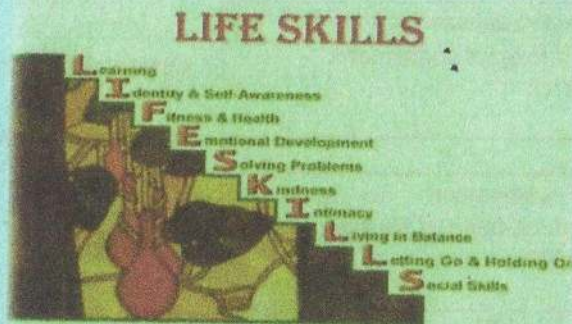




**SRI DEVARAJ URS
COLLEGE OF NURSING**
TAMAKA, KOLAR-563103, KARNATAKA
In Co-ordination with NIMHANS CON



10th, 11th & 12th November 2021

Venue:

**P G Auditorium
SDUHAER**

Tamaka, Kolar-563103, Karnataka

ABOUT THE WORKSHOP

Introduction

(WHO) defines **Life skills** are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. Life skills are abilities that facilitate the physical, mental and emotional well-being of an individual.

Thus, life skills are basic skills that help individuals in leading a meaningful life & better adjustment in the society. Hence, life skill education is important for teachers because they prepare young minds, if teachers are educated with life skills they enhance quality of

education through innovation, creativity & equip students to become more analytical in application.

The 10 core Life Skills • Self-awareness • Empathy • Critical thinking • Creative thinking • Decision-making • Problem Solving • Effective communication • Interpersonal relationship • Coping with stress • Coping with emotion.

Framework Life Skills for AEP

Thinking Skills Social Skills • Self-awareness • Interpersonal relationships • Problem solving/decision making • Communicating effectively • Critical thinking/creative thinking • Cooperation & teamwork • Planning and goal setting.

Key messages:-

In every situation of life, we use some skills

- Thinking “out of the box” can often find a solution to a seemingly difficult problem.
- By critical thinking we can analyse all the pros and cons of any situation.

TARGET GROUP

Teaching & Non-teaching Faculty & Dual Role Staff Nurses, SDUCON

OBJECTIVES

By the end of the workshop, the faculty & Staffs will be able to :-

The objectives of this training are to build self-confidence, encourage critical thinking, foster independence and help staffs to communicate more effectively.

PLENARY SESSIONS

Date	Time	Life skills	Batch I	Batch II
10.10.21	9:00-9.30 am	Inauguration		
	9.30- 11.am	Inter Relationship personal skills	Dr. B.S. Pradeep Professor & HOD Department of Epidemiology NIMHANS	Mrs. Swati Shahane Life skill Project coordinator NIMHANS
	Coffee break			
	11.30 am-1pm	Empathy	Dr. B.S. Pradeep Professor & HOD Department of Epidemiology NIMHANS	Mrs. Swati Shahane Life skill Project coordinator NIMHANS
	Lunch			
	2 pm- 3.30 pm	Self-awareness	Dr. A.Shamala NSS co-ordinator College of Nursing NIMHANS	Dr. B.V.Kathyayani Principal, College of Nursing NIMHANS
11.10.21	9am- 11am	Communication skills	Dr. A.Shamala NSS co-ordinator College of Nursing NIMHANS	Ms. Srividya RN Research coordinator NIMHANS
	Coffee break			
	11.30 am -1pm	Problem solving skills	Dr. B.V.Kathyayani Principal, College of Nursing NIMHANS	Ms. Srividya RN Research coordinator NIMHANS
		Critical thinking		
Decision making				
Lunch				
	2pm- 3.30 pm	Creative thinking	Dr. A.Shamala NSS co-ordinator College of Nursing NIMHANS	Dr. B.V.Kathyayani Principal, College of Nursing NIMHANS
12.10.21	9- 10.30 am	Managing emotions	Dr. A.Shamala NSS co-ordinator College of Nursing NIMHANS	Ms. Vani Training coordinator NIMHANS
	11 am- 12.30 pm	Managing Stress	Dr. B.V.Kathyayani Principal, College of Nursing NIMHANS	Ms. Vani Training coordinator NIMHANS
	12.30- 1.30 pm	Lunch		
	1.30 -3.30 pm	Re-demonstration by participants		

Organizing chairperson

Dr. Vijayalakshmi,
9880092435

Organizing Secretary

Prof. Mary Minerva
9880851575



Sri Devaraj Urs College of Nursing

Tamaka, Kolar-563103



In Co-ordination with NIMHANS CON is Organizing

Life skill training programme (workshop)

10th, 11th & 12th November 2021

PROGRAMME SCHEDULE

Date	Time	Life skills	Batch I	Batch II
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	9.30- 11.am	Inter Relationship personal skills	Dr. B.S. Pradeep Professor & HOD Department of Epidemiology NIMHANS	Mrs. Swati Shahane Life skill Project coordinator NIMHANS
	Coffee break			
	11.30 am-1pm	Empathy	Dr. B.S. Pradeep Professor & HOD Department of Epidemiology NIMHANS	Mrs. Swati Shahane Life skill Project coordinator NIMHANS
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SRI DEVARAJ URS COLLEGE OF NURSING,
TAMAKA, KOLAR-563103

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MEETING MINUTES RECORD/REPORT

Date: 13/11/2021

Report on Life Skill Training Programme

Life skills are abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life. **(WHO)**

Sri Devaraj Urs College of Nursing in Collaboration with NIMHANS College of Nursing, Bangalore has organized Workshop on “*Life Skill Training*” from 10th to 12th November 2021.

Objectives of the workshop were-

To enable the participants to:

- ❖ Build self-confidence,
- ❖ Encourage critical thinking,
- ❖ Foster independence
- ❖ Help faculty to communicate more effectively.

A warm welcome was given by Dr. Zeanath.C.J, HOD, MSN Dept. SDUCON/CNO RLJH & RC & the workshop was inaugurated by Dr. B.V Kathyayani, Principal, College of Nursing, NIMHANS and delivered the keynote address, Dr. G.Vijayalakshmi gave the presidential address, & the inauguration session was concluded by vote of thanks by Prof. Mary Minerva, CNE Coordinator/HOD, CHN Dept.



The total number of participants was 62, which included teaching, non-teaching faculty and PG students.

The three days' workshop was planned and carried out as per the schedule.

Topics covered were Interpersonal relationship skill, Empathy, Self-awareness, Communication Skill, Problem solving skill, Critical thinking, Decision-making, Creative thinking Managing emotions and stress. All the participants actively took part in all the sessions & return demonstration was also done from the participants.

The workshop ended with Valedictory function, Mrs. Komala Devi.R, CNE member secretary; welcomed the gathering, the workshop is awarded with 08 credit points by KNC.

Prof. Mary Minerva presented the workshop report. The resource persons was appreciated by memento and certificate by Dr. G.Vijayalakshmi, Principal, SDUCON.

Ms.Bharathi, Principal, Channegowda College of Nursing was appointed as KNC Observer & gave feedback on workshop.



Feedback taken from participants was shown excellent in the areas like self-confidence, positive social skills, creative, critical thinking and problem solving approach.

The Valedictory function concluded with vote of thanks by Prof. Mary Minerva, CNE Coordinator/HOD, CHN Dept., SDUCON. Effectiveness of workshop was tested with pre and posttest, the mean average scores were 40.60% & 70.25% & programme ended at 4:00pm on 12/11/21 with National Anthem & followed by Refreshments to all the participants



Komala Devi.R
15/11/2021
CNE Member Secretary

Mary Minerva
CNE Coordinator

G.Vijayalakshmi
13/11/21
Principal

Dr. Mary Urs School of Nursing
Bengaluru, Kolar - 563 101.