



# BISHOP BENZIGER COLLEGE

# OF NURSING

*Accredited by NAAC,*

*Member of United Nations Academic Impact Program*

*Approved Research Centre of Kerala University of Health Sciences*



## 5.1.2 - Report on Capability enhancement



## Capability enhancement and Development scheme

Bishop Benziger College of Nursing has a stellar Career Services department that not only provides exemplary services and prepares students for competitive examination, but also provides sector leadership in employability development through their training Activities such as discussions, blogging, personality development, competency exam training, job posting communication, that provide opportunities for career planning and skill enhancement for sustainable student outcomes, are also arranged. It includes

1. leadership programs :-,leadership training, team work
2. Language and communication skill development
3. Yoga and wellness program
4. Analytical skill development:-(It includes community project activities, quiz self-learning ,radio clubs)
5. Human value development
6. Personality and professional:- (counseling)
7. Employability skill development:- (Bio-data preparation ,personality grooming classes, carrier guidance program)
8. Crisis management :-( Fire and safety, self-defense, disaster management, gender based violence).



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## LEADERSHIP TRAINING PROGRAM

Bishop Benziger college of nursing have various Leadership training programs .They are short-term programs intended to help, refresh and build the student leadership skills in order to increase their leadership capacity .our college have various leadership programs like SNA activities ,college union activities, etc

Key Components of a Leadership Training Program are

- Training on building student leaders
- Organizing various leadership program
- Improving soft skills. ...
- Time management training. ...
- Learning to delegate effectively. ...
- The art of giving and receiving feedback. ...
- Follow-up and/or coaching.
- Nurture future leaders. ...
- Increase employee engagement. ...
- Implement an effective leadership style. ...
- Make better decisions



  
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## TEAM WORK

Leadership and teamwork have a direct impact on the ability for an organization to carry out its mission. It motivates team members to use their talents. Teamwork teaches essential communication and social skills, such as active listening and effective speaking. Teamwork teaches students how to respectfully and confidently express their ideas and opinions effectively in a group setting. It's important for students to recognize that speaking is not the same as talking. Bishop Benziger College of nursing encouraging our students actively for doing such team works through NSS activities, Swahraya radio project, organizing exhibition, college union (election works), organizing workshops, camp and conducting radio clubs etc.



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## Language and communication skills development

Communication and language development is about more than talking. It means all the different ways a student understands and communicates, only part of which are spoken words. Communication and language development is important, because speaking is an indicator of fine motor skill development and a reflection of cognitive development. Reading is one of the best ways to encourage communication and language development. Bishop Benziger College is promoting the students language and communication skill during their 1<sup>st</sup> year as a foundation class English training is giving for them.



  
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## Yoga and Wellness Program

Wellness simply means blossoming in life in all dimensions - being happy, at ease with you and with those around you. Bishop Benziger college of nursing organized yoga training program for our students, and also we are organizing yoga day activities with the help of our students. The Wellness Program is a perfect balance of Yoga, and Knowledge. Yoga is designed to take the students through various effective and practical wellness, practices that invite health, wealth and happiness into their life.

Nursing students have more stress and anxiety than other students especially more in female students so, there is a need for physical activity and stress management in nursing students to maintain their health .Nursing students have reported poor to moderate levels of physical fitness and this needs to be addressed through appropriate intervention. Yoga is an effective practice to reduce stress and improve psychological well-being. Every year we are organizing yoga day programs and practices to enrich them. And also they are participating in yoga training program under National Service scheme



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## Analytical skill development

Many students are keen to develop their analytical skills, they often struggle to develop, demonstrate and use these skills in workplace situations. It is an ability to take big pieces of information, or the “big picture” of a situation, and deconstruct them to identify the details, as well as the systematic trends or links, which bring them together. Every year our students are getting chances to work on practical policy-related in-class projects jointly with their peers. Good analytical work requires students to follow some protocol, procedures and a well-established plan, and that is especially important in the era of information revolution, as we have sometimes too much information on important topics. We always advise our students that the first rule is to start with the basics and foundations and not skip the first step: reading textbooks, articles and other materials in order to come to a common understanding of the general types of analytical skills and analytical tools that we need for our projects. Our students are doing community projects, quiz, and self-learning and radio activities



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## Courses on Human Values and development program

The College has a course on Human Values and development as part of 1st year BSc Nursing degree program to choose better values and make life worth living. Human values have been employed in so distinctively different ways in human discourse. It is often said that a person has a value or an object has a value. Values that may be included in the general definition of human values are love, brotherhood, respect for others including plants and animals honesty, sincerity, truthfulness, non-violence, gratitude, tolerance, a sense of responsibility, cooperation, self-reliance, secularism and internationalism.

### Details of the Courses:

**Vision:-** The Christian service of education as a process of formation for transformation is inspired by a vision of human kind and the rest of the creation and its destiny drawn from the life and teachings of Jesus Christ. The vision gives Christian institutions a recognizable character and sets before their management, staffs, parents and the community high ideas of life and service which will inspire them continuously to strive to meet emerging needs and challenges. Moved by this vision church in India has been active in the field of education serving the nation in the contest of its plurality of religions and diversity of cultures. The Christian college aims at an integral and personalized education of the young. They strive to produce intellectually competent, morally upright, socially committed, spiritually inspired citizens in the service of India and the world of today and tomorrow.

**Mission:** - AIACHE (All India Association for Christian Higher Education) aims at the renewal and growth of member colleges as well as the promotion of the quality, value-orientation and social





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UNITED NATIONS  
academic  
impact

Sharing  
a Culture  
of Intellectual  
Social  
Responsibility

relevance of Indian higher education in general. Over the years AIACHE has become the symbol of the deepening spirit of ecumenism and ONENESS in the MISSION of the churches, the new concept of mission understood as the responsibility to bring about COMMUNION among the people, to work for JUSTICE and PEACE. A priority for AIACHE is collaborative effort, working with the Governmental agencies, people of other faiths and like-minded groups, national and international, with shared values and concerns. The course on Human Values and development includes the following key aspects

1. Values to begin with
2. India and Me
3. Transformation of self
4. Life enrichment skills
5. Dynamics of inter-personal relationships
6. Life Values
7. Sexuality and Gender
8. Marriage and Contentment
9. Societal concerns and challenges
10. Valuable quotes on values



  
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## Employability skill development

Employability skills are very desirable to recruiters because they're valuable in almost every job. They're also much harder to teach than specific technical skills, so a candidate who already has them is very attractive to prospective employers. Students' education and experience may make them eligible to apply for a job but, to be successful in most roles, they will need skills that they are likely to develop over time. Some will be specific to the job, but the vast majority will be so-called 'soft skills' that can be used in any job or employment sectors. These soft skills are 'employability skills' they are what make them employable. As a general rule, employers are willing to teach someone the job-specific skills required, such as how to operate particular equipment's. However, they usually want to see that you already have the other 'soft skills' before hiring, because they are much harder to teach.

Employability skill development includes Good communication, Motivation, and initiatives, Leadership Reliability/dependability, Following instructions, Team work, Patience, Adaptability. So all together we are organizing yearly classes for first year student's orientation program regarding carrier opportunities and placements and also for fourth year students regarding employability skill development programs like Bio data preparation, personality development, and carrier guidance classes for our fourth year students.



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## Crisis management activities

**Fire and Safety and Disaster management training program:** - It focuses on the science of Fire & Firefighting. Our students are getting awareness regarding Fire Safety, Safety Inspection & Management, Risk Assessment, Emergency Planning, Accident Investigation, and Safety precaution. Our college campus is also protected with fire Extinguisher .Every year the fire and safety team visit our campus and arrange a live demonstration about the disaster management to enrich the students regarding safety measures .They are giving chance to mock drill for the students regarding disaster management .

Detail contact:-**IFSM, Kadapakkada, Kollam, Kerala 691008,Phone: 090616 65607**

**Self-defence and gender based violence:** - Kerala Police Department has formulated and implemented a project to provide Self Defence Training to women and young girls in all Districts. This project aims at empowering women through comprehensive awareness and practical training program. This special program for women's self-defence has become extremely popular among the women folk of Kerala. No agency ever in India ventured to impart WSDT hands-on training in such a big scale. The salient features of the project are: Empowering women through comprehensive awareness and practical training program that includes -

- Confidence building tips to transform from a victim nature to smart nature.
- Awareness on Legal aspects of crime against women
- Awareness on Police facilities for ensuring the safety of women
- Simple defence techniques to combat various threat situations like bag snatching, chain snatching, Sexual attacks, eve teasing, bus/ metro threats, lift attack, ATM attack, domestic violence etc.
- Nature of attacks and attackers and how to confront a dangerous situation.
- Awareness on Aspects of women empowerment.

Every year our students are getting opportunity to attend the training program in our campus .They are giving chance to mock drill for the students regarding self-defence.

Contact number of Pink police patrol-Kollam, 04742764579




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## Personality and professional development

The aim of personal and professional development is to help the students to manage their own learning and growth throughout their career. It is important that students continue to learn and develop to keep their skills and knowledge up to date and ensure them to continue the work safely, legally and effectively. We are giving opportunity to attend several programs, in 1<sup>st</sup> year orientation regarding carrier opportunities and various orientation classes were organized. And in 4<sup>th</sup> year they were getting chance to attend the career placement classes like bio data preparation, personality grooming, agency training etc. and opportunity to appear in placement programs

  
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