



BISHOP BENZIGER COLLEGE

OF NURSING

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Approved Research Centre of Kerala University of Health Sciences



**1.3.2 - Brochure and Course Plan :
Value Added Courses on Human Value
Development and Soft Skills**



BISHOP BENZIGER COLLEGE OF NURSING, KOLLAM

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Mental Health Nursing Department

Organizes

Add on Course

On

“SOFT SKILL TRAINING PROGRAMME”

Total hours: 20Hrs



Session Includes:

- I. Professionalism**
- II. Motivation**
- III. Time Management**
- IV. IPR**
- V. LIFE SKILL TRAINING**

BISHOP BENZIGER COLLEGE OF NURSING



VALUE ADDED COURSE ON SOFT SKILL TRAINING PROGRAMME

COURSE CODE: VA02

MENTAL HEALTH NURSING DEPARTMENT



BISHOP BENZIGER COLLEGE OF NURSING

MENTAL HEALTH NURSING

ADD ON COURSE –SOFT SKILL TRAINING PROGRAMME

COURSE PLAN

SUBJECT: Mental Health Nursing

Time: 20 hrs.

Placement: First Year

Course Description:

This course is designed for students to get aware about soft skill development. It helps them to acquire knowledge and develop attitude for soft skill development. It also helps to develop skills needed for soft skill development.

General Objectives:

At the end of the course the students will gain knowledge regarding soft skill and develop positive attitude towards soft skill development.

Specified Objectives:

At the end of the course the student will be able to

- Explain professionalism
- Describe motivation
- Explain time management
- Discuss interpersonal relationship
- Explain life skill training

Unit	Time in hours	Learning objectives	Content teaching	Teaching Learning Activities	Assessment method
I	4	Explain Professionalism	<p>PROFESSIONALISM</p> <p>It encompasses a set of values that are critical to elevating the quality of patient care while improving the methods, standards, and judgments that guide nursing practices every day. In the workplace, nurse professionals should self-reflect on their actions and integrate new, experience-based knowledge into their daily practices.</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p>	<p>Short answers</p> <p>MCQ</p>
II	4	Describe Motivation	<p>MOTIVATION</p> <p>Motivation is the process that initiates, guides, and maintains goal-oriented behaviors. It is what causes you to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge. Motivation involves the biological, emotional, social, and cognitive forces that activate behavior. In everyday usage, the term "motivation" is frequently used to describe why a person does</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p> <p>Charts</p>	<p>Short answers</p> <p>MCQ</p>

			something. It is the driving force behind human actions.		
III	4	Explain time management	<p>TIME MANAGEMENT</p> <p>Using time effectively gives the person "choice" on spending or managing activities at their own time and expediency.^[1] Time management may be aided by a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects, and goals complying with a due date. Initially, time management referred to just business or work activities, but eventually, the term broadened to include personal activities as well. A time management system is a designed combination of processes, tools, techniques, and methods.</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p>	<p>short answers</p> <p>MCQ</p>
IV	4	Discuss interpersonal relationship	<p>INTERPERSONAL RELATIONSHIP</p> <p>A relationship is normally viewed as a connection between individuals. Interpersonal relationships are social associations, connections or affiliations</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p>	<p>short answers</p> <p>MCQ</p>

			between two or more people. Close relationships are sometimes called interpersonal relationships		
V	4	Explain life skill training	LIFE SKILL TRAINING The abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life	Lecture Discussion Explain using slides	Quiz Short answers

References

- Resource book for value education, Institute of Value Education, New Delhi
- Resource book for Basics of gender compiled and edited by Dr.Reny Jacob, Vikasini Centre for women's studies and Development, New Delhi
- Resource book for my rights compiled and edited by Mrs. Rani, St. Ann's college for women, Hyderabad
- Resource book for gender matters compiled and edited by Dr. Florence John, Madras Christian college, Chennai
- Resource book for my right and values compiled and edited by Dr.Reny Jacob, Vikasini Centre for women's studies and Development, New Delhi
- Carson. Robert. C. Butcher. James N. Mineka. Abnormal Psychology. 13th edition. Pearson education. New Delhi



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CERTIFICATE OF COMPLETION

This is to certify that


Mr/Ms...*Amala Rose Kurian*.....

has completed value added course (20hrs) on

“Soft Skill Training Programme”

during the academic year ...*2018 - 2019*.....


Dr. Anoop K R
Principal


Prof. S Anand
Course Co-ordinator



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CERTIFICATE OF COMPLETION

This is to certify that


Mr/~~Ms~~ *Adam Jerry*

has completed value added course (20hrs) on

“Soft Skill Training Programme”

during the academic year *2018 - 2019*


Dr. Anoop K R
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Prof. S Anand
Course Co-ordinator



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CERTIFICATE OF COMPLETION

This is to certify that


Mr/Ms. *Brise Joseph*

has completed value added course (20hrs) on

“Soft Skill Training Programme”

during the academic year ... *2018-2019*


Dr. Anoop K R
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Prof. S Anand
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Mental Health Nursing Department

Organizes

Add on Course

On

“HUMAN VALUES”

Total hours: 20Hrs



Session Includes:

- I. Values - to begin with
- II. India and Me
- III. Transformation of Self
- IV. Life Enrichment Skills
- V. Dynamics of Inter- personal Relationships
- VI. Life Values
- VII. Sexuality and Gender
- VIII. Marriage and Contentment
- IX. Social concerns and Challenges
- X. Valuable Quotes on Values



Dr. ANOOPA. K.R. Ph.D (N)
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BISHOP BENZIGER COLLEGE OF NURSING



VALUE ADDED COURSE ON

HUMAN VALUES DEVELOPMENT PROGRAMME

COURSE CODE: VA01

MENTAL HEALTH NURSING DEPARTMENT

BISHOP BENZIGER COLLEGE OF NURSING

MENTAL HEALTH NURSING

ADD ON COURSE – HUMAN VALUES DEVELOPMENT PROGRAMME

COURSE PLAN

SUBJECT: Mental Health Nursing

Time: 20 hrs.

Placement: First Year

Course Description:

This course is designed for students to get aware about human values development. It helps them to acquire knowledge and develop attitude for human values development. It also helps to develop skills needed for human values development.

General Objectives:

At the end of the course the students will gain knowledge regarding human values and develop positive attitude towards human values development services.

Specified Objectives:

At the end of the course the student will be able to

- Describe values to begin with
- Explain India and Me
- Discuss transformation of self
- Explain life enrichment skills
- Explain life values
- Discuss sexuality and gender
- Explain marriage and contentment
- Discuss social concerns and challenges
- Enlist valuable quotes on values

Unit	Time in hours	Learning objectives	Content teaching	Teaching Learning Activities	Assessment method
I	1	Describe values to begin with	<p>VALUES - TO BEGIN WITH</p> <p>The participation of human being pertaining to behaviour are the nine values in relationship, viz. trust, respect, affection, care, guidance, reverence, glory, gratitude and love.</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p>	<p>Short answers</p> <p>MCQ</p>
II	1	Explain India and Me	<p>INDIA AND ME</p> <p>Human values are the base of the Human beings. As the Children are the future of the Country, the colleges and Institutes are providing value education also. It takes time to know ourselves and penetrate layers of conditioning to arrive at our true selves.</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p> <p>Charts</p>	<p>Short answers</p> <p>MCQ</p>
III	2	Discuss transformation of self	<p>TRANSFORMATION OF SELF</p> <p>A genuine change is something we call Self-Transformation. ... This includes facing and purging anger, fear, hatred, resentment, depression, loneliness, neediness and self-centeredness. Transcendence – Develop inner</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p>	<p>short answers</p> <p>MCQ</p>

			consciousness and the ability to successfully resolve conflicts – to truly rise above it all		
IV	1.5	Explain life enrichment skills	<p>LIFE ENRICHMENT SKILLS</p> <p>Life Skills Enrichment is a day program designed for adults who wish to pursue and build upon activities they find interesting, meaningful, enriching and helpful for everyday living. We offer the following hands-on experiences to enliven the senses, encourage self-esteem, master current skills and learn new ones</p>	<p>Lecture Discussion Explain using slides</p>	<p>short answers MCQ</p>
V	1.5	Describe dynamics of inter personal relationships	<p>DYNAMICS OF INTER- PERSONAL RELATIONSHIPS</p> <p>Interpersonal relationships are dynamic systems that change continuously during their existence. They tend to grow and improve gradually, as people get to know each other and become closer emotionally, or they</p>	<p>Lecture Discussion Case presentation Simulated practice Supervised clinical practice</p>	<p>Quiz Short answers</p>

			gradually deteriorate as people drift apart, move on with their lives and form new relationships with others.		
VI	2	Explain life values	<p>LIFE VALUES</p> <p>Human values are most important in life—so important that people are and should be ready to sacrifice almost anything to live with their values. Honesty, integrity, love, and happiness are some of the end values or destination values that human beings seek to attain, practise and live with. On the other hand, values such as health, money, fame, status, intelligence, and so on are the means values or path values which help achieve the end values</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p> <p>Health talk</p>	<p>Short notes/quiz, MCQ</p>
VII	5	Discuss sexuality and gender	<p>SEXUALITY AND GENDER</p> <p>Sexuality and gender are centrally important forces that shape every aspect of our lives: we know our bodies, minds and selves through our gender and our sex. as a society, legal definitions and social expectations about women and men sex and reproduction organize our medical, legal, educational and political systems</p>	<p>Lecture</p> <p>Discussion</p> <p>Explain using slides</p> <p>Health talk</p>	<p>short answers, MCQ/ quiz</p>

VIII	3	Explain marriage and contentment	<p>MARRIAGE AND CONTENTMENT</p> <p>To be content simply means to be mentally and emotionally satisfied with the way things are. ... Someone who is content is willing to accept the current circumstances with peace of mind. People who are discontent in their marriage usually make themselves and their spouses miserable</p>	<p>Lecture Discussion Explain using slides</p>	<p>Short answers MCQ</p>
IX	1	Discuss social concerns and challenges	<p>SOCIAL CONCERNS AND CHALLENGES</p> <p>The most important concerns are the threat of global nuclear war, ecological imbalance, unsustainable population growth, and a growing developmental gap in the socio-economic conditions among countries intertwined in this unprecedented global economy.</p>	<p>Lecture Discussion Explain using slides</p>	<p>Short answers MCQ</p>

X	2	Enlist valuable quotes on values	VALUABLE QUOTES ON VALUES Explore Human Values Quotes by authors including Narendra Modi, Pope Benedict XVI. It connects people on the strength of human values, not identities of human values, spreading a message of harmony, is the most important thing.	Lecture Discussion Explain using slides and charts	Short answers MCQ
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References

- Resource book for value education, Institute of Value Education, New Delhi
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- Resource book for my rights compiled and edited by Mrs. Rani, St. Ann's college for women, Hyderabad
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CERTIFICATE OF COMPLETION

This is to certify that
Mr/Ms. *Jisha Ashi Rocha*.....

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2015 - 2016*


Prof. Anoop K R
Principal



S. Anand
Prof. S Anand
Course Co-ordinator

Prof. ANOOPA, K.R., M.Sc. (N)
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CERTIFICATE OF COMPLETION

This is to certify that

Mr/Ms. *Emi Edison*.....

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2015-2016*.....


Prof. Anoop K R
Principal



S.A.
Prof. S Anand
Course Co-ordinator

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This is to certify that

Mr/Ms. *Sneha Saju*

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2015 - 2016*


Prof. Anoop K R
Principal




Prof. S Anand
Course Co-ordinator

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This is to certify that

Mr/Ms.....*Varsha Varghese*.....

has completed value added course (20hrs) on **“Human Values”**
during the academic year*2016-2017*.....


Prof. Anoop K R
Principal




Prof. S Anand
Course Co-ordinator

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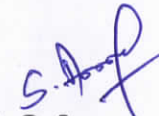
This is to certify that

Mr/Ms... *Reshma Sara Shaji*

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2016 - 2017*


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Prof. S Anand
Course Co-ordinator

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This is to certify that

Mr/Ms. *Ancy B Raju*

has completed value added course (20hrs) on **“Human Values”**
during the academic year ... *2016-2017*


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This is to certify that

Mr/Ms. *Sharan Kurian*.....

has completed value added course (20hrs) on “**Human Values**”
during the academic year*2017-2018*


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This is to certify that

Mr/Ms. *George Varghese*.....

has completed value added course (20hrs) on **“Human Values”**
during the academic year ...*2017-2018*.....


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CERTIFICATE OF COMPLETION

This is to certify that

Mr/Ms... *Alphonsa Tiji*

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2017 - 2018*


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Principal



S Anand
Prof. S Anand
Course Co-ordinator

Dr. ANOOPA. K.R. Ph.D (N)
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CERTIFICATE OF COMPLETION

This is to certify that

Mr/Ms. *Grana B Thomas*

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2018-2019* .


Dr. Anoop K R
Principal




Prof. S Anand
Course Co-ordinator

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CERTIFICATE OF COMPLETION

This is to certify that

Mr/Ms. *Juliya T. Raju*

has completed value added course (20hrs) on **“Human Values”**
during the academic year ...*2018-2019*


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Principal




Prof. S Anand
Course Co-ordinator

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This is to certify that

Mr/Ms. *Adam Jerry*

has completed value added course (20hrs) on **“Human Values”**
during the academic year *2018 - 2019*


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Principal




Prof. S Anand
Course Co-ordinator

Dr. ANOOPA. K.R. Ph.D (N)
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CERTIFICATE OF COMPLETION

This is to certify that

Mr/Ms. *Aksa Mariyam Amil*

has completed value added course (20hrs) on **“Human Values”**
during 2019-2020 academic year with the score of *90%*


Dr. Anoop K R
Principal




Prof. S Anand
Course Co-ordinator

Dr. ANOOPA. K.R. Ph.D (N)
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CERTIFICATE OF COMPLETION

This is to certify that

Mr/Ms. *Aneesa Ashraf*.....

has completed value added course (20hrs) on “**Human Values**”
during 2019-2020 academic year with the score of*90%*.....


Dr. Anoop K R
Principal



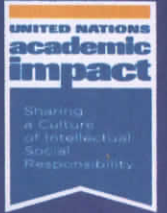
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CERTIFICATE OF COMPLETION


This is to certify that

Mr/Ms. *Merin Mathew*.....

has completed value added course (20hrs) on **“Human Values”**
during 2019-2020 academic year with the score of *95%*.....


Dr. Anoop K R
Principal




Prof. S Anand
Course Co-ordinator

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