



**P. K. DAS COLLEGE
of NURSING**

PANAYUR (PO), VANIYAMKULAM, PALAKKAD - 679522

(Approved by Indian Nursing Council, Kerala Nurses & Midwives Council & Kerala Government
Affiliated to Kerala University of Health Sciences)



(FORMERLY NEHRU COLLEGE OF NURSING)

ACADEMIC YEAR

2022-2023



NEHRU COLLEGE of NURSING



PANAYUR (P O), VANIYAMKULAM, PALAKKAD - 679 522

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Details of value added Courses during the academic year 2022-23

S.No	Year of Study	E CODE	Name of the Add on Courses	No. of Students Registered	Students Benefitted
1	I	SM2223	Comprehensive stress management	90	90
2	II	YT2223	Yoga: an art of life	89	89
3	III	HV2223	Human values and professional Ethics	58	58
4	IV	CL2223	Communication and effective leadership	60	58
5	IV	AI2223	Implications of artificial intelligence in Nursing	60	58



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List of the students and details of Value added Courses.

ACADEMIC YEAR 2022-2023						
SL NO	NAME OF THE STUDENT	COMPREHENSIVE STRESS MANAGEMENT	YOGA :AN ART OF LIFE	HUMAN VALUES AND PROFESSIONAL ETHICS	COMMUNICATION AND EFFECTIVE LEADERSHIP	IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING
1	ABHAYA SURAN	√				
2	ABHINA A S	√				
3	AGRAJA TG	√				
4	AISWARYA REMESH	√				
5	AKHIL SHANTY	√				
6	AKSHAYA K	√				
7	AKSHAYA T	√				
8	ALAN SHANTY	√				
9	ALEENA JOLLY	√				
10	ALEENA T	√				
11	ALENA SANTIAGO	√				
12	ALIN ALEX	√				
13	ALMA ISMAIL	√				
14	AMRITHA LAL	√				
15	AMRITHA S R	√				
16	AMRU MOHAMMED USMAN MALAVATTATH	√				
17	ANAGA PAUL	√				
18	ANAGHA T RAJESH	√				
19	ANAGHALAKSHMI J	√				
20	ANGEL M J	√				
21	ANJANA A P	√				



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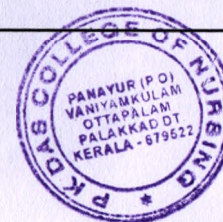


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22	ANN MARIYA SYRIL	√				
23	ANN MARY SEBY	√				
24	ANSABA A	√				
25	ANUSREE M	√				
26	ARATHY N U	√				
27	ARCHANA M ANIL KUMAR	√				
28	ARJUN M	√				
29	ARUN SHANTY	√				
30	ARYA V R	√				
31	ASHIQA M JALEEL	√				
32	ASWATHY P	√				
33	ASWIN M	√				
34	ATHIRA MURALI	√				
35	BILNA M S	√				
36	BINCY YACOB	√				
37	BLENITO BABY	√				
38	DONA BIJU	√				
39	DONA VIJEES B	√				
40	FATHIMA FARSANA P T	√				
41	FATHIMATHUL SHERHA SHERIN K A	√				
42	FIDA SHERIN	√				



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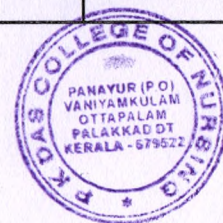


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43	FIDHA	√				
44	GEORGEENA THOMAS	√				
45	HEERA	√				
46	JEETHU JOY	√				
47	JESMI JOY	√				
48	JESNA K SOMI	√				
49	K ABHIRAM	√				
50	KRISHNA PRIYA R	√				
51	LAKSHMI PRIYA M D	√				
52	LAKSHMI SAHADEVAN	√				
53	MEGHA NAIR	√				
54	MERITTA ELDHO	√				
55	MOHAMMED ANSHID C	√				
56	MUBASHIRA N	√				
57	N SHAJIN	√				
58	NAHLA SAKEER V	√				
59	NAJLA K	√				
60	NANDANA K	√				
61	NANDANA K T	√				
62	NANDANA T	√				
63	NANDHANA M	√				
64	NANDHANA M C	√				



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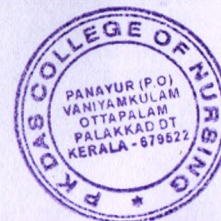
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65	NASMIN KA	√				
66	NAYANA P P	√				
67	NAYANA SEBASTIAN	√				
68	NIKHILA UNNI	√				
69	NIMISHA KURUVILA	√				
70	NIYAS AHMED K K	√				
71	P CHANDHANA	√				
72	PAVITHRA P M	√				
73	PRASHEE RAJ P R	√				
74	REKHA RAMESH M	√				
75	RENU RAMESH M	√				
76	RESHMA RAJ M	√				
77	RIFA ANVAR K K	√				
78	RINSHA MAJEED V T	√				
79	SANDRA GIREESH	√				
80	SATHPRIYA S	√				
81	SHAHALA N V	√				
82	SNEHA A P	√				
83	SONY S	√				
84	SREELAKSHMI K S	√				
85	SREENAND C K	√				
86	SREYA P	√				



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87	SWINET JOBY	√				
88	THAHIRA A	√				
89	THEJALAKSHMI C P	√				
90	VAISHNAV PRAKASH	√				
91	AADIL RAYZ I		√			
92	AARYA T S		√			
93	ABDUL RASHEED A		√			
94	ABHIJITH K		√			
95	ABHINAYA. A		√			
96	ADIL MUHAMMED A R		√			
97	ADILA ROSHNI		√			
98	ADITHYA P.U.		√			
99	AGAL SABU		√			
100	AISWARYA P		√			
101	AISWARYA S		√			
102	AISWARYA. V		√			
103	AKHILA M		√			
104	ALEENA ANTONY		√			
105	ALEENA JOMON		√			
106	ALEESHA P JOY		√			
107	ALENTA M		√			
108	ALISHA ALEX		√			
109	AMAL SHEREEFA SUBIER		√			



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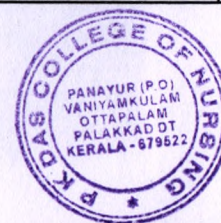


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110	AMEGHA HARIDASANUNNI		√			
111	ANAGHA M.M.		√			
112	ANCELA AGNAS ASHOK		√			
113	ANISHA V R		√			
114	ANJANA K		√			
115	ANJANA SAJEEVAN		√			
116	ANJANA T		√			
117	ANJUMOL M S		√			
118	ANOKKA JIJU		√			
119	APARNA G NAIR		√			
120	APARNA K L		√			
121	ARDRA P SHAJI		√			
122	ARYA K A		√			
123	ARYANANDA AJAYAKUMAR		√			
124	ASHITHA SHAJU		√			
125	ASWATHY K		√			
126	ASWATHY AJITH		√			
127	ASWATHY S		√			
128	ATHIRA PRAKASH		√			
129	AVANTHIKA		√			
130	BESSY BABY		√			
131	CHRISTEENA JUBY		√			
132	CHRISTY SEETHAL SABU		√			



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133	FARZANA ASHARAF P A		√			
134	GOPIKA N		√			
135	GOPIKA R K		√			
136	GOPIKA T		√			
137	GOWRY NANDHANA K S		√			
138	HARSHA K M		√			
139	IZABEL MARY FERIA		√			
140	JANET JOHNY C		√			
141	JISNA JINSON		√			
142	JOHNS ALIAS		√			
143	JOSNA K GEORGE		√			
144	JOTHIKA JEEVAN V		√			
145	JYOTHIKA T SHAJI		√			
146	KARTHIKA P		√			
147	KEVIN LI VINCENT		√			
148	KRISHNA PRIYA R.A.		√			
149	LAVANYA SIVAN		√			
150	LEKSHMY S		√			
151	M KAILAS		√			
152	MARINA DANTY		√			
153	MARIYA DANTY		√			
154	MARIYA TERESA SINESH		√			
155	MEENAKSHI K SHIJU		√			



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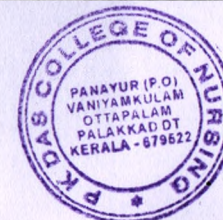


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156	MOHAMMED FAYAS		√			
157	NAJIYA NASARUDEEN		√			
158	NANDANA K		√			
159	NAYANA JAYAMON		√			
160	NIRANJAN L GOVIND		√			
161	PRANAV PRAKASH		√			
162	PRIYA SARA		√			
163	RAMSHIJA M A		√			
164	RESHMA DAVIS		√			
165	ROBINSON GEORGE		√			
166	SANDRA P R		√			
167	SANIKA S		√			
168	SARANYA LAKSHMANAN		√			
169	SHIFANA P K		√			
170	SHILPA S NAIR		√			
171	SIVALAYA SAGAR		√			
172	SIYA BAJI		√			
173	SNEHA K		√			
174	SNEHA THOMAS		√			
175	SREEKUTTY K.B.		√			
176	STEPHY K BIJU		√			
177	SURYA T M		√			
178	VINEETHA V.P.		√			



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179	VISHNUPRIYA		√			
180	ABHIRAMI P DAS			√	√	
181	AJEESH KRISHNA V			√	√	
182	ALBY MARIYA MATHEW			√	√	
183	ALEENA BINS			√	√	
184	ALEENA JAIMON			√	√	
185	AMALA ROSE			√	√	
186	ANEENA ANTO			√	√	
187	ANEESHA C B			√	√	
188	ANITTA JOY			√	√	
189	ANITTA SARA JAISON			√	√	
190	ANJANA C R			√	√	
191	ANJANA UNNI			√	√	
192	ANU AUGUSTINE			√	√	
193	APARNA K			√	√	
194	ARDRA R			√	√	
195	ARIFA N A			√	√	
196	ARYA AJAYAN			√	√	
197	ASWANI AJI			√	√	
198	ASWATHY M V			√	√	
199	BLESSY BIJU			√	√	
200	DEVIKA S			√	√	
201	DIVYA JOHNY			√	√	



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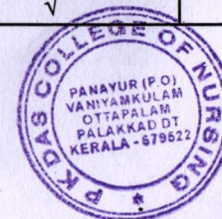


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202	DIVYA K K			√	√	
203	FATHIMA SALAM			√	√	
204	GOWRI NANDANA			√	√	
205	HARITHA HARIKUMAR			√	√	
206	JENSIYA SAMUEL			√	√	
207	JESNA JOHNSON			√	√	
208	JOSNA JOSEPH			√	√	
209	JOYES JOY			√	√	
210	K M PRANAVYA DAS			√	√	
211	LIVIYA C WILSON			√	√	
212	LIYA JOSE			√	√	
213	MIDHYA SARA THOMAS			√	√	
214	MOHAMMED THARIQUE			√	√	
215	MRUDHULA			√	√	
216	NANDANA P			√	√	
217	NIDAL P V			√	√	
218	NIYA K BENNY			√	√	
219	PADMAJA K			√	√	
220	RASNA K P			√	√	
221	RESHMA M			√	√	
222	SABITHA SIBI			√	√	
223	SANDRAMOL S			√	√	
224	SHABNAM			√	√	



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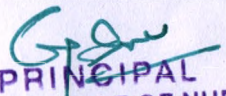
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225	SHASIYA S			√	√	
226	SILPA M			√	√	
227	SNEHA S			√	√	
228	SONCY MARIAM SAM			√	√	
229	SREELAKSHMI V M			√	√	
230	SRUTHY A			√	√	
231	SURYA GAYATHRI K			√	√	
232	SURYA P S			√	√	
233	SWETHA K			√	√	
234	THASLEEMA V K			√	√	
235	VINITHA.K.V			√	√	
236	VYSHNAVI S			√	√	
237	Aiswarya M			√	√	
238	AADIL MATHEW					√
239	ADITHYA D S					√
240	AISWARYALAKSHMI M M					√
241	AJANYA P					√
242	AJITH M P					√
243	AKSA CIJI					√
244	ALEENA BABU					√
245	ALEENA K THOMAS					√
246	ALEENA NAIJU					√
247	ALEENA THOMAS					√




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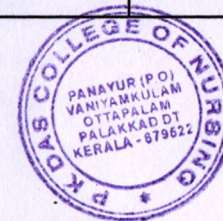


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248	ALEENA V GEORGE					√
249	AMALA THOMAS					√
250	AMRUTHA G					√
251	ANAKHA K S					√
252	ANEETTA RIYA ROY					√
253	ANGEL ROS BIJU					√
254	ANISHA V G					√
255	ANIT EMMANUEL					√
256	ANJU RAJU					√
257	ANNAINA J TOM					√
258	ARCHANA T P					√
259	ARYA M K					√
260	ARYA S					√
261	ASHA MARIYA THOMAS					√
262	ASHLY MARIYA PAUL					√
263	ATHIRA DEEPAK					√
264	BHAVYA K					√
265	BHAVYA P					√
266	BLESSY K ELDHO					√
267	Brail Philip Mathew					√
268	CHIPPY WILSON					√
269	DAYANA C J					√
270	DEVIKA R J					√



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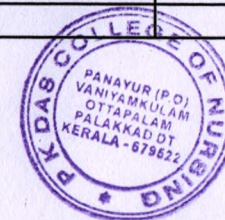
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List of the students and details of Value added Courses.

ACADEMIC YEAR 2022-2023						
SL NO	NAME OF THE STUDENT	COMPREHENSIVE STRESS MANAGEMENT	YOGA :AN ART OF LIFE	HUMAN VALUES AND PROFESSIONAL ETHICS	COMMUNICATION AND EFFECTIVE LEADERSHIP	IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING
271	DHIYA DAVIS					√
272	FARSHIDHA E B					√
273	GAYATHRI P T					√
274	GEETHU P					√
275	HARITHA S PRAKASH					√
276	JESNA C J					√
277	JITHIN K JOJU					√
278	KRISHNA M SHAJI					√
279	LAKSHMI K SHAMEJ					√
280	MAJITHA					√
281	MINNUMOL B K					√
282	MOHAMMED SHAHEEN T					√
283	MOHYUDHEEN NISHAD					√
284	NAVYA K					√
285	NINU K J					√
286	PRESKILLA PRAMOD					√
287	RAHULDAS K R					√
288	RENJIMA M R					√
289	REVATHY P M					√
290	SHAMSEENA S					√
291	SNEHA K					√
292	SONA SAJI					√
293	SREELAKSHMI P V					√



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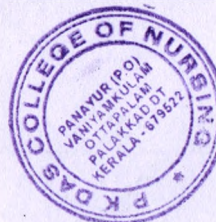


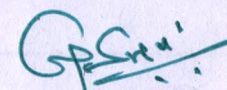
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List of the students and details of Value added Courses.

ACADEMIC YEAR 2022-2023						
SL NO	NAME OF THE STUDENT	COMPREHENSIVE STRESS MANAGEMENT	YOGA :AN ART OF LIFE	HUMAN VALUES AND PROFESSIONAL ETHICS	COMMUNICATION AND EFFECTIVE LEADERSHIP	IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING
294	SWETHA S					√
295	VARSHA A					√
296	VINDUJA R					√
297	VISMAYA K V					√




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(FORMERLY NEHRU COLLEGE OF NURSING)

ACADEMIC YEAR

2022-2023

Permission letter

From,

Prof. Priya Mary Stella
Vice principal
Nehru College of Nursing

To,

The Principal
Nehru College of Nursing

Subject: Request letter to conduct value added courses

Respected Madam,

This is to inform you that we are planning to conduct value added courses for BSc Nursing students. Kindly give the permission to organize the classes and perform evaluation.

Value Added Courses are as follows:

YEAR OF STUDY	TITLE	RESOURCE PERSON	DURATION
I	Comprehensive stress management	Dr. Krishna Kumar.T. P	28/11/2022 - 30/11/2022 Forenoon and Afternoon Session
II	Yoga an art of life	Mrs Usha K. Yogacharya	06/06/2022 - 08/06/2022 Forenoon and Afternoon Session
III	Human values and professional Ethics	Dr. Sudeer S Marar	03/06/2022 - 06/06/2022 Forenoon and Afternoon Session
IV	Communication and effective leadership	Mr. Pramod K	01/06/2022 - 03/06/2022 Forenoon and Afternoon Session
IV	Implication of artificial intelligence in nursing	Mr. Sreejith Mani	04/07/2022-06/07/2022 Forenoon and Afternoon Session

Date: 19/05/2022
Panayur



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Course coordinator

Prof. Priya Mary Stella



CIRCULAR

NCN/ACADEMIC/VAC/01/2022


23/05/2022

Value added courses will be conducted as per the schedule provided.

YEAR OF STUDY	TITLE	RESOURCE PERSON	DURATION
I	Comprehensive stress management	Dr. Krishna Kumar T. P	28/11/2022 - 30/11/2022 Forenoon and Afternoon Session
II	Yoga an art of life	Mrs Usha K. Yogacharya	06/06/2022 - 08/06/2022 Forenoon and Afternoon Session
III	Human values and professional Ethics	Dr. Sudeer S Marar	03/06/2022 - 06/06/2022 Forenoon and Afternoon Session
IV	Communication and effective leadership	Mr. Pramod K	01/06/2022 - 03/06/2022 Forenoon and Afternoon Session
IV	Implication of artificial intelligence in nursing	Mr. Sreejith Mani	04/07/2022-06/07/2022 Forenoon and Afternoon Session

Students are instructed to attend the course as per the schedule and complete the evaluation process. On completion of the course, certificate will be provided.




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Principal

VALUE ADDED COURSE



TOPIC : A COMPREHENSIVE STRESS
MANAGEMENT

DURATION : 3days
28/11/2022- 30/11/2022

RESOURCE PERSON: Dr. Krishna Kumar T. P

PARTICIPANTS : I YEAR BSC(N)

TIME : 08:30 AM – 04:30 PM

VENUE : I st year Lecturer Hall



G. Srinivas
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T. P. Nivas
House No12, Palm Green Villas
Erattayal, Kodumba (PO)
Palghat (Dt) – 678551
Kerala State, INDIA
Phone : +919747488839, +918848414942
Email: tpk683@gmail.com

Dr.Krishna Kumar T. P

Objective	To be part of an organization that offers a challenging career, potential growth options and exposure to advancement.
Academic Qualifications	<ul style="list-style-type: none">➤ PhD :FromMadhurai Kamaraj Universiy, Tamilnadu in Management.➤ MBA (Master Of Business Administration) :Specialized in <u>MARKETING</u> and <u>HRM</u>, with First class from Bharathiar University, Tamilnadu.➤ Post Graduate Diploma in International Airlines Management (PGDIAM) :From All India Institute of Management Studies (AIIMAS), Chennai➤ Post Graduate Diploma in Hospital Management (PGDHM): From All India Institute of Management Studies (AIIMAS), Chennai➤ BA (Bachelor of Arts) :With <u>PUBLIC ADMINISTRATION</u> as main subject from OsmaniaUniversity, Andhra Pradesh. (1993-1995)
Professional Certification	<ul style="list-style-type: none">➤ Certificate course in METEOROLOGY from Indian Air Force Meteorological Training Institute (2Yrs), And OJT (On Job Training ; 2Yrs) in various Indian Air Force Meteorological Departments in India (1986- 1990)➤ Certificate course in COMPUTER from Indian Air Force Computer Section . (Basic, Windows, MS-Office, Corel Draw, Photoshop & Maintenance)➤ Security Training from Indian Air Force Security Training Institute.



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Professional Experiences	<ul style="list-style-type: none">➤ 17Yrs, as Asst. Meteorologist in the Indian Air Force Meteorological Departments (Aviation Meteorology)➤ Secretary of Seema Dental College & Hospital at Rishikesh. (Job Profile: Administrative Head Of the College and coordinator of Management Policies and Organisational Affairs.) - 2004 - 2005➤ Director– Administration of SeemaDentalCollege& Hospital at Rishikesh, UttaranchalState. (Job Profile: AuthorityforIndependent decision making in all the , Administrative and Organizational affairs for the smooth functioning of the Organisation)➤ Director– Administration of Purvanchal Institute of Dental Sciences at GIDA, Gorakhpur, Uttarpradesh. (Job Profile: Administrative Head of the Institution)➤ Director – Administration of Malabar Dental College & Research Centre at Malappuram, Kerala(Job Profile: Administrative Head of the Institution)➤ Worked as Director – Administration, Taha Medical Centre, Abu Dhabi, UAE <p style="text-align: center;">&</p> <p>Also Director of PMS College of Dental Science& Research, Trivandrum, Kerala. 2009 -2011 (Organizations Under Single Investment Group)</p> <ul style="list-style-type: none">➤ General Manager of Al-Ameen Engineering College, Shoranur, Palakkad District, Kerala 2011 - 2013 (Job Profile: Administrative Head of the Institution)➤ PRINCIPAL of CHATHAMKULAM Institute of Research & Advanced Studies (Chathamkulam Business School), Kanjikkode, Palakkad District, Kerala 2013 - 2017 (Job Profile: Academic&Administrative Head of the Institution)➤ SECRETARY of PALGHAT MANAGEMENT ASSOCIATION (PMA), Palakkad 2017 – 2018. (Job Profile: Administration and Management of the regulatory affairs)➤ Dean Academics of LEAD College of Management, Dhoni, Palakkad. Till July 2019➤ Director of SNMV Institute of Management, Malumachampatti, Coimbatore – till March, 2021
Field of Interest	<ul style="list-style-type: none">➤ Office Administration -& Management➤ Research & Academics



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Personal Informations	<ul style="list-style-type: none">❖ Age & Date of Birth: 53 Yrs & 30th May 1968❖ Permanent address : T.P. Nivas, Mangode (PO), Cherpullachery (Via), Palghat (Dt) Kerala State-679503. INDIA.❖ Nationality : Indian❖ Father's Name : Late. Shree.T .PonnnuniTharakan❖ Language Known : English, Hindi,Tamil, & Malayalam❖ Hobbies : Reading, Writing & Imagine❖ E-mail ID : tpk683@gmail.com❖ Alternative E-mail ID : tpk683@hotmail.com
Self Assessment Report	Sincere, Well disciplined, Dedicated, Young Looking & Dynamic Gentleman

ACADEMIC ENGAGEMENTS

ACTIVITIES	NATIONAL LEVEL	INTERNATIONAL LEVEL
Publications / Articles	11	41
Patents	04	01
Conferences / Paper Presentations	All the above papers presented in various conferences	
Titles of recent publications and name of journal	Impact of regulatory advertisements in entertainment visual media on customer perception	International Journal of Emerging Technologies and Innovative Research
	NIRF ranking, NACC and NBA Accreditation of Higher Educational Institutions in India – A comparative exploration	Journal of Infokara Research
Working Paper	Accreditations and Higher Educational Institutions – A study from the perspective of various stakeholders	

Place : Palakkad
Date : February 11, 2022



Dr. Krishna Kumar TP
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(Dr.Krishna Kumar TP)

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I YEAR BSc NURSING

A COMPREHENIVE STRESS MANAGEMENT

Course Syllabus

COURSE CODE:SM2223




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CONTENTS

Sl. No	Content
1	Introduction
2	Philosophy
3	Purpose
4	Course description
5	Admission terms and conditions
6	Organization of the course
7	Detailed syllabus




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A COMPREHENSIVE STRESS MANAGEMENT

Introduction

Stress is a fact of life, wherever we are and whatever we are doing. We cannot avoid stress, but we can learn to manage it, so it doesn't manage us.

Changes in our lives such as going to college, getting married, changing jobs, or illness-are frequent sources of stress. Keep in mind that changes that cause stress can also benefit you. Moving away from home to attend college, for example, creates personal-development opportunities new challenges, friends, and living arrangements. That is why it's important to know yourself and carefully consider the causes of stress. Learning to do this takes time, and although you cannot avoid stress, the good news is that you can minimize the harmful effects of stress, such as depression or hypertension. The key is to develop an awareness of how you interpret, and react to, circumstances. This awareness will help you develop coping techniques for managing stress.

Stress is the body's response to changes in the life. Because life involves constant change-ranging from every day, routine changes like commuting from home to work to adapting to major life changes like marriage, divorce, or death of a loved one there is no avoiding stress. Stress can come from many sources, which are known as stressors. Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps you feel calmer now, and this can help in several ways. Provision of affordable quality mental health care to all has emerged as a major concern for health care system in India. Nurses play an important role in the hospital as well as community in managing stress of patients, family and colleagues. They need to be prepared for managing stress in both hospitals and community by the way of undergoing specialized course in Stress Management.

Stress management is a major challenge nowadays and in order to overcome this challenge student nurses are trained in Stress Management. It is essential to meet such needs effectively.

Nowadays every institution has got stress management policy The purpose of this policy is to define work related stress and identify a corporate approach to the management of stress within the workplace. The policy provides a framework to assist managers and employees to deal with the issues that arise from work related stress and to help employees deal with it and maintain their attendance.



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The various stress management tools outlined are- yoga, meditation, controlled breathing, visualization, guided imagery - are used by millions throughout the world as they have been for thousands of years. Some have their origins in the Middle East or Asia, and some are associated with various religions, even though they are now commonly practiced by people of all faiths.

Basic Certification Course in Stress Management is designed to develop an ability in student nurses to manage stress in patients, family and an own. The outcome of the Programme will be having more Nursing students to opt and prepare for providing stress management therapies at institutional and community levels.

VISION

The vision of the course is to prepare excellent health care providers and leaders who can manage stress of the patients as well as self.

MISSION

- Learn the significant differences that helping professionals experience as part of their everyday exposure to highly stressful and often traumatic incidents and how their approach to stress reduction requires a unique and tailored approach.
- Learn the basic physiological responses of the human body to various environmental and emotional stresses. Participants will have the ability to differentiate between normal, healthy stress, environmental stressors and emotional stressors both endogenous and reactive. Understand the autonomic responses to various stressors and cognitive reactions that reinforce the occurrence of physical reaction without the benefit of thought processing.
- Learn and practice various, effective, traditional breathing and progressive relaxation methods from the 3 minutes to 20-minute models

PHILOSOPHY

- Nehru College of Nursing believes that registered Nursing students need to be trained for managing stress in order to work enthusiastically and provide competent care to the patients.



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PURPOSE

The purpose of the course is to:

1. To identify the causes of stress
2. Manage the stressful situations.
3. Convey an understanding of the concepts of stress, perception, strain, long-term outcomes, and coping
4. Identify and discuss the potential negative health outcomes of chronic or unaddressed stress.
5. Conduct research in areas of stress management.

COURSE DESCRIPTION

The Course is designed to prepare BSc Nursing students with specialized knowledge, skill, and attitude in managing stress in patients, families and communities at all the three levels of care.

ADMISSION TERMS AND CONDITIONS

The student seeking admission to this course should:

1. Be a registered nursing student under KUHS or equivalent.
2. Students from other institution can also participate subject to eligibility criteria.
3. Be physically and mentally fit.
4. No. of seats 60.

ORGANIZATION OF THE COURSE

A. Duration: 6 months

B. Distribution of the course:

1. Teaching theory :30hrs
2. Examination and evaluation hours :20hrs



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FIRST YEAR B Sc NURSING A COMPREHENIVE STRESS MANAGEMENT

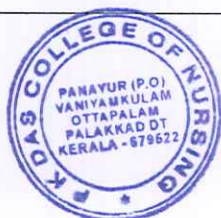
Placement- I Year

Theory (In hours) -15

Course Description:

The Course is designed to enable students to acquire knowledge of Stress Management apply this in the practice of nursing and Day to day life.

Unit	Time	Content	Teaching learning activities
I	10hrs	<p>UNDERSTANDING THE NATURE OF STRESS</p> <ul style="list-style-type: none"> • The meaning of stress • The body's reactions to sources of across the lifespan • Adaptive and maladaptive behavior • Individual and cultural differences 	<p>Lecture</p> <p>Discussion</p>
II	10hrs	<p>STRATEGIES OF STRESS MANAGEMENT AND PREVENTION</p> <ul style="list-style-type: none"> • Challenging Stressful Thinking • Problem Solving and Time Management • Physical Methods of Stress Reduction • Psychological and Spiritual Relaxation Methods • Preparing for the Future: College and occupational Stress • Care of the Self. Nutrition and Other Lifestyle Issues. • Stress and Conflict in Relationships 	<p>Lecture</p> <p>Discussion</p> <p>Role play</p>
III	5hrs	<p>STRATEGIES OF SYNTHESIS AND PREVENTION</p>	<p>Lecture</p> <p>Discussion</p>



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		<ul style="list-style-type: none">• Resilience and Stress• Optimal Functioning• Making Changes Last• Comprehensive stress management	
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Reference

1. Quick JC, Quick JD, Nelson DL, Hurrell Jr JJ. Preventive stress management in organizations. American Psychological Association; 1997
2. Schafer W. Stress management for wellness. Harcourt Brace College Publishers, 1996.
3. Powell TJ, Enright SJ. Anxiety and stress management. Routledge; 2015 Sep 25.



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List of students enrolled for value added course, for the year 2022-23

Name of the value added Course: A comprehensive stress Management

Theory Hours: 15 Hours

Placement: I year

S.No.	Name
1	ABHAYA SURAN
2	ABHINA A S
3	AGRAJA TG
4	AISWARYA REMESH
5	AKHIL SHANTY
6	AKSHAYA K
7	AKSHAYA T
8	ALAN SHANTY
9	ALEENA JOLLY
10	ALEENA T
11	ALENA SANTIAGO
12	ALIN ALEX
13	ALMA ISMAIL
14	AMRITHA LAL
15	AMRITHA S R
16	AMRU MOHAMMED USMAN MALAVATTATH
17	ANAGA PAUL
18	ANAGHA T RAJESH
19	ANAGHALAKSHMI J
20	ANGEL M J
21	ANJANA A P
22	ANN MARIYA SYRIL
23	ANN MARY SEBY
24	ANSABA A
25	ANUSREE M
26	ARATHY N U
27	ARCHANA M ANIL KUMAR
28	ARJUN M
29	ARUN SHANTY
30	ARYA V R
31	ASHIQA M JALEEL
32	ASWATHY P
33	ASWIN M
34	ATHIRA MURALI
35	BILNA M S
36	BINCY YACOB
37	BLENITO BABY



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38	DONA BIJU
39	DONA VIJEES B
40	FATHIMA FARSANA P T
41	FATHIMATHUL SHERHASHERIN K A
42	FIDA SHERIN
43	FIDHA
44	GEORGEENA THOMAS
45	HEERA
46	JEETHU JOY
47	JESMI JOY
48	JESNA K SOMI
49	K ABHIRAM
50	KRISHNA PRIYA R
51	LAKSHMI PRIYA M D
52	LAKSHMI SAHADEVAN
53	MEGHA NAIR
54	MERITTA ELDHO
55	MOHAMMED ANSHID C
56	MUBASHIRA N
57	N SHAJIN
58	NAHLA SAKEER V
59	NAJLA K
60	NANDANA K
61	NANDANA K T
62	NANDANA T
63	NANDHANA M
64	NANDHANA M C
65	NASMIN KA
66	NAYANA P P
67	NAYANA SEBASTIAN
68	NIKHILA UNNI
69	NIMISHA KURUVILA
70	NIYAS AHMED K K
71	P CHANDHANA
72	PAVITHRA P M
73	PRASHEE RAJ P R
74	REKHA RAMESH M
75	RENU RAMESH M
76	RESHMA RAJ M
77	RIFA ANVAR K K
78	RINSHA MAJEED V T
79	SANDRA GIREESH
80	SATHPRIYA S
81	SHAHALA N V
82	SNEHA A P



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


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83	SONY S
84	SREELAKSHMI K S
85	SREENAND C K
86	SREYA P
87	SWINET JOBY
88	THAHIRA A
89	THEJALAKSHMI C P
90	VAISHNAV PRAKASH


Course coordinator


principal




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ATTENDANCE SHEET VALUE ADDED COURSE A COMPREHENSIVE STRESS MANAGEMENT

Academic year: 2022 - 2023

Year of study: I year BSc(N)

SL.No.	Name of students	01/06/2022		02/06/2022		03/06/2022	
		M	E	M	E	M	E
1	ABHAYA SURAN	P	P	P	P	P	P
2	ABHINA A S	P	P	P	P	P	P
3	AGRAJA T G	P	P	P	P	P	P
4	AISWARYA REMESH	P	P	P	P	P	P
5	AKHIL SHANTY	P	P	P	P	P	P
6	AKSHAYA K	P	P	P	P	P	P
7	AKSHAYA T	P	P	P	P	P	P
8	ALAN SHANTY	P	P	P	P	P	P
9	ALEENA JOLLY	P	P	P	P	P	P
10	ALEENA T	P	P	P	P	P	P
11	ALENA SANTIAGO	P	P	P	P	P	P
12	ALIN ALEX	P	P	P	P	P	P
13	ALMA ISMAIL	P	P	P	P	P	P
14	AMRITHA LAL	P	P	P	P	P	P
15	AMRITHA S R	P	P	P	P	P	P
16	AMRU MOHAMMED USMAN MALAVATTATH	P	P	P	P	P	P
17	ANAGA PAUL	P	P	P	P	P	P
18	ANAGHA T RAJESH	P	P	P	P	P	P
19	ANAGHALAKSHMI J	P	P	P	P	P	P
20	ANGEL M J	P	P	P	P	P	P
21	ANJANA A P	P	P	P	P	P	P
22	ANN MARIYA SYRIL	P	P	P	P	P	P
23	ANN MARY SEBY	P	P	P	P	P	P
24	ANSABA A	P	P	P	P	P	P
25	ANUSREE M	P	P	P	P	P	P
26	ARATHY N U	P	P	P	P	P	P
27	ARCHANA M ANIL KUMAR	P	P	P	P	P	P

Course coordinator



Principal
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Principal

Principal
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28	ARJUN M	P	P	P	P	P	P
29	ARUN SHANTY	P	P	P	P	P	P
30	ARYA V R	P	P	P	P	P	P
31	ASHIQA M JALEEL	P	P	P	P	P	P
32	ASWATHY P	P	P	P	P	P	P
33	ASWIN M	P	P	P	P	P	P
34	ATHIRA MURALI	P	P	P	P	P	P
35	BILNA M S	P	P	P	P	P	P
36	BINCY YACOB	P	P	P	P	P	P
37	BLENITO BABY	P	P	P	P	P	P
38	DONA BIJU	P	P	P	P	P	P
39	DONA VIJEES B	P	P	P	P	P	P
40	FATHIMA FARSANA P T	P	P	P	P	P	P
41	FATHIMATHUL SHERHASHERIN K A	P	P	P	P	P	P
42	FIDA SHERIN	P	P	P	P	P	P
43	FIDHA	P	P	P	P	P	P
44	GEORGEENA THOMAS	P	P	P	P	P	P
45	HEERA	P	P	P	P	P	P
46	JEETHU JOY	P	P	P	P	P	P
47	JESMI JOY	P	P	P	P	P	P
48	JESNA K SOMI	P	P	P	P	P	P
49	K ABHIRAM	P	P	P	P	P	P
50	KRISHNA PRIYA R	P	P	P	P	P	P
51	LAKSHMI PRIYA M D	P	P	P	P	P	P
52	LAKSHMI SAHADEVAN	P	P	P	P	P	P
53	MEGHA NAIR	P	P	P	P	P	P
54	MERITTA ELDHO	P	P	P	P	P	P
55	MOHAMMED ANSHID C	P	P	P	P	P	P
56	MUBASHIRA N	P	P	P	P	P	P
57	N SHAJIN	P	P	P	P	P	P
58	NAHLA SAKEER V	P	P	P	P	P	P
59	NAJLA K	P	P	P	P	P	P
60	NANDANA K	P	P	P	P	P	P
61	NANDANA K T	P	P	P	P	P	P
62	NANDANA T	P	P	P	P	P	P
63	NANDHANA M	P	P	P	P	P	P
64	NANDHANA M C	P	P	P	P	P	P

Course coordinator

Principal

PRINCIPAL

Nehru College of Nursing

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Pin - 679 522, Kerala



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65	NASMIN KA	P	P	P	P	P	P
66	NAYANA P P	P	P	P	P	P	P
67	NAYANA SEBASTIAN	P	P	P	P	P	P
68	NIKHILA UNNI	P	P	P	P	P	P
69	NIMISHA KURUVILA	P	P	P	P	P	P
70	NIYAS AHMED K K	P	P	P	P	P	P
71	P CHANDHANA	P	P	P	P	P	P
72	PAVITHRA P M	P	P	P	P	P	P
73	PRASHEE RAJ P R	P	P	P	P	P	P
74	REKHA RAMESH M	P	P	P	P	P	P
75	RENU RAMESH M	P	P	P	P	P	P
76	RESHMA RAJ M	P	P	P	P	P	P
77	RIFA ANVAR K K	P	P	P	P	P	P
78	RINSHA MAJEED V T	P	P	P	P	P	P
79	SANDRA GIREESH	P	P	P	P	P	P
80	SATHPRIYA S	P	P	P	P	P	P
81	SHAHALA N V	P	P	P	P	P	P
82	SNEHA A P	P	P	P	P	P	P
83	SONY S	P	P	P	P	P	P
84	SREELAKSHMI K S	P	P	P	P	P	P
85	SREENAND C K	P	P	P	P	P	P
86	SREYA P	P	P	P	P	P	P
87	SWINET JOBY	P	P	P	P	P	P
88	THAHIRA A	P	P	P	P	P	P
89	THEJALAKSHMI C P	P	P	P	P	P	P
90	VAISHNAV PRAKASH	P	P	P	P	P	P


Course coordinator




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VALUE ADDED COURSE
A COMPREHENSIVE STRESS MANAGEMENT

Academic year: 2022-2023
Year of study: I. year Bsc(N)
COURSE CODE: SM2223

Marks: 10 marks
Duration: 30 min

Encircle the correct answers

1: Which of the following is not a common physical symptom of stress?

A) Headaches B) Muscle relaxation C) Increased heart rate

2: What is the primary goal of stress management?

A) Eliminating all stressors from life B) Reducing or effectively coping with stress C) Avoiding all responsibilities

3: Which stress management technique involves focusing on the present moment and accepting it without judgment?

A) Progressive muscle relaxation B) Mindfulness meditation C) Aerobic exercise

Answer: B) Mindfulness meditation

4: What is one of the key benefits of regular physical activity in stress management?

A) Increased stress levels B) Improved sleep quality C) Reduced social interactions

5: Which coping strategy involves seeking social support and talking to friends or family about stress?

A) Isolation B) Social withdrawal C) Seeking emotional support

6: Chronic stress can contribute to the development of:

A) Strong immune system B) Physical fitness C) Health problems such as hypertension and depression

7: What is the term for the stress experienced when adapting to significant life changes, whether positive or negative?

A) Routine stress B) Eustress C) Post-traumatic stress

8: Which stress management technique involves identifying and challenging irrational or negative thoughts?

is A) Biofeedback B) Cognitive-behavioral therapy (CBT) C) Passive relaxation

9: A well-balanced diet with adequate nutrients important for stress management because it:

A) Increases stress levels B) Reduces stress-related weight gain C) Has no impact on stress

10: What is the role of time management in stress reduction?

A) It increases stress by creating strict schedules B) It helps prioritize tasks and reduce feelings of overwhelm C) It has no impact on stress levels



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VALUE ADDED COURSE
A. COMPREHENSIVE STRESS MANAGEMENT

Academic year: 2022-2023

Year of study: III year Bsc(N)

COURSE CODE:SM2223

Answer Key

Q.No.	Answer
1	B) Reducing or effectively coping with stress
2	B) Muscle relaxation
3	B) Mindfulness meditation
4	B) Improved sleepquality
5	C) Seeking emotional support
6	C) Health problems such as hypertension and depression
7	B) Eustress
8	B) Cognitive-behavioral therapy (CBT)
9	B) Reduces stress related weightgain
10	B) It helps prioritize tasks and reduce feelings of overwhelm



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VALUE ADDED COURSE

A COMPREHENSIVE STRESS MANAGEMENT

Academic year: 2022-2023
Year of study: I. year Bsc(N)
COURSE CODE:SM2223

Marks: 10 marks
Duration: 30 min

7/10

Encircle the correct answers

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KERALA - 679522

Ashut Shetty

VALUE ADDED COURSE

A COMPREHENSIVE STRESS MANAGEMENT

Academic year: 2022-2023
Year of study: I. year Bsc(N)
COURSE CODE:SM2223

Marks: 10 marks
Duration: 30 min

7 / 10

Encircle the correct answers

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VALUE ADDED COURSE

A COMPREHENSIVE STRESS MANAGEMENT

Academic year: 2022-2023
Year of study: I. year Bsc(N)
COURSE CODE:SM2223

Marks: 10 marks
Duration: 30 min

6/10

Encircle the correct answers

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SCORE SHEET VALUE ADDED COURSE

Academic year: 2022-23

Name of the value added Course: A comprehensive stress Management

Placement: I year

S.NO.	NAME	SCORE EARNED
1	ABHAYA SURAN	7
2	ABHINA A S	8
3	AGRAJA TG	7
4	AISWARYA REMESH	8
5	AKHIL SHANTY	7
6	AKSHAYA K	7
7	AKSHAYA T	7
8	ALAN SHANTY	8
9	ALEENA JOLLY	9
10	ALĒENA T	10
11	ALENA SANTIAGO	7
12	ALIN ALEX	8
13	ALMA ISMAIL	7
14	AMRITHA LAL	8
15	AMRITHA S R	7
16	AMRU MOHAMMED USMAN MALAVATTATH	8
17	ANAGA PAUL	10
18	ANAGHA T RAJESH	7
19	ANAGHALAKSHMI J	6
20	ANGEL M J	7
21	ANJANA A P	8
22	ANN MARIYA SYRIL	7
23	ANN MARY SEBY	8
24	ANSABA A	10
25	ANUSREE M	7
26	ARATHY N U	8
27	ARCHANA M ANIL KUMAR	7
28	ARJUN M	7
29	ARUN SHANTY	8



G. Sumi
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30	ARYA V R	7
31	ASHIQA M JALEEL	7
32	ASWATHY P	7
33	ASWIN M	8
34	ATHIRA MURALI	9
35	BILNA M S	10
36	BINCY YACOB	7
37	BLENITO BABY	8
38	DONA BIJU	7
39	DONA VIJEES B	8
40	FATHIMA FARSANA P T	7
41	FATHIMATHUL SHERHASHERIN K A	7
42	FIDA SHERIN	7
43	FIDHA	8
44	GEORGEENA THOMAS	7
45	HEERA	8
46	JEETHU JOY	7
47	JESMI JOY	8
48	JESNA K SOMI	10
49	K ABHIRAM	7
50	KRISHNA PRIYA R	6
51	LAKSHMI PRIYA M D	7
52	LAKSHMI SAHADEVAN	8
53	MEGHA NAIR	7
54	MERITTA ELDHO	8
55	MOHAMMED ANSHID C	7
56	MUBASHIRA N	7
57	N SHAJIN	7
58	NAHLA SAKEER V	8
59	NAJLA K	9
60	NANDANA K	10
61	NANDANA K T	7
62	NANDANA T	7
63	NANDHANA M	8
64	NANDHANA M C	7
65	NASMIN KA	8
66	NAYANA P P	10
67	NAYANA SEBASTIAN	7
68	NIKHILA UNNI	6
69	NIMISHA KURUVILA	7
70	NIYAS AHMED K K	8
71	P CHANDHANA	7



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72	PAVITHRA P M	8
73	PRASHEE RAJ P R	10
74	REKHA RAMESH M	7
75	RENU RAMESH M	6
76	RESHMA RAJ M	7
77	RIFA ANVAR K K	8
78	RINSHA MAJEED V T	7
79	SANDRA GIREESH	8
80	SATHPRIYA S	10
81	SHAHALA N V	7
82	SNEHA A P	6
83	SONY S	7
84	SREELAKSHMI K S	8
85	SREENAND C K	7
86	SREYA P	8
87	SWINET JOBY	10
88	THAHIRA A	7
89	THEJALAKSHMI C P	6
90	VAISHNAV PRAKASH	7

Course coordinator

principal



PRINCIPAL
PK DAS COLLEGE OF NURSING
PANAYUR (P.O), VANIAMKULAM
OTTAPALAM, PALAKKAD DT
KERALA - 679522

VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Abhaya

Year of study: 1st year

Register No. 220065477

Name of course: A comprehensive stress management

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.	✓			
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.		✓		
6.	The course was engaging and kept my interest throughout.			✓	
7.	The course provided opportunities for interaction and discussion.			✓	
8.	Overall, I feel that this course added value to my knowledge and skills			✓	

Abhaya

Signature of the student



G. S. Kumar
PRINCIPAL
PK DAS COLLEGE OF NURSING
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OTTAPALAM, PALAKKAD DT
KERALA - 679522

VALUE ADDED COURSE FEED BACK

Academic year: *2022-23*

Name of the student: *Agraja*

Year of study: *1st*

Register No. *220065479*

Name of course: *A comprehensive stress management*

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests		✓		
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.	✓			
5.	I was able to apply what I learned from the course in my personal or professional life.		✓		
6.	The course was engaging and kept my interest throughout.	✓			
7.	The course provided opportunities for interaction and discussion.	✓	✓		
8.	Overall, I feel that this course added value to my knowledge and skills		✓		

Agraja

Signature of the student



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KERALA - 679522

VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Abina A.S

Year of study: 1st year

Register No. 220065478

Name of course: A Comprehensive stress management

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.	✓			
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.	✓			
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.	✓			
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills		✓		

Abina

Signature of the student



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KERALA - 679522



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CERTIFICATION OF COMPLETION

This is to certify that Aleena T has
successfully completed the value added course - A comprehensive stress management
during 2022-23

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator

Principal

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KERALA - 679522



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CERTIFICATION OF COMPLETION

This is to certify that Anagha Paul has successfully completed the Value added course - A comprehensive stress management during 2022 - 23


This course provided additional value and knowledge to the participants beyond their qualifications.


Course Coordinator


Principal

PRINCIPAL
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Pin - 679 522, Kerala




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KERALA - 679-522



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of **NURSING**
PANAYUR (PO), VANIYAMKULAM, PALAKKAD - 679522



CERTIFICATION OF COMPLETION

This is to certify that Ansaba A has
successfully completed the Value added course - A comprehensive stress management
during 2022 - 23

This course provided additional value and knowledge to the participants beyond their qualifications.


Course Coordinator

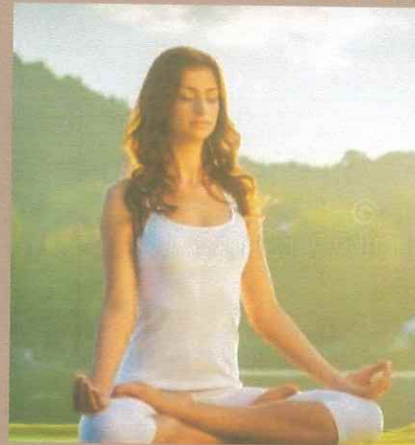




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Principal
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Nehru College of Nursing
Janiyamkulam, Ottapalam, Palakkad Dt
Pin - 679 522, Kerala

VALUE ADDED COURSE

TOPIC : YOGA: AN ART OF LIFE
DURATION : 3days
DATE : 06/6/2022- 08/6/2022
INSTRUCTOR : MRS USHA K. YOGACHARYA
PARTICIPANTS : II YEAR BSc (N)
TIME : 08:30 AM – 04:30 PM
VENUE : II Year Lecturer Hall




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KERALA - 679522



USHA K

Contact

Address:

Sreesailam House
Cherpulassery P.O
Palakkad DIST
Pin: 679503

Phone:

+91- 7907854456 & 9447940374

Personal details

DOB:

30/05/1969

Marital status:

Married

Husband Name:

Chandrasekharan Pillai T K

Religion:

Hindu

Nationality:

Indian

Hobbies

- + Communication.
- + Ability to Work under Pressure.
- + Decision Making.
- + Time Management.
- + Self-motivation.
- + Conflict Resolution.
- + Leadership.
- + Adaptability.



CARRIER OBJECTIVE

To join a professional establishment for challenging opportunities where my experience are honed and are best utilized for the betterment of organization and also my career. The premier objective will be always performing my duty with efficiency, practical experiences and guidance of organizational system.

APPLICATION FOR THE POST OF YOGA INSTRUCTOR

EDUCATIONAL QUALIFICATION

- T T C in Yoga (Pathanjali College - Eranakulam)
- Pre- Degree
- Matriculation

WORK EXPERIENCE

- 10 years of experience as Yoga Instructor at Tejaswy Yoga Centre (2 days per week) (Cherpulassery- Kerala)
- 14 year of Experience as Yoga Instructor / Coordinator at MES International School (Pattambi)
- 3 year of experience as Yoga Instructor at St,Thomas School Olavakkode (Palakkad)

CAPABILITIES

- + Experience in Kungfu , Kalary & Yoga

COMPUTER SKILLS

- ◆ MS office
- ◆ Basics

LANGUAGES KNOWN

To Speak : English , Tamil & Malayalam

To Read and Write : English & Malayalam

DECLARATION

I sincerely believe that the above mentioned facts are true to my knowledge and belief.I hope that you consider my application in best your mind.

**PRINCIPAL
PK DAS COLLEGE OF NURSING
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OTTAPALAM, PALAKKAD DT
KERALA - 679522**

Place:

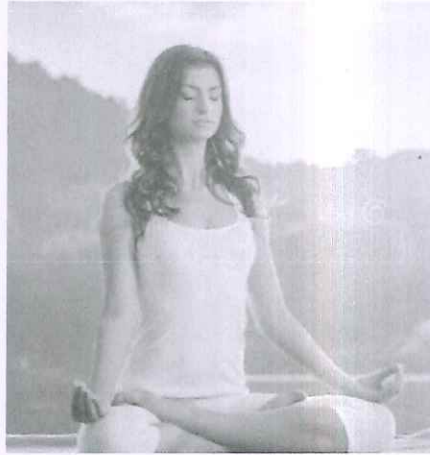
Date:

Yours Truly

USHA K

NEHRU COLLEGE OF NURSING

Panayur, Vaniyamkulam



II year BSc Nursing
VALUE ADDED COURSE
ON
YOGA AN ART OF LIFE

Course Syllabus

COURSE CODE:YT2223



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INTRODUCTION:

Many of us believe that as we age, it is inevitable that our body will not work as well as it did ten or twenty years ago. There is some truth in this. But most experts agree that you can do something to counter the usual effects of ageing, and that something is yoga.

Yoga is increasingly gaining mainstream international acceptance as the exercise of first choice to decelerate the ageing process, both physical and psychological. It has been demonstrated by scientific research that yoga can help to ward off mid-life health problems, including arthritis, osteoporosis and low back pain.

The yoga asanas also keep the jelly donut-like discs of the spine supple and healthy. Yoga will help you become a bit stronger and more flexible, have more energy, lose weight, reduce stress, anxiety and high blood pressure, improve concentration and memory, and feel more optimistic.

VISION

The vision of the course is to prepare excellent health care providers who can have adequate knowledge regarding yoga and practice in day today life.

MISSION

- The mission of basics of yoga and techniques for safe practice helps student to lead a healthy body mind and spirit .
- To ensure that each patient will be educated yoga techniques for speedy recovery .
- To ensure good body mechanics while patient care.



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SECOND YEAR BSc NURSING

YOGA AN ART OF LIFE

Placement : II Year

Theory(In hours) : 16

Course Description :

The course is designed to enable students to acquire knowledge of Basics of yoga and techniques for safe practice and apply this in the practice of nursing and day-to-day life.

Unit	Time (Hrs)	Content	Teaching Learning activities
1	6	YOGA BASICS <ul style="list-style-type: none">• Introduction What is Yoga?• General Benefits of Yoga• The ABCs of Practice• Miscellaneous Practice	
2	5	PRELIMINARY EXERCISES <ul style="list-style-type: none">• Pieces of the Puzzle• Prasrita Padottanasana• 9 11 Uttanasana• 13 Parshvottanasana• Utkatasana• Belly Asanas• Ardha Navasana• Jathara Parivartanasana• Urdhva Prasrita Padasana (Upward Extended Legs)• Arm Strength Asanas Chaturanga Dandasana• Vashishtha Asana• Sitting Asanas and Forward Bends Dandasana (Staff)• Virasana• Gomukhasana• Baddha-Konasana• Supta Padangushtasana• Janu Shirshasana	



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3	5	<p style="text-align: center;">ASANAS</p> <ul style="list-style-type: none">• Bent-Knee Lunge Surya Namaskar• Standing Asanas Vrksasana (Tree)• Trikonasana (Triangle)• Parivrtta Trikonasana (Revolved Triangle)• Utthita Parshvakonasana (Extended Side Angle)• Virabhadra Asana I• Virabhadra Asana II• Ardha Chandrasana (Half Moon)	
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References:

- **Richard Rosen” modified asanas an techniques for a safe practice”**



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List of students enrolled for value added course, for the year 2022- 23
Name of the value added Course: yoga –an art of life

Theory Hours: 15 Hours

Placement: II year

Sl. No	Name
1.	AADIL RAYZ I
2.	AARYA T S
3.	ABDUL RASHEED A
4.	ABHIJITH K
5.	ABHINAYA. A
6.	ADIL MUHAMMED A R
7.	ADILA ROSHNI
8.	ADITHYA P.U.
9.	AGAL SABU
10.	AISWARYA P
11.	AISWARYA S
12.	AISWARYA. V
13.	AKHILA M
14.	ALEENA ANTONY
15.	ALEENA JOMON
16.	ALEESHA P JOY
17.	ALENTA M
18.	ALISHA ALEX
19.	AMAL SHEREEFA SUBIER
20.	AMEGHA HARIDASANUNNI
21.	ANAGHA M.M.
22.	ANCELA AGNAS ASHOK
23.	ANISHA V R
24.	ANJANA K
25.	ANJANA SAJEEVAN
26.	ANJANA T
27.	ANJUMOL M S
28.	ANOKKA JIJU
29.	APARNA G NAIR
30.	APARNA K L
31.	ARDRA P SHAJI
32.	ARYA K A
33.	ARYANANDA AJAYAKUMAR
34.	ASHITHA SHAJU
35.	ASWATHY K
36.	ASWATHY AJITH



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37.	ASWATHY S
38.	ATHIRA PRAKASH
39.	AVANTHIKA
40.	BESSY BABY
41.	CHRISTEENA JUBY
42.	CHRISTY SEETHAL SABU
43.	FARZANA ASHARAF P A
44.	GOPIKA N
45.	GOPIKA R K
46.	GOPIKA T
47.	GOWRY NANDHANA K S
48.	HARSHA K M
49.	IZABEL MARY FERIA
50.	JANET JOHNY C
51.	JISNA JINSON
52.	JOHNS ALIAS
53.	JOSNA K GEORGE
54.	JOTHIKA JEEVAN V
55.	JYOTHIKA T SHAJI
56.	KARTHIKA P
57.	KEVIN LI VINCENT
58.	KRISHNA PRIYA R.A.
59.	LAVANYA SIVAN
60.	LEKSHMY S
61.	M KAILAS
62.	MARINA DANTY
63.	MARIYA DANTY
64.	MARIYA TERESA SINESH
65.	MEENAKSHI K SHIJU
66.	MOHAMMED FAYAS
67.	NAJIYA NASARUDEEN
68.	NANDANA K
69.	NAYANA JAYAMON
70.	NIRANJAN L GOVIND
71.	PRANAV PRAKASH
72.	PRIYA SARA
73.	RAMSHIJA M A
74.	RESHMA DAVIS
75.	ROBINSON GEORGE
76.	SANDRA P R
77.	SANIKA S
78.	SARANYA LAKSHMANAN
79.	SHIFANA P K
80.	SHILPA S NAIR
81.	SIVALAYA SAGAR





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82.	SIYA BAJI
83.	SNEHA K
84.	SNEHA THOMAS
85.	SREEKUTTY K.B.
86.	STEPHY K BIJU
87.	SURYA T M
88.	VINEETHA V.P.
89.	VISHNUPRIYA


Course coordinator


principal




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ATTENDANCE SHEET VALUE ADDED COURSE ON YOGA; AN ART OF LIFE

Academic year: 2022-2023

Year of study: II year Bsc(N)

SL.NO	NAME OF STUDENTS	06/06/2022		07/06/2022		08/06/2022	
		M	E	M	E	M	E
1	AADIL RAYZ I	P	P	P	P	P	P
2	AARYA T S	P	P	P	P	P	P
3	ABDUL RASHEED A	P	P	P	P	P	P
4	ABHIJITH K	P	P	P	P	P	P
5	ABHINAYA. A	P	P	P	P	P	P
6	ADIL MUHAMMED A R	P	P	P	P	P	P
7	ADILA ROSHNI	P	P	P	P	P	IP
8	ADITHYA P.U.	P	P	P	P	P	IP
9	AGAL SABU	P	P	P	P	P	IP
10	AISWARYA P	P	P	P	P	P	IP
11	AISWARYA S	P	P	P	P	P	IP
12	AISWARYA. V	P	P	P	P	P	IP
13	AKHILA M	P	P	P	P	P	IP
14	ALEENA ANTONY	P	P	P	P	P	IP
15	ALEENA JOMON	P	P	P	P	P	IP
16	ALEESHA P JOY	P	P	P	P	P	IP
17	ALENTA M	P	P	P	P	P	IP
18	ALISHA ALEX	P	P	P	P	P	IP
19	AMAL SHEREEFA SUBIER	P	P	P	P	P	IP
20	AMEGHA HARIDASANUNNI	P	P	P	P	P	IP
21	ANAGHA M.M.	P	P	P	P	P	IP
22	ANCELA AGNAS ASHOK	P	P	P	P	P	IP
23	ANISHA V R	P	P	P	P	P	IP
24	ANJANA K	P	P	P	P	P	IP
25	ANJANA SAJEEVAN	P	P	P	P	P	IP
26	ANJANA T	P	P	P	P	P	IP


Course coordinator


Principal

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27	ANJUMOL M S	P	P	P	P	P	P
28	ANOKKA JIJU	P	P	P	P	P	P
29	APARNA G NAIR	A	P	P	P	P	P
30	APARNA K L	P	P	P	P	P	P
31	ARDRA P SHAJI	P	P	P	P	P	P
32	ARYA K A	P	P	P	P	P	P
33	ARYANANDA AJAYAKUMAR	A	P	P	P	P	P
34	ASHITHA SHAJU	A	P	P	P	P	P
35	ASWATHY K	P	P	P	P	P	P
36	ASWATHY AJITH	P	P	P	P	P	P
37	ASWATHY S	P	P	P	P	P	P
38	ATHIRA PRAKASH	P	P	P	P	P	P
39	AVANTHIKA	P	P	P	P	P	P
40	BESSY BABY	P	P	P	P	P	P
41	CHRISTEENA JUBY	P	P	P	P	P	P
42	CHRISTY SEETHAL SABU	P	P	P	P	P	P
43	FARZANA ASHARAF P A	P	P	P	P	P	P
44	GOPIKA N	P	P	P	P	P	P
45	GOPIKA R K	P	P	P	P	P	P
46	GOPIKA T	P	P	P	P	P	P
47	GOWRY NANDHANA K S	P	P	P	P	P	P
48	HARSHA K M	P	P	P	P	P	P
49	IZABEL MARY FERIA	A	P	P	P	P	P
50	JANET JOHNY C	P	P	P	P	P	P
51	JISNA JINSON	P	P	P	P	P	P
52	JOHNS ALIAS	P	P	P	P	P	P
53	JOSNA K GEORGE	P	P	P	P	P	P
54	JOTHIKA JEEVAN V	P	P	P	P	P	P
55	JYOTHIKA T SHAJI	P	P	P	P	P	P
56	KARTHIKA P	P	P	P	P	P	P
57	KEVIN LI VINCENT	P	P	P	P	P	P
58	KRISHNA PRIYA R.A.	P	P	P	P	P	P
59	LAVANYA SIVAN	P	P	P	P	P	P
60	LEKSHMY S	P	P	P	P	P	P
61	M KAILAS	P	P	P	P	P	P
62	MARINA DANTY	P	P	P	P	P	P
63	MARIYA DANTY	P	P	P	P	P	P
64	MARIYA TERESA SINESH	P	P	P	P	P	P

[Signature]

Course coordinator

[Signature]

Principal



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65	MEENAKSHI K SHIJU	P	P	P	P	P	P
66	MOHAMMED FAYAS	P	P	P	P	P	P
67	NAJIYA NASARUDEEN	A	P	P	P	P	P
68	NANDANA K	A	P	A	P	P	P
69	NAYANA JAYAMON	P	P	P	P	P	P
70	NIRANJAN L GOVIND	P	P	P	P	P	P
71	PRANAV PRAKASH	P	P	P	P	P	P
72	PRIYA SARA	A	P	P	P	P	P
73	RAMSHIJA M A	A	A	P	P	P	P
74	RESHMA DAVIS	P	P	P	P	P	P
75	ROBINSON GEORGE	P	P	P	P	P	P
76	SANDRA P R	P	P	P	P	P	P
77	SANIKA S	P	P	P	P	P	P
78	SARANYA LAKSHMANAN	P	P	P	P	P	P
79	SHIFANA P K	A	A	A	P	P	P
80	SHILPA S NAIR	P	P	P	P	P	P
81	SIVALAYA SAGAR	P	P	P	P	P	P
82	SIYA BAJI	P	P	P	P	P	P
83	SNEHA K	P	P	P	P	P	P
84	SNEHA THOMAS	P	P	P	P	P	P
85	SREEKUTTY K.B.	P	P	P	P	P	P
86	STEPHY K BIJU	P	P	P	P	P	P
87	SURYA T M	P	P	P	P	P	P
88	VINEETHA V.P.	P	P	P	P	P	P
89	VISHNUPRIYA	P	P	P	P	P	P

Shw

Course coordinator



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SCORE SHEET. VALUE ADDED COURSE

Academic year 2022- 23

Name of the value added Course: yoga –an art of life

Placement: II year

S.NO.	NAME	SCORE EARNED
1.	AADIL RAYZI	7
2.	AARYA T S	8
3.	ABDUL RASHEED A	7
4.	ABHIJITH K	7
5.	ABHINAYA. A	8
6.	ADIL MUHAMMED A R	7
7.	ADILA ROSHNI	7
8.	ADITHYA P.U.	7
9.	AGAL SABU	8
10.	AISWARYA P	9
11.	AISWARYA S	10
12.	AISWARYA. V	7
13.	AKHILA M	8
14.	ALEENA ANTONY	7
15.	ALEENA JOMON	8
16.	ALEESHA P JOY	7
17.	ALENTA M	7
18.	ALISHA ALEX	7
19.	AMAL SHEREEFA SUBIER	8
20.	AMEGHA HARIDASANUNNI	7



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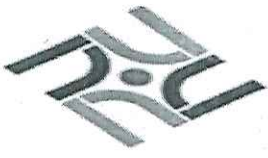


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21.	ANAGHA M.M.	8
22.	ANCELA AGNAS ASHOK	10
23.	ANISHA V R	7
24.	ANJANA K	7
25.	ANJANA SAJEEVAN	8
26.	ANJANA T	7
27.	ANJUMOL M S	8
28.	ANOKKA JIJU	7
29.	APARNA G NAIR	8
30.	APARNA K L	7
31.	ARDRA P SHAJI	7
32.	ARYA K A	7
33.	ARYANANDA AJAYAKUMAR	8
34.	ASHITHA SHAJU	9
35.	ASWATHY K	10
36.	ASWATHY AJITH	7
37.	ASWATHY S	8
38.	ATHIRA PRAKASH	7
39.	AVANTHIKA	8
40.	BESSY BABY	7
41.	CHRISTEENA JUBY	7
42.	CHRISTY SEETHAL SABU	7
43.	FARZANA ASHARAF P A	7
44.	GOPIKA N	7
45.	GOPIKA R K	8
46.	GOPIKA T	10
47.	GOWRY NANDHANA K S	7
48.	HARSHA K M	



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49.	IZABEL MARY FERIA	7
50.	JANET JOHNY C	8
51.	JISNA JINSON	7
52.	JOHNS ALIAS	8
53.	JOSNA K GEORGE	10
54.	JOTHIKA JEEVAN V	7
55.	JYOTHIKA T SHAJI	6
56.	KARTHIKA P	7
57.	KEVIN LI VINCENT	8
58.	KRISHNA PRIYA R.A.	7
59.	LAVANYA SIVAN	8
60.	LEKSHMY S	7
61.	M KAILAS	8
62.	MARINA DANTY	7
63.	MARIYA DANTY	7
64.	MARIYA TERESA SINESH	8
65.	MEENAKSHI K SHIJU	7
66.	MOHAMMED FAYAS	7
67.	NAJIYA NASARUDEEN	7
68.	NANDANA K	8
69.	NAYANA JAYAMON	9
70.	NIRANJAN L GOVIND	10
71.	PRANAV PRAKASH	7
72.	PRIYA SARA	8
73.	RAMSHIJA M A	7
74.	RESHMA DAVIS	8
75.	ROBINSON GEORGE	7
76.	SANDRA P R	7



G. Srinivas
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77.	SANIKA S	8
78.	SARANYA LAKSHMANAN	7
79.	SHIFANA P K	8
80.	SHILPA S NAIR	10
81.	SIVALAYA SAGAR	7
82.	SIYA BAJI	6
83.	SNEHA K	7
84.	SNEHA THOMAS	8
85.	SREEKUTTY K.B.	7
86.	STEPHY K BIJU	7
87.	SURYA T M	7
88.	VINEETHA V.P.	8
89.	VISHNUPRIYA	9

[Signature]

Course coordinator

[Signature]

principal



[Signature]
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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: AGAL SABU

Year of study: 2nd year

Register No. 2/0060957

Name of course: VOQA : An art of life.

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests			✓	
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.			✓	
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.			✓	
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.			✓	
8.	Overall, I feel that this course added value to my knowledge and skills		✓		

Agal

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23


Name of the student: Anwaraj

Year of study: 2nd


Register No. 2/0060953

Name of course: Yoga - An Art of Life

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.	✓			
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills		✓		


Signature of the student




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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Aiswarya P

Year of study: 2nd year

Register No. 210060959

Name of course: yoga- An art of life

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.	✓			
3.	The course materials and resources were well-organized and useful.	✓			
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills	✓			

Aiswarya P

Signature of the student



G. Suman
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CERTIFICATION OF COMPLETION

This is to certify that Aiswarya S has
successfully completed the Value added course - Yoga - an art of life
during 2022-23

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator

Principal

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CERTIFICATION OF COMPLETION

This is to certify that Ancela Agnas Ashok has
successfully completed the Value added course - Yoga :- an art of life
during 2022 - 23

This course provided additional value and knowledge to the participants beyond their qualifications.

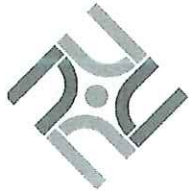
Course Coordinator



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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Josna K George has
successfully completed the Value added course - Yoga - an art of life
during 2022-23

This course provided additional value and knowledge to the participants beyond their qualifications.

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Principal

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Pin - 679 522, Kerala

VALUE ADDED COURSE

TOPIC : HUMAN VALUES AND PROFESSIONAL ETHICS

DURATION : 3days
3/6/2022- 6/6/2022


PARTICIPANTS : III YEAR BSC(N)

SPEAKER : Dr. SUDEER S MARAR

TIME : 08:30 AM – 04:30 PM

VENUE : III year Lecturer Hall




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CERTIFICATION OF COMPLETION

This is to certify that Aneesha C B has
successfully completed the Value added course - Human values & Professional ethics
during 2022-23

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator

Principal

Principal
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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Divya Johny has
successfully completed the value ~~to~~ added course - Human values and Professional Ethics
during 2022-23

This course provided additional value and knowledge to the participants beyond their qualifications.


Course Coordinator


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CERTIFICATION OF COMPLETION

This is to certify that Sandhamol S has successfully completed the Value added course - Human values and professional ethics during 2022 - 23


This course provided additional value and knowledge to the participants beyond their qualifications.


Course Coordinator



Principal




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Dr. SUDHEER.S.MARAR MCA MBA MTech MA.JMC Ph.D.

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hodmca@ncerc.ac.in (Official mail-id)
marar.blog.com (Personal Blog)

+91 9447226458 (Personal/WhatsApp)

SREEVALSAM Marath
Post Chelakkara Thrissur-Dt,
Kerala-680586

+91 9656335444 (Official)

Professor & HoD
Department of Computer Application
Nehru College of Engineering & Research Centre



PERSONAL DETAILS

Date of Birth : 16-04-1981.
Gender : Male.
Nationality : Indian.
Father's Name : (Late) M Sankarankutty Marar.
Languages known : Malayalam, English, Tamil, Sanskrit and Hindi.

ACADEMIC DETAILS

Ph.D. (I.T.)	Rajarajan Academy of Higher Learning, Chennai (University of Honolulu, USA)	Grade A
M.A. (Journalism and Mass Communication)	IECT Community College, Thrissur Madurai Kamaraj University	First Class
M.Tech (IT)	Lakshmi College of Science and Technology, Thrissur (Karnataka State Open University)	Distinction
M.B.A.(Info.Sys.)	Chinmaya College, Thrissur (Bharathiar University, Coimbatore)	First Class
M.C.A.	CMS College of Science and Commerce, Coimbatore (Bharathiar University, Coimbatore)	Distinction
B.Sc. Computer Science	CMS College of Science and Commerce, Coimbatore (Bharathiar University, Coimbatore)	First Class

PROFESSIONAL EXPERIENCE

Professor & HOD, Dept. of MCA	Nehru College of Engineering and Research Centre, Pampady. Trissur.	Apr 2008 onwards
Asst.Professor	Rajarajan Academy, Chennai	July 2006 to Jan 2008
FB Research Scholar (2 years)	Rajarajan Academy, Chennai (Affiliated to University of Honolulu, USA)	June 2004 to May 2006
Project Co-ordinator (6 months)	Techsoft Solutions, Thrissur	Dec 2003 to June 2004



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PATENTS AND INVENTIONS

Patent Published IPR: **Smart Wireless charging systems for IoT devices in Home automation methods** Indian Patent Official Journal 21/2021

Patent Published IPR: **System for Digital Criminal Investigation based on Artificial Intelligence & Machine Learning** Indian Patent Official Journal 25/03/2022

German Patent: **Smart sound detection system based on multiple sounds processing using artificial intelligence**, German Patent 20 2022 101 069.2 Published 04/2022

Indian Design Patent: **Smart Travel Mug**, Indian Patent 369292-001 published 08/2022

Founder and Designer: **nAppIER model of devising an online datamart for study materials aiming a closed group of learners**. Developed for teamMCA2021

Inventor and Developer: **nPods Mobile Platform for Educational Podcasts**. Developed for teamMCA2022

AWARDS AND ATTAINMENTS

Best Paper Award: ICETSSI 2022

Best Presenter Award: HBSOIC 2021

Distinguished Service Award: NCERC 2021

Udaan Intellectual Award for Innovation and Invention 2021

Lady Catherine Societal Research FB Scholarship: UoH USA Research Board 2004

PRESENTATION AND TRAINING

Innovation Ambassador: GoI MoE initiative

Resource Person: AICTE funded FDP for College Teachers

EduTech Trainer : Kerala Govt funded FDP for HSC IT Teachers

Orator : IT Leaders Club initiated Talks for CIO/CTO levels

Keynote Speaker: IECM New Media Talk Series for Professionals

Skill Trainer: NCPIR initiated FDP/EDP/MDP for Students and Staff Members

Storyteller: *Learn it Smart* episodes, powered by NGI Gurukul App



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The role and perspectives of ethics in the contemporary age of New Media Journalism : MIM International Conference on Ethics for Management Proceedings 2019

Technology management for developing countries: upcoming strategies and changing roles : World Congress on Engineering and Computer Science 2016

Technology Management for Developing Countries: Case reference with P&G and Axell NSMJ (Vol II, 2015) Journal of Nehru School of Management.

Previous Works

Technology Management Routines For Nurturing Innovation
National Conference on Alchemy of Management, (2014) Chinmaya Institute of Management and Technology, Thrissur Kerala

Authenticated Document Mngement System
International Journal for Engineering Reseach & Technology, Vol 3 Issue 1 January 2014

Knowledge Management: The Changing Context and Role: with special reference to Strategies and Spectrum. NSM Journal of Management. (Vol 2, 2013).

Remolding Professional Sectors: The SaaS way
CLEAR (Vol I, 2012)Journal of Computational Linguistics in Engineering and Research. Govt Engg. College Srikrishnapuram.

Influencing Online Software Sculpts for better Business Growth.: focusing IaaS routines. LEADER (Vol 1, 2012) Journal for Management. School of Management z@NCERC.

Harnessing the Power of Technology for Social Good, with special focus on Informatics. PIZADA Technological Magazine Annual Ed.2011.

Research Paper on *IMPLIMENTATION OF TECHNOLOGY FOR AGRO-BASED SSIs.*
(published in UH International Journal for IT, USA. as a partial PhD paper)

Research Paper on *ICT ENABLED INFORMATION SYSTEMS DEVELOPMENT FOR RURAL GROWTH.*
(presented in NATIONAL conference at JNTU, AP and won **Best Paper Award**)

Co-Author of a Research Article on *Patterns of Facial Recognition System.* (published in UNC International Journal of Bioinformatics, UK)

Presentation Paper on *ITES for Indian Economy.*
(won 1st prize at National Conference on Globalisation, CMS College. Coimbatore)

Article on E-GOVERNANCE.
(published in MATHRUBHOOMI, a leading Malayalam News Daily).



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EDITORIAL ACTIVITY/PROFESSIONAL MEMBERSHIP

Reviewer: International Journal for Engineering Research and Technology IJERT

Reviewer: International Journal of Creative Research Thoughts IJCRT

Editorial Chief: NCERC Journal of Computer Applications and Research NICAR

Editorial Member: Nehru School of Mgt Journal NSMJ

Conference Chair: NeCTAR Series, Kerala's First of its kind e-Conference

Media Chair: ICETSSI2021 by Nehru Group of Institutions

Member: International Association for Engineers IAENG, Computer Society of India

PUBLICATIONS AND PRESENTATIONS

Books and Chapters

Book Author: ISBN 978-93-5526-045-1 **Business Management in a Nutshell**, Media & Publication Division NCERC

Book Author: ISBN 978-81-954646-3-0 **Essentials of E-Commerce**, Media and Publication Division NCERC

Book Author: ISBN 978-81-954646-5-4 **Communication Skills for Budding Pharmacists**, NCP R&D Division

Publishing Editor: ISBN 978-93-5526-234-9 **Computer Applications for Diversified Domains**

Chapter Author: ISBN 978-81-951230-3-2 **The COVID Divide-Behavioural, Social & Economic Impacts**, A2Z EduLearningHub LLP

Recent Articles

Experimental and Statistical Evaluation of Drilling Induced Damages in Glass Fiber Reinforced Polymer Composites – Taguchi Integrated Supervised Machine Learning Approach, Engineered Science Publisher June 2022 Scopus indexed journal

An Efficient IoT based Healthcare Data Management and Transfer using Blockchain Technology selected for publication by IEEE Digital Explore Scopus indexed journal

Modifiable Smart Phone Anomaly Detection System based on Machine Learning Classification Techniques
(won **Best Paper Award** in International Conference on Signal System and Information 2022)

Enabling Healthcare Arenas to benefit from Information and Communication Technology, (won **Best Presenter Award** in International Conference on Paradigm Shift in Global Business Ecosystem – Post Covid-19 Perspectives 2021)

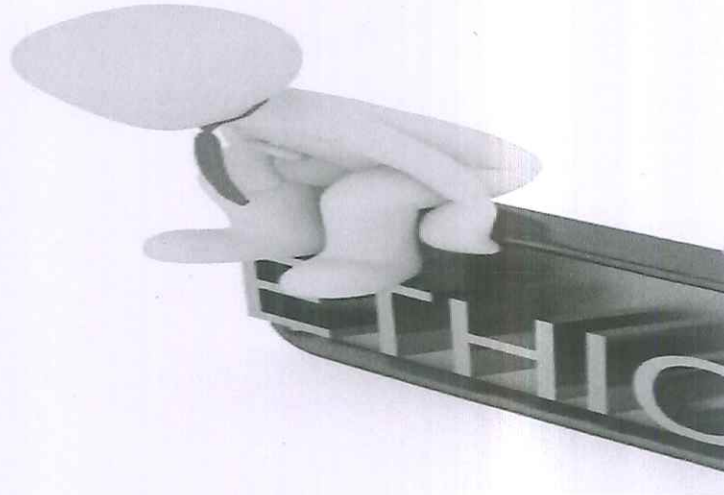
Role of Socio-Informatics Participation in the COVID-19 Study: Highlighting Healthcare Arenas to Benefit from ICT : IJSCSR Vol 9 Issue 3 2021

Wireless Power Management as a protagonist of Industry 4.0: a Casestudy on Ossia's Cota Technology for charging IoT entities : ICETSSI2021 Conference Proceedings



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NEHRU COLLEGE OF NURSING



SYLLABUS FOR COURSE OF HUMAN VALUES AND PROFESSIONAL ETHICS (BSC NURSING STUDENTS – 3RD YEAR)

COURSE CODE:HV2223



G. Das
PRINCIPAL
P K DAS COLLEGE OF NURSING
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COURSE CONTENT

Introduction

A person who is offered a quality education is able to serve the region, the state and the nation through resourceful educational programmes. A quality based education consequently helps in upgrading the individual's growth which in turn endorses the growth of the nation. It offers Quality Education to create a personal paradigm, devoted to master the life skills required for success.

All human beings, need to understand harmony in themselves, harmony with others and harmony with rest of the nature. There is an interconnectedness, self regulation and harmony at all levels of existence and this needs to be identified by each individual. Human beings governed mainly by their pre-conditionings and sensory experiences and are generally very hesitant to analyze them. However, once a break through is achieved, the subsequent journey is very smooth and pleasant.

Values are our guidelines for our success - our paradigm about what is acceptable. Human behavior depends on the characters defining the identity, choosing the values and establishing the beliefs. Ethics is an activity which concerns with the investigation of moral values in moral issues.

"Human value and professional ethics" enlighten the students with the fact that right understanding about oneself and rest of the existence and living in accordance with this understanding is essential for sustained human happiness and propriety.




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Title of course:

Human values and professional ethics – for BSc nursing students

Vision

To provide value based premier quality education with a nurturing and collaborative environment to a real-world innovations and future-ready solutions benefitting the community, nation and the world.

Mission

- To offer holistic education that provides a strong grounding in nursing fundamentals.
- To provide students with real life skills and competencies beyond nursing that is highly valued by employers.
- To achieve high standards of excellence in generating and propagating knowledge in nursing.
- To inculcate discipline in students and make them professionally superior, ethically strong and socially responsible with sensitivity towards environment, diverse culture and gender equality.

Purpose

The purposes of the course are

1. Help to guide behavior and give meaning to existence.
2. Help to take right decisions and make choices in life
3. Give direction and firmness to life and help to be morally sound.
4. Help to develop ability to utilize the professional competence for augmenting universal human order.

Course description

The course is designed for BSC Nursing students helped To facilitate the development of a Holistic perspective among students towards life, profession and happiness, based on a correct understanding of the Human reality and the rest of Existence

Admission terms and conditions

The students seeking admission to this course should:

1. Be a registered nursing student with KUHS
2. Successful completion of minimum of two years prescribed Bsc. Nursing curriculum.
3. Be physically and Mentally fit



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Organization of the course

Distribution of the course:

Theory hours: 15 hrs

Objectives of course :

On completion of the course the students:

- Distinguish between values and skills, and understand the need, basic guidelines, content and process of value education.
- Initiate a process of dialog within themselves to know what they 'really want to be' in their life and profession
- Understand the meaning of happiness and prosperity for a human being.
- Understand harmony at all the levels of human living, and live accordingly.
- Applying the understanding of harmony in existence in their profession and lead an ethical life.

Course of studies

Human values and professional ethics	15 hrs
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Medium of instruction:

Medium of instruction shall be in English

Conditions for admission to examination

1. has attended not less than 75% of the theoretical instruction hours during the year

Course Evaluation

Written Examination will be conducted by the Nehru College of Nursing.

Standard of passing

Inorder to pass a candidate should obtain 50% of marks in written exam.

Certification

A certificate awarded upon successful completion of the programme

Placement: III year

Theory: 30 hours

Syllabus



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Unit	Content	Hours
UNIT-1	<p>Introduction to value education</p> <ul style="list-style-type: none"> - Understanding Value Education - - Self-exploration as the Process for Value Education - Continuous Happiness and Prosperity – the Basic Human Aspirations - Right Understanding, Relationship and physical Facilities - Understanding Happiness and Prosperity correctly – Critical appraisal - Method to Fulfill the Basic Human Aspirations 	3 hours
Unit II	<p>Harmony in the Human Being</p> <ul style="list-style-type: none"> - Understanding Human being as the Co-existence of self ('I') and the Body - Discriminating between the Needs of the Self ('I') and the body - The Body as an Instrument of 'I' - Understanding Harmony in the self ('I') - Harmony of the self ('I') with the Body 	3 hrs
Unit III	<p>Harmony in the Family and Society</p> <ul style="list-style-type: none"> - Harmony in the Family – the Basic Unit of Human Interaction - Values in Human – to- Human Relationships Tripathi;, Trust; Respect – the Foundational Value in Relationships. -Difference between intense and competence -Difference between respect and differentiation - Understanding Harmony in the Society - Vision for the Universal Human Order 	3 hrs
Unit IV	<p>Harmony in the Nature (Existence)</p> <ul style="list-style-type: none"> - Understanding Harmony in the Nature - Interconnectedness, Self-regulation and Mutual Fulfillment among the Four Orders of Nature - Realizing Existence as Co-existence at All Levels - The Holistic Perception of Harmony in Existence 	2 hrs
Unit V	<p>Implications of the Holistic Understanding – a Look at Professional Ethics</p> <ul style="list-style-type: none"> - Natural Acceptance of Human Values - Definitiveness of (Ethical) Human Conduct - A Basis for Humanistic Education, Humanistic 	4 hrs



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	<p>Constitution and Universal Human Order</p> <ul style="list-style-type: none"> - Competence in Professional Ethics - Strategies for Transition towards Value-based Life and Profession - Professionalism - Ethical decision making - Discussion on ethical dilemmas - Development of ethical reasoning skills 	
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Reference

Text Books:

1. R R Gaur, R Sangal, G P Bagaria, 2009, A Foundation Course in Human Values and Professional Ethics.
2. B L Bajpai, 2004, Indian Ethos and Modern Management, New Royal Book Co., Lucknow. Reprinted 2008.
3. Dr Saroj kumar and Prof. Sheenu Nayyer Universal human value and professional ethics, Thakur publication
4. Tanu Shukla / Anupam Yadahav. Human values and professional Ethics, engage learning india private limited
5. Govindharaj, Nadarajan, Senthil kumar. Professional Ethics and human values. PHI Learning.



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List of students enrolled for value added course, for the year 2022-23
Name of the value added Course: Human values and professional Ethics

Theory Hours: 15 Hours

Placement: 1 year

Sl. No	Name
1	ABHIRAMI P DAS
2	AJEESH KRISHNA V
3	ALBY MARIYA MATHEW
4	ALEENA BINS
5	ALEENA JAIMON
6	AMALA ROSE
7	ANEENA ANTO
8	ANEESHA C B
9	ANITTA JOY
10	ANITTA SARA JAISON
11	ANJANA C R
12	ANJANA UNNI
13	ANU AUGUSTINE
14	APARNA K
15	ARDRA R
16	ARIFA N A
17	ARYA AJAYAN
18	ASWANI AJI
19	ASWATHY M V
20	BLESSY BIJU
21	DEVIKA S
22	DIVYA JOHNY
23	DIVYA K K
24	FATHIMA SALAM
25	GOWRI NANDANA
26	HARITHA HARIKUMAR
27	JENSIYA SAMUEL
28	JESNA JOHNSON
29	JOSNA JOSEPH
30	JOYES JOY
31	K M PRANAVYA DAS
32	LIVIYA C WILSON
33	LIYA JOSE
34	MIDHYA SARA THOMAS
35	MOHAMMED THARIQUE



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Affiliated to Kerala University of Health Sciences)

36	MRUDHULA
37	NANDANA P
38	NIDAL P V
39	NIYA K BENNY
40	PADMAJA K
41	RASNA K P
42	RESHMA M
43	SABITHA SIBI
44	SANDRAMOL S
45	SHABNAM
46	SHASIYA S
47	SILPA M
48	SNEHA S
49	SONCY MARIAM SAM
50	SREELAKSHMI V M
51	SRUTHY A
52	SURYA GAYATHRI K
53	SURYA P S
54	SWETHA K
55	THASLEEMA V K
56	VINITHA.K.V
57	VYSHNAVI S
58	Aiswarya M

Course coordinator

principal



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ATTENDANCE SHEET VALUE ADDED COURSE HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2022-2023

Year of study: III year Bsc(N)

SL.No.	NAME OF STUDENTS	03/06/2022		04/06/2022		06/06/2022	
		M	E	M	E	M	E
1	ABHIRAMI P DAS	P	P	P	P	P	P
2	AJEESH KRISHNA V	P	P	P	P	P	P
3	ALBY MARIYA MATHEW	P	P	P	P	P	P
4	ALEENA BINS	P	P	P	P	P	P
5	ALEENA JAIMON	P	P	P	P	A	A
6	AMALA ROSE	P	P	P	P	A	A
7	ANEENA ANTO	P	P	P	P	P	P
8	ANEESHA C B	P	P	P	P	P	P
9	ANITTA JOY	P	P	P	P	A	A
10	ANITTA SARA JAISON	P	P	P	P	P	P
11	ANJANA C R	P	P	P	P	P	P
12	ANJANA UNNI	P	P	P	P	P	P
13	ANU AUGUSTINE	P	P	P	P	P	P
14	APARNA K	P	P	P	P	P	P
15	ARDRA R	P	P	P	P	P	P
16	ARIFA N A	P	P	P	P	P	P
17	ARYA AJAYAN	P	P	P	P	P	P
18	ASWANI AJI	P	P	P	P	A	A
19	ASWATHY M V	P	P	P	P	P	P
20	BLESSY BIJU	P	P	P	P	P	P
21	DEVIKA S	P	P	P	P	P	P
22	DIVYA JOHNY	P	P	P	P	P	P
23	DIVYA K K	P	P	P	P	P	P
24	FATHIMA SALAM	P	P	P	P	P	P
25	GOWRI NANDANA	P	P	P	P	P	P
26	HARITHA HARIKUMAR	P	P	P	P	P	P
27	JENSIYA SAMUEL	P	P	P	P	P	P
28	JESNA JOHNSON	P	P	P	P	P	P

[Signature]

Course Coordinator



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[Signature]

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Moulding True Citizen

29	JOSNA JOSEPH	P	P	P	P	P	P
30	JOYES JOY	P	P	P	P	P	P
31	K M PRANAVYA DAS	P	P	P	P	P	P
32	LIVIYA C WILSON	P	P	P	P	P	P
33	LIYA JOSE	P	P	P	P	P	P
34	MIDHYA SARA THOMAS	P	P	P	P	P	P
35	MOHAMMED THARIQUE	P	P	P	P	P	P
36	MRUDHULA	P	P	P	P	P	P
37	NANDANA P	P	P	P	P	P	P
38	NIDAL P V	P	P	P	P	P	P
39	NIYA K BENNY	P	P	P	P	P	P
40	PADMAJA K	P	P	P	P	P	P
41	RASNA K P	P	P	P	P	P	P
42	RESHMA M	P	P	P	P	P	P
43	SABITHA SIBI	P	P	P	P	P	P
44	SANDRAMOL S	P	P	P	P	P	P
45	SHABNAM	P	P	P	P	P	P
46	SHASIYA S	P	P	P	P	P	P
47	SILPA M	P	P	P	P	P	P
48	SNEHA S	P	P	P	P	P	P
49	SONCY MARIAM SAM	P	P	P	P	P	P
50	SREELAKSHMI V M	P	P	P	P	P	P
51	SRUTHY A	P	P	P	P	P	P
52	SURYA GAYATHRI K	P	P	P	P	P	P
53	SURYA P S	P	P	P	P	P	P
54	SWETHA K	P	P	P	P	P	P
55	THASLEEMA V K	P	P	P	P	P	P
56	VINITHA.K.V	P	P	P	P	P	P
57	VYSHNAVI S	P	P	P	P	P	P
58	AISWARYA M	P	P	P	P	P	P

[Signature]

Course Coordinator



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PANAYUR (P.O), VANIYAMKULAM
OTTAPALAM, PALAKKAD DT
KERALA - 679522

[Signature]

Principal

PRINCIPAL

Nehru College of Nursing
Vaniyankulam, Ottapalam, Palakkad
Pin - 679 522, Kerala

VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2022-2023
Year of study: III year Bsc(N)
COURSE CODE:HV2223

Marks: 10 marks
Duration: 30 min

Encircle the correct answers

1: What value promotes the idea of showing gratitude and appreciation for the good things in life?

A) Ingratitude B) Thankfulness C) Envy

2: Which ethical principle emphasizes truthfulness and honesty in professional interactions?

A) Integrity B) Secrecy C) Deception

3: Which value centers on the belief in the inherent worth and dignity of every individual?

A) Tolerance B) Respect for persons C) Discrimination

4: Which ethical principle emphasizes truthfulness and honesty in professional interactions?

A) Integrity B) Secrecy C) Deception

5: Which human value emphasizes the importance of helping those in need and showing kindness to others?

A) Self-interest B) Altruism C) Hostility

6: What is a primary responsibility of professionals in maintaining ethical behavior?

A) Blaming others for ethical lapses B) Reporting unethical behavior C) Ignoring unethical conduct

7: Which human value promotes the responsible and sustainable use of the Earth's resources?

A) Exploitation B) Stewardship C) Negligence

8: What value focuses on the idea that one should be truthful and honest in their dealings with others?

A) Deception B) Integrity C) Duplicity

9: What does "whistleblowing" in professional ethics refer to?

A) Reporting unethical behavior to external authorities B) Ignoring unethical behavior C) Concealing ethical violations

10: Which value is related to the idea of accepting and celebrating diversity in all its forms?

A) Homogeneity B) Inclusivity C) Segregation



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VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2022-2023
Year of study: III year Bsc(N)
COURSE CODE:HV2223

Answer Key

Q.No.	Answer
1	B) Thankfulness
2	A) Integrity
3	B) Respect for persons
4	A) Integrity
5	B) Altruism
6	B) Reporting unethical behavior
7	B) Stewardship
8	A) Integrity
9	A) Reporting unethical behavior to external authorities
10	B) Inclusivity




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BLESSY BIJU

VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2022-2023
Year of study: III year Bsc(N)
COURSE CODE:HV2223

Marks: 10 marks
Duration: 30 min

10

Encircle the correct answers

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JOSNA
JOSEPH

VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2022-2023
Year of study: III year Bsc(N)
COURSE CODE:HV2223

Marks: 10 marks
Duration: 30 min

8
10

Encircle the correct answers

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Sarehramol

VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2022-2023
Year of study: III year Bsc(N)
COURSE CODE:HV2223

Marks: 10 marks
Duration: 30 min

10
/

Encircle the correct answers

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SCORE SHEET VALUE ADDED COURSE

Academic year 2022-23

Name of the value added Course: Human values and professional Ethics

Placement: III year

S.NO.	NAME	SCORE EARNED
1	ABHIRAMI P DAS	7
2	AJEESH KRISHNA V	8
3	ALBY MARIYA MATHEW	7
4	ALEENA BINS	7
5	ALEENA JAIMON	7
6	AMALA ROSE	8
7	ANEENA ANTO	9
8	ANEESHA C B	10
9	ANITTA JOY	7
10	ANITTA SARA JAISON	8
11	ANJANA C R	7
12	ANJANA UNNI	8
13	ANU AUGUSTINE	7
14	APARNA K	7
15	ARDRA R	7
16	ARIFA N A	8
17	ARYA AJAYAN	9
18	ASWANI AJI	7
19	ASWATHY M V	8
20	BLESSY BIJU	7
21	DEVIKA S	8
22	DIVYA JOHNY	10
23	DIVYA K K	7
24	FATHIMA SALAM	7
25	GOWRI NANDANA	7
26	HARITHA HARIKUMAR	7
27	JENSIYA SAMUEL	8
28	JESNA JOHNSON	7
29	JOSNA JOSEPH	8
30	JOYES JOY	10
31	K M PRANAVYA DAS	7

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32	LIVIYA C WILSON	6
33	LIYA JOSE	9
34	MIDHYA SARA THOMAS	10
35	MOHAMMED THARIQUE	7
36	MRUDHULA	8
37	NANDANA P	7
38	NIDAL P V	8
39	NIYA K BENNY	7
40	PADMAJA K	7
41	RASNA K P	7
42	RESHMA M	8
43	SABITHA SIBI	9
44	SANDRAMOL S	10
45	SHABNAM	7
46	SHASIYA S	8
47	SILPA M	7
48	SNEHA S	8
49	SONCY MARIAM SAM	7
50	SREELAKSHMI V M	8
51	SRUTHY A	7
52	SURYA GAYATHRI K	8
53	SURYA P S	10
54	SWETHA K	7
55	THASLEEMA V K	6
56	VINITHA.K.V	7
57	VYSHNAVI S	8
58	Aiswarya M	7

Course coordinator

principal



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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Amala Rose

Year of study: 3rd

Register No. 200065844

Name of course: Human values & Professional ethics

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.	✓			
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.			✓	
6.	The course was engaging and kept my interest throughout.	✓			
7.	The course provided opportunities for interaction and discussion.		✓		
8.	Overall, I feel that this course added value to my knowledge and skills			✓	

Amala

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: ALINA
BINSE

Year of study: 3rd year

Register No. 200065842

Name of course: Human values of professional ethics

5SL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests			✓	
2.	The instructor was knowledgeable and effectively conveyed the information.			✓	
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.		✓		
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.			✓	
8.	Overall, I feel that this course added value to my knowledge and skills			✓	

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Aleena Jaimin

Year of study: IIIrd year

Register No. 200065843

Name of course: Human values and professional ethics

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.	✓			
3.	The course materials and resources were well-organized and useful.	✓			
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.		✓		
8.	Overall, I feel that this course added value to my knowledge and skills	✓			

Aleena

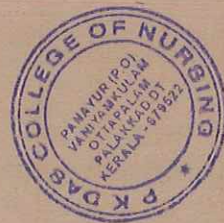
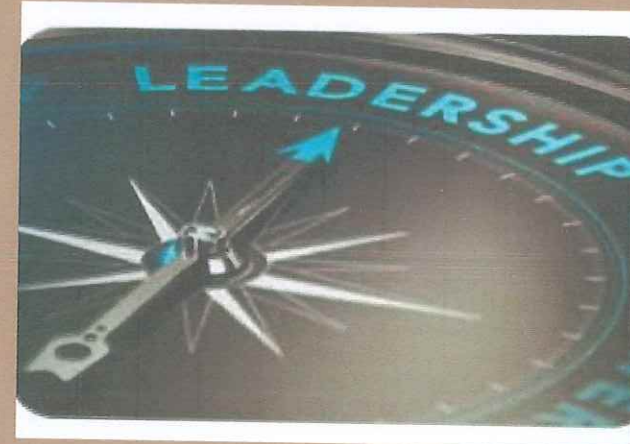
Signature of the student




G. Sini
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VALUE ADDED COURSE

TOPIC : COMMUNICATION AND EFFECTIVE LEADERSHIP
DURATION : 3days
DATE : 1/6/2022- 3/6/2022
RESOURCE PERSON: MR. PRAMOD K
PARTICIPANTS : IV YEAR BSc (N)
TIME : 08:30 AM – 04:30 PM
VENUE : IV year Lecturer Hall




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Pramod K

ASSISTANT PROFESSOR

CONTACT

- ☎ 094470 68556
- ✉ pramodke77@gmail.com
- 📍 THRISSUR, Kerala 680596

SKILLS

- Area of Skills : Academic and Research.

CAREER OBJECTIVE

Seeking a position to utilize my skills and abilities, that offers security and professional growth while being resourceful, innovative and flexible. Innovative individual with extensive experience in developing and delivering engaging lectures, seminars and workshops. Skilled in program development, student mentoring, and curriculum design. Committed to providing students with a stimulating and meaningful learning experience.

EXPERIENCE

Assistant Professor, Network Engineer

Assistant Professor

- Self Financing Engg.college for the 15 Years
- Worked as Lecturer In an aided college for one year
- Worked as Higher secondary school teacher for two years.

EDUCATION

January 2001
MCA
Periyar University

January 2001
B.sc Computer Science
from Calicut University

CERTIFICATIONS

- Micro Soft Certified Professional

PUBLICATIONS

- Detection and Recognition of Paddy Leaf Diseases using Image Processing Published in IJREAM Journal January 2023



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NEHRU COLLEGE OF NURSING

Panayur, Vaniyamkulam

VALUE ADDED COURSE

IV YEAR Bsc (N)

COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

COURSE CODE:CL2223



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NEHRU COLLEGE OF NURSING VANIYAMKULAM
VALUE ADDED COURSEPLAN
ON
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Placement: IV Year

Theory (In hours-15)

VISION

The vision of the course is to consider have clear and honest communication with leadership skills.

MISSION

- To Communicate information, thoughts, and ideas clearly
- To inculcate good communication and leadership skills
- To demonstrate the actions, beliefs and values of the leaders

COURSE DESCRIPTION:

This course is designed for students to appreciate the concepts and principles of communication and leadership skills and helps them to acquire knowledge and develop attitude and skills in communication and leadership.

SPECIFIC OBJECTIVE:

- Students will be able to describe communication



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- Students will be able to describe effective communication Students will be able to describe communication skills Students will be able to describe leadership
- Students will be able to describe effective leadership

INTRODUCTION

Communication refers to the exchange of thoughts and ideas with the intention of conveying information. Communication is a two way sheet that includes vocalization as well as gesticulation. The purpose of communication convey one's beliefs, ideas, thoughts or needs with clarity so as to reach a consensus or a mutually acceptable solution. Good communication skills are a prerequisite for professionals in all walks of life. Using sign language and the sense of touch to express and feel are also important modes of communication. Ultimately, communication should be effective. As long as there is clarity in communication, the goal of communication will be accomplished, communication skills are required for maintaining relationships also. When with friends and relatives, good communication skills ser needed to weld contain miss communication and fights

Leadership is one of these characteristics of a successful man or woman that is never inherited but trained and imbibed it. The term leadership Its self can't be defined and it depends on person to person's perception of life. A leader is simply not someone who will please everyone on his way. A leader is someone who has the courage and intent of mind to take tough decisions even if it brings harm to his followers but is in the direction of fulfilling the goals. leadership is a special quality that can't be found in every person. The leadership skills make a person special than others. To be a good leader a person needs to have some leadership qualities. It is a quality that is got by birth



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or can be earned through hand work. Some people are born as leader, but some other cars leadership qualities and become popular

Sl no	Hours	SPECIFIC OBJECTIVE	Content	Teachers learners activity	Assessment methods
1	3	Students will be able to describe communication	<ul style="list-style-type: none"> • Communication • Definition • Elements of communication Process of communication Importance of communication • Types of communication • Barriers in communication 	Lecturing Discussion	Questioning
2	3	Students will be able to describe Effective communication	<p>Effective communication Communication patters in nursing</p>	Lecturing Role play Problem based learning	Questioning
3	3	Students will be able to communication skill	<p>communication skill</p> <ul style="list-style-type: none"> • Speaking • Writing • Listening • Reading 	Lecturing Discussion Role play	Questioning



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4	3	Students will be able to describe leadership	Leadership <ul style="list-style-type: none"> • Definition • Approaches in leadership • Leadership styles Leadership for health care professional 	Lecturing Role play	
5	3	Students will be able to describe effective leadership	Effective leadership <ul style="list-style-type: none"> • Need for effective leadership in nursing • Importance of effective leadership in nursing • Leadership development Qualities of an effective leader • Nurses Leadership styles. • Methods to improve leadership effectiveness • Leadership training programme • Outcome of effective leadership. • Cross cultural communication • Public speaking and presentation skills • Digital communication • Change management leadership 	Lecturing Role play	

REFERENCE:

1. JOGINGRA VATI PRINCIPLES AND PRACTICE OF NURSING MANAGEMNET AND ADMINISTRATION
2. 2 NEELAM KUMARI, TEXT BOOK OF MANAGEMENT OF NURSING SERVICE AND EDUCATION
3. CAROLYN CHAMBERS CLARK, CREATIVE NURSING LEADERESHIP AND MANAGEMENT



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List of students enrolled for value added course, for the year 2022-23

Name of the value added Course: Communication and effective leadership

Theory Hours: 15 Hours

Placement: I year

Sl. No	Name
1	AADIL MATHEW
2	ADITHYA D S
3	AISWARYALAKSHMI M M
4	AJANYA P
5	AJITH M P
6	AKSA CIJI
7	ALEENA BABU
8	ALEENA K THOMAS
9	ALEENA NAIJU
10	ALEENA THOMAS
11	ALEENA V GEORGE
12	AMALA THOMAS
13	AMRUTHA G
14	ANAKHA K S
15	ANEETTA RIYA ROY
16	ANGEL ROS BIJU
17	ANISHA V G
18	ANIT EMMANUEL
19	ANJU RAJU
20	ANNAINA J TOM
21	ARCHANA T P
22	ARYA M K
23	ARYA S
24	ASHA MARIYA THOMAS
25	ASHLY MARIYA PAUL
26	ATHIRA DEEPAK
27	BHAVYA K
28	BHAVYA P
29	BLESSY K ELDHO
30	Brail Philip Mathew
31	CHIPPY WILSON
32	DAYANA C J
33	DEVIKA R J
34	DHIYA DAVIS
35	FARSHIDHA E B
36	GAYATHRI P T
37	GEETHU P
38	HARITHA S PRAKASH
39	JESNA C J
40	JITHIN K JOJU
41	KRISHNA M SHAJI



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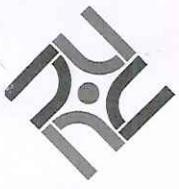
42	LAKSHMI K SHAMEJ
43	MAJITHA
44	MINNUMOL B K
45	MOHAMMED SHAHEEN T
46	MOHYUDHEEN NISHAD
47	NAVYA K
48	NINU K J
49	PRESKILLA PRAMOD
50	RAHULDAS K R
51	RENJIMA M R
52	REVATHY P M
53	SHAMSEENA S
54	SNEHA K
55	SONA SAJI
56	SREELAKSHMI P V
57	SWETHA S
58	VARSHA A
59	VINDUJA R
60	VISMAYA K V

Course coordinator

principal



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ATTENDANCE SHEET

VALUE ADDED COURSE COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2022-2023

Year of study: IV year Bsc(N)

SL.No.	NAME OF STUDENTS	01/06/2019		02/06/2019		03/06/2019	
		M	E	M	E	M	E
1	AADIL MATHEW	P	P	A	A	P	P
2	ADITHYA D S	P	P	P	P	P	P
3	AISWARYALAKSHMI M M	P	P	P	P	P	P
4	AJANYA P	P	P	P	P	P	P
5	AJITH M P	P	P	A	A	P	P
6	AKSA CIJI	P	P	P	P	P	P
7	ALEENA BABU	P	P	P	P	P	P
8	ALEENA K THOMAS	P	P	P	P	P	P
9	ALEENA NAIJU	P	P	P	P	P	P
10	ALEENA THOMAS	P	P	P	P	P	P
11	ALEENA V GEORGE	P	P	P	P	P	P
12	AMALA THOMAS	P	P	P	P	P	P
13	AMRUTHA G	P	P	P	P	P	P
14	ANAKHA K S	A	A	A	A	A	A
15	ANEETTA RIYA ROY	P	P	P	P	P	P
16	ANGEL ROS BIJU	P	P	P	P	P	P
17	ANISHA V G	P	P	P	P	P	P
18	ANIT EMMANUEL	P	P	P	P	P	P
19	ANJU RAJU	P	P	P	P	P	P
20	ANNAINA J TOM	P	P	P	P	P	P
21	ARCHANA T P	P	P	P	P	P	P
22	ARYA M K	P	P	P	P	P	P
23	ARYA S	P	P	P	P	P	P
24	ASHA MARIYA THOMAS	P	P	P	P	P	P
25	ASHLY MARIYA PAUL	P	P	P	P	P	P

Course coordinator

Principal

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(Approved by Indian Nursing Council, Kerala Nurses & Midwives Council & Kerala Government
Affiliated to Kerala University of Health Sciences)

Moulding True Citizen

26	ATHIRA DEEPAK	P	P	P	P	P	P
27	BHAVYA K	P	P	P	P	P	P
28	BHAVYA P	P	P	P	P	P	P
29	BLESSY K ELDHO	P	P	P	P	P	P
30	Brail Philip Mathew	P	P	P	P	P	P
31	CHIPPY WILSON	P	P	P	P	P	P
32	DAYANA C J	P	P	P	P	P	P
33	DEVIKA R J	A	A	A	A	A	A
34	DHIYA DAVIS	P	P	P	P	P	P
35	FARSHIDHA E B	P	P	P	P	P	P
36	GAYATHRI P T	P	P	P	P	P	P
37	GEETHU P	P	P	P	P	P	P
38	HARITHA S PRAKASH	P	P	P	P	P	P
39	JESNA C J	P	P	P	P	P	P
40	JITHIN K JOJU	P	P	P	P	P	P
41	KRISHNA M SHAJI	P	P	P	P	P	P
42	LAKSHMI K SHAMEJ	A	A	P	P	P	P
43	MAJITHA	P	P	P	P	P	P
44	MINNUMOL B K	P	P	P	P	P	P
45	MOHAMMED SHAHEEN T	P	P	P	P	P	P
46	MOHYUDHEEN NISHAD	P	P	P	P	P	P
47	NAVYA K	P	P	P	P	P	P
48	NINU K J	P	P	P	P	P	P
49	PRESKILLA PRAMOD	A	A	P	P	P	P
50	RAHULDAS K R	P	P	P	P	P	P
51	RENJIMA M R	P	P	P	P	P	P
52	REVATHY P M	P	P	P	P	P	P
53	SHAMSEENA S	P	P	P	P	P	P
54	SNEHA K	P	P	P	P	P	P
55	SONA SAJI	P	P	P	P	P	P
56	SREELAKSHMI P V	P	P	P	P	P	P
57	SWETHA S	P	P	P	P	P	P
58	VARSHA A	P	P	P	P	P	P
59	VINDUJA R	P	P	P	P	P	P
60	VISMAYA K V	P	P	P	P	P	P

Course coordinator



G.P. Suman
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PANAYUR (P.O), VANIYAMKULAM
OTTAPALAM, PALAKKAD DT
KERALA - 679522

Principal

PRINCIPAL
Nehru College of Nursing
Vaniyankulam, Ottapalam, Palakkad Dis
Pin - 679 522, Kerala

VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2022-2023
Year of study: IV year Bsc(N)
COURSE CODE:CL2223
Encircle the correct answers

Marks: 10 marks
Duration: 30 min

1: What is active listening in the context of effective communication?

A) Listening passively without responding B) Listening while formulating a rebuttal C) Listening attentively and with the intent to understand

2: Which communication channel is non-verbal in nature?

A) Email B) Telephone call C) Body language

3: In the communication process, what does feedback refer to?

A) The initial message sent B) The response or reaction to the message C) The medium used for communication

4: Which of the following is a barrier to effective communication?

A) Open and honest dialogue B) Cultural differences C) Clear and concise messaging

5: What is a fundamental trait of an effective leader?

A) Micro-management B) Empathy C) Dictatorship

6: Which leadership style involves giving employees significant autonomy and decision-making power?

A) Autocratic leadership B) Transformational leadership C) Laissez-faire leadership

7: Which of the following is a key element of situational leadership theory?

A) One-size-fits-all leadership approach B) Adapting leadership style to followers' readiness and task requirements C) Rigid hierarchy and structure

8: What leadership style is characterized by a leader who sets clear expectations, closely supervises, and makes decisions unilaterally?

A) Servant leadership B) Transformational leadership C) Autocratic leadership

9: Which leadership model suggests that effective leaders possess certain innate qualities?

A) Trait theory of leadership B) Contingency theory of leadership C) Path-goal theory of leadership

10: Which leadership theory emphasizes the importance of a leader's ability to adapt to various situations?

A) Charismatic leadership B) Contingency theory C) Transactional leadership



G. Suresh
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VALUE ADDED COURSE

COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2022-2023

Year of study: IV year Bsc(N)

COURSE CODE:CL2223

Answer Key

Q.No.	Answer
1	C) Listening attentively and with the intent to understand
2	C) Body language
3	B) The response or reaction to the message
4	B) Cultural differences
5	B) Empathy
6	C) Laissez-faire leadership
7	B) Adapting leadership style to followers' readiness and task requirements
8	C) Autocratic leadership
9	A) Trait theory of leadership
10	B) Contingency theory



G. S. M.
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Anil Emmanuel

VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2022-2023
Year of study: IV year Bsc(N)
COURSE CODE:CL2223
Encircle the correct answers

Marks: 10 marks
Duration: 30 min

7
10

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Bhavyak.

VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2022-2023
Year of study: IV year Bsc(N)
COURSE CODE: CL2223
Encircle the correct answers

Marks: 10 marks
Duration: 30 min

8
10

1: What is active listening in the context of effective communication?

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Jesha C. J.

VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2022-2023
Year of study: IV year Bsc(N)
COURSE CODE: CL2223
Encircle the correct answers

Marks: 40 marks
Duration: 30 min

7
10

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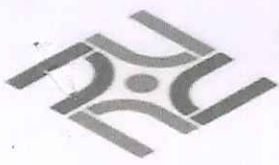
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SCORE SHEET VALUE ADDED COURSE

Academic year 2022-23

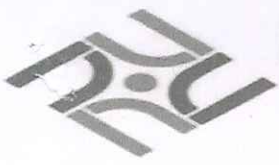
Name of the value added Course: Communication and effective leadership

Placement: IV year

S.NO.	NAME	SCORE EARNED
1	AADIL MATHEW	7
2	ADITHYA D S	8
3	AISWARYALAKSHMI M M	7
4	AJANYA P	8
5	AJITH M P	7
6	AKSA CIJI	7
7	ALEENA BABU	7
8	ALEENA K THOMAS	8
9	ALEENA NAIJU	9
10	ALEENA THOMAS	10
11	ALEENA V GEORGE	7
12	AMALA THOMAS	8
13	AMRUTHA G	7
14	ANAKHA K S	FAILED
15	ANEETTA RIYA ROY	7
16	ANGEL ROS BIJU	8
17	ANISHA V G	7
18	ANIT EMMANUEL	7
19	ANJU RAJU	8
20	ANNAINA J TOM	7
21	ARCHANA T P	7
22	ARYA M K	7
23	ARYA S	8
24	ASHA MARIYA THOMAS	9
25	ASHLY MARIYA PAUL	10
26	ATHIRA DEEPAK	7
27	BHAVYA K	8
28	BHAVYA P	7
29	BLESSY K ELDHO	8
30	Brail Philip Mathew	10
31	CHIPPY WILSON	7
32	DAYANA C J	6



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33	DEVIKA R J	FAILED
34	DHIYA DAVIS	7
35	FARSHIDHA E B	8
36	GAYATHRI P T	7
37	GEETHU P	7
38	HARITHA S PRAKASH	8
39	JESNA C J	7
40	JITHIN K JOJU	7
41	KRISHNA M SHAJI	7
42	LAKSHMI K SHAMEJ	8
43	MAJITHA	9
44	MINNUMOL B K	10
45	MOHAMMED SHAHEEN T	7
46	MOHYUDHEEN NISHAD	8
47	NAVYA K	7
48	NINU K J	8
49	PRESKILLA PRAMOD	7
50	RAHULDAS K R	7
51	RENJIMA M R	7
52	REVATHY P M	8
53	SHAMSEENA S	7
54	SNEHA K	8
55	SONA SAJI	7
56	SREELAKSHMI P V	8
57	SWETHA S	10
58	VARSHA A	7
59	VINDUJA R	6
60	VISMAYA K V	7

Course coordinator

principal



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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Vismaya

Year of study: 4th year

Register No. 190067087

Name of course: Communication and effective leadership

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.	✓			
4.	The course provided practical, real-world applications.	✓			
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.	✓			
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills		✓		

Vismaya

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Revathy P M

Year of study: 4th

Register No. 190067079

Name of course: Communication & effective leadership

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests		✓		
2.	The instructor was knowledgeable and effectively conveyed the information.			✓	
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.			✓	
5.	I was able to apply what I learned from the course in my personal or professional life.		✓		
6.	The course was engaging and kept my interest throughout.			✓	
7.	The course provided opportunities for interaction and discussion.		✓		
8.	Overall, I feel that this course added value to my knowledge and skills			✓	

Revathy

Signature of the student



G. Suman
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VALUE ADDED COURSE FEED BACK

Academic year: 2022-23

Name of the student: Rahuldas

Year of study: IVth YEAR

Register No. 190067077

Name of course: COMMUNICATION AND EFFECTIVE LEADERSHIP

SSL NO		EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.			✓	
4.	The course provided practical, real-world applications.	✓			
5.	I was able to apply what I learned from the course in my personal or professional life.		✓		
6.	The course was engaging and kept my interest throughout.			✓	
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills		✓		

Signature of the student



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CERTIFICATION OF COMPLETION

This is to certify that Aleena Thomas has
successfully completed the value added course - Communication & effective leadership
during 2022 - 23

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator

Principal

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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Brail Philip Mathew has
successfully completed the Value added course - Communication & effective leadership
during 2022-23

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator



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CERTIFICATION OF COMPLETION

This is to certify that Mithunamol B.K has
successfully completed the value added course - Communication & effective leadership
during 2022 - 23

This course provided additional value and knowledge to the participants beyond their qualifications.


Course Coordinator




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Principal
PRINCIPAL
Nehru College of Nursing
Vaniyamkulam, Ottapalam, Palakkad Dis.
Ph: - 679 522, 679 515

VALUE ADDED COURSE

TOPIC : IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING

DURATION : 3days
04/07/2022-06/07/2022

RESOURCE PERSON : MR. SREEJITH MANI

PARTICIPANTS : IV YEAR BSC(N)

TIME : 08:30 AM – 04:30 PM

VENUE : IV year Lecturer Hall




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OTTAPALAM, PALAKKAD DT
KERALA - 679522

SREEJITH MANI

Email: sreejith4u2c@gmail.com

Mobile: 091-956-770-8359



EXPERIENCE SUMMARY

- **Senior Software QA Analyst** with **13 years** of experience in Software Analysis, Design, and Software Testing (Manual and Automation) of Windows and Web based Applications.
- More than **4 years** of experience in **working with Selenium Web Driver using TestNG java framework.**
- Experience on developing a framework using a design pattern - **Page Object Model**
- Worked on IE, Firefox and Chrome Driver
- Proficient in managing & executing **Functional, Regression, UAT Testing**
- Good Knowledge in **SQL queries & Web Services Testing (SOAP UI)**
- Expertise in **leading and managing** multiple teams of **Automation & Manual testers** from different geographical locations simultaneously.
- Prepared Various documents like Test case document, Requirement Traceability Matrix, Status Report, Defect Report, Capacity Planning
- Expertise in **Agile and V-Model** test methodologies.
- Worked with Leadership, Clients, Development, Quality Assurance and Technical Operations teams and ensured smooth and well-coordinated testing process.

TECHNICAL EXPERTISE

Automation Tools:	Selenium (TestNG) , Coded UI (NUnit)
Test Management Tools:	Rally (Agile Central), JIRA, ALM
Database:	SQL2008, MySQL
Other Tools:	Visual Studio 2017, SOAP UI, MS Word, MS Excel
Platforms:	.NET, Java
Domain Expertise	E-Commerce, Banking, Auditing and Retail & Manufacturing



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PROFESSIONAL EXPERIENCE

Finastra (erstwhile D+H Financial Technologies)

E-Commerce, Payment Manager

Client- Intuit, Costco, BMO & Tangerine

Lead (Sr QA Analyst)

August 2015- Till date

Orion India Systems Pvt. Ltd

Data Analytics

Client- KPMG

Software Test Analyst

Sep 2013- Aug 2015: 1 year 10 months

Wipro Technologies

HP Peripherals

Client- HP

Toshiba Peripherals

Client- Toshiba

QA Engineer

May 2010 - Sep 2013: 3 years 11 months

PROFESSIONAL SKILLS

- Excellent written and verbal communicational skills, problem solving and interpersonal skills
- Self-motivated, attention to detail and proactivity is my strength.
- Work closely with project managers and developers on QA project deliverables.
- Experienced in working in a team-oriented, collaborative environment as well as individually.
- Willing to learn new technologies and skills.



GFCM
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- Participation in Technical Forums, Corporate Social Activities (Blood Donations)
- Specialization in IoT, AI

AWARDS

- **"Employee of the Month Award"** received for delivering the quality product through Automation testing in Q3 release - Finastra.
- **"Feather in My Cap AWARD"** received for Team effort for delivering the Chai DSE Test coverage in 13.1 - Wipro
- **"Feather in My Cap AWARD"** received for taking multitask and delivering at the right time with quality - Wipro

EDUCATION

MBA in Information & System Management from "Bharathiyar University"

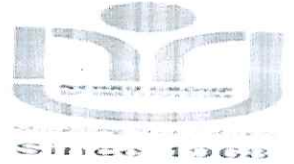
Bachelors in Science (Electronics and Communication Systems) from "Sri Krishna Arts & Science College", Bharathiyar University



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IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING



VALUE ADDED COURSE

Course code: AI2223

Placement: IV year BSc Nursing



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IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING

SYLLABUS

Mission

To empower nursing professionals with the knowledge and skills to effectively integrate artificial intelligence (AI) into their practice, enhancing patient care, improving healthcare outcomes, and fostering innovation in nursing through a comprehensive understanding of AI technologies, tools, and ethical considerations.

Vision

To lead the transformation of nursing practice by equipping nurses with cutting-edge AI competencies, promoting a culture of continuous learning and adaptation, and ensuring that nursing professionals are at the forefront of technological advancements in healthcare, ultimately contributing to a smarter, more efficient, and patient-centred healthcare system.

Objectives

Knowledge Acquisition

- Equip nursing professionals with a foundational understanding of AI concepts and technologies relevant to healthcare and nursing.
- Familiarize nurses with the various applications of AI in diagnostics, patient monitoring, clinical decision support, and personalized care.

Practical Skills Development

- Provide hands-on experience with AI tools and applications used in nursing practice.
- Develop competencies in using AI for patient management, including the interpretation of data from AI-powered devices and systems.

Ethical and Legal Awareness

- Foster an understanding of the ethical implications and legal considerations surrounding the use of AI in nursing.
- Promote the adoption of best practices for maintaining patient privacy, security, and informed consent in the context of AI.

Integration and Implementation

- Guide nursing professionals on the steps to effectively integrate AI technologies into their daily practice.
- Encourage collaboration between nurses and AI developers to optimize the implementation and functionality of AI tools in clinical settings.




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Continuous Learning and Adaptation

- Encourage a culture of continuous learning and professional development to keep pace with the rapid advancements in AI technology.
- Provide resources and strategies for ongoing education and adaptation to new AI applications and innovations in nursing.

Innovation and Leadership

- Inspire nursing professionals to become leaders and advocates for the use of AI in healthcare.
- Promote innovative thinking and problem-solving skills to leverage AI for improving patient care and healthcare delivery.

Evaluation and Improvement

- Establish mechanisms for assessing the impact of AI on nursing practice and patient outcomes.
- Encourage feedback and continuous improvement in the use and integration of AI technologies within the nursing field.

By achieving these objectives, the syllabus aims to prepare nursing professionals to confidently navigate the evolving landscape of healthcare technology, ensuring they can utilize AI to enhance their practice and deliver exceptional patient care.

Application of Artificial Intelligence in Nursing (15 Hours)

Admission terms and conditions

The students seeking admission to this course should:

1. Be a registered nursing student with KUHS.
2. Successful completion of minimum of two years prescribed BSc Nursing curriculum.
3. Be physically and Mentally fit
4. No. of seats-90
5. Placement : IV year

Organization of the course

b. Distribution of the course:

Theory hours: 15 hours

Medium of instruction: Medium of instruction shall be in English

Conditions for admission to examination

Has attended not less than 75% of the theoretical instruction hours during the year

Course Evaluation: Written Examination will be conducted by the Nehru College of Nursing.

Standard of passing: In order to pass a candidate should obtain 50% of marks in written exam.

Certification: A certificate awarded upon successful completion of the programme



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SYLLABUS

MODULE 1: INTRODUCTION TO AI IN HEALTH CARE (3 HOURS)

1. Lecture 1: Fundamentals of AI

(1 Hour)

- Definition and history of AI
- Types of AI: Narrow AI vs. General AI
- Key concepts: Machine learning, deep learning, natural language processing

2. Lecture 2: AI in Health care

(1 Hour)

- Overview of AI applications in health care
- Benefits and challenges of AI in health care
- Case studies of AI in health care (e.g., diagnostic tools, patient monitoring)

3. Lecture 3: AI in Nursing

(1 Hour)

- Specific applications of AI in nursing
- Role of AI in enhancing nursing practice and patient care
- Ethical and legal considerations



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MODULE 2: AI TOOLS AND TECHNOLOGIES IN NURSING (4 HOURS)

- 1. Lecture 4: AI-Powered Diagnostic Tools** (1 Hour)
 - AI in medical imaging (e.g., radiology, pathology)
 - AI for predicting patient outcomes

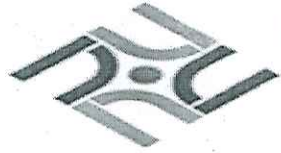
- 2. Lecture 5: AI in Patient Monitoring and Care** (1 Hour)
 - Wearable health devices and remote monitoring
 - AI for patient management (e.g., electronic health records, predictive analytics)

- 3. Lecture 6: AI in Clinical Decision Support** (1 Hour)
 - Decision support systems for nurses
 - AI for personalized patient care

- 4. Hands-On Session: Introduction to AI Tools** (1 Hour)
 - Demonstration of AI tools used in nursing
 - Basic training on using AI-powered applications



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STUDENTS ENROLLED LIST

IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING

List of students enrolled for value added course, for the year 2022-23

Name of the value added Course: IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING

Theory Hours: 15 Hours

Placement: IV year

Sl.No.	NAME OF STUDENTS
1	AADIL MATHEW.
2	ADITHYA D S
3	AISWARYALAKSHMI M M
4	AJANYA P
5	AJITH M P
6	AKSA CIJI
7	ALEENA BABU
8	ALEENA K THOMAS
9	ALEENA NAIJU
10	ALEENA THOMAS
11	ALEENA V GEORGE
12	AMALA THOMAS
13	AMRUTHA G
14	ANAKHA K S
15	ANEETTA RIYA ROY
16	ANGEL ROS BIJU
17	ANISHA V G
18	ANIT EMMANUEL
19	ANJU RAJU
20	ANNAINA J TOM
21	ARCHANA T P
22	ARYA M K
23	ARYA S



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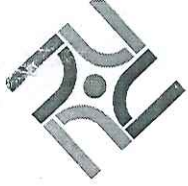
24	ASHA MARIYA THOMAS
25	ASHLY MARIYA PAUL
26	ATHIRA DEEPAK
27	BHAVYA K
28	BHAVYA P
29	BLESSY K ELDHO
30	BRAIL PHILIP MATHEW
31	CHIPPY WILSON
32	DAYANA C J
33	DEVIKA R J
34	DHIYA DAVIS
35	FARSHIDHA E B
36	GAYATHRI P T
37	GEETHU P
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39	JESNA C J
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41	KRISHNA M SHAJI
42	LAKSHMI K SHAMEJ
43	MAJITHA
44	MINNUMOL B K
45	MOHAMMED SHAHEEN T
46	MOHYUDHEEN NISHAD
47	NAVYA K
48	NINU K J
49	PRESKILLA PRAMOD
50	RAHULDAS K R
51	RENJIMA M R
52	REVATHY P M
53	SHAMSEENA S
54	SNEHA K
55	SONA SAJI
56	SREELAKSHMI P V
57	SWETHA S
58	VARSHA A
59	VINDUJA R
60	VISMAYA K V

Course coordinator

Principal




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ATTENDANCE SHEET - VALUE ADDED COURSE

IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING

Academic year: 2022-2023

Year of study: IV year BSc(N)

SL.NO.	NAME OF STUDENTS	04/07/2022		05/07/2022		06/07/2022	
		M	E	M	E	M	E
1	AADIL MATHEW	P	P	P	P	P	P
2	ADITHYA D S	P	P	P	P	P	P
3	AISWARYALAKSHMI.M M	P	P	P	P	P	P
4	AJANYA P	P	P	P	P	A	A
5	AJITH M P	P	P	A	A	P	P
6	AKSA CIJI	P	P	P	P	P	P
7	ALEENA BABU	P	P	P	P	A	A
8	ALEENA K THOMAS	P	P	P	P	P	P
9	ALEENA NAIJU	P	P	P	P	P	P
10	ALEENA THOMAS	P	P	P	P	P	P
11	ALEENA V GEORGE	P	P	P	P	P	P
12	AMALA THOMAS	P	P	P	P	P	P
13	AMRUTHA G	P	P	P	P	P	P
14	ANAKHA K S	A	A	A	A	A	A
15	ANEETTA RIYA ROY	P	P	P	P	P	P
16	ANGEL ROS BIJU	P	P	P	P	P	P
17	ANISHA V G	P	P	P	P	P	P
18	ANIT EMMANUEL	P	P	P	P	A	A
19	ANJU RAJU	P	P	P	P	P	P
20	ANNAINA J TOM	P	P	P	P	P	P
21	ARCHANA T P	P	P	P	P	P	P
22	ARYA M K	P	P	P	P	A	A
23	ARYA S	P	P	P	P	P	P
24	ASHA MARIYA THOMAS	P	P	P	P	P	P
25	ASHLY MARIYA PAUL	P	P	P	P	P	P
26	ATHIRA DEEPAK	P	P	P	P	P	P
27	BHAVYA K	P	P	P	P	P	P
28	BHAVYA P	P	P	P	P	P	P
29	BLESSY K ELDHO	P	P	P	P	P	P
30	Brail Philip Mathew	P	P	P	P	P	P
31	CHIPPY WILSON	P	P	P	P	P	P
32	DAYANA C J	P	P	P	P	P	P
33	DEVIKA R J	P	P	P	P	P	P



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Moulding True Citizen

34	DHIYA DAVIS	P	P	P	P	P	P
35	FARSHIDHA E B	P	P	P	P	P	P
36	GAYATHRI P T	P	P	P	P	P	P
37	GEETHU P	P	P	P	P	P	P
38	HARITHA S PRAKASH	P	P	P	P	P	P
39	JESNA C J	P	P	P	P	P	P
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54	SNEHA K	P	P	P	P	P	P
55	SONA SAJI	P	P	P	P	P	P
56	SREELAKSHMI P V	P	P	P	P	P	P
57	SWETHA S	P	P	P	P	P	P
58	VARSHA A	P	P	P	P	P	P
59	VINDUJA R	P	P	P	P	P	P
60	VISMAYA K V	P	P	P	P	P	P

[Signature]

Course coordinator

[Signature]

Principal



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VALUE ADDED COURSE
IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING

Academic year : 2022-2023
Year of study : IV year BSc(N)

COURSE CODE : AI2223

1. What is one potential benefit of AI in nursing?
 - a) Decreased patient interaction
 - b) Increased workload for nurses
 - c) Enhanced diagnostic accuracy
 - d) Reduced use of medical records
2. How can AI assist in the management of chronic diseases in nursing?
 - a) By providing inaccurate patient data
 - b) By reducing the need for patient monitoring
 - c) By offering predictive analytics for patient care
 - d) By decreasing the availability of treatment options
3. Which area of nursing could be significantly improved through AI-driven predictive analytics?
 - a) Surgical procedures
 - b) Patient discharge processes
 - c) Patient dietary preferences
 - d) Staff vacation scheduling
4. AI in nursing can help reduce errors in medication administration through
 - a) Randomized prescription methods
 - b) Automated dispensing systems
 - c) Manual checking by nurses
 - d) Reducing the variety of available medications
5. One ethical concern of using AI in nursing is
 - a) Increased costs of healthcare
 - b) Dependence on traditional nursing skills
 - c) Patient data privacy and security
 - d) Reduced nurse-patient ratios
6. AI can enhance the nursing workflow by
 - a) Increasing paperwork



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- b) Predicting patient admissions
 - c) Limiting nurse-patient communication
 - d) Extending hospital stays
7. Which AI application can help in early detection of patient deterioration?
- a) Virtual reality training for nurses
 - b) AI-powered monitoring systems
 - c) Automated appointment scheduling
 - d) Electronic health records without AI integration
8. The integration of AI in nursing education can primarily help with:
- a) Reducing the need for clinical practice
 - b) Enhancing interactive learning experiences
 - c) Decreasing the diversity of learning materials
 - d) Increasing the cost of education
9. AI can support nurses in making clinical decisions by
- a) Replacing nurse judgement entirely
 - b) Providing evidence-based recommendations
 - c) Limiting access to medical research
 - d) Encouraging non-compliance with protocols
10. In what way can AI reduce the administrative burden on nurses?
- a) By increasing manual data entry tasks
 - b) By automating routine documentation
 - c) By reducing the need for patient care
 - d) By eliminating electronic health records



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VALUE ADDED COURSE
IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING

Academic year: 2022-2023
Year of study: IV year BSc (N)

COURSE CODE: AI2223

Answer key

SL NO	Answer key
1.	c) Enhanced diagnostic accuracy
2.	c) By offering predictive analytics for patient care
3.	b) Patient discharge processes
4.	b) Automated dispensing systems
5.	c) Patient data privacy and security
6.	b) Predicting patient admissions
7.	b) AI-powered monitoring systems
8.	b) Enhancing interactive learning experiences
9.	b) Providing evidence-based recommendations
10.	b) By automating routine documentation



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VALUE ADDED COURSE

IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING

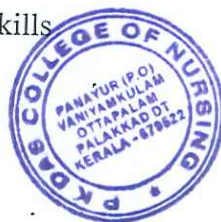
Academic year : 2022-2023
Year of study : IV year BSc(N)
COURSE CODE : AI2223

Marks: 10 marks

Duration: 30 min

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8/10



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Dhija Davis

VALUE ADDED COURSE

IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING

Academic year : 2022-2023

Marks: 10 marks

Year of study : IV year BSc(N)

Duration: 30 min

COURSE CODE : AI2223

8/10

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VALUE ADDED COURSE**IMPLICATIONS OF ARTIFICIAL INTELLIGENCE IN NURSING**

Academic year : 2022-2023

Marks: 10 marks

Year of study : IV year BSc(N)

Duration: 30 min

COURSE CODE : AI2223

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SCORE SHEET
VALUE ADDED COURSE
Course Name: IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING
Academic Year: 2022-23
Year of study: IV year BSc Nursing

SL.NO.	NAME OF STUDENTS	SCORE EARNED (10)
1	AADIL MATHEW	6
2	ADITHYA D S	7
3	AISWARYALAKSHMI M M	6
4	AJANYA P	7
5	AJITH M P	8
6	AKSA CIJI	9
7	ALEENA BABU	7
8	ALEENA K THOMAS	8
9	ALEENA NAIJU	6
10	ALEENA THOMAS	8
11	ALEENA V GEORGE	7
12	AMALA THOMAS	6
13	AMRUTHA G	6
14	ANAKHA K S	F
15	ANEETTA RIYA ROY	8
16	ANGEL ROSE BIJU	7
17	ANISHA V G	6
18	ANIT EMMANUEL	10
19	ANJU RAJU	7
20	ANNAINA J TOM	9
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22	ARYA M K	6
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24	ASHA MARIYA THOMAS	8
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30	BRAIL PHILIP MATHEW	8
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32	DAYANA C J	8
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35	FARSHIDHA E B	7
36	GAYATHRI P T	8



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37	GEETHU P	9
38	HARITHA S PRAKASH	6
39	JESNA C J	7
40	JITHIN K JOJU	8
41	KRISHNA M SHAJI	7
42	LAKSHMI K SHAMEJ	8
43	MAJITHA	9
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49	PRESKILLA PRAMOD	8
50	RAHULDAS K R.	9
51	RENJIMA M R	9
52	REVATHY P M	6
53	SHAMSEENA S	8
54	SNEHA K	9
55	SONA SAJI	8
56	SREELAKSHMI P V	8
57	SWETHA S	7
58	VARSHA A	6
59	VINDUJA R	8
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VALUE ADDED COURSE- FEED BACK FORM

Academic year: 2022-23

Name of the student: Aleena Thomas

Year of study: IVth year

Register No.

Name of Course: BSc Nursing
Implication of Artificial intelligence in Nursing

SL NO	QUESTIONS	EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.			✓	
5.	I was able to apply what I learned from the course in my personal or professional life.			✓	
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.		✓		
8.	Overall, I feel that this course added value to my knowledge and skills	✓			

Aleena

Signature of the student



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VALUE ADDED COURSE - FEED BACK FORM

Academic year: 2022-23

Name of the student: Vindhya R.

Year of study: 1st year

Register No.

Name of course: B.S.C. Nursing, Implication of Artificial intelligence in Nursing.

SL NO	QUESTIONS	EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.		✓		
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills	✓			

Vindhya

Signature of the student



G. S. S.
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VALUE ADDED COURSE - FEED BACK FORM

Academic year: 2022 - 23

Name of the student: JITHIN K JOSU

Year of study: IVth YEAR

Register No.

Name of course: B-SC. NURSING, IMPLICATION OF ARTIFICIAL INTELLIGENCE IN NURSING

SL NO	QUESTIONS	EXCELLENT	VERY GOOD	GOOD	POOR
1.	The course content was relevant to my goals and interests	✓			
2.	The instructor was knowledgeable and effectively conveyed the information.			✓	
3.	The course materials and resources were well-organized and useful.		✓		
4.	The course provided practical, real-world applications.		✓		
5.	I was able to apply what I learned from the course in my personal or professional life.	✓			
6.	The course was engaging and kept my interest throughout.		✓		
7.	The course provided opportunities for interaction and discussion.	✓			
8.	Overall, I feel that this course added value to my knowledge and skills	✓			

Jithin

Signature of the student



G. Sankar
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CERTIFICATE OF COMPLETION

This is to certify that Mr. Aadil Mathew has successfully completed the Value added course - Implication of Artificial intelligence in Nursing during 2022-2023

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator

Principal

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CERTIFICATE OF COMPLETION


This is to certify that Ms. Farshidha E B has successfully completed the value added course - Implication of Artificial intelligence in Nursing during 2022 - 2023

This course provided additional value and knowledge to the participants beyond their qualifications.


Course Coordinator




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CERTIFICATE OF COMPLETION

This is to certify that Ms. Shamseena S has successfully completed the Value added course - Implushon of Artificial intelligence in Nursing during 2022-2023

This course provided additional value and knowledge to the participants beyond their qualifications.

Course Coordinator



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