

BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY),PUNE
COLLEGE OF NURSING, SANGLI
VALUE ADDED COURSES ON SELF-MANAGEMENT AND
LEADERSHIP FOR STUDENTS

Total Allotted Hours: 30 Hours

Aim of the course-

The course will enable students to develop effective insight into self-management and leadership skills in personal and professional efficiency.

Objectives of the value added course-

The students will be able to

1. Understand the application of administration principles in personal and professional life.
2. Develop good habits
3. Gain clarity about self-motivation and self Confidence
4. Understand the moral values like honesty ,commitment and dedication
5. Plan goals, manage time manage and build confidence
6. Understand and evaluate key theoretical approaches used in the interdisciplinary field of Professionalism
7. Gain knowledge regarding personality development and soft skills.
8. Lead a happy and fulfilling life by using strategies of Emotional intelligence
9. Improve inter personal relationships and maintain a good professional conduct by understanding Values, Ethics and Satisfaction
10. Understand the self-awareness and reflective practice to enhance their personality in professional way.
11. Develop better study habits to improve the academic performance.
12. Evaluate the achievements through introspect and reset goals.
13. Reflect critically about their roles and identities as team member and

improve leadership qualities.

14. Understand the time management in professional career.

15. Deal with the issues and find solutions for discrimination, bullying and prejudice

16. Describe potential sources of stress and strategies for stress management.

**SCHEDULE OF THE VALUE ADDED COURSES ON
SELF-MANAGEMENT AND LEADERSHIP FOR
STUDENTS (UG and PG)**

2020-2021

Total Hours-30

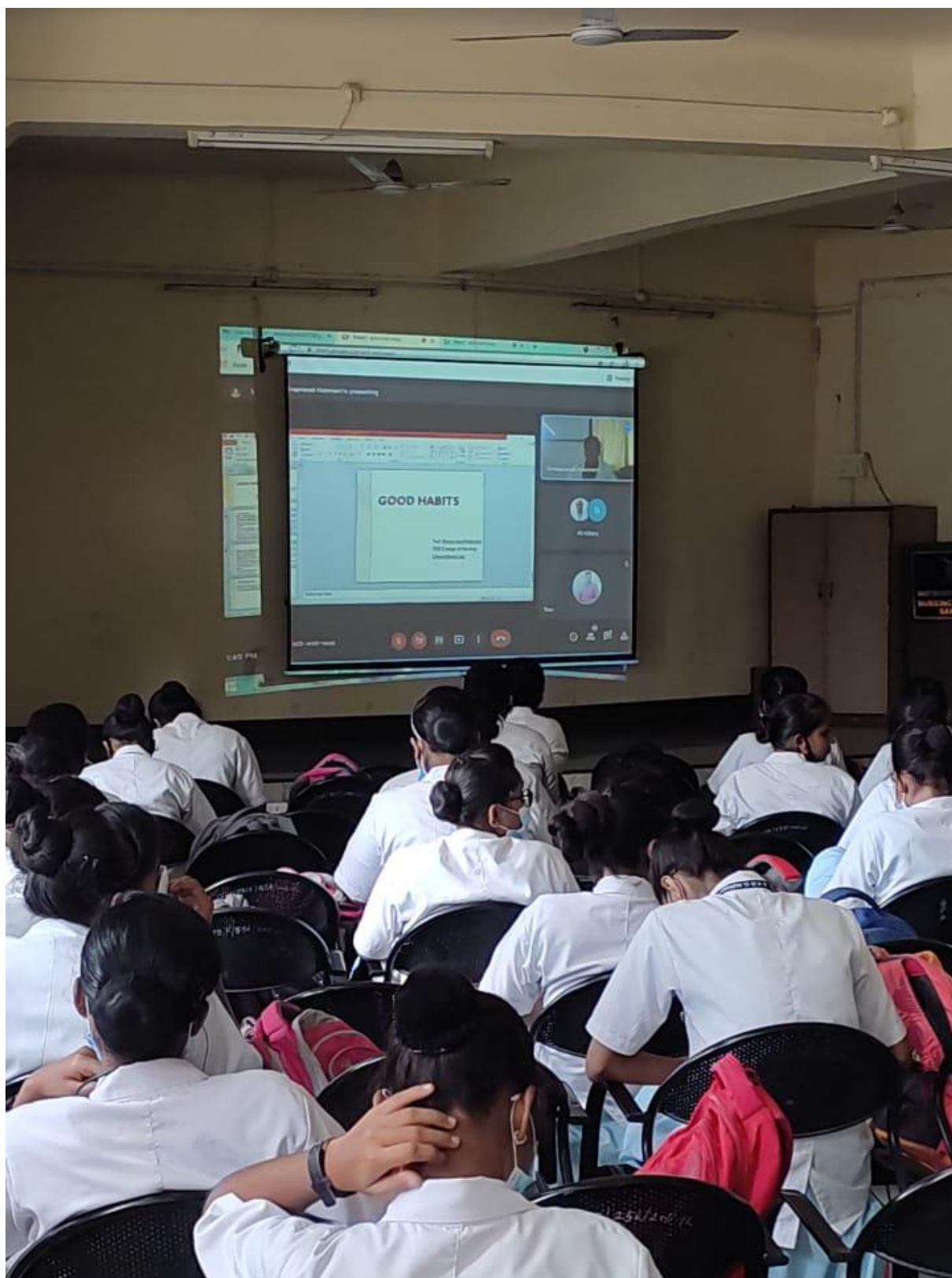
DATE		NAME OF THE TOPIC	GUEST SPEAKER	DURATION	TIME
25/06/21	1	Introductory topic- Application of administration principles in personal and professional life.	Dr.DayanandBelagavi Prof cum Vice Principal V.M PatilCON,Akluj	2 hrs.	10am to 12 N
	2	Good habits	Mr.Shivprasad .H Associate professor MES,CON,Lote,Chiplun	2hr	1pm -3pm
26/06/21	1	Self motivation and self Confidence	MrsSumanPawar Professor Wanless, hospital CON,Miraj	2 hr	9 am – 11am
	2	Moral values - Honesty ,commitment and dedication	Mrs.ManishaBijapurkar Prof.D.Y.PatilCON,Kolhapur.	1hrs	11am – 12N
	3	Goal planning, and Confidence.	Mrs.ShrideviBalachandran Lecturer,ultanQaboosUniversity Muscat,Oman.	1 hr.	12N-1pm
28/6/21	1	Professionalism	Mrs.HildaKadam Asso.Professor Wanlesshospital,CON,Miraj	1hr	9am – 10am
	2	Personality development and soft skills	Dr. Rita Lakhani Principal D.Y.Patil College of Nursing ,Mumbai.	1 hrs.	10 am to 11 am
	3	Emotional intelligence	Mrs.Shalini Joshi Assistant professor ManikakaTopawala Institute of Nursing CHRAUSAT Campus,change.	2hr	11 am – 1pm
	4	Values, Ethics and Satisfaction	Dr. Sonopant Joshi Professor and HOD Community health Symbiosis International University,pune.	1hr.	3pm -4pm

29/6/21	1	Self-awareness and reflective practice	Dr.ShripriyaBalakrishnan Principal SadhuwasvaniCON,Pune.	2hr	9am – 11am
	2	Effective study habits	Dr. Suresh Ray Asso.Professor BVDU,CON,Pune.	2 hr.	11am-1pm
	3	Evaluation of achievements and resetting goals.	Dr. GirishDhumale Professor and HOD community Medicine BVDU Medical college ,Sangli.	1hr.	2 pm to 3pm
	4	Team building and leadership.	Dr. Mrs.SwatiRane Founder CEO Sevashakti healthcare consultancy. Founder Vice President Cinical Nursing Research Society.	1 hrs.	3pm-4pm
30/6/21	1	Time management	Dr.AmarjaS.Nargunde Asso.prof BVDU IMRDA,Sangli	2hr	9 am -11 am
	2	Absence of discrimination ,Bullying and prejudice	Dr.Mr.PrafullChavate Principal ,New Law college ,kolhapur	2hr	11 am -1pm
	3	Stress Management	Dr.Mrs. Nilima Bhore Dean Faculty of Nursing BVDU Pune. and Principal BVDU College of Nursing,sangli	2hr	2pm-4pm

Bharati Vidyapeeth (deemed to be university), College of Nursing, Sangli has organized a value added courses on self-managment and leadership for all the first year BSc, PBBSc, and MSc students 2020-2021 .All together 16 speakers were involved in the Course as a Expert Guest Speakers from various institutions of Nursing and non nursing field .

FyBSc 100 ,FYPBBSc -29 and FyMSc - 13 students were involved in the course and successfully completed the Course .The platform for Course was online Google Meet and the schedule was organized as per the availability of the Guest Speakers from 8am to 5 pm . The organising Faculty was Dr. Mrs.Aparna Kale Asso.professor ,Mr.Basawant Dhudum Assist.Professor,Mr.Bahubali Gedugol Asso.Professor, Mr.PratikAmrao Clinical Instructor and Mr.Nikhil Tasgaonkar Clinical Instructor from BVDUCON, sangli. The Course went very well as per the planned Scheduled .All the students successfully completed the course with Interest and the topics were triggered an upsurge in the spirits of our students. The sparkle of viewpoints and motivating words by Guest speakers helped to fresh up the minds of all the Students. Everybody loved informative sessions with kind and empathetic words. It was very enlightening to the students. The feedback also was taken by the students online after the Course and it is found to be very informative Course for the Course.

Geo-tagged photo gallery-



Unnamed Road, Vijaynagar, Sangli, Maharashtra 416410,
India

Latitude
16.84263443°

Local 01:40:45 PM
GMT 08:10:45 AM

Longitude
74.61850514°

Altitude 492.09 meters
Friday, 25-06-2021

Note : Bharati Vidyapeeth (Deemed to be University) College
of Nursing, Sangli Maharashtra.



Unnamed Road, Vijaynagar, Sangli, Maharashtra 416410,
India

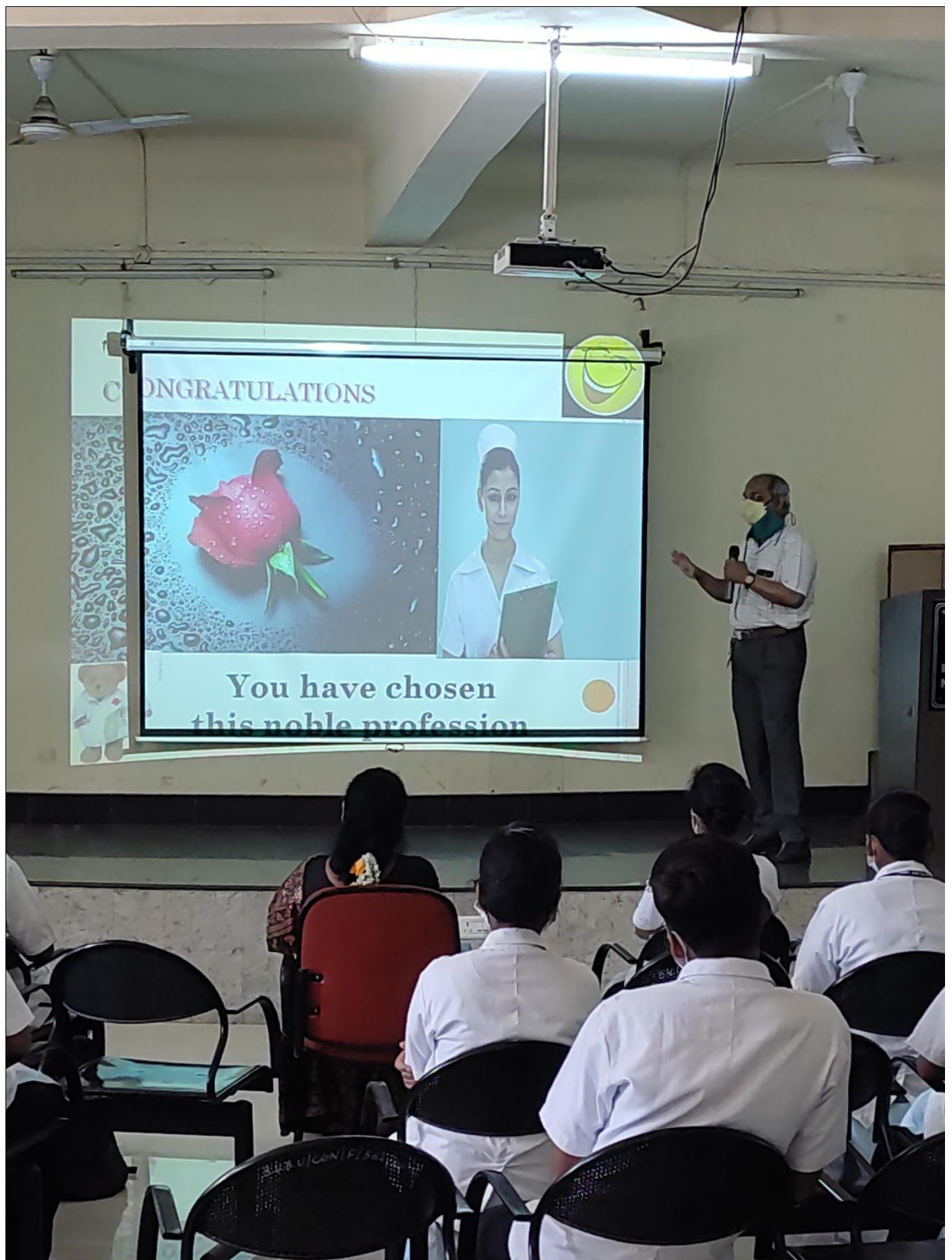
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GMT 07:26:17 AM

Altitude 488.3 meters
Saturday, 26-06-2021

Note : Bharati Vidyapeeth (Deemed to be University) College
of Nursing, Sangli Maharashtra.



Unnamed Road, Vijaynagar, Sangli, Maharashtra 416410,
India

Latitude
16.84257372°

Longitude
74.6186311°


Local 12:29:33 PM
GMT 06:59:33 AM

Altitude 481.55 meters
Tuesday, 29-06-2021


Note : Bharati Vidyapeeth (Deemed to be University) College
of Nursing, Sangli Maharashtra.

Self-Concept: Who are you?

- **Self-concept** refers to your subjective description of who you think you are.



Self-image is your view of yourself in particular situations



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Self-image is your view of yourself in particular situations

[www.itsmash.com](#)

N

Milena Bhowa



50 editors



You

Latitude
16.84261535°

Longitude
74.61847676°

Altitude 476.33 meters
Tuesday, 29-06-2021

Note : Bharati Vidyapeeth (Deemed to be University) College of Nursing, Sangli Maharashtra.

STRESS & STRESSOR

- **Stress** : A person's response to events that are threatening or challenging.
- **Stressor** : A stimulus that causes stress



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India

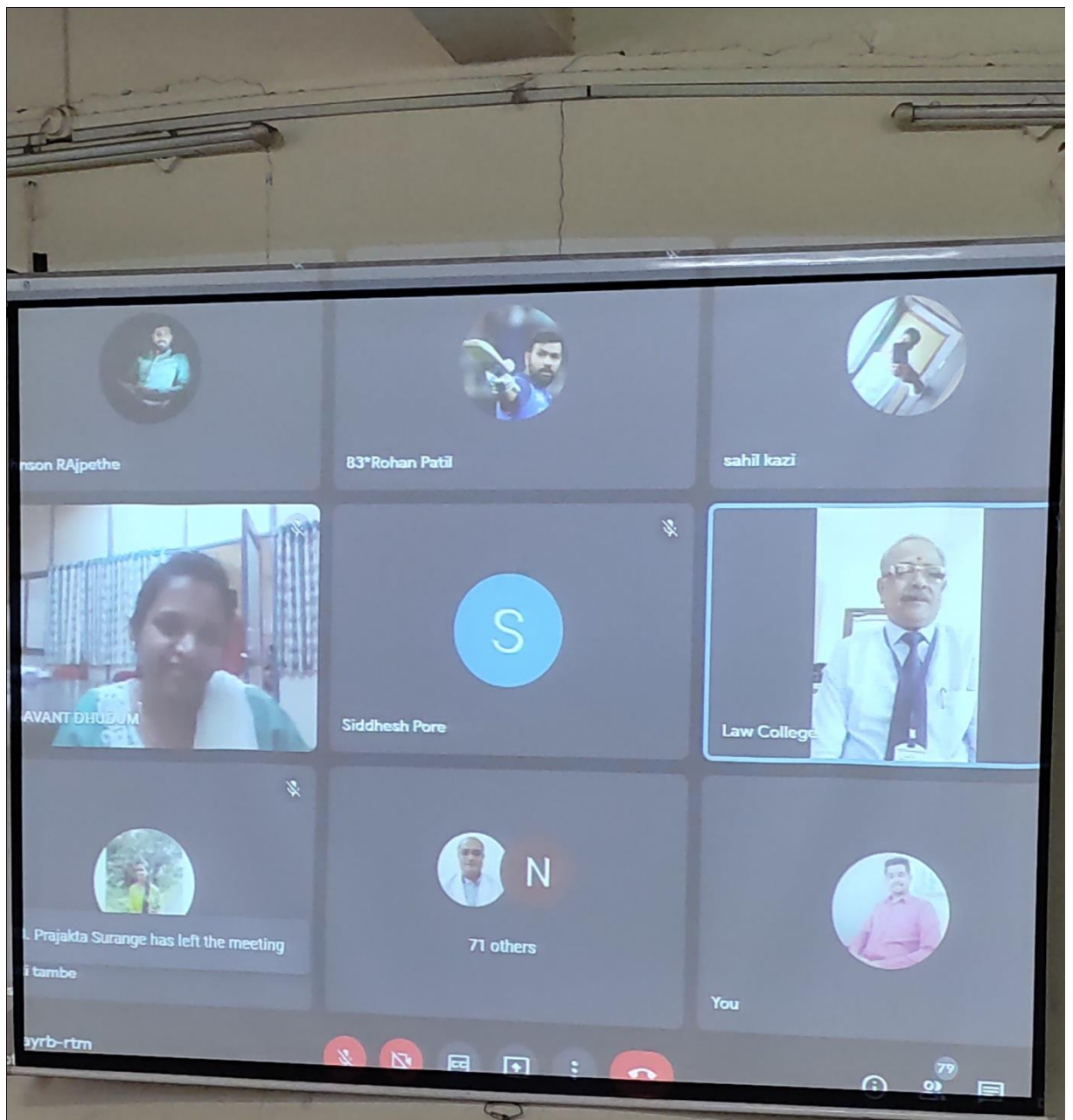
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Altitude 486.39 meters
Wednesday, 30-06-2021

Note : Bharati Vidyapeeth (Deemed to be University) College
of Nursing, Sangli Maharashtra.



Unnamed Road, Vijaynagar, Sangli, Maharashtra 416410,
India

Latitude
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Longitude
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Local 11:30:22 AM
GMT 06:00:22 AM

Altitude 479.92 meters
Wednesday, 30-06-2021

Note : Bharati Vidyapeeth (Deemed to be University) College
of Nursing, Sangli Maharashtra.

