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COLLEGE OF NURSING

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TO WHOMSOEVER IT MAY CONCERN

**This is to certify that the information in the attached
documents is verified by me and is true to the best of my
knowledge.**



Haleem
Signature of the principal

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LEADERSHIP SKILLS

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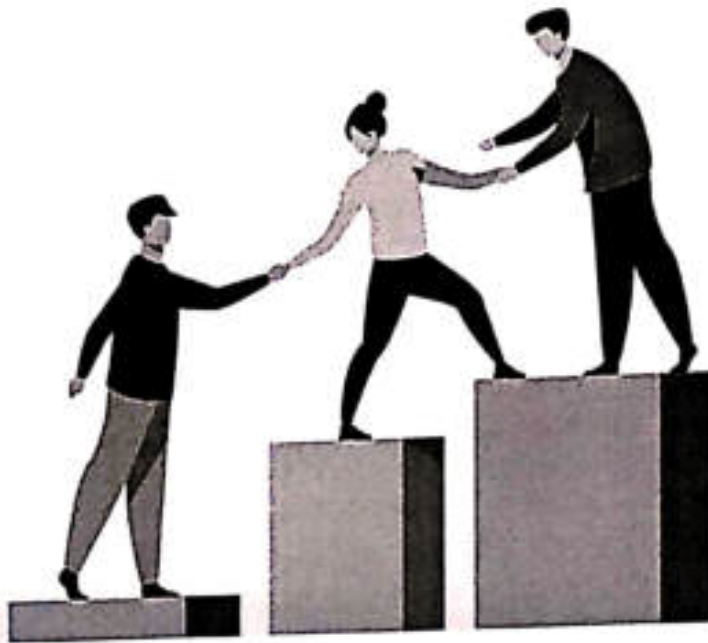


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SYLLABUS

LEADERSHIP SKILLS



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MANASSERY, KOZHIKODE-673602



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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



Haban

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Placement : First Year BSc Nursing

Title : Leadership skill

Course Code : KMCT VAC 001

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. leadership skill also known as power skills, common skills or core skills are skills applicable to all profession. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Soft skills are important job related skills that involve little or no interaction on the job is quite generalized. Leadership management skills are important in a nurse career. The development of soft skills is much more difficult than the development of hard skills because it requires actively interacting with others on an ongoing basis and being willing to accept behavioral feedback. In this session, we train the 1st Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of 1st Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have soft skills and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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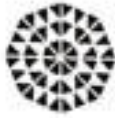
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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of communication skills	Communication skills : the basics 1. Verbal communications → English grammar → Oral communication 2. Non verbal communication → Body language → Sign language	Lecture cum discussion
2	To demonstrate self management	Self management <ul style="list-style-type: none">• Self evaluation(strength and weakness)• Self (awareness, confidence, discipline)• Goal setting• Time management• Patience• Anger management• Stress management• Independency• Listening skills (interpersonal)• Positive attitude	Lecture cum discussion
3	To develop teamwork	Teamwork <ul style="list-style-type: none">• Hierarchy (structure of organization)• Knowing roles and responsibilities• Respecting other views• Conflict management and problem solving skills• Flexibility- accessibility	Lecture cum discussion Demonstration <i>Haban</i>
4	To inculcate interpersonal skills	Interpersonal skills <ul style="list-style-type: none">• Trust model• Personality preference• Assertiveness	Lecture cum discussion Demonstration



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5	To explain the workplace readiness	Work place readiness <ul style="list-style-type: none">• Work place ethics (Do's and Don't's)• Dress code• HR rules• Healthy work environment• Corporate jargons• Basic Skills<ul style="list-style-type: none">→ Email etiquette→ Phone etiquette→ Presentation skills→ Frequent domain knowledge upgradation• Financial planning	Lecture cum discussion Demonstration
6	To understand how to prepare for an interview	Interview preparation <ul style="list-style-type: none">• Do's and Don't's• Dress code• Resume Preparation• Mock interview	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for leadership skill include Classroom teaching, discussion, group activity , role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paras medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
4. Dr. P Suresh, Soft skills :An introduction, first edition .



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PHYSICAL POSTURES



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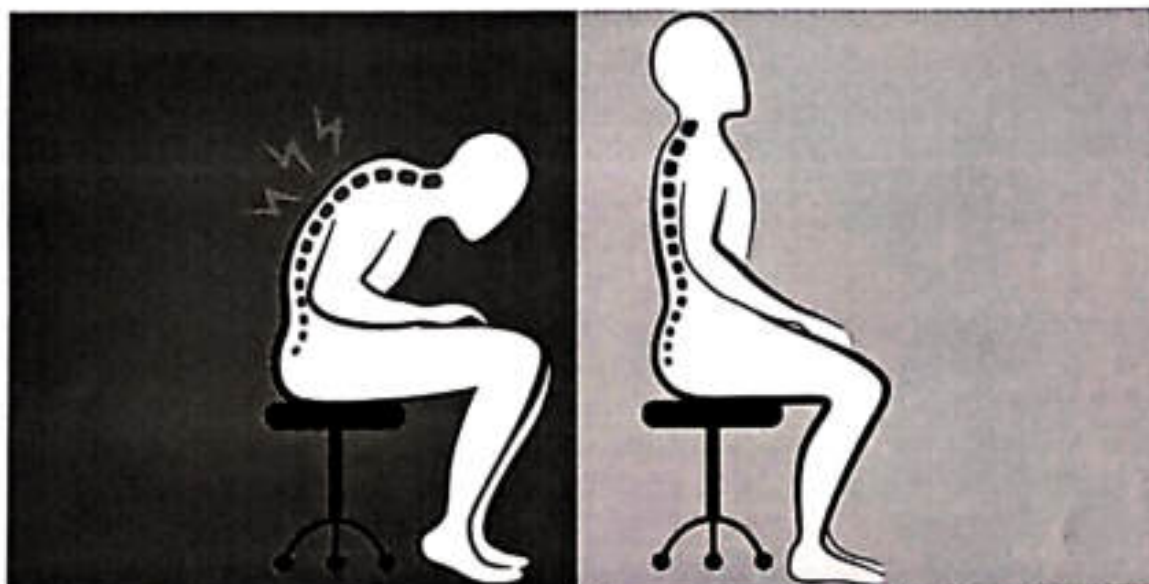


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SYLLABUS

PHYSICAL POSTURES



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

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Placement : Second Year BSc Nursing

Title : Physical postures

Course Code : KMCT VAC 002

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Yoga ia an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Maintaining physical postures for the group is very much important in many aspects of nursing life. it can also help build strength. Certain positions and poses where a person must hold up part of their body weight will challenge a muscle and make it stronger. It can also help with specific measures of health, like eating habits, weight loss and weight loss maintenance and cardiovascular health. . In this session, we train the II Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude and maintain good postures for their physical health as well towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of II Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to identify situations and make necessary situations to deviate the stress and manage them in there professional, social and personal life.

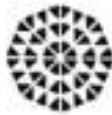
OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of Health	Health <ul style="list-style-type: none">• Definition and importance of health according to WHO• Role of yoga in preventive health care – yoga as a way of life• Principles of healthy living; Ahara, Vihara, Achara and Vichara	Lecture cum discussion
2	To demonstrate Therapeutic Postures	Therapeutic Postures <ul style="list-style-type: none">• Posture practice: Management of the diseases through suitable yogic practices-• Meditation : changes in lifestyle according to yogic scriptures	Lecture cum discussion
3	To apply good postures in daily life	Application of Good postures <ul style="list-style-type: none">• Maintaining postures in education : salient features of yoga education,• factors of good posture education: teacher, student and teaching , value based education• postures in classroom : essential features, area, sitting arrangement in yoga class	Lecture cum discussion Demonstration
4	To inculcate practical sessions in everyday life	Practical sessions <ul style="list-style-type: none">• Yogic practices- shatkarma, asana, pranayama, mudra, bandha, Dhyana, Surya namaskara (techniques, salient features, benefits)• Yogic postures<ul style="list-style-type: none">→ Suryanamaskar→ Asanas→ Sitting posture→ Prone posture→ Supine postures→ Balancing postures→ Pranayama	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for Physical posture is to include Classroom teaching, discussion, group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. BKS Iyengar, : "light on Yoga: the Bible of Modern Yoga"
2. TKV Desi kanchar, "the heart of yoga: developing a personal practice" revised edition.
3. Leslis Kaminoff and amy Mattews, "Yoga Anatomy" third edition
4. Thich Nhat Hanh, "the miracle of indfullness: an introduction to the practice of medication



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PROFESSIONALISM

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PROFESSIONALISM



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



Haber



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Placement : Third Year BSc Nursing

Title : Professionalism

Course Code : KMCT VAC 003

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Professionalism means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Having professional behaviours like integrity, conduct, trust, honesty and ethics. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. Professionalism is a socially-accepted code governing ethical behaviour in regard to professional practice and presentation.. But professional etiquette has a much important as the above qualities. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Common sense and professionalism can help build good relations and enhance the establishment.. In this session, we train the III Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss nursing as a profession	Professionalism <ul style="list-style-type: none">• Definition and characteristics of professionalism• Challenges of professionalism• Professional conduct• Professional boundaries	Lecture cum discussion
2	Discuss the importance of professional values	Professional values <ul style="list-style-type: none">• Value: and its clarification• Professional values in Nursing	Lecture cum discussion
3	Define and explain ethical principles	Ethics & Bioethics <ul style="list-style-type: none">• Ethical issues and ethical dilemma : common ethical problems• Beginning of life issue• End of life issues• Issues related to psychiatric care• Process of ethical decision making.• Ethical committee: roles and responsibilities	Lecture cum discussion Demonstration

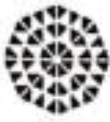


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METHODS OF TEACHING

The core module for professionalism include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Ann Zwemer. Professional Adjustments and Ethics for Nurses in India, Ecumenical Book
 2. Services, Chennai
 3. Carvalho S. Reeves, M Orford J. Fundamental Aspects of Legal, Ethical and Professional Issues in Nursing, United Kingdom: Quay.
 4. Herman Wheeler Law, Ethics and Professional Issues for Nursing - A Reflective and Portfolio-Building Approach, Routledge Taylor and Francis group, London.
 5. Joyce Beebe Thompson, Professional Ethics in Nursing, R.E. Krieger Publishing Company. *Mohi*
 6. I Clement. Professional Trends and Adjustments in Nursing, Jaypee Publishers Medical Publishers, New Delhi.
- Janie B. Butts, Karen L. Rich. Nursing Ethics- Across the curriculum and in to Practice, Jones & Bartlett Learning. United States.



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SIMPLE COMMUNICATION

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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

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Placement : Fourth Year BSc Nursing

Title : Simple Communication

Course Code : KMCT VAC 004

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. communication refers to giving and receiving information in a very professional manner without hurting the feelings of the receiver. In a simple communication, the nurse uses personal attributes and clinical techniques while working with the client to bring about insight and behavioral change. To have an effective communication, the nurse must consider privacy and respect of boundaries, use of touch and active listening and observation. It means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

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OBJECTIVES

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- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss communication	Communication: An introduction <ul style="list-style-type: none">• Definition, Nature and scope of communication• importance and purpose of communication• Process of communication• types of communication	Lecture cum discussion
2	Describe the effectiveness of communication	Effective communication <ul style="list-style-type: none">• essentials of effective communication• communication techniques• barriers of communication	Lecture cum discussion
3	explain the communication network in an organization	Communication network in an organization-I <ul style="list-style-type: none">• personal communication• Inter operational communication• external operational communication• Horizontal (lateral) communication• Vertical (downward) communication• Vertical (upward) communication	Lecture cum discussion Demonstration

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METHODS OF TEACHING

The core module for simple communication include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Mary.C. Townsend (2013). Essentials of Psychiatric Mental Nursing. Sixth Edition. Philadelphia. F.A. Davis Company.
2. Kaplan and Sadock's , (2012) Comprehensive text book of psychiatry. 9th Edition, Lippincott Williams and willkins
3. Neeraja K.P,(2008),Essential of mental health and psychiatric nursing, Therapeutic communication, first edition volume one, (P.P 196-220) jaypee publication. □ R Sreevani,a guide to mental health nursing,4th edition,[p.p104-116]jaypee publication
4. Potter and Perry ,Text book of Fundamental of nursing, Communication, 7th edition, (P.P340-355), jaypee publication



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STRESS MANAGEMENT

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STRESS MANAGEMENT



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Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

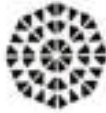


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Placement : First Year BSc Nursing

Title : Leadership skill

Course Code : KMCT VAC 005

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Stress management is essential to wellness. Contemporary life's job, personal, and societal responsibilities frequently cause stress. Amid the chaos of daily life, it's crucial to find effective ways to combat stress and maintain a balanced and healthy life. Managing these pressures isn't just convenient; it's necessary. leadership skill also known as power skills, common skills or core skills are skills applicable to all profession. Stress management is essential to overall wellbeing. Stress management consultants provide customized solutions, coping mechanisms, and assistance to help people manage stress. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Soft skills are important job related skills that involve little or no interaction on the job is quite generalized. In this session, we train the Ist Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of Ist Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have Stress management skills and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain about stress	Introduction to stress <ul style="list-style-type: none">• Meaning , definition, eustress and distress• types of stress	Lecture cum discussion
2	To understand the sources of stress	Sources of stress <ul style="list-style-type: none">• psychological, social , environmental• Academic, family and work stress	Lecture cum discussion
3	To develop stress response	Stress response <ul style="list-style-type: none">• Fight and flight response• stress warning signals	Lecture cum discussion Demonstration
4	To inculcate coping mechanism	Copping Mechanisms <ul style="list-style-type: none">• Coping Mechanism: Appraisal focused, emotional focused and problem focused	Lecture cum discussion Demonstration
5	To explain the stress reduction techniques	Stress Reduction Techniques <ul style="list-style-type: none">• Autogenic training• biofeedback• relaxation• yoga and meditation	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for stress management skills include Classroom teaching, discussion, group activity, role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paras medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
4. Dr. P Suresh, Soft skills :An introduction, first edition .



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BREATHING TECHNIQUES

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SYLLABUS

BREATHING TECHNIQUES



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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

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Placement : Second Year BSc Nursing

Title : Breathing Techniques

Course Code : KMCT VAC 006

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Yoga ia an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Maintaining breathing techniques for the group is very much important in many aspects of nursing life. it can also help build strength. Certain breathing techniques where a person must hold up part of their body weight will challenge a muscle and make it stronger. It can also help with specific measures of health, like eating habits, weight loss and weight loss maintenance and cardiovascular health. . In this session, we train the II Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude and maintain good postures for their physical health as well towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of II Year BSc Nursing Students.

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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to identify situations and make necessary situations to deviate the stress and manage them in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.

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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of Health	Health <ul style="list-style-type: none">• Definition and importance of health according to WHO• Role of yoga in preventive health care – yoga as a way of life• Principles of healthy living; Ahara, Vihara, Achara and Vichara	Lecture cum discussion
2		Respiratory Muscle assessment, training, breathing strategies for lung expansion <ul style="list-style-type: none">• Respiratory muscle assessment and training• breathing strategies• techniques for lung expansion	Lecture cum discussion
3	To demonstrate breathing techniques	Breathing techniques <ul style="list-style-type: none">• Paced Breathing• Abdominal breathing• 4-4-8 Breathing• Simple Yoga Breathing• Laugh	Lecture cum discussion Demonstration

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METHODS OF TEACHING

The core module for breathing techniques is to include Classroom teaching, discussion, group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. BKS Iyengar, : "light on Yoga: the Bible of Modern Yoga"
2. TKV Desi kanchar, "the heart of yoga: developing a personal practice" revised edition.
3. Leslis Kaminoff and amy Matthews, "Yoga Anatomy" third edition
4. Thich Nhat Hanh, "the miracle of indfullness: an introduction to the practice of medication



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WORKPLACE ETIQUETTES

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WORKPLACE ETTIQUETTES



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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : Third Year BSc Nursing

Title : Workplace Etiquettes

Course Code : KMCT VAC 007

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Workplace etiquettes means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Having workplace etiquettes like dressing properly, be respectful to coworkers, greet everyone, arrive on time, be punctual, keep the workplace clean and many others to keep our workplace environment a better place to live. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. Professionalism is a socially-accepted code governing ethical behaviour in regard to professional practice and presentation.. But professional etiquette has a much important as the above qualities. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Common sense and professionalism can help build good relations and enhance the establishment.. In this session, we train the III Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss the workplace problems and challenges	Workplace etiquettes <ul style="list-style-type: none">• Definition and characteristics of workplace etiquettes• Challenges of workplace• Professional conduct• Professional boundaries	Lecture cum discussion
2	Discuss the workplace etiquettes	Workplace values <ul style="list-style-type: none">• Value: and its clarification• Professional values in Nursing	Lecture cum discussion
3	Define the key highlights	Key Highlights <ul style="list-style-type: none">• Advanced communication techniques• dress for success• social engagements• cultural sensitivity and international etiquettes	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for workplace etiquettes include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

- 1) Ann Zwemer. Professional Adjustments and Ethics for Nurses in India, Ecumenical Book Services, Chennai
- 2) Carvalho S. Reeves, M Orford J. Fundamental Aspects of Legal, Ethical and Professional Issues in Nursing, United Kingdom: Quay.
- 3) Herman Wheeler Law, Ethics and Professional Issues for Nursing - A Reflective and Portfolio-Building Approach, Routledge Taylor and Francis group, London.
- 4) Joyce Beebe Thompson, Professional Ethics in Nursing, R.E. Krieger Publishing Company.
- 5) I Clement. Professional Trends and Adjustments in Nursing, Jaypee Publishers Medical Publishers, New Delhi.
- 6) Janie B. Butts, Karen L. Rich. Nursing Ethics- Across the curriculum and in to Practice, Jones & Bartlett Learning. United States.



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FACE TO FACE COMMUNICATION

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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : Fourth Year BSc Nursing

Title : Face to Face Communication

Course Code : KMCT VAC 008

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Communication refers to giving and receiving information in a very professional manner without hurting the feelings of the receiver. In a face to face communication, the nurse uses personal attributes and clinical techniques while working with the client to bring about insight and behavioral change. To have an effective face to face communication, the nurse must consider privacy and respect of boundaries, use of touch and active listening and observation. It means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss communication	Communication: An introduction <ul style="list-style-type: none">• Definition, Nature and scope of communication• essentials of effective communication• Process of communication• types of communication	Lecture cum discussion
2	Describe an effectiveness of English communication	Communication in English <ul style="list-style-type: none">• Age of globalization and the need for communicating in English• Uses of English in academics and non-academic situation in India.	Lecture cum discussion
3	explain the importance of listening skills	Listening skills <ul style="list-style-type: none">• Purpose of listening• Benefits of effective listening• Academic listening	Lecture cum discussion Demonstration
4	Demonstrate the importance of oral communication skills	Oral communication skills <ul style="list-style-type: none">• spelling and pronunciation• requesting and responding to request• asking questions and responding politely• apologizing and forgiving	Lecture cum demonstration



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METHODS OF TEACHING

The core module for face to face communication include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Mary.C. Townsend (2013). Essentials of Psychiatric Mental Nursing. Sixth Edition. Philadelphia. F.A. Davis Company.
2. Kaplan and Sadock's , (2012) Comprehensive text book of psychiatry. 9th Edition, Lippincott Williams and willkins.
3. Neeraja K.P,(2008),Essential of mental health and psychiatric nursing, Therapeutic communication, first edition volume one, (P.P 196-220) jaypee publication.
4. R Sreevani,a guide to mental health nursing,4th edition,[p.p104-116]jaypee publication
5. Potter and Perry ,Text book of Fundamental of nursing, Communication, 7th edition, (P.P340-355), jaypee publication



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : First Year BSc Nursing

Title : Working under pressure

Course Code : KMCT VAC 009

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Nursing is a career with a lot of pressure from the workplace either in the clinics or in the college sector. the expectations of the patients, seniors , juniors, students, parents , college and the hospital need to be met equally at the same time. therefore, Stress management is essential to wellness of the nurses in both the fields . Contemporary life's job, personal, and societal responsibilities frequently cause stress. Amid the chaos of daily life, it's crucial to find effective ways to combat stress and maintain a balanced and healthy life. Managing these pressures isn't just convenient; it's necessary. leadership skill also known as power skills, common skills or core skills are skills applicable to all profession. Stress management is essential to overall wellbeing. Stress management consultants provide customized solutions, coping mechanisms, and assistance to help people manage stress. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Soft skills are important job related skills that involve little or no interaction on the job is quite generalized. In this session, we train the Ist Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of Ist Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to work under pressure without any stress and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain about stress	Introduction to different workplace <ul style="list-style-type: none">• Meaning , definition, eustress and distress• types of stress in different areas of work.	Lecture cum discussion
2	To understand the sources of stress in workplace	Sources of stress in the workplace <ul style="list-style-type: none">• psychological, social , environmental• Academic, family and work stress	Lecture cum discussion
3	To develop stress response	Pressure response <ul style="list-style-type: none">• Fight and flight response• stress warning signals	Lecture cum discussion Demonstration
4	To inculcate coping mechanism	Copping Mechanisms in workplace <ul style="list-style-type: none">• Coping Mechanism: Appraisal focused, emotional focused and problem focused	Lecture cum discussion Demonstration
5	To explain the techniques to reduce stress.	Techniques to reduce stress <ul style="list-style-type: none">• Autogenic training• biofeedback• relaxation• yoga and meditation	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module to work under pressure include Classroom teaching, discussion, group activity , role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

- 1) Tina Moore and Sheila Cunnuinghum, " Nursing skills and professional and practice contexts : skills in nursing practice
- 2) Sajid Merchant, soft skills for nurses, paras medical books
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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : Second Year BSc Nursing

Title : Meditation

Course Code : KMCT VAC 010

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Meditation, a revered practice with origins stretching back millennia, serves as a gateway to profound awareness, enriched introspection, and unparalleled relaxation. While historically linked with spiritual pursuits, this disciplined focus on diverse elements—whether an object, sound, movement, or merely the essence of attention—transcends religious bounds. Its universal appeal emerges from its intrinsic ability to foster a deeper connection with the self and the present moment.

This course, Meditation, delves deep into the multifaceted realm of meditation, offering participants an enriching exploration of various meditation techniques. From the classic sitting posture to the dynamic realm of yoga, the aim is to immerse the student into the very heart of these practices. Fundamental to this journey is the cultivation of acute awareness—of one's thoughts, environment, bodily movements, and crucially, the rhythm of one's breath. In this session, we train the II Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude and maintain good postures for their physical health as well towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of II Year BSc Nursing Students.

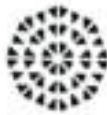


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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to identify situations and make necessary situations to deviate the stress and manage them in there professional, social and personal life.

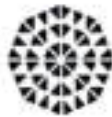
OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To dive into the foundational concepts of meditation	What and why of meditation? <ul style="list-style-type: none">• understand its origins, core principles and relevance in today's world• explore the manifold benefits and physiological.	Lecture cum discussion
2	To understand the criteria for meditation for meditation	Criteria for meditation <ul style="list-style-type: none">• proper physical space for meditation• proper meditation postures	Lecture cum discussion
3	To demonstrate breathing techniques	Benefits of meditation <ul style="list-style-type: none">• health benefits• Mindfulness• Stress reduction• emotional regulation• cognitive enhancement	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for meditation is to include Classroom teaching, discussion, group activity. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. BKS Iyengar, : "light on Yoga: the Bible of Modern Yoga"
2. TKV Desi kanchar, "the heart of yoga: developing a personal practice" revised edition.
3. Leslis Kaminoff and amy Matthews, "Yoga Anatomy" third edition
4. Thich Nhat Hanh, "the miracle of indfullness: an introduction to the practice of medication



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MEETING ETIQUETTES



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MEETING ETTIQUETTES



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : Third Year BSc Nursing

Title : Meeting Etiquettes

Course Code : KMCT VAC 011

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Meeting etiquettes means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Having meeting etiquettes like dressing properly, be respectful to coworkers, greet everyone, arrive on time, be punctual, keep the workplace clean and many others to keep our workplace environment a better place to live. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. meeting etiquettes is a socially-accepted code governing ethical behaviour in regard to professional practice and presentation.. But professional etiquette has a much important as the above qualities. As nursing is a profession with care, empathy, leadership, advocacy, motivators and understanding. Common sense and professionalism can help build good relations and enhance the establishment.. In this session, we train the III Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss the meeting problems and challenges	meeting etiquettes <ul style="list-style-type: none">• Definition and characteristics of meeting etiquettes• Challenges of meeting• Professional conduct• Professional boundaries	Lecture cum discussion
2	Discuss the meeting etiquettes	Workplace values <ul style="list-style-type: none">• Value: and its clarification• Professional values in Nursing	Lecture cum discussion
3	Define the key highlights	Key Highlights <ul style="list-style-type: none">• Advanced communication techniques• dress for success• social engagements• cultural sensitivity and international etiquettes	Lecture cum discussion Demonstration

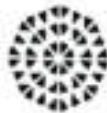


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Placement : Third Year BSc Nursing

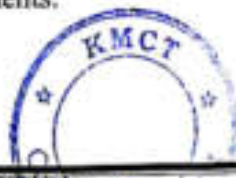
Title : Meeting Etiquettes

Course Code : KMCT VAC 011

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Meeting etiquettes means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Having meeting etiquettes like dressing properly, be respectful to coworkers, greet everyone, arrive on time, be punctual, keep the workplace clean and many others to keep our workplace environment a better place to live. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. meeting etiquettes is a socially-accepted code governing ethical behaviour in regard to professional practice and presentation.. But professional etiquette has a much important as the above qualities. As nursing is a profession with care, empathy, leadership, advocacy, motivators and understanding. Common sense and professionalism can help build good relations and enhance the establishment.. In this session, we train the III Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

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OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss the meeting problems and challenges	meeting etiquettes <ul style="list-style-type: none">• Definition and characteristics of meeting etiquettes• Challenges of meeting• Professional conduct• Professional boundaries	Lecture cum discussion
2	Discuss the meeting etiquettes	Workplace values <ul style="list-style-type: none">• Value: and its clarification• Professional values in Nursing	Lecture cum discussion
3	Define the key highlights	Key Highlights <ul style="list-style-type: none">• Advanced communication techniques• dress for success• social engagements• cultural sensitivity and international etiquettes	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for meeting etiquettes include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Ann Zwemer. Professional Adjustments and Ethics for Nurses in India, Ecumenical Book Services, Chennai
2. Carvalho S. Reeves, M Orford J. Fundamental Aspects of Legal, Ethical and Professional Issues in Nursing, United Kingdom: Quay.
3. Herman Wheeler Law, Ethics and Professional Issues for Nursing - A Reflective andPortfolio-Building Approach, Routledge Taylor and Francis group, London.
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5. I Clement. Professional Trends and Adjustments in Nursing, Jaypee Publishers Medical Publishers, New Delhi.
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SOCIAL MEDIA COMMUNICATION



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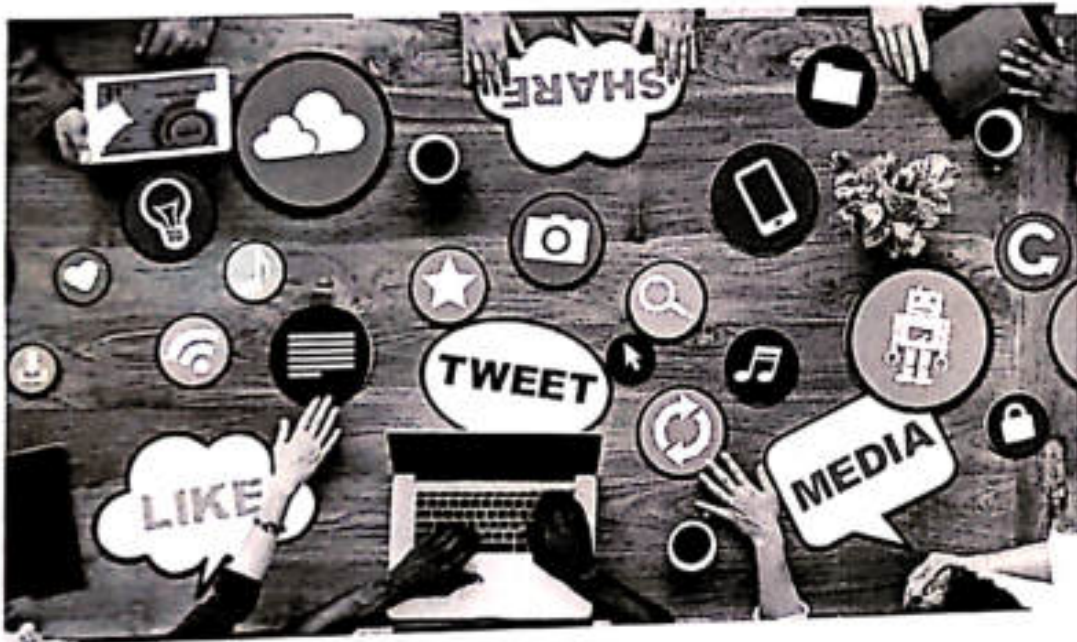


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SOCIAL MEDIA COMMUNICATION



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Placement : Fourth Year BSc Nursing

Title : Social Media Communication

Course Code : KMCT VAC 012

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Communication refers to giving and receiving information in a very professional manner without hurting the feelings of the receiver. In a social media communication, the nurse uses personal attributes and clinical techniques while working with the client to bring about insight and behavioral change. To have an effective social media communication, the nurse must consider privacy and respect of boundaries, use of touch and active listening and observation. It means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of IV Year BSc Nursing Students.



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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss communication	Communication: An introduction <ul style="list-style-type: none"> • Definition, Nature and scope of communication • essentials of effective communication • Process of communication • types of communication 	Lecture cum discussion
2	Describe an effectiveness of English communication	Communication in English <ul style="list-style-type: none"> • Age of globalization and the need for communicating in English • Uses of English in academics and non-academic situation in India. 	Lecture cum discussion
3	explain the importance of listening skills	Listening skills <ul style="list-style-type: none"> • Purpose of listening • Benefits of effective listening • Academic listening 	Lecture cum discussion Demonstration
4	Demonstrate the importance of oral communication skills	Oral communication skills <ul style="list-style-type: none"> • spelling and pronunciation • requesting and responding to request • asking questions and responding politely • apologizing and forgiving 	Lecture cum demonstration



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METHODS OF TEACHING

The core module for social media communication include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Mary.C. Townsend (2013). Essentials of Psychiatric Mental Nursing. Sixth Edition. Philadelphia. F.A. Davis Company.
2. Kaplan and Sadock's , (2012) Comprehensive text book of psychiatry. 9th Edition, Lippincott Williams and willkins
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5. Potter and Perry ,Text book of Fundamental of nursing, Communication, 7th edition, (P.P340-355), jaypee publication



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TEAM WORK



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SYLLABUS TEAM WORK



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : First Year BSc Nursing

Title : Team work

Course Code : KMCT VAC 013

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Nursing is a career which needs a lot of team work from the workplace either in the clinics or in the college sector. the expectations of the patients, seniors , juniors, students, parents , college and the hospital need to be met equally at the same time. therefore, Team work is essential to wellness of the nurses in both the fields . Contemporary life's job, personal, and societal responsibilities frequently cause stress. Amid the chaos of daily life, it's crucial to find effective ways to combat stress and maintain a balanced and healthy life. Managing these pressures isn't just convenient; it's necessary. leadership skill also known as power skills, common skills or core skills are skills applicable to all profession. Team work is essential to overall wellbeing. Team work provide customized solutions, coping mechanisms, and assistance to help people manage stress. As nursing is a profession with care, empathy, leadership, advocacy, motivators and understanding. team work skills are important job related skills that involve little or no interaction on the job is quite generalized. In this session, we train the Ist Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of Ist Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to work under pressure without any stress and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.

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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain about team work	Introduction to team work <ul style="list-style-type: none">• what is team work• types of team work• hierarchy of needs.	Lecture cum discussion
2	To understand teamwork	Team work <ul style="list-style-type: none">• benefits of team work• developing your team resources• designing your team• the psychology of team building	Lecture cum discussion
3	To develop team development	Teams development <ul style="list-style-type: none">• remote working• unique challenges	Lecture cum discussion Demonstration

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METHODS OF TEACHING

The core module to team work include Classroom teaching, discussion, group activity, role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paras medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
4. Dr. P Suresh, Soft skills: An introduction, first edition .



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RELAXATION EXERCISE

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SYLLABUS

RELAXATION EXERCISE



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

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Placement : Second Year BSc Nursing

Title : Relaxation exercise

Course Code : KMCT VAC 014

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Relaxation exercise, a revered practice with origins stretching back millennia, serves as a gateway to profound awareness, enriched introspection, and unparalleled relaxation. While historically linked with spiritual pursuits, this disciplined focus on diverse elements—whether an object, sound, movement, or merely the essence of attention—transcends religious bounds. Its universal appeal emerges from its intrinsic ability to foster a deeper connection with the self and the present moment.

This course, relaxation exercise, develops deep into the multifaceted realm of meditation, offering participants an enriching exploration of various meditation techniques. From the classic sitting posture to the dynamic realm of yoga, the aim is to immerse the student into the very heart of these practices. Fundamental to this journey is the cultivation of acute awareness—of one's thoughts, environment, bodily movements, and crucially, the rhythm of one's breath. In this session, we train the II Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude and maintain good postures for their physical health as well towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of II Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to identify situations and make necessary situations to deviate the stress and manage them in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To dive into the foundational concepts of relaxation	What and why of relaxation exercises? <ul style="list-style-type: none">• understand its origins, core principles and relevance in today's world• explore the manifold benefits and physiological.	Lecture cum discussion
2	To understand the criteria for meditation for meditation	Criteria for relaxation exercises <ul style="list-style-type: none">• proper physical space for meditation• proper meditation postures	Lecture cum discussion
3	To demonstrate relaxation techniques	Benefits of relaxation exercises <ul style="list-style-type: none">• health benefits• Mindfulness• Stress reduction• emotional regulation• cognitive enhancement	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for relaxation exercise is to include Classroom teaching, discussion, group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. BKS Iyengar, :“light on Yoga: the Bible of Modern Yoga”
2. TKV Desi kanchar, “the heart of yoga: developing a personal practice”revised edition.
3. Leslis Kaminoff and amy Matthews, “Yoga Anatomy” third edition
4. Thich Nhat Hanh, “the miracle of indfullness: an introduction to the practice of medication



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INTERVIEW ETIQUETTES

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INTERVIEW ETIQUETTES



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CONTENT

SI No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

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Placement : Third Year BSc Nursing

Title : Interview Etiquettes

Course Code : KMCT VAC 015

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Interview etiquettes means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Having Interview etiquettes like dressing properly, be respectful to coworkers, greet everyone, arrive on time, be punctual, keep the workplace clean and many others to keep our workplace environment a better place to live. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. meeting etiquettes is a socially-accepted code governing ethical behaviour in regard to professional practice and presentation.. But professional interview etiquette has a much important as the above qualities. As nursing is a profession with care, empathy, leadership, advocacy, motivators and understanding. Common sense and professionalism can help build good relations and enhance the establishment.. In this session, we train the III Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.

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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss the meeting problems and challenges	Interview etiquettes <ul style="list-style-type: none">• Definition and characteristics of interview etiquettes• Challenges of meeting• Professional conduct• Professional boundaries	Lecture cum discussion
2	Discuss the interview etiquettes	Interview values <ul style="list-style-type: none">• Value; and its clarification• Professional values in Nursing	Lecture cum discussion
3	Define the key highlights	Key Highlights <ul style="list-style-type: none">• Advanced communication techniques• dress for success• social engagements• cultural sensitivity and international etiquettes	Lecture cum discussion Demonstration

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METHODS OF TEACHING

The core module for meeting etiquettes include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Ann Zwemer. Professional Adjustments and Ethics for Nurses in India, Ecumenical Book Services, Chennai
2. Carvalho S. Reeves, M Orford J. Fundamental Aspects of Legal, Ethical and Professional Issues in Nursing, United Kingdom: Quay.
3. Herman Wheeler Law, Ethics and Professional Issues for Nursing - A Reflective and Portfolio-Building Approach, Routledge Taylor and Francis group, London.
4. Joyce Beebe Thompson, Professional Ethics in Nursing, R.E. Krieger Publishing Company.
5. I Clement. Professional Trends and Adjustments in Nursing, Jaypee Publishers Medical Publishers, New Delhi.
6. Janie B. Butts, Karen L. Rich. Nursing Ethics- Across the curriculum and in to Practice, Jones & Bartlett Learning. United States.



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MASS COMMUNICATION

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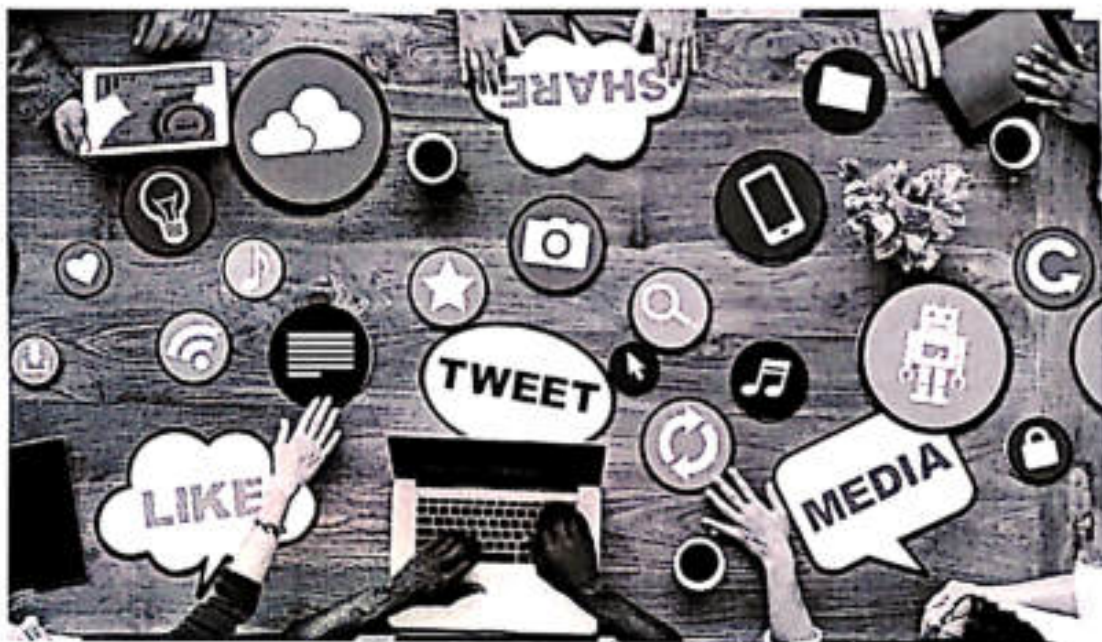


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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6

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Placement : Fourth Year BSc Nursing

Title : Mass Communication

Course Code : KMCT VAC 016

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Communication refers to giving and receiving information in a very professional manner without hurting the feelings of the receiver. In a mass communication, the nurse uses personal attributes and clinical techniques while working with the client to bring about insight and behavioral change. To have an effective mass communication, the nurse must consider privacy and respect of boundaries, use of touch and active listening and observation. It means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over the days and will be organized as part of training programme of IV Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss communication	Communication: An introduction <ul style="list-style-type: none">• Definition, Nature and scope of communication• essentials of effective communication• Process of communication• types of communication	Lecture cum discussion
2	Describe an effectiveness of mass communication in English	Communication in English <ul style="list-style-type: none">• Age of globalization and the need for communicating in English• Uses of English in academics and non-academic situation in India.	Lecture cum discussion
3	explain the importance of listening skills	Listening skills in communication <ul style="list-style-type: none">• Purpose of listening• Benefits of effective listening• Academic listening	Lecture cum discussion Demonstration
4	Demonstrate the importance of mass communication skills	Mass communication skills <ul style="list-style-type: none">• spelling and pronunciation• requesting and responding to request• asking questions and responding politely• apologizing and forgiving	Lecture cum demonstration



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METHODS OF TEACHING

The core module for mass communication include Classroom teaching, discussion, and mostly by group activity . All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Mary.C. Townsend (2013). Essentials of Psychiatric Mental Nursing. Sixth Edition. Philadelphia. F.A. Davis Company.
2. Kaplan and Sadock's , (2012) Comprehensive text book of psychiatry. 9th Edition, Lippincott Williams and willkins
3. Neeraja K.P,(2008),Essential of mental health and psychiatric nursing, Therapeutic communication, first edition volume one, (P.P 196-220) jaypee publication.
4. R Sreevani,a guide to mental health nursing,4th edition,[p.p104-116]jaypee publication
5. Potter and Perry ,Text book of Fundamental of nursing, Communication, 7th edition, (P.P340-355), jaypee publication



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CRITICAL THINKING

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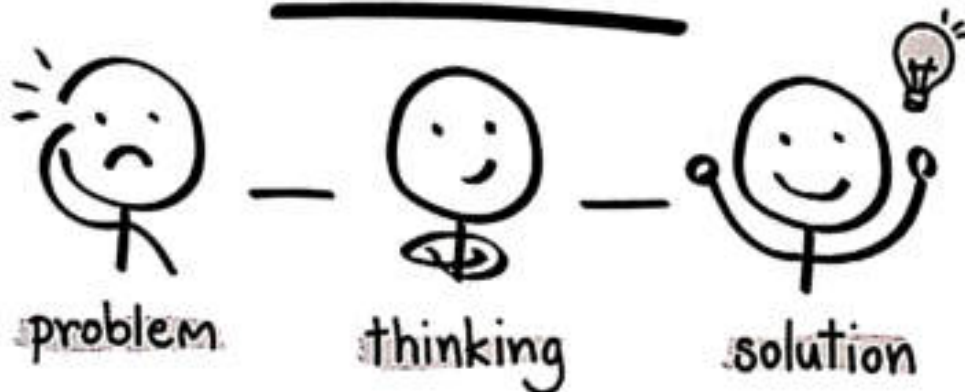
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CRITICAL THINKING

CRITICAL THINKING



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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : First Year PBBSc Nursing

Title : Critical thinking

Course Code : KMCT VAC 019

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Nursing is a career which needs a lot of critical thinking from the workplace either in the clinics or in the college sector. The expectations of the patients, seniors , juniors, students, parents , college and the hospital need to be met equally at the same time. therefore, critical thinking is essential to wellness of the nurses in both the fields . Contemporary life's job, personal, and societal responsibilities frequently cause stress. Amid the chaos of daily life, it's crucial to find effective ways to combat stress and maintain a balanced and healthy life. Managing these pressures isn't just convenient; it's necessary. critical thinking also known as power skills, common skills or core skills are skills applicable to all profession. critical thinking is essential to overall wellbeing. critical thinking provide customized solutions, coping mechanisms, and assistance to help people manage stress. As nursing is a profession with care, empathy, leadership, advocacy, motivators and understanding. critical thinking skills are important job related skills that involve little or no interaction on the job is quite generalized. In this session, we train the 1st Year PBBSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of 1st Year PBBSc Nursing Students



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses critically think without any stress and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To enable students / learners to understand the logical connections between ideas	Critical Thinking <ul style="list-style-type: none">• Importance and process• Barriers to critical thinking	Lecture cum discussion
2	To help them to identify, construct and evaluate arguments	Argument <ul style="list-style-type: none">• Difference between an argument and an opinion• Types of arguments• Valid patterns in arguments	Lecture cum discussion
3	To help them to identify, construct and evaluate arguments	Developing critical thinking skills in the areas of <ul style="list-style-type: none">• reading,• writing• speaking• listening	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module to critical thinking include Classroom teaching, discussion, group activity, role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paras medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
4. Dr. P Suresh, Soft skills: An introduction, first edition .

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CV PREPARATION

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CONTENT

Sl No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation , Credentialing	6
5	References	6



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Placement : Fourth Year BSc Nursing

Title : CV Preparation

Course Code : KMCT VAC 017

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. CV Preparation should also as power skills, common skills or core skills are skills applicable to all profession. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. CV Preparation are important job related skills that involve little or no interaction on the job is quite generalized. The development of soft skills is much more difficult than the development of hard skills because it requires actively interacting with others on an ongoing basis and being willing to accept behavioral feedback. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of IV Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have good skills in preparing CV and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of communication skills	An Introduction to CV <ul style="list-style-type: none">• Purpose and pivotal role• Types of CV	Lecture cum discussion
2	To demonstrate writing CV	Write CV <ul style="list-style-type: none">• Accumulating the right information• ensuring a blend of visual appeal and content clarity• professional objective and education section.• Skill Section• honors and awards• activities and interests• activities and interests• additional qualification, certification or experiences	Lecture cum discussion
3	To develop teamwork	Bolstering the CV <ul style="list-style-type: none">• polishing the CV• Cover letter	Lecture cum discussion Demonstration
4	To understand how to prepare for an interview	Interview preparation <ul style="list-style-type: none">• Do's and Don't's• Dress code• Mock interview	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for CV preparation include Classroom teaching, discussion, group activity. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
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PROJECT MANAGEMENT SKILLS



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PROJECT MANAGEMENT SKILLS



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CONTENT

Sl.No	Content	Page No.
1	Course Description	3
2	Aims and Objectives	4
3	Courses Outline	5
4	Methods of Teaching and evaluation . Credentialing	6
5	References	6

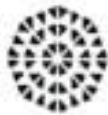


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Placement : Fourth Year BSc Nursing

Title : Project management Skills

Course Code : KMCT VAC 025

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Project manageemtnSkill should also as power skills, common skills or core skills are skills applicable to all profession. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. management skills are important job related skills that involve little or no interaction on the job is quite generalized. The development of project management skills is much more difficult than the development of hard skills because it requires actively interacting with others on an ongoing basis and being willing to accept behavioral feedback. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of IV Year BSc Nursing Students.



M. S. S. S.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have good project management skills and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



M. K. K.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have good project management skills and to give adequate care in their professional, social and personal life.

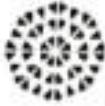
OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



Malini



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of communication skills	An Introduction to Project <ul style="list-style-type: none">• definition and no change mode• Types of projects	Lecture cum discussion
2	To demonstrate project management skills	Project management <ul style="list-style-type: none">• project management• project groups• project consultancy• obstacles in project management• benefits of project management skills	Lecture cum discussion
3	To develop project manager	project manager <ul style="list-style-type: none">• Roles and responsibility•	Lecture cum discussion Demonstration



Alalal!

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METHODS OF TEACHING

The core module for project management skill include Classroom teaching, discussion, group activity. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paros medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
4. Dr. P Suresh, Soft skills :An introduction, first edition .



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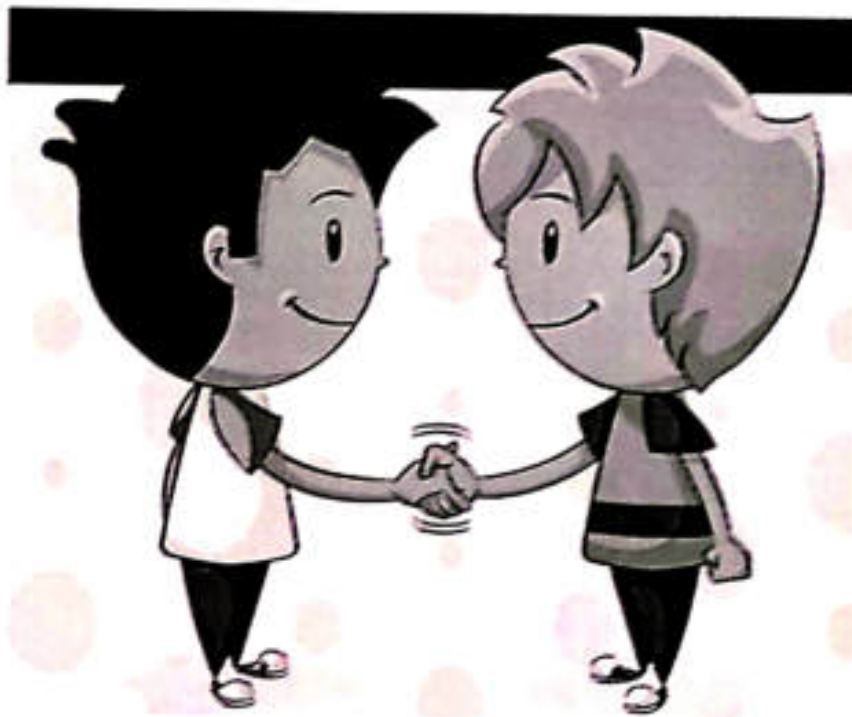


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SYLLABUS

GOOD MANNERS



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CONTENT

Sl No	Content	Page No.
1	Course Description	5
2	Aims and Objectives	6
3	Courses Outline	7
4	Methods of Teaching and evaluation , Credentialing	8
5	References	9



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Placement : First Year BSc Nursing

Title : Good manners

Course Code : KMCT VAC 018

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Good manners also known as power skills, common skills or core skills are skills applicable to all profession. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Good Manners are important job related skills that involve little or no interaction on the job is quite generalized. The development of soft skills is much more difficult than the development of hard skills because it requires actively interacting with others on an ongoing basis and being willing to accept behavioural feedback. In this session, we train the 1st Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of 1st Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have good manners and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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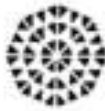
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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of good manners	Good manners : the basics <ul style="list-style-type: none">• Verbal communications• Non Verbal Communication	Lecture cum discussion
2	To demonstrate good manners	Self management <ul style="list-style-type: none">• Self evaluation(strength and weakness)• Listening skills (interpersonal)• Positive attitude	Lecture cum discussion
3	To develop good manners	Good manners <ul style="list-style-type: none">• Conflict management and problem solving skills• Flexibility- accessibility	Lecture cum discussion Demonstration
4	To inculcate good manners	Interpersonal skills <ul style="list-style-type: none">• Trust model• Personality preference• Assertiveness	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for Good manners include Classroom teaching, discussion, group activity , role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunningham, " Nursing skills and professional and practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paras medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
4. Dr. P Suresh, Soft skills :An introduction, first edition .



Alalal



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SELF MOTIVATION



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SELF MOTIVATION



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CONTENT

Sl No	Content	Page No.
1	Course Description	5
2	Aims and Objectives	6
3	Courses Outline	7
4	Methods of Teaching and evaluation , Credentialing	8
5	References	9



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Placement : second Year BSc Nursing

Title : Self Motivation

Course Code : KMCT VAC 021

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. self motivation also known as power skills, common skills or core skills are skills applicable to all profession. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. self motivation is important job related skills that involve little or no interaction on the job is quite generalized. The development of self motivation is much more difficult than the development of hard skills because it requires actively interacting with others on an ongoing basis and being willing to accept behavioural feedback. In this session, we train the II Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over some days and will be organized as part of training programme of II Year BSc Nursing Students.

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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have soft skills and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.

Alathur
Prof. Mageswari R
Principal
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Manassery Kozhikode 673602





COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of communication skills	Communication skills : the basics 3. Verbal communications → English grammar → Oral communication 4. Non verbal communication → Body language → Sign language	Lecture cum discussion
2	To demonstrate self management	Self management <ul style="list-style-type: none">• Self evaluation(strength and weakness)• Self (awareness, confidence, discipline)• Goal setting• Time management• Patience• Anger management• Stress management• Independency• Listening skills (interpersonal)• Positive attitude	Lecture cum discussion
3	To develop teamwork	Teamwork <ul style="list-style-type: none">• Hierarchy (structure of organization)• Knowing roles and responsibilities• Respecting other views• Conflict management and problem solving skills• Flexibility- accessibility	Lecture cum discussion Demonstration
4	To inculcate interpersonal skills	Interpersonal skills <ul style="list-style-type: none">• Trust model• Personality preference• Assertiveness	Lecture cum discussion Demonstration



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5	To explain the workplace readiness	Work place readiness <ul style="list-style-type: none">• Work place ethics (Do's and Don't's)• Dress code• HR rules• Healthy work environment• Corporate jargons• Basic Skills<ul style="list-style-type: none">→ Email etiquette→ Phone etiquette→ Presentation skills→ Frequent domain knowledge upgradation• Financial planning	Lecture cum discussion Demonstration
6	To understand how to prepare for an interview	Interview preparation <ul style="list-style-type: none">• Do's and Don't's• Dress code• Resume Preparation• Mock interview	Lecture cum discussion Demonstration

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METHODS OF TEACHING

The core module for soft skill include Classroom teaching, discussion, group activity ,
role play. All the essential skills will be demonstrated to the students and practice
sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured
questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the
assessment will be awarded with one Credit.

REFERENCES

1. Tina Moore and Sheila Cunnigham, " Nursing skills and professional and
practice contexts : skills in nursing practice
2. Sajid Merchant, soft skills for nurses, paras medical books
3. Elizabeth Mason-Whitehead, study skills for Nurses, second edition
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SOFT SKILL

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SOFT SKILL



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CONTENT

Sl No	Content	Page No.
1	Course Description	5
2	Aims and Objectives	6
3	Courses Outline	7
4	Methods of Teaching and evaluation , Credentialing	8
5	References	9



R. Lakshmi
Prof. Mageswan R
Principal
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Placement : First Year BSc Nursing

Title : Soft skill

Course Code : KMCT VAC 001

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Soft skills also known as power skills, common skills or core skills are skills applicable to all profession. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Soft skills are important job related skills that involve little or no interaction on the job is quite generalized. The development of soft skills is much more difficult than the development of hard skills because it requires actively interacting with others on an ongoing basis and being willing to accept behavioural feedback. In this session, we train the 1st Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over 3 days and will be organized as part of training programme of 1st Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to have soft skills and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.

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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of communication skills	Communication skills : the basics 1. Verbal communications → English grammar → Oral communication 2. Non verbal communication → Body language → Sign language	Lecture cum discussion
2	To demonstrate self management	Self management • Self evaluation(strength and weakness) • Self (awareness, confidence, discipline) • Goal setting • Time management • Patience • Anger management • Stress management • Independency • Listening skills (interpersonal) • Positive attitude	Lecture cum discussion
3	To develop teamwork	Teamwork • Hierarchy (structure of organization) • Knowing roles and responsibilities • Respecting other views • Conflict management and problem solving skills • Flexibility- accessibility	Lecture cum discussion Demonstration
4	To inculcate interpersonal skills	Interpersonal skills • Trust model • Personality preference • Assertiveness	Lecture cum discussion Demonstration





5	To explain the workplace readiness	Work place readiness <ul style="list-style-type: none">• Work place ethics (Do's and Don't's)• Dress code• HR rules• Healthy work environment• Corporate jargons• Basic Skills<ul style="list-style-type: none">→ Email etiquette→ Phone etiquette→ Presentation skills→ Frequent domain knowledge upgradation• Financial planning	Lecture cum discussion Demonstration
6	To understand how to prepare for an interview	Interview preparation <ul style="list-style-type: none">• Do's and Don't's• Dress code• Resume Preparation• Mock interview	Lecture cum discussion Demonstration

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METHODS OF TEACHING

The core module for soft skill include Classroom teaching, discussion, group activity, role play. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.



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YOGA



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CONTENT

SI No	Content	Page No.
1	Course Description	5
2	Aims and Objectives	6
3	Courses Outline	7
4	Methods of Teaching and evaluation , Credentialing	8
5	References	9



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Placement : Second Year BSc Nursing

Title : Yoga

Course Code : KMCT VAC 002

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Yoga ia an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. Yoga can also help build strength. Certain positions and poses where a person must hold up part of their body weight will challenge a muscle and make it stronger. It can also help with specific measures of health, like eating habits, weight loss and weight loss maintenance and cardiovascular health.there are many different yoga styles, rabging rom gentle practices to physically demanding ones. . In this session, we train the II Year BSc Nursing students to remain competitive, workers will need to acquire new skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over 2 days and will be organized as part of training programme of II Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to identify situations and make necessary situations to deviate the stress and manage them in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	To explain the importance of communication skills	Yoga and Health <ul style="list-style-type: none"> • Definition and importance of health according to WHO • Role of yoga in preventive health care – yoga as a way of life • Yogic principles of healthy living; Ahara, Vihara, Achara and Vichara 	Lecture cum discussion
2	To demonstrate self management	Therapeutic Yoga <ul style="list-style-type: none"> • Yogic practice: Management of the diseases through suitable yogic practices- yogic diet, yama and niyama • Meditation : changes in lifestyle according to yogic scriptures 	Lecture cum discussion
3	To develop teamwork	Application of Yoga <ul style="list-style-type: none"> • Yoga in education : salient features of yoga education, • factors of yoga education: teacher, student and teaching , value based education • yoga classroom : essential features, area, sitting arrangement in yoga class • students approach to teacher 	Lecture cum discussion Demonstration
4	To inculcate interpersonal skills	Practical Yoga <p>Yogic practices, shatkarma, asana, pranayama, mudra, bandha, Dhyana, Surya namaskara (techniques, salient features, benefits)</p>	Lecture cum discussion Demonstration





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		<ul style="list-style-type: none">• Yogic postures<ul style="list-style-type: none">→ Suryanamaskar→ Asanas→ Sitting posture→ Prone posture→ Supine postures→ Balancing postures→ Pranayama	
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Alakesh
Prof. Manojkumar R
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METHODS OF TEACHING

The core module for Yoga include Classroom teaching, discussion, group activity .
All the essential skills will be demonstrated to the students and practice sessions will
be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured
questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the
assessment will be awarded with one Credit.

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REFERENCES

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PROFESSIONAL ETTIQUES



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SYLLABUS

PROFESSIONAL ETTIQUES



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CONTENT

Sl No	Content	Page No.
1	Course Description	5
2	Aims and Objectives	6
3	Courses Outline	7
4	Methods of Teaching and evaluation , Credentialing	8
5	References	9



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Placement : Third Year BSc Nursing

Title : Professional Ettiques

Course Code : KMCT VAC 003

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Professional Ettiques means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. Professional Ettiques is a socially-accepted code governing ethical behaviour in regard to professional practice and presentation. Leadership management skills are important in a nurse career. But professional etiquette has a much important as the above qualities. As nursing is a profession with care, empathy, leadership , advocacy, motivators and understanding. Good etiquette certainly leads to good relationships. Kindness. Common sense and professional etiquette can help build good relations and enhance the establishment.. In this session, we train the III Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over 2 days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in their professional, social and personal life.

OBJECTIVES

This programme is intended to :

- Create and deliver presentations that will leave a lasting impact on your audience
- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss nursing as a profession	Professionalism <ul style="list-style-type: none">• Definition and characteristics of professionalism• Challenges of professionalism• Professional conduct• Professional boundaries	Lecture cum discussion
2	Discuss the importance of professional values	Professional values <ul style="list-style-type: none">• Value: and its clarification• Professional values in Nursing	Lecture cum discussion
3	Define and explain ethical principles	Ethics & Bioethics <ul style="list-style-type: none">• Ethical issues and ethical dilemma : common ethical problems• Beginning of life issue• End of life issues• Issues related to psychiatric care• Process of ethical decision making.• Ethical committee: roles and responsibilities	Lecture cum discussion Demonstration



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METHODS OF TEACHING

The core module for professional etiquettes include Classroom teaching, discussion, and mostly by group activity. All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

Students who take up the entire contact hours and acquiring 50% marks in the assessment will be awarded with one Credit.



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**INTERPERSONAL
COMMUNICATION
AND
THERAPEUTIC
NURSE PATIENT RELATIONSHIP**



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SYLLABUS

INTERPERSONAL COMMUNICATION AND THERAPEUTIC NURSE PATIENT RELATIONSHIP



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Sl No	Content	Page No.
1	Course Description	5
2	Aims and Objectives	6
3	Courses Outline	7
4	Methods of Teaching and evaluation , Credentialing	8
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Placement : Fourth Year BSc Nursing

**Title : Interpersonal Communication And Therapeutic Nurse Patient
Relationship**

Course Code : KMCT VAC 004

COURSE DESCRIPTION :

Nursing has had a significant effect on peoples lives. Interpersonal communication and Therapeutic Nurse Patient relationship refers to giving and receiving information in a very professional manner without hurting the feelings of the receiver. In a therapeutic relationship, the nurse uses personal attributes and clinical techniques while working with the client to bring about insight and behavioral change. To have an effective therapeutic communication, the nurse must consider privacy and respect of boundaries, use of touch and active listening and observation. It means the rules and conventions governing correct or polite behaviour in a specific professional group or situation. Giving respect and paying courtesy to older peoples or ones superior rank, greeting the seniors, coworkers and patients with appropriate words and as per the time of the day. In this session, we train the IV Year BSc Nursing students to remain competitive, workers will need to acquire new professional skills continually, which requires flexibility, a positive attitude towards lifelong learning and curiosity.

The course is scheduled over 2 days and will be organized as part of training programme of III Year BSc Nursing Students.



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AIMS AND OBJECTIVES

AIMS

The aim of this programme is to guide student nurses to equip with professional qualities situations and to give adequate care in there professional, social and personal life.

OBJECTIVES

This programme is intended to :

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- Communicate with your peers in a way that builds your personal reputation and increases your eminence.
- Demonstrate active listening skills and questioning styles to explore issues, enhance understanding and resolve problems.
- Complete work in an agile and effective manner that will ensure satisfaction and contribute to your career growth.



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COURSE OUTLINE:

Sl No.	Learning Objectives	Content	Teaching learning activity
1	Discuss nursing as a profession	Professionalism <ul style="list-style-type: none">• Definition and characteristics of professionalism• Challenges of professionalism• Professional conduct• Professional boundaries	Lecture cum discussion
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METHODS OF TEACHING

The core module for interpersonal communication and therapeutic nurse patient relationship include Classroom teaching, discussion, and mostly by group activity .

- All the essential skills will be demonstrated to the students and practice sessions will be arranged

METHODS OF EVALUATION

Evaluation will be conducted at the completion of the course using a structured questionnaire containing 50 Objective type questions carrying 50 marks.

CREDENTIALLING

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