



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

PANAYUR (PO), VANIYANKULAM, 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

2021-2022



NEHRU COLLEGE of NURSING



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

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Details of valueadded Courses during the academic year 2021-22

S.No	Year of Study	COURSE CODE	Name of the Add on Courses	No.of Students Registered	No.of Students Benefitted
1	I	SM2122	Self care aspects of stress Management	89	89
2	II	YT2122	Yoga -Harmony of life	58	57
3	III	HV2122	Human values and professional Ethics	60	60
4	IV	CL2122	Communication and effective leadership	60	60



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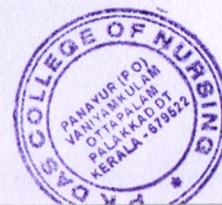


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List of the students and details of Value added Courses.

ACADEMIC YEAR 2021-2022					
SL NO	NAME OF THE STUDENT	SELF CARE ASPECTS OF STRESS MANAGEMENT	YOGA -HARMONY OF LIFE	HUMAN VALUES AND PROFESSIONAL ETHICS	COMMUNICATION AND EFFECTIVE LEADERSHIP
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	√			



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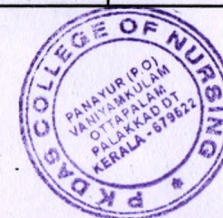


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SL NO	NAME OF THE STUDENT	SELF CARE ASPECTS OF STRESS MANAGEMENT	YOGA -HARMONY OF LIFE	HUMAN VALUES AND PROFESSIONAL ETHICS	COMMUNICATION AND EFFECTIVE LEADERSHIP
24	ANJANA K	√			
25	ANJANA SAJEEVAN	√			
26	ANJANA T	√			
27	ANJUMOL M S	√			
28	ANOKKA 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	√			
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	√			



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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	√			



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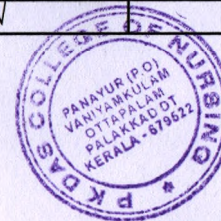


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70	NIRANJAN L GOVIND	√			
71	PRANAV PRAKASH	√			
72	PRIYA SARA	√			
73	RAMSHIJA M A	√			
74	RESHMA DAVIS	√			
75	ROBINSON GEORGE	√			
76	SANDRA P R	√			
77	SANIKA S	√			
78	SARANYA LAKSHMANAN	√			
79	SHIFANA P K	√			
80	SHILPA S NAIR	√			
81	SIVALAYA SAGAR	√			
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	√			
90	ABHIRAMI P DAS		√		
91	AJEESH KRISHNA V		√		
92	ALBY MARIYA MATHEW		√		



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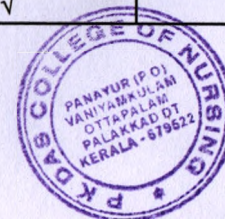


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93	ALEENA BINS		√		
94	ALEENA JAIMON		√		
95	AMALA ROSE		√		
96	ANEENA ANTO		√		
97	ANEESHA C B		√		
98	ANITTA JOY		√		
99	ANITTA SARA JAISON		√		
100	ANJANA C R		√		
101	ANJANA UNNI		√		
102	ANU AUGUSTINE		√		
103	APARNA K		√		
104	ARDRA R		√		
105	ARIFA N A		√		
106	ARYA AJAYAN		√		
107	ASWANI AJI		√		
108	ASWATHY M V		√		
109	BLESSY BIJU		√		
110	DEVIKA S		√		
111	DIVYA JOHNY		√		
112	DIVYA K K		√		
113	FATHIMA SALAM		√		
114	GOWRI NANDANA		√		
115	HARITHA HARIKUMAR		√		



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116	JENSIYA SAMUEL		√		
117	JESNA JOHNSON		√		
118	JOSNA JOSEPH		√		
119	JOYES JOY		√		
120	K M PRANAVYA DAS		√		
121	LIVIYA C WILSON		√		
122	LIYA JOSE		√		
123	MIDHYA SARA THOMAS		√		
124	MOHAMMED THARIQUE		√		
125	MRUDHULA		√		
126	NANDANA P		√		
127	NIDAL P V		√		
128	NIYA K BENNY		√		
129	PADMAJA K		√		
130	RASNA K P		√		
131	RESHMA M		√		
132	SABITHA SIBI		√		
133	SANDRAMOL S		√		
134	SHABNAM		√		
135	SHASIYA S		√		
136	SILPA M		√		
137	SNEHA S		√		
138	SONCY MARIAM SAM		√		



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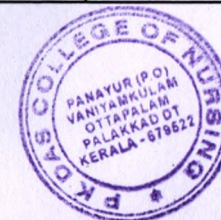


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139	SREELAKSHMI V M		√		
140	SRUTHY A		√		
141	SURYA GAYATHRI K		√		
142	SURYA P S		√		
143	SWETHA K		√		
144	THASLEEMA V K		√		
145	VINITHA.K.V		√		
146	VYSHNAVI S		√		
147	Aiswarya M		√		
148	AADIL MATHEW			√	
149	ADITHYA D S			√	
150	AISWARYALAKSHMI M M			√	
151	AJANYA P			√	
152	AJITH M P			√	
153	AKSA CIJI			√	
154	ALEENA BABU			√	
155	ALEENA K THOMAS			√	
156	ALEENA NAIJU			√	
157	ALEENA THOMAS			√	
158	ALEENA V GEORGE			√	
159	AMALA THOMAS			√	
160	AMRUTHA G			√	
161	ANAKHA K S			√	



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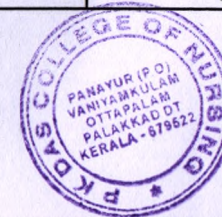


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162	ANEETTA RIYA ROY			√	
163	ANGEL ROS BIJU			√	
164	ANISHA V G			√	
165	ANIT EMMANUEL			√	
166	ANJU RAJU			√	
167	ANNAINA J TOM			√	
168	ARCHANA T P			√	
169	ARYA M K			√	
170	ARYA S			√	
171	ASHA MARIYA THOMAS			√	
172	ASHLY MARIYA PAUL			√	
173	ATHIRA DEEPAK			√	
174	BHAVYA K			√	
175	BHAVYA P			√	
176	BLESSY K ELDHO			√	
177	Brail Philip Mathew			√	
178	CHIPPY WILSON			√	
179	DAYANA C J			√	
180	DEVIKA R J			√	
181	DHIYA DAVIS			√	
182	FARSHIDHA E B			√	
183	GAYATHRI P T			√	
184	GEETHU P			√	



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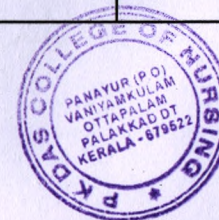


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185	HARITHA S PRAKASH			√	
186	JESNA C J			√	
187	JITHIN K JOJU			√	
188	KRISHNA M SHAJI			√	
189	LAKSHMI K SHAMEJ			√	
190	MAJITHA			√	
191	MINNUMOL B K			√	
192	MOHAMMED SHAHEEN T			√	
193	MOHYUDHEEN NISHAD			√	
194	NAVYA K			√	
195	NINU K J			√	
196	PRESKILLA PRAMOD			√	
197	RAHULDAS K R			√	
198	RENJIMA M R			√	
199	REVATHY P M			√	
200	SHAMSEENA S			√	
201	SNEHA K			√	
202	SONA SAJI			√	
203	SREELAKSHMI P V			√	
204	SWETHA S			√	
205	VARSHA A			√	
206	VINDUJA R			√	
207	VISMAYA K V			√	



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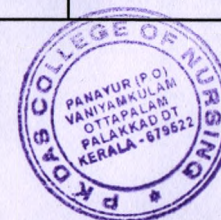


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208	ACHSAH N CHERIAN				√
209	AKHILA. K				√
210	ALEN CHERIAN				√
211	ALOUSIYA RACHEL VARKEY				√
212	ALPHONSA GEORGE				√
213	AMAYA				√
214	ANAGHA MOHAN V				√
215	ANAGHA SURESHKUMAR				√
216	ANEENA JOSHY				√
217	ANGEL ROSE V J				√
218	ANISHA.M.R				√
219	ANJALI L				√
220	ANJANA MARY JOSE				√
221	ANJU SAJU				√
222	ANNU ROSE JOY				√
223	ANSIL SHABU				√
224	ANU A J				√
225	APARNA A S				√
226	APARNA S ANILKUMAR				√
227	ARUN K				√
228	ASHNA C REJI				√
229	ASSIYA SIDHIQUE				√



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230	ASWATHI.K.SUDHEER				√
231	ATHIRA.M.S				√
232	AYANA E M				√
233	BEJEENA ELDHOSE				√
234	BILGA JOHNSON				√
235	BITTY BIJU				√
236	CHANDANA V M				√
237	CHARUTHA M P				√
238	CHELSIYA NIXON				√
239	CHINCHU.C P				√
240	DIYA ROSE K.J				√
241	DONA ROSE THOMAS				√
242	EMILI ELSA ABRAHAM				√
243	GEETHANJALI M K				√
244	HARITHA GOPINATH				√
245	HARITHA R NAIR				√
246	HILDA CHRISTINA MANUEL				√
247	JITHISHA A				√
248	JIYA MARY THOMAS				√
249	JOSNA C JOSEPH				√
250	KESIYA.P.J				√
251	KRIPA JOSE				√



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252	MERIN ALIAS				√
253	MUHAMMED MIDLAJ K T				√
254	NIRADEVI P B				√
255	RIYA MOL K L				√
256	RIZANI FATHIMA				√
257	ROHITHA C				√
258	RONIYA MARIYA BIJUMOL				√
259	ROSHNI UP				√
260	SALU K B				√
261	SANGEETHA.P.D				√
262	SARANYA P K				√
263	SNEHA.K				√
264	SREENA M				√
265	SRUTHI M S				√
266	SWETHA K P				√
267	VISHNU K				√



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Permission letter

From,

Prof. Kumari Haripriya. O.B
Vice principal
Nehru College Of Nursing

To,

The Principal
Nehru College Of Nursing

Sub: Request letter to conduct value added on 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	Self care aspects of stress Management	Dr. Krishna Kumar T. P	10/03/2022 - 14/03/2022 Forenoon and Afternoon Session
II	Yoga -Harmony of life	Mrs Usha K. Yogacharya	01/06/2021 - 03/06/2021 Forenoon and Afternoon Session
III	Human values and professional Ethics	Dr. Sudeer S Marar	01/06/2021 - 03/06/2021 Forenoon and Afternoon Session
IV	Communication and effective leadership	Mr. Pramod K	01/06/2021 - 03/06/2021 Forenoon and Afternoon Session

Prof. Kumari Haripriya. O.B
Date: 20/05/2021

Panayur



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CIRCULAR

NCN/ACADEMIC/VAC/01/2021

27/05/2021

Add on courses will be conducted as per the schedule provided

YEAR OF STUDY	TITLE	RESOURCE PERSON	DURATION
I	Self care aspects of stress Management	Dr. Krishna Kumar T. P	10/03/2022 - 14/03/2022 Forenoon and Afternoon Session
II	Yoga –Harmony of life	Mrs Usha K. Yogacharya	01/06/2021 - 03/06/2021 Forenoon and Afternoon Session
III	Human values and professional Ethics	Dr. Sudeer S Marar	01/06/2021 - 03/06/2021 Forenoon and Afternoon Session
IV	Communication and effective leadership	Mr. Pramod K	01/06/2021 - 03/06/2021 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.

Principal



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VALUE ADDED COURSE

TOPIC : SELFCARE ASPECTS OF STRESS
MANAGEMENT

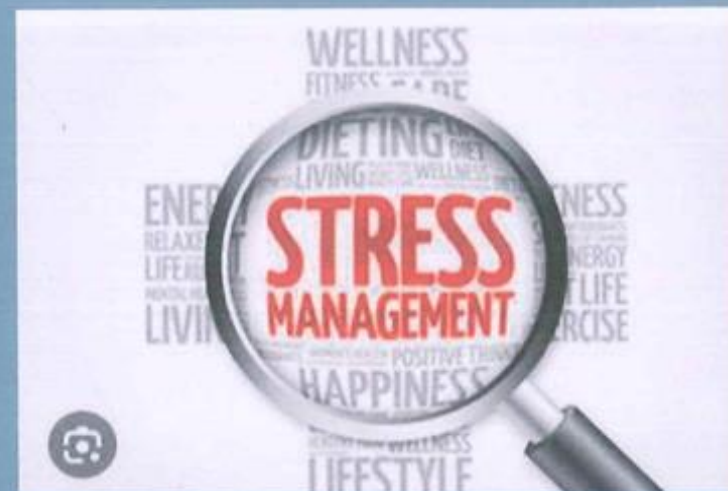
DURATION : 3days
10/03/2022- 14/03/2022

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



Gpa
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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

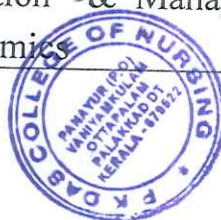
Dr. Krishna Kumar T. P

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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<p>Professional Experiences</p>	<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 Seema Dental College & Hospital at Rishikesh, Uttaranchal State. (Job Profile: Authority for Independent 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<li style="text-align: center;">&➤ Also Director of PMS College of Dental Science & Research, Trivandrum, Kerala. 2009 -2011 (Organizations Under Single Investment Group)➤ 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
<p>Field of Interest</p>	<ul style="list-style-type: none">➤ Office Administration - & Management➤ Research & Academic



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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 .PonnnunniTharakan ❖ 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)

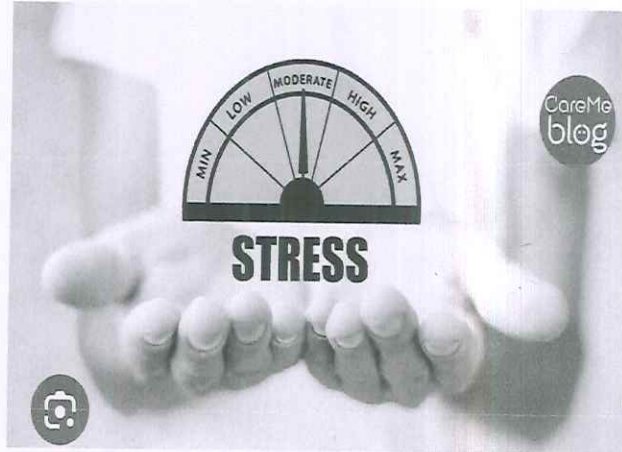


Dr. Krishna Kumar TP

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NEHRU COLLEGE OF NURSING

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I YEAR BSc NURSING

**SELF CARE ASPECTS OF STRESS
MANAGEMENT**

COURSE CODE:SM2122



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Course Syllabus

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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SELF CARE ASPECTS OF 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



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the issues that arise from work related stress and to help employees deal with it and maintain their attendance.

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 model

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

B. Distribution of the course:

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



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FIRST YEAR B Sc NURSING: SELFCARE ASPECTS OF 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	UNDERSTANDING THE NATURE OF STRESS <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	Lecture Discussion
II	10hrs	STRATEGIES OF STRESS MANAGEMENT AND PREVENTION <ul style="list-style-type: none">• Challenging Stressful Thinking• Problem Solving and Time Management• Psychological and Spiritual Relaxation Methods• Physical Methods of Stress Reduction• Preparing for the Future: College and occupational Stress• Care of the Self. Nutrition and Other Life style Issues.	Lecture Discussion Role play
III	5hrs	STRATEGIES OF SYNTHESIS AND PREVENTION <ul style="list-style-type: none">• Resilience and Stress• Optimal Functioning• Making Changes Lasts	Lecture Discussion



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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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VALUE ADDED COURSE
SELF CARE ASPECTS OF STRESS MANAGEMENT

Academic year: 2021-2022
Year of study: I. year Bsc(N)
COURSE CODE:SM2122

Marks: 40 marks
Duration: 30 min

\ Encircle the correct answers

1: 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

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

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

B) Muscle relaxation

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

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?

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

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

A) Increases stress levels B) Reduces stress-related

: B) Reduces stress-related weight gain

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
SELF CARE ASPECTS OF STRESS MANAGEMENT

Academic year: 2021-2022
Year of study: III year Bsc(N)

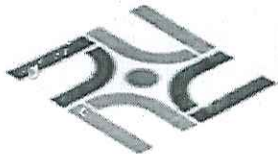
COURSE CODE:SM2122

Answer Key

Q.No.	Answer
1	B) Reducing or effectively coping with stress
2	B) Muscle relaxation
3	B) Mindfulness meditation
4	B) Improved sleep quality
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 weight gain
10	B) It helps prioritize tasks and reduce feelings of overwhelm



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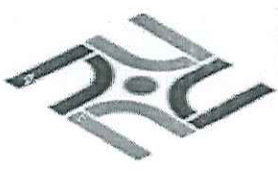


List of students enrolled for value added course, for the year 2021-22
Name of the value added Course: Self care aspects of stress Management
Theory Hours: 15 Hours **Placement: I year**

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
37.	ASWATHY S



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Since 1968

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
82.	SIYA BAJI



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

Hanipriya C.B.

Course coordinator

[Signature]

principal



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ATTENDANCE SHEET VALUE ADDED COURSE

SELF CARE ASPECTS OF STRESS MANAGEMENT

Academic year: 2021 - 2022

Year of study: I year Bsc(N)

SL.N O	NAME OF STUDENTS	10/03/2022		11/03/2022		14/03/2022	
		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	P
8	ADITHYA P.U.	P	P	P	P	P	P
9	AGAL SABU	P	P	P	P	P	P
10	AISWARYA P	P	P	P	P	P	P
11	AISWARYA S	P	P	P	P	P	P
12	AISWARYA. V	P	P	P	P	P	P
13	AKHILA M	P	P	P	P	P	P
14	ALEENA ANTONY	P	P	P	P	P	P
15	ALEENA JOMON	P	P	P	P	P	P
16	ALEESHA P JOY	P	P	P	P	P	P
17	ALENTA M	P	P	P	P	P	P
18	ALISHA ALEX	P	P	P	P	P	P
19	AMAL SHEREEFA SUBIER	P	P	P	P	P	P
20	AMEGHA HARIDASANUNNI	P	P	P	P	P	P
21	ANAGHA M.M.	P	P	P	P	P	P
22	ANCELA AGNAS ASHOK	P	P	P	P	P	P
23	ANISHA V R	P	P	P	P	P	P
24	ANJANA K	P	P	P	P	P	P
25	ANJANA SAJEEVAN	P	P	P	P	P	P
26	ANJANA T	P	P	P	P	P	P
27	ANJUMOL M S	P	P	P	P	P	P
28	ANOKKA JIJU	P	P	P	P	P	P

Hanipriya O.B
Course coordinator

[Signature]

Principal



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Moulding True Citizen

29	APARNA G NAIR	P	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	P	P	P	P	P	P
34	ASHITHA SHAJU	P	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	P	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
65	MEENAKSHI K SHIJU	P	P	P	P	P	P
66	MOHAMMED FAYAS	P	P	P	P	P	P

[Handwritten Signature]

[Handwritten Signature]
Course coordinator

Principal

PRINCIPAL

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



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KERALA - 679522



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Moulding True Citizen

67	NAJIYA NASARUDEEN	P	P	P	P	P	P
68	NANDANA K	P	P	P	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	P	P	P	P	P	P
73	RAMSHIJA M A	P	P	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	P	P	P	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

Haripriya D.B

Course coordinator



Green

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Pin - 679 522, Kerala

VALUE ADDED COURSE
SELF CARE ASPECTS OF STRESS MANAGEMENT

Academic year: 2021-2022
Year of study: I. year Bsc(N)
COURSE CODE: SM2122

Marks: 10 marks
Duration: 30 min

10
/

\ Encircle the correct answers

1: 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

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

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

B) Muscle relaxation

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

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?

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

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

- A) Increases stress levels B) Reduces stress-related

: B) Reduces stress-related weight gain

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
SELF CARE ASPECTS OF STRESS MANAGEMENT

Academic year: 2021-2022
Year of study: I. year Bsc(N)
COURSE CODE:SM2122

Marks: 40 marks
Duration: 30 min

10

10

\ Encircle the correct answers

1: 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

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

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

B) Muscle relaxation

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

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SCORE SHEET VALUE ADDED COURSE

Academic year 2021-22

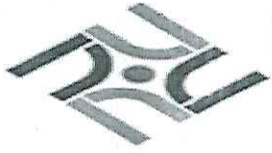
Name of the value added Course: Self-care aspects of stress Management

Placement: I year

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



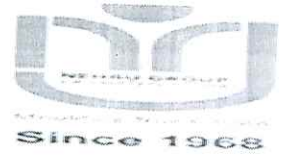
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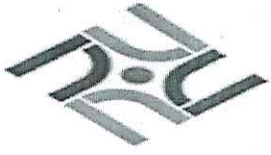


Since 1968

22.	ANCELA AGNAS ASHOK	6
23.	ANISHA V R	7
24.	ANJANA K	8
25.	ANJANA SAJEEVAN	7
26.	ANJANA T	8
27.	ANJUMOL M S	10
28.	ANOKKA JIJU	7
29.	APARNA G NAIR	7
30.	APARNA K L	8
31.	ARDRA P SHAJI	7
32.	ARYA K A	8
33.	ARYANANDA AJAYAKUMAR	10
34.	ASHITHA SHAJU	7
35.	ASWATHY K	8
36.	ASWATHY AJITH	7
37.	ASWATHY S	7
38.	ATHIRA PRAKASH	7
39.	AVANTHIKA	8
40.	BESSY BABY	9
41.	CHRISTEENA JUBY	10
42.	CHRISTY SEETHAL SABU	7
43.	FARZANA ASHARAF P A	8
44.	GOPIKA N	8
45.	GOPIKA R K	7
46.	GOPIKA T	7
47.	GOWRY NANDHANA K S	7
48.	HARSHA K M	8
49.	IZABEL MARY FERIA	9



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



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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: *Gopla*

Year of study: 1st YEAR

Register No. 210060987

Name of course: SELF CARE ASPECTS OF STRESS MANAGEMENT

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

Signature of the student



Gopla
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KERALA - 679522

VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Gopika T

Year of study: 1st

Register No. 210060989

Name of course: Self care aspects of 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		✓		


 Signature of the student




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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Uopika Rk

Year of study: 1st year

Register No. 210060988

Name of course: Self care aspects of 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	✓			

Uopika Rk

Signature of the student



Uopika Rk

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CERTIFICATION OF COMPLETION

This is to certify that Abhinaya A has
successfully completed the Value added course - Self care aspects of stress management
during 2021 - 22

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

Haripada O.B
Course Coordinator



G. S. S.
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Reena D
Principal
PRINCIPAL
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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Anjumol MS has
successfully completed the Value added course. Self care aspects of stress management
during 2021-22

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

Haripriya O.B
Course Coordinator



P. S. S. S. S.
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Beena
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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Sunya T.M has
successfully completed the Value added course - Self care aspects of stress management
during 2021-22.

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

Haripriya O.B
Course Coordinator



Sunya
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[Signature]
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Vaniyamkulam, Ottapalam, Palakkad Dis
Pin - 679 522, Kerala

VALUE ADDED COURSE

TOPIC : YOGA –HARMONY OF LIFE

DURATION : 3days
1/6/2021- 3/6/2021

INSTRUCTOR: MRS USHA K. YOGACHARYA

PARTICIPANTS : I I YEAR BSC(N)

TIME : 08:30 AM – 04:30 PM

VENUE : II YEAR Lecturer Hall



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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 Internation al 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.

Place:

Date:

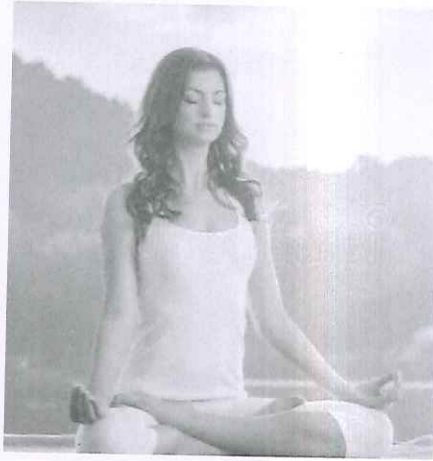
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Yours Truly

USHA K

NEHRU COLLEGE OF NURSING

Panayur, Vaniyamkulam



II year BSc Nursing
VALUE ADDED COURSE
ON

YOGA- HARMONY OF LIFE

COURSE CODE:YT2122

Course Syllabus



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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- HARMONY OF LIFE

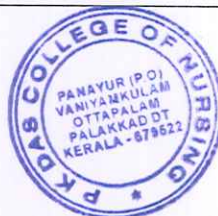
Placement : II Year

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• Prasarita Padottanasana• 9 11 Uttanasana• 13 Parshvottanasana• Utkatasana• Belly Asanas• Ardha Navasana• Jathara Parivartanasana• Urdhva Prasarita 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)• Parivrta Trikonasana (Revolved Triangle)• Utthita Parshvakonasana (Extended Side Angle)• Virabhadra Asana I• Virabhadra Asana II	
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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 2021- 22
Name of the value added Course: yoga –harmony of life

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



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31	K M PRANAVYA DAS
32	LIVIYA C WILSON
33	LIYA JOSE
34	MIDHYA SARA THOMAS
35	MOHAMMED THARIQUE
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

Haripriya O.B

Course coordinator

[Signature]

principal



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ATTENDANCE SHEET VALUE ADDED COURSE ON YOGA HARMONY OF LIFE

Academic year: 2021-2022

Year of study: II year BSc (N)

SL.No.	NAME OF STUDENTS	01/06/2021		02/06/2021		03/06/2021	
		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	P	P
6	AMALA ROSE	P	P	P	P	P	P
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	P	P
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	P	P
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

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Course coordinator

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Principal

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27	JENSIYA SAMUEL	P	P	P	P	P	P
28	JESNA JOHNSON	P	P	P	P	P	P
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

J. Haripriya - DB

Course coordinator

[Signature]

Principal



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SCORE SHEET VALUE ADDED COURSE

Academic year 2021- 22

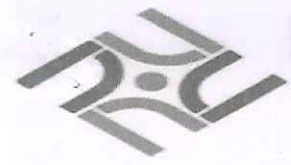
Name of the value added Course: yoga –harmony of life

Placement: II year

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



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

J. Karipparamba O.B

Course coordinator

P. S. M.

principal



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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: *Fathima Salem*

Year of study: *2nd Year*

Register No. *2100065864*

Name of course: *yoga : Harmony 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	✓			

Fathima

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Sunya PS

Year of study: 11th

Register No. 200065894.

Name of course: Yoga-harmony 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		✓		

Sunya

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Josna Joseph

Year of study: II nd year

Register No. 200065869

Name of course: yoga - Harmony 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	✓			

Josna Joseph

Signature of the student



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CERTIFICATION OF COMPLETION

This is to certify that K.M. Pranaviya Das has
successfully completed the Value added course - Yoga - Harmony of life
during 2021-22

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

Haripriya D.B

Course Coordinator

[Signature]

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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Anu Augustine has
successfully completed the Value added course - Yoga - Harmony of life
during 2021-22

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

Haripriya O.B

Course Coordinator

[Signature]

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Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Aleena Jaimon has
successfully completed the Value added course Yoga - Harmony of life
during 2021-22

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

Haripriya OB

Course Coordinator

[Signature]

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

ssmarar@gmail.com (Personal mail-id)
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SREEVALSAM Marath
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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 Management System
International Journal for Engineering Research & 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 Sculptors 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 Block Chain 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 : IJCSR 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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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.

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.



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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
4. No. of seats – 60

Organization of the course

Distribution of the course:

Theory hours: 15 hrs



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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



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Placement: III year

Theory: 30 hours

Syllabus

Unit	Content	Hours
UNIT-1	Introduction to value education <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	Harmony in the Human Being <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	Harmony in the Family and Society <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	Harmony in the Nature (Existence) <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



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Unit V	Implications of the Holistic Understanding – a Look at Professional Ethics <ul style="list-style-type: none"> - Natural Acceptance of Human Values - Definitiveness of (Ethical) Human Conduct - A Basis for Humanistic Education, Humanistic Constitution and Universal Human Order - Competence in Professional Ethics - Strategies for Transition towards Value-based Life and Profession - Professionalism - Ethical decision making - Discussion on ethical dilemmas 	4 hrs
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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 Yadav. Human values and professional Ethics, engage learning india private limited
5. Govindharajn, 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 2021-22

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

Theory Hours: 15 Hours

Placement: III 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



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37	GEETHU P
38	HARITHA S PRAKASH
39	JESNA C J
40	JITHIN K JOJU
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

J. Hariprasada O.B

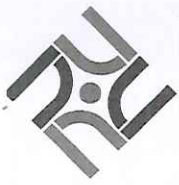
Course coordinator

P. K. Das

principal



P. K. Das
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ATTENDANCE SHEET

VALUE ADDED COURSE

HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2021-2022

Year of study: III year Bsc(N)

SL.No.	NAME OF STUDENTS	01/06/2021		02/06/2021		03/06/2021	
		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	P	P
5	AJITH M P	P	P	P	P	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	P	P	P	P	P	P
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

Haripriya OB

Course coordinator

Principal

Principal

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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
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	P	P	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	P	P	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

Haripriya OB

Course coordinator

Princip

Principal

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VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2021-2022
Year of study: III year Bsc(N)

Marks:50 marks
Duration: 30 min

COURSE CODE:HV2122

Encircle the correct answers

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

A) Homogeneity B) Inclusivity C) Segregation

Answer: B) Inclusivity

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

A) Ingratitude B) Thankfulness C) Envy



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VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2021-2022
Year of study: III year Bsc(N)
COURSE CODE:HV2122

Answer Key

Q.No.	Answer
1	B) Inclusivity
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) Thankfulness



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VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2021-2022
Year of study: III year Bsc(N)

Marks: 10 marks
Duration: 30 min

6
10

COURSE CODE:HV2122

Encircle the correct answers

- 1: 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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Mohammed Shahem

VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2021-2022
Year of study: III year Bsc(N)

Marks: 10 marks
Duration: 30 min

7/10

COURSE CODE: HV2122

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Chippy

VALUE ADDED COURSE
HUMAN VALUES AND PROFESSIONAL ETHICS

Academic year: 2021-2022
Year of study: III year Bsc(N)

Marks: 10 marks
Duration: 30 min

7/10

COURSE CODE:HV2122

Encircle the correct answers

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SCORE SHEET VALUE ADDED COURSE

Academic year 2021-22

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

Placement: III 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	10
6	AKSA CIJI	7
7	ALEENA BABU	7
8	ALEENA K THOMAS	8
9	ALEENA NAIJU	7
10	ALEENA THOMAS	7
11	ALEENA V GEORGE	7
12	AMALA THOMAS	8
13	AMRUTHA G	9
14	ANAKHA K S	10
15	ANEETTA RIYA ROY	7
16	ANGEL ROS BIJU	8
17	ANISHA V G	7
18	ANIT EMMANUEL	8
19	ANJU RAJU	7
20	ANNAINA J TOM	7
21	ARCHANA T P	7
22	ARYA M K	8
23	ARYA S	9
24	ASHA MARIYA THOMAS	10
25	ASHLY MARIYA PAUL	7
26	ATHIRA DEEPAK	8
27	BHAVYA K	7
28	BHAVYA P	8
29	BLESSY K ELDHO	7
30	BRAIL PHILIP MATHEW	7
31	CHIPPY WILSON	7
32	DAYANA C J	7
33	DEVIKA R J	8



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

Haripriya O.B

Course coordinator

Princip

principal



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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: NINU K J

Year of study: 3rd year

Register No. 190067075

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		✓		

Ninu K J

Signature of the student



G. S. Kumar
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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Varsha A

Year of study: 3rd

Register No. 190067085

Name of course: Human values of 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	✓			

Varsha

Signature of the student



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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22


Name of the student: Sona Saji

Year of study: IIIrd year


Register No. 190067082

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		✓		


Signature of the student




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CERTIFICATION OF COMPLETION

This is to certify that Asha Mariya Thomas has
successfully completed the Value added course - Human values and professional ethics
during 2021 - 22

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

Haripriya O.B

Course Coordinator

[Signature]

Principal

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Pin - 679 522, Kerala



G.S.W
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KERALA - 679522



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CERTIFICATION OF COMPLETION

This is to certify that Anakha K S has
successfully completed the Value added course - Human values & professional ethics
during 2021-22

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

Harijitha O.B

Course Coordinator



G. S. S.
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[Signature]

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PRINCIPAL

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Vaniyankulam, Ottapalam, Palakkad Dis.
Pin - 679 522, Kerala



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CERTIFICATION OF COMPLETION

This is to certify that Ajith MP has
successfully completed the Value added course - Human values & professional ethics
during 2021-22.

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

Hanipriya O.B

Course Coordinator



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Pin - 679 522, Kerala



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VALUE ADDED COURSE

TOPIC : COMMUNICATION AND EFFECTIVE LEADERSHIP
DURATION : 3days
DATE : 1/6/2021- 3/6/2021
RESOURCE PERSON : MR. PRAMOD K
PARTICIPANTS : 1 V YEAR BSc (N)
TIME : 08:30 AM – 04:30 PM
VENUE : IV YEAR Lecturer Hall



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Panayur, Vaniyamkulam

VALUE ADDED COURSE

IV YEAR Bsc (N)

COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

COURSE CODE:CL2122



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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 Skills 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 street 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 are needed to avoid misunderstandings and fights.

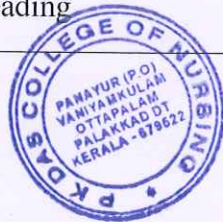
Leadership is one of these characteristics of a successful man or woman that is never inherited but trained and imbibed. The term leadership itself can't be defined and it depends on person to person's perception of life. A leader is simply not someone who will please everyone on his way. A leader is 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	Questioning
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 	Lecturing Role play	Questioning

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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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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List of students enrolled for value added course, for the year 2021-22

Name of the value added Course: Communication and effective leadership

Theory Hours: 15 Hours

Placement: I year

Sl. No	Name
1	ACHSAH N CHERIAN
2	AKHILA. K
3	ALEN CHERIAN
4	ALOUSIYA RACHEL VARKEY
5	ALPHONSA GEORGE
6	AMAYA
7	ANAGHA MOHAN V
8	ANAGHA SURESHKUMAR
9	ANEENA JOSHY
10	ANGEL ROSE V J
11	ANISHA.M.R
12	ANJALI L
13	ANJANA MARY JOSE
14	ANJU SAJU
15	ANNU ROSE JOJY
16	ANSIL SHABU
17	ANU A J
18	APARNA A S
19	Aparna S Anilkumar
20	Arun K
21	ASHNA C REJI
22	ASSIYA SIDHIQUE
23	ASWATHI.K.SUDHEER
24	ATHIRA.M.S
25	AYANA E M
26	BEJEENA ELDHOSE
27	BILGA JOHNSON
28	BITTY BIJU
29	CHANDANA V M
30	CHARUTHA M P
31	CHELSIYA NIXON
32	CHINCHU.C P
33	DIYA ROSE K.J
34	DONA ROSE THOMAS
35	EMILI ELSA ABRAHAM



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36	GEETHANJALI M K
37	HARITHA GOPINATH
38	HARITHA R NAIR
39	HILDA CHRISTINA MANUEL
40	JITHISHA A
41	JIYA MARY THOMAS
42	JOSNA C JOSEPH
43	KESIYA.P.J
44	KRIPA JOSE
45	MERIN ALIAS
46	MUHAMMED MIDLAJ K T
47	NIRADEVI P B
48	RIYA MOL K L
49	RIZANI FATHIMA
50	ROHITHA C
51	RONIYA MARIYA BIJUMOL
52	ROSHNI UP
53	SALU K B
54	SANGEETHA.P.D
55	SARANYA P K
56	SNEHA.K
57	SREENA M
58	SRUTHI M S
59	SWETHA K P
60	VISHNU K

Haripriya O.B

Course coordinator

Princip

principal



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ATTENDANCE SHEET

VALUE ADDED COURSE COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2021-2022

Year of study: IV year Bsc(N)

SL.No.	NAME OF STUDENTS	01/06/2021		02/06/2021		03/06/2021	
		M	E	M	E	M	E
1	ACHSAH N CHERIAN	P	P	P	P	P	P
2	AKHILA. K	P	P	P	P	P	P
3	ALEN CHERIAN	P	P	P	P	P	P
4	ALOUSIYA RACHEL VARKEY	P	P	P	P	P	P
5	ALPHONSA GEORGE	P	P	P	P	P	P
6	AMAYA	P	P	P	P	P	P
7	ANAGHA MOHAN V	P	P	P	P	P	P
8	ANAGHA SURESHKUMAR	P	P	P	P	P	P
9	ANEENA JOSHY	P	P	P	P	P	P
10	ANGEL ROSE V J	P	P	P	P	P	P
11	ANISHA.M.R	P	P	P	P	P	P
12	ANJALI L	P	P	P	P	P	P
13	ANJANA MARY JOSE	P	P	P	P	P	P
14	ANJU SAJU	P	P	P	P	P	P
15	ANNU ROSE JOJY	P	P	P	P	P	P
16	ANSIL SHABU	P	P	P	P	P	P
17	ANU A J	P	P	P	P	P	P
18	APARNA A S	P	P	P	P	P	P
19	APARNA S ANILKUMAR	P	P	P	P	P	P
20	ARUN K	P	P	P	P	P	P
21	ASHNA C REJI	P	P	P	P	P	P
22	ASSIYA SIDHIQUE	P	P	P	P	P	P
23	ASWATHI.K.SUDHEER	P	P	P	P	P	P
24	ATHIRA.M.S	P	P	P	P	P	P
25	AYANA E M	P	P	P	P	P	P

Hariprasad OB

Course coordinator

Deena

Principal

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Moulding True Citizen

26	BEJEENA ELDHOSE	P	P	P	P	P	P
27	BILGA JOHNSON	P	P	P	P	P	P
28	BITTY BIJU	P	P	P	P	P	P
29	CHANDANA V M	P	P	P	P	P	P
30	CHARUTHA M P	P	P	P	P	P	P
31	CHELSIYA NIXON	P	P	P	P	P	P
32	CHINCHU.C P	P	P	P	P	P	P
33	DIYA ROSE K.J	P	P	P	P	P	P
34	DONA ROSE THOMAS	P	P	P	P	P	P
35	EMILI ELSA ABRAHAM	P	P	P	P	P	P
36	GEETHANJALI M K	P	P	P	P	P	P
37	HARITHA GOPINATH	P	P	P	P	P	P
38	HARITHA R NAIR	P	P	P	P	P	P
39	HILDA CHRISTINA MANUEL	P	P	P	P	P	P
40	JITHISHA A	P	P	P	P	P	P
41	JIYA MARY THOMAS	P	P	P	P	P	P
42	JOSNA C JOSEPH	P	P	P	P	P	P
43	KESIYA.P.J	P	P	P	P	P	P
44	KRIPA JOSE	P	P	P	P	P	P
45	MERIN ALIAS	P	P	P	P	P	P
46	MUHAMMED MIDLAJ K T	P	P	P	P	P	P
47	NIRADEVI P B	P	P	P	P	P	P
48	RIYA MOL K L	P	P	P	P	P	P
49	RIZANI FATHIMA	P	P	P	P	P	P
50	ROHITHA C	P	P	P	P	P	P
51	RONIYA MARIYA BIJUMOL	P	P	P	P	P	P
52	ROSHNI UP	P	P	P	P	P	P
53	SALU K B	P	P	P	P	P	P
54	SANGEETHA.P.D	P	P	P	P	P	P
55	SARANYA P K	P	P	P	P	P	P
56	SNEHA.K	P	P	P	P	P	P
57	SREENA M	P	P	P	P	P	P
58	SRUTHI M S	P	P	P	P	P	P
59	SWETHA K P	P	P	P	P	P	P
60	VISHNU K	P	P	P	P	P	P

Haripriya O.B

(Signature)

Course coordinator

Principal



(Signature)
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VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2021-2022
Year of study: IV year Bsc(N)
COURSE CODE:CL2122

Marks: 10 marks
Duration: 30 min

Encircle the correct answers

1: Which of the following is a key component of effective communication?

A) Using complex jargon and technical terms B) Clarity and simplicity in conveying the message C) Keeping the message vague and ambiguous

2: 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

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

A) Email B) Telephone call C) Body language

4: 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

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

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

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

A) Micro-management B) Empathy C) Dictatorship

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

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

8: 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

9: 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

10: 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



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VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2021-2022
Year of study: IV year Bsc(N)
COURSE CODE:CL2122

Answer Key

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



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COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

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Marks: 10 marks
Duration: 30 min

8
10

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VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2021-2022
Year of study: IV year Bsc(N)
COURSE CODE:CL2122

Marks: 10 marks
Duration: 30 min

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Encircle the correct answers

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G. S. Sreedhar

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Scathy Ms

VALUE ADDED COURSE
COMMUNICATION AND EFFECTIVE LEADERSHIP SKILLS

Academic year: 2021-2022
Year of study: IV year Bsc(N)
COURSE CODE:CL2122

Marks: 10 marks
Duration: 30 min

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/

Encircle the correct answers

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Since 1968

SCORE SHEET VALUE ADDED COURSE

Academic year 2021-22

Name of the value added Course: Communication and effective leadership

Placement: IV year

S.NO.	NAME	SCORE EARNED
1	ACHSAH N CHERIAN	7
2	AKHILA. K	8
3	ALEN CHERIAN	9
4	ALOUSIYA RACHEL, VARKEY	7
5	ALPHONSA GEORGE	8
6	AMAYA	7
7	ANAGHA MOHAN V	7
8	ANAGHA SURESHKUMAR	7
9	ANEENA JOSHY	8
10	ANGEL ROSE V J	9
11	ANISHA.M.R	10
12	ANJALI L	7
13	ANJANA MARY JOSE	8
14	ANJU SAJU	7
15	ANNU ROSE JOJY	8
16	ANSIL SHABU	7
17	ANU A J	7
18	APARNA A S	7
19	APARNA S ANILKUMAR	7
20	ARUN K	8
21	ASHNA C REJI	7
22	ASSIYA SIDHIQUE	8
23	ASWATHI.K.SUDHEER	10
24	ATHIRA.M.S	7
25	AYANA E M	6
26	BEJEENA ELDHOSE	7
27	BILGA JOHNSON	7
28	BITTY BIJU	8
29	CHANDANA V M	7
30	CHARUTHA M P	8
31	CHELSIYA NIXON	10



G. S. M.
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NEHRU COLLEGE of NURSING

PANAYUR (P O), VANIYAMKULAM, PALAKKAD - 679 522
(Approved by Indian Nursing Council, Kerala Nurses & Midwives Council & Kerala Government
Affiliated to Kerala University of Health Sciences)



32	CHINCHU.C P	7
33	DIYA ROSE K.J	6
34	DONA ROSE THOMAS	7
35	EMILI ELSA ABRAHAM	8
36	GEETHANJALI M K	7
37	HARITHA GOPINATH	7
38	HARITHA R NAIR	7
39	HILDA CHRISTINA MANUEL	8
40	JITHISHA A	7
41	JIYA MARY THOMAS	8
42	JOSNA C JOSEPH	7
43	KESIYA.P.J	8
44	KRIPA JOSE	10
45	MERIN ALIAS	7
46	MUHAMMED MIDLAJ K T	6
47	NIRADEVI P B	7
48	RIYA MOL K L	8
49	RIZANI FATHIMA	7
50	ROHITHA C	8
51	RONIYA MARIYA BIJUMOL	10
52	ROSHNI UP	7
53	SALU K B	6
54	SANGEETHA.P.D	7
55	SARANYA P K	8
56	SNEHA.K	7
57	SREENA M	8
58	SRUTHI M S	10
59	SWETHA K P	7
60	VISHNU K	6

Hariprasad O.B

Course coordinator

Kand

principal



P.K.D.
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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Rohitha C

Year of study: 4th year

Register No. 180067295

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	✓			

Rohitha C

Signature of the student



G. Suresh
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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Sneha K

Year of study: 4th

Register No. 180067301

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			✓	

Sneha

Signature of the student



G. Suresh
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VALUE ADDED COURSE FEED BACK

Academic year: 2021-22

Name of the student: Resiya

Year of study: IVth YEAR

Register No. 180067288

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 Chelsiya Nixon has
successfully completed the Value Added course - Communication & effective leadership
during 2021-2022

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

Haripriya B

Course Coordinator

[Signature]

Principal

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CERTIFICATION OF COMPLETION

This is to certify that Aswathi K Sudheer has successfully completed the Value added course - Communication & Effective Leadership during 2021 - 22

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

Haripriya D.B

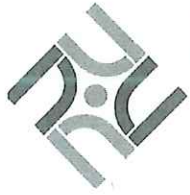
Course Coordinator



G. Suresh
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CERTIFICATION OF COMPLETION

This is to certify that Anisha M R has
successfully completed the Value added course - Communication & effective leadership
during 2021 - 22

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

Haripriya O.B

Course Coordinator



G.P. Sankar
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[Signature]

Principal

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