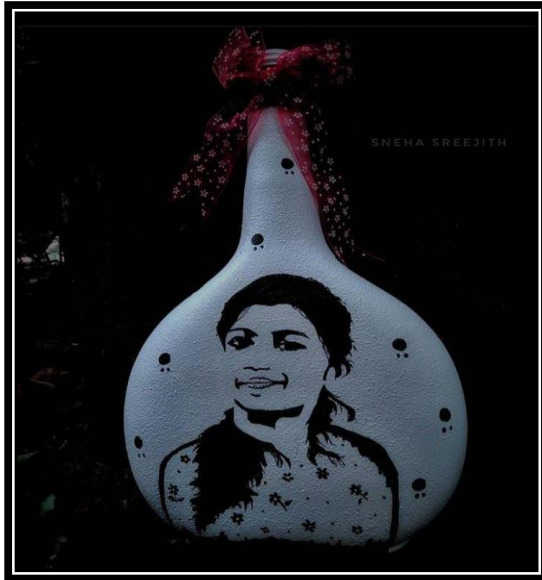


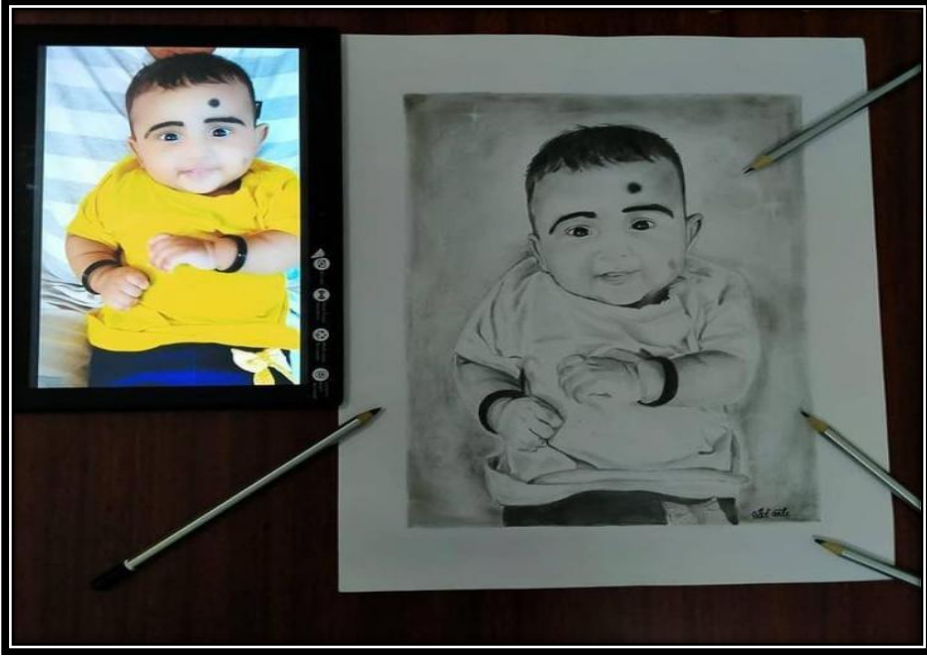












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