

**Bharati Vidyapeeth (Deemed to be University),**

**College of Nursing, Sangli-416414**

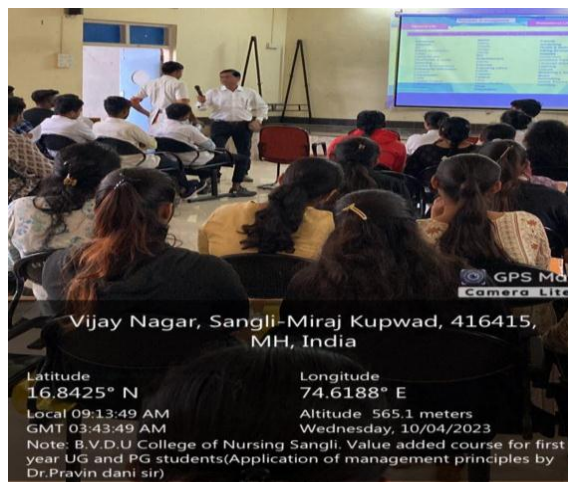
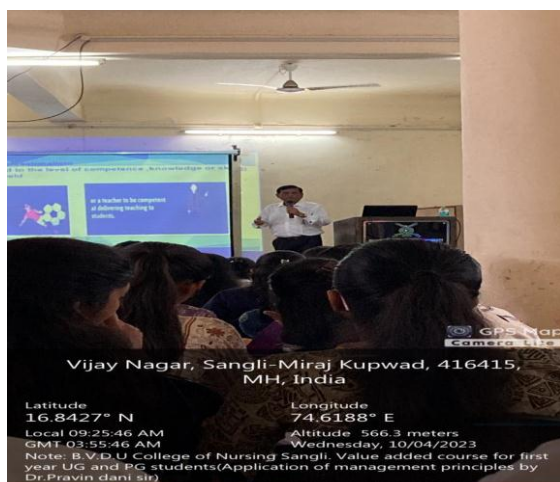
**Report of value added course:2023-24**

Bharati Vidyapeeth Deemed to be University College of nursing,Sangli organized Value added course for the first year students of B.Sc nursing,M.Sc nursing and P.B.B.Sc nursing on topic **professional values and self-management** from 4th to 6th October 2023.Every year it is conducted for the first year students with the purpose of introducing them to the appropriate standards of conducting themselves with patients and staff out in the field of healthcare

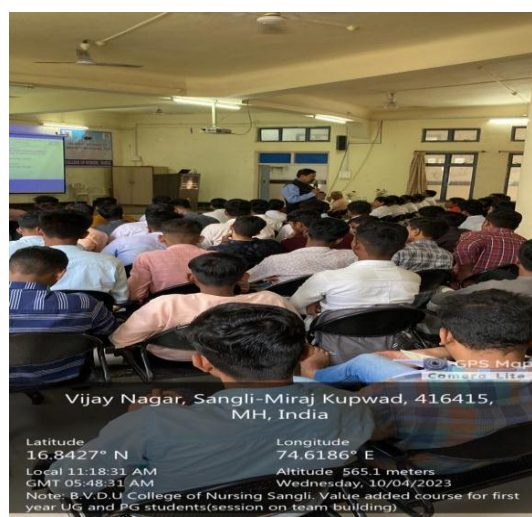
Course started with Mrs.Shaila Mathew ,Asst.Professor , orienting the students to what they could expect to learn in the three day period of the course



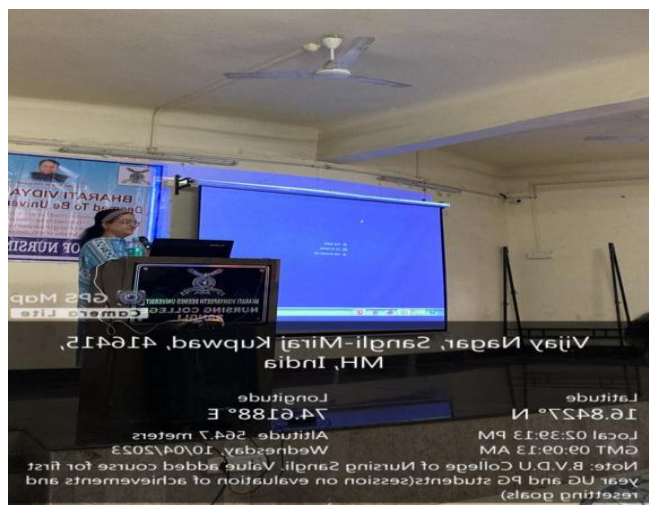
First session taken by Dr.Pravin Dani , Vice Principal and H.O.D Department of Medical Surgical Nursing, on the topics that familiarized students about the application of administrative and management principles to personal and professional life . He made aware the students on the importance of following these principles in life for becoming a good person as well as a good nurse.



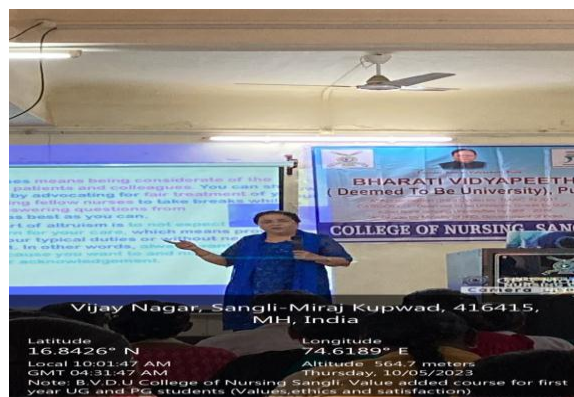
Second session on Team building was taken by Dr.Nitin Nayak , Director , Bharati Bank ,Sangli.He emphasized that no growth occurs without taking considerable effort and used the opportunity as a platform to signal students about the tough hours of work they made have to endure in the field.



Third session started at 2pm by Dr.Amarja Nargunde ,Asso.Professor IMRDA sangli ,with the topic time management .She explained the importance and ways of maintaining proper use of time .She kept the students alert by giving everyday life examples .It was very informative and interesting .



On Thursday 5<sup>th</sup> October 2023 three sessions were conducted for Value Added Course. Introduction of every Guest Speaker was given by the Faculty of BVDU, College of Nursing, Sangli. First session was conducted by Mrs. Hilda Wilfred.Kadam ,Retired principal , College of Nursing, Wanless Hospital,Miraj from 9am to 11am on “Values, Ethics and Satisfaction”. She made the topics clear by giving examples from day today life .



Second session was conducted by Dr. Girish Dhumale, Professor and HOD Community medicine BVDU, Medical College, Sangli, from 11am to 1pm on topic. “Evaluation of Achievements and Resetting Goals”. It was an interesting session and gave an insight to the students that why many times we are not able to attain the things and how to work towards it.



Third session was conducted by Mrs.Sangita Sanjay.Oak , Clinical Psychologist and Teacher, Alphonsa School, Miraj, from 2:15pm to 4:15pm on topic “Effective Study Habits”.She gave the tips for studying in an effective manner .It was an interactive session.



6<sup>th</sup> October 2023 Friday

On the Third day, sessions started at 9am on with the first one being conducted on the topic of Personality development by Mr. Dexter Woodward, Asso Professor, BVDU IMRDA, Sangli. Sir conducted a very enthralling session that taught students on how to develop and maintain a personality that is compatible in the field



Second session started at 10.15am by Dr, Nilima Bore, Dean faculty of Nursing and Principal BVDU College of Nursing, with the topic of stress Management. Madam took a session about how to overcome stresses and coping strategies in very simple language and with examples. It was a very useful session.



Third session started at 11.30am on communication and development of soft skill, by Mrs. Neha Wader, Madam made the students understand the importance of communication skills and how to improve and use communication skills effectively.



The third day concluded with feedback from the students about the value added course and a written post test was conducted at 2pm.



Total 150 students were benefitted with this course. The resource persons and the students were awarded with the certificates. Also it was good eye opener to the beneficiaries.

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