

2023-2024



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Report on Soft Skill Development Program on Stress Management and Resilience

Date: 14th June 2023

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing held a Soft Skill Development program focusing on *Stress Management and Resilience* for first-year B.Sc. Nursing, PB.B.Sc., and M.Sc. Nursing students. The session aimed to equip students with practical skills to manage stress effectively and build resilience, essential for thriving in the high-stakes environment of healthcare.

Event Proceedings

The program began with a **Welcome Address** delivered by Prof. A. Latha, who stressed the importance of mental well-being and resilience for healthcare professionals. They introduced the session's objectives and encouraged students to engage actively, underscoring that these skills would support both their academic journey and future careers.

Dr. Shanthi, Duty Medical Officer at Medicovert Hospital, served as the **resource person** for the session. With her background in both medicine and mental health, Dr. Shanthi provided insightful guidance on maintaining emotional balance under pressure. Key areas covered during her presentation included:

- **Understanding Stress:** Dr. Shanthi began by explaining the nature of stress and how it manifests physically, emotionally, and mentally, especially in healthcare settings. She provided examples that highlighted common stress triggers for nursing students and professionals.
- **Strategies for Stress Management:** The session offered students techniques for handling stress, such as deep breathing exercises, mindfulness, and time management practices. Dr. Shanthi emphasized the value of self-awareness in recognizing early signs of stress and taking proactive steps to manage it.
- **Building Resilience:** Dr. Shanthi discussed resilience as a skill that can be developed over time. She provided practical advice on cultivating resilience through positive thinking, healthy coping mechanisms, and a strong support network. Her tips on reframing challenges as opportunities for growth were particularly well-received by the students.

Dr. Shanthi
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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Interactive Session

Dr. Shanthi encouraged students to share their experiences with stress and ask questions about handling specific stressors. This open forum allowed students to express their concerns and gain personalized advice, which helped deepen their understanding of stress management techniques.


Vote of Thanks

The session concluded with a **Vote of Thanks** by Mrs. S. Suchitra, who expressed appreciation for Dr. Shanthi's valuable insights and the active participation of the students. Mrs. Suchitra acknowledged the IQAC team for organizing the program and emphasized the importance of regularly practicing these skills to maintain mental well-being.



Soft Skill Development Program on Stress Management and Resilience on 14th June 2023


Program coordinator


Principal
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Report on Language and Communication Skill Development Program on Cross-Cultural Communication

Date: 5th July 2023

Time: 12:00 PM – 1:00 PM

Venue: Smart Class Room, Narayana College of Nursing

Narayana College of Nursing conducted a Language and Communication Skill Development program focusing on Cross-Cultural Communication for first-year B.Sc., PB.B.Sc., and M.Sc. Nursing students. This program aimed to enhance students' ability to communicate effectively in culturally diverse environments, a critical skill in today's globalized healthcare settings.

Event Proceedings

The event began with a Welcome Address by Prof. A. Latha, IQAC Coordinator, who highlighted the importance of effective cross-cultural communication in healthcare. Prof. Latha noted that an understanding of cultural nuances is vital for building trust and delivering patient-centered care in a multicultural environment.

The session was led by Dr. Kanumaddi Parasara Sarma, MA in English Literature from Adi Sankara Engineering College, Gudur. With his extensive background in language and communication studies, Dr. Sarma provided valuable insights into navigating cultural differences in communication. Key topics covered included:

- **Understanding Cultural Sensitivity:** Dr. Sarma discussed the importance of cultural sensitivity, explaining how understanding cultural backgrounds and norms enhances communication effectiveness. He shared examples that highlighted common communication challenges in cross-cultural settings.
- **Strategies for Effective Cross-Cultural Communication:** The session provided practical tips for clear and respectful communication, including active listening, avoiding assumptions, and using inclusive language. Dr. Sarma also discussed the importance of body language, gestures, and tone, which can differ significantly across cultures.
- **Overcoming Language Barriers:** Dr. Sarma addressed how to handle language barriers by using simple language, checking for understanding, and encouraging open dialogue. He offered practical techniques for overcoming miscommunications and promoting clarity in diverse teams and with patients from various backgrounds.

Dr. B. R. Sarma
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Chinthareddypalem, Nellore - 524003. A.P.

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Interactive Session

Dr. Sarma engaged students in a Q&A session, encouraging them to share experiences or concerns related to cross-cultural communication. This interactive segment allowed students to apply the principles discussed and receive personalized advice, making the session dynamic and relevant to their future practice.


Vote of Thanks

The event concluded with a Vote of Thanks by Mrs. S. Suchitra, who expressed gratitude to Dr. Sarma for his enlightening session and to the students for their enthusiastic participation. She acknowledged the IQAC team's efforts in organizing the event and emphasized the importance of continued practice in cross-cultural communication.



Welcome address by Prof. A. Latha IQAC Coordinator


Program coordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Report on Analytical Skill Development Program on Research Methodology

Date: 4th August 2023

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized an Analytical Skill Development program focused on *Research Methodology* for final-year B.Sc. Nursing, second-year PB.B.Sc., and second-year M.Sc. Nursing students. This program aimed to enhance students' research skills, equipping them with essential tools and techniques for conducting scientific research effectively in their academic and professional careers.

Event Proceedings

The program began with a Welcome Address by Prof. A. Latha, IQAC Coordinator, who emphasized the significance of analytical skills and research methodology in the nursing field. She introduced the topic's relevance in evidence-based practice, encouraging students to engage actively and make the most of the session.

Prof. Nagendra from Sree Venkateswara College of Engineering served as the resource person for the session. With his expertise in research and analytics, Prof. Nagendra provided students with a foundational understanding of research methodology and its application in healthcare studies. Key topics covered included:

- **Overview of Research Methodology:** Prof. Nagendra began by explaining the core concepts of research methodology, including types of research, research designs, and the systematic approach to conducting studies. He highlighted how research methodology is vital for generating reliable, scientifically-backed findings.
- **Formulating Research Questions and Hypotheses:** The session emphasized the importance of defining clear research questions and hypotheses. Prof. Nagendra explained how a well-defined research question sets the direction for the study and helps maintain focus throughout the research process.
- **Data Collection and Analysis Techniques:** Prof. Nagendra provided practical insights into data collection methods, including surveys, interviews, and observational studies. He discussed quantitative and qualitative data analysis techniques, stressing the importance of accuracy and integrity in data handling.
- **Ethical Considerations in Research:** He also touched on the ethical aspects of research, such as informed consent, confidentiality, and data protection. These principles are crucial in healthcare research, where sensitivity and respect for participants are paramount.

D. S. S. S.
Principal

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Interactive Session

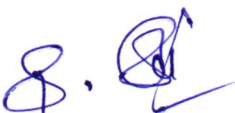
The program included a Q&A session, allowing students to ask questions and clarify doubts about the research process. Prof. Nagendra encouraged students to share their thoughts on research projects they might undertake, offering guidance on potential research methodologies and approaches.


Vote of Thanks

The session concluded with a Vote of Thanks by Mrs. S. Suchitra, who extended her gratitude to Prof. Nagendra for his insightful presentation and to the students for their active participation. She appreciated the IQAC team for organizing the event and emphasized the value of research skills for the students' future contributions to healthcare.



Analytical Skill Development Program on Research Methodology on 4th August 2023


Program coordinator


Principal
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
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Report on Yoga and Wellness Program on Yoga Practice and Techniques

Date: 9th August 2023

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing conducted a Yoga and Wellness program focusing on Yoga Practice and Techniques for second-year B.Sc. Nursing students. The program aimed to promote physical and mental well-being through yoga, providing students with practical knowledge and techniques to incorporate wellness practices into their daily routines.

Event Proceedings

The session began with a Welcome Address by Prof. A. Latha, IQAC Coordinator, who highlighted the significance of yoga in enhancing overall health and managing stress, especially for nursing students who often face demanding schedules. She encouraged students to engage actively and benefit from the insights of the session.

The resource person, Prof. Swapna Jawari from Kapisha Nayaga Educational Trust, Nellore, led the session, offering her expertise in yoga practice and wellness. Her presentation covered essential techniques and principles of yoga, focusing on both physical postures and mental relaxation methods. Key areas discussed included:

- **Introduction to Yoga and Its Benefits:** Prof. Swapna explained the origins of yoga and how it contributes to holistic well-being, addressing physical, mental, and emotional health. She shared insights on how regular practice can improve flexibility, concentration, and resilience against stress.
- **Basic Yoga Techniques:** Prof. Swapna demonstrated foundational yoga postures (asanas), including techniques for proper alignment and breathing. Students learned about poses that enhance posture, balance, and focus, and she emphasized the importance of breathing exercises (pranayama) to improve lung capacity and mental clarity.
- **Relaxation and Stress Relief Practices:** In addition to physical postures, Prof. Swapna introduced relaxation techniques such as guided meditation and mindfulness practices. These methods are especially beneficial for managing stress, enhancing mental clarity, and fostering a sense of inner peace.

Interactive Session

Prof. Swapna encouraged students to participate actively by trying out some yoga postures and breathing techniques. She also engaged students in a Q&A session, where they discussed ways to

Dr. R. Anjali
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Chinthareddypalem, Nellore - 524003. A.P.

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integrate yoga practices into their daily routines to improve their focus and manage stress effectively.


Vote of Thanks

The program concluded with a Vote of Thanks by Mrs. S. Suchitra, who expressed appreciation for Prof. Swapna's informative and engaging session. She acknowledged the IQAC team for organizing the event and thanked the students for their enthusiastic participation.



Yoga and Wellness Program on Yoga Practice and Techniques on 9th August 2023


Program CoOrdinator


Principal
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NELLORE - 524 003



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Report on Human Value Development Program on Corporate Social Responsibilities

Date: 10th October 2023

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing conducted a Human Value Development program focusing on Corporate Social Responsibilities (CSR) for third-year B.Sc. Nursing students. This program aimed to raise awareness about CSR and its role in promoting social responsibility and ethical practices within organizations, encouraging students to consider the broader impact of their work in healthcare and society.

Event Proceedings

The session began with a warm introduction to the concept of Corporate Social Responsibility, highlighting its significance in modern business and healthcare environments. The resource person, Ms. Janani Kumar K, Associate in Operations with Asset Management at BNP Paribas Global Securities Operations, brought her expertise to the session, offering insights into CSR initiatives and their practical applications in a corporate setting.

Key Topics Covered

Ms. Janani covered various aspects of CSR, including:

- **Understanding Corporate Social Responsibility:** She introduced CSR as a framework through which companies take responsibility for the social, environmental, and economic impacts of their actions. She explained how CSR initiatives contribute positively to communities, foster trust, and promote sustainable practices.
- **CSR in the Healthcare Sector:** Ms. Janani tailored her presentation to healthcare, discussing how organizations in this field can support community health, improve access to services, and adopt environmentally sustainable practices. She emphasized the importance of empathy, accountability, and ethical decision-making.
- **Examples of CSR Initiatives:** Sharing real-life examples from BNP Paribas and other organizations, Ms. Janani illustrated CSR activities such as supporting education, environmental conservation, and health awareness programs. These examples helped students understand the practical impact of CSR in communities.
- **The Role of Individuals in CSR:** Ms. Janani encouraged students to think about how they, as future healthcare professionals, can contribute to social responsibility. She highlighted actions like volunteering, promoting patient education, and upholding ethical standards as ways to practice CSR individually and within teams.

Dr. Janani
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

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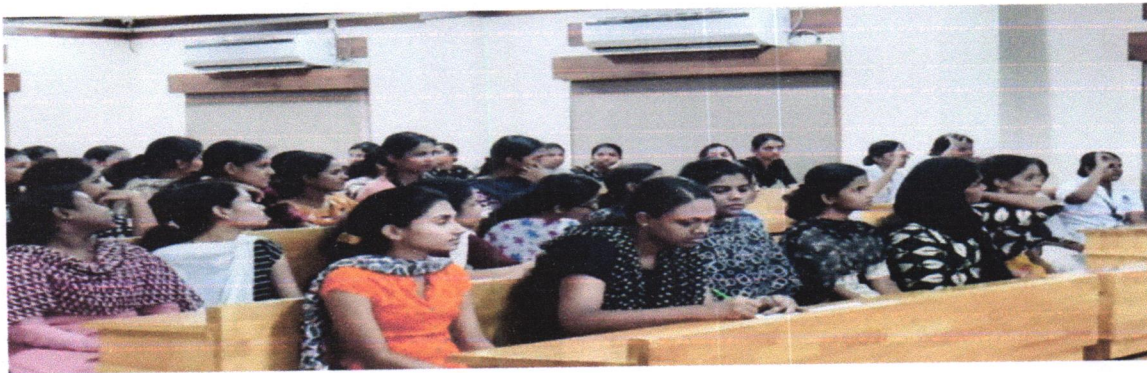


Interactive Session

Ms. Janani engaged students in an interactive session where they shared their thoughts on CSR and discussed ways they could implement these values in their nursing careers. This segment encouraged students to think critically about the role of healthcare providers in addressing social challenges and making a positive impact.

Vote of Thanks

The program concluded with a Vote of Thanks by Mrs. S. Suchitra, who expressed appreciation for Ms. Janani's insightful session. She thanked Ms. Janani for sharing her experience and knowledge and acknowledged the students for their active participation, making the session both enriching and inspiring.



**Report on Human Value Development Program on Corporate Social Responsibilities on
10th October 2023**

Program CoOrdinator

Dr. R. Anjali
Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Report on Personality and Professional Development Program on Work-Life Balance

Date: 6th November 2023

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized a Personality and Professional Development program on Work-Life Balance for third-year B.Sc. Nursing students. The program aimed to provide students with strategies for achieving a healthy balance between their professional responsibilities and personal well-being, an essential skill for healthcare professionals facing demanding schedules.

Event Proceedings


The session began with a **Welcome Address** by Prof. A. Latha, IQAC Coordinator, who emphasized the importance of work-life balance in healthcare careers. She encouraged students to approach the session with an open mind, as learning to balance personal and professional life contributes significantly to long-term success and well-being in the healthcare field.

The **resource person**, *Dr. Shanthi*, Duty Medical Officer at Medicover Hospital, Nellore, led the session, drawing from her professional experience to offer practical guidance on managing work and life effectively. Key topics covered included:

- **Understanding Work-Life Balance:** Dr. Shanthi introduced the concept of work-life balance, explaining how maintaining a healthy balance can help prevent burnout, improve mental health, and enhance job satisfaction.
- **Practical Strategies for Managing Work-Life Balance:** Dr. Shanthi discussed methods for time management, setting boundaries, and prioritizing tasks. She advised students on creating a structured routine that includes both work and relaxation, highlighting the importance of scheduling time for oneself.
- **Stress Management Techniques:** Dr. Shanthi shared stress-relief methods such as mindfulness, deep breathing exercises, and regular physical activity, underscoring the need for these practices in high-stress environments.
- **Importance of Self-Care:** Dr. Shanthi encouraged students to make self-care a priority by integrating small, healthy habits into their daily routines, such as adequate sleep, healthy nutrition, and personal hobbies. She emphasized that these practices help build resilience and sustain mental and physical health.

Interactive Session

The session included an interactive Q&A, where Dr. Shanthi invited students to discuss their perspectives on balancing academic and personal responsibilities. She provided personalized


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

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advice on handling specific challenges in the nursing field, making the discussion both engaging and insightful.

Vote of Thanks

The program concluded with a **Vote of Thanks** by Mrs. S. Suchitra, who expressed gratitude to Dr. Shanthi for her valuable insights and to the students for their enthusiastic participation. She thanked the IQAC team for organizing the event and highlighted the session's importance in supporting students' future careers.



Personality and Professional Development Program on Work-Life Balance on 6th November 2023

Program CoOrdinator

Principal

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

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website: <https://www.narayanannursingcollege.com>



Report on Employability Skill Development Program on Self-Motivation and Initiative

Date: 13th December 2023

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing organized an Employability Skill Development program focused on *Self-Motivation and Initiative* for final-year B.Sc. Nursing, second-year PB.B.Sc., and second-year M.Sc. Nursing students. The session aimed to cultivate skills essential for career advancement and personal growth, emphasizing the importance of self-motivation and proactive behavior in the workplace.

Event Proceedings

The program began with a **Welcome Address** by Prof. A. Latha, IQAC Coordinator, who introduced the theme of the session and encouraged students to embrace self-motivation as a cornerstone of professional success. She highlighted how taking initiative can make a meaningful impact on both personal and professional levels, particularly in the demanding healthcare environment.

The **resource person**, Mr. Shashi Kanth G, HR Head at Narayana Medical College Hospital, Nellore, led the session, drawing from his extensive experience in human resources to provide insights into the qualities employers value in their staff. Key topics covered included:

- **Understanding Self-Motivation:** Mr. Shashi Kanth explained self-motivation as the internal drive to achieve personal and professional goals. He emphasized the importance of setting achievable goals and fostering a positive mindset to remain motivated, especially when faced with challenges.
- **Importance of Taking Initiative:** The session highlighted how taking initiative can set individuals apart in the workplace. Mr. Shashi Kanth discussed the benefits of being proactive, such as enhancing problem-solving skills, demonstrating leadership potential, and contributing positively to team dynamics.
- **Practical Tips for Cultivating Self-Motivation and Initiative:** Mr. Shashi Kanth shared practical tips on how to develop and sustain motivation, including setting clear goals, finding sources of inspiration, and using feedback constructively. He advised students to continuously seek growth opportunities, volunteer for new tasks, and stay committed to personal improvement.
- **Employability Skills in Healthcare:** Relating the discussion to the healthcare field, Mr. Shashi Kanth emphasized the value of self-motivation and initiative for nursing

Dr. B. Anuraj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
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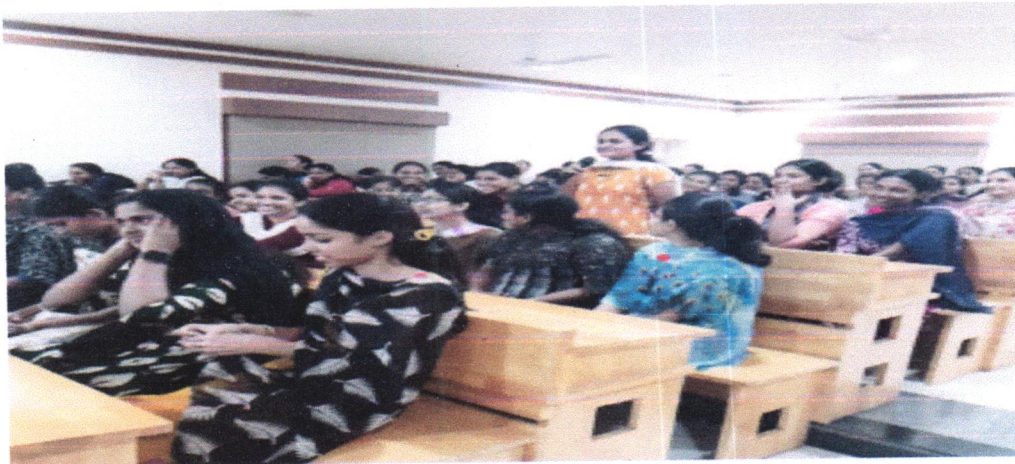
professionals. He encouraged students to actively engage in learning, prioritize patient care, and demonstrate dependability and resilience in their roles.

Interactive Session

The program included an interactive segment where students were encouraged to share their career aspirations and discuss how they plan to apply self-motivation in their future roles. Mr. Shashi Kanth provided personalized advice, fostering a dynamic and supportive environment that inspired students to take charge of their own development.

Vote of Thanks

The event concluded with a **Vote of Thanks** by Mrs. S. Suchitra, who expressed her gratitude to Mr. Shashi Kanth for his insightful session and practical advice. She acknowledged the efforts of the IQAC team in organizing the program and appreciated the students for their enthusiastic participation.



Students clarifying the doubts


Program CoOrdinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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Chinthareddypalem, Nellore - 524003. A.P.

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website: <https://www.narayanannursingcollege.com>



Report on Soft Skill Development Program on Assertiveness Training

Date: 13th June 2022

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing conducted a Soft Skill Development program focused on Assertiveness Training for first-year B.Sc., PB.B.Sc., and M.Sc. Nursing students. This program aimed to develop students' communication skills, particularly the ability to express themselves confidently and respectfully in professional and personal settings.

Event Proceedings

The session began with a **Welcome Address** by Dr. Kumari, Head of the Department of OBG, who introduced the theme of the program and stressed the importance of assertiveness in healthcare. She explained that assertive communication skills are essential for nursing professionals to advocate effectively for patients and collaborate confidently with other healthcare team members.

The **resource person**, Prof. K. Sunil Kumar, Placement Officer at Swathi College of Pharmacy, led the session, offering insights into the principles and practice of assertive communication. Drawing from his experience in professional development, he guided students on how to develop and apply assertiveness in their careers.

Key Topics Covered

Prof. Sunil Kumar covered essential aspects of assertiveness training, including:

- **Understanding Assertiveness:** Prof. Sunil Kumar introduced assertiveness as the ability to communicate one's thoughts, needs, and feelings openly and honestly while respecting others. He distinguished assertiveness from passive or aggressive communication styles, highlighting its importance in creating healthy, respectful interactions.
- **Benefits of Being Assertive in Healthcare:** The session emphasized that assertiveness is particularly valuable in nursing, where clear and confident communication is crucial. Prof. Sunil Kumar discussed how assertiveness can help in advocating for patients, addressing conflicts constructively, and building positive relationships with colleagues.
- **Techniques for Developing Assertive Communication:** Prof. Sunil Kumar introduced practical techniques for assertive communication, such as using "I" statements, maintaining appropriate body language, and practicing active listening. He encouraged students to apply these techniques in various situations, from patient care to teamwork.

Dr. B. Chintamani
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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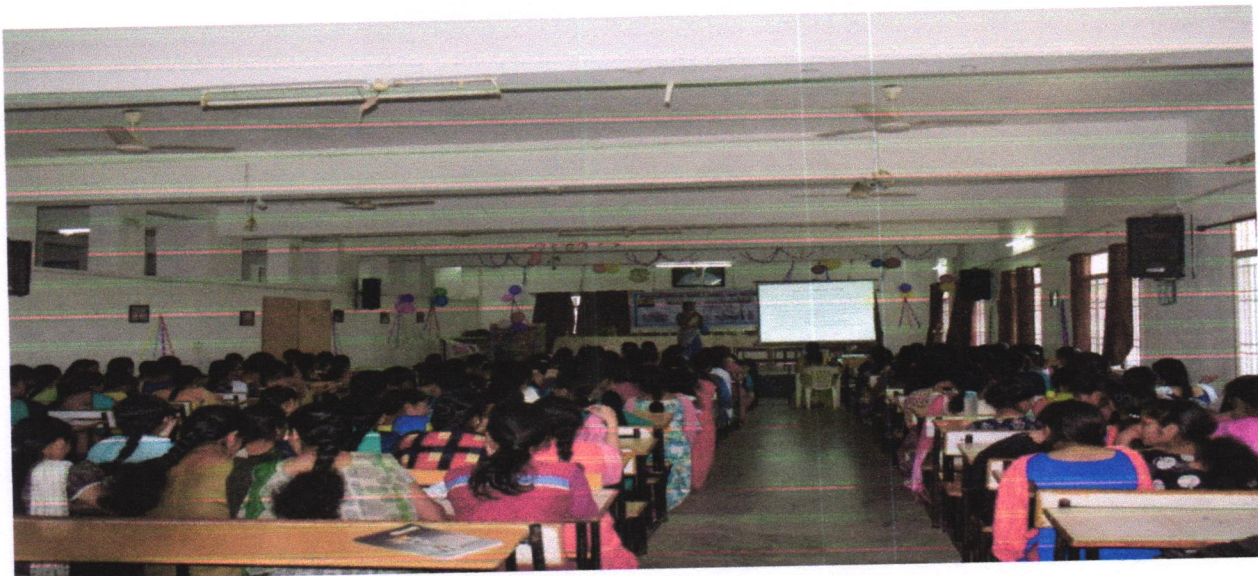
- **Overcoming Barriers to Assertiveness:** Addressing common challenges, Prof. Sunil Kumar offered guidance on overcoming fears of confrontation and self-doubt. He provided strategies for building self-confidence and encouraged students to practice assertiveness daily to reinforce these skills.

Interactive Session

The session included an interactive component, where students participated in role-playing exercises to practice assertive communication in different scenarios. Prof. Sunil Kumar provided feedback, helping students refine their skills and build confidence in using assertive language effectively.


Vote of Thanks


The program concluded with a **Vote of Thanks** by Mrs. Subashini from the Department of Medical-Surgical Nursing, who expressed appreciation for Prof. Sunil Kumar's engaging and informative session. She thanked the faculty members and students for their participation and commitment to professional development.



Soft Skill Development Program on Assertiveness Training


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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website: <https://www.narayanannursingcollege.com>



Report on Yoga and Wellness Program on Yoga for Mental and Emotional Wellness

Date: 21st June 2022

Time: 12:00 PM – 1:00 PM

Venue: Smart Class room, Narayana College of Nursing

Narayana College of Nursing organized a Yoga and Wellness program focusing on Yoga for Mental and Emotional Wellness for second-year B.Sc. Nursing students. This program aimed to educate students about the benefits of yoga in promoting mental health and emotional well-being, especially in the high-stress environment of healthcare.

Event Proceedings

The session commenced with a Welcome Address by Dr. Kumari, Head of the Department of OBG. In her opening remarks, she highlighted the significance of mental and emotional wellness in nursing and the role that yoga can play in achieving this balance. Dr. Kumari encouraged students to incorporate yoga into their daily routines as a tool for managing stress and enhancing overall health.

The resource person, Prof. Swapna Jawari from Kapisha Nayaga Educational Trust, Nellore, led the program. With her expertise in yoga and wellness, she provided valuable insights into the practice of yoga and its therapeutic benefits.

Key Topics Covered

Prof. Swapna Jawari focused on several key aspects of yoga related to mental and emotional wellness, including:

Introduction to Yoga and Its Benefits: She began by explaining the fundamental principles of yoga and its historical roots in promoting holistic health. Prof. Swapna emphasized how yoga enhances not only physical strength and flexibility but also mental clarity and emotional stability.

Yoga Techniques for Mental Health: The session included practical demonstrations of specific yoga poses (asanas) and breathing exercises (pranayama) designed to reduce stress and anxiety. Prof. Swapna guided students through practices that promote relaxation and mindfulness, encouraging them to connect with their inner selves.

The Science Behind Yoga and Mental Wellness: Prof. Swapna discussed the psychological benefits of yoga, including its impact on reducing symptoms of depression and anxiety. She shared research findings that support yoga as an effective tool for enhancing mood, increasing resilience, and improving overall mental health.

Dr. Swapna
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Creating a Personal Yoga Practice: Encouraging students to develop their own yoga routines, Prof. Swapna provided tips on how to incorporate yoga into their daily lives. She stressed the importance of consistency and finding a personal style that resonates with each individual.

Interactive Session

The program featured an interactive segment where students were invited to participate in guided yoga practices. Prof. Swapna led the group through a series of poses and breathing techniques, allowing students to experience the calming effects of yoga firsthand. This practical approach reinforced the benefits discussed earlier in the session.

Vote of Thanks

The program concluded with a Vote of Thanks delivered by Mrs. Subashini from the Department of Medical-Surgical Nursing. She expressed gratitude to Prof. Swapna for her enlightening session and thanked the students for their active participation. Mrs. Subashini emphasized the importance of integrating wellness practices like yoga into their future nursing careers.



Yoga and Wellness Program on Yoga for Mental and Emotional Wellness

Program Co Ordinator

Dr. B. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



Report on Language and Communication Skill Development Program on Supporting Language Development

Date: 3rd August 2022

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing conducted a Language and Communication Skill Development program focusing on Supporting Language Development for first-year B.Sc., PB.B.Sc., and M.Sc. Nursing students. The program aimed to enhance students' communication skills, particularly in the context of supporting language development in diverse patient populations.

Event Proceedings


The session began with a **Welcome Address** by Dr. Kumari, Head of the Department of OBG. In her remarks, she emphasized the critical role of effective communication in nursing, particularly when working with patients who may have varying language and literacy levels. Dr. Kumari encouraged students to embrace this opportunity to learn how to support language development in their future clinical practice.

The **resource person**, Dr. Kanumaddi Parasara Sarma, MA English (Literature) from Adudi Sankara Engineering College, led the session. With his expertise in language education, Dr. Sarma provided valuable insights into the importance of communication skills in nursing and effective strategies for supporting language development.

Key Topics Covered

Dr. Kanumaddi Parasara Sarma covered several important aspects related to supporting language development, including:

- **Understanding Language Development:** Dr. Sarma introduced the fundamental concepts of language acquisition and development, discussing the various stages that individuals go through in learning and using language. He highlighted the significance of understanding these stages to effectively communicate with patients.
- **Strategies for Supporting Language Development:** The session provided practical strategies that nursing students can use to support language development among their patients. Dr. Sarma emphasized the importance of active listening, using clear and simple language, and providing contextual cues to aid understanding.
- **Cultural Considerations:** Dr. Sarma discussed the impact of culture on language development and communication styles. He stressed the importance of being culturally sensitive and aware of the diverse backgrounds of patients, which can significantly influence their communication preferences and abilities.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



- **Practical Communication Techniques:** The session included techniques for facilitating effective communication, such as using non-verbal cues, encouraging questions, and validating patients' feelings and concerns. Dr. Sarma demonstrated how to apply these techniques in various clinical scenarios.

Interactive Session

The program included an interactive segment where students participated in role-playing exercises to practice communication techniques in supporting language development. Dr. Sarma provided feedback on their approaches, fostering a collaborative learning environment that enhanced the students' understanding of the material.

Vote of Thanks

The event concluded with a **Vote of Thanks** delivered by Mrs. Subashini from the Department of Medical-Surgical Nursing. She expressed appreciation for Dr. Sarma's engaging and informative session and thanked the students for their active participation. Mrs. Subashini highlighted the importance of the skills learned in enhancing patient care and communication in nursing practice.



Language and Communication Skill Development Program on Supporting Language Development

Program Co Ordinator

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Report on Analytical Skill Development Program on Analytical Thinking and Innovation

Date: 25th August 2022

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing organized an Analytical Skill Development program centered on Analytical Thinking and Innovation for fourth-year B.Sc., second-year PB.B.Sc., and second-year M.Sc. Nursing students. This program aimed to enhance students' analytical skills, fostering innovative thinking essential for effective problem-solving in healthcare.

Event Proceedings


The session commenced with a **Welcome Address** by Dr. Kumari, Head of the Department of OBG. In her opening remarks, she highlighted the significance of analytical thinking in nursing practice, emphasizing its role in patient care, decision-making, and adapting to rapidly changing healthcare environments.

The **resource person**, Mr. Prof. Challa Venku Reddy, Director of I.H.I.R M.A. at Swathi College of Pharmacy, Nellore, led the session. His extensive experience in the field of education and training provided a solid foundation for discussing the importance of analytical thinking and innovation in nursing.

Key Topics Covered

Prof. Challa Venku Reddy addressed several critical aspects of analytical thinking and innovation, including:

- **Understanding Analytical Thinking:** He defined analytical thinking as the ability to break down complex problems into manageable components, analyze information, and derive logical conclusions. Prof. Reddy emphasized that this skill is crucial for nurses to assess patient needs accurately and make informed decisions.
- **The Role of Innovation in Healthcare:** The session discussed the importance of innovation in healthcare settings. Prof. Reddy encouraged students to embrace creativity in their practice, whether it's in improving patient care processes, adopting new technologies, or developing innovative solutions to challenges faced in nursing.
- **Strategies for Enhancing Analytical Skills:** Prof. Reddy provided practical strategies for developing analytical skills, such as critical thinking exercises, case studies, and reflective practice. He urged students to engage in continuous learning and seek opportunities to apply these skills in real-world scenarios.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: https://www.narayanannursingcollege.com



- **Case Studies and Real-Life Applications:** The program included discussions on relevant case studies that illustrated the application of analytical thinking and innovative approaches in nursing. Prof. Reddy guided students through these examples, prompting them to think critically about the situations and consider alternative solutions.

Interactive Session

The event featured an interactive segment where students participated in group discussions and activities aimed at fostering analytical thinking. Prof. Reddy facilitated these discussions, encouraging students to share their perspectives and collaborate on problem-solving tasks.

Vote of Thanks

The program concluded with a **Vote of Thanks** delivered by Mrs. Subashini from the Department of Medical-Surgical Nursing. She expressed gratitude to Prof. Reddy for his insightful presentation and thanked the students for their enthusiastic participation. Mrs. Subashini highlighted the importance of the skills learned and their applicability in enhancing patient care and professional growth in nursing.




Analytical Skill Development Program on Analytical Thinking and Innovation


Program Co Ordinator



Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Report on Human Value Development Program on Human Values and Professional Ethics

Date: 12th September 2022

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized a Human Value Development program focused on Human Values and Professional Ethics for third-year B.Sc. Nursing students. The program aimed to instill essential values and ethical principles that are crucial for nursing practice, enhancing the overall quality of care provided to patients.

Event Proceedings

The session began with a Welcome Address by Dr. Kumari, Head of the Department of OBG. She emphasized the importance of human values and professional ethics in nursing, outlining how these principles guide nurses in their interactions with patients, families, and colleagues. Dr. Kumari encouraged students to reflect on their values and the ethical dimensions of their future roles as healthcare providers.

The resource person, Prof. Nakka Sukumar, M.A. Sociology from Swathi College of Pharmacy, Nellore, led the session. With his expertise in sociology and ethics, Prof. Sukumar provided valuable insights into the significance of human values and ethical considerations in the nursing profession.

Key Topics Covered

Prof. Nakka Sukumar discussed several key aspects related to human values and professional ethics, including:

- **Understanding Human Values:** He defined human values as the core principles that guide individuals' behavior and decision-making. Prof. Sukumar highlighted values such as compassion, integrity, respect, and empathy, explaining their relevance in the nursing context.
- **Professional Ethics in Nursing:** The session covered the fundamental ethical principles that govern nursing practice, including autonomy, beneficence, non-maleficence, and justice. Prof. Sukumar emphasized the importance of these principles in ensuring ethical decision-making and promoting patient welfare.
- **Ethical Dilemmas in Nursing:** Prof. Sukumar addressed common ethical dilemmas that nurses may encounter in their practice, such as conflicts between patient autonomy and best medical practices. He encouraged students to think critically about these dilemmas and explore potential resolutions based on ethical frameworks.
- **Integrating Values and Ethics in Practice:** The program emphasized the need for nurses to integrate human values and professional ethics into their daily practice. Prof. Sukumar provided strategies for fostering an ethical workplace culture and encouraged students to advocate for their patients' rights and well-being.

Dr. G. S. S. S.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>

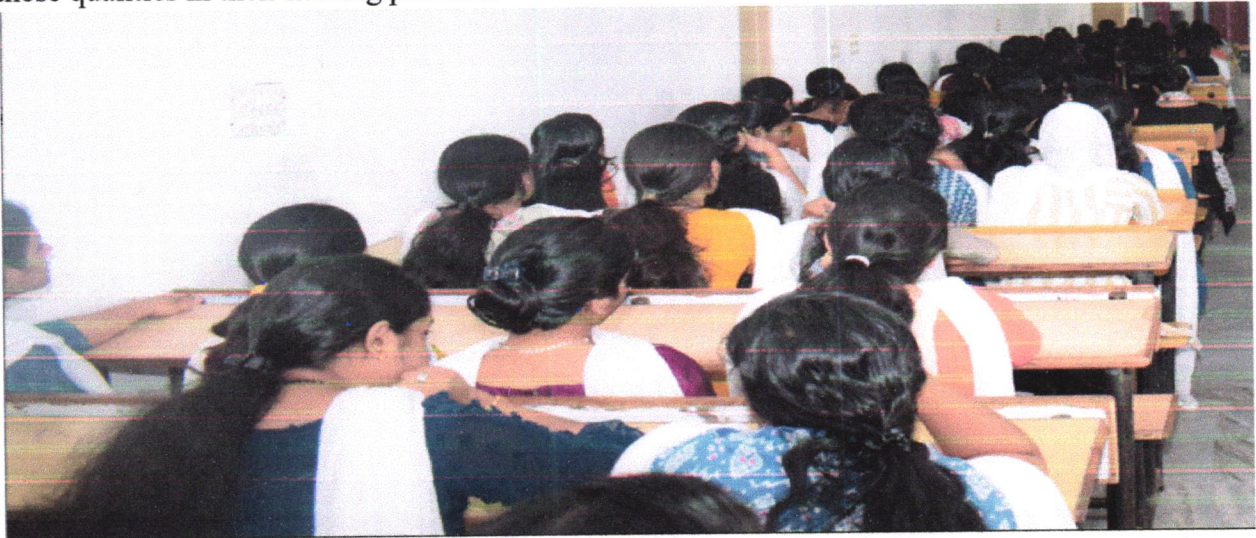


Interactive Session

The session included an interactive component where students engaged in discussions and case study analyses related to ethical scenarios in nursing. Prof. Sukumar facilitated these discussions, encouraging students to express their thoughts and collaborate on ethical decision-making processes.

Vote of Thanks

The program concluded with a Vote of Thanks delivered by Mrs. Subashini from the Department of Medical-Surgical Nursing. She expressed appreciation for Prof. Sukumar's insightful presentation and thanked the students for their active participation. Mrs. Subashini highlighted the importance of the values and ethical principles discussed, encouraging students to embody these qualities in their nursing practice.



Human Value Development Program on Human Values and Professional Ethics

Program Co Ordinator

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayananursingcollege.com

website: https://www.narayananursingcollege.com



Report on Personality and Professional Development Program on Nursing Autonomy and Its Applications

Date: 22nd September 2022

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing conducted a Personality and Professional Development program focused on Nursing Autonomy and Its Applications for third-year B.Sc. Nursing students. The program aimed to educate students about the significance of nursing autonomy in their practice and how it contributes to improved patient care and professional growth.

Event Proceedings

The session commenced with a Welcome Address by Dr. Kumari, Head of the Department of OBG. She stressed the importance of understanding nursing autonomy as a critical aspect of professional practice, highlighting how autonomy empowers nurses to make independent decisions in the best interest of their patients. Dr. Kumari encouraged students to embrace the concept of autonomy as they prepare for their roles as future healthcare professionals.

The resource person, Prof. Nakka Sukumar, M.A. Sociology from Swathi College of Pharmacy, Nellore, facilitated the session. With his expertise in sociology and healthcare, Prof. Sukumar provided insightful perspectives on the concept of nursing autonomy.

Key Topics Covered

Prof. Nakka Sukumar addressed several essential aspects of nursing autonomy, including:

- **Defining Nursing Autonomy:** He explained nursing autonomy as the ability of nurses to make independent decisions regarding patient care based on their professional judgment and expertise. Prof. Sukumar emphasized that autonomy is integral to nursing practice and is rooted in the ethical principles of patient-centered care.
- **Legal and Ethical Frameworks:** The session covered the legal and ethical foundations that support nursing autonomy. Prof. Sukumar discussed the importance of understanding the scope of practice and the regulations governing nursing, which enable nurses to function autonomously within their professional roles.
- **Applications of Nursing Autonomy:** Prof. Sukumar explored various scenarios where nursing autonomy is applied in clinical settings. He provided examples of decision-making processes that demonstrate how nurses can advocate for their patients and collaborate with other healthcare professionals to achieve optimal outcomes.
- **Challenges to Nursing Autonomy:** The discussion also included common challenges that nurses face in exercising their autonomy, such as hierarchical structures in healthcare settings and resistance from other professionals. Prof. Sukumar encouraged students to develop strategies for overcoming these challenges and advocating for their professional rights.

Dr. B. Arany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Interactive Session

The program featured an interactive segment where students participated in discussions and role-playing exercises to illustrate the concept of nursing autonomy in practice. Prof. Sukumar facilitated these activities, allowing students to engage actively and reflect on their experiences and perspectives.

Vote of Thanks

The program concluded with a Vote of Thanks delivered by *Mrs. Subashini* from the Department of Medical-Surgical Nursing. She expressed her gratitude to Prof. Sukumar for his enlightening presentation and thanked the students for their enthusiastic participation. Mrs. Subashini highlighted the importance of nursing autonomy in enhancing patient care and empowering nursing professionals.



Personality and Professional Development Program on Nursing Autonomy and Its Applications

Program Co Ordinator

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



Report on Employability Skill Development Program on Adaptability and Flexibility

Date: 8th December 2022

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized an Employability Skill Development program focusing on Adaptability and Flexibility for fourth-year B.Sc., second-year PB.B.Sc., and second-year M.Sc. Nursing students. The session aimed to enhance essential employability skills, preparing students to adapt effectively in the dynamic healthcare environment.

Event Proceedings

The session opened with a Welcome Address by Dr. Kumari, Head of the Department of OBG. In her remarks, she underscored the importance of adaptability and flexibility as critical skills in the nursing profession, particularly in high-stress, fast-paced healthcare settings. Dr. Kumari encouraged students to embrace change and develop resilience to succeed in their future roles.

The resource person, Mr. Krishnam Raju L., Assistant Manager of Human Resources at Narayana Medical College Hospital, Nellore, led the program. With his extensive experience in healthcare HR management, Mr. Raju provided valuable insights into how adaptability and flexibility contribute to professional success.

Key Topics Covered

Mr. Krishnam Raju addressed several essential aspects of adaptability and flexibility, including:

- **Importance of Adaptability in Nursing:** He highlighted adaptability as a vital skill that enables nurses to respond effectively to unexpected challenges. Mr. Raju explained that adaptable nurses can maintain high-quality patient care, even in rapidly changing situations.
- **Flexibility in Professional Roles:** Mr. Raju discussed the significance of flexibility, particularly in multitasking, adjusting to new responsibilities, and working in diverse teams. He emphasized that flexibility allows nurses to collaborate effectively with healthcare professionals, contributing to comprehensive patient care.
- **Developing Resilience:** Mr. Raju introduced strategies for building resilience, such as staying open-minded, embracing continuous learning, and managing stress effectively. These strategies help nurses maintain a positive attitude and adapt to new clinical and professional scenarios.

Dr. S. S. Srinivas
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



- **Overcoming Challenges:** The session addressed common barriers to adaptability and flexibility, including resistance to change and rigid mindsets. Mr. Raju encouraged students to adopt a growth mindset and be proactive in seeking opportunities for development.

Interactive Session

The program included an interactive segment where students engaged in discussions and group activities that simulated scenarios requiring adaptability and flexibility. Mr. Raju facilitated these exercises, encouraging students to think critically and share their approaches to handling unexpected situations.

Vote of Thanks

The program concluded with a Vote of Thanks delivered by Mrs. Subashini from the Department of Medical-Surgical Nursing. She expressed appreciation to Mr. Raju for his insightful session and thanked the students for their enthusiastic participation. Mrs. Subashini emphasized that adaptability and flexibility are essential skills that will help students navigate their professional careers successfully.



Employability Skill Development Program on Adaptability and Flexibility

Program Coordinator

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

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website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



Report on Soft Skill Development Program on Time Management and Organization

Date: 12th June 2021

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing conducted a Soft Skill Development program focusing on Time Management and Organization for first-year B.Sc., first-year PB.B.Sc., and first-year M.Sc. Nursing students. This program aimed to equip students with essential skills to manage their time effectively and stay organized, which are crucial for success in academic and clinical settings.

Event Proceedings

The session began with a **Welcome Address** by Prof. Vanaja Kumari, Head of the Department. She highlighted the importance of time management and organizational skills for nursing students, emphasizing how these skills can enhance productivity and reduce stress in both academic and professional settings. Prof. Vanaja Kumari encouraged students to apply the strategies learned during the session to manage their responsibilities effectively.

The **resource person**, Prof. G. Vidhya Sagar, M.Tech, CSE, from Sree Venkateswara College of Engineering, Nellore, led the session. With his expertise in teaching and professional development, Prof. Vidhya Sagar shared insights into time management techniques and organizational methods that help streamline tasks and improve efficiency.

Key Topics Covered

Prof. G. Vidhya Sagar covered several important aspects of time management and organization, including:

- **Effective Time Management Techniques:** He introduced students to time management tools and techniques such as the Eisenhower Matrix and time-blocking. Prof. Sagar explained how these methods can help students prioritize tasks and allocate time efficiently.
- **Setting Goals and Prioritizing Tasks:** The session highlighted the importance of setting both short-term and long-term goals. Prof. Sagar encouraged students to break down large tasks into smaller, manageable ones, helping them stay organized and focused.
- **Avoiding Procrastination:** Prof. Sagar addressed common causes of procrastination and shared strategies to overcome it, such as setting realistic deadlines, minimizing distractions, and maintaining a positive mindset.
- **Organizational Strategies:** He provided insights into organizing study materials and clinical work, encouraging students to develop structured routines and maintain clarity in their work.

D.V. Balam
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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- **Work-Life Balance:** Prof. Sagar emphasized the importance of balancing academic responsibilities with personal time, which is essential for overall well-being and effectiveness.

Interactive Session

The program included an interactive session where students practiced applying time management techniques to sample schedules and tasks. Prof. Sagar encouraged students to share their personal challenges with time management and provided solutions tailored to their needs.


Vote of Thanks


The program concluded with a **Vote of Thanks** delivered by Prof. Usha Kiran from the Department of OBG. She expressed gratitude to Prof. G. Vidhya Sagar for his enlightening session and thanked the students for their active engagement. Prof. Usha Kiran reiterated the value of time management and organization in achieving academic success and preparing for professional responsibilities.



Soft Skill Development Program on Time Management and Organization


Program Coordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



Report on Yoga and Wellness Program on Yoga Relaxation Techniques

Date: 21st June 2021

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing organized a Yoga and Wellness program focusing on *Yoga Relaxation Techniques* for second-year B.Sc. Nursing students. This session aimed to teach students effective relaxation methods to help manage stress, improve mental clarity, and enhance overall well-being.

Event Proceedings

The program commenced with a **Welcome Address** by *Prof. Vanaja Kumari*, Head of the Department. She highlighted the significance of integrating yoga and relaxation practices into daily routines, especially for nursing students who face demanding academic and clinical responsibilities. Prof. Vanaja Kumari encouraged students to embrace yoga as a lifelong wellness tool that supports both mental and physical health.

The **resource person**, *Prof. Swapna Jawari* from Kapisha Nayaga Educational Trust, Nellore, led the session. Prof. Jawari, an experienced yoga instructor, provided an in-depth understanding of relaxation techniques, focusing on their benefits and practical applications.

Key Topics Covered

Prof. Swapna Jawari covered various aspects of yoga relaxation techniques, including:

- **Introduction to Yoga Relaxation:** She began with an overview of yoga relaxation techniques, explaining how they reduce stress and anxiety and promote a calm state of mind.
- **Breathing Techniques (Pranayama):** Prof. Jawari introduced breathing exercises, emphasizing their role in calming the nervous system and helping students focus their thoughts. She demonstrated simple yet effective techniques such as deep breathing and alternate nostril breathing.
- **Progressive Muscle Relaxation:** The session included guidance on progressive muscle relaxation, a technique that involves tensing and relaxing muscle groups to release physical tension. This method is particularly beneficial for reducing stress-related physical discomfort.

Dr. B. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

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- **Guided Meditation and Visualization:** Prof. Jawari led a short guided meditation and visualization exercise, encouraging students to focus on positive imagery to achieve mental clarity and emotional balance.
- **Practical Application in Daily Life:** She shared insights into incorporating these relaxation techniques into daily routines, stressing their effectiveness in improving focus, reducing burnout, and enhancing resilience in challenging situations.

Interactive Session

The program featured an interactive segment where students practiced the relaxation techniques under Prof. Jawari's guidance. She provided personalized feedback and answered questions from students, creating an engaging and supportive environment for learning.


Vote of Thanks


The program concluded with a **Vote of Thanks** delivered by Prof. Usha Kiran from the Department of OBG. She expressed gratitude to Prof. Swapna Jawari for her enriching session and thanked the students for their active participation. Prof. Usha Kiran emphasized the importance of yoga in maintaining health and well-being, especially in the healthcare field.



Yoga and Wellness Program on Yoga Relaxation Techniques


Program CoOrdinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



Report on Language and Communication Skill Development Program on Interview and Presentation Skills

Date: 10th July 2021

Time: 12:00 PM – 1:00 PM

Venue: Smart Class room Narayana College of Nursing

Narayana College of Nursing organized a Language and Communication Skill Development program on *Interview and Presentation Skills* for first-year B.Sc., first-year PB.B.Sc., and first-year M.Sc. Nursing students. The session aimed to enhance essential communication skills, preparing students to present confidently and perform effectively in interviews.

Event Proceedings

The session began with a **Welcome Address** by Prof. Vanaja Kumari, Head of the Department. She emphasized the importance of strong communication skills in nursing, as effective communication is crucial for patient care and professional interactions. Prof. Vanaja Kumari encouraged students to develop these skills to gain a competitive edge in their careers.

The **resource person**, Dr. Kanumaddi Parasara Sarma, M.A. in English Literature from Adudi Sankara Engineering College, led the session. With his background in language and communication, Dr. Sarma shared valuable insights into techniques that help students communicate confidently in both interviews and presentations.

Key Topics Covered

Dr. Kanumaddi Parasara Sarma covered several essential aspects of interview and presentation skills, including:

- **Interview Preparation:** Dr. Sarma provided practical tips on how to prepare for interviews, including researching the organization, understanding the job role, and preparing responses for common interview questions.
- **Effective Communication Techniques:** He emphasized clarity and confidence in communication, encouraging students to practice active listening, maintain eye contact, and use positive body language.
- **Handling Questions and Nervousness:** Dr. Sarma discussed methods for managing anxiety and handling challenging questions. He advised students to pause briefly before answering and to focus on delivering clear, concise responses.
- **Presentation Skills:** Dr. Sarma explained key elements of an effective presentation, including structuring content logically, using visuals effectively, and engaging the

Dr. B. Sarma
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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audience. He also discussed the importance of voice modulation and gestures in making presentations impactful.

- **Practical Tips for Success:** He provided guidance on developing a confident speaking style, practicing regularly, and seeking constructive feedback to improve.

Interactive Session

The program featured an interactive segment where students practiced mock interview questions and received feedback on their responses. Dr. Sarma also conducted a brief exercise in which students gave short presentations on various topics, allowing them to apply the skills they had learned.

Vote of Thanks


The program concluded with a **Vote of Thanks** delivered by Prof. Usha Kiran from the Department of OBG. She expressed appreciation to Dr. Sarma for his insightful session and thanked the students for their enthusiastic participation. Prof. Usha Kiran reiterated the value of communication skills in the nursing profession, encouraging students to continue refining their abilities.



Language and Communication Skill Development Program on Interview and Presentation Skills


Program Co Ordinator




Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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Report on Human Value Development Program on Character Education

Date: 28th August 2021

Time: 12:00 PM – 1:00 PM

Venue: Narayana College of Nursing

Narayana College of Nursing organized a Human Value Development program on *Character Education* for third-year B.Sc. Nursing students. This program was designed to foster core values and ethical principles, contributing to students' holistic development and preparing them for the ethical challenges they may face in their nursing careers.

Event Proceedings

The session commenced with a Welcome Address by *Prof. Vanaja Kumari*, Head of the Department. In her address, Prof. Vanaja Kumari stressed the importance of character building in healthcare professions. She highlighted how values like integrity, empathy, and respect are fundamental to nursing and encouraged students to uphold these values in both personal and professional settings.

The resource person, *Prof. Challa Jyosthna N. Devi*, MBA, from Swathi College of Pharmacy, Nellore, led the session. With her expertise in character education, Prof. Jyosthna shared valuable insights into the role of character in shaping responsible and compassionate healthcare professionals.

Key Topics Covered

Prof. Jyosthna N. Devi covered several important aspects of character education, including:

- **Understanding Character Education:** She introduced the concept of character education, explaining its role in personal growth and ethical decision-making. Prof. Jyosthna emphasized how good character forms the foundation for trust and respect in healthcare.
- **Core Values in Nursing:** She discussed key values for nursing, such as honesty, responsibility, empathy, and teamwork. Prof. Jyosthna illustrated each value with real-life examples, helping students understand how these principles apply in their future careers.
- **Ethical Decision-Making:** Prof. Jyosthna outlined steps for making ethical decisions, encouraging students to reflect on their actions and consider the impact on patients and colleagues. She provided practical guidance on resolving ethical dilemmas that may arise in clinical practice.

Dr. Balaji
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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- **Building Resilience and Integrity:** The session included strategies for building personal resilience and maintaining integrity under pressure. Prof. Jyosthna stressed that strong character helps nurses remain compassionate and dedicated, even in challenging situations.
- **Practical Applications:** She shared actionable tips for integrating character development into daily life, encouraging students to practice kindness, uphold their commitments, and continuously reflect on their personal values.

Interactive Session

The program included an interactive segment where students engaged in discussions on ethical scenarios presented by Prof. Jyosthna. Students shared their perspectives on handling these situations, allowing them to actively apply the values they learned.

Vote of Thanks

The program concluded with a Vote of Thanks delivered by *Prof. Usha Kiran* from the Department of OBG. She expressed gratitude to Prof. Jyosthna N. Devi for her insightful session and thanked the students for their active participation. Prof. Usha Kiran underscored the importance of character education in nursing and encouraged students to cultivate these values throughout their careers.



Students are attended the program

Program Co Ordinator

Dr. B. Anuj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. Indira

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

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Report on Personality and Professional Development Program on Goal Setting and Achievement

Date: 18th September 2021

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing held a Personality and Professional Development program focusing on Goal Setting and Achievement for third-year B.Sc., second-year PB.B.Sc., and second-year M.Sc. Nursing students. The program aimed to equip students with the skills necessary to set realistic goals and achieve them through focused and consistent efforts, which are essential in both personal and professional development.

Event Proceedings

The program began with a Welcome Address by Prof. Vanaja Kumari, Head of the Department. Prof. Vanaja Kumari introduced the importance of goal setting for personal growth and professional success. She encouraged students to apply these skills as they progress through their nursing careers and life, noting that clear, achievable goals are key to sustained motivation and resilience.

The resource person, Prof. Challa Jyosthna N. Devi, MBA, from Swathi College of Pharmacy, Nellore, delivered the session. With her expertise in personal development, Prof. Jyosthna shared practical strategies and insights on setting achievable goals and maintaining motivation to accomplish them.

Key Topics Covered

Prof. Jyosthna N. Devi addressed several key aspects of goal setting and achievement, including:

- **Understanding Goal Setting:** She explained the importance of setting clear, specific, and realistic goals. Prof. Jyosthna emphasized the role of goal setting in providing direction, enhancing motivation, and promoting a sense of purpose in life.
- **SMART Goals Framework:** Prof. Jyosthna introduced the SMART goals framework—Specific, Measurable, Achievable, Relevant, and Time-bound. She guided students in applying this method to break down larger goals into manageable steps, making it easier to track progress and stay committed.
- **Overcoming Obstacles:** She discussed common challenges faced during goal pursuit and provided strategies for overcoming these obstacles. Prof. Jyosthna advised students to develop a resilient mindset and maintain a positive outlook, even when faced with setbacks.
- **Time Management and Prioritization:** Prof. Jyosthna highlighted the importance of effective time management and prioritization in achieving goals. She shared techniques

Dr. B. S. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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for creating schedules and prioritizing tasks that align with one's goals, especially in a demanding field like nursing.

- **Staying Motivated and Focused:** The session included practical tips for staying motivated and focused over time. Prof. Jyosthna encouraged students to celebrate small achievements and maintain a growth-oriented attitude, which helps in sustaining effort toward long-term goals.

Interactive Session

An interactive segment allowed students to share their personal goals and receive feedback from Prof. Jyosthna. She offered advice on refining their goals and shared inspiring stories of individuals who achieved success through disciplined goal setting.

Vote of Thanks

The program concluded with a Vote of Thanks delivered by Prof. Usha Kiran from the Department of OBG. She expressed appreciation to Prof. Jyosthna N. Devi for her valuable insights and thanked the students for their enthusiastic participation. Prof. Usha Kiran reiterated the importance of goal setting in both academic and professional realms, encouraging students to take proactive steps toward achieving their aspirations.



Personality and Professional Development Program on Goal Setting and Achievement

Program Co Ordinator

D.V. B. Anny
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

A. S. S. S. S.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Report on Employability Skill Development Program on Time Management and Organization Skills

Date: 30th October 2021

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized an Employability Skill Development program focusing on Time Management and Organization Skills for fourth-year B.Sc., second-year PB.B.Sc., and second-year M.Sc. Nursing students. This session aimed to enhance students' efficiency and productivity by equipping them with essential time management and organizational techniques, preparing them for their professional roles in healthcare settings.

Event Proceedings

The program opened with a **Welcome Address** by Prof. Vanaja Kumari, Head of the Department, who emphasized the importance of time management in the nursing profession. She explained how mastering these skills could lead to better patient care, stress reduction, and improved work-life balance. Prof. Vanaja Kumari encouraged students to absorb the insights provided in the session, as they would be essential in their careers.

The **resource person**, Mr. D. Kasyap Dinesh, Senior Executive - HR, Narayana Medical College Hospital, Nellore, led the session. With his background in human resources, Mr. Kasyap Dinesh shared practical advice on managing time effectively and staying organized, which are critical in a fast-paced healthcare environment.

Key Topics Covered

Mr. Kasyap Dinesh addressed various aspects of time management and organization, including:

- **Principles of Time Management:** He discussed the foundational principles of time management, highlighting how prioritizing tasks and setting realistic deadlines can prevent burnout and improve productivity.
- **Planning and Scheduling:** Mr. Kasyap Dinesh introduced tools and techniques for planning, such as to-do lists, calendars, and prioritization matrices. He encouraged students to use these tools to structure their study routines and clinical schedules, helping them stay on track.
- **Overcoming Procrastination:** He identified common reasons for procrastination and offered strategies to overcome it, such as breaking down large tasks, setting small milestones, and focusing on short-term goals.

Dr. B. S. S. S.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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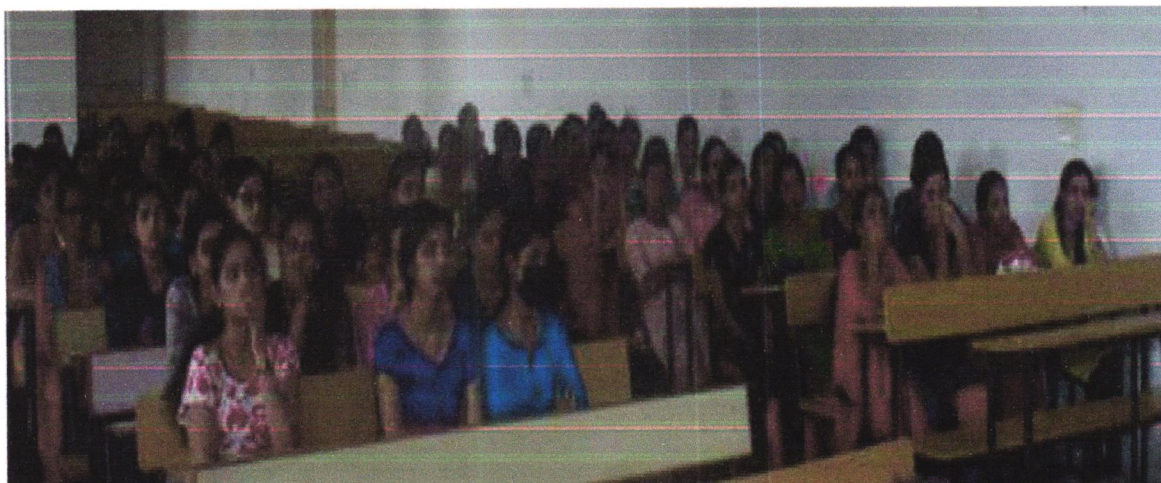
- **Organizational Skills:** Mr. Kasyap Dinesh explained the importance of maintaining an organized workspace and system for handling documentation and patient information. He emphasized that good organization leads to efficiency and reduces errors in healthcare environments.
- **Balancing Multiple Responsibilities:** Recognizing the busy schedules of nursing students, he provided tips on managing multiple responsibilities, both academic and clinical. Mr. Kasyap Dinesh highlighted the role of self-discipline and maintaining a healthy work-life balance.

Interactive Session

During the interactive segment, students shared their time management challenges and sought advice from Mr. Kasyap Dinesh. He provided personalized suggestions and motivated students to incorporate these skills in their day-to-day lives.

Vote of Thanks

The program concluded with a **Vote of Thanks** by Prof. Usha Kiran from the Department of OBG. She thanked Mr. Kasyap Dinesh for his valuable insights and encouraged students to implement the techniques discussed. Prof. Usha Kiran also expressed gratitude to the students for their active participation and enthusiasm.



Employability Skill Development Program on Time Management and Organization Skills

Program Co Ordinator

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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Chinthareddypalem,
NELLORE - 524 003



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Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Report on Analytical Skill Development Program on Ethics and Analytical Thinking

Date: 11th December 2021

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized an Analytical Skill Development program focused on Ethics and Analytical Thinking for fourth-year B.Sc., second-year PB.B.Sc., and second-year M.Sc. Nursing students. The session aimed to strengthen students' analytical skills and ethical understanding, essential for making sound, reasoned decisions in healthcare settings.

Event Proceedings

The program began with a **Welcome Address** by Prof. Vanaja Kumari, Head of the Department, who stressed the importance of ethical practices and analytical thinking in the nursing profession. She highlighted how these skills contribute to effective patient care, clinical decision-making, and adherence to ethical standards.

The **resource person**, Prof. G. Vidhya Sagar, M.Tech in CSE from Sree Venkateswara College of Engineering, Nellore, brought a unique perspective by linking analytical thinking with ethical decision-making. With expertise in analytical problem-solving, Prof. Vidhya Sagar provided insights on how to apply logical reasoning while staying grounded in ethical principles.

Key Topics Covered

Prof. Vidhya Sagar covered a range of topics essential for developing ethical awareness and analytical capabilities, including:

- **Understanding Ethics in Nursing:** He discussed the role of ethics in healthcare, focusing on patient confidentiality, informed consent, and the nurse's responsibility to act in the patient's best interest. Prof. Vidhya Sagar stressed the importance of integrity, empathy, and accountability.
- **Developing Analytical Thinking:** Prof. Vidhya Sagar introduced the basics of analytical thinking, explaining how critical questioning and systematic analysis can help nursing professionals solve complex problems in clinical settings. He encouraged students to adopt a methodical approach to assessing patient symptoms and clinical data.
- **Balancing Ethics with Analytical Skills:** He explained the intersection of ethics and analytical thinking, especially in situations where healthcare professionals face ethical

D. B. Sagar
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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dilemmas. Prof. Vidhya Sagar illustrated this with real-world scenarios where both ethical judgment and analytical reasoning are crucial.

- **Decision-Making Frameworks:** Prof. Vidhya Sagar shared decision-making frameworks that incorporate ethical guidelines, helping students make balanced, well-informed choices. He emphasized using these frameworks to avoid personal biases and ensure fair and consistent patient care.
- **Case Studies and Practical Examples:** The session included case studies that allowed students to practice analytical thinking within an ethical framework. Prof. Vidhya Sagar guided students through analyzing cases, assessing potential outcomes, and choosing ethically sound actions.

Interactive Session

The students engaged actively in the Q&A session, sharing their thoughts on ethical challenges they have encountered in clinical practice. Prof. Vidhya Sagar provided feedback and suggestions, encouraging students to think critically while adhering to ethical principles.

Vote of Thanks

The program concluded with a **Vote of Thanks** by Prof. Usha Kiran from the Department of OBG. She expressed appreciation to Prof. Vidhya Sagar for his insightful session and thanked the students for their enthusiastic participation. Prof. Usha Kiran emphasized the value of ethical conduct and analytical skills, urging students to incorporate these practices into their professional lives.

Dr. B. S. Sagar
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Analytical Skill Development Program on Ethics and Analytical Thinking

Program Co Ordinator

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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Report on Analytical Skill Development Program on Technical and Engineering Analysis

Date: 4th July 2020

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized an Analytical Skill Development program focusing on Technical and Engineering Analysis for fourth-year B.Sc., second-year PB.B.Sc., and second-year M.Sc. Nursing students. The session was designed to broaden students' understanding of technical and analytical skills, highlighting their relevance in healthcare for problem-solving and data analysis.

Event Proceedings

The session commenced with a **Welcome Address** by Prof. Viji from the Department of Obstetrics and Gynecology. Prof. Viji introduced the theme of the session and emphasized the importance of technical knowledge in today's healthcare environment, where interdisciplinary skills are highly valued.

The **resource person**, Mrs. Divya Kanumuri, IT Developer/Engineer II at Hewlett Packard Enterprise Global Private Limited, brought a wealth of experience in technical and engineering analysis. Her expertise provided students with insights into how analytical skills, particularly in technical fields, can be applied effectively within the healthcare industry.

Key Topics Covered

Mrs. Divya Kanumuri covered several essential aspects of technical and engineering analysis, including:

- **Introduction to Technical Analysis:** She began by explaining the concept of technical analysis and its application in various fields, including healthcare. Mrs. Kanumuri discussed how data-driven analysis supports critical decision-making processes and enhances healthcare outcomes.
- **Problem-Solving Through Engineering Principles:** Mrs. Kanumuri introduced students to basic engineering principles that can be applied to solve clinical and operational challenges in healthcare. She encouraged students to approach issues methodically, using logical steps and technological tools.
- **Data Interpretation and Analysis:** Emphasizing the role of data, Mrs. Kanumuri demonstrated how to interpret and analyze data, especially in clinical settings. She presented simple methods to organize, understand, and draw meaningful conclusions from healthcare data, which can aid in making informed clinical decisions.

Dr. R. Kanumuri
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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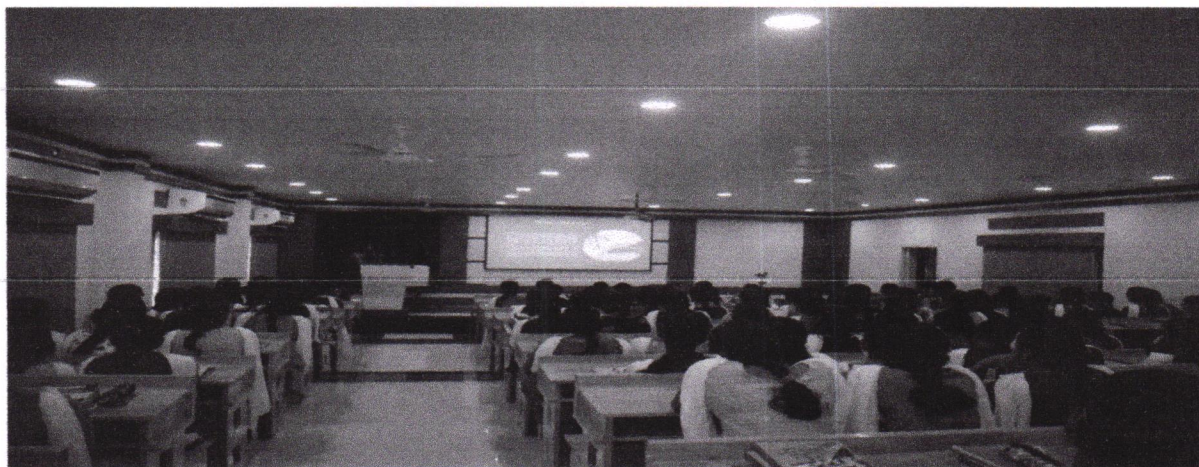
- **Leveraging Technology in Healthcare:** She discussed the growing intersection between technology and healthcare, sharing insights on how technologies such as software development and engineering frameworks can enhance patient care, streamline processes, and improve efficiency.
- **Practical Applications:** Mrs. Kanumuri provided examples of how analytical skills and technical knowledge are utilized in real-world healthcare settings. Her practical approach helped students understand the relevance of technical skills in their future careers.

Interactive Session

During the interactive session, students posed questions on data analysis, troubleshooting, and the impact of technology on healthcare. Mrs. Kanumuri provided practical answers and emphasized that developing technical skills would enhance their adaptability and problem-solving abilities.

Vote of Thanks

The program concluded with a **Vote of Thanks** by Mrs. Subashini from the Department of Medical-Surgical Nursing. She extended her gratitude to Mrs. Divya Kanumuri for her valuable insights and thanked the students for their active participation. Mrs. Subashini encouraged students to embrace analytical skills, as these would be beneficial in their professional growth.



Analytical Skill Development Program on Technical and Engineering Analysis

Program CoOrdinator

Dr. B. Anuraj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

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Report on Personality and Professional Development Program on Technical Skills and Lifelong Learning

Date: 8th August 2020

Time: 12:00 PM – 1:00 PM

Venue: Smart Classroom, Narayana College of Nursing

Narayana College of Nursing organized a Personality and Professional Development session on Technical Skills and Lifelong Learning for third-year B.Sc. Nursing students. This program was intended to enhance students' understanding of the importance of technical skills and the value of continuous learning in the healthcare profession.

Event Proceedings

The event commenced with a **Welcome Address** by Prof. Elizabeth Jasmin from the Department of Obstetrics and Gynecology. She introduced the topic and highlighted the necessity for healthcare professionals to continually upgrade their skills to adapt to the rapidly evolving medical landscape.

Following this, another **Welcome Address** was given by Prof. Smitha from the Department of Mental Health Nursing, who spoke on how technical competencies and a commitment to lifelong learning contribute to personal and professional growth, especially in nursing.

The session's **resource person**, Prof. K. Sunil Kumar, Placement Officer at Swathi College of Pharmacy, Nellore, shared his insights on how technical expertise and lifelong learning are indispensable in building a successful healthcare career.

Key Topics Covered

Prof. Sunil Kumar covered a range of topics that were both practical and motivational, providing students with a roadmap for professional growth:

- **Developing Technical Skills in Nursing:** Prof. Sunil Kumar discussed the importance of acquiring and honing technical skills specific to nursing. He highlighted how technological advancements, such as electronic health records and diagnostic tools, necessitate a good grasp of technical skills for effective patient care.
- **Lifelong Learning in Healthcare:** Emphasizing the dynamic nature of the healthcare field, he encouraged students to pursue lifelong learning through continuous education, professional certifications, and on-the-job learning. Prof. Sunil Kumar pointed out how lifelong learning keeps healthcare professionals updated on best practices, improves patient outcomes, and opens up career advancement opportunities.

Dr. Ravi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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- **Adaptability and Growth Mindset:** Prof. Sunil Kumar introduced the concept of a growth mindset, explaining how adaptability and an open mind to learning positively influence professional success. He shared strategies for embracing challenges, seeking feedback, and setting learning goals to foster personal and professional development.
- **Practical Approaches to Skill Development:** The resource person advised students to participate actively in workshops, online courses, and professional seminars to broaden their skill set. He also shared resources and tips for self-paced learning to accommodate busy schedules.
- **Case Studies and Examples:** Prof. Sunil Kumar presented case studies illustrating how continuous skill development and a commitment to learning had transformed healthcare practices, showing students the real-world impact of these principles.

Interactive Session

The interactive session allowed students to ask questions about career development, specific technical skills, and methods for lifelong learning. Prof. Sunil Kumar addressed their queries, sharing advice on balancing professional demands with the pursuit of ongoing education.

Vote of Thanks

The session concluded with a **Vote of Thanks** by Prof. Usha Kiran from the Department of Medical-Surgical Nursing. She expressed appreciation to Prof. Sunil Kumar for his inspiring talk and thanked the students for their enthusiastic participation, encouraging them to remain committed to lifelong learning and skill enhancement.

D. R. Arany
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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Chinthareddypalem, Nellore - 524003. A.P.

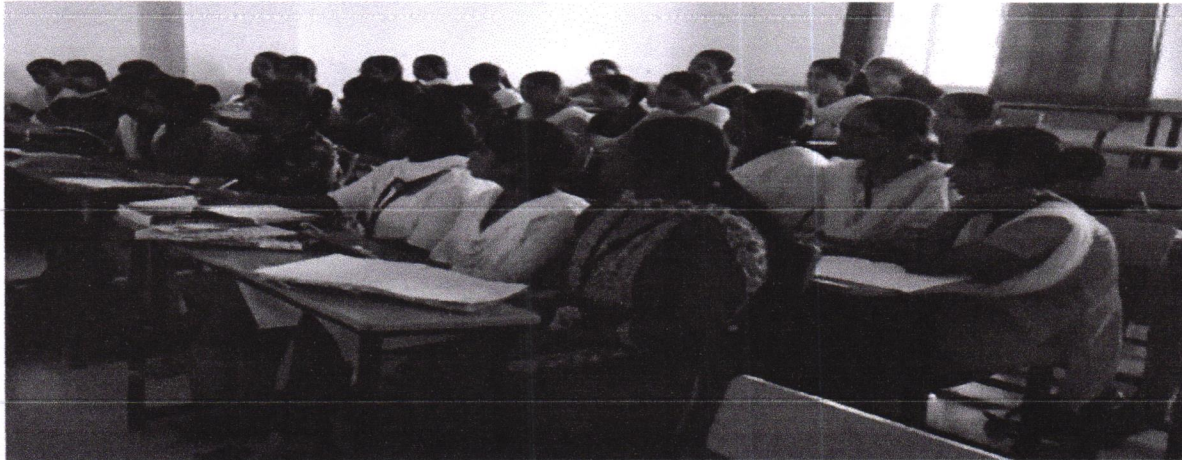
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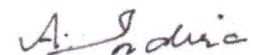
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Personality and Professional Development Program on Technical Skills and Lifelong Learning


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



Report on Employability Skill Development Program: Networking and Relationship Building

On September 12, 2020, Narayana College of Nursing organized an in-depth Employability Skill Development program titled "Networking and Relationship Building" for final-year B.Sc. Nursing, second-year PB.B.Sc. Nursing, and second-year M.Sc. Nursing students. The initiative, held in the college's advanced smart classroom, was designed to help students understand the critical role of professional networking and relationship-building skills, essential for a successful career in healthcare.

Event Overview

The event opened with a welcome address by Mrs. Subashini, who set a warm and motivating tone for the program. In her remarks, she highlighted the increasing importance of networking within the nursing profession and across healthcare sectors, explaining how strong interpersonal connections can lead to career growth, enhanced collaboration, and improved patient care outcomes.

Key Session by Prof. A. Viji

The primary session was led by Prof. A. Viji, a respected faculty member from the Department of Obstetrics and Gynecology at Narayana College of Nursing. Prof. Viji brought her considerable experience to the session, focusing on practical skills and the value of effective networking in the healthcare setting. Her session covered several critical areas:

- 1. Importance of Networking in Healthcare:** Prof. Viji began by explaining how networking allows healthcare professionals to share knowledge, stay updated on best practices, and find career advancement opportunities. She emphasized that healthcare is a collaborative field where teamwork and mutual support are fundamental, and networking serves as a foundation for these connections.
- 2. Building and Maintaining Professional Relationships:** Prof. Viji highlighted the skills necessary for initiating, developing, and maintaining professional relationships. She encouraged students to start building connections with peers, mentors, and other healthcare professionals early in their careers. By fostering these connections, students can create a supportive network that can offer guidance and opportunities throughout their professional journey.
- 3. Effective Communication and Social Skills:** A significant portion of the session was dedicated to enhancing students' communication skills. Prof. Viji provided practical techniques to improve active listening, empathy, and assertive communication—skills essential in building trust with colleagues and patients alike. She provided examples from

D. Subashini
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"

website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



her own career where effective communication played a key role in successful networking.

4. **Leveraging Networking for Career Growth:** Prof. Viji discussed how a robust network can open doors to new career paths, introduce job opportunities, and even provide access to resources that might not be available otherwise. She encouraged students to view networking as a strategic tool for professional development rather than just a social exercise.
5. **Digital Networking and Online Platforms:** Recognizing the importance of technology in modern networking, Prof. Viji also touched on digital networking strategies. She discussed how platforms like LinkedIn and professional healthcare communities can help students connect with professionals across the globe, expanding their reach and creating diverse opportunities for collaboration.

Throughout her talk, Prof. Viji encouraged students to approach networking with an open mind and an authentic desire to build genuine relationships. She emphasized that sincerity and mutual respect are key to creating connections that are both meaningful and enduring.

Interactive Q&A Session

Following Prof. Viji's presentation, the students had the opportunity to engage in an interactive Q&A session. This segment allowed them to ask questions, clarify doubts, and discuss specific challenges they face in networking. Prof. Viji answered questions about balancing professional boundaries, handling difficult interactions, and making connections in new environments.

Vote of Thanks

The event concluded with a vote of thanks by Mrs. Anjani Devi, who expressed sincere gratitude to Prof. Viji for her insightful session and to the students for their active participation. She thanked the organizing team for ensuring the smooth execution of the event and highlighted the importance of applying the skills learned to achieve future career success.

D. Anjani
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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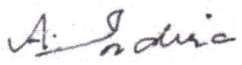
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Employability Skill Development Program: Networking and Relationship Building


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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Affiliated to NTR University of Health Sciences, A.P. Vijayawada.

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website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



Report on Human Value Development Program: Cultural and Global Values

On January 23, 2021, Narayana College of Nursing organized a Human Value Development program focused on "Cultural and Global Values" for third-year B.Sc. Nursing students. This program aimed to deepen students' understanding of cultural diversity, ethical standards, and global perspectives, equipping them with essential values needed to work effectively in today's interconnected world. The event was held in a collaborative environment that fostered both introspection and discussion.

Program Overview

The session began with an inspiring welcome address by Prof. Smitha from the Department of Mental Health Nursing. She introduced the theme of the program, underscoring the significance of cultural awareness, respect, and adaptability in the healthcare profession. Prof. Smitha highlighted that in a multicultural world, understanding and valuing different cultural backgrounds enhances empathy, improves patient care, and fosters teamwork among healthcare professionals.

Key Session by Prof. K. Sunil Kumar

The session was led by the resource person, Prof. K. Sunil Kumar, a placement officer at Swathi College of Pharmacy. Prof. Sunil Kumar, known for his insights into cultural and ethical values, engaged the students in discussions and activities that encouraged them to think critically about their role as culturally aware healthcare providers.

1. **Introduction to Cultural and Global Values:** Prof. Sunil Kumar opened the session by defining cultural and global values, discussing how they play a role in shaping individual beliefs, attitudes, and behaviors. He emphasized that in healthcare, understanding these values is crucial to providing compassionate and respectful care to patients from diverse backgrounds.
2. **The Role of Human Values in Healthcare:** Prof. Sunil Kumar explained how human values such as empathy, respect, and integrity are fundamental to healthcare. He shared examples where cultural sensitivity improved patient satisfaction and outcomes, and he encouraged students to reflect on how they might incorporate these values into their daily interactions with patients and colleagues.
3. **Understanding Cultural Sensitivity and Competency:** To help students develop cultural competency, Prof. Sunil Kumar introduced concepts such as cultural sensitivity, cultural humility, and open-mindedness. Through interactive discussions, he urged students to recognize and overcome their biases, promoting an inclusive and respectful approach to patient care.

Dy. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA
COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

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4. **Global Perspectives on Healthcare:** Prof. Sunil Kumar shared insights into global health issues and varying healthcare practices around the world, highlighting the importance of adaptability and lifelong learning in nursing. He discussed the challenges healthcare professionals face when working with international patients or in global health settings, stressing the importance of being aware of different health beliefs, practices, and values.
5. **Interactive Activities and Group Discussions:** Throughout the session, Prof. Sunil Kumar conducted group discussions and activities, encouraging students to share their own cultural experiences and perspectives. This interactive format allowed students to understand diverse viewpoints and practice empathy by putting themselves in others' shoes, enhancing their appreciation for cultural and global values.

Concluding Remarks and Vote of Thanks

The program concluded with a vote of thanks delivered by Prof. Usha Kiran from the Department of Obstetrics and Gynecology. She expressed gratitude to Prof. Sunil Kumar for his valuable insights and engaging activities that enriched the students' understanding of cultural and global values. Prof. Usha Kiran also acknowledged the participants' enthusiasm and thoughtful contributions, emphasizing the importance of applying these values in their professional lives.

Program Outcome

The Human Value Development program on "Cultural and Global Values" successfully instilled a deeper appreciation for cultural diversity and ethical standards among the students. Through this program, Narayana College of Nursing fostered an environment that encouraged students to embrace inclusivity, open-mindedness, and respect—qualities essential for effective healthcare delivery in diverse communities.

By integrating human values into their education, this program equipped students with an enriched perspective and practical skills to work confidently and compassionately in multicultural and global healthcare settings.

Dr. B. Anjali
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

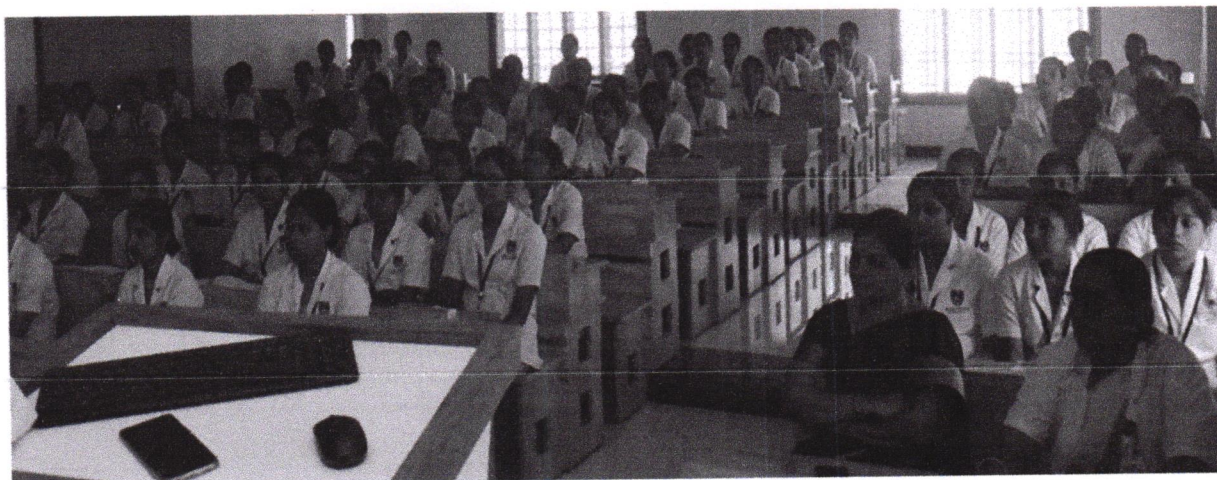
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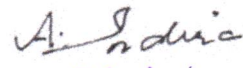
website: www.narayanannursingcollege.com || e-mail: narayana_nursing@yahoo.co.in



Human Value Development Program: Cultural and Global Values


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

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2317968 Extn. 2464
Fax : 0861-2311968

CAPABILITY ENHANCEMENT PROGRAMME REPORT ON LANGUAGE AND COMMUNICATION SKILLS

The capability enhancement program on "Language and Communication Skills" was conducted from 01.12.2020 to 29.12.2020 between 5pm-6pm. The program started with prayer song followed by Welcome song by I B.Sc year students. Lamp lighting was done by Dr. Indira.A, Principal, Narayana College of Nursing, and H.O.D of all the departments. Pretest questionnaires were given participants before starting the session. Mrs. K.Kantha, Asso.Professor, Narayana College of Nursing delivered the welcome address.

Pretest was conducted for all 117 students who attended the course. After that, session was started by Mrs. N. subhashini M.sc(N), Asso. Prof, Medical Surgical Nursing, Resource person of the programme. She introduced the topic to the students on first day. From 06.10.20, she explained Effective communication and know about grammar. The classes were conducted on Tuesdays, Wednesdays, Thursdays and Fridays. No classes were conducted on Saturdays, Sundays, Mondays and on Public Holidays.

Mrs. N. subhashini, summarized the whole topic and involved the audience too in bringing up their view points during the discussion. Post test was conducted followed by vote of thanks given by Mrs. K. Ramya, Professor and the program ended with National anthem.



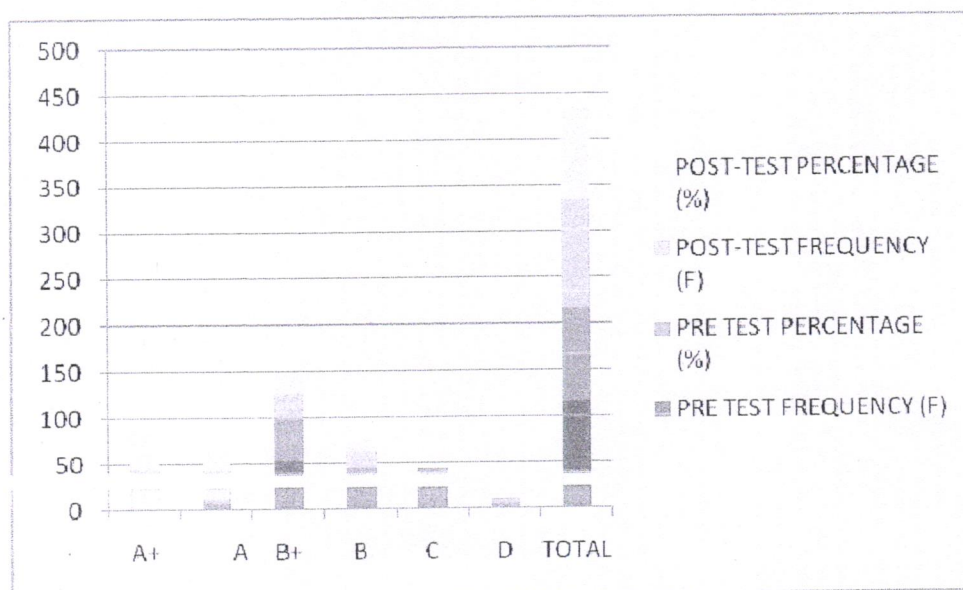
A. Raju
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. Ramya
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Table: 1 Frequency and Percentage Distribution of knowledge in Pretest and Posttest.

N=117

| GRADE | PRE TEST | | POST-TEST | |
|-------|-----------|------------|-----------|------------|
| | FREQUENCY | PERCENTAGE | FREQUENCY | PERCENTAGE |
| | (F) | (%) | (F) | (%) |
| A+ | 0 | 0 | 46 | 39 |
| A | 7 | 6 | 30 | 26 |
| B+ | 55 | 47 | 25 | 21 |
| B | 25 | 21 | 16 | 14 |
| C | 24 | 21 | 0 | 0 |
| D | 6 | 5 | 0 | 0 |
| TOTAL | 117 | 100 | 117 | 100 |



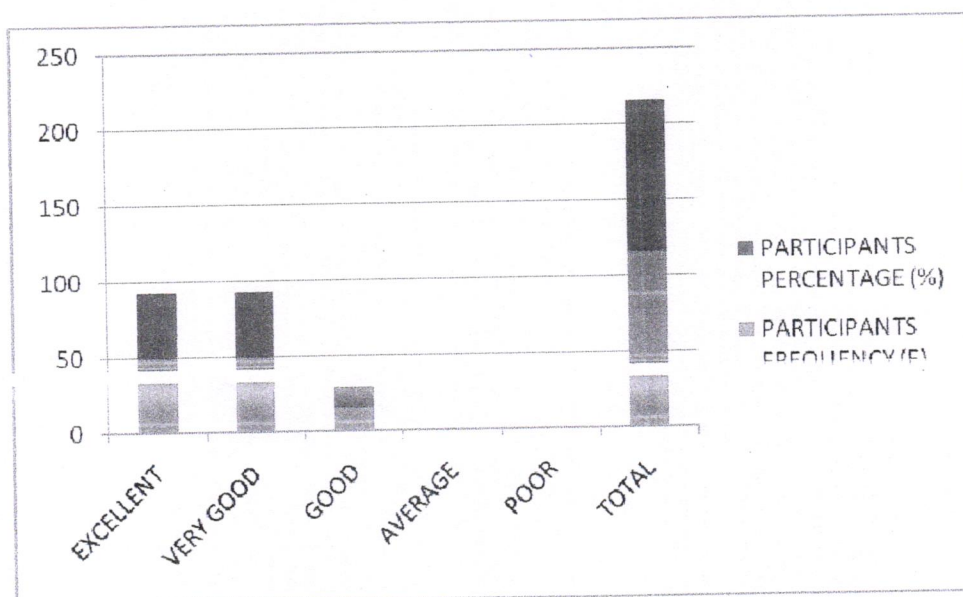
A. S. Ravi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. S. Anji
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

FIG:1 PERCENTAGE DISTRIBUTION ON HUMAN VALUE DEVELOPMENT

Table no: 2: Frequency and percentage distribution of feedback analysis among participants **N=117**

| DESCRIPTION | PARTICIPANTS | |
|-------------|---------------|----------------|
| | FREQUENCY (F) | PERCENTAGE (%) |
| EXCELLENT | 50 | 42.7 |
| VERY GOOD | 50 | 42.7 |
| GOOD | 17 | 15 |
| AVERAGE | 0 | 0 |
| POOR | 0 | 0 |
| TOTAL | 117 | 100 |



Dr. Rohini
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

CA
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0861-2317969 Extn. 2464
2317966 Extn. 2464
Fax : 0861-2311968

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CHINTHAREDDYPALEM :: NELLORE - 524 003. A.P.

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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

CAPABILITY ENHANCEMENT PROGRAMME REPORT ON YOGA AND WELLNESS

As a part of Capability Enhancement and development scheme employed by the institution, the program on “Yoga and Wellness” was conducted from 02.06.2020 to 26.06.2020 from 7am-8am through Zoom Meeting app. On 02.06.2020, the program started with Inaugural Function. Programme started with prayer song followed by Welcome song by IV year B.Sc students. Pretest questionnaires were administered through google form students before starting the session. Ms. K.Kantha, HOD, Research Department, Narayana College of Nursing delivered the welcome address.

Pretest was conducted to all 117 students who attended the session on first day. After that, session was started by Mrs. B.Vanajakumari, Resource person of the programme. She introduced the topic to the students. From next day, she explained the history of yoga and its evolution in India. On the following days, she explained the advantages of Yoga and methods of Yoga and various Asanas. The classes were conducted on Tuesdays, Wednesdays, Thursdays and Fridays. No classes were conducted on Saturdays, Sundays, Mondays.

On 26.06.20, Mrs. A.Viji, summarized the whole topic and involved the students in bringing up their opinion about Yoga sessions during the discussion. At the end the programme, Dr.Indira.A Principal, distributed the certificates to all the students. Post test was conducted followed by vote of thanks given by Mrs. E. Kannagi, Professor and the program ended with National anthem.

D.V. Chinnai
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Table: 1 Frequency and Percentage Distribution of knowledge in Pretest and Posttest.

N=117

| GRADE | PRE TEST | | POST-TEST | |
|-------|-----------|------------|-----------|------------|
| | FREQUENCY | PERCENTAGE | FREQUENCY | PERCENTAGE |
| | (F) | (%) | (F) | (%) |
| A+ | 0 | 0 | 67 | 57 |
| A | 24 | 20.5 | 22 | 19 |
| B+ | 24 | 20.5 | 28 | 24 |
| B | 32 | 27 | 0 | 0 |
| C | 21 | 18 | 0 | 0 |
| D | 16 | 14 | 0 | 0 |
| TOTAL | 117 | 100 | 117 | 100 |

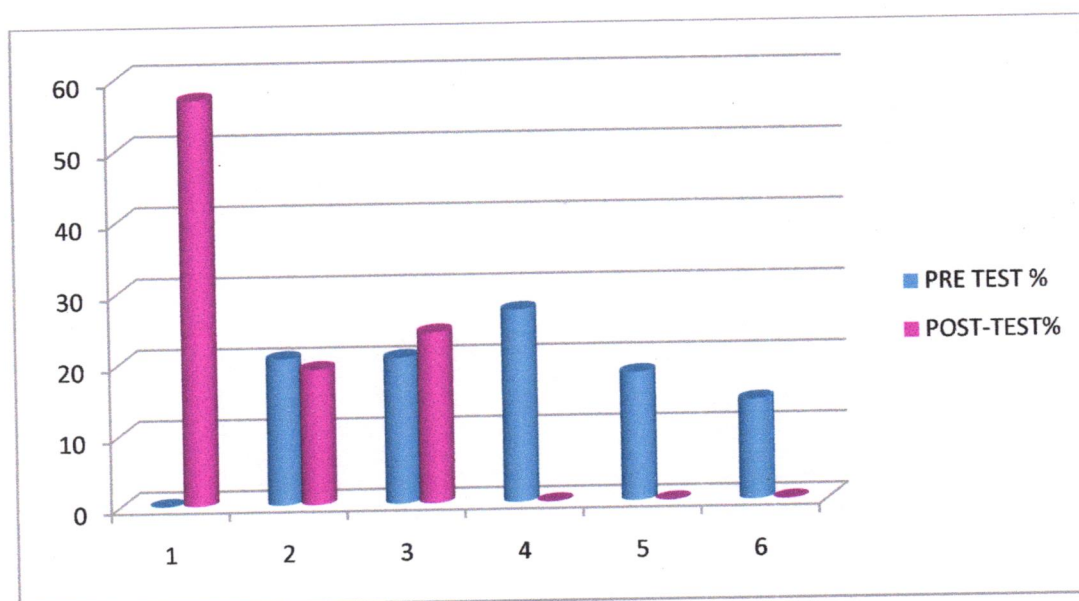


FIG:1 PERCENTAGE DISTRIBUTION ON YOGA AND WELLNESS

Dr. B. Anny
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Table no: 2: Frequency and percentage distribution of feedback analysis among participants **N=117**

| DESCRIPTION | PARTICIPANTS | |
|-------------|---------------|----------------|
| | FREQUENCY (F) | PERCENTAGE (%) |
| EXCELLENT | 56 | 48 |
| VERY GOOD | 32 | 27 |
| GOOD | 29 | 25 |
| AVERAGE | 0 | 0 |
| POOR | 0 | 0 |
| TOTAL | 117 | 100 |



FIG no. 2: Percentage distribution of feedback analysis among participants

Dr. S. S. S. S.
 Principal
 NARAYANA COLLEGE OF NURSING
 Chinthareddypalem,
 NELLORE - 524 003.

PHOTO GALLERY



Yoga practice session conducted to all students on virtual mode –June 2020

PROGRAM COORDINATOR

A. J. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana_nursing@yahoo.co.in | | principal.ncn@narayananursingcollege.com

website: <https://www.narayananursingcollege.com>



EXTRACT OF ALUMINI CONTRIBUTION

| S.NO | YEARS | TOTAL AMOUNT |
|------|-------|--------------|
| 1 | 2024 | 57,400 |
| 2 | 2023 | 30,000 |
| 3 | 2022 | 14,600 |
| 4 | 2021 | 28,800 |
| 5 | 2020 | 30,000 |
| 6 | 2019 | 57,800 |

Dr. B. Anuraj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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REPORT ON SOFT SKILL DEVELOPMENT

| NAME OF THE EVENT | SESSION |
|-------------------|---|
| Duration | Date: 02/02/2021-26/02/2021 (Tuesday to Friday) |
| Coordinator | Dr.Kumari.V |
| Participants | BSc (N) I Year and PBBSc (N) I year Students. |
| Venue | Lecture Hall |
| Description | Dr.Kumari.V taught the essential soft skills include excellent communication interpersonal interaction skills, leadership/management abilities, professionalism, flexibility, a positive attitude, decorum in working area, punctuality, and being a team player, creative thinker, problem solver, complete work on time and identifying the self strength in class room and clinical area |



A. Sare
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



Debate by students on soft skill development programme



[Signature]
PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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2317968 Extn. 2464
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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

ACTIVITY REPORT-2020

Personality development programme

| | |
|-------------------------------------|---|
| Name of Activity organized | Personality development programme |
| Title of the Activity | Personality development programme |
| Date of activity organized | 12 feb 2020 at 9AM |
| Name of the coordinator of Activity | T.Ushakiran |
| Place of the Activity | Narayana college of nursing |
| No. of participant(student + staff) | 60+10 |
| Name of the sponsored organization | NSS cell NTRUHS |
| Nature of sponsorship | Regular activity of the college |
| Objective of the Activity | "coaching for wellness". |
| Outcome of the Activity | Students can get personality development and balance by the programme |

Activity report

With the concept of personality is skill in activities. The skill is to see how to keep your skills uplifted, Narayana college of Nursing NSS unit had conducted personality development programme in the college. In which 55 NSS volunteers, were participated with much interest and practiced various methods in developing their own personality.

On this Programme Dr. Kolli karunamurthy former NTRUHS Nss programme coordinator given a speech regarding personality development is the method of bringing about positive change or development of right attitude by teaching. Dr.Indira.A, Principal ,Dr. Rajeshwari vice principal and all the department HODs were participated. NSS-programme officers Mrs.Ushakiran had initiated to conduct the event ,the students of 1st year were very enthusiastic to participate and learn about the personality development programme.



[Signature]

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. Chamy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317969 Extn. 2484
2317968 Extn. 2484
Fax : 0861-2311968

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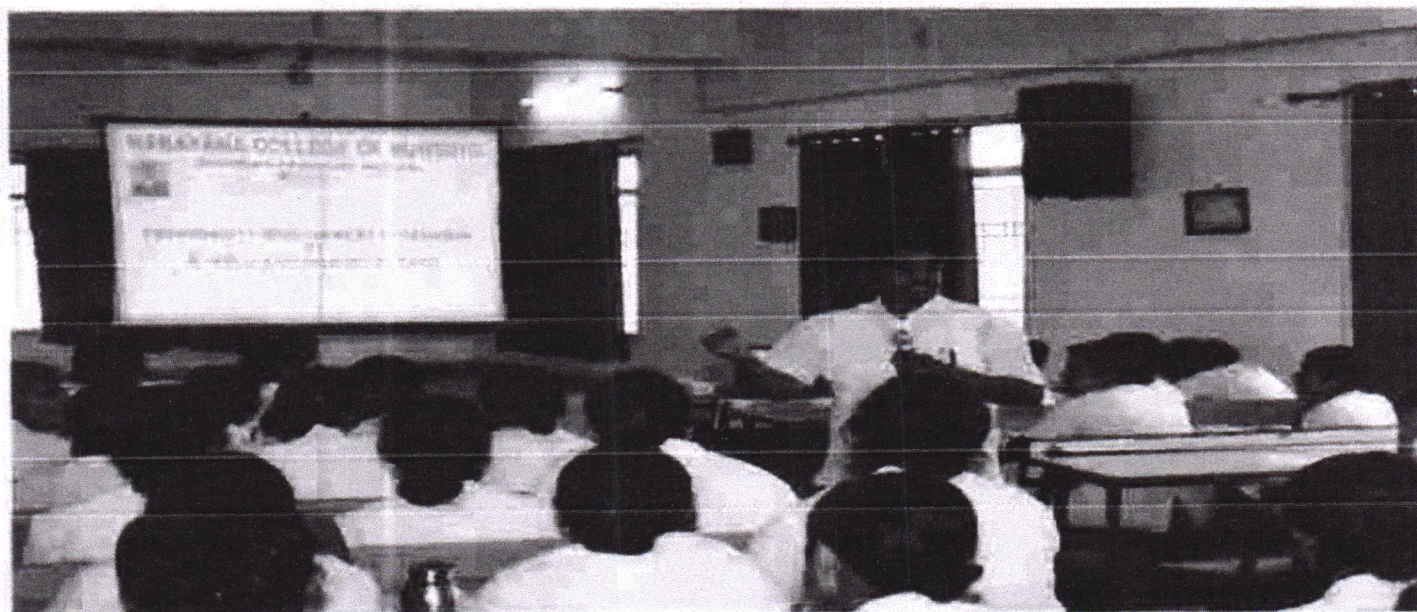


Figure 1: Dr. Kolli karunamurthy former NTRUHS Nss programme coordinator

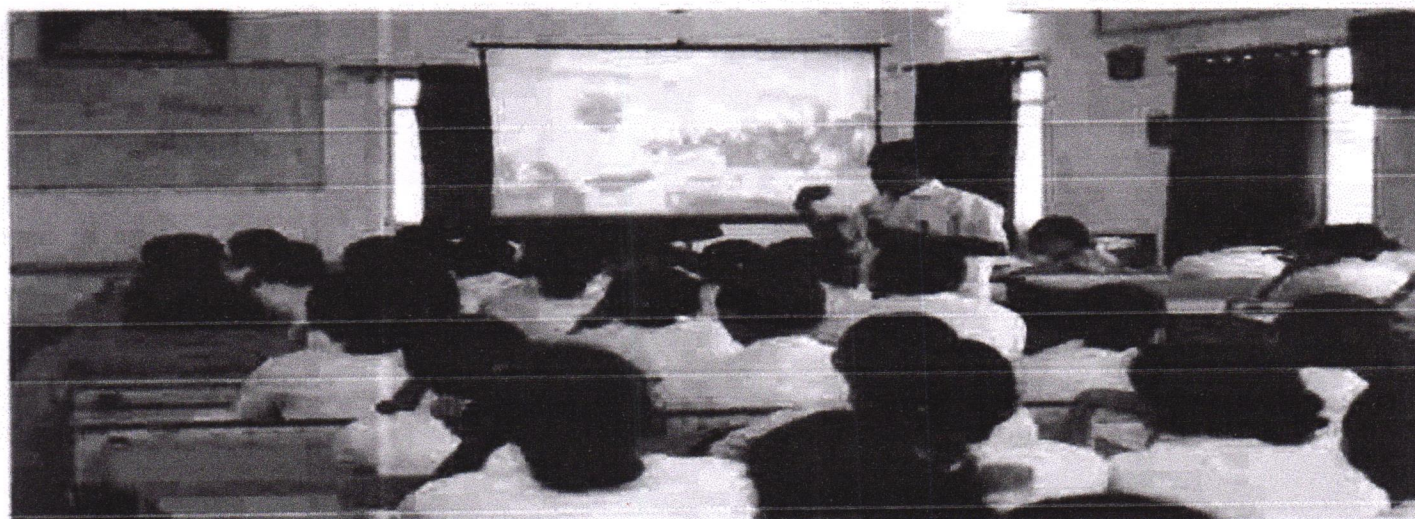


Figure 2: Dr. Kolli karunamurthy and students

Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. H. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



☎ 0881 - 2317968 Extn. 2464
2317968 Extn. 2464
Fax : 0881-2311968

NARAYANA COLLEGE OF NURSING

CHINTHAREDDYPALEM :: NELLORE - 524 003. A.P.

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e-mail : narayana_nursing@yahoo.co.in website : www.narayananursingcollege.com



Figure 3: From left NSS coordinator, faculties and students



A. J. Reddy
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Lakshmi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861 - 2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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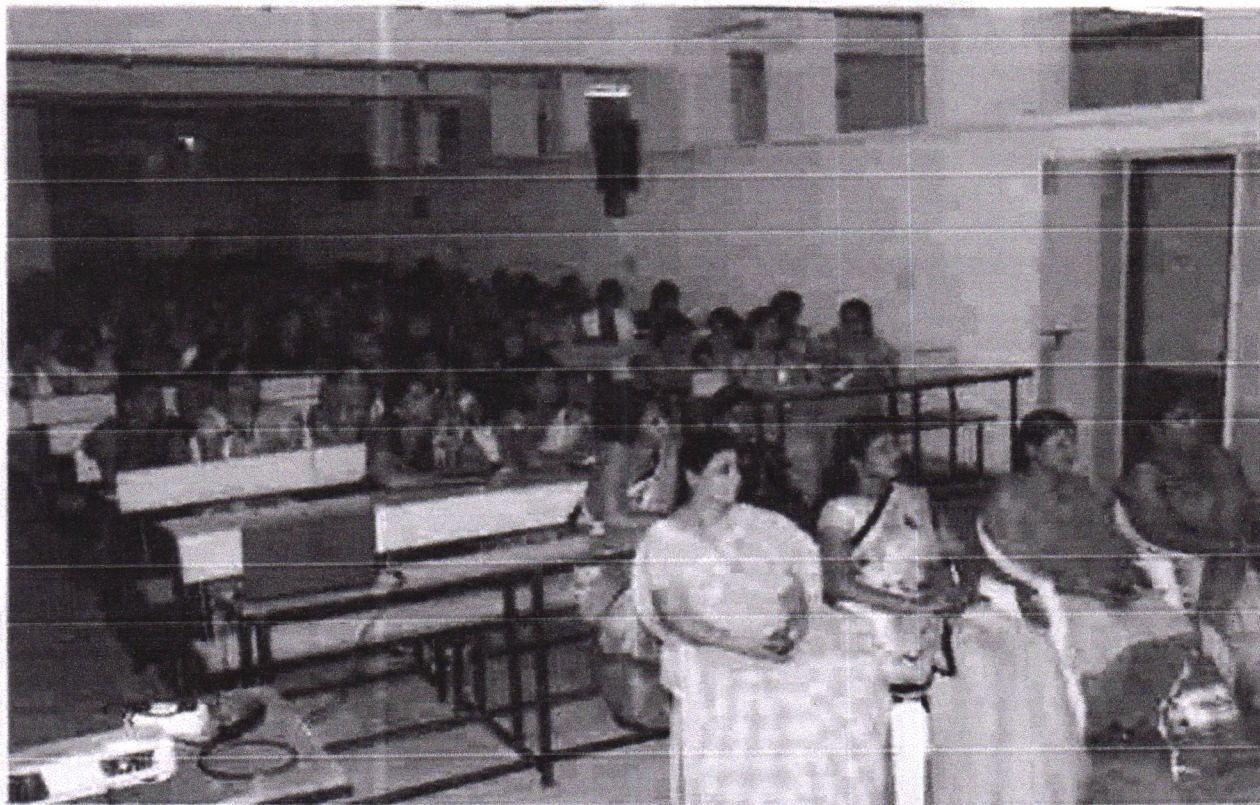


Figure 4: Faculties and students on personality development programme

Coordinator



Dr. B. Chinnai
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

A. S. Aduri

Principal

Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

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2317968 Extn. 2464
Fax : 0861-2311968

Report on Human Value Development Program: Media and Technology

On September 7, 2019, Narayana College of Nursing conducted a Human Value Development program titled "Media and Technology" for III-year B.Sc. Nursing students. The program aimed to explore the role of media and technology in modern society, highlighting the values and ethical considerations involved in responsible use, especially within the healthcare field. The event, held in the smart classroom, provided students with insights into the positive and negative impacts of technology and media on personal and professional life.

Program Overview

The program began with a welcoming address by Mrs. Smitha from the Department of Mental Health Nursing. In her opening remarks, Mrs. Smitha introduced the importance of understanding media and technology's influence on values, communication, and professional conduct. She emphasized the need for nursing professionals to stay informed and responsible in their use of technology, especially when interacting with patients and managing sensitive information.

Key Session by Mrs. Divya Kanumuri

The resource person for the program, Mrs. Divya Kanumuri, an IT Developer/Engineer II at Hewlett Packard Enterprise Global Private Limited, led the main session. Known for her expertise in technology and ethical practices, Mrs. Kanumuri provided a comprehensive overview of how media and technology impact both personal values and professional responsibilities in healthcare.

- 1. Understanding the Influence of Media and Technology:** Mrs. Kanumuri began by explaining how media and technology shape our perceptions, behaviors, and interactions. She discussed how digital media can influence values, spread information rapidly, and affect mental health positively or negatively, depending on its use.
- 2. Impact of Social Media on Professionalism:** Recognizing the widespread use of social media, Mrs. Kanumuri discussed its impact on professional image and conduct. She emphasized the importance of maintaining professional boundaries online and shared guidelines for responsible social media use, particularly for nursing professionals who may be handling sensitive patient information.
- 3. Ethical Use of Technology in Healthcare:** Mrs. Kanumuri highlighted the ethical considerations of technology use in the healthcare setting, such as maintaining patient confidentiality, respecting patient privacy, and adhering to data protection standards. She stressed the importance of following ethical guidelines to build trust and protect patient information.

Dr. B. S. S. S.
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317966 Extn. 2464
Fax : 0861-2311968

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4. **Developing Digital Literacy:** Mrs. Kanumuri discussed the importance of digital literacy, encouraging students to develop skills for evaluating credible sources, understanding data privacy, and using technology for professional growth. She provided examples of reliable online resources for healthcare updates, emphasizing that informed use of technology can support continuous learning and skill development.
5. **Interactive Activities and Q&A:** Throughout the session, Mrs. Kanumuri engaged students with thought-provoking questions and interactive discussions on the effects of media and technology. Students shared their own experiences and discussed the challenges they face in managing media usage in their personal lives, especially as it relates to time management and focus.

Concluding Remarks and Vote of Thanks

The program concluded with a vote of thanks from Mrs. Suchitra from the Department of Mental Health Nursing. She expressed gratitude to Mrs. Kanumuri for her insightful session and thanked the students for their active participation. Mrs. Suchitra acknowledged the importance of understanding the ethical implications of media and technology use, especially for healthcare professionals who must balance technology with human-centered care.

Program Outcome

The Human Value Development program on “Media and Technology” successfully educated students on the responsible use of media and technology, emphasizing ethical practices and professionalism. Students left with a greater awareness of how technology impacts values, behaviors, and professional responsibilities in healthcare. This program aligned with Narayana College of Nursing’s commitment to fostering well-rounded professionals who are not only skilled but also conscientious in their approach to media and technology.

By highlighting the ethical and practical aspects of digital tools, the program prepared students to navigate the digital landscape thoughtfully, reinforcing the importance of values and integrity in a technology-driven world.

Dr. B. Anurag
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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2317968 Extn. 2464
Fax : 0861-2311968

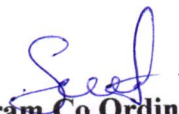
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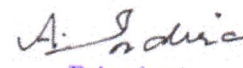
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Human Value Development Program: Media and Technology


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317966 Extn. 2464
Fax : 0861-2311968

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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

Report on Employability Skill Development Program on Workplace Ethics and Professionalism

Date: 20th January 2020

Time: 12:00 PM – 1:00 PM

Venue: III Floor Auditorium, Narayana College of Nursing

Narayana College of Nursing organized an Employability Skill Development program focusing on Workplace Ethics and Professionalism. The event was aimed at enhancing students' understanding of essential workplace skills and ethical standards to better prepare them for their professional careers. The program targeted final-year students from B.Sc. Nursing, second-year students from PB.B.Sc., and second-year students from M.Sc. Nursing, providing them with a well-rounded perspective on professionalism.

Event Proceedings

The event commenced with a **Welcome Address** by *Prof. A. Latha*, IQAC Coordinator, who emphasized the importance of ethical conduct and professionalism in the nursing field. She highlighted how these values form the foundation for a successful healthcare career and are crucial for building trust between healthcare providers and patients.

Following the welcome address, **Mr. D. Kasyap Dinesh**, an expert in workplace ethics and professionalism, took the stage as the resource person. With his extensive knowledge and practical experience, he provided a thorough overview of the principles governing professional conduct. His session was both interactive and engaging, touching on key aspects such as:

- **Understanding Workplace Ethics:** Mr. Dinesh discussed how ethics serve as a guiding force in healthcare, promoting accountability, integrity, and a commitment to patient welfare.
- **Professionalism in Nursing:** He explained the core tenets of professionalism, including respect, punctuality, responsibility, and teamwork. The students learned about maintaining a professional demeanor and how it positively impacts patient care and workplace harmony.
- **Practical Application of Ethics and Professionalism:** Mr. Dinesh shared real-life scenarios and case studies, demonstrating how ethical decision-making and professionalism play out in a clinical setting. This hands-on approach allowed students to see the practical implications of ethical and professional standards.

D.V. Bhatnagar
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317966 Extn. 2464
Fax : 0861-2311968

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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

Interactive Session

Mr. Dinesh also encouraged students to participate in a Q&A session, where they discussed the challenges they might face in upholding ethical standards and maintaining professionalism in real-world situations. His insights provided them with actionable strategies to navigate these challenges confidently.


Conclusion

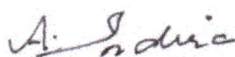
The program concluded with a note of appreciation for the speaker's valuable insights and the enthusiastic participation of the students. The session successfully imparted critical employability skills, particularly in ethics and professionalism, setting a solid foundation for students' careers in nursing.



Employability Skill Development Program on Workplace Ethics and Professionalism


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

Report on Analytical Skill Development Program: Behavior Analysis

On April 4, 2020, Narayana College of Nursing organized an Analytical Skill Development program focused on "Behavior Analysis" for IV-year B.Sc. Nursing, II-year PB.B.Sc. Nursing, and I-year M.Sc. Nursing students. This program aimed to enhance students' analytical skills in understanding and assessing behavioral patterns, an essential competency in nursing for effective patient care and interaction. The session provided students with key insights into behavior analysis, emphasizing the importance of empathy, observation, and objective assessment in healthcare.

Program Overview

The event began with a welcome address by Mrs. Smitha from the Department of Mental Health Nursing. In her opening remarks, Mrs. Smitha introduced the significance of behavior analysis in nursing, highlighting how understanding patient behavior can improve communication, foster trust, and facilitate accurate care delivery. She emphasized that cultivating analytical skills is vital for nursing professionals who often work in high-stress environments with diverse patient populations.

Key Session by Dr. Shanthi

The resource person for the session, Dr. Shanthi, a Duty Medical Officer at Medicovert Hospital, Nellore, led the main discussion. With her extensive experience in behavioral health and patient care, Dr. Shanthi shared her expertise on the practical aspects of behavior analysis and its application in healthcare.

- 1. Introduction to Behavior Analysis:** Dr. Shanthi started by defining behavior analysis and explaining its role in healthcare. She highlighted how understanding behavioral cues can help nurses anticipate patient needs, identify underlying issues, and develop effective communication strategies.
- 2. Identifying Behavioral Patterns:** Dr. Shanthi provided an overview of common behavioral patterns observed in patients, such as signs of anxiety, distress, or withdrawal. She explained how to recognize these patterns through careful observation and how they can be indicative of physical, emotional, or psychological conditions. She emphasized the importance of maintaining objectivity and empathy in analyzing behavior.
- 3. Practical Techniques for Behavior Analysis:** To help students develop their analytical skills, Dr. Shanthi introduced practical techniques such as active listening, non-verbal communication assessment, and reflective questioning. She demonstrated how these techniques allow healthcare professionals to gain insights into a patient's mental state, helping them to provide supportive and personalized care.

Dr. B. Shanthi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317966 Extn. 2464
Fax : 0861-2311968

NARAYANA COLLEGE OF NURSING

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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

4. **Behavior Analysis in Clinical Scenarios:** Dr. Shanthi presented case studies that illustrated the application of behavior analysis in real clinical settings. She discussed scenarios where behavior analysis helped in identifying patient concerns, managing difficult interactions, and building rapport with patients. This interactive segment allowed students to see the relevance of analytical skills in day-to-day clinical practice.
5. **Interactive Q&A Session:** After the presentation, Dr. Shanthi engaged students in a Q&A session where they discussed challenges in interpreting patient behavior and shared experiences from their clinical practice. She provided guidance on handling challenging behaviors and encouraged students to remain observant and compassionate when analyzing patient interactions.

Concluding Remarks and Vote of Thanks

The program concluded with a vote of thanks by Mrs. Suchitra from the Department of Mental Health Nursing. She expressed gratitude to Dr. Shanthi for her insightful session and thanked the students for their active participation and engagement. Mrs. Suchitra emphasized the significance of analytical skills in nursing, particularly in fostering empathy and building effective patient relationships.

Program Outcome

The Analytical Skill Development program on "Behavior Analysis" successfully equipped students with foundational skills for understanding and assessing patient behavior. Through this program, students gained valuable tools to enhance their communication, improve patient care, and foster a more empathetic approach to nursing. Narayana College of Nursing's commitment to developing both technical and soft skills in its students reflects its dedication to preparing well-rounded, competent nursing professionals.

By focusing on behavior analysis, the program empowered students to approach patient care with greater insight, sensitivity, and effectiveness, preparing them to meet the emotional and psychological needs of diverse patient populations in their future roles.

D. B. Reddy
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
Fax : 0861-2311968

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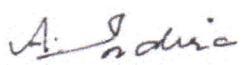
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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com



Analytical Skill Development Program: Behavior Analysis


Program Co Ordinator


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003


Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



☎ 0861-2317969 Extn. 2464
2317968 Extn. 2464
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REPORT ON SOFT SKILL DEVELOPMENT

| NAME OF THE EVENT | SESSION |
|-------------------|---|
| Duration | 04/02/2020-28/02/2020 (Tuesday to Friday) |
| Coordinator | Dr.Kumari.V |
| Participants | BSc. (N) I Year and PBBSc (N) I year Students. |
| Venue | Lecture hall |
| Description | Dr.Kumari.V taught the essential soft skills include excellent communication interpersonal interaction skills, leadership/management abilities, professionalism, flexibility, a positive attitude, decorum in working area, punctuality, and being a team player, creative thinker, problem solver, complete work on time and identifying the self strength in class room and clinical area |



Dr. Sai
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



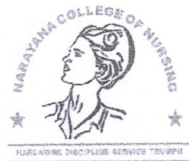
Student are in soft skill development class



A. S. S. S.
PRINCIPAL

Principal
• NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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e-mail : narayana_nursing@yahoo.co.in website : www.narayanannursingcollege.com

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2317968 Extn. 2464
Fax : 0861-2311968

CAPABILITY ENHANCEMENT PROGRAMME REPORT ON YOGA AND WELLNESS

As a part of Capability Enhancement Program, "Yoga and Wellness" was conducted from 04.06.2019 to 28.06.2019 from 6am-7am. On 04.06.2019, the program started with Inaugural Function. Programme started with prayer song followed by Welcome song by IV year B.Sc students. Lamp was lighting by Dr. Indira. A, Principal, Narayana College of Nursing and Head of all the departments. Pretest questionnaires were administered to all the students before starting the session. Ms. P.Latha, Professor, Narayana College of Nursing delivered the welcome address.

Pretest was conducted to all 107 students who attended the session on first day. After that, session was started by Mrs. B.Vanajakumari, Resource person of the programme. She introduced the topic to the students. From next day, she explained the history of yoga and its evolution in India. On the following days, she explained the advantages of Yoga and methods of Yoga and various Asanas. The classes were conducted on Tuesdays, Wednesdays, Thursdays and Fridays. No classes were conducted on Saturdays, Sundays, Mondays.

On 28.06.19, Mrs. B.Vanajakumari, summarized the whole topic and involved the students in bringing up their opinion about Yoga sessions during the discussion. At the end the programme, Dr.Indira.A Principal, distributed the certificates to all the students. Post test was conducted followed by vote of thanks given by Mrs. S. Elizabeth Jasmine, Asso. Professor and the program ended with National anthem.



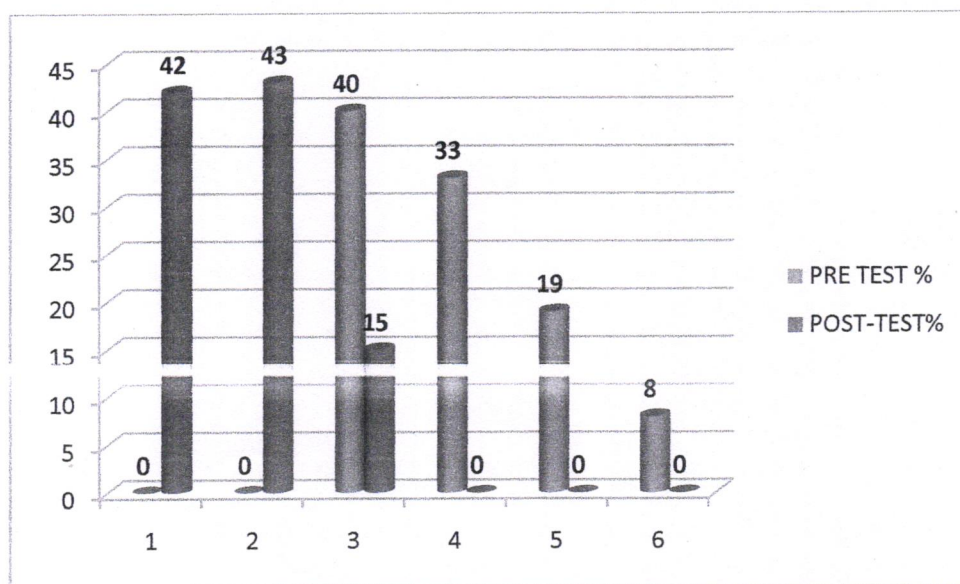
Dr. R. Anuj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Table: 1 Frequency and Percentage Distribution of knowledge in Pretest and Posttest.

N=107

| GRADE | PRE TEST | | POST-TEST | |
|-------|-----------|------------|-----------|------------|
| | FREQUENCY | PERCENTAGE | FREQUENCY | PERCENTAGE |
| | (F) | (%) | (F) | (%) |
| A+ | 0 | 0 | 45 | 42 |
| A | 0 | 0 | 46 | 43 |
| B+ | 43 | 40 | 16 | 15 |
| B | 35 | 33 | 0 | 0 |
| C | 20 | 19 | 0 | 0 |
| D | 09 | 08 | 0 | 0 |
| TOTAL | 107 | 100 | 107 | 100 |



Dr. B. G. Anj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



A. Suresh
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

FIG:1 PERCENTAGE DISTRIBUTION ON YOGA AND WELLNESS

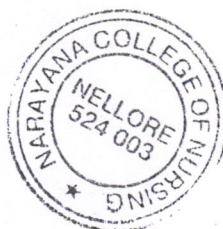
Table no: 2: Frequency and percentage distribution of feedback analysis among participants **N=107**

| DESCRIPTION | PARTICIPANTS | |
|-------------|---------------|----------------|
| | FREQUENCY (F) | PERCENTAGE (%) |
| EXCELLENT | 31 | 29 |
| VERY GOOD | 54 | 50 |
| GOOD | 22 | 21 |
| AVERAGE | - | - |
| POOR | - | - |
| TOTAL | 107 | 100 |



FIG 2: Percentage distribution of feedback analysis among participants

Dr B. Anj
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



[Signature]
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

PHOTO GALLERY



Students are performing yoga



A. Jee
PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Chinnay
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



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2317968 Extn. 2464
Fax : 0861-2311968

LANGUAGE AND COMMUNICATION SKILL DEVELOPMENT

The capability enhancement program on “language and communication skill development ” was conducted from 01.10.2019 to 29.10.2019 between 5pm-6pm . The program started with prayer song followed by Welcome song by I B.Sc year students. Lamp lighting was done by Dr. Indira.A, Principal, Narayana College of Nursing, and H.O.D of all the departments. Pretest questionnaires were given participants before starting the session. Dr. Rajeswari. H, Professor, Narayana College of Nursing delivered the welcome address.

Pretest was conducted to all 116 students who attended the course. After that, session was started by Mrs. N. subhashini M.sc(N), Asso. Prof medical surgical nursing Resource person of the programme. She introduced the topic to the students on first day., she explained general conversation and listening comprehension. The classes were conducted on Tuesdays, Wednesdays, Thursdays and Fridays. No classes were conducted on Saturdays, Sundays, Mondays and on Public Holidays.

Mrs. N. subhashini , summarized the whole topic and involved the audience too in bringing up their view points during the discussion. Post test was conducted followed by vote of thanks given by Mrs. Anjani Devi, Asst - Professor and the program ended with National anthem.



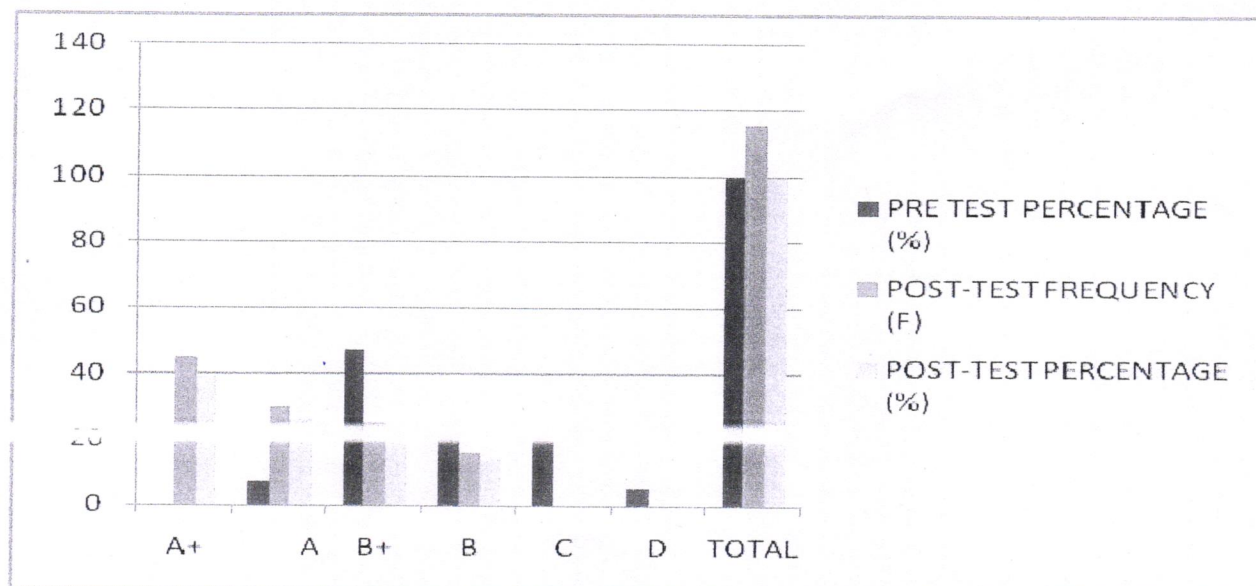
A. J. Devi
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anurag
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Table: 1 Frequency and Percentage Distribution of knowledge in Pretest and Posttest.

N=116

| GRADE | PRE TEST | | POST-TEST | |
|-------|-----------|------------|-----------|------------|
| | FREQUENCY | PERCENTAGE | FREQUENCY | PERCENTAGE |
| | (F) | (%) | (F) | (%) |
| A+ | 0 | 0 | 45 | 39 |
| A | 7 | 7 | 30 | 26 |
| B+ | 55 | 47 | 25 | 21 |
| B | 25 | 21 | 16 | 14 |
| C | 24 | 20 | 0 | 0 |
| D | 5 | 5 | 0 | 0 |
| TOTAL | 116 | 100 | 116 | 100 |



A. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

Dr. B. B. S. S.
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

FIG:1 PERCENTAGE DISTRIBUTION ON HUMAN VALUE DEVELOPMENT

Table no: 2: Frequency and percentage distribution of feedback analysis among participants **N=116**

| DESCRIPTION | PARTICIPANTS | |
|-------------|---------------|----------------|
| | FREQUENCY (F) | PERCENTAGE (%) |
| EXCELLENT | 50 | 43 |
| VERY GOOD | 50 | 43 |
| GOOD | 16 | 14 |
| AVERAGE | 0 | 0 |
| POOR | 0 | 0 |
| TOTAL | 116 | 100 |

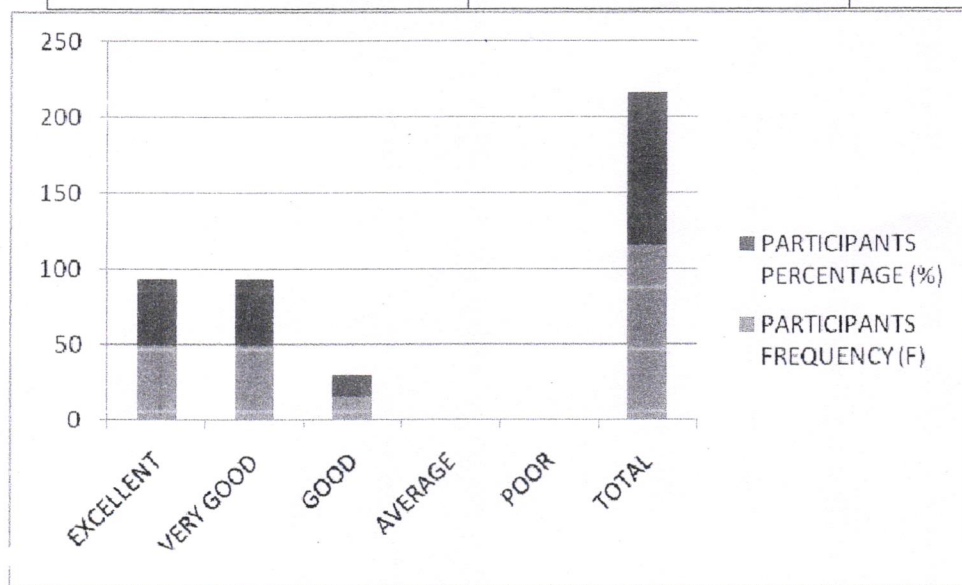


FIG no. 2: Percentage distribution of feedback analysis among participants



A. S. Ravi
PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Dr. B. Anurag
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003