



SRI VENKATESWARA COLLEGE OF NURSING

Recognized by Govt of AP and APNMC, Vijayawada

Accredited with 'A' Grade by NAAC, Bangalore

Approved by Indian Nursing Council, New Delhi

Affiliated to Dr.NTR University of Health Sciences , Vijayawada

RVS Nagar, Tirupathi Road, Chittoor – 517 127(A. P)

E.Mail : svcon.rvs@gmail.com, Website: www.svcon.org

Date: 10-09-2020

CIRCULAR

All the faculty members are informed that our college is organizing one week Faculty Development Programme on “**Emotional wellbeing in COVID-19 Pandemic**” from 14-09-2020 to 19-09-2020 by distinguished resource speakers. Request all the teaching staff members must attend the Programme without fail.

Edna Sweenie
IQAC

V. Sujatha
PRINCIPAL

Copy to:

1. Chairman for Favour of information
2. Principal
3. Circulation to all Staff members

Objective of the Programme:-

Avoid talking about the virus with people who tend to be negative or who reinforce and ramp up your fears. Turn to the people in your life who are thoughtful, level-headed, and good listeners. If you don't have someone you trust to turn to, apps such as 7 Cups are a good resource for free, emotional support. In extreme cases, people may suffer from depression characterized by low mood, tiredness, pessimism, poor sleep, and appetite, feeling helpless, guilty, and hopeless, with a gradual reduction in work output. Older people are more vulnerable, and special care must be taken for them.

Resource Person:

Mrs.G.Swapna

Assoc. Professor,
Sri Venkateswara College of Pharmacy
7396906820, Mail. Id : swapna@svcop.in

REGISTRATION FORM

Name:.....

Designation:.....

Institution:.....

Address for Communication:.....

.....

Mobile:.....

email:.....



Registrations free for in-house faculty



Note:
Last date to Registration:
13th Sep, 2020

Program Committee:

CHIEF PATRON

Dr. Ravuri Venkataswamy
Chairman, The Founder of Sri Venkateswara Group of Institution

PATRONS

R.V. Srinivas, B.Tech., MBA (UK)
Vice Chairman, Sri Venkateswara Group of Institution

PRINCIPAL

Prof.V.Sujatha, M.Sc (N)
Sri Venkateswara College of Nursing

CONVENOR

Mrs. Jhansi Rani
Professor
Sri Venkateswara College of Nursing

COORDINATORS

Mrs. Vasantha Kumari C
Asst. Prof., Sri Venkateswara College of Nursing

Address for Communication:-

Prof. V. Sujatha
Principal
email: sujathav@gmail.com
Contact no.+91 94405 58616
Sri Venkateswara College of Nursing
RVS Nagar, Tirupati Road, Chittoor.



SRI VENKATESWARA COLLEGE OF NURSING

RVS Nagar, Tirupati Road, Chittoor 517127.
Andhra Pradesh, INDIA

ONE WEEK FDP PROGRAMME ON

EMOTIONAL WELLBEING IN COVID-19 PANDEMIC

Dates:

14-09-2020 to 19-09-2020

Venue:

College Seminar Hall,
Sri Venkateswara college of Nursing
RVS Nagar, Tirupati Road,
Chittoor 517127.
Andhra Pradesh
INDIA

About the Institute:-

Sri Venkateswara College of Nursing was started in the year 1982 with the ambience of providing Nursing education to the poor and under privileged. The Motto of the College is to provide excellent education and expertise skills in Nursing Practice. The College has been sanctioned by the AP State Government, approved by AP Nursing Council and Recognized by Indian Nursing Council, New Delhi. It is affiliated by Dr. NTR University of Health Sciences, Vijayawada. This institute is promoted by Srinivasa Educational Academy under the watchful eyes of Dr. Ravuri Venkataswamy, the Group has group of selfless, dedicated and hardworking people whose endeavor in providing and establishing good professional education to the students has been a relentless effort on their part. The Institute has got adequate buildings and other infrastructure facilities located very near to the temple city.

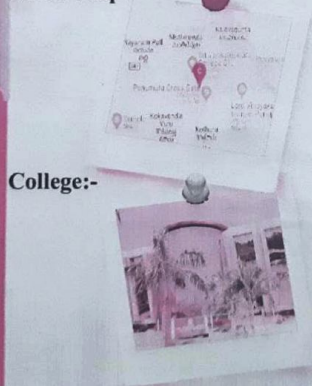
The ANM & GNM Courses was started in the year 1982 and 1983 respectively where as the B.Sc Nursing was started in the year 2002 in Chittoor, Tirupati and Hyderabad. Till Now ANM – 1080 Students, GNM – 1960 Students and B.Sc. – 812 Students has passed out from the Institute. The Nursing students studied in the institution are employed all around India and also in abroad. The students studied in these Nursing institutions are working in institution like CMC-Vellore, Apollo Hospital-Chennai and in so many prestigious hospi-

We are competing with other world class institutions by providing excellent upto date knowledge to the students by highly qualified faculty. Good clinical experience with well equipped laboratories and in District head quarters Hospital.

The college is permitted by INC, New Delhi, AP Nursing Council, Hyderabad and affiliated to Dr. NTR University of Health Sciences, Vijayawada. The College has experienced faculty for paving way for best academic and clinical performance of the students.

We have our parent hospital by name RVS Hospitals & Research Foundation. It is Multi Specialty Hospital which consists of 450 beds with well equipped departments.

Route Map:-



College:-

Topics covered:-

- Low mood
- Tiredness
- Pessimism
- Poor sleep
- Appetite
- Feeling helpless
- Guilty
- Hopeless, with a gradual reduction in work output

Outcome of the Programme:-

You feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control. For example, you can't control how severe the coronavirus outbreak is in your city or town, but you can take steps to reduce your own personal risk. Take up a relaxation practice. When stressors throw your nervous system out of balance, relaxation techniques such as deep breathing, meditation, and yoga can bring you back into a state of equilibrium. Regular practice delivers the greatest benefits, so see if you can set aside even a little time every day.

-:Organising Secretary:-

Mrs. Vasantha Kumari C
Asst. Professor
vasa9965sveon@gmail.com
9052519965

Sri Venkateswara College of Nursing
RVS Nagar, Tirupati Road, Chittoor.

Adna Sweenie
IQAC COORDINATOR

v. Sujatha
PRINCIPAL

**A One Week Faculty Development Programme on "Emotional wellbeing in COVID-19 Pandemic"
on 14-09-2020 to 19-09-2020**

Attendance Sheet

S.No	Name of the Faculty	14-09-2020	15-09-2020	16-09-2020	17-09-2020	18-09-2020	19-09-2020
1	V.Sujatha	JS	JS	JS	JS	JS	JS
2	U. Jhansi Rani	JS	JS	JS	JS	JS	JS
3	T.P. Ganga Devi	T.P. Ganga Devi	T.P. Ganga Devi	T.P. Ganga Devi	T.P. Ganga Devi	T.P. Ganga Devi	T.P. Ganga Devi
4	Vasantha.C	VC	VC	VC	VC	VC	VC
5	P.Anusha	PA	PA	PA	PA	PA	PA
6	S. Sireesha	SS	SS	SS	SS	SS	SS
7	P.Jayalakshmi	PLW	PLW	PLW	PLW	PLW	PLW
8	M.Bhavya	M.Bhavya	M.Bhavya	M.Bhavya	M.Bhavya	M.Bhavya	M.Bhavya
9	V.Padmaja	V.Padmaja	V.Padmaja	V.Padmaja	V.Padmaja	V.Padmaja	V.Padmaja
10	G.Jhansi	JS	JS	JS	JS	JS	JS
11	P.Bhavya	B	B	B	B	B	B
12	M.Rukshana	M.Rukshana	M.Rukshana	M.Rukshana	M.Rukshana	M.Rukshana	M.Rukshana
13	B.Y.Sushmitha	S the	S the	S the	S the	S the	S the
14	K.Amani	Amani	Amani	Amani	Amani	Amani	Amani
15	A.Sushma	S	S	S	S	S	S
16	M.Lakshmi Devi	L	L	L	L	L	L
17	C.Dellirani	Deelli	Deelli	Deelli	Deelli	Deelli	Deelli
18	C.Sravani	C. Sravani	C. Sravani	C. Sravani	C. Sravani	C. Sravani	C. Sravani
19	K.Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha

Edna Sweeney
IQAC

V. Sujatha
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Date: 23-09-2020

PROGRAMME REPORT

Name of the programme : A One Week Faculty Development Programme on
**“Emotional wellbeing in COVID-19
Pandemic”**

Dates : 14-09-2020 to 19-09-2020

Details of Resource Person:

Name : Mrs.G.Swapna
Designation : Assoc. Professor
Organization : Sri Venkateswara College of Pharmacy
Ph. No : 7396906820
Mail. Id : swapna@svcop.in

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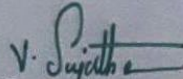
Topics covered:

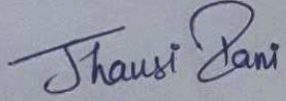
- Low mood
- Tiredness
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No. of Participants: 19


Coordinator


HOD



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