

**A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED  
TEACHING ON KNOWLEDGE REGARDING PROMOTION OF SELF CARE  
PRACTICES AMONG 1ST YEAR GNM NUSING STUDENTS IN SMT.  
NAGARATHMMA SCHOOL OF NURSING, BANGALORE.**

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**Smt.Nagarathnamma School of Nursing, Bangaluru**



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### **DECLARATION BY THE CANDIDATES**

We hereby declare that this project entitled “A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING PROMOTION OF SELF CARE PRACTICES AMONG 1<sup>ST</sup> YEAR GNM NURSING STUDENTS IN SMT. NAGARATHNAMMA SCHOOL OF NURSING” is a genuine research work carried out by Ms. Passang Droma Damo, Ms. Pema Yangzom Thungon, Ms. Resma Gurung, Ms. Rishita Gurung, Ms. Roshni Pokwal, Ms. Rakhi Kumari, Ms. Purnima Rani Roy, Mr. Roshan Rai, Mr. Noyal Sibi, Ms. Nikhitha.N. In partial fulfillments of requirements for the Diploma of General Nursing and Midwifery under the guidance of Ms. Deepti Rai, Smt. Nagarathnamma School of Nursing.

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### **CERTIFICATE BY THE GUIDE**

This is to certify that this project entitled “A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING PROMOTION OF SELF CARE PRACTICES AMONG 1ST YEAR GNM NURSING STUDENTS IN SMT. NAGARATHNAMMA SCHOOL OF NURSING” is a genuine research work carried out by Ms. Passang Droma Damo, Ms. Pema Yangzom Thungon, Ms. Resma Gurung, Ms. Rishita Gurung, Ms. Roshni Pokwal, Ms. Rakhi Kumari, Ms. Purnima Rani Roy, Mr. Roshan Rai, Mr. Noyal Sibi, Ms. Nikhitha.N. In partial fulfillment of requirements for the Diploma of General Nursing and Midwifery under the guidance of Ms. Deepti Rai, Smt. Nagarathnamma School of Nursing, Bengaluru.

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## **ENDORCEMENT BY THE PRINCIPAL/HEAD OF THE INSTITUTE**

This is to certify that this project entitled “A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING PROMOTION OF SELF CARE PRACTICES AMONG NURSING STUDENTS IN SMT.

NAGARATHNAMMA SCHOOL OF NURSING” is a genuine research work carried out by Ms. Passang Droma Damo, Ms. Pema Yangzom Thungon, Ms. Resma Gurung, Ms. Rishita Gurung, Ms. Roshni Pokwal, Ms. Rakhi Kumari Ms. Purnima Rani Roy, Mr. Roshan Rai, Mr. Noyal Sibi, Ms. Nikhitha.N. In partial fulfillments of requirements for the Diploma of General Nursing and Midwifery under the guidance of Ms. Deepti Rai, Smt. Nagarathnamma School of Nursing, Bengaluru.

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"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

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## **ABSTRACT**

**Title-** “A study to assess the effectiveness of video assisted teaching on knowledge regarding promotion of self-care practices among nursing students in Smt. Nagarathnamma School of Nursing.”

**Keywords:**

Selfcare practice; Nursing students; Video assisted teaching programme.

**Aims and objectives:**

1. To assess the knowledge on self-care practices of 1st year GNM students.
2. To design and develop video assisted teaching on self-care practices.
3. To evaluate the effectiveness of video assisted teaching on self-care practices.
4. To determine the co-relation or association with selected demographic variables.

**Method:**

Descriptive Study

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