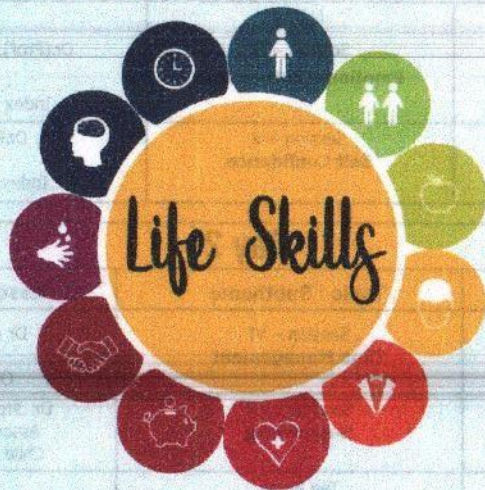


Day 3		
Time	Topic / Subtheme	Resource Person
9:00AM-10:00AM	Session – XII Self-Esteem	Mr Vishal Choudhary Assistant Professor Medical Surgical Nursing
10:00AM-11:00AM	Session – XIII Empathy	Prof. Naveen Jaiswal Principal, Amaltas Institute of Nursing Sciences Dewas
11:00AM – 12:00NOON	Valedictory Session	Ms. Roshani Dabi Tutor



Contact Person:
Ms. Harshita Agrawal
9039647159

Ms. Roshani Dabi
8827483092

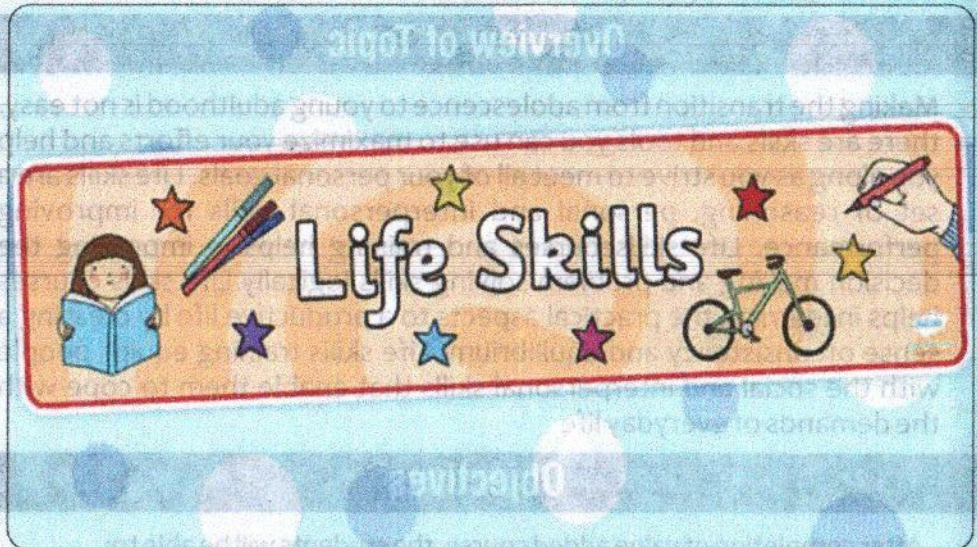
PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)



MALWANCHAL UNIVERSITY INDEX NURSING COLLEGE



(Run by Mayank Welfare Society)
Approved by Indian Nursing Council, New Delhi,
Madhya Pradesh Nurses Registration Council, Bhopal (M.P.)
(Constituent Unit of Malwanchal University, Indore, M.P.)



Value Added Course on **Life Skill**

CODE: INC/VAC/23/10

DATE: 17,18,19 Aug. 2023

Venue : Index Nursing College

ORGANIZING CHAIRPERSON
Dr.(Prof.) Smriti G. Solomon
Principal
Index Nursing College

Registrar
Malwanchal University
Indore (M.P.)

ORGANIZING SECRETARY
Dr. Anu V. Kumar
Professor Cum Hod
Obstetric And Gynecological Nursing
Index Nursing College

About College

Index Nursing College, Indore(M.P.) was established under the aegis of Mayank welfare society in September 2007 and the college has successfully completed 17 years of its existence with the mission to be a leading edge nursing educational institution devoted to prepare post graduate, under graduated and diploma nurses to provide multidisciplinary and integrated health services to clients globally .Index Nursing college is constituent unit of Malwanchal University,Indore(M.P.)

Overview of Topic

Making the transition from adolescence to young adulthood is not easy. there are skills and tools you can use to maximize your efforts and help you along as you strive to meet all of your personal goals. Life skills are a set of reasoning, personal and interpersonal skills for improving performance. Life skills courses and training helps in improving the decision making and problem solving skills logically. Life skills courses helps in learning the practical aspects to a productive life by creating a sense of consistency and equilibrium. Life skills training equips people with the social and interpersonal skills that enable them to cope with the demands of everyday life

Objectives

After completion of value added course, the students will be able to:

- Understand regarding People Skills
- Importance of Physical Wellness
- Realize the importance of Positive Attitude
- Acknowledge Emotional Enthusiasm
- Create Self Confidence
- To be aware of Time Management
- Understand Networking
- Importance of Leadership
- Acknowledge Resilience and positive thinking
- Know regarding Critical and Creative Thinking
- Create Confident Communication
- Realize Self-Esteem
- Will be able to know about Empathy.

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SCHEDULE

Day 1

Time	Topic / Subtheme	Resource Person
9:00AM-9:30AM	Registration	Ms. Harshita Agrawal Ms. Roshani Dabi
9:30AM- 9:45AM	Inauguration/Deep Prajwalan	Chief Guest/Guest of Honour
9:45AM-10:00AM	Floral Welcome & Address of Chief Guest	
10:00AM-11:00AM	Session – I People Skills	Prof. Berlin Sara Thampy HOD , Child Health Nursing
11:00AM- 11:15AM	Tea Break	
11:15AM – 12:00NOON	Session – II Physical Wellness	Dr. Reena Thakur HOD Medical Surgical Nursing
12:00NOON – 1:00PM	Session – III Positive Attitude and Basic Meditation	Dr. Sonali Mittal HOD Dept of Ophthalmology. Index Hospital and Research Centre.
1:00PM- 2:00PM	Lunch	
2:00PM – 3:00PM	Session – IV Emotional Enthusiasm	Dr.(Prof).Smriti G. Solomon Principal Index Nursing College
3:00PM - 4:00PM	Session – V Self Confidence	Dr.Payal Sharma Professor Index Nursing College

Day 2

Time	Topic / Subtheme	Resource Person
9:00AM-10:00AM	Session – VI Time Management	Dr Anu.V Kumar HOD OBG Nursing
10:00AM-11:00AM	Session – VII Networking	Dr. Jitendra Chicholkar Associate Professor Child Health Nursing
11:00AM- 11:15AM	Tea Break	
11:15AM – 12:00NOON	Session – VIII Leadership	Dr Th. Bidyani Devi Associate Professor OBG Nursing
12:00NOON – 1:00PM	Session – IX Resilience and Positive Thinking	Prof Ankush Patrick Associate Professor Medical Surgical Nursing
1:00PM- 2:00PM	Lunch	
2:00PM – 3:00PM	Session – X Critical and Creative Thinking	Dr Prabhanshu Vyas HOD Community Health Nursing
3:00PM - 4:00PM	Session – XI Confident Communication	Mr Nitin Chicholkar Assistant Professor Mental Health Nursing

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Ref.No:- INC/PC/23/404/A

Date:- 09/08/2023

CIRCULAR

Index Nursing College is organizing an value added course on "Life Skill " (Course CODE: INC/VAC/23/10). The duration of the course is 16 Hrs. Intersted students can enroll their name to Organizing Secretary on or before 10th August2023. The course commences from 17th,18th and 19th August 2023.

Organizing Chairperson

Dr.(Prof.) Smriti G. Solomon

PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)

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- All Concerned Authority
- File

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INDEX NURSING COLLEGE
INDORE (M.P.)

Registrar
Malwanchal University
Indore (M.P.)

College Address : Gram Morodhat, Nemawar Road, Post. Bavlia Khurd, Dist., INDORE - 452 016 (M.P.), Ph. : 0731- 4013751

E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in

City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE -08, Ph. : 0731-4215757, Fax : 0731-4044715



INDEX NURSING COLLEGE

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REPORT VALUE ADDED COURSE ON LIFE SKILL

Overview

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Course outline:

Life skill courses and training helps in improving the decision making and problem solving skills logically. Life skills courses helps in learning the practical aspects to a productive life by a sense of consistency and equilibrium. Life skill training equips people with the social and interpersonal skills that enable them to cope with the demands of everyday life.

Objectives:

After the course, the students will be able to:

- Understand regarding people skills.
- Importance of physical wellness
- Realize the importance of positive attitude
- Acknowledge emotional enthusiasm
- Create self confidence
- To be aware of time management
- Understand networking
- Importance of leadership
- Acknowledge Resilience and positive thinking
- Know regarding critical and creative thinking
- Create confident communication
- Realize self-Esteem
- Will be able to know about empathy.


Registrar
Malwanchal University
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INDEX NURSING COLLEGE
College Address : Gauri More Road, Nemawar Road, Post. Bavlia Khurd, Dist., INDORE - 452 016 (M.P.), Ph. : 0731- 4013751
INDORE (M.P.) E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in

City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE -08, Ph. : 0731-4215757, Fax : 0731-4044715

The program was organized for three days and the timings were from 9:00 am to 4:00 pm. The first day session was started with registration at 9:00am. This was followed by inaugural ceremony. The Chief Guest was Dr. Sonali Mittal HOD Department of Ophthalmology Index Hospital and Research Centre, Indore M.P. The inauguration session was started with lighting the lamp by the Chief guest Dr. Sonali Mittal with the Principal Dr. Prof. Smriti G. Solomon and Organizing Secretary Dr. Anu V. Kumar. After lamp lighting, welcome speech was delivered by miss Neha Chauhan in Index Nursing College at 9:30 pretest was taken. The first educative session was given by the Prof. Berlin Sara Thampy HOD Child Health Nursing, Index Nursing College, on People skills. The session was very effective and students understood the People skills. The session was followed by tea break. The second session was started at 11:15am to 12 Noon Physical wellness by Dr. Reena Thakur HOD Department of MSN. The Third session was started at 12:00pm to 1:00 Noon Positive Attitude and Basic Meditation by Chief Guest Dr. Sonali Mittal HOD Department of Ophthalmology Index Hospital and Research Centre, The session was ended by Lunch break. After lunch 2:00pm to 3pm Fourth session was taken by Principal Dr. Prof. Smriti G. Solomon Index Nursing College, On Emotional Enthusiasm. Fifth session is taken by Dr. Payal Sharma HOD Department of MHN on Self Confidence. On the second day the first session was given by Dr. Anu V. Kumar HOD Department of OBG on Time Management. The second session of the day was on Networking and the speaker was Dr. Jitendra Chicholkar Asso. Professor Dept. of Child Health Nursing, Index Nursing College. The session was followed by the Tea break. Third session was delivered by Dr. Th Bidyani Devi Associate Professor Dept. of OBG, Index Nursing College on Leadership and fourth session was taken by Professor Ankush Patrick Associate Professor Dept. of MSN, Resilience and Positive Thinking. followed by lunch break at 1pm to 2 pm. After the lunch break fifth session was delivered by Dr. Prabhanshu Vyas HOD Community Health Nursing Index Nursing College, on Critical and Creative Thinking. The session was started with Mr. Nitin Chicholkar Asst. professor Psychiatric nursing on topic Confidence Communication.


On the third day, first session was given by Mr. Vishal Choudhary Asst. Prof of Dept Medical Surgical Nursing. Discuss Self Esteem. Second session is Empathy by Prof. Naveen Jaiswal Principal Amaltas Institute of Nursing Sciences Dewas. The post test was taken to assess the effectiveness of the program.


The program was concluded by a valedictory session. Miss Shaifali Patidar Tutor Index Nursing College proposed vote of thanks. The third day session was winded up at 1:00 pm. A total of 60 delegates attended the program and the program was organized out of the routine classes.


Outcome of the Program:

The program was a great success with the hard work of all the organizers. The delegates have gained knowledge and competence regarding Life Skill.


Organizing Secretary



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Principal



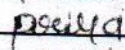







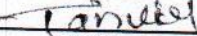



Registrar
Index Nursing College
Malwanchal University
Indore (M.P.)

INDEX NURSING COLLEGE
BSC NURSING 4 th YEAR
ATTENDANCE SHEET

s.no.	Student name	Signature of Students
1	Pappy kchhware	Pappy
2	Parvatee	Parvatee
3	Pooja Sedhaw	Pooja
4	Pooja Panwar	Pooja
5	Pooja Sahu	Pooja
6	Prabhat Parmar	Prabhat
7	Pradeep Kumar Yadav	Pradeep
8	Pradeep Kushwah	Pradeep
9	Preetesh Shakya	Preetesh
10	Priyanka Badodiya	Priyanka
11	Rajni Chaohan	Rajni
12	Ramchandra	Ramchandra
13	Reena gover	Reena
14	Reena chouhan	Reena
15	Rishikesh Shakya	Rishikesh
16	Ritik	Ritik
17	Rohit Prajapati	Rohit
18	Rohit Sonaniya	Rohit
19	Sachin Kachhwah	Sachin
20	Sachin Solanki	Sachin
21	Sahil Manshuree	Sahil
22	Sajal Sen	Sajal
23	Sakshi Dabi	Sakshi
24	Saloni Yogi	Saloni
25	Sandhya Chouhan	Sandhya
26	Sapna Jamra	Sapna
27	Shailendra Birla	Shailendra
28	Sheetal Chouhan	Sheetal
29	Shivani Sahu	Shivani
30	Shubham Kannojiya	Shubham
31	Soniya Bhuriya	Soniya
32	Sumeet choudhary	Sumeet
33	Sumi jadav -	Sumi
34	Supriya Sarkar	Supriya
35	Vaishali Pawar	Vaishali
36	Varsha Tomar	Varsha
37	Vidhya Kanade	Vidhya
38	Vikas Meena	Vikas
39	Vikas Prajapat	Vikas
40	Vikash Kumar	Vikash
41	Vishnu Shinde	Vishnu
42	Aman Parmar	Aman
43	Neha prajapati	Neha
44	Ruksar	Ruksar
45	Reet Lodwal	Reet
46	Balram	Balram
47	Rani Jodhwara	Rani


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48	Shivangi Nayak	
49	Radhika	
50	priya sharma	
51	Lalita Dangi	
52	Zuber	
53	Mithlesh	
54	Ritesh	
55	Ushmita dhakad	
56	Virendra Yadav	
57	Durga	
58	Tanvir	
59	Rojer	
60	Shiv kumar	


ORGANIZING SECRETARY


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Certificate

This is presented to

Rojer

as delegate for successful completion of Value Added Course on
“LIFE SKILL”
(Course Code: CODE: INC/VAC/23/10) of 16 hours held from
DATE: 17,18,19 Aug. 2023.

Organizing Chairperson
Dr. Smriti G. Solomon
Principal, Index Nursing College

Principal
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Tanvir

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Certificate

This is presented to

Virendra Yadav

as delegate for successful completion of Value Added Course on
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Certificate

This is presented to

Ushmita Dhakad

as delegate for successful completion of Value Added Course on
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This is presented to

Ritesh

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Mithlesh

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Certificate

This is presented to

Lalita Dangi

as delegate for successful completion of Value Added Course on
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Certificate

This is presented to

Priya Sharma

as delegate for successful completion of Value Added Course on
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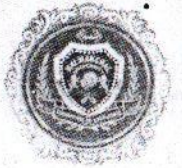
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Certificate

This is presented to

Radhika

as delegate for successful completion of Value Added Course on

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Principal

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Certificate

This is presented to

Shivangi Nayak

as delegate for successful completion of Value Added Course on
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Certificate

This is presented to

Rani Jodhwara

as delegate for successful completion of Value Added Course on
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Certificate

This is presented to

Balram

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Organizing Chairperson
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Certificate

This is presented to

Reet Lodwal

as delegate for successful completion of Value Added Course on

“LIFE SKILL”

(Course Code: CODE: INC/VAC/23/10) of 16 hours held from
DATE: 17,18,19 Aug. 2023.

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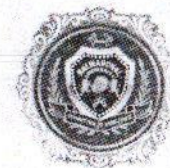
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This is presented to

Ritik

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