

**ACADEMIC YEAR
2023-2024**

**THIS DOCUMENT INCLUDES THE FOLLOWING DETAILS OF VALUE
ADDED COURSES**

2023-2024

- ✓ Entrepreneurship Development
- ✓ Energy Healing Therapy
- ✓ Pediatric Dental Care
- ✓ Ecology Health Care Nursing
- ✓ Data Analysis
- ✓ Patient Safety
- ✓ Modern Technology In Nursing
- ✓ Palliative Care
- ✓ Conservational Competence

IT IS ARRANGED IN THE FOLLOWING ORDER

- ✓ Circular
- ✓ Program schedule
- ✓ Pretest -Posttest Questionnaire
- ✓ Feedback



NARAYANA COLLEGE OF NURSING

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NCN/IQAC/ACA-VAC-OBG11 /2023-2024.

06.05.2024

Circular

This is to inform you that Narayana College of Nursing planned to conduct “Value-Added Course on “Entrepreneurship Development” from 13.05.2024 to 14.05.2024 at the Auditorium, III Floor for IV B.Sc. Nursing students.

This course is essential for understanding the principles of entrepreneurship and its relevance in the healthcare sector. Please ensure your participation and punctuality.

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2. All HOD's
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Dr. P. Srinivas
Principal
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VALUE ADDED COURSE (2023-2024) ENTREPRENEURSHIP DEVELOPMENT

DATE: 13.05.2024 TO 14.05.2024

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
13.05.2024 (MONDAY)	Overview of the course objectives and schedule	F.N (9:00 A.M. to 1:00 P.M.)
	Definition, Importance, and Types of Entrepreneurship	
	Identifying Opportunities, Idea Generation Techniques	A.N (2:00 P.M. to 6:00 P.M.)
14.05.2024 (TUESDAY)	Components of a Business Plan, Market Analysis	F.N (9:00 A.M. to 1:00 P.M.)
	Developing Effective Marketing Strategies	
	Understanding Business Regulations and Ethical Practices	A.N (2:00 P.M. to 6:00 P.M.)
	Summary of the course, feedback, and evaluation	

VALUE ADDED COURSE

Dr. B. Arjun
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VALUE ADDED COURSE

ENTERPRENEURSHIP DEVELOPMENT

DATE: 13.05.2024 TO 14.05.2024

PRE/POST TEST QUESTIONNAIRE

1. **What is the primary focus of Ecology in health care?**
 - A) Patient treatment methods
 - B) Environmental impacts on health
 - C) Medication management
 - D) Health insurance policies
2. **Which of the following factors can significantly affect health outcomes?**
 - A) Climate change
 - B) Social media usage
 - C) Personal finances
 - D) Urbanization of cities
3. **What is a key principle of sustainable health care?**
 - A) Maximizing profits
 - B) Minimizing environmental impact
 - C) Increasing patient turnover
 - D) Expanding facility size
4. **Which profession plays a vital role in advocating for environmental health?**
 - A) Pharmacists
 - B) Nurses
 - C) Radiologists
 - D) Administrative staff
5. **An example of an ecological approach in nursing is:**
 - A) Using disposable equipment
 - B) Promoting the use of organic products
 - C) Prescribing medication
 - D) Conducting lab tests
6. **What is the impact of pollution on health?**
 - A) No significant impact
 - B) It can lead to respiratory diseases
 - C) It improves overall health
 - D) It only affects animals
7. **Which strategy is essential for promoting ecological health initiatives?**
 - A) Increasing patient fees
 - B) Collaborating with community organizations
 - C) Reducing staff training
 - D) Limiting patient access

D. R. Arany
Principal

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8. What is one role of nurses in environmental health?
 - A) To ignore ecological issues
 - B) To educate patients about environmental risks
 - C) To focus solely on clinical skills
 - D) To avoid discussing health policies
9. Which of the following is NOT an ecological factor affecting health?
 - A) Air quality
 - B) Water availability
 - C) Personal habits
 - D) Soil contamination
10. The integration of ecological principles in nursing aims to:
 - A) Reduce costs
 - B) Improve patient health outcomes
 - C) Increase hospital size
 - D) Limit community engagement

5
10

Dy. Rajam
Principal
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D. Princy
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Dr. B. Anjali
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NCN/IQAC/ACA-VAC-VAC-MHN10 /2023-2024

22.04.2024

Circular

This is to inform you that Narayana College of Nursing planned to conduct an “**Energy Healing Therapy**” course from **29.04.2024 to 30.04.2024** for IV B.Sc. Nursing students.

This course is crucial for understanding and applying energy healing techniques, enhancing patient care, and promoting holistic well-being. Please ensure your participation and punctuality.

Dr. B. Anuraj
Principal

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VALUE ADDED COURSE (2023-2024) ENERGY HEALING THERAPY

DATE: 29.04.2024 to 30.04.2024

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
29.04.2024 (MONDAY)	Introduction to Energy Healing	F.N (9:00 A.M. to 1:00 P.M.)
	Principles of Energy Healing	
	Techniques in Energy Healing	A.N (2:00 P.M. to 6:00 P.M.)
	Energy Anatomy: Chakras and Meridians	
30.04.2024 (TUESDAY)	Emotional and Mental Health	F.N (9:00 A.M. to 1:00 P.M.)
	Practical Applications of Energy Healing	
	Ethical Considerations in Energy Healing	A.N (2:00 P.M. to 6:00 P.M.)
	Review, Posttest and Feedback	

DEB Anny
Principal

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Value Added Course on ENERGY HEALING THERAPY (2023-2024)

Course code: VAC-MHN10

DATE: 29.04.2024 to 30.04.2024

Aim: To provide comprehensive knowledge and practical skills in energy healing techniques to enhance nursing practice and promote holistic patient care.

Course Objectives:

1. Introduce the concept of energy healing and its relevance in nursing.
2. Equip students with various energy healing techniques, including Reiki, chakra balancing, and guided visualization.
3. Explore integration of energy healing into traditional nursing practices for improved patient outcomes.
4. Encourage self-care practices through energy healing techniques to enhance student well-being.
5. Discuss ethical implications and professional responsibilities associated with energy healing in nursing.

Course outcome:

- Demonstrate proficiency in at least three energy healing techniques.
- Articulate the benefits of energy healing in patient care and apply techniques in clinical settings.
- Gain a deeper understanding of the mind-body connection and its importance in holistic health.
- Develop self-care routines that incorporate energy healing practices.
- Exhibit understanding of ethical considerations surrounding the use of energy healing in nursing practice.

Dr. B. Anny
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VALUE ADDED COURSE

ENERGY HEALING THERAPY

DATE: 29.04.2024 to 30.04.2024

PRE/POST TEST QUESTIONNAIRE

1. What is the primary focus of energy healing therapy?
A) Enhancing physical fitness
 B) Balancing the body's energy
C) Treating only severe illnesses
D) Improving sleep quality ✓
2. Energy healing is believed to help with:
A) Emotional and mental well-being
 B) Only physical ailments ✓
C) Genetic disorders
D) Dietary issues
3. Which technique is commonly used in energy healing?
 A) Reiki ✓
B) Traditional surgery
C) Acupuncture
D) Massage therapy
4. Energy healing can be considered a form of:
A) Complementary therapy
 B) Allopathic medicine ✓
C) Herbal medicine
D) Surgical intervention
5. Practitioners of energy healing often work to:
A) Manipulate the body's energy fields
 B) Prescribe medication ✓
C) Perform surgical procedures
D) Diagnose illnesses
6. A key principle of energy healing is:
 A) The interconnectedness of mind, body, and spirit ✓
B) Isolating each body part for treatment
C) Focusing solely on physical symptoms
D) Using only conventional methods
7. Which of the following is NOT an energy healing modality?
 A) Acupuncture ✓
B) X-ray therapy

DY B. Chinnai
Principal

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- C) Reiki
D) Healing touch
8. Energy healing sessions typically involve:
A) Hands-on or distant techniques
B) Intensive physical training
C) Prescription drugs
D) Psychological counseling
9. The effectiveness of energy healing is often supported by:
A) Anecdotal evidence
B) Rigorous scientific studies
C) Universal acceptance
D) Government approval
10. Energy healing practices are often guided by:
A) Intuition and sensitivity to energy
B) Strict medical protocols
C) Pharmacological guidelines
D) Mechanical devices

5/10

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ENERGY HEALING THERAPY

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Dr. B. Anuj
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NCN/IQAC/ACA-VAC-CHN8 /2023-2024.

05.04.2024

Circular

This is to inform you that Narayana College of Nursing plans to conduct a "Value-Added Course on Pediatric Dental Care" from 12.04.2024 to 13.04.2024 at Smart Classroom, II Floor for III B.Sc. Nursing students.

This course is vital for understanding pediatric dental health, including prevention, treatment, and management of dental issues in children. Please ensure your participation and punctuality.

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Dr. B. Anuj
Principal

Principal

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Dr. B. Anuj
Principal

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VALUE ADDED COURSE (2023-2024) PEDIATRIC DENTAL CARE

DATE: 12.04.2024 to 13.04.2024

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
12.04.2024 (FRIDAY)	Introduction to Pediatric Dental Care	F.N (9:00 A.M. to 1:00 P.M.)
	Dental Anatomy and Physiology in Children	
	Assessment Techniques	A.N (2:00 P.M. to 6:00 P.M.)
13.04.2024 (SATURDAY)	Preventive Dentistry	F.N (9:00 A.M. to 1:00 P.M.)
	Common Pediatric Dental Problems	
	Communication Skills	A.N (2:00 P.M. to 6:00 P.M.)
	Ethical and Legal Considerations	

Dr. P. S. Srinivas
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Value Added Course on Pediatric Dental Care (2023-2024)

Course code: VAC-CHN8

DATE: 12.04.2024 to 13.04.2024

Aim: To enhance the understanding and practical skills of nursing students in pediatric dental care, focusing on prevention, assessment, and management of oral health in children.

Course Objectives:

- Understand the key differences between pediatric and adult dental care.
- Be able to evaluate the dental health of children.
- Know how to teach families about preventing dental issues.
- Learn how to address common dental problems in children.
- Develop skills to talk with children and their parents about dental health.
- Be aware of ethical considerations in caring for young patients.

Course outcome:

By the end of the course, students will be able to:

1. Demonstrate knowledge of pediatric dental anatomy and physiology.
2. Conduct comprehensive dental assessments for pediatric patients.
3. Implement effective preventive strategies to improve children's oral health.
4. Apply appropriate intervention techniques for common pediatric dental problems.
5. Communicate effectively with children and caregivers about dental care and health education.
6. Recognize and address ethical considerations in pediatric dental practice.


Principal

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VALUE ADDED COURSE

PEDIATRIC DENTAL CARE

DATE: 12.04.2024 to 13.04.2024

PRE/POST TEST QUESTIONNAIRE

1. What is the primary purpose of pediatric dental care?
 A) To ensure oral health in children
 B) To promote adult dental practices
 C) To educate parents about nutrition
 D) To provide cosmetic treatments
2. At what age do children typically start losing their primary teeth?
 A) 5-7 years
 B) 3-5 years
 C) 8-10 years
 D) 2-4 years
3. Which of the following is a common dental issue in children?
 A) Malocclusion
 B) Periodontal disease
 C) Oral cancer
 D) Tooth sensitivity
4. What is the best method to prevent dental caries in children?
 A) Regular dental check-ups
 B) Only brushing once a day
 C) Limiting fluoride exposure
 D) Consuming more sugary snacks
5. Which type of toothpaste is recommended for children?
 A) Fluoride toothpaste
 B) Non-fluoride toothpaste
 C) Whitening toothpaste
 D) Herbal toothpaste
6. Effective communication with children during dental visits involves:
 A) Using complex medical terms
 B) Using simple and friendly language
 C) Ignoring their questions
 D) Speaking in a loud voice
7. Which of the following is an ethical consideration in pediatric dental care?
 A) Informed consent from parents
 B) Treating children without parental knowledge
 C) Using experimental treatments
 D) Focusing only on profit

6
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Dr. Raju
Principal

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-
8. What is an essential dietary recommendation for maintaining children's dental health?
- A) Limit sugary snacks
 - B) Increase soda consumption
 - C) Eat more candy
 - D) Avoid fruits and vegetables
9. Which is a common preventive strategy in pediatric dentistry?
- A) Dental sealants
 - B) Tooth extraction
 - C) Root canal treatment
 - D) Oral surgery
10. Why is it important to build rapport with child patients?
- A) To make the visit quicker
 - B) To ensure a positive dental experience
 - C) To avoid treatment
 - D) To distract them from pain

Dr. B. Anji
Principal
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D. Radhika
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D. B. Prasad
Principal

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NCN/IQAC/ACA-VAC-COHN10 /2023-2024.

05.02.2024

Circular

This is to inform you that Narayana College of Nursing planned to conduct “Value-Added Course on Ecology Health Care Nursing” from 12.02.2024 to 13.2.2024 at the Auditorium, III Floor for III B.Sc. Nursing students.

This course is vital for understanding the principles and practices of ecology in health care and its impact on patient care. Please ensure your participation and punctuality.

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Dr. B. Anji
Principal

Principal

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Dr. B. Anji
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VALUE ADDED COURSE (2023-2024)

ECOLOGY HEALTH CARE NURSING

DATE: 12.02.2024 TO 13.2.2024

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
12.02.2024 (MONDAY)	Understanding Ecology	F.N (9:00 A.M. to 1:00 P.M.)
	The Ecosystem and Health	
	Environmental Factors Affecting Health	A.N (2:00 P.M. to 6:00 P.M.)
13.2.2024 (TUESDAY)	Principles of Sustainable Health Care	F.N (9:00 A.M. to 1:00 P.M.)
	Implementing Ecological Approaches in Nursing	
	Community Engagement and Advocacy	A.N (2:00 P.M. to 6:00 P.M.)

D. Babu
Principal

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Value Added Course on Ecology Health Care Nursing (2023-2024)

Course code: VAC-COHN10

DATE: 12.02.2024 TO 13.2.2024

Aim: To equip nursing students with the knowledge and skills necessary to integrate ecological principles into health care practices, promoting sustainable health solutions.

Course Objectives:

1. To provide a comprehensive overview of ecological concepts relevant to health care.
2. To explore the effects of environmental degradation on health outcomes.
3. To discuss strategies for integrating ecological approaches into nursing practice.
4. To engage students in critical thinking about the role of health care in environmental sustainability.
5. To encourage the development of action plans for promoting ecological health initiatives in clinical settings.

Course Outcomes:

Upon completion of this course, students will be able to:

- Understand the interconnections between ecology and health care.
- Analyze the impact of environmental factors on patient health.
- Implement sustainable practices in nursing care.
- Advocate for ecological health initiatives within health care settings.
- Evaluate the role of nurses in promoting environmental health.

D. B. Reddy
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VALUE ADDED COURSE

ECOLOGY HEALTH CARE NURSING

DATE: 12.02.2024 TO 13.2.2024

PRE/POST TEST QUESTIONNAIRE

1. What is the primary focus of Ecology in health care?
 A) Patient treatment methods
B) Environmental impacts on health
C) Medication management
D) Health insurance policies
2. Which of the following factors can significantly affect health outcomes?
 A) Climate change
B) Social media usage
C) Personal finances
D) Urbanization of cities
3. What is a key principle of sustainable health care?
A) Maximizing profits
 B) Minimizing environmental impact
C) Increasing patient turnover
D) Expanding facility size
4. Which profession plays a vital role in advocating for environmental health?
 A) Pharmacists
B) Nurses
C) Radiologists
D) Administrative staff
5. An example of an ecological approach in nursing is:
A) Using disposable equipment
 B) Promoting the use of organic products

7
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Dr. R. Ramesh
Principal
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-
- C) Prescribing medication
D) Conducting lab tests
6. **What is the impact of pollution on health?**
A) No significant impact
B) It can lead to respiratory diseases
C) It improves overall health
D) It only affects animals
7. **Which strategy is essential for promoting ecological health initiatives?**
A) Increasing patient fees
B) Collaborating with community organizations
C) Reducing staff training
D) Limiting patient access
8. **What is one role of nurses in environmental health?**
A) To ignore ecological issues
B) To educate patients about environmental risks
C) To focus solely on clinical skills
D) To avoid discussing health policies
9. **Which of the following is NOT an ecological factor affecting health?**
A) Air quality
B) Water availability
C) Personal habits
D) Soil contamination
10. **The integration of ecological principles in nursing aims to:**
A) Reduce costs
B) Improve patient health outcomes
C) Increase hospital size
D) Limit community engagement

DY. Principal

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Dr. B. Srinivas
Principal
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D) Limit community engagement
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D. Babu
Principal

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NCN/IQAC/ACA-VAC-NR3/2023-2024

29.12.2023

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Data Analysis” from **05.01.2024** to **06.01.2024** at the Smart Classroom, II Floor, for M.Sc. Nursing students.

This course is essential for enhancing students' skills in data analysis techniques and their application in healthcare research. Please ensure your participation and punctuality.

Dr. B. Anuj
Principal

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VALUE ADDED COURSE ON DATA ANALYSIS

COURSE CODE: VAC-NR3

DATE: 5.01.2024 TO 6.1.2024

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
22/09/2023 (FRIDAY)	Introduction to Data Analysis	F.N (9:00 A.M. to 1:00 P.M.)
	Descriptive Statistics	
	Data Visualization Techniques	A.N (2:00 P.M. to 6:00 P.M.)
	Statistical Software Overview	
23/09/2023 (SATURDAY)	Inferential Statistics	F.N (9:00 A.M. to 1:00 P.M.)
	Regression Analysis	
	Qualitative Data Analysis	A.N (2:00 P.M. to 6:00 P.M.)
	Application of Data Analysis in Healthcare Research:	

D. S. Prasad
Principal
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VALUE ADDED COURSE ON DATA ANALYSIS

COURSE CODE: VAC-NR3

DATE: 5.01.2024 TO 6.1.2024

Aim

To enhance the knowledge and skills of M.Sc. Nursing students in data analysis techniques and their application in healthcare research.

Objectives

1. To understand the fundamental concepts of data analysis and its importance in healthcare.
2. To familiarize students with various data analysis software and tools.
3. To teach students how to collect, manage, and analyze data effectively.
4. To enable students to interpret data findings and present them clearly.
5. To apply data analysis techniques to real-world healthcare scenarios and research studies.

Course Outcomes

Upon completion of the course, students will be able to:

1. Demonstrate a clear understanding of data analysis concepts and methodologies.
2. Utilize data analysis software to perform statistical analyses relevant to healthcare.
3. Collect and manage data systematically for research purposes.
4. Analyze and interpret data accurately to inform clinical and administrative decision-making.
5. Present data findings effectively in written and oral formats suitable for academic and professional audiences.

D. R. S. Prasad
Principal

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VALUE ADDED COURSE ON DATA ANALYSIS

DATE: 5.01.2024 TO 6.1.2024

PRE/POSTTEST QUESTIONNAIRE

1. What is the primary purpose of data analysis in healthcare?
A) To collect data
 B) To interpret data for informed decision-making
C) To store data
D) To present data
2. Which of the following is a measure of central tendency?
A) Variance
B) Median
C) Range
 D) Standard Deviation
3. In a statistical study, what does a p-value indicate?
A) The mean of the data
B) The probability of the null hypothesis being true
 C) The level of significance
D) The confidence interval
4. Which software is commonly used for data analysis in healthcare research?
A) Microsoft Word
B) SPSS
 C) Adobe Photoshop
D) Microsoft PowerPoint
5. What does regression analysis help to determine?
A) The distribution of data
 B) The relationship between variables
C) The frequency of data points
D) The mode of the data
6. Which of the following is an ethical consideration in data analysis?
A) Data collection
B) Data confidentiality
 C) Data presentation
D) Data visualization
7. Which of the following best describes qualitative data?
A) Numerical values
B) Categorical descriptions
 C) Statistical measures
D) Graphical representations

Dr. B. Srinivas
Principal

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-
8. What type of analysis is used to compare the means of two groups?
- A) Regression analysis
 - B) ANOVA
 - C) Descriptive analysis
 - D) Correlation analysis
9. What is the first step in the data analysis process?
- A) Data interpretation
 - B) Data collection
 - C) Data presentation
 - D) Data storage
10. Which of the following techniques is used for data visualization?
- A) Histograms
 - B) Regression equations
 - C) Confidence intervals
 - D) Hypothesis testing

$$\frac{6}{10}$$

Dr. Rohini
Principal

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VALUE ADDED COURSE ON DATA ANALYSIS

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DY. R. Anji
Principal

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Dy. B. Anuj
Principal

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NCN/IQAC/ACA-VAC-COHN9 /2023-2024.

01.12.2023

Circular

This is to inform you that, Narayana College of Nursing has planned to conduct a “Value-Added Course on Patient Safety” from 8.12.2023 to 9.12.2023 at Smart classroom, II Floor for Post basic B.Sc., Nursing.

This course is vital for understanding the principles and practices of patient safety in clinical settings. Please ensure your participation and punctuality.

Dr. B. Chinnay
Principal

Principal
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Dr. B. Chinnay
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Value Added Course on Patient Safety (2023-2024)

Program schedule

DATE	TOPICS	SESSION & DURATION
08/12/2023 (FRIDAY)	Introduction to Patient Safety	F.N (9:00 A.M. to 1:00 P.M.)
	Identifying Risks in Healthcare	
	Safety Protocols and Best Practices	A.N (2:00 P.M. to 6:00 P.M.)
	Effective Communication for Safety	
	Analyzing Medication Errors	
09/12/2023 (SATURDAY)	Building a Culture of Safety	F.N (9:00 A.M. to 1:00 P.M.)
	Evaluating Patient Safety Measures	
	Review of sessions and feedback	A.N (2:00 P.M. to 6:00 P.M.)

P. R. Anny
Principal

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Value Added Course on Patient safety (2023-2024)

Course code: VAC-COHN9

DATE: 08.12.2023 to 09.12.2023

Aim: To enhance the understanding and application of patient safety principles and practices among nursing students.

Objectives

1. To identify key concepts and importance of patient safety in healthcare settings.
2. To analyze common risks and safety issues faced in clinical practice.
3. To apply safety protocols and best practices to prevent errors.
4. To develop effective communication skills for promoting patient safety.

Course Outcomes

- Students will demonstrate knowledge of patient safety principles.
- Students will identify potential safety risks in clinical environments.
- Students will implement safety protocols effectively in practice.
- Students will communicate safety information clearly to patients and healthcare teams

Dr. R. Srinivas
Principal

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VALUE ADDED COURSE
PATIENT SAFETY (VAC-COHN9)
DATE: 08.12.2023 to 09.12.2023
PRE/POST TEST QUESTIONNAIRE

1. What is the primary goal of patient safety?
 - a. Reduce healthcare costs
 - b. Prevent harm to patients
 - c. Increase patient satisfaction
 - d. Improve hospital rankings
2. Which of the following is a common cause of medication errors?
 - a. Clear communication
 - b. Poor handwriting
 - c. Adequate staffing
 - d. Proper training
3. What does the term "near miss" refer to in healthcare?
 - a. An incident that causes harm
 - b. An error that is caught before reaching the patient
 - c. A successful treatment
 - d. A patient complaint
4. Which of the following practices can enhance patient safety?
 - a. Rushing through procedures
 - b. Ignoring patient feedback
 - c. Double-checking medication dosages
 - d. Working independently
5. What is the purpose of safety protocols in healthcare?
 - a. To increase workload
 - b. To prevent errors and harm
 - c. To reduce liability
 - d. To limit communication
6. Effective communication in healthcare can:
 - a. Lead to misunderstandings

6
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Deborah
Principal

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-
- b. Improve patient outcomes
- c. Delay treatment
- d. Create barriers
7. What should be the first step when identifying a safety risk?
- a. Conduct a risk assessment
- b. Ignore the issue
- c. Implement immediate changes
- d. Notify management only
8. The "Five Rights" of medication administration include:
- a. Right patient, right time, right route, right documentation, right medication
- b. Right patient, right time, right doctor, right route, right medication
- c. Right patient, right time, right route, right dose, right outcome
- d. Right patient, right medication, right doctor, right nurse, right documentation
9. A culture of safety in healthcare involves:
- a. Blaming individuals for errors
- b. Hiding incidents to protect the institution
- c. Encouraging reporting of mistakes without punishment
- d. Focusing only on compliance
10. Which of the following is an effective way to promote patient safety?
- a. Conducting regular safety audits
- b. Avoiding team meetings
- c. Disregarding protocols
- d. Isolating staff

D.B. Arany
Principal

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Dr. B. S. S. S.
Principal

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- d. Notify management only
8. The "Five Rights" of medication administration include:
- a. Right patient, right time, right route, right documentation, right medication
- b. Right patient, right time, right doctor, right route, right medication
- c. Right patient, right time, right route, right dose, right outcome
- d. Right patient, right medication, right doctor, right nurse, right documentation
9. A culture of safety in healthcare involves:
- a. Blaming individuals for errors
- b. Hiding incidents to protect the institution
- c. Encouraging reporting of mistakes without punishment
- d. Focusing only on compliance
10. Which of the following is an effective way to promote patient safety?
- a. Conducting regular safety audits
- b. Avoiding team meetings
- c. Disregarding protocols
- d. Isolating staff

Dr. B. Chinnai
Principal

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NCN/IQAC/ACA-VAC-CHN7 /2023-2024

09.10.2023

Circular

This is to inform you that Narayana College of Nursing will conduct a **“Value-Added Course on Modern Technology in Nursing”** from October 16, 2023, to October 17, 2023, at the Classroom, II Floor, for III Semester B.Sc. Nursing students.

This course is crucial for understanding the latest advancements and their applications in nursing practice. Please ensure your participation and punctuality.

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Dr. B. Anurag
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Principal

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Value Added Course on Modern technology in Nursing DATE: 16.10.2023 to 17.10.2023

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
16/10/2023 (Monday)	Introduction to Modern Technology in Nursing	F.N (9:00 A.M. to 1:00 P.M.)
	Electronic Health Records (EHR)	
	Telehealth: Concepts and Practices	A.N (2:00 P.M. to 6:00 P.M.)
	Remote Patient Monitoring Tools	
17/10/2023 (Tuesday)	Nursing Informatics	F.N (9:00 A.M. to 1:00 P.M.)
	Patient Education through Technology	
	Future Trends in Nursing Technology	A.N (2:00 P.M. to 6:00 P.M.)
	Course Review and Feedback	

Dr. B. Chary
Principal

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Value Added Course on Modern technology in Nursing (2023-2024)

Course code: VAC-CHN7

DATE: 16.10.2023 to 17.10.2023

Aim: To equip nursing students with the knowledge and skills necessary to utilize modern technologies in nursing practice, thereby enhancing patient care and health outcomes.

Objectives

1. To understand the significance of technology in nursing practice.
2. To explore various technological tools and their applications in patient care.
3. To evaluate the impact of technology on nursing education and practice.
4. To develop proficiency in using specific technological tools in clinical settings.
5. To address ethical considerations related to technology in healthcare.

Course Outcomes: By the end of the course, students will be able to:

- Describe the role of modern technology in enhancing nursing care.
- Identify and effectively utilize various technological tools in practice.
- Analyze the benefits and challenges of technology in nursing.
- Apply technological solutions to improve patient outcomes.
- Discuss ethical issues concerning the use of technology in nursing.

D. B. Babu
Principal

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VALUE ADDED COURSE

Modern technology in Nursing

DATE: 16.10.2023 to 17.10.2023

PRE/POST TEST QUESTIONNAIRE

1. What is the primary purpose of electronic health records (EHR)?
a) To reduce paperwork
b) To improve patient care ✓
c) To store financial information
d) To increase staff workload
2. Telehealth primarily refers to:
a) In-person consultations
b) Remote patient monitoring
c) Hospital admissions ✗
d) Traditional therapy sessions
3. Which technology is commonly used for remote patient monitoring?
a) Blood pressure cuffs
b) Mobile apps
c) Virtual reality
d) All of the above ✓
4. What is a major concern regarding the use of technology in nursing?
a) Increased job satisfaction
b) Data privacy issues
c) Improved patient outcomes ✗
d) Enhanced communication
5. The use of simulation in nursing education helps to:
a) Increase theoretical knowledge
b) Improve practical skills
c) Reduce technology reliance ✗
d) Minimize patient interaction
6. What is a benefit of telehealth?
a) Limited patient access
b) Increased healthcare costs
c) Greater convenience for patients ✓
d) Reduced use of technology

6/10

DY. Reddy
Principal

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-
7. Which of the following is essential for effective telehealth services? a) High-speed internet connection ✓
b) Minimal staff training
c) Lack of patient engagement
d) Inaccessible health records
8. The ethical use of technology in nursing involves: a) Prioritizing profit over patient care
b) Ensuring patient confidentiality
c) Ignoring patient feedback
d) Using technology without training ✗
9. What is the role of nursing informatics? a) Managing patient finances
b) Utilizing data to improve patient care ✓
c) Conducting clinical trials
d) Replacing nurses with robots
10. Which of the following technologies is beneficial for patient education? a) Textbooks
b) Wearable devices ✓
c) Traditional lectures
d) All of the above

DY. B. Anand
Principal

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VALUE ADDED COURSE
Modern technology in Nursing
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8/10

Dr. B. Anji
Principal

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Dr. B. Anuraj
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NCN/IQAC/ACA-VAC-MSN11 /2023-2024.

14.09.2023

Circular

This is to inform you that, Narayana College of Nursing planned to conduct "Value-Added Course on Palliative Care" from 22.09.2023 to 23.09.2023 at Classroom, II Floor for III Semester B.Sc. Nursing students.

This course is vital for understanding the principles and practices of palliative care. Please ensure your participation and punctuality.

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Principal
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Value Added Course on Palliative Care (2023-2024) Program schedule

DATE	TOPICS	SESSION & DURATION
22/09/2023 (FRIDAY)	Introduction to Palliative Care	F.N (9:00 A.M. to 1:00 P.M.)
	Philosophy and Principles	
	Effective communication	A.N (2:00 P.M. to 6:00 P.M.)
	Assessment and management of pain	
23/09/2023 (SATURDAY)	Symptom management	F.N (9:00 A.M. to 1:00 P.M.)
	Advanced topics in palliative care	
	Practical application	A.N (2:00 P.M. to 6:00 P.M.)
	Ethical considerations	

Dr. Bohmy
Principal

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Value Added Course on Palliative Care (2023-2024)

Course code: VAC-MSN11

DATE: 22.09.2023 to 23.09.2023

Aim: To provide Nursing students with essential knowledge and skills in palliative care to improve the quality of life for patients with serious illnesses.

Objectives:

1. To understand the principles and philosophy of palliative care.
2. To develop effective communication skills for interacting with patients and families.
3. To learn pain management techniques and symptom relief strategies.
4. To identify the psycho-social needs of patients and their families.
5. To explore ethical considerations in palliative care practice.
6. To emphasize the importance of an interdisciplinary approach in palliative care.

Course Outcomes: Upon successful completion of the course, students will be able to:

- Define palliative care and explain its significance in nursing.
- Demonstrate effective communication strategies with patients and families.
- Assess and manage pain and other symptoms in palliative care settings.
- Provide psycho social support to patients and their families.
- Navigate ethical dilemmas in palliative care practice
- Collaborate effectively within an interdisciplinary team

Dr. *B. Chinnai*
Principal
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VALUE ADDED COURSE PALLIATIVE CARE

DATE: 22.09.2023 to 23.09.2023
PRE/POST TEST QUESTIONNAIRE

1. What is the primary goal of palliative care?
 - a) Cure the illness
 - b) Improve quality of life ✓
 - c) Extend life at all costs
 - d) Provide terminal care
2. Which of the following is a key principle of palliative care?
 - a) Focus solely on physical symptoms
 - b) Holistic approach
 - c) Aggressive treatment ✗
 - d) Avoidance of end-of-life discussions
3. Effective communication in palliative care is important for:..
 - a) Prescribing medication
 - b) Managing symptoms
 - c) Building trust and understanding ✓
 - d) Conducting assessments
4. Which of the following is NOT a common symptom managed in palliative care?
 - a) Pain
 - b) Fatigue
 - c) Heart failure ✓
 - d) Nausea
5. In palliative care, ethical considerations often involve:..
 - a) Patient autonomy
 - b) Financial constraints ✗
 - c) Legal issues
 - d) Institutional policies
6. The role of the nurse in palliative care includes:..
 - a) Diagnosing illnesses ✗
 - b) Providing emotional support
 - c) Conducting surgeries
 - d) Prescribing medications
7. An interdisciplinary team in palliative care typically includes:..
 - a) Only physicians
 - b) Nurses and social workers ✓
 - c) Only nurses
 - d) Family members only

5/10

Dr. P. Anand
Principal

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		- Non-pharmacological interventions (e.g., relaxation techniques, acupuncture)	
5.	3 hours	SYMPTOM MANAGEMENT - Common symptoms in palliative care: nausea, fatigue, dyspnea, and depression - Strategies for symptom relief - Role of the nurse in monitoring and managing symptoms	Lecture Method
6.	2 hours	ADVANCED TOPICS AND PRACTICAL APPLICATION Psychosocial Support for Patients and Families - Understanding emotional and psychological needs - Counseling techniques and resources for support - Family dynamics and support systems	Interactive Learning
7.	2 hours	ETHICAL CONSIDERATIONS IN PALLIATIVE CARE - Navigating ethical dilemmas (e.g., autonomy, informed consent) - Advance care planning and end-of-life discussions - Legal aspects of palliative care	Lecture cum discussion method

Dy. B. Anji
Principal

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-
8. Which of the following interventions is considered non-pharmacological?.
- a) Opioids for pain relief
 - b) Acupuncture
 - c) Antidepressants ✗
 - d) Chemotherapy
9. What is a significant barrier to effective palliative care?.
- a) Availability of resources
 - b) Lack of awareness and training
 - c) Supportive family involvement ✗
 - d) Advanced medical technology
10. The best approach to discussing end-of-life care with a patient is to
- a) Avoid the topic
 - b) Be direct and sensitive ✓
 - c) Refer them to another professional
 - d) Discuss only after a diagnosis

Dr. Babu
Principal

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VALUE ADDED COURSE PALLIATIVE CARE

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PRE/POST TEST QUESTIONNAIRE ✓

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Dy. B. D. D. D.
Principal

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NCN/IQAC/ACA-VAC-OBG10 /2023-2024.

01.08.2023

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Conversational Competence” from August 8, 2023, to August 9, 2023 at the Auditorium, III Floor for I Semester B.Sc. Nursing students.

This course is vital for understanding effective communication in clinical settings and enhancing skills necessary for patient interactions. Please ensure your participation and punctuality.

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VALUE ADDED COURSE CONSERVATIONAL COMPETENCE

DATE: 08.08.2023 to 09.08.2023

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
08.08.2023	Introduction to Conservation in Nursing	F.N (9:00 A.M. to 1:00 P.M.)
	Ecological Principles	
	Sustainable Practices	A.N
	Conservation Strategies	(2:00 P.M. to 6:00 P.M.)
	Policy and Advocacy	
9.08.2023	Community Engagement	F.N (9:00 A.M. to 1:00 P.M.)
	Future Challenges	
	Review of sessions and feedback	A.N (2:00 P.M. to 6:00 P.M.)

Dr. B. Chinnai
Principal

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VALUE ADDED COURSE

CONSERVATIONAL COMPETENCE

Course code: VAC-OBG10

DATE: 08.08.2023 to 09.08.2023

Aim:

To equip participants with the knowledge and skills necessary to understand ecological systems, promote sustainable practices, and effectively engage in conservation efforts within their communities.

Objectives:

1. To provide a solid foundation in ecology and biodiversity.
2. To teach practical conservation techniques and sustainable living practices.
3. To enhance skills in advocacy, community engagement, and environmental policy.
4. To encourage critical analysis of current environmental issues and challenges.

Learning Outcomes:

By the end of the course, participants will be able to:

1. Explain key ecological concepts and their relevance to conservation efforts.
2. Implement sustainable practices in their daily lives and communities.
3. Advocate effectively for conservation initiatives and policies.
4. Analyze case studies of successful conservation projects and identify best practices

Dy B. Anji
Principal

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VALUE ADDED COURSE CONSERVATIONAL COMPETENCE

DATE: 08.08.2023 to 09.08.2023

PRETEST/ POST TEST QUESTIONNAIRE

1. What is the primary focus of conservational competence in nursing?

- A) Patient care
- B) Environmental sustainability ✓
- C) Financial management
- D) Research methodologies

2. Which of the following is a key principle of conservation in healthcare?

- A) Increased waste generation
- B) Resource optimization ✓
- C) Ignoring environmental factors
- D) Reducing patient care

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3. How can nurses promote conservation in their practice?

- A) Using more disposable items
- B) Advocating for sustainable practices
- C) Ignoring patient education ✗
- D) Avoiding teamwork

4. What is a common environmental factor affecting health?

- A) Nutrition
- B) Pollution
- C) Genetics
- D) Exercise ✗

5. Why is community engagement important in conservation efforts?

- A) It reduces workload for nurses
- B) It increases healthcare costs
- C) It raises awareness and promotes action ✓
- D) It has no significant impact

Dr. B. Anji
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-
6. Which of the following practices contributes to sustainable healthcare?
- A) Disposing of medications in regular trash
 - B) Reducing energy consumption ✓
 - C) Increasing plastic use
 - D) Ignoring recycling programs
7. What role do nurses play in conservation advocacy?
- A) They have no role ✗
 - B) They can educate patients and communities
 - C) They only focus on clinical tasks
 - D) They should avoid discussions about the environment
8. Which of the following is a direct benefit of implementing conservation practices in healthcare?
- A) Increased environmental degradation
 - B) Improved patient outcomes
 - C) Higher operational costs ✗
 - D) Decreased staff satisfaction
9. What is one way to engage patients in conservation efforts?
- A) Providing educational materials ✓
 - B) Ignoring their concerns
 - C) Reducing communication
 - D) Only focusing on clinical treatments
10. What is the importance of understanding policy in conservation efforts?
- A) It has no relevance
 - B) It helps in navigating regulations and guidelines
 - C) It complicates nursing practice ✗
 - D) It is only important for management


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VALUE ADDED COURSE CONSERVATIONAL COMPETENCE

DATE: 08.08.2023 to 09.08.2023 ✓

PRETEST/ POST TEST QUESTIONNAIRE

1. What is the primary focus of conservational competence in nursing?

- A) Patient care ✗
- B) Environmental sustainability
- C) Financial management
- D) Research methodologies

2. Which of the following is a key principle of conservation in healthcare?

- A) Increased waste generation
- B) Resource optimization ✓
- C) Ignoring environmental factors
- D) Reducing patient care

7
10

3. How can nurses promote conservation in their practice?

- A) Using more disposable items
- B) Advocating for sustainable practices ✓
- C) Ignoring patient education
- D) Avoiding teamwork

4. What is a common environmental factor affecting health?

- A) Nutrition
- B) Pollution ✓
- C) Genetics
- D) Exercise

5. Why is community engagement important in conservation efforts?

- A) It reduces workload for nurses
- B) It increases healthcare costs
- C) It raises awareness and promotes action ✓
- D) It has no significant impact

B. B. B. B.
Principal

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-
6. Which of the following practices contributes to sustainable healthcare?
- A) Disposing of medications in regular trash
 - B) Reducing energy consumption
 - C) Increasing plastic use
 - D) Ignoring recycling programs X
7. What role do nurses play in conservation advocacy?
- A) They have no role
 - B) They can educate patients and communities
 - C) They only focus on clinical tasks X
 - D) They should avoid discussions about the environment
8. Which of the following is a direct benefit of implementing conservation practices in healthcare?
- A) Increased environmental degradation
 - B) Improved patient outcomes ✓
 - C) Higher operational costs
 - D) Decreased staff satisfaction
9. What is one way to engage patients in conservation efforts?
- A) Providing educational materials ✓
 - B) Ignoring their concerns
 - C) Reducing communication
 - D) Only focusing on clinical treatments
10. What is the importance of understanding policy in conservation efforts?
- A) It has no relevance
 - B) It helps in navigating regulations and guidelines ✓
 - C) It complicates nursing practice
 - D) It is only important for management

D. B. Anji
Principal

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ACADEMIC YEAR

2022-2023

**THIS DOCUMENT INCLUDES THE FOLLOWING DETAILS OF VALUE
ADDED COURSES**

2022-2023

- ✓ Mindfulness And Self-Care
- ✓ Disaster And Emergency Management
- ✓ Nutrition And Wellness In Pregnancy
- ✓ Women's Health Advocacy
- ✓ Surgical Standards And Safety
- ✓ Bioethics In Patient Care
- ✓ Translational Research
- ✓ Nursing Care For Special Population

IT IS ARRANGED IN THE FOLLOWING ORDER

- ✓ Circular
- ✓ Program schedule
- ✓ Pretest -Posttest Questionnaire
- ✓ Feedback



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NCN/IQAC/ACA-VAC-MHN9/2022-2023

10.04.2023

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Mindfulness and Self-Care” from April 17, 2023, to April 18, 2023 at the Smart Classroom, II Floor for I Semester B.Sc. Nursing students.

This course will focus on techniques for mindfulness and self-care, essential for personal well-being and effective nursing practice. Please ensure your participation and punctuality.

Thank you.

A. S. Reddy

Principal
Principal
NARAYANA COLLEGE OF NURSING
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Deborah
Principal
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VALUE ADDED COURSE

MINDFULNESS AND SELF-CARE"(VAC-MHN9)

APRIL 17, 2023 TO APRIL 18, 2023

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
08/12/2023 (FRIDAY)	Introduction to Mindfulness	F.N (9:00 A.M. to 1:00 P.M.)
	Techniques of Mindfulness	
	Self-Care Practices	A.N (2:00 P.M. to 6:00 P.M.)
	Stress Management	
09/12/2023 (SATURDAY)	Mindfulness in Nursing Practice	F.N (9:00 A.M. to 1:00 P.M.)
	Building Resilience	
		A.N (2:00 P.M. to 6:00 P.M.)

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VALUE ADDED COURSE

MINDFULNESS AND SELF-CARE"(VAC-MHN9)

APRIL 17, 2023 TO APRIL 18, 2023

Aim: To promote the understanding and practice of mindfulness and self-care techniques among nursing students, enhancing their personal well-being and their ability to provide compassionate patient care.

Objectives:

1. To define mindfulness and explore its historical and cultural significance.
2. To teach various mindfulness techniques, including breathing exercises and body scans.
3. To emphasize the importance of self-care and assist students in creating personalized self-care plans.
4. To provide strategies for managing stress using mindfulness practices.
5. To integrate mindfulness into nursing practice to improve patient care and healthcare provider well-being.
6. To foster resilience among nursing students through positive psychology and self-reflection.

Course Outcomes: By the end of this course, students will be able to:

1. Describe the principles and benefits of mindfulness and self-care.
2. Demonstrate mindfulness techniques, including meditation and mindful observation.
3. Create and implement a personalized self-care plan tailored to individual needs.
4. Apply mindfulness-based stress reduction strategies in their personal and professional lives.
5. Incorporate mindfulness practices into nursing care to enhance patient interactions.

A. J. Reddy

Principal

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D. R. Reddy

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VALUE ADDED COURSE

MINDFULNESS AND SELF-CARE"(VAC-MHN9)

APRIL 17, 2023 TO APRIL 18, 2023

PRE/POST TEST QUESTIONNAIRE

1. What is mindfulness primarily about?
 - A) Focusing on the past
 - B) Being present in the moment
 - C) Planning for the future
 - D) Ignoring thoughts and feelings
2. Which of the following is a common mindfulness technique?
 - A) Multitasking
 - B) Body scan meditation
 - C) Procrastination
 - D) Competitive thinking
3. Why is self-care important for nursing students?
 - A) It is not relevant to nursing.
 - B) It helps prevent burnout and enhances well-being.
 - C) It reduces the need for education.
 - D) It only benefits patients, not providers.
4. Which of the following best describes stress management?
 - A) Ignoring stressors
 - B) Avoiding difficult situations
 - C) Utilizing strategies to cope with stress effectively
 - D) Accepting stress as a part of life without change
5. Mindfulness can enhance which of the following in nursing practice?
 - A) Patient outcomes and provider well-being
 - B) Paperwork and administrative tasks

4/10

Dr. R. S. Srinivas
Principal
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-
- C) Competition among staff
D) Stress levels
6. What is a key component of a self-care plan?
A) A focus solely on physical health
B) Integration of various self-care aspects (physical, emotional, social, spiritual)
 C) Complete isolation from others
D) Ignoring personal needs
7. How does resilience benefit nursing students?
A) It makes them less empathetic.
 B) It helps them cope with challenges and stress.
C) It has no impact on their studies.
D) It only benefits their personal life.
8. What is an example of a mindfulness exercise?
A) Mindless scrolling on social media
B) Deep breathing exercises
 C) Worrying about future exams
D) Constantly checking emails
9. Journaling can be used as a tool for:
A) Avoiding thoughts and feelings
 B) Reflecting on experiences and emotions
C) Complaining about life
D) Keeping track of others' actions
10. Which statement about mindfulness is true?
A) It requires a lot of time and effort to practice.
B) It is only beneficial for mental health professionals.
C) It encourages acceptance and awareness of thoughts and feelings.
 D) It focuses on changing thoughts and feelings immediately.

Dr. Godhri
Principal

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VALUE ADDED COURSE

MINDFULNESS AND SELF-CARE"(VAC-MHN9)

APRIL 17, 2023 TO APRIL 18, 2023

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 - A) Patient outcomes and provider well-being
 - B) Paperwork and administrative tasks

8
10

D. B. Chinnji
Principal

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D) It focuses on changing thoughts and feelings immediately.

D. Ramesh
Principal

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NCN/IQAC/ACA-VAC-MSN10/2022-2023

16.01.2023

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Disaster and Emergency Management” from January 23, 2023, to January 24, 2023 at the Smart Classroom, II Floor for III B.Sc. Nursing students.

This course will equip students with essential skills and knowledge for effectively managing disasters and emergencies in healthcare settings. Please ensure your participation and punctuality.

Thank you.

A. S. Reddy
Principal

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VALUE ADDED COURSE

DISASTER AND EMERGENCY MANAGEMENT

VAC-MSN10

JANUARY 23, 2023 TO JANUARY 24, 2023

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
23.01.2023	Introduction to Disaster Management	F.N (9:00 A.M. to 1:00 P.M.)
	Preparedness Planning	
	Response Strategies	A.N (2:00 P.M. to 6:00 P.M.)
	Recovery and Rehabilitation	
Disaster Response in Healthcare Settings		
24.01.2023	Legal and Ethical Considerations	F.N (9:00 A.M. to 1:00 P.M.)
	Mock drill and feedback	A.N (2:00 P.M. to 6:00 P.M.)

A. S. Reddy

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D. R. Reddy
Principal

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VALUE ADDED COURSE

DISASTER AND EMERGENCY MANAGEMENT

JANUARY 23, 2023 TO JANUARY 24, 2023

Aim: To equip nursing students with the knowledge and skills necessary to effectively manage disasters and emergencies within healthcare settings, promoting safety and efficient response strategies.

Objectives:

1. To understand the different types of disasters and their impact on health and safety.
2. To develop and implement effective disaster preparedness plans.
3. To learn the roles and responsibilities of healthcare professionals during a disaster.
4. To apply triage principles and emergency response strategies in crisis situations.
5. To analyze case studies to understand best practices and lessons learned in disaster management.
6. To explore legal and ethical considerations relevant to disaster response.

Course Outcomes: By the end of this course, students will be able to:

1. Identify and classify various types of disasters and their potential effects on communities.
2. Create comprehensive disaster preparedness and response plans tailored to healthcare settings.
3. Demonstrate effective triage and casualty management techniques during emergency situations.
4. Collaborate with healthcare teams and emergency response organizations to coordinate disaster responses.
5. Evaluate real-world case studies to derive practical insights and improve future disaster management practices.

A. J. Reddy
Principal

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D. B. Reddy
Principal

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VALUE ADDED COURSE

DISASTER AND EMERGENCY MANAGEMENT

JANUARY 23, 2023 TO JANUARY 24, 2023

PRE/POST TEST QUESTIONNAIRE

1. What is the primary objective of disaster management?
A) To prevent all disasters
 B) To mitigate the impact of disasters on people and infrastructure ✓
C) To respond only after a disaster occurs
D) To ensure all healthcare facilities are closed during disasters
2. Which phase of disaster management focuses on preparing for potential disasters?
A) Response
 B) Recovery
C) Mitigation
D) Preparedness
3. What is the primary role of triage in disaster situations?
A) To provide comfort care
 B) To categorize patients based on the urgency of their medical needs
C) To collect patient information
D) To treat all patients equally
4. During a disaster, which type of communication is most crucial?
 A) Social media updates
B) Clear and concise emergency communication
C) Informal discussions among staff
D) Non-verbal cues
5. What does the term "incident command system" refer to?
A) A system for documenting patient care
 B) A structure for managing emergency response operations
C) A way to manage hospital finances
D) A method of delivering patient care
6. Which of the following is a common legal consideration in disaster management?
A) Patient confidentiality
B) Public relations strategies
 C) Financial audits
D) Staffing levels
7. In a mass casualty incident, which patient should be prioritized for treatment?
A) A patient with minor injuries
 B) A patient who is unconscious and not breathing ✓
C) A patient with a broken arm
D) A patient who is stable and alert

5/10

Dr. R. Chinnai
Principal

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-
8. What is the primary focus during the recovery phase of disaster management?
- A) Immediate response
 - B) Long-term restoration of affected communities
 - C) Emergency preparedness training
 - D) Assessing past disasters
9. Which type of disaster is characterized by the sudden release of energy from the Earth's crust?
- A) Flood
 - B) Earthquake
 - C) Hurricane
 - D) Fire
10. What is one key principle of effective emergency response?
- A) Delaying action until all information is gathered
 - B) Coordinating with multiple agencies and organizations
 - C) Ignoring the needs of the community
 - D) Focusing solely on the healthcare facility

D. B. Anji
Principal

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VALUE ADDED COURSE

DISASTER AND EMERGENCY MANAGEMENT

JANUARY 23, 2023 TO JANUARY 24, 2023

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Dr. B. Chinnai
Principal
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 - D) Focusing solely on the healthcare facility

D.R. Anand
Principal

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NCN/IQAC/ACA-VAC-OBG9/2022-2023

07.11.2022

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Nutrition and Wellness in Pregnancy” from November 14, 2022, to November 15, 2022 at the Smart Classroom, II Floor for III B.Sc. and P.B.B.Sc. Nursing students.

This course will cover essential nutritional guidelines and wellness strategies to support healthy pregnancies. Please ensure your participation and punctuality.

Thank you.

Principal

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VALUE ADDED COURSE ON NUTRITION AND WELLNESS IN PREGNANCY (2022-2023)

COURSE CODE: VAC-OBG9

DATE: 14.11.2022 TO 15.11.2022

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
14.11.2022	Nutritional Requirements During Pregnancy:	F.N (9:00 A.M. to 1:00 P.M.)
	Dietary Sources of Essential Nutrients:	
	Common Nutritional Deficiencies:	A.N (2:00 P.M. to 6:00 P.M.)
	Lifestyle Modifications for Wellness	
	Developing Dietary Plans:	
15.11.2022	Impact of Nutrition on Fetal Development:	F.N (9:00 A.M. to 1:00 P.M.)
	Wellness Strategies and Support Systems:	
	Summary and feedback	A.N (2:00 P.M. to 6:00 P.M.)

A. Indira

Principal

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D. B. Anji

Principal
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VALUE ADDED COURSE ON NUTRITION AND WELLNESS IN PREGNANCY (2022-2023)

DATE: 14.11.2022 TO 15.11.2022

PRE/POST TEST QUESTIONNAIRE

1. What is the recommended daily increase in calorie intake for pregnant women during the second and third trimesters?
A) 100 calories
B) 200 calories ✓
C) 300 calories
D) 400 calories
2. Which nutrient is particularly important for preventing neural tube defects during pregnancy?
A) Vitamin D
B) Calcium
C) Folic acid
D) Iron
3. What is the recommended daily intake of folic acid for pregnant women?
A) 200 mcg
B) 400 mcg ✓
C) 600 mcg
D) 800 mcg
4. Which of the following is a common nutritional deficiency during pregnancy?
A) Protein
B) Vitamin A
C) Iron
D) Fiber
5. What is the primary source of omega-3 fatty acids beneficial for fetal brain development?
A) Red meat
B) Dairy products
C) Fish ✓
D) Whole grains
6. Which food should pregnant women avoid due to the risk of listeriosis?
A) Pasteurized milk
B) Soft cheeses
C) Cooked eggs
D) Fresh fruits

4/10

D. B. Anuj
Principal

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



-
7. How many servings of fruits and vegetables should pregnant women aim for each day?
 - A) 2-3 servings
 - B) 4-5 servings
 - C) 5-7 servings
 - D) 7-9 servings
 8. What role does calcium play during pregnancy?
 - A) Energy production
 - B) Muscle relaxation
 - C) Bone development for the fetus
 - D) Hormonal regulation
 9. Which of the following lifestyle choices can positively impact pregnancy wellness?
 - A) Smoking
 - B) Regular physical activity
 - C) High caffeine intake
 - D) Excessive weight gain
 10. What is the most effective way to manage gestational diabetes through diet?
 - A) High carbohydrate intake
 - B) Balanced meals with controlled portions
 - C) Elimination of all sugars
 - D) Increased protein intake only

DY. Bahug
Principal

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VALUE ADDED COURSE ON NUTRITION AND WELLNESS IN PREGNANCY (2022-2023)

DATE: 14.11.2022 TO 15.11.2022

PRE/POST TEST QUESTIONNAIRE

1. What is the recommended daily increase in calorie intake for pregnant women during the second and third trimesters?
A) 100 calories
B) 200 calories
C) 300 calories ✓
D) 400 calories
2. Which nutrient is particularly important for preventing neural tube defects during pregnancy?
A) Vitamin D
B) Calcium ✓
C) Folic acid
D) Iron
3. What is the recommended daily intake of folic acid for pregnant women?
A) 200 mcg
B) 400 mcg ✓
C) 600 mcg
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6. Which food should pregnant women avoid due to the risk of listeriosis?
A) Pasteurized milk
B) Soft cheeses ✓
C) Cooked eggs
D) Fresh fruits

CS
10

Dr. Balaji
Principal
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Dr. B. Anny
Principal

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NCN/IQAC/ACA-VAC-MHN8/2022-2023

03.10.2022

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Women's Health Advocacy” from October 10, 2022, to October 11, 2022 at the Classroom, II Floor for IV B.Sc. Nursing students.

This course will focus on the importance of advocating for women's health issues, enhancing students' understanding of healthcare disparities and advocacy strategies. Please ensure your participation and punctuality.

Thank you.

A. Indira

Principal

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D.V. Srinivas
Principal

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VALUE-ADDED COURSE

WOMEN'S HEALTH ADVOCACY (VAC-MHN8)

DATE: 10.10.2022 TO 11.10.2022

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
10.10.2022	Introduction to Women's Health	F.N (9:00 A.M. to 1:00 P.M.)
	Health Disparities and Social Determinants	
	Barriers to Healthcare Access	A.N (2:00 P.M. to 6:00 P.M.)
	Nursing Role in Advocacy	
	Policy and Women's Health	
11.10.2022	Collaboration and Community Engagement	F.N (9:00 A.M. to 1:00 P.M.)
	Collaboration and Community Engagement	
	Collaboration and Community Engagement	A.N (2:00 P.M. to 6:00 P.M.)

A. S. Srinivas

Principal

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Dr. B. Srinivas
Principal

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VALUE-ADDED COURSE

WOMEN'S HEALTH ADVOCACY (VAC-MHN8)

DATE: 10.10.2022 TO 11.10.2022

Aim:

To empower Nursing students with knowledge and skills in women's health advocacy, enabling them to effectively promote and improve health outcomes for women in their communities.

Objectives:

1. To understand critical women's health issues and disparities.
2. To identify and analyze barriers affecting women's health access.
3. To develop practical advocacy skills for community engagement.
4. To raise awareness about women's health rights and needs.
5. To create actionable advocacy plans to address specific issues.

Course Outcomes:

By the end of this course, participants will be able to:

1. Identify and explain major health concerns impacting women.
2. Analyze the influence of social determinants on women's health.
3. Design and implement a comprehensive advocacy strategy.
4. Collaborate effectively with local organizations and stakeholders.
5. Assess the effectiveness of advocacy initiatives on women's health.

A. Indira

Principal

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Dr. B. Anji
Principal

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VALUE-ADDED COURSE

WOMEN'S HEALTH ADVOCACY (VAC-MHN8)

DATE: 10.10.2022 TO 11.10.2022

PRETEST/ POST TEST QUESTIONNAIRE

1. What is a major health issue specifically affecting women?
 A) Heart disease
 B) Prostate cancer
 C) Lung cancer
 D) None of the above
2. Which of the following is a barrier to women's healthcare access?
 A) High income
 B) Cultural beliefs
 C) Educational attainment
 D) All of the above
3. The primary goal of advocacy in nursing is to:
 A) Increase healthcare costs
 B) Improve patient health outcomes
 C) Focus solely on administrative tasks
 D) None of the above
4. Which organization primarily advocates for women's health rights?
 A) American Nurses Association (ANA)
 B) World Health Organization (WHO)
 C) Centers for Disease Control and Prevention (CDC)
 D) National Institutes of Health (NIH)
5. Which of the following is a social determinant of health for women?
 A) Age
 B) Employment status
 C) Access to education
 D) All of the above
6. Effective advocacy in nursing requires:
 A) Individual effort without teamwork
 B) Collaboration with healthcare providers and community organizations
 C) Strict adherence to protocol without flexibility
 D) None of the above

Dr. S. Srinivas
Principal

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7. Which skill is essential for nursing advocates?
- A) Data analysis
 - B) Public speaking
 - C) Empathy and active listening ✓
 - D) All of the above
8. Community engagement in women's health advocacy helps to:
- A) Increase health literacy ✓
 - B) Create misinformation
 - C) Decrease participation ✓
 - D) None of the above
9. An effective advocacy plan for women's health should include:
- A) Clear objectives and measurable outcomes ✓
 - B) Personal anecdotes only
 - C) Ignoring patient feedback
 - D) None of the above
10. The main goal of women's health advocacy in nursing is:
- A) To reinforce gender inequality
 - B) To ensure equitable access to health resources for women ✓
 - C) To reduce healthcare services for women
 - D) None of the above



DY. Rajani
Principal
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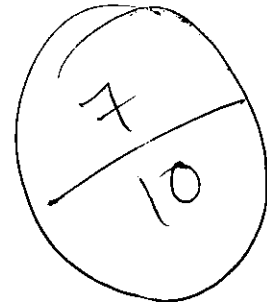
VALUE-ADDED COURSE

WOMEN'S HEALTH ADVOCACY (VAC-MHN8)

DATE: 10.10.2022 TO 11.10.2022

PRETEST/ POST TEST QUESTIONNAIRE

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DYB...
Principal

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-
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 - C) To reduce healthcare services for women ✓
 - D) None of the above

DY. B. Anny
Principal

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NCN/IQAC/ACA-VAC-MSN9/2022-2023

08.09.2022

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Surgical Standards and Safety” from September 15, 2022, to September 16, 2022 at the Classroom, II Floor for IV B.Sc. Nursing students.

This course will cover essential surgical protocols and safety measures to ensure high standards of patient care in surgical settings. Please ensure your participation and punctuality.

Thank you.

Principal
Principal

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VALUE ADDED COURSE
SURGICAL STANDARDS AND SAFETY (VAC-MSN9)
DATE:15.09.2022 TO 16.09.2022
PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
15.09.2022	Introduction to Surgical Standards	F.N
	Patient Safety in Surgery	(9:00 A.M. to 1:00 P.M.)
	Risk Management in Surgery	A.N
	Infection Control in Surgical Practice	(2:00 P.M. to 6:00 P.M.)
	Communication in the Surgical Team	
	Quality Improvement in Surgical Care	
16.09.2022	Quality Improvement in Surgical Care	F.N
	Legal and Ethical Considerations	(9:00 A.M. to 1:00 P.M.)
	Emerging Trends in Surgical Safety	A.N
		(2:00 P.M. to 6:00 P.M.)

A. Indira

Principal

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D. R. Anjali

Principal

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VALUE ADDED COURSE SURGICAL STANDARDS AND SAFETY (VAC-MSN9) DATE:15.09.2022 TO 16.09.2022

AIM:

To enhance the knowledge and skills of healthcare professionals in surgical standards and safety practices, promoting high-quality care and minimizing risks associated with surgical procedures.

OBJECTIVES:

1. Familiarize participants with established surgical standards, guidelines, and best practices.
2. Identify strategies to enhance patient safety throughout the surgical process.
3. Evaluate potential risks and develop risk mitigation strategies in surgical settings.
4. Learn infection prevention techniques applicable to surgical procedures.
5. Foster effective communication among surgical team members and with patients.
6. Assess surgical outcomes and understand the importance of continuous quality improvement.

Learning Outcomes:By the end of this course, participants will be able to:

1. Articulate key surgical standards and guidelines relevant to their practice.
2. Identify and implement patient safety protocols in surgical settings.
3. Conduct a thorough risk assessment and apply risk management strategies.
4. Employ infection control measures to reduce surgical site infections.
5. Demonstrate effective communication strategies within the surgical team.

Principal

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VALUE ADDED COURSE

SURGICAL STANDARDS AND SAFETY (VAC-MSN9)

DATE: 15.09.2022 TO 16.09.2022

PRETEST/ POST TEST QUESTIONNAIRE

1. What is the primary purpose of surgical safety checklists?
A) To reduce surgical costs
B) To improve communication among the surgical team
C) To ensure patient comfort
D) To increase the number of surgeries performed ✓
2. Which of the following is a key component of sterile technique?
A) Wearing gloves at all times
B) Maintaining a sterile field
C) Using antiseptic solutions on all instruments ✓
D) Covering the patient with a non-sterile drape
3. In the context of surgical safety, what does the term "time-out" refer to?
A) A break for the surgical team
B) A period for patient recovery
C) A verification process before the incision ✓
D) A time to review the patient's medical history
4. Which type of infection is most commonly associated with surgical procedures?
A) Respiratory infections
B) Surgical site infections (SSI) ✓
C) Urinary tract infections
D) Bloodstream infections
5. What is the best practice for hand hygiene in the surgical environment?
A) Washing hands with soap and water for 5 seconds
B) Using alcohol-based hand sanitizer before entering the operating room ✓
C) Wearing gloves without washing hands
D) Relying solely on surgical scrubs for cleanliness
6. Which of the following is a common risk factor for surgical complications?
A) Advanced age
B) Proper nutrition ✓
C) Regular exercise
D) High levels of hydration
7. What is the recommended position for a patient undergoing abdominal surgery?
A) Supine ✓
B) Prone

4
10

Dy. B. Srinivas
Principal

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-
- C) Lateral
D) Trendelenburg
8. How often should surgical instruments be inspected for cleanliness and functionality?
A) Once a week
B) Before each surgery ✓
C) After every surgery
D) Only when there is a problem
9. Which of the following is an essential step in preventing wrong-site surgeries?
A) Using different colored markers for each site
B) Conducting a thorough pre-operative assessment
C) Marking the surgical site with the patient present ✓
D) All of the above
10. What role does effective communication play in surgical safety?
A) It reduces the length of the surgery
B) It ensures all team members are informed and vigilant
C) It eliminates the need for a surgical checklist
D) It allows for faster decision-making during surgery ✓

Dr. B. S. Srinivas
Principal

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VALUE ADDED COURSE

SURGICAL STANDARDS AND SAFETY (VAC-MSN9)

DATE: 15.09.2022 TO 16.09.2022

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9
10

Dr. B. Chamy
Principal

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D) Trendelenburg
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D. Bahuguna
Principal

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NCN/IQAC/ACA-VAC-CHN6/2022-2023

01.08.2022

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Bioethics in Patient Care” from August 8, 2022, to August 9, 2022 at the Smart classroom, II Floor for II B.Sc. Nursing students.

This course will explore ethical principles and dilemmas in patient care, enhancing students' ability to make informed ethical decisions in clinical practice. Please ensure your participation and punctuality.

Thank you.

A. Indira
Principal
Principal

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Dy. B. Anand
Principal

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VALUE ADDED COURSE

BIOETHICS IN PATIENT CARE

DATE : 8.8.2022 TO 9.8.2022

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
08/12/2023 (FRIDAY)	Introduction to Bioethics	F.N (9:00 A.M. to 1:00 P.M.)
	Core Principles of Bioethics	
	Informed Consent	A.N (2:00 P.M. to 6:00 P.M.)
	Ethics in End-of-Life Care	
	Resource Allocation and Justice	
09/12/2023 (SATURDAY)	Cultural Competence in Bioethics	F.N (9:00 A.M. to 1:00 P.M.)
	Case Studies and Practical Applications	
	Conclusion and Future Directions	A.N (2:00 P.M. to 6:00 P.M.)

D. B. Chari
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VALUE ADDED COURSE BIOETHICS IN PATIENT CARE (VAC-CHN6) 8.8.2022 TO 9.8.2022

Aim: To equip healthcare professionals with the knowledge and skills necessary to navigate ethical dilemmas in patient care, fostering a patient-centered approach that respects autonomy, promotes well-being, and ensures equitable treatment.

Objectives:

1. Grasp the foundational principles of bioethics and their application in clinical settings.
2. Enhance the ability to analyze and resolve ethical dilemmas in patient care.
3. Learn strategies for effective communication that support informed patient choices.
4. Explore ethical considerations surrounding end-of-life care, including palliative options and advance directives.
5. Understand the ethical implications of resource distribution in healthcare and its impact on patient care.
6. Recognize the influence of cultural, social, and personal factors on ethical decision-making.

Learning Outcomes: By the end of this course, participants will be able to:

1. Articulate the core principles of bioethics and their relevance to patient care.
2. Identify and analyze ethical dilemmas using a structured approach.
3. Facilitate informed consent discussions with patients and families.
4. Navigate complex end-of-life care decisions with sensitivity and ethical awareness.
5. Evaluate ethical considerations in the allocation of healthcare resources.

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VALUE ADDED COURSE

BIO ETHICS IN PATIENT CARE

PRETEST/ POST TEST QUESTIONNAIRE

1. What is the primary focus of bioethics in healthcare?
 - A. Financial aspects of care
 - B. Patient autonomy and rights
 - C. Technological advancements
 - D. Staffing and management
2. Which principle emphasizes doing good and preventing harm?
 - A. Justice
 - B. Beneficence
 - C. Non-maleficence
 - D. Autonomy
3. Informed consent requires that patients understand:
 - A. Only the benefits of a treatment
 - B. Only the risks of a treatment
 - C. The benefits, risks, and alternatives
 - D. The financial cost of treatment
4. Which ethical principle involves treating patients fairly and equitably?
 - A. Autonomy
 - B. Beneficence
 - C. Justice
 - D. Non-maleficence
5. What is a key consideration when addressing end-of-life care?
 - A. Patient's ability to pay
 - B. Family preferences
 - C. Patient's wishes and values
 - D. Hospital policies
6. Which of the following is an example of non-maleficence?

5
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D. B. Chetty
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-
- ~~A.~~ Providing pain relief
B. Administering unnecessary treatment
C. Ignoring a patient's request
D. Withholding information
7. In bioethics, what does the principle of autonomy refer to?
- ~~A.~~ The right to fair treatment
B. The ability to make informed decisions
C. ~~The duty~~ to care for patients
D. The obligation to follow hospital policies
8. Which document outlines a patient's wishes regarding medical treatment?
- A. Advance directive
B. Health insurance policy
C. Medical history
~~D.~~ Treatment protocol
9. What is a potential ethical dilemma when treating minors?
- ~~A.~~ Their inability to pay
B. Parental consent vs. child's wishes
C. Availability of treatments
D. Time constraints in treatment
10. Which ethical principle may conflict with patient autonomy?
- A. Beneficence
B. Justice
C. Non-maleficence
~~D.~~ All of the above

Dr. B. Chinnay
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D. B. Thiruj
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Dr. B. B. B. B.
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NCN/IQAC/ACA-VAC-NR2/2022-2023

30.06.2022

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Translational Research” from July 7, 2022, to July 8, 2022 at the Auditorium, III Floor for M.Sc. and P.B.B.Sc. Nursing students.

This course will provide insights into the application of research findings to clinical practice, enhancing the quality of patient care. Please ensure your participation and punctuality.

Thank you.

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VALUE ADDED COURSE TRANSLATIONAL RESEARCH (VAC-NR2)

DATE: 07.07.2022 TO 08.07.2022

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
07.07.2022	Introduction to Translational Research	F.N (9:00 A.M. to 1:00 P.M.)
	Stages of Translational Research	
	Research Methodologies	A.N (2:00 P.M. to 6:00 P.M.)
	Data Management and Analysis	
	Collaboration in Translational Research	
08.07.2022	Implementation Science	F.N (9:00 A.M. to 1:00 P.M.)
	Evaluation of Outcomes	
	Real-World Examples of Translational Research	A.N (2:00 P.M. to 6:00 P.M.)

A. S. Davis
Principal

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VALUE ADDED COURSE

TRANSLATIONAL RESEARCH (VAC-NR2)

DATE: 07.07.2022 TO 08.07.2022

AIM: To equip participants with the knowledge and skills necessary to conduct translational research that effectively bridges the gap between scientific discoveries and their application in clinical practice and public health.

OBJECTIVES:

1. To define translational research and its significance in healthcare and scientific innovation.
2. To explore various research methodologies and approaches used in translational research.
3. To emphasize the importance of collaboration among researchers, clinicians, and stakeholders.
4. To develop skills for implementing research findings in practice and evaluating their impact on health outcomes.

LEARNING OUTCOMES:

By the end of the course, participants will be able to:

1. Describe the stages of translational research and its relevance to healthcare improvement.
2. Identify appropriate research methodologies for translational research projects.
3. Collaborate effectively with interdisciplinary teams to address health challenges.
4. Develop strategies for the implementation and evaluation of research findings in clinical

settings.

A. S. Srinivas
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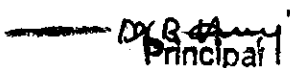
VALUE ADDED COURSE

TRANSLATIONAL RESEARCH (VAC-NR2)

DATE: 07.07.2022 TO 08.07.2022

PRETEST/ POST TEST QUESTIONNAIRE

1. What is the primary goal of translational research? A) To develop new laboratory techniques
B) To improve clinical practices and patient outcomes
C) To conduct basic science experiments
D) To analyze public health data
2. Which phase of translational research focuses on applying findings from basic research to human health? A) T1
B) T2
C) T3
D) T4
3. Translational research often involves collaboration between which of the following groups? A) Basic scientists only
B) Clinicians only
C) Both basic scientists and clinicians
D) Public policy makers only
4. An important aspect of translational research is: A) Conducting experiments in isolation
B) The application of findings to real-world settings
C) Focusing solely on animal models
D) Publishing results without further application
5. Which of the following is an example of a T2 translational research activity? A) Developing a new drug in the lab
B) Testing a new treatment in clinical trials
C) Conducting basic research on disease mechanisms
D) Implementing public health policies
6. What is a common barrier to successful translational research? A) High levels of funding
B) Lack of communication between disciplines
C) Strong regulatory frameworks
D) Clear pathways for implementation
7. In translational research, "bench to bedside" refers to: A) Moving discoveries from the laboratory to clinical practice
B) Translating patient feedback into research hypotheses
C) Conducting research at the bedside
D) Both basic and applied research conducted at hospitals


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-
8. Which of the following best describes "T4" translational research? A) Basic science research
B) Implementation and dissemination research
C) Clinical trials
D) Laboratory research
9. The term "translational medicine" emphasizes the importance of: A) Basic laboratory research
B) Patient-centered care
C) Data analysis only
D) Theoretical research
10. Which funding agency is known for supporting translational research initiatives? A) National Science Foundation (NSF)
B) National Institutes of Health (NIH)
C) World Health Organization (WHO)
D) Centers for Disease Control and Prevention (CDC)

Dr. B. Anuj
Principal

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VALUE ADDED COURSE

TRANSLATIONAL RESEARCH (VAC-NR2)

DATE: 07.07.2022 TO 08.07.2022

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9
10

Dr. B. Anuraj
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O. B. Babu
Principal

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NCN/IQAC/ACA-VAC-COHN8/2022-2023

06.06.2022

Circular

This is to inform you that Narayana College of Nursing plans to conduct a “Value-Added Course on Nursing Care for Special Population” from June 13, 2022, to June 14, 2022 at the Classroom, II Floor for II B.Sc. Nursing students.

This course will focus on providing essential nursing care tailored to the needs of various special population. Please ensure your participation and punctuality.

Thank you.

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VALUE ADDED COURSE

NURSING CARE FOR SPECIAL POPULATION

13.06.2022 TO 14.06.2022

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
13.06.2022	Overview of Special Populations	F.N (9:00 A.M. to 1:00 P.M.)
	Physiological Considerations in Special Populations	
	Psychological Aspects of Care	A.N (2:00 P.M. to 6:00 P.M.)
	Communication Strategies for Special Populations	
	Group Discussions on Challenges and Solutions	
14.06.2022	Mental Health Considerations	F.N (9:00 A.M. to 1:00 P.M.)
	Cultural Competence	A.N (2:00 P.M. to 6:00 P.M.)
	Navigating Resources for Special Populations	

D. B. Reddy
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VALUE ADDED COURSE

NURSING CARE FOR SPECIAL POPULATION

13.06.2022 TO 14.06.2022

Aim:

To equip nursing professionals with the knowledge and skills to provide effective, culturally competent care to diverse special populations, including but not limited to the elderly, children, individuals with disabilities, and marginalized communities.

Objectives:

1. To identify and understand the physical, emotional, and social needs of various special populations.
2. To develop skills in providing culturally sensitive and patient-centered care.
3. To enhance assessment and intervention strategies specific to the needs of special populations.
4. To promote advocacy for vulnerable groups and understand the social determinants of health.

Learning Outcomes:

By the end of the course, participants will be able to:

1. Describe the unique healthcare needs of special populations.
2. Apply culturally competent care principles in clinical practice.
3. Conduct thorough assessments and implement appropriate nursing interventions.
4. Advocate for the rights and needs of special populations within the healthcare system.

A. Indira

Principal

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D. B. Reddy
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PRETEST/ POST TEST QUESTIONNAIRE

NURSING CARE FOR SPECIAL POPULATION

1. **What is a primary consideration when caring for elderly patients?**
 - A) They require less frequent assessments
 - B) They often have multiple chronic conditions
 - C) They prefer to be treated in isolation
 - D) They do not need support with activities of daily living
2. **Which approach is essential for providing care to pediatric patients?**
 - A) Treating them like adults
 - B) Involving family members in care decisions
 - C) Minimizing communication with parents
 - D) Focusing solely on physical symptoms
3. **When caring for patients with disabilities, it is important for nurses to:**
 - A) Assume independence in all activities
 - B) Use specialized communication techniques if needed
 - C) Ignore assistive devices
 - D) Discourage social interaction
4. **What is a common mental health issue faced by special populations?**
 - A) Diabetes
 - B) Depression
 - C) Hypertension
 - D) Osteoporosis
5. **Culturally competent care involves:**
 - A) Ignoring cultural differences
 - B) Adapting care plans based on cultural beliefs and practices
 - C) Enforcing a single standard of care
 - D) Only providing care in the patient's preferred language
6. **Which of the following is a key social determinant of health?**
 - A) Age
 - B) Gender
 - C) Socioeconomic status
 - D) Medical history
7. **Family-centered care in pediatrics emphasizes:**
 - A) Solely the child's needs
 - B) Involving parents and caregivers in the care process
 - C) Restricting parental access during treatment
 - D) Minimizing family involvement
8. **Which strategy is important when advocating for marginalized populations?**

4
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-
- A) Avoiding discussions about health disparities
 - B) Promoting awareness and education about their needs
 - C) ~~F~~ocusing only on clinical aspects of care
 - ~~D~~) Assuming all populations have the same healthcare access
9. **End-of-life care for geriatric patients often includes:**
- A) Aggressive treatments at all costs
 - ~~B~~) Palliative care options to enhance quality of life
 - C) Ignoring the wishes of the patient and family
 - D) Disregarding pain management needs
10. **When conducting assessments for special populations, nurses should:**
- A) Use the same assessment tools for all patients
 - ~~B~~) Modify assessments to account for specific needs
 - C) Rely solely on patient history without physical examination
 - D) Rush through assessments to save time

D. B. Princy
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PRETEST/ POST TEST QUESTIONNAIRE

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8

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Dr. B. Babu
Principal

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



-
- A) Avoiding discussions about health disparities
 - ~~B) Promoting awareness and education about their needs~~
 - C) Focusing only on clinical aspects of care
 - D) Assuming all populations have the same healthcare access
9. **End-of-life care for geriatric patients often includes:**
- A) Aggressive treatments at all costs
 - ~~B) Palliative care options to enhance quality of life~~
 - C) Ignoring the wishes of the patient and family
 - D) Disregarding pain management needs
10. **When conducting assessments for special populations, nurses should:**
- A) Use the same assessment tools for all patients
 - B) Modify assessments to account for specific needs
 - C) ~~Rely solely on patient history without physical examination~~
 - D) Rush through assessments to save time

D.V.B. Arany
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
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ACADEMIC YEAR

2021-2022

**THIS DOCUMENT INCLUDES THE FOLLOWING DETAILS OF VALUE
ADDED COURSES**

2021-2022

- ✓ Cyber Crime Awareness
- ✓ Time Management
- ✓ Anti-Microbial Stewardship
- ✓ Health Care Quality Management
- ✓ Hospice Care
- ✓ Hyperbaric Oxygen Therapy
- ✓ Multi System Inflammatory Syndrome In Children
- ✓ Emerging And Re-Emerging Disease

IT IS ARRANGED IN THE FOLLOWING ORDER

- ✓ Circular
- ✓ Program schedule
- ✓ Pretest -Posttest Questionnaire
- ✓ Feedback



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NCN/IQAC/ACA-VAC-OBG8/2021-2022

03.01.2022

Circular

This is to inform you that Narayana College of Nursing will conduct a "Value-Added Course on Cyber Crime Awareness" from January 3, 2022, to January 4, 2022, in the Auditorium, III Floor, for I PBBS and I B.Sc. Nursing students.

This course is important for understanding the risks associated with cyber crime and developing skills to protect personal and professional information in the digital age. Your participation and punctuality are highly encouraged.

A. S. Reddy

Principal
Principal

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Chinthareddypalem
NELLORE - 524 003

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1. IQAC Coordinator
2. All HODs
3. Notice Board

Dr. B. Anji
Principal

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VALUE ADDED COURSE

CYBER CRIME AWARENESS (VAC-OBG8)

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
03.01.2022 (MONDAY)	Introduction to Cyber Crime	F.N (9:00 A.M. to 1:00 P.M.)
	Types of Cyber Crimes	
	Impact of Cyber Crime on Healthcare	A.N (2:00 P.M. to 6:00 P.M.)
	Legal Frameworks and Ethical Considerations	
Cybersecurity Measures		
04.01.2022 (TUESDAY)	Incident Response Strategies	F.N (9:00 A.M. to 1:00 P.M.)
	Promoting Cyber Awareness	

A. Indira

Principal

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Dr. B. Chandra
Principal

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VALUE ADDED COURSE

CYBER CRIME AWARENESS (VAC-OBG8)

Aim

To enhance participants' understanding of cyber crime and equip them with the knowledge and skills to recognize, prevent, and respond to cyber threats in the healthcare sector.

Course Objectives

1. To provide a comprehensive overview of various types of cyber crimes and their implications for healthcare.
2. To educate participants on the importance of cybersecurity measures in protecting sensitive patient information.
3. To discuss legal frameworks and ethical considerations surrounding cyber crime.
4. To equip students with practical strategies for preventing cyber threats and responding to incidents.
5. To promote awareness of emerging trends in cyber crime and the evolving nature of digital threats.

Learning Outcomes

By the end of the course, participants will be able to:

1. Identify different types of cyber crimes and their impact on healthcare settings.
2. Implement effective cybersecurity measures to safeguard patient data.
3. Understand the legal implications of cyber crime and compliance requirements in healthcare.
4. Develop a response plan for potential cyber incidents in their professional practice.
5. Stay informed about current trends and developments in the field of cyber security.

A. Indira

Principal

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Dr. Balu
Principal

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VALUE ADDED COURSE

CYBER CRIME AWARENESS (VAC-OBG8)

DATE: 03.01.2022 TO 04.01.2022

PRE/POST TEST QUESTIONNAIRE

1. How familiar were you with cyber crime concepts before this course?
 - a) Very familiar
 - b) Somewhat familiar
 - c) Not familiar
 - d) Not sure
2. How relevant do you believe cyber crime awareness is for nursing professionals?
 - a) Extremely relevant
 - b) Somewhat relevant
 - c) Not relevant
 - d) Unsure
3. Did the course content meet your expectations?
 - a) Exceeded expectations
 - b) Met expectations
 - c) Did not meet expectations
 - d) No opinion
4. How confident do you feel in identifying potential cyber threats after completing this course?
 - a) Very confident
 - b) Somewhat confident
 - c) Not confident
 - d) Unsure
5. How engaging did you find the course materials and teaching methods?
 - a) Very engaging
 - b) Somewhat engaging
 - c) Not engaging
 - d) Neutral
6. How likely are you to apply what you learned in this course in your future practice?
 - a) Very likely
 - b) Somewhat likely
 - c) Not likely
 - d) Unsure
7. Which topic did you find most valuable in this course?
 - a) Types of cyber crimes

4/10

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



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- b) Legal frameworks
c) Cybersecurity measures
d) Incident response strategies
8. **Would you recommend this course to your peers?**
a) Definitely
b) Probably
c) Not likely
d) No
9. **How would you rate the overall organization of the course?**
a) Excellent
b) Good
c) Fair
d) Poor
10. **What suggestions do you have for improving this course in the future?**
a) More interactive sessions
b) Longer duration
c) Additional resources
d) No suggestions

Dr. B. Srinivas
Principal

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VALUE ADDED COURSE

CYBER CRIME AWARENESS (VAC-OBG8)

DATE: 03.01.2022 TO 04.01.2022

PRE/POST TEST QUESTIONNAIRE

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 c) Not relevant
 d) Unsure
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 b) Met expectations
 c) Did not meet expectations
 d) No opinion
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 a) Very confident
 b) Somewhat confident
 c) Not confident
 d) Unsure
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 a) Very engaging
 b) Somewhat engaging
 c) Not engaging
 d) Neutral
6. How likely are you to apply what you learned in this course in your future practice?
 a) Very likely
 b) Somewhat likely
 c) Not likely
 d) Unsure
7. Which topic did you find most valuable in this course?
 a) Types of cyber crimes

7
10

Dr. B. Anuj
Principal

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-
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c) Cybersecurity measures ✓
d) Incident response strategies
8. **Would you recommend this course to your peers?**
a) Definitely ✓
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d) No
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a) Excellent ✓
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c) Fair
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a) More interactive sessions
b) Longer duration
c) Additional resources
d) No suggestions ✓

Dr. B. Srinivas
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NCN/IQAC/ACA-VAC-MHN7/2021-2022

17.11.2021

Circular

This is to inform you that Narayana College of Nursing will conduct a "Value-Added Course on Time Management" from November 17, 2021, to November 18, 2021, in the Smart Classroom, II Floor, for II B.Sc. Nursing students.

This course is essential for developing effective time management skills, which are crucial for academic success and professional practice in nursing. Your participation and punctuality are highly encouraged.

A. S. Reddy

Principal
Principal
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NELLORE - 524 003

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Dr. B. S. Reddy
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VALUE ADDED COURSE

TIME MANAGEMENT (VAC-MHN7)

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
17.11.2021 (WEDNESDAY)	Introduction to Time Management	F.N (9:00 A.M. to 1:00 P.M.)
	Setting Goals and Priorities	
	Planning and Scheduling	A.N (2:00 P.M. to 6:00 P.M.)
	Time Management Techniques	
	Delegation and Collaboration	
18.11.2021 (THURSDAY)	Balancing Personal and Professional Life	F.N (9:00 A.M. to 1:00 P.M.)
	Monitoring and Evaluating Time Use	A.N (2:00 P.M. to 6:00 P.M.)
	Overcoming Challenges in Time Management	

A. S. S. S.

Principal

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Dr. S. S. S.
Principal

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VALUE ADDED COURSE

TIME MANAGEMENT (VAC-MHN7)

DATE: 17.11.2021 TO 18.11.2021

Aim: To equip participants with effective time management skills and techniques to enhance productivity and achieve a balanced approach to their personal and professional lives.

Course Objectives

1. To provide an understanding of the principles of time management and its importance in achieving goals.
2. To teach participants how to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals for better focus.
3. To introduce various time management tools and techniques, such as prioritization methods and scheduling strategies.
4. To help participants identify personal time-wasting habits and develop strategies to overcome them.
5. To promote a proactive approach to planning and organization to enhance efficiency and reduce stress.

Course Outcomes: By the end of the course, participants will be able to:

1. Explain the key concepts and importance of effective time management.
2. Set and prioritize SMART goals to improve focus and productivity.
3. Utilize time management tools and techniques to organize tasks and schedules effectively.
4. Recognize and mitigate personal time-wasting behaviors.
5. Develop a personalized time management plan that fosters a healthier work-life balance.

A. S. S. S. S.
Principal

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Dr. B. S. S. S.
Principal

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VALUE ADDED COURSE
TIME MANAGEMENT (VAC-MHN7)
DATE: 17.11.2021 TO 18.11.2021
PRE/POST TEST QUESTIONNAIRE

1. **How familiar were you with time management techniques prior to this course?**

- a) Very familiar
- b) Somewhat familiar
- c) Not familiar
- d) Not sure

2. **How relevant do you think time management is for nursing practice?**

- a) Extremely relevant
- b) Somewhat relevant
- c) Not relevant
- d) Unsure

3. **Did the course content meet your expectations?**

- a) Exceeded expectations
- b) Met expectations
- c) Did not meet expectations
- d) No opinion

4

10

4. **How confident do you feel in applying time management techniques after completing this course?**

- a) Very confident
- b) Somewhat confident
- c) Not confident
- d) Unsure

5. **How engaging did you find the teaching methods used in this course?**

- a) Very engaging
- b) Somewhat engaging

Dr. B. Chamy
Principal
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- c) Not engaging
d) Neutral
6. How often do you think you will apply what you learned in this course in your future practice?
- a) Frequently
b) Occasionally
c) Rarely
d) Never
7. What aspect of the course did you find most valuable?
- a) Goal-setting techniques
 b) Planning and scheduling methods
c) Overcoming procrastination strategies
d) All of the above
8. Would you recommend this course to your peers?
- a) Definitely
b) Probably
c) Not likely
d) No
9. How would you rate the overall organization of the course?
- a) Excellent
b) Good
 c) Fair
d) Poor
10. What suggestions do you have for improving this course in the future?
- a) More interactive sessions
b) Longer course duration
 c) Additional resources
d) No suggestions

Dr. B. Anuraj
Principal

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VALUE ADDED COURSE TIME MANAGEMENT (VAC-MHN7) DATE: 17.11.2021 TO 18.11.2021 PRE/POST TEST QUESTIONNAIRE

1. How familiar were you with time management techniques prior to this course?

- a) Very familiar
- b) Somewhat familiar
- c) Not familiar
- d) Not sure



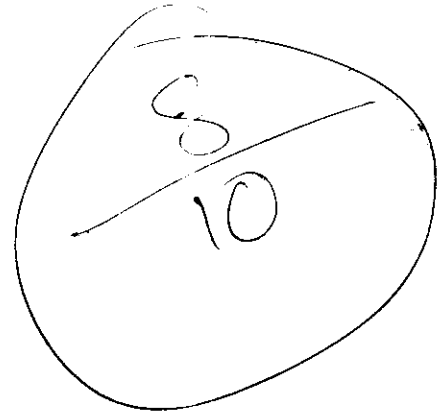
2. How relevant do you think time management is for nursing practice?

- a) Extremely relevant
- b) Somewhat relevant
- c) Not relevant
- d) Unsure



3. Did the course content meet your expectations?

- a) Exceeded expectations
- b) Met expectations
- c) Did not meet expectations
- d) No opinion



4. How confident do you feel in applying time management techniques after completing this course?

- a) Very confident
- b) Somewhat confident
- c) Not confident
- d) Unsure



5. How engaging did you find the teaching methods used in this course?

- a) Very engaging
- b) Somewhat engaging

Dr. B. Chamy
Principal

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- c) Not engaging
d) Neutral
6. How often do you think you will apply what you learned in this course in your future practice?
a) Frequently
b) Occasionally
c) Rarely
 d) Never
7. What aspect of the course did you find most valuable?
a) Goal-setting techniques
b) Planning and scheduling methods
c) Overcoming procrastination strategies ✓
 d) All of the above
8. Would you recommend this course to your peers?
 a) Definitely
b) Probably ✓
c) Not likely
d) No
9. How would you rate the overall organization of the course?
 a) Excellent
b) Good ✓
c) Fair
d) Poor
10. What suggestions do you have for improving this course in the future?
 a) More interactive sessions
b) Longer course duration ✓
c) Additional resources
d) No suggestions

Dr. B. S. Reddy
Principal
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NCN/IQAC/ACA-VAC-COHN7/2021-2022

12.11.2021

Circular

This is to inform you that Narayana College of Nursing will conduct a **“Value-Added Course on Antimicrobial Stewardship”** from **November 12, 2021, to November 13, 2021,** in the Auditorium, III Floor, for Post Basic B.Sc. Nursing students.

This course is critical for understanding the principles of antimicrobial stewardship, including the appropriate use of antibiotics, infection control, and the prevention of antibiotic resistance. Your participation and punctuality are highly encouraged.

A. Indu

Principal

Principal

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D. B. Prasad
Principal

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VALUE ADDED COURSE

ANTIMICROBIAL STEWARDSHIP (VAC-COHN7)

NOVEMBER 12, 2021, TO NOVEMBER 13, 2021,

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
12.11.2021(FRIDAY)	Introduction to Anti-Microbial Stewardship	F.N (9:00 A.M. to 1:00 P.M.)
	Understanding Antimicrobial Resistance	
	Principles of Antimicrobial Use	A.N
	Infection Control Practices	(2:00 P.M. to 6:00 P.M.)
	Monitoring and Evaluating Antimicrobial Use	
13.11.2021(SATURDAY)	Role of Healthcare Professionals	F.N (9:00 A.M. to 1:00 P.M.)
	Challenges and Future Directions	
		A.N (2:00 P.M. to 6:00 P.M.)

A. Indira

Principal

NARAYANA COLLEGE OF NURSING
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Dr. B. Anand
Principal

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VALUE ADDED COURSE

ANTIMICROBIAL STEWARDSHIP (VAC-COHN7)

NOVEMBER 12, 2021, TO NOVEMBER 13, 2021,

Aim: To equip nursing students with the knowledge and skills necessary to promote responsible antimicrobial use and combat antimicrobial resistance in clinical settings.

Objectives:

1. To provide an understanding of the principles and significance of antimicrobial stewardship.
2. To teach guidelines for appropriate antimicrobial prescribing and usage.
3. To enhance knowledge of infection prevention strategies.
4. To develop skills in patient education regarding responsible antimicrobial use.

Learning Outcomes: By the end of the course, participants will be able to:

1. Explain the key principles of antimicrobial stewardship and its importance.
2. Apply clinical guidelines for selecting and using antimicrobials appropriately.
3. Implement effective infection control measures in healthcare settings.
4. Educate patients on the responsible use of antimicrobials and the importance of adherence.

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VALUE ADDED COURSE

ANTIMICROBIAL STEWARDSHIP (VAC-COHN7)

PRE/POST TEST QUESTIONNAIRE

- 1. What is the primary goal of antimicrobial stewardship?**
 - a) To increase antibiotic prescriptions
 - b) To minimize the development of antimicrobial resistance
 - c) To promote over-the-counter sales of antibiotics
 - d) To reduce hospital admissions
- 2. Which of the following factors contributes to antimicrobial resistance?**
 - a) Proper hand hygiene
 - b) Overprescribing of antibiotics
 - c) Vaccination programs
 - d) Infection control measures
- 3. When selecting an antimicrobial, which factor is most important?**
 - a) Cost of the medication
 - b) Patient's preferences
 - c) Type of infection and pathogen sensitivity
 - d) Availability of the drug in the pharmacy
- 4. What is an essential component of infection prevention in healthcare settings?**
 - a) Frequent use of broad-spectrum antibiotics
 - b) Hand hygiene
 - c) Isolating all patients
 - d) Using antimicrobial wipes on surfaces
- 5. Which role do nurses play in antimicrobial stewardship?**
 - a) They can prescribe antibiotics
 - b) They educate patients about responsible antibiotic use
 - c) They conduct laboratory tests for resistance
 - d) They manage the pharmacy inventory
- 6. What is a common consequence of inappropriate antimicrobial use?**
 - a) Improved patient outcomes
 - b) Decreased healthcare costs
 - c) Increased antimicrobial resistance
 - d) Enhanced immune responses
- 7. Which of the following is a best practice for antimicrobial prescribing?**
 - a) Using the same antibiotic for all patients
 - b) Prescribing antibiotics for viral infections
 - c) Tailoring therapy based on culture results
 - d) Relying solely on patient requests for antibiotics
- 8. How can healthcare professionals monitor the effectiveness of stewardship programs?**

4
10

Dr. B. Anuraj
Principal
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-
- a) ~~By increasing the number of antibiotics prescribed~~
b) By tracking resistance patterns and prescribing data
c) By avoiding patient feedback
d) By focusing only on inpatient settings
9. **Which statement about patient education regarding antibiotics is true?**
a) Patients should stop taking antibiotics once they feel better
b) All patients need to understand the same information
c) ~~Patients should be informed about the importance of adherence to prescribed courses~~
d) Patient education is not necessary in antimicrobial stewardship
10. **What is a significant global initiative aimed at combating antimicrobial resistance?**
a) The Affordable Care Act
b) The World Health Organization's Global Action Plan on AMR
c) ~~The National Health Service's vaccination program~~
d) The Centers for Disease Control and Prevention's hand hygiene campaign

D. B. Anur
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VALUE ADDED COURSE

ANTIMICROBIAL STEWARDSHIP (VAC-COHN7)

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 - a) Using the same antibiotic for all patients
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 - c) Tailoring therapy based on culture results
 - ~~d) Relying solely on patient requests for antibiotics~~
8. **How can healthcare professionals monitor the effectiveness of stewardship programs?**

7/10

Dr. B. Anuj
Principal

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Dr. B. Anji
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NCN/IQAC/ACA-VAC-OBG7/2021-2022

21.10.2021

Circular

This is to inform you that Narayana College of Nursing will conduct a "Value-Added Course on Health Care Quality Management" from October 21, 2021, to October 22, 2021, in the Auditorium, III Floor, for IV B.Sc. Nursing students.

This course is crucial for understanding the principles of health care quality management, including quality assurance, performance improvement, and patient safety. Your participation and punctuality are highly encouraged.

A. S. Reddy

Principal
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

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Dr. B. S. Reddy
Principal

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VALUE ADDED COURSE

HEALTH CARE QUALITY MANAGEMENT (VAC-OBG7)

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
21.10.2021 (THURSDAY)	Introduction to Health Care Quality Management	F.N (9:00 A.M. to 1:00 P.M.)
	Principles of Quality Management	
	Patient Safety and Risk Management	A.N (2:00 P.M. to 6:00 P.M.)
	Quality Improvement Methodologies	
	Performance Measurement and Evaluation	
22.10.2021 (FRIDAY)	Regulatory and Accreditation Standards	F.N (9:00 A.M. to 1:00 P.M.)
	Patient-Centered Care	A.N (2:00 P.M. to 6:00 P.M.)
	Summary and conclusion	

A. S. S. S.
Principal

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Dr. B. S. S.
Principal

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VALUE ADDED COURSE

HEALTH CARE QUALITY MANAGEMENT (VAC-OBG7)

Aim: To equip participants with the knowledge and skills necessary to implement and enhance quality management practices in healthcare settings, ensuring improved patient care and safety.

Course Objectives

1. To provide an understanding of key concepts and principles of healthcare quality management.
2. To explore various quality improvement methodologies and frameworks, such as Six Sigma and Lean.
3. To educate participants on the importance of patient safety and risk management in healthcare.
4. To develop skills in measuring and evaluating healthcare quality metrics.
5. To promote a culture of continuous improvement within healthcare organizations.

Course Outcomes: By the end of the course, participants will be able to:

1. Explain the fundamental concepts of healthcare quality management and its significance.
2. Apply quality improvement methodologies to real-world healthcare scenarios.
3. Identify and assess key quality metrics and indicators in healthcare settings.
4. Implement strategies to enhance patient safety and minimize risks.
5. Advocate for a culture of quality improvement within their organizations, fostering teamwork and collaboration.

A. S. S. S. S.

Principal

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Dr. B. S. S. S.
Principal

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VALUE ADDED COURSE

HEALTH CARE QUALITY MANAGEMENT (VAC-OBG7)

DATE: 21.10.2021 TO 22.10.2021

PRE/POST TEST QUESTIONNAIRE

1. How familiar were you with health care quality management prior to this course?
 - a) Very familiar
 - b) Somewhat familiar
 - c) Not familiar
 - d) Not sure
2. How relevant do you think health care quality management is for nursing practice?
 - a) Extremely relevant
 - b) Somewhat relevant
 - c) Not relevant
 - d) Unsure
3. Did the course content meet your expectations?
 - a) Exceeded expectations
 - b) Met expectations
 - c) Did not meet expectations
 - d) No opinion
4. How confident do you feel in applying quality management principles after completing this course?
 - a) Very confident
 - b) Somewhat confident
 - c) Not confident
 - d) Unsure
5. How engaging did you find the teaching methods used in this course?
 - a) Very engaging
 - b) Somewhat engaging

4
10

Dr. Bahuj
Principal
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- c) Not engaging
d) Neutral
6. How often do you think you will apply what you learned in this course in your future practice?
a) Frequently
b) Occasionally
c) Rarely
d) Never
7. What aspect of the course did you find most valuable?
a) Quality assurance techniques
b) Patient safety measures
c) Performance measurement strategies
d) All of the above
8. Would you recommend this course to your peers?
a) Definitely
b) Probably
c) Not likely
d) No
9. How would you rate the overall organization of the course?
a) Excellent
b) Good
c) Fair
d) Poor
10. What suggestions do you have for improving this course in the future?
a) More interactive sessions
b) Longer course duration
c) Additional case studies
d) No suggestions

Dr. B. Anuj
Principal

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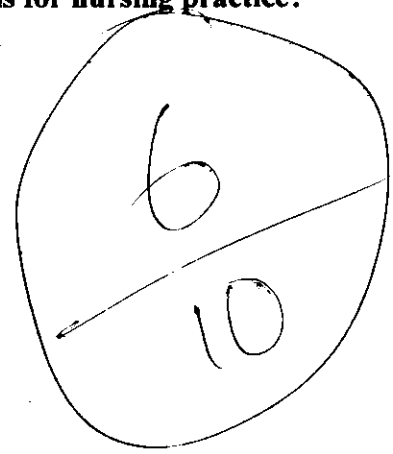
VALUE ADDED COURSE

HEALTH CARE QUALITY MANAGEMENT (VAC-OBG7)

DATE: 21.10.2021 TO 22.10.2021

PRE/POST TEST QUESTIONNAIRE

1. How familiar were you with health care quality management prior to this course?
 - ~~a) Very familiar~~
 - b) Somewhat familiar
 - c) Not familiar
 - d) Not sure
2. How relevant do you think health care quality management is for nursing practice?
 - ~~a) Extremely relevant~~
 - b) Somewhat relevant
 - c) Not relevant
 - d) Unsure
3. Did the course content meet your expectations?
 - a) Exceeded expectations
 - ~~b) Met expectations~~
 - c) Did not meet expectations
 - d) No opinion
4. How confident do you feel in applying quality management principles after completing this course?
 - a) Very confident
 - b) Somewhat confident
 - c) Not confident
 - d) Unsure
5. How engaging did you find the teaching methods used in this course?
 - a) Very engaging
 - b) Somewhat engaging



Dr. B. Srinivas
Principal
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- c) Not engaging
d) Neutral
6. **How often do you think you will apply what you learned in this course in your future practice?**
- a) Frequently
b) Occasionally
c) Rarely
d) Never
7. **What aspect of the course did you find most valuable?**
- a) Quality assurance techniques
b) Patient safety measures
c) Performance measurement strategies ✓
d) All of the above
8. **Would you recommend this course to your peers?**
- a) Definitely ✓
b) Probably
c) Not likely
d) No
9. **How would you rate the overall organization of the course?**
- a) Excellent ✓
b) Good
c) Fair
d) Poor
10. **What suggestions do you have for improving this course in the future?**
- a) More interactive sessions ✓
b) Longer course duration
c) Additional case studies
d) No suggestions

Dr. B. Chinn
Principal

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NCN/IQAC/ACA-VAC-CHN5/2021-2022

13.09.2021

Circular

This is to inform you that Narayana College of Nursing will conduct a "Value-Added Course on Hospice Care" from September 13, 2021, to September 14, 2021, through Zoom platform, for III B.Sc. Nursing and II PBBS students.

This course is essential for understanding the principles and practices of hospice care, focusing on providing compassionate support to patients with life-limiting illnesses and their families. Please ensure your participation and punctuality.

A. S. Reddy

Principal

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Dr. B. Chari

Principal

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VALUE ADDED COURSE
HOSPICE CARE (VAC-CHNS)
PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
13.09.2021 (MONDAY)	Introduction to Hospice Care	F.N (9:00 A.M. to 1:00 P.M.)
	Principles of Palliative Care	
	Pain Management	A.N (2:00 P.M. to 6:00 P.M.)
	Communication Skills	
14.09.2021 (TUESDAY)	Emotional and Psychological Support	F.N (9:00 A.M. to 1:00 P.M.)
	Ethical Considerations	
	Interdisciplinary Team Approach	A.N (2:00 P.M. to 6:00 P.M.)
	Conclusion and Evaluation	

A. S. Reddy
Principal

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Dr. B. Anuraj
Principal

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VALUE ADDED COURSE

HOSPICE CARE (VAC-CHN5)

DATE: 13.09.2021 TO 14.09.2021

Aim : To enhance participants' understanding of hospice care principles and practices, enabling them to provide compassionate and comprehensive end-of-life care to patients and their families.

Course Objectives

1. To define hospice care and its significance in the healthcare continuum.
2. To educate participants on the physical, emotional, and spiritual needs of patients in hospice care.
3. To explore effective communication strategies for discussing end-of-life issues with patients and families.
4. To discuss pain management and symptom control in hospice settings.
5. To promote ethical considerations and cultural sensitivity in providing hospice care.

Course Outcomes : By the end of the course, participants will be able to:

1. Describe the core principles and philosophy of hospice care.
2. Assess the needs of patients and families in hospice settings and develop appropriate care plans.
3. Communicate effectively about end-of-life issues and provide emotional support.
4. Implement pain management strategies and address common symptoms in hospice patients.
5. Recognize and respect the ethical and cultural dimensions of hospice care, ensuring compassionate treatment for diverse populations.

O. B. Srinivas
Principal

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A. J. Srinivas
Principal

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VALUE ADDED COURSE

HOSPICE CARE (VAC-CHN5)

PRE/POST TEST QUESTIONNAIRE

1. How familiar were you with hospice care prior to this course?
 - a) Very familiar
 - b) Somewhat familiar
 - c) Not familiar
 - d) Not sure
2. How relevant do you think hospice care is for nursing practice?
 - a) Extremely relevant
 - b) Somewhat relevant ✓
 - c) Not relevant
 - d) Unsure

3/10
3. Did the course content meet your expectations?
 - a) Exceeded expectations
 - b) Met expectations ✓
 - c) Did not meet expectations
 - d) No opinion
4. How confident do you feel in providing hospice care after completing this course?
 - a) Very confident
 - b) Somewhat confident
 - c) Not confident
 - d) Unsure
5. How engaging did you find the teaching methods used in this course?
 - a) Very engaging
 - b) Somewhat engaging

D.P. Chary
Principal

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-
- c) Not engaging
d) Neutral
6. How often do you think you will apply what you learned in this course in your future practice?
- a) Frequently
b) Occasionally ✓
c) Rarely
d) Never
7. What aspect of the course did you find most valuable?
- a) Pain management techniques
b) Ethical considerations ✓
c) Communication skills
d) All of the above
8. Would you recommend this course to your peers?
- a) Definitely
b) Probably
c) Not likely ✓
d) No
9. How would you rate the overall organization of the course?
- a) Excellent
b) Good ✓
c) Fair
d) Poor
10. What suggestions do you have for improving this course in the future?
- a) More interactive sessions
b) Longer course duration
c) Additional resources
d) No suggestions ✓

D. B. Bahari
Principal

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7/10

Dr. B. Anuraj
Principal

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d) Poor
10. What suggestions do you have for improving this course in the future?
- a) More interactive sessions ✓
b) Longer course duration
c) Additional resources
d) No suggestions

Dr. B. Anurag
Principal

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NCN/IQAC/ACA-VAC-MSN8/2021-2022

2-08-2021

Circular

This is to inform you that, the Department of **MEDICAL SURGICAL NURSING** is conducting an Value added course on "**Hyperbaric oxygen therapy**" on **4/08/2021** and **5/08/2021**. III Year B.Sc.Nursing and M.Sc Nursing are invited to partake and get empowered with current updates.

A. S. Reddy

PRINCIPAL

Principal

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2. All HODs
3. Notice Board

Dr. B. Anji

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VALUE ADDED COURSE

HYPERBARIC OXYGEN THERAPY

DATE: 04.08.2021 TO 05.08.2021

PROGRAMME SCHEDULE

Date: 4-08-2021 (1st day) Time: 9am - 5 Pm

TIME	TOPIC	SPEAKER
9.00 -9.30AM	Pre - test	
9:31-9:50AM	Prayer song & welcome song	
9:51-10:00 AM	Welcome Address	Mrs.Kanakalakshmi Asso. Prof. NCON
10:01-11:00 AM	Introduction	Mrs.A. Latha, M.sc(N) HOD of MSN
11:01-12pm	TEA BREAK	
12:01-1:00PM	History and applications	Mrs.Kanakalakshmi Asso. Prof. NCON
1.01-2.00pm	LUNCH BREAK	
2:01-3:30PM	Mechanism of action	Mrs. N. Subhashini Assoc. Prof. SNNC
3:31- 5:00PM	Indication and contraindication and types	Mr. Rajesh, IIndMsc (N), NCON, Nellore

D. B. Chinn
Principal
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Date: 5-08-2021 (II nd day)

Time: 9am - 5 Pm

TIME	TOPIC	SPEAKER
9.00 -11.00AM	Risk factors, precaution Advantages and disadvantages	Mrs. Merlin prof Msn dept, NCON
11:01-12:00PM	TEA BREAK	
12:01-1:00PM	Process and oxygen therapy for Covid 19	Prof. Madhavalatha Msn. Dept NCON
1:01:2:00PM	LUNCH BREAK	
2:01-3:00PM	Symptoms of oxygen toxicity And complications	Prof Sharumathi Msn dept, NCON
3:01-4:00PM	Role of Nurse	Mrs.Meena, IIndMsc NCON
4:01- 5:00PM	VALEDICTORY FUNCTION Feedback, post test, certificate Distribution, vote of thanks and National Anthem	

D. B. Chetty
Principal
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A. S. Prasad
Principal
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VALUE ADDED COURSE

HYPERBARIC OXYGEN THERAPY

DATE: 04.08.20212 TO 05.08.2021

1.HBOTstands for _____

- a. Hyperbaric oxygen Treatment
- b. Hyperbaric oxygen Therapy
- c. Hyperbaric oxygen Therapeutic
- d. Hyperbaric oxygen Tube

2.Hyperbaric means _____

- a. High pressure
- b. High altitude
- c. Higher than the atmosphere
- d. Higher than the earth

3.Hyperbaric oxygen therapy increases _____ to 10 times

- a. Saturation
- b. Oxygen tension
- c. WBC
- d. None of the above

4.High oxygen tension suppress the growth of _____

- a. Bacteria
- b. Fungi
- c. Virus
- d. protozoa

5.Initial oxygen compression in HBO Therapy is for about _____

- a. 20 minutes
- b. 25 minutes
- c. 30 minutes
- d. 35 minutes

6.The indications for hyperbaric oxygen therapy is _____

- a. Radiation burns

Dr. B. Srinivas
Principal

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- b. Thermal burns
- c. Electrical burns
- d. Inhalation burns

7. Healing process requires oxygen for _____

- a. Synthesis of collagen
- b. Plasma proteins
- c. Produce macrophages
- d. Synthesis of phagocytes

8. Increasing the partial pressure of oxygen result in more oxygen dissolved in the blood is coined by _____

- a. Boyle's Law
- b. Henry's Law
- c. Dalton's Law
- d. None

9. For improving oxygenation in nonincubated patients the following position will be recommended _____

- a. Fowlers position
- b. Semi fowlers position
- c. Prone position
- d. Knee chest position

10. Expand HF _____

- a. High filtered nasal cannula
- b. High forced nasal cannula
- c. Highly fitted nasal cannula
- d. High flow nasal cannula

D. B. Chary
Principal

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VALUE ADDED COURSE

HYPERBARIC OXYGEN THERAPY

DATE: 04.08.20212 TO 05.08.2021

1.HBOTstands for _____

- a. Hyperbaric oxygen Treatment
- b. Hyperbaric oxygen Therapy
- c. Hyperbaric oxygen Therapeutic
- d. Hyperbaric oxygen Tube

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- c. WBC
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4.High oxygen tension suppress the growth of _____

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- b. Fungi
- c. Virus
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5.Initial oxygen compression in HBO Therapy is for about _____

- a. 20 minutes
- b. 25 minutes
- c. 30 minutes
- d. 35 minutes

6.The indications for hyperbaric oxygen therapy is _____

- a. Radiation burns

Dr. B. Chinn
Principal

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- b. Thermal burns
- c. Electrical burns
- d. Inhalation burns

7. Healing process requires oxygen for _____

- a. Synthesis of collagen
- b. Plasma proteins
- c. Produce macrophages
- d. Synthesis of phagocytes

8. Increasing the partial pressure of oxygen result in more oxygen dissolved in the blood is coined by _____

- a. Boyle's Law
- b. Henry's Law
- c. Dalton's Law
- d. None

9. For improving oxygenation in nonincubated patients the following position will be recommended _____

- a. Fowlers position
- b. Semi fowlers position
- c. Prone position
- d. Knee chest position

10. Expand HF _____

- a. High filtered nasal cannula
- b. High forced nasal cannula
- c. Highly fitted nasal cannula
- d. High flow nasal cannula

O. B. Reddy
Principal

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DEPARTMENT OF PEDIATRIC NURSING VALUE ADDED COURSE ON MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN


NCN/ACA-VAC-CHN4/20-21

Date: 19/07/2021

CIRCULAR

To bridge the gap between the academic and clinical need, Value Added Courses (VAC) are conducting regularly to enable students to widen their horizon of knowledge in addition to the curriculum. All the students are hereby informing that Pediatric Nursing Department is conducting value-Added course (VAC-CHN4) on "MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN" for two days from 26/07/2021 and 27/07/2021 at 8-5pm. Students are requested to register for the course. The last date for registration is 25/07/2021. For further details contact the Ms. Girija Rani Asst. Professor, Pediatric department.

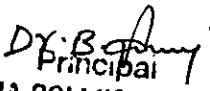



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Date: 15-6-2021

CIRCULAR

This is for your kind notice that Department of Community Health Nursing conducting Value added course on "Emerging and Re emerging Diseases" on 21-06-2021 to 22-06-2021 at Narayana College of Nursing, Auditorium, between 9 AM - 5 PM. All are informed to attend the programme and make it grand success.

COPY TO:

1. NAAC COORDINATOR
2. ALL HEAD OF THE DEPARTMENTS
3. CLASS COORDINATORS

B. Balaji
PRINCIPAL

Principal
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Dr. B. Balaji
Principal
NARAYANA COLLEGE OF NURSING
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ACADEMIC YEAR

2020-2021

**THIS DOCUMENT INCLUDES THE FOLLOWING DETAILS OF VALUE
ADDED COURSES**

2020-2021

- ✓ Study Skill Training
- ✓ Clinical Trials In Obstetrics
- ✓ Crisis Intervention And Management
- ✓ Digital Health And Remote Care
- ✓ Drafting A Research Proposal
- ✓ Time Planning And Productivity
Enhancement
- ✓ Trans Cultural Competence In Nursing

IT IS ARRANGED IN THE FOLLOWING ORDER

- ✓ Circular
- ✓ Program schedule
- ✓ Pretest -Posttest Questionnaire
- ✓ Feedback



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NCN/IQACACA-VAC6/20-21

Date: 26-04-2021

CIRCULAR

To bridge the gap between the academic and clinical need, Value Added Courses are conducting regularly to enable students to widen their horizon of knowledge in addition to the curriculum. All the students are hereby informing that Mental Health Nursing Department is conducting value-Added course (VAC-MHN6) on "Study Skill Training" for two days (i.e 05.05.2021 to 06.05.2021 @ 8-5pm). Interested Students are requested to register for the course. The last date for registration is 04.05.2021

For further details contact Mrs.Smitha, Professor, MHN department.



Signature of HOD

HOD

Dept. of Mental Health Nursing/Psychiatric
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.

Copy to:

All the HOD'S and class coordinators


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DEPARTMENT OF MENTAL HEALTH NURSING VALUE-ADDED COURSE ON "STUDY SKILL TRAINING"

PROGRAM SCHEDULE

Date: 05.05.2021 – 06.05.2021

DAY 1: 05.05.2021

Time: 8-5 pm

Venue: III floor, Auditorium

TIME	TOPIC	PRESENTERS
INAUGURATION		
08:00 - 08:10 am	Pre Test	All participants
08:11- 08:20am	Prayer Song	
08:21 - 08:30 am	Welcome Song	
08:31 - 08:40 am	Welcome Address	Mrs. P.M.Smitha, Professor.
08:41 - 08:50 am	Lamp Lighting	All the dignitaries
08:51 - 10:00 am	Introduction	Dr. Indira.A, PhD, Principal
10:01 -10:15 am	TEA BREAK	
SESSION-I PERSONAL MANAGEMENT		
10:16- 11:00 am	Motivation & Concentration	Mrs. V.Jayanthi ,Professor
11:01– 01:00 pm	Procrastination & Memory enhancement Note taking	Dr. Rajeswari. H, Professor &HOD, Vice Principal
01:00 - 02:00pm	LUNCH BREAK	
SESSION-II READING SKILLS		
02.01 – 3.00pm	Speed Reading –SKIM reading	Mrs. P.M.Smitha, Professor
03:01 - 04:00pm	Scanning, SQRRR	Mrs. T.Lalitha, Associate Professor
SESSION III		
04:01 - 05:00pm	Writing Skills	Ms. K.Deepa, Assistant Professor

Dr. B. Anny
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A. Indira
Principal
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DEPARTMENT OF MENTAL HEALTH NURSING VALUE-ADDED COURSE ON "STUDY SKILL TRAINING"

PROGRAM SCHEDULE

Date: 05.05.2021 – 06.05.2021

DAY 2: 06.05.2021

Time: 8-5 pm

Venue: III floor, Auditorium

TIME	TOPIC	PRESENTERS
SESSION IV		
08.00– 10:00am	Listening Skills	Mrs. K. Nathiya, Asst. Professor.
10:00 - 10:15am	Tea Break	
SESSION V		
10:16 - 11:00 am	Revision Skills	Dr. Rajeswari. H Professor & HOD, Vice Principal
SESSION VI		
ACADEMIC STRESSOR		
11:01 - 12:00 pm	Managing stress, Stress Buster	Mrs. P.M. Smitha, Professor
12:01 - 01:00 pm	Coping with exam and exam anxiety.	Mrs. T.Lalitha, Associate Professor
01:00 - 02:00pm	Lunch Break	
02:01 - 03:00pm	Time Management	Ms. K.Deepa, Assistant Professor.
03:01 - 04:00pm	Study Groups	Mrs. K. Nathiya, Asst. Professor.
04:01 – 04:10 pm	Post Test	
04:11 - 04:20 pm	Tea Break	
04:21 - 05:00pm	Valedictory Function-Prayer Song, Welcome Song, Report of the program, Feedback , Certificate distribution, Vote of thanks, National Anthem	

Dr. B. Anny
Principal

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Nellore - 524003



A. Indira
Principal

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Nellore - 524003

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Date: 19-4-2021.

NCN/IQAC/ACA-VAC-OBG6/20-21

CIRCULAR

To bridge the gap between the academic and clinical need, Value Added Courses (VAC) are conducting regularly to enable students to widen their horizon of knowledge in addition to the curriculum. All the students are hereby informing that Obstetrics and Gynecological nursing Department is conducting value-Added course (VAC-OBG6) on "CLINICAL TRIALS IN OBSTETRICS" for two days (i.e 26-04-2021 and 27-04-21 @ 8-5pm). Students are requested to register for the course. The last date for registration is 24-4-2021.

For further details contact the Mrs.Ushakiran Assoc.Professor, OBG department.

A. Indira
Principal

Principal

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Copy to:

All the HOD'S and class coordinators



Dr. B. Anny

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"CLINICAL TRIALS IN OBRSTETRICS"

DATE:26.04.2021 - 27 .04.2021

- I. Prayer song - IV yr Bsc Nursing students
- II. Welcome song - IV yr Bsc Nursing students
- III. Welcome address -Ms. T.Ushakiran , Asso.prof
- IV. Lamp lighting - Dignitaries
- V. Scientific session

DAY : 1 (26.04.2021)

S. No	TIME	TOPIC	PRESENTER
1.	8.00-9.15	Pre test	
2.	89.15- 9.00	Inauguration	
3.	9.00- 9.45	Introduction	Dr.Indira.A, Principal
4.	9.45-10.00	Tea Break	
5.	10.00 – 11.00	Objective Importance of trials in obstetrics	Dr.Kumari.V Dept of OBG
6.	11.00 – 12N	Legal and ethical aspects of Clinical trials	Mrs.Ushakiran. Asso.Professor
7.	12.00- 12.15	Quiz	
8.	12.15 – 1.00	Robotics surgery in obstetrics	Mrs.Megilin Bose,
9.	2.00 -2.45	Steps and consent of Clinical Trials	Ms.Sowmiya MSc(N) II YR
10.	2.45 – 3.00	Short Video Session	
11.	3.00-3.45	Clinical trials in pregnancy,PIH &GDM	Prof.A.Viji Dept of OBG
12.	3.45 – 4.00	Puzzle	
13.	4.00- 4.45	Advantages and disadvantages of clinical trials	Ms. Indirapriyadarshini, II Yr. M.Sc (N)
14.	4.45 – 5.00	Group activity	

Dr. B. Srinivas
Principal

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Principal

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DAY : 2 (27.04.2021)

S. No	TIME	TOPIC	PRESENTOR
1.	8.00-8.30	Recap of content –Day 1	
2.	8.30-9.30	Clinical trails in labour	Prof.A.Viji Dept of OBG
3.	9.30-10.15	Activity	
4.	10.15- 10.30	Tea break	
5.	10.30 -11.15	clinical trials in postpartum	Mrs.G.MegilinBose Asst.Professor
6.	11.15 – 12N	clinical trials in gynecology	Dr.Kumari.V
7.	12.00- 12.15	Group activity	
8.	12.15 -1.00	clinical trials in cancer and fibroids	Ms. Priyadarshini II Yr. M.Sc (N)
9.	2.00 – 2.45	National and international centres for clinical trials	Ms.Sowmiya MSc N II yr
10.	2.45 -3.15	Group activity	Department of OBG
11.	3.15-4.00	Clinical trials in family welfare	Mrs.Ushakiran. Asso.Professor
12.	4.00-5.00	Valedictory function	



A. Indira.
Principal

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Dr. B. Anny
Principal

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NCN/IQAC/ACA-VAC-COHN5/2020-2021.

10-11-2020

Circular

This is to inform you that Narayana College of Nursing will conduct a "Value-Added Course on Crisis Intervention and Management" on 16th and 17th November 2020 in the Auditorium, III Floor for II PBBSC and III B.Sc. Nursing students.

This course is crucial for enhancing your understanding of crisis intervention techniques and management strategies, which are essential for effective nursing practice in high-stress situations. Please ensure your participation and punctuality.

Principal

Principal

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Value Added Course on Crisis Intervention and Management (2020-2021)

Course code: VAC-COHN 5

DATE: 16-11-2020 to 17-11-2020

PROGRAMME SCHEDULE

DATE	TOPICS	SESSION & DURATION
16/11/2020 (MONDAY)	Introduction to Crisis Intervention	F.N (9:00 A.M. to 1:00 P.M.)
	Understanding Crisis Situations	
	Key Concepts in Crisis Management	A.N (2:00 P.M. to 6:00 P.M.)
	Role of Nurses in Crisis Management	
17/11/2020 (TUESDAY)	Effective Communication in Crises	F.N (9:00 A.M. to 1:00 P.M.)
	Strategies for Crisis Intervention	
	Case Studies on Crisis Management	A.N (2:00 P.M. to 6:00 P.M.)
	Review of Sessions and Feedback	

A. S. S. S. S.

Principal

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NELLORE - 524 003

Dr. B. S. S. S.
Principal

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Value Added Course on Crisis Intervention and Management (2020-2021)

Course code: VAC-COHN 5

DATE: 16-11-2020 to 17-11-2020

Aim: To enhance the understanding and application of crisis intervention and management principles among nursing students.

Objectives:

1. To identify key concepts and significance of crisis intervention in healthcare settings.
2. To analyze common challenges faced during crisis situations in clinical practice.
3. To apply effective crisis management techniques to support patients and families.
4. To develop skills in communication and teamwork during crisis events.

Course Outcomes:

- Students will demonstrate knowledge of crisis intervention principles and strategies.
- Students will identify factors that contribute to crises in healthcare settings.
- Students will implement effective crisis management techniques in clinical scenarios.
- Students will communicate clearly and collaborate with healthcare teams during crises.

A. S. Duria

Principal

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Dr. B. Anuj
Principal

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Value Added Course on
Crisis Intervention and Management (2020-2021)

Course code: VAC-COHN 5

DATE: 16-11-2020 to 17-11-2020

PRE/POST TEST QUESTIONNAIRE

1. What is the primary goal of crisis intervention?

- A) To provide long-term therapy
- B) To stabilize the individual in distress
- C) To diagnose mental health disorders
- D) To conduct research on crises

2. Which of the following is a common type of crisis?

- A) Developmental crisis
- B) Situational crisis
- C) Existential crisis
- D) All of the above

3. Effective communication during a crisis includes:

- A) Speaking loudly
- B) Active listening
- C) Avoiding eye contact
- D) Providing quick solutions

4. In crisis management, the acronym "ABC" stands for:

- A) Action, Belief, Communication
- B) Assessment, Basic Needs, Coping
- C) Awareness, Behavior, Coordination
- D) Attitude, Beliefs, Consideration

5. Which of the following is NOT a step in crisis intervention?

- A) Assessing the situation
- B) Planning interventions

4
10

Dy. B. S. Reddy
Principal

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- C) Ignoring the individual's feelings
D) Evaluating the outcomes
6. **Crisis intervention is most effective when it is:**
- A) Delayed for further assessment
 B) Immediate and responsive
C) Conducted in isolation
D) Avoided altogether
7. **A key component of effective crisis intervention is:**
- A) Medication administration
 B) Creating a safety plan
C) Conducting family therapy
D) Referral to a psychiatrist
8. **Which technique is useful for managing panic during a crisis?**
- A) Encouraging hyperventilation
B) Grounding techniques
 C) Ignoring the symptoms
D) Promoting isolation
9. **The role of a healthcare provider in a crisis includes:**
- A) Taking control of the situation
B) Listening and providing support
 C) Making all decisions for the individual
D) Rushing the individual to a hospital
10. **What is the most effective way to evaluate the success of a crisis intervention?**
- A) By assessing the immediate emotional state of the individual
B) By obtaining feedback from the individual and observing their progress
 C) By conducting a follow-up after six months
D) By analyzing the crisis incident report

Dr. Bahari
Principal

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Value Added Course on
Crisis Intervention and Management (2020-2021)

Course code: VAC-COHN 5

DATE: 16-11-2020 to 17-11-2020

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5. Which of the following is NOT a step in crisis intervention?

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- B) Planning interventions

6/10

Dr. B. S. S. S.
Principal

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Dr. B. Anuj
Principal
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NCN/IQAC/ACA-VAC-MSN 7/2020-2021.

13-10-2020

Circular

This is to inform you that Narayana College of Nursing has planned to conduct a "Value-Added Course on **Digital Health and Remote Care**" on 19-10-2020 and 20-10-2020 in the Smart Classroom, II Floor for **II B.Sc Nursing** students.

This course is crucial for enhancing your understanding of digital health technologies, remote care practices, and their applications in improving patient outcomes. Please ensure your participation and punctuality.

Principal
Principal

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Value Added Course on Digital Health and Remote Care
(2020-2021)

Course code: VAC-MSN 7

DATE: 19-10-2020 to 20-10-2020

Aim:

To enhance the understanding and application of digital health and remote care principles among nursing students.

Objectives:

1. To identify key components and significance of digital health technologies in patient care.
2. To analyze common challenges and barriers to implementing remote care solutions in healthcare settings.
3. To apply best practices and frameworks for effective digital health interventions.
4. To develop skills in utilizing telehealth tools and assessing their impact on patient outcomes.

Course Outcomes:

- Students will demonstrate knowledge of essential digital health technologies and their applications in nursing practice.
- Students will identify challenges in remote care and propose solutions to overcome them.
- Students will construct a comprehensive plan for implementing digital health interventions.
- Students will effectively present their ideas and proposals for enhancing remote care to peers and faculty.

A. Indira

Principal

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Dr. B. Anand
Principal

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**Value Added Course on Digital Health and Remote Care
(2020-2021)**

Course code: VAC-MSN 7

DATE: 19-10-2020 to 20-10-2020

PRE/POST TEST QUESTIONNAIRE

1. **What is digital health primarily concerned with?**
 - a) Patient safety
 - b) Use of technology to improve health outcomes
 - c) Traditional healthcare practices
 - d) Only telemedicine
2. **Which of the following is a common benefit of remote care?**
 - a) Increased travel time for patients
 - b) Enhanced access to healthcare services
 - c) Higher costs for patients
 - d) Reduced patient engagement
3. **What is a key challenge in implementing telehealth services?**
 - a) Increased patient satisfaction
 - b) High technological costs
 - c) Improved access to specialists
 - d) Enhanced data security
4. **Which of the following technologies is commonly used in digital health?**
 - a) Smartphones
 - b) Fax machines
 - c) Landline telephones
 - d) Typewriters
5. **What role do nurses play in digital health?**
 - a) Only administrative tasks
 - b) Implementing and managing digital health interventions
 - c) Solely focusing on patient records
 - d) Avoiding technology use
6. **What is a potential drawback of remote patient monitoring?**
 - a) Real-time health data collection
 - b) Reduced face-to-face interaction

4/10

Dr. B. G. Srinivas
Principal
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- c) Improved chronic disease management
d) Enhanced patient engagement
7. Which of the following is essential for a successful digital health intervention?
a) Lack of training for healthcare providers
b) Patient-centered approach
c) Ignoring patient feedback
d) Using outdated technology
8. Telemedicine can best be defined as:
a) In-person consultations
b) Remote consultations using technology
c) Traditional medical practices
d) Only emergency care
9. What is an important aspect of evaluating digital health interventions?
a) Cost only
b) Effectiveness and patient outcomes
c) Technology used
d) Duration of the program
10. Future trends in digital health include:
a) Decreased use of technology
b) Increased personalization and AI integration
c) Reverting to traditional methods
d) Reduced patient engagement

D. B. Arjun
Principal

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**Value Added Course on Digital Health and Remote Care
(2020-2021)**

Course code: VAC-MSN 7

DATE: 19-10-2020 to 20-10-2020

PRE/POST TEST QUESTIONNAIRE

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8
10

D. B. Anand
Principal
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c) Technology used
d) Duration of the program
10. Future trends in digital health include:
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✓ b) Increased personalization and AI integration
c) Reverting to traditional methods
d) Reduced patient engagement

Dr. B. Anu
Principal

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NCN/IQAC/ACA-VAC-NR 1/2020-2021.

15-09-2020

Circular

This is to inform you that Narayana College of Nursing has planned to conduct a "Value-Added Course on **Drafting a Research Proposal**" on **21-09-2020** and **22-09-2020** in the Smart Classroom, II Floor for **I M.Sc, II M.Sc, I PBBSC, and IV B.Sc Nursing** students.

This course is crucial for enhancing your understanding of research methodologies and skills essential for developing effective research proposals. Please ensure your participation and punctuality.

Principal

Principal

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Value Added Course on Drafting a Research Proposal
(2020-2021)

Course code: VAC-NR 1

DATE: 21-09-2020 to 22-09-2020

PROGRAMME SCHEDULE

DATE	TOPICS	SESSION & DURATION
21/09/2020 (MONDAY)	Introduction to Research Proposals	F.N (9:00 A.M. to 1:00 P.M.)
	Importance of Research Proposals	
	Key Components of a Research Proposal	A.N (2:00 P.M. to 6:00 P.M.)
Analyzing Existing Proposals		
22/09/2020 (TUESDAY)	Common Challenges in Proposal Writing	F.N (9:00 A.M. to 1:00 P.M.)
	Research Methodologies and Frameworks	
	Drafting and Structuring Proposals	A.N (2:00 P.M. to 6:00 P.M.)
Review of Proposals and Feedback		

A. Indira

Principal

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D. B. Babu
Principal

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Value Added Course on Drafting a Research Proposal
(2020-2021)

Course code: VAC-NR 1

DATE: 21-09-2020 to 22-09-2020

Aim:

To enhance the understanding and application of research proposal drafting principles among nursing students.

Objectives:

1. To identify key components and significance of a well-structured research proposal.
2. To analyze common challenges faced when drafting research proposals in healthcare settings.
3. To apply research methodologies and frameworks effectively in proposal development.
4. To develop skills in literature review and hypothesis formulation for nursing research.

Course Outcomes:

- Students will demonstrate knowledge of the essential elements of a research proposal.
- Students will identify common pitfalls in research proposal drafting and strategies to avoid them.
- Students will construct a coherent and compelling research proposal relevant to nursing practice.
- Students will present their proposals effectively, communicating their research ideas to peers and faculty.

A. S. Diva

Principal

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Dr. B. Anu
Principal

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Value Added Course on Drafting a Research Proposal
(2020-2021)

Course code: VAC-NR 1

DATE: 21-09-2020 to 22-09-2020

PRE/POST TEST QUESTIONNAIRE

1. What is the primary purpose of a research proposal?

- A) To conduct research
- B) To secure funding
- C) To outline a plan for research
- D) To publish research findings

2. Which of the following is NOT a key component of a research proposal?

- A) Introduction
- B) Literature Review
- C) Data Collection Methods
- D) Final Results

3. What should a well-formulated research question be?

- A) Vague and broad
- B) Specific and measurable
- C) Personal opinion
- D) General observation

4. In a research proposal, the literature review serves to:

- A) Introduce the researcher
- B) Justify the research
- C) Present results
- D) Define terms

4/10

Dy B. Chari
Principal

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5. Which research methodology is best for exploring relationships between variables?
 - A) Qualitative
 - B) Quantitative
 - C) Mixed Methods
 - D) Experimental
6. What is the significance of a hypothesis in a research proposal?
 - A) It outlines the research timeline
 - B) It provides a prediction or educated guess
 - C) It details the methodology
 - D) It summarizes the literature review
7. What is a common pitfall when drafting a research proposal?
 - A) Clarity in writing
 - B) Lack of references
 - C) Well-structured format
 - D) Detailed methodology
8. When presenting a research proposal, what is crucial for effective communication?
 - A) Use of complex jargon
 - B) Clear and concise explanations
 - C) Lengthy presentations
 - D) Ignoring questions
9. Which of the following is an important ethical consideration in research proposals?
 - A) Cost of research
 - B) Confidentiality of participant information
 - C) Number of participants
 - D) Duration of the study
10. What is the ideal length for a research proposal?
 - A) One page
 - B) 5-10 pages
 - C) 20-30 pages
 - D) It varies based on guidelines

Dr. B. Prasad
Principal

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Value Added Course on Drafting a Research Proposal
(2020-2021)

Course code: VAC-NR 1

DATE: 21-09-2020 to 22-09-2020

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16
10

Dr. B. Srinivas
Principal

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5. Which research methodology is best for exploring relationships between variables?
 - A) Qualitative
 - B) Quantitative
 - C) Mixed Methods
 - D) Experimental
6. What is the significance of a hypothesis in a research proposal?
 - A) It outlines the research timeline
 - B) It provides a prediction or educated guess
 - C) It details the methodology
 - D) It summarizes the literature review
7. What is a common pitfall when drafting a research proposal?
 - A) Clarity in writing
 - B) Lack of references
 - C) Well-structured format
 - D) Detailed methodology
8. When presenting a research proposal, what is crucial for effective communication?
 - A) Use of complex jargon
 - B) Clear and concise explanations
 - C) Lengthy presentations
 - D) Ignoring questions
9. Which of the following is an important ethical consideration in research proposals?
 - A) Cost of research
 - B) Confidentiality of participant information
 - C) Number of participants
 - D) Duration of the study
10. What is the ideal length for a research proposal?
 - A) One page
 - B) 5-10 pages
 - C) 20-30 pages
 - D) It varies based on guidelines

Dr. B. Anuraj
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NCN/IQAC/ACA-VAC-MSN6/2020-2021.

04-08-2020

Circular

This is to inform you that Narayana College of Nursing has planned to conduct a "Value-Added Course on **Time Planning and Productivity Enhancement**" on 10-08-2020 and 11-08-2020 in the Auditorium, III Floor for I B.Sc. Nursing students.

This course is crucial for enhancing your understanding of effective time management and boosting productivity in both academic and clinical settings. Please ensure your participation and punctuality.

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**Value Added Course on Time Planning and Productivity Enhancement
(2020-2021)**

Course code: VAC-MSN 6

DATE: 10-08-2020 to 11-08-2020

PROGRAMME SCHEDULE

DATE	TOPICS	SESSION & DURATION
10/08/2020 (MONDAY)	Introduction to Time Management	F.N (9:00 A.M. to 1:00 P.M.)
	Importance of Time Management in Nursing	
	Common Time Management Challenges	A.N (2:00 P.M. to 6:00 P.M.)
	Techniques for Prioritizing Tasks	
	Assessing Time Management Skills	
11/08/2020 (TUESDAY)	Strategies for Effective Time Management	F.N (9:00 A.M. to 1:00 P.M.)
	Tools and Techniques for Productivity	
	Case Studies on Time Management in Healthcare	A.N (2:00 P.M. to 6:00 P.M.)
	Review of Sessions and Feedback	

A. S. S. S. S.
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D. B. S. S.
Principal

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**Value Added Course on Time Planning and Productivity Enhancement
(2020-2021)**

Course code: VAC-MSN 6

DATE: 10-08-2020 to 11-08-2020

Aim: To enhance the understanding and application of time management and productivity principles among nursing students.

Objectives:

1. To identify key concepts and importance of effective time management in healthcare settings.
2. To analyze common time management challenges faced by nursing professionals.
3. To apply time management techniques to improve clinical efficiency.
4. To develop prioritization skills for managing patient care and administrative tasks.

Course Outcomes:

- Students will demonstrate knowledge of time management and productivity principles.
- Students will identify time-wasting factors and their impact on patient care.
- Students will implement effective time management strategies in clinical practice.
- Students will communicate productivity-related information clearly to healthcare teams and stakeholders.

A. S. S. S.
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**Value Added Course on Time Planning and Productivity Enhancement
(2020-2021)**

Course code: VAC-MSN 6

DATE: 10-08-2020 to 11-08-2020

PRE/POST TEST QUESTIONNAIRE

1. **What is the primary goal of effective time management in nursing?**

- A) To increase the number of patients seen
- B) To improve patient care and outcomes
- C) To reduce the amount of paperwork
- D) To extend working hours

2. **Which of the following is a common time management challenge in healthcare?**

- A) Clear communication
- B) Prioritizing tasks effectively
- C) Utilizing technology efficiently
- D) Maintaining a balanced workload

3. **Which technique helps prioritize tasks based on urgency and importance?**

- A) Time blocking
- B) Pomodoro Technique
- C) Eisenhower Matrix
- D) Daily journaling

4. **What is a benefit of using technology in time management?**

- A) It adds complexity to scheduling
- B) It can automate reminders and tasks
- C) It reduces the need for communication
- D) It eliminates the need for personal accountability

4
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Dr. B. Anuj
Principal

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5. **What is procrastination?**
 - A) Effectively managing time
 - B) Delaying tasks unnecessarily
 - C) Setting realistic goals
 - D) Being overly focused on detail
6. **Which of the following strategies can help overcome procrastination?**
 - A) Ignoring deadlines
 - B) Setting smaller, manageable tasks
 - C) Multitasking on several projects
 - D) Increasing work hours without breaks
7. **What is the purpose of a personal time management plan?**
 - A) To keep track of team members' tasks
 - B) To ensure socializing time is maximized
 - C) To identify personal strengths and weaknesses in time management
 - D) To avoid responsibility for assignments
8. **Which performance indicator might be used to evaluate productivity in nursing?**
 - A) Number of coffee breaks taken
 - B) Patient satisfaction scores
 - C) Time spent on administrative tasks
 - D) Length of shifts worked
9. **What is the first step in creating a weekly schedule?**
 - A) Reviewing last week's schedule
 - B) Identifying upcoming appointments and commitments
 - C) Allocating free time for relaxation
 - D) Asking colleagues for their input
10. **What is the benefit of continuous improvement in time management practices?**
 - A) It reduces the need for any time management tools
 - B) It ensures that all tasks are completed without any evaluation
 - C) It enhances efficiency and productivity over time
 - D) It focuses solely on reducing hours worked

Dr. B. Praveen
Principal

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**Value Added Course on Time Planning and Productivity Enhancement
(2020-2021)**

Course code: VAC-MSN 6

DATE: 10-08-2020 to 11-08-2020

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7
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Dr. B. Anuraj
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NCN/IQAC/ACA-VAC-MSN5/2020-2021.

05-07-2020

Circular

This is to inform you that Narayana College of Nursing will conduct a "Value-Added Course on "Transcultural Competence in Nursing" on 13.07.2020 and 14.07.2020 in the seminar hall , Ground floor for II B.Sc. Nursing students.

This course is crucial for enhancing your understanding of cultural diversity and its impact on patient care. Please ensure your participation and punctuality.

A. Indu

Principal

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Value Added Course
Transcultural Competence in Nursing (2020-2021)
Course code: VAC-MSN 5
DATE: 13-07-2020 to 14-07-2020

PROGRAMME SCHEDULE

DATE	TOPICS	SESSION & DURATION
13/07/2020 (MONDAY)	Introduction to Transcultural Competence	F.N (9:00 A.M. to 1:00 P.M.)
	Understanding Cultural Diversity	P.M.)
	Cultural Awareness in Patient Care	A.N (2:00 P.M. to 6:00 P.M.)
	Assessing Cultural Needs of Patients	P.M.)
	Effective Communication Across Cultures	
14/07/2020 (TUESDAY)	Culturally Sensitive Care Practices	F.N (9:00 A.M. to 1:00 P.M.)
	Case Studies on Cultural Challenges in Nursing	P.M.)
	Strategies for Improving Cultural Competence	A.N (2:00 P.M. to 6:00 P.M.)
	Review of Sessions and Feedback	

A. Indira
Principal

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Value Added Course on Transcultural Competence in Nursing (2020-2021)

Course code: VAC-MSN 5

DATE: 13-07-2020 to 14-07-2020

Aim:

To enhance the understanding and application of transcultural competence principles among nursing students.

Objectives:

1. To identify key concepts and importance of transcultural competence in healthcare settings.
2. To analyze common cultural challenges faced in clinical practice.
3. To apply culturally sensitive approaches to patient care.
4. To develop effective communication skills for interacting with diverse patient populations.

Course Outcomes:

- Students will demonstrate knowledge of transcultural competence principles.
- Students will identify cultural factors that influence patient care.
- Students will implement culturally appropriate care practices effectively.
- Students will communicate cultural information clearly to patients and healthcare teams.

A. S. S. S.
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Dr. B. S. S.
Principal

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Value Added Course

Transcultural Competence in Nursing (2020-2021)

Course code: VAC-MSN 5

DATE: 13-07-2020 to 14-07-2020

PRE/POST TEST QUESTIONNAIRE

1. What is transcultural competence in nursing?
 - A) The ability to communicate effectively in multiple languages
 - B) The ability to provide culturally sensitive care to patients from diverse backgrounds
 - C) The knowledge of various healthcare policies
 - D) The skill to perform advanced medical procedures
2. Which of the following is a key component of cultural competence?
 - A) Awareness of one's own cultural beliefs
 - B) Strict adherence to medical protocols
 - C) Ignoring cultural differences
 - D) Focusing solely on medical treatments
3. Why is understanding cultural differences important in nursing?
 - A) To promote compliance with medical orders
 - B) To enhance communication and improve patient outcomes
 - C) To minimize the time spent with each patient
 - D) To increase hospital revenue
4. Which of the following best describes cultural humility?
 - A) An approach that encourages healthcare providers to adopt the beliefs of their patients
 - B) A lifelong commitment to self-evaluation and self-critique regarding cultural biases
 - C) A method for enforcing cultural norms in healthcare
 - D) The ability to be culturally superior
5. What is an essential strategy for effective communication in transcultural nursing?
 - A) Using medical jargon
 - B) Speaking loudly and slowly
 - C) Employing active listening and asking open-ended questions
 - D) Avoiding eye contact
6. Which of the following is a barrier to culturally competent care?
 - A) Cultural awareness training
 - B) Language differences
 - C) Knowledge of cultural practices
 - D) Respect for diverse beliefs
7. In providing care to patients from diverse backgrounds, a nurse should:

A
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Dr. B. Anuj
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-
- A) Assume all patients share the same beliefs about health
B) Rely solely on written materials for education
C) Engage patients in discussions about their cultural practices and preferences
D) Provide care based only on standardized protocols
8. Which of the following is NOT a characteristic of a culturally competent nurse?
A) Open-mindedness
B) Cultural stereotyping
C) Flexibility in care delivery
D) Self-awareness of personal biases
9. What is the primary goal of culturally competent care?
A) To reduce healthcare costs
B) To ensure compliance with laws and regulations
C) To improve health outcomes and patient satisfaction
D) To standardize care practices across all populations
10. Which of the following actions exemplifies culturally sensitive nursing practice?
A) Ignoring a patient's cultural background
B) Providing food that is culturally appropriate for the patient
C) Making assumptions based on stereotypes
D) Using a one-size-fits-all approach to care

D. B. Arjun
Principal

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Value Added Course

Transcultural Competence in Nursing (2020-2021)

Course code: VAC-MSN 5

DATE: 13-07-2020 to 14-07-2020

PRE/POST TEST QUESTIONNAIRE

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7
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Dr. B. Anuj
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-
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C) Making assumptions based on stereotypes
D) Using a one-size-fits-all approach to care

Dr. B. Chinnai
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

ACADEMIC YEAR
2019-2020

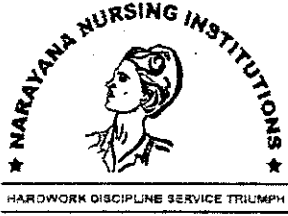
**THIS DOCUMENT INCLUDES THE FOLLOWING DETAILS OF VALUE
ADDED COURSES**

2019-2020

- ✓ Emergencies In Clinical Obstetrics
- ✓ Innovations In Psychotherapy
- ✓ Pain Management In Labor
- ✓ Etiquette In Nursing
- ✓ Drug Administration
- ✓ Self-Awareness And Wellness Practices
- ✓ Emotional Awareness
- ✓ Trauma-Informed Care

IT IS ARRANGED IN THE FOLLOWING ORDER

- ✓ Circular
- ✓ Program schedule
- ✓ Pretest -Posttest Questionnaire
- ✓ Feedback



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

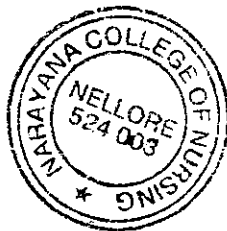
NCN/IQAC/ACA-VAC-OBG5/19-20

Date:14-3-2020.

CIRCULAR

To bridge the gap between the academic and clinical need, Value Added Courses (VAC) are conducting regularly to enable students to widen their horizon of knowledge in addition to the curriculum. All the students are hereby informing that Obstetrics and Gynecology Department is conducting value-Added course (VAC-OBG6) on '*Emergencies In Clinical Obstetrics*' for two days (i.e 16-03-2020 and 17-03-2020 @ 8-5pm). Students are requested to register for the course. The last date for registration is 14-3-2020.

For further details contact the Mrs.Ushakiran Assoc.Professor, OBG department.



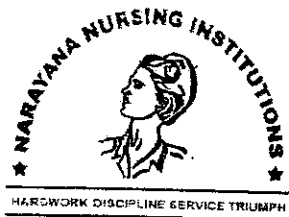
A. Indira
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Copy to:

All the HOD'S and class coordinators

Dr. B. Srinivas
Principal
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CHINTHAREDDYPALEM :: NELLORE - 524 003. A.P.

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DEPARTMENT OF OBG NURSING

VALUE ADDED COURSE

"EMERGENCIES IN CLINICAL OBSTETRICS "

- I. Prayer song - I yr Msc Nursing students
- II. Welcome song - I yr Msc Nursing students
- III. Welcome address - Prof.A.Viji,
- IV. Lamp lighting - Dignitaries
- V. Scientific session

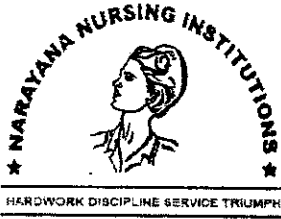
DAY : 1 (16.03.2020)

S. No	TIME	TOPIC	PRESENTER
1.	8.00-8.15	Pre test	
2.	8.15- 9.00	Inauguration	
3.	9.00- 9.45	Introduction	Dr.Indira.A, Principal
4.	9.45-10.00	Tea Break	
4.	10.00 – 11.00	Objective and Importance of Knowledge on C. Obstetrics	Prof.V.Kumari Dept of OBG
5	11.00 – 12N	Shoulder Dystocia	Prof.A.Viji Dept of OBG
6.	12.00- 12.15	Quiz	
7	12.15 – 1.00	Cord Presentation and Prolapse	Mrs.MeglineBose Asst.Professor
8.	2.00 -2.45	Breech Vaginal Delivery	Mrs.Ushakiran. Asso.Professor
9.	2.45 – 3.00	Short Video Session	

Dr. B. B. B. B.
Principal
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NELLORE - 524 003



A. Indira
Principal
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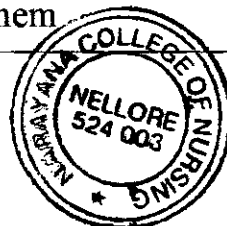
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S. No	TIME	TOPIC	PRESENTOR
10.	3.00-3.45	Post Partum Haemorrhage	Ms.Revathi.D, Asst.Professor,
11	3.45 – 4.00	Quiz	
12	4.00- 4.45	Theory Application in OBG Nursing Practice	Ms.Sravanthi MSc (N) I yr
13	4.45 – 5.00	Group activity	

DAY : 2 (17.03.2020)

S. No	TIME	TOPIC	PRESENTOR
1.	8.00-8.30	Recap of content –Day 1	
2.	8.30-9.15	Shoulder dystocia - Management	Prof.A.Viji Dept of OBG
3.	9.15- 9.30	Tea break	
4.	9.30 -10.15	Management Protocol for Emergencies in Clinical Obstetrics	Mrs.Megilin Bose, Asst.Professor
5.	10.15 – 11N	Breech Delivery - Manoeuvre	Mrs.Ushakiran. Asso.Professor
6	11.00- 11.15	Group activity	
7.	11.15 -12.00	Obstetrical shock	Ms.Revathi.D, Asst.Professor
8	12.00 – 1.00	Recent research priorities in clinical obstetrics	Ms.Pallavi MSc N II yr
9.	2.00 -3.30	Mock drill	Department of OBG
10.	3.30-4.00	Prize/Certificate distribution	
11.	4.00-4.30	post test and Feed back	
12.	4.30 – 4.45	Vote of thanks	
13	4.45 – 5.00	National anthem	

Dr. B. G. Arany
Principal
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NCN/IQACACA-VAC5/19-20

Date: 22-01-2020

CIRCULAR

To bridge the gap between the academic and clinical need, Value Added Courses are conducting regularly to enable students to widen their horizon of knowledge in addition to the curriculum. All the students are hereby informing that Mental Health Nursing Department is conducting value-Added course (VAC-MHN5) on "INNOVATIONS IN PSYCHOTHERAPY" for two days (i.e 05.02.2020 to 06.02.2020 @ 8-5pm). Interested Students are requested to register for the course. The last date for registration is 27-01.2020

For further details contact Mrs.Smitha, Professor, MHN department.

Signature of HOD

HOD

Dept. of Mental Health Nursing/Psychiatric
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All the HOD'S and class coordinators

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DEPARTMENT OF MENTAL HEALTH NURSING

VALUE ADDED COURSE ON "INNOVATIONS IN PSYCHOTHERAPY"

PROGRAM SCHEDULE

Date: 05.02.2020 – 06.02.2020
Venue: III floor, Auditorium

DAY 1: 05.02.2020

Time: 8-5 pm

TIME	TOPIC	PRESENTERS
INAUGURATION		
08:00 - 08:10 am	Pre-Test	All participants
08:11- 08:20am	Prayer Song	III-year B.Sc. (N) students
08:21 - 08:30 am	Welcome Song	III-year B.Sc. (N) students
08:31 - 08:40 am	Welcome Address	Mrs. S. Suchitra, Assistant Professor.
08:41 - 08:50 am	Lamp Lighting	All the dignitaries
08:50 – 09:30 am	Learning objectives, speaker's introduction	Dr. Rajeswari. H, Professor & HOD, Vice Principal
09:30 - 10:00 am	Introduction	Dr. Indira.A, PhD, Principal
10:00 -10:15 am	TEA BREAK	
SESSION-I INDIVIDUAL PSYCHOTHERAPY		
10:16- 10:35 am	Acceptance & Commitment, Attachment Psychotherapy	Mrs. T.Lalitha, Associate. Professor
10:36- 10:45 am	Autogenic Psychotherapy	Mrs.S.Syamala, 2 nd year, M.Sc. (N)
10:46- 11:15 am	Compassion Focused, Dialectical Behavioral, Dyadic developmental Psychotherapy	Mrs. Anjani Devi.N, Asst. Professor.
11:16 – 11:50 am	Emotion Focused, Eye Movement Desensitization and Reprocessing therapy	Mrs. S. Suchitra, Assistant Professor.
SESSION-II BEHAVIOURAL THERAPY		
11:50-12:00 pm	Holotropic breath work therapy	Mrs. T.Chandana, 1 st year M.Sc. (N)
12:01 - 12:45 pm	Mindfulness based cognitive therapy, Core Process Psychotherapy	Mrs. P.Smitha, Professor
12:45 - 01:00pm	Mindfulness based Stress reduction psychotherapy	Ms. R.Mounika, 1 st year M.Sc. (N)
01:00 - 02:00pm	LUNCH BREAK	
02:00 - 02:30pm	Motivational Enhancement Therapy	Mrs. B. Kalavathi, Assistant Professor
02:31 - 03:00pm	Relapse Prevention Therapy	
03:01 - 03:15pm	Stress Inoculation Therapy	Ms. M. Jyothi, 2 nd year M.Sc.(N)
03:16 - 03:45 pm	Cognitive Behavior Therapy	

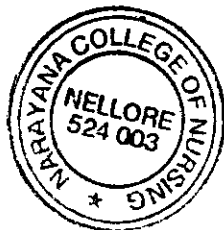
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Principal
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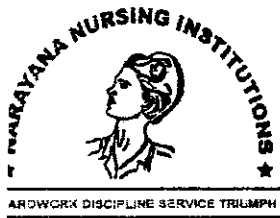
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04:00 - 05:00pm	Valedictory Function-Prayer Song, Welcome Song, Report of the programme Feedback Certificate distribution, Vote Thanks, National Anthem	
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Dr. B. Anand
Principal
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DEPARTMENT OF MENTAL HEALTH NURSING

VALUE ADDED COURSE ON "INNOVATIONS IN PSYCHOTHERAPY"

PROGRAMME SCHEDULE

Date: 05.02.2020 – 06.02.2020

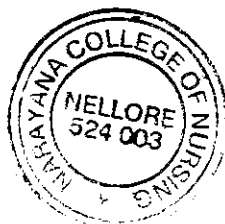
DAY 2: 06.02.20

Time: 8-5 pm

Venue: III floor, Auditorium


TIME	TOPIC	PRESENTERS
SESSION III COUPLE THERAPY		
08:00 - 08:30am	Collaborative couple therapy, Developmental model of couple therapy, Gottman method of couple therapy	Mrs. B. Kalavathi, Assistant Professor
08:31 - 10:00am	Imago Relation Couple Therapy, Relational Life Therapy, Relationship Enhancement Therapy.	Dr. Rajeswari. H Professor & HOD, Vice Principal
10:00 - 10:15am	Tea Break	
SESSION: IV FAMILY THERAPY		
10:15 - 10:50 am	Family attachment, Family System, Filial therapy	Mrs. T.Lalitha, Associate Professor
10:51 - 11:05 am	Parent child interaction therapy	Ms. M. Jyothi, 2 nd year M.Sc.(N)
11:06 - 11:25am	Satire Transformation system therapy	Ms. K. Deepa, Assistant. Professor
SESSION: V SHORT TERM PSYCHOTHERAPY		
11:26 - 12:25 pm	Coherence therapy, Intensive Short -Term dynamic psychotherapy, Interpersonal Psychotherapy, Solution Focused Brief therapy	Mrs. P.Smitha, Professor
12:26 - 01:00pm	Trauma Focused Cognitive Behavioral Therapy	Ms. R. Mounika 1 st year M.Sc. (N)
01:00 - 02:00pm	Lunch Break	
SESSION: VI LONG TERM PSYCHOTHERAPY		
02:00 - 02:30pm	Affirmative therapy, Gender Awareness therapy, Feminist therapy.	Mrs.S. Suchitra, Assistant. Professor
02:31 - 02:45pm	Multicultural therapy	Mrs. T.Chandana, 1 st year M.Sc. (N)
SESSION: VII PSYCHOTHERAPY RELATED LIFE EVENTS		
02:46 - 03:15pm	Divorce counseling, Grief counseling, Sex therapy	Mrs.Anjanidevi .N, Assistant Professor
03:16 - 03:30 pm	Addiction counseling,	Ms. Syamala. 2 nd year M.Sc. (N)
03:31- 03:45 pm	Post Test	All participants
03:46 - 04:00 pm	Tea Break	

Dy. B. G. Srinivas
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03:46 - 04:15pm	Logo Therapy	Dr. Rajeswari. H, Professor & HOD, Vice Principal
04:16 - 04:30pm	Gestalt Therapy	
04:31 - 05:00pm	Schema Therapy	


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NCN/IQAC/ACA-VAC-MHN4/2019-2020

11.10.2019

Circular

This is to inform you that Narayana College of Nursing will conduct a “Value-Added Course on Pain Management in Labor” from October 18, 2019, to October 19, 2019, in II Floor classroom for I Post Basic B.Sc. Nursing students.

This course is vital for understanding effective pain management strategies during labor, which are crucial for enhancing patient comfort and outcomes. Your participation and punctuality are highly encouraged.

A. S. Reddy

Principal
Principal

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1. IQAC Coordinator
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3. Notice Board

Dr. B. Anand
Principal

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VALUE ADDED COURSE
PAIN MANAGEMENT IN LABOR (VAC-MHN4)
DATE: 18.10.2019 TO 19.10.2019
PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
18.10.2019	Introduction to Labor Pain	F.N (9:00 A.M. to 1:00 P.M.)
	Pain Assessment	
	Physiology of Labor	A.N (2:00 P.M. to 6:00 P.M.)
	Pharmacological Pain Management	
19.10.2019	Non-Pharmacological Pain Management	F.N (9:00 A.M. to 1:00 P.M.)
	Support Systems	
	Laboring Positions and Mobility	A.N (2:00 P.M. to 6:00 P.M.)
	Intrapartum Pain Management Protocols	

A. S. S. S.
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Dr. B. S. S.
Principal
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VALUE ADDED COURSE

PAIN MANAGEMENT IN LABOR (VAC-MHN4)

DATE:18.10.2019 TO 19.10.2019

Aim

To equip nursing students with the knowledge and skills necessary to provide effective pain management for patients in labor.

Objectives

1. To understand the physiological and psychological aspects of pain during labor.
2. To explore various pain management techniques, including pharmacological and non-pharmacological approaches.
3. To enhance skills in assessing pain levels and responding to patients' needs.
4. To promote effective communication strategies with patients and families regarding pain management options.

Course Outcomes

By the end of the course, participants will be able to:

1. Describe the mechanisms of pain associated with labor.
2. Identify and implement appropriate pain management strategies for laboring patients.
3. Assess and evaluate the effectiveness of pain relief methods used during labor.
4. Communicate effectively with patients about pain management options and their implications.

A. Indira
Principal

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D.V. Ramesh
Principal

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VALUE ADDED COURSE PAIN MANAGEMENT IN LABOR (VAC-MHN4)

DATE: 18.10.2019 TO 19.10.2019

PRE/POST TEST QUESTIONNAIRE

1. What is the primary goal of pain management during labor?
A) To eliminate all pain
B) To reduce pain to a manageable level
C) To make labor shorter
D) To avoid any medical interventions
2. Which of the following methods is commonly used for pain relief during labor?
A) Hypnosis
B) Acupuncture
C) Epidural anesthesia
D) All of the above
3. What is a common non-pharmacological method for managing pain during labor?
A) Medication
B) Massage
C) Surgery
D) Sedation
4. Which position may help reduce pain during labor?
A) Supine
B) Sitting upright
C) Lying flat on the back
D) Standing still
5. Which of the following is an advantage of epidural analgesia?
A) It has no side effects
B) It allows the mother to be fully alert
C) It provides effective pain relief
D) It can be used for all types of deliveries
6. What is the purpose of continuous labor support?
A) To monitor fetal heart rate
B) To provide emotional and physical support
C) To administer medication
D) To perform medical procedures
7. What is a potential risk associated with certain pain relief methods?
A) Increased pain
B) Nausea and vomiting
C) Lengthened labor
D) Both B and C
8. Which professional is typically responsible for administering an epidural?
A) Obstetrician

4
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D. B. S. Princy
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- B) Nurse
 C) Anesthesiologist ✓
D) Midwife
9. What should a patient be informed about before receiving pain relief medication?
A) The method of administration
B) Possible side effects
 C) How it will affect labor
D) All of the above
10. Which pain management technique is often recommended for use during early labor?
 A) General anesthesia
 B) Relaxation techniques ✓
C) Immediate epidural
D) Intravenous pain medication

Dy. B. Anand
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VALUE ADDED COURSE

PAIN MANAGEMENT IN LABOR (VAC-MHN4)

DATE: 18.10.2019 TO 19.10.2019

PRE/POST TEST QUESTIONNAIRE

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8. Which professional is typically responsible for administering an epidural?
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D. B. Reddy
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- B) Nurse
~~C) Anesthesiologist~~ ✓
D) Midwife
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B) Possible side effects
C) How it will affect labor
~~D) All of the above~~ ✓
10. Which pain management technique is often recommended for use during early labor?
~~A) General anesthesia~~
B) Relaxation techniques ✓
C) Immediate epidural
D) Intravenous pain medication ✓

P. B. Reddy
Principal

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NCN/IQAC/ACA-VAC-MSN4/2019-2020

25.09.2019

Circular

This is to inform you that Narayana College of Nursing will conduct a “Value-Added Course on Etiquette in Nursing” from October 2, 2019, to October 3, 2019, in II Floor classroom for II B.Sc. Nursing students.

This course is essential for understanding the importance of professional etiquette and communication in nursing practice, which contributes to effective patient care and collaboration within healthcare teams. Your participation and punctuality are highly encouraged.

A. S. Reddy

Principal
Principal

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1. **IQAC Coordinator**
2. **All HODs**
3. **Notice Board**

Dr. B. S. Reddy
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VALUE ADDED COURSE
Etiquette in Nursing (VAC-MSN4)
DATE:02.10.2019 TO 03.10.2019
PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
	Understanding Professional Etiquette	
02.10.2019	Communication Skills	F.N (9:00 A.M. to 1:00 P.M.)
	Patient Interaction	
	Cultural Competence	A.N (2:00 P.M. to 6:00 P.M.)
	Professional Appearance and Conduct	
03.10.2019	Handling Difficult Situations	F.N (9:00 A.M. to 1:00 P.M.)
	Ethics and Accountability	
	Feedback and Self-Reflection	A.N (2:00 P.M. to 6:00 P.M.)
	Summary	

Dr. B. Anand

A. S. S. S.
Principal
NARAYANA COLLEGE OF NURSING
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VALUE ADDED COURSE

Etiquette in Nursing (VAC-MSN4)

DATE: 02.10.2019 TO 03.10.2019

Aim

To enhance nursing students' understanding of professional etiquette and communication skills essential for effective nursing practice.

Objectives

1. To define and understand the principles of etiquette in nursing and healthcare settings.
2. To explore the importance of professional communication with patients, families, and colleagues.
3. To develop skills for maintaining professionalism in various nursing contexts.
4. To encourage self-reflection on personal attitudes and behaviors that influence professional relationships.

Course Outcomes

By the end of the course, participants will be able to:

1. Articulate the principles of nursing etiquette and their relevance in clinical practice.
2. Demonstrate effective communication skills with patients and healthcare team members.
3. Apply professional etiquette in diverse healthcare scenarios.
4. Reflect on and improve personal professional conduct in nursing practice.

D. B. Chandra
Principal
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A. S. S. S. S.
Principal
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VALUE ADDED COURSE

Etiquette in Nursing (VAC-MSN4)

DATE: 02.10.2019 TO 03.10.2019

PRE/POST TEST QUESTIONNAIRE

1. What is the primary purpose of professional etiquette in nursing?
A) To create a formal environment
B) To enhance patient care and communication ✓
C) To limit interactions with patients
D) To follow personal preferences
2. Which of the following best describes "active listening"?
A) Nodding occasionally
B) Interrupting to give advice
C) Fully concentrating and responding appropriately ✓
D) Looking at your phone while the patient talks
3. How should a nurse address a patient who is a doctor?
A) By their first name
B) By their last name ✓
C) As "Doctor" or by their preferred title
D) As "hey you"
4. What is an important aspect of non-verbal communication in nursing?
A) Ignoring body language
B) Maintaining eye contact ✓
C) Speaking loudly
D) Avoiding facial expressions
5. How should a nurse respond to a patient's complaint?
A) Dismiss the complaint
B) Listen actively and acknowledge the concern
C) Blame the patient ✓
D) Change the subject
6. Why is confidentiality important in nursing?
A) To protect the healthcare provider
B) To ensure patient trust and privacy ✓
C) To limit patient access to their own information
D) To facilitate gossip
7. What should a nurse do if they make a mistake in patient care?
A) Cover it up
B) Report it immediately to the supervisor ✓
C) Ignore it
D) Blame the patient
8. Which of the following behaviors demonstrates respect for cultural differences?
A) Assuming all patients have the same beliefs
B) Asking about cultural practices that may affect care

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Dr. B. Anuraj
Principal

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- C) Forcing personal beliefs on patients
D) Ignoring patient preferences
9. How should a nurse approach a patient in distress?
A) Stand at a distance
 B) Approach calmly and offer support
C) Avoid eye contact
D) Rush the patient
10. What role does professional appearance play in nursing?
A) It is unimportant
 B) It can influence patient perceptions and trust
C) It should focus on fashion
D) It is only necessary during interviews

Dr. Bahari

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Answer Key



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VALUE ADDED COURSE

Etiquette in Nursing (VAC-MSN4)

DATE: 02.10.2019 TO 03.10.2019

PRE/POST TEST QUESTIONNAIRE

1. What is the primary purpose of professional etiquette in nursing?
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A) Cover it up
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D) Blame the patient
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A) Assuming all patients have the same beliefs
 B) Asking about cultural practices that may affect care

8/10

Dr. B. Anuj
Principal

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 - D) It is only necessary during interviews

DYB Anuj
Principal
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Answer Key



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NCN/IQAC/ACA-VAC-CHN3/2019-2020

30.08.2019

Circular

This is to inform you that Narayana College of Nursing will conduct a “Value-Added Course on Drug Administration” from September 6, 2019, to September 7, 2019, in I Floor classroom for I B.Sc. Nursing students.

This course is crucial for understanding the principles and practices of safe and effective drug administration, which are vital for nursing practice. Your participation and punctuality are highly encouraged.

A. S. Reddy
Principal

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Chinthareddypalem,
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1. IQAC Coordinator
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D. S. Reddy
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VALUE ADDED COURSE DRUG ADMINISTRATION (VAC-CHN3) DATE: 06.09.2019 TO 7.09.2019 PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
06.09.2019	Introduction to Pharmacology	F.N (9:00 A.M. to 1:00 P.M.)
	Pharmacokinetics	
	Pharmacodynamics	A.N (2:00 P.M. to 6:00 P.M.)
	Routes of Drug Administration	
7.09.2019	Dosage Calculations	F.N (9:00 A.M. to 1:00 P.M.)
	Safe Practices in Drug Administration & Medication Safety	
	Administration Techniques	A.N (2:00 P.M. to 6:00 P.M.)
	Summary and feedback	

D. B. Chinn
Principal
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A. S. Indira
Principal
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VALUE ADDED COURSE DRUG ADMINISTRATION (VAC-CHN3)

DATE: 06.09.2019 TO 7.09.2019

Aim

To equip nursing students with the knowledge and skills necessary for safe and effective drug administration in clinical practice.

Objectives

1. To understand the principles of pharmacology and the pharmacokinetics of medications.
2. To learn the different routes of drug administration and their implications.
3. To develop competencies in calculating dosages accurately and administering medications safely.
4. To emphasize the importance of patient education and communication in drug administration.

Course Outcomes

By the end of the course, participants will be able to:

1. Explain key pharmacological concepts related to drug administration.
2. Demonstrate the correct techniques for administering medications via various routes.
3. Accurately calculate medication dosages based on patient-specific factors.
4. Educate patients on the medications they are receiving, including potential side effects and interactions.

A. Indira
Principal

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Dr. B. Chandy
Principal
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VALUE ADDED COURSE

DRUG ADMINISTRATION (VAC-CHN3)

DATE:06.09.2019 TO 7.09.2019

PRE/POST TEST QUESTIONNAIRE

1. What is the primary purpose of drug administration?
A) To provide therapeutic effects
B) To cause side effects
 C) To delay treatment
D) To confuse the patient
2. Which of the following routes of drug administration is the fastest?
A) Oral
 B) Intravenous
C) Subcutaneous
D) Topical
3. What should be done before administering any medication?
A) Verify the patient's identity
B) Skip the documentation
 C) Ignore the patient's history
D) Administer the drug immediately
4. What does "PRN" mean in medication administration?
 A) As needed
B) Every hour
C) Twice daily
D) At bedtime
5. Which of the following is a key principle of safe drug administration?
A) Administering medications without checking allergies
B) Following the "five rights" of medication administration
 C) Ignoring expired medications
D) Sharing medications with other patients
6. What is the significance of monitoring drug effects?
 A) To see if the drug is causing harm
B) To ensure the drug is ineffective
C) To overlook adverse reactions
D) To avoid communicating with the patient
7. When administering a medication via the oral route, what should the nurse ensure?
A) The patient is unconscious
B) The patient can swallow properly
C) The patient is in a supine position
D) The medication is stored improperly

5/10

Dr. B. Anur
Principal
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8. Which of the following is an example of a high-alert medication?
A) Aspirin
 B) Insulin
C) Amoxicillin
D) Ibuprofen
9. Why is patient education important in drug administration?
A) To enhance compliance and understanding
B) To confuse the patient
 C) To delay treatment
D) To reduce communication
10. What is the role of documentation in drug administration?
 A) To ensure legal accountability
B) To skip medication logs
C) To avoid patient records
D) To prevent tracking of medications

Dr. Rohini
Principal
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VALUE ADDED COURSE

DRUG ADMINISTRATION (VAC-CHN3)

DATE:06.09.2019 TO 7.09.2019

PRE/POST TEST QUESTIONNAIRE

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Dr. Raju
Principal
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 - C) To avoid patient records
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Dr. *Solami*
Principal
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NCN/IQAC/ACA-VAC-OBG4/2019-2020

19.08.2019

Circular

This is to inform you that Narayana College of Nursing will conduct a “Value-Added Course on Self-Awareness and Wellness Practices” from August 26, 2019, to August 27, 2019, in II Floor classroom for I B.Sc. Nursing students.

This course is essential for fostering **self-awareness** and promoting **wellness practices**, which are crucial for personal and professional development in nursing. Your participation and punctuality are highly encouraged.

A. S. Indu

Principal

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D. B. Anjan

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VALUE ADDED COURSE
SELF AWARENESS AND WELLNESS PRACTICES (VAC-OBG4)
DATE: 26.08.2019 TO 27.08.2019
PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
26.08.2019	Overview of Wellness	F.N (9:00 A.M. to 1:00 P.M.)
	Developing Wellness Strategies	
	Stress Management Techniques	A.N (2:00 P.M. to 6:00 P.M.)
	Creating a Personal Wellness Plan	
27.08.2019	Cultural Competence	F.N (9:00 A.M. to 1:00 P.M.)
	Wellness Practices for Sustained Health and Mental Health Awareness	
	Team Building and Support Networks	A.N (2:00 P.M. to 6:00 P.M.)
	Summary and feedback	

A. Indira

Principal

NARAYANA COLLEGE OF NURSING
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D. B. Anuj
Principal

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VALUE ADDED COURSE SELF AWARENESS AND WELLNESS PRACTICES (VAC-OBG4) DATE: 26.08.2019 TO 27.08.2019

Aim

To cultivate self-awareness and promote wellness practices among nursing students, enhancing their personal and professional development.

Objectives

1. To provide an understanding of self-awareness and its importance in nursing practice.
2. To teach wellness practices that contribute to physical, mental, and emotional health.
3. To develop skills for self-reflection and personal growth.
4. To explore the relationship between self-awareness, wellness, and effective patient care.

Course Outcomes

By the end of the course, participants will be able to:

1. Articulate the concepts of self-awareness and its relevance in nursing.
2. Implement wellness practices in their daily lives to enhance well-being.
3. Reflect on personal experiences and their impact on professional behavior.
4. Recognize the influence of self-awareness on patient interactions and care outcomes.

A. S. S. S.
Principal

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DY. S. S. S.
Principal
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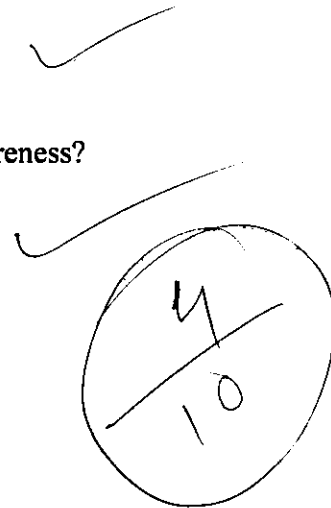
VALUE ADDED COURSE

SELF AWARENESS AND WELLNESS PRACTICES (VAC-OBG4)

DATE: 26.08.2019 TO 27.08.2019

PRE/POST TEST QUESTIONNAIRE

1. What is self-awareness?
 A) Understanding your emotions and behaviors
 B) Ignoring personal feelings
 C) Following others' opinions
 D) None of the above
2. Which of the following practices can enhance self-awareness?
 A) Journaling
 B) Avoiding introspection
 C) Overthinking
 D) Disregarding feedback
3. Why is self-awareness important in nursing?
 A) It helps in providing patient-centered care
 B) It has no relevance
 C) It complicates decision-making
 D) It is solely for personal growth
4. What is a wellness practice?
 A) A method to improve physical and mental health
 B) A way to ignore health issues
 C) A diet plan only
 D) None of the above
5. Which of the following is NOT a wellness practice?
 A) Regular physical activity
 B) Poor sleep habits
 C) Mindfulness meditation
 D) Balanced nutrition
6. How can self-awareness contribute to stress management?
 A) By recognizing stress triggers
 B) By avoiding stressors
 C) By ignoring feelings
 D) By relying on others
7. Which technique can improve emotional wellness?
 A) Engaging in positive self-talk
 B) Neglecting personal feelings
 C) Focusing only on negative outcomes
 D) Comparing yourself to others



DY *Rajini*
Principal

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8. What is a benefit of self-reflection?
 - A) It increases confusion
 - B) It promotes personal growth
 - C) It is time-consuming
 - D) It has no benefits
9. How can mindfulness practices enhance wellness?
 - A) By increasing anxiety
 - B) By promoting present-moment awareness
 - C) By avoiding emotions
 - D) By fostering a competitive mindset
10. Which of the following is a sign of good self-awareness?
 - A) Ignoring feedback from peers
 - B) Understanding how your actions affect others
 - C) Always being defensive
 - D) Refusing to change

A. S. S. S.
Principal

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Dr. B. S. S.
Principal

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VALUE ADDED COURSE

SELF AWARENESS AND WELLNESS PRACTICES (VAC-OBG4)

DATE: 26.08.2019 TO 27.08.2019

PRE/POST TEST QUESTIONNAIRE

1. What is self-awareness?
 A) Understanding your emotions and behaviors
 B) Ignoring personal feelings
 C) Following others' opinions
 D) None of the above
2. Which of the following practices can enhance self-awareness?
 A) Journaling
 B) Avoiding introspection
 C) Overthinking
 D) Disregarding feedback
3. Why is self-awareness important in nursing?
 A) It helps in providing patient-centered care
 B) It has no relevance
 C) It complicates decision-making
 D) It is solely for personal growth
4. What is a wellness practice?
 A) A method to improve physical and mental health
 B) A way to ignore health issues
 C) A diet plan only
 D) None of the above
5. Which of the following is NOT a wellness practice?
 A) Regular physical activity
 B) Poor sleep habits
 C) Mindfulness meditation
 D) Balanced nutrition
6. How can self-awareness contribute to stress management?
 A) By recognizing stress triggers
 B) By avoiding stressors
 C) By ignoring feelings
 D) By relying on others
7. Which technique can improve emotional wellness?
 A) Engaging in positive self-talk
 B) Neglecting personal feelings
 C) Focusing only on negative outcomes
 D) Comparing yourself to others

8
20

Dy. B. Srinivas
Principal

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8. What is a benefit of self-reflection?
 - A) It increases confusion
 - B) It promotes personal growth
 - C) It is time-consuming
 - D) It has no benefits
9. How can mindfulness practices enhance wellness?
 - A) By increasing anxiety
 - B) By promoting present-moment awareness
 - C) By avoiding emotions
 - D) By fostering a competitive mindset
10. Which of the following is a sign of good self-awareness?
 - A) Ignoring feedback from peers
 - B) Understanding how your actions affect others
 - C) Always being defensive
 - D) Refusing to change

A. S. S. S.

Principal

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Dr. B. S. S.

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NCN/IQAC/ACA-VAC-COHN4/2019-2020

05.07.2019

Circular

This is to inform you that Narayana College of Nursing will conduct a “Value-Added Course on Emotional Awareness” from July 12, 2019, to July 13, 2019, in III Floor Auditorium for the II B.Sc. Nursing students.

This course is designed to enhance understanding of emotional awareness and its significance in personal and professional interactions. Your participation and punctuality are highly encouraged.

A. Indu

Principal
Principal

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D. B. Anand
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VALUE ADDED COURSE
EMOTIONAL AWARENESS (VAC-COHN4)
DATE :12.07.2019 TO 13.07.2019
PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
12.07.2019	Introduction to Emotional Awareness	F.N (9:00 A.M. to 1:00 P.M.)
	Components of Emotional Intelligence	
	Identifying Emotions	A.N (2:00 P.M. to 6:00 P.M.)
	Enhancing Emotional Awareness Skills Practical Exercises	
13.07.2019	Managing Emotions	F.N (9:00 A.M. to 1:00 P.M.)
	Application in Nursing Practice	
	Reflection and Feedback	A.N (2:00 P.M. to 6:00 P.M.)

A. J. J. J.
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Dr. B. B. B.
Principal
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VALUE ADDED COURSE EMOTIONAL AWARENESS (VAC-COHN4) DATE : 12.07.2019 TO 13.07.2019

Aim: To enhance students' understanding of emotional awareness and its significance in personal and professional contexts, enabling them to recognize and manage their emotions effectively.

Objectives:

1. To define emotional awareness and its components, including emotional intelligence and regulation.
2. To explore the relationship between emotional awareness and mental health.
3. To teach techniques for identifying and expressing emotions appropriately.
4. To develop skills for managing stress and building resilience.
5. To promote empathy and interpersonal skills in various healthcare settings.

Course Outcomes: By the end of the course, participants will be able to:

1. Identify their own emotions and understand their impact on behavior and decision-making.
2. Employ strategies for effective emotional regulation in high-stress situations.
3. Demonstrate improved communication skills by expressing emotions constructively.
4. Apply concepts of emotional intelligence to enhance interactions with patients and colleagues.
5. Utilize self-awareness techniques to foster personal and professional growth in nursing practice.

A. S. Srinivas
Principal

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D. V. Srinivas
Principal

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VALUE ADDED COURSE

EMOTIONAL AWARENESS (VAC-COHN4)

DATE :12.07.2019 TO 13.07.2019

PRE/POST TEST QUESTIONNAIRE

1. What is emotional awareness?
 A) Recognizing and understanding your own emotions
 B) Ignoring your feelings
 C) Expressing emotions loudly
 D) None of the above
2. Which of the following is a benefit of being emotionally aware?
 A) Better communication with others
 B) Increased stress levels
 C) Confusion about feelings
 D) Avoiding relationships
3. How can emotional awareness impact decision-making?
 A) It has no effect
 B) It can lead to more informed choices
 C) It complicates the process
 D) It decreases confidence
4. Which technique can help improve emotional awareness?
 A) Journaling thoughts and feelings
 B) Ignoring emotions
 C) Overthinking every situation
 D) Relying solely on others' opinions
5. Emotional awareness is important in nursing because:
 A) It helps understand patients better
 B) It is irrelevant
 C) It complicates patient care
 D) It distracts from clinical skills
6. How can one enhance emotional awareness in daily life?
 A) By practicing mindfulness
 B) By avoiding emotional topics
 C) By focusing only on positive emotions
 D) By shutting down during conflicts

4
10

Dr. B. Anand
Principal

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7. What role does empathy play in emotional awareness?
 - A) It is unrelated
 - B) It enhances understanding of others' emotions
 - C) It complicates interactions
 - D) It is only necessary for therapists
8. Which of the following is NOT a sign of emotional awareness?
 - A) Recognizing your triggers
 - B) Blaming others for your feelings
 - C) Understanding how emotions affect behavior
 - D) Accepting and expressing emotions appropriately ✓
9. Why is it important for healthcare professionals to be emotionally aware?
 - A) It increases burnout
 - B) It improves patient care and relationships ✓
 - C) It leads to miscommunication
 - D) It is not necessary
10. Which practice can help in developing emotional awareness?
 - A) Avoiding self-reflection
 - B) Engaging in regular self-assessment
 - C) Ignoring feedback from others
 - D) Relying solely on formal training

D.R. Arora
Principal

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VALUE ADDED COURSE

EMOTIONAL AWARENESS (VAC-COHN4)

DATE : 12.07.2019 TO 13.07.2019

PRE/POST TEST QUESTIONNAIRE

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 A) By practicing mindfulness
 B) By avoiding emotional topics
 C) By focusing only on positive emotions
 D) By shutting down during conflicts

9/10

DYB Shree
Principal

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NCN/IQAC/ACA-VAC-MSN3/2019-2020

07.06.2019

Circular

This is to inform you that Narayana College of Nursing will conduct a “Value-Added Course on Trauma-Informed Care” from **June 14, 2019, to June 15, 2019**, in II Floor classroom for the following students II M.Sc. Nursing, II Post Basic B.Sc. Nursing and III B.Sc. Nursing.

This course is essential for understanding trauma-informed care principles and practices, which are crucial for providing sensitive and effective support to individuals who have experienced trauma. Your participation and punctuality are highly encouraged.

A. S. Reddy

Principal
Principal

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M. B. Reddy
Principal

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VALUE ADDED COURSE

TRAUMA-INFORMED CARE (VAC-MSN3)

DATE: 14.06.2019 TO 15.06.2019

PROGRAM SCHEDULE

DATE	TOPICS	SESSION & DURATION
14.06.2019	Introduction to Trauma-Informed Care	F.N (9:00 A.M. to 1:00 P.M.)
	Understanding Trauma	
	Principles of Trauma-Informed Care	A.N (2:00 P.M. to 6:00 P.M.)
	Recognizing Signs of Trauma	
15.06.2019	Effective Communication Strategies	F.N (9:00 A.M. to 1:00 P.M.)
	Implementing Trauma-Informed Practices	
	Self-Care for Healthcare Providers	A.N (2:00 P.M. to 6:00 P.M.)
	Summary and feedback	

A. Indira
Principal

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Dr. B. Anurag
Principal

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VALUE ADDED COURSE

TRAUMA-INFORMED CARE (VAC-MSN3)

DATE: 14.06.2019 TO 15.06.2019

Aim: To nursing students with a comprehensive understanding of trauma and its effects, enabling them to deliver compassionate and effective care to individuals who have experienced trauma.

Course Objectives:

1. To educate students about the prevalence and impact of trauma in various populations.
2. To introduce the principles of trauma-informed care, including safety, trustworthiness, and empowerment.
3. To develop skills for recognizing trauma-related behaviors and responses in patients.
4. To enhance communication skills that promote supportive interactions with individuals affected by trauma.
5. To encourage the integration of trauma-informed practices into clinical settings and everyday nursing care.

Learning Outcomes: By the end of the course, students will be able to:

1. Identify the signs and symptoms of trauma in patients and their potential impacts on health.
2. Apply the principles of trauma-informed care in patient interactions and treatment planning.
3. Demonstrate effective communication strategies that foster trust and safety.
4. Develop self-care techniques to manage the emotional challenges associated with working with trauma-affected individuals.
5. Advocate for trauma-informed policies and practices within healthcare environments.

A. S. Sridhar

Principal

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Dr. B. Anji
Principal

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VALUE ADDED COURSE

TRAUMA-INFORMED CARE (VAC-MSN3)

DATE: 14.06.2019 TO 15.06.2019

PRE/POST TEST QUESTIONNAIRE

1. What is trauma-informed care? A) A type of medical treatment
 B) A framework that recognizes and responds to the impact of trauma
C) A standard procedure for all patients
D) None of the above
2. Which of the following is a principle of trauma-informed care? A) Control
 B) Trustworthiness
C) Ignoring the past
D) Isolation
3. What is a common response of individuals who have experienced trauma? A) Happiness
B) Indifference
C) Anxiety
D) Satisfaction
4. How should a nurse communicate with a trauma-affected patient? A) Authoritatively
B) With empathy and understanding
C) Indifferently
 D) In a hurry
5. Which of the following environments is considered trauma-informed? A) Punitive and restrictive
B) Safe and supportive
 C) Chaotic and unpredictable
D) Isolated and distant
6. What is the first step in implementing trauma-informed care? A) Identifying trauma
B) Establishing safety
 C) Disregarding the past
D) Enforcing rules
7. How can self-care benefit healthcare providers working with trauma-affected individuals? A) It is unnecessary
B) It helps manage stress and avoid burnout
C) It distracts from patient care
 D) It has no impact
8. What is one of the main goals of trauma-informed care? A) To blame the patient
B) To empower the patient
 C) To maintain strict control
D) To limit communication

D. R. Kumar
Principal

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9. Which of the following should be avoided when dealing with trauma-affected individuals? A) Asking open-ended questions
B) Making assumptions about their experiences ✓
C) Showing empathy
D) Providing choices
10. Why is understanding trauma important for nurses? A) It isn't important
B) It helps improve patient outcomes and relationships ✓
C) It complicates care
D) It is solely for mental health professionals

D. B. Reddy
Principal

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N. B. Anji
Principal

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Dr. B. Anuraj
(Principal)
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