


WORKSHOP DETAILS

S.NO	TOPIC	SPEAKER	DATE	VENUE
1.	Disaster Management	Mr. G.Arumugam Dr.V.Hemavathy Dr.sathyalatha sarathy Prof.K.R.Vasanthakohila Prof.Semmalar	16.10.17	Sree Balaji college Auditorium
2	Yoga And Health	Mr.Anand Mr.Siddharth	21.6.2017	Sree Balaji college Auditorium
3	Emerging Trends And Innovations In Critical Care And Neurology	Dr. FazalIllahi Dr. U.Arunkumar	8.12.2016	T R Raman Hall
4	Cancer Awareness Programme	Dr .SumithaPrabhakaren M.D Dr. Senthil Kumar M.S	5.11.2016	T R Raman Hall
5	Managing And Promising New Approachto Treating Cancer	Dr.Republicasridhar Dr. Iqbal Sultan	23.2.2016	T R Raman Hall
6	Diet For Healthy Life	Prof. R.S. Diana Msc ., Mphil., Prof.D.Anitha	15.7.2015	Sree Balaji college Auditorium
7	Enrich The Communication Skill	Mr.AkoshMsc (N) Mr.Praveen Kumar Msc(N)	10.3.2015	Sree Balaji college Auditorium
8	Stress Among Youth And Its Management	Dr.Mrs.LalithaMsc(N).Ph. D, .Mrs. V.Hemavathy Msc(N).Mphil.	6.11.2014	T R Raman Hall

1.WORKSHOP- DISASTER MANAGEMENT



SREE BALAJI COLLEGE OF NURSING
 No.7, Works Road, Chrompet, Chennai - 44.
 The Principal, Staff and Students of
 Sree Balaji College of Nursing
 Cordially invites you for the
WORKSHOP
 on Monday, 16.10.2017 at 09:00 a.m.
Topic : DISASTER MANGEMENT
Chief Guest :
Dr. J. SRINISHA, M.D.S., Chairman, Sree Balaji Medical, Dental, Nursing, Physiotherapy Colleges & Hospitals
Er. N. ELAMARAN, B.E., Managing Director, Sree Balaji Medical, Dental, Nursing College, Physiotherapy & Hospitals
SPEAKER :
Mr. G. ARUMUGAM
 M.Com., M.Sc., PSYCHOLOGY, B.Ed., M.Phil., D.D.M. DIPLOMA IN DISASTER MANAGEMENT
 Training Officer, South Regional India National Disaster Management Authority
 Secy. of India, New Delhi
Dr. V. HEMAVATHY, M.Sc., (N), M. Phil., Ph.D.,
 Principal, Sree Balaji College of Nursing

PROGRAMME SCHEDULE

09:00 a.m. - 09:05 a.m. Tamilthai Valthu

09:05 a.m. - 09:15 a.m. Welcome Speech

09:15 a.m. - 09:30 a.m. **SESSION I**
Definition and Phases of Disaster
Dr. V. Hemavathy
Principal - Sree Balaji College of Nursing

09:30 a.m. - 09:45 a.m. **SESSION II**
Community Participation in Disaster Manag
Prof. K.R. Vasantha Kohila

09:45 a.m. -10:30 a.m. **SESSION III**
Impact of Disaster on Health & The Health
Dr. Sathyalatha Sarathy

10:30 a.m. -10:45 a.m. **SESSION IV**
Role of Nurses in various phases of nursing
Prof. S. Semmalar

10:45 a.m. -12:45 p.m. **SESSION V**
Theory - Disaster Management
Mr. G. Arumugam

12:45 p.m. - 01:30 p.m. Lunch Break

01:30 p.m. - 6:00 p.m. **SESSION VI**
(DEMONSTRATION - DISASTER MANAGEMEN

ABOUT CONFERENCE:
A disaster is any event that results in a considerable financial damage, the affliction of a large number of people, or the destruction of property. It is a sudden occurrence that causes severe damage to the community. Planning is important to the management of disaster response. Planning identifies the targeted populations and develops an overall strategy and the role of each of the individuals responsible for disaster. To meet this, professionals, emergency services providers and authorities the strategies in disaster management, and have a range of nursing strategies in the management of disaster management.

ABOUT IJN:
Sree Balaji College of Nursing established in 1982 with the motto of 'Education to meet needs in service to God'. Our college offers Bachelor, Post-Graduate and Ph.D. programs. Our college is under the patronage of Bharathi University recognized by Indian Nursing Council and Tamil Nadu Nurses and Midwives Council.

INVITATION
The Principal, Faculty and Students of Sree Balaji College of Nursing are invited for the workshop on 16.10.2017.

TOPIC:
Disaster Management

OBJECTIVES:
1. To understand about Disaster Management.
2. To promote skill in Disaster Management.

RESOURCE PERSON
Mr. G. Arumugam - Training Officer, South Regional India National Disaster Management Authority, Secy. of India, New Delhi.
Dr. V. Hemavathy, Principal, Sree Balaji College of Nursing.
Dr. Sathyalatha Sarathy, Professor, Sree Balaji College of Nursing.
K.R. Vasantha Kohila, Professor, Sree Balaji College of Nursing.
S. Semmalar, Professor, Sree Balaji College of Nursing.

ORGANIZING SECRETARY
Dr. V. Hemavathy, Principal, Sree Balaji College of Nursing.

JOINT ORGANIZING SECRETARY
Dr. Sathyalatha Sarathy, Professor, Sree Balaji College of Nursing.
K.R. Vasantha Kohila, Professor, Sree Balaji College of Nursing.
S. Semmalar, Professor, Sree Balaji College of Nursing.





We conducted the workshop on disaster management on 16.10.2017. Our main speakers were Mr. G. Arumugam and Ms. Jaculin Helen. The speakers are Dr.V.Hemavathy Principal Sree Balaji college of Nursing , Dr. Sathyalatha sarathy vice-principal Sree Balaji college of Nursing , Prof. K R Vasanthakohila HOD Community Health Nursing, Prof. Semmalar Department of medical and surgical nursing. The programme went around 8 hrs totally . Session I:-Theory Disaster Management Was Dealt By Mr.G.Arumugam .Explained about ..how can we survive and help others to live...He also demonstrated triage and some first aid measures.



Session II:-Disater Management And Phases Was Dealt By Dr V.Hemavathy



Session III:- Community Participation In Disaster Management Was Dealt By Prof. K.R. VasanthaKohila.



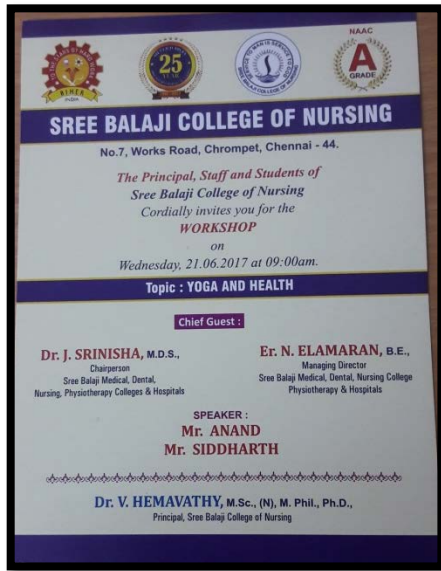
Session III : Impact Of Disaster On Health & The Health Services-Was Dealt By Dr. Sathyalatha Sarathy



Session IV:-Role Of Nurses In Various Aspects Of Nursing Was Dealt By Prof.Semmalar



1.WORKSHOP- YOGA AND HEALTH

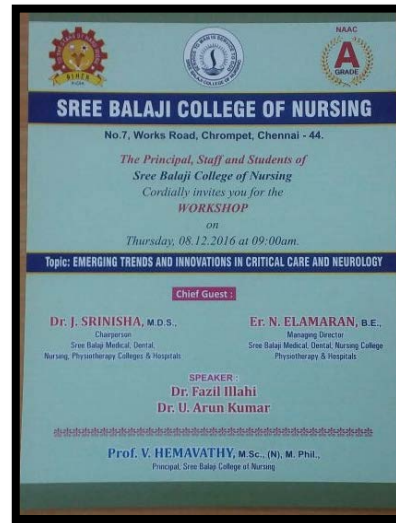


Workshop is a meeting at which a group of people engage in intensive discussion and activity on particular subject or project. Yoga is a mind and body practice with historical origin in ancient Indian philosophy. Like other meditative moment practices used for health purposes, various style of yoga typically combined physical postures , breathing techniques and meditations or relaxation. SreeBalaji college of nursing conducted workshop on **21.6.2017** at SreeBalaji College Auditorium. The topic selected for the workshop was **Yoga And Health .Mr.Anand BE., MPEdMsc(yoga)**, inculcated about the benefits of yoga in life, Intensity level physiological and psychological effect of yoga in health inculcated about the benefits of yoga in life, Intensity level, Mental benefits of Yoga...**Mr.Siddharth MPEd Msc (yoga)**, stressed about effect of yoga in daily life, effects of yoga on anxiety and stress.





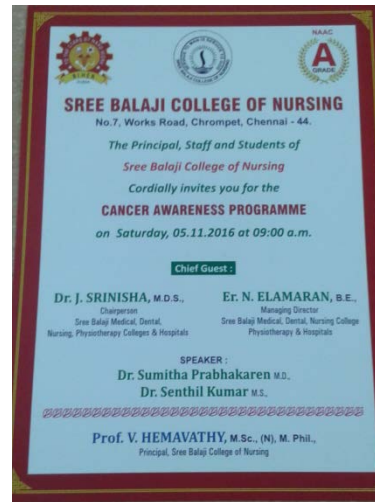
2.WORKSHOP- EMERGING TRENDS AND INNOVATIONS IN CRITICAL CARE AND NEUROLOGY



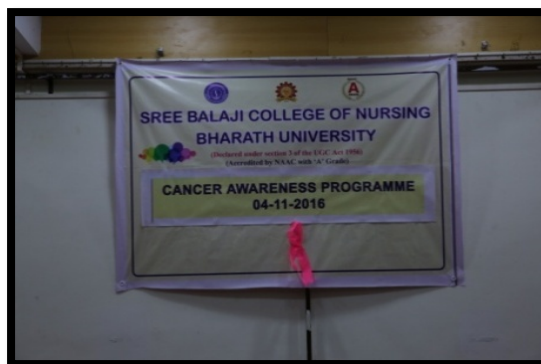
SreeBalaji college of nursing conducted workshop on **8.12.2016** at T R Raman Hall .The topic selected for the workshop was**Emerging Trends And Innovations In Critical Care And Neurology** .**Dr. FAZAL ILLAHI MD DM Neuro(Med)** focused on EMERGING TRENDS AND INNOVATIONS In Neurology and **DR. U.ARUNKUMAR MD DM MEM (USA)** stressed about Emerging Trends And Innovations In Critical Care.



3.WORKSHOP- CANCER AWARENESS PROGRAMME

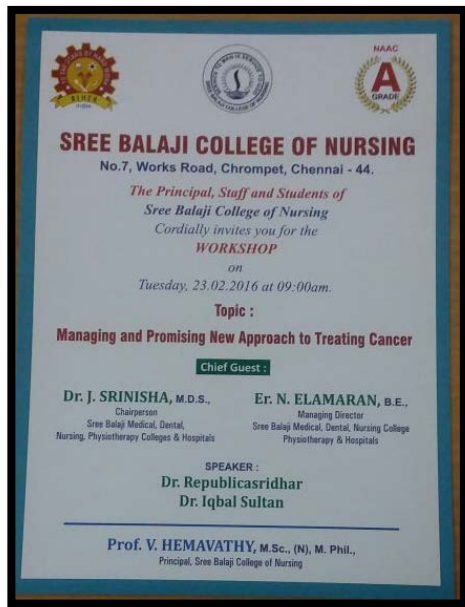


Sree Balaji college of Nursing conducted workshop on **5.11.2016** at T R Raman Hall .The topic selected for the workshop was “CANCER AWARENESS PROGRAMME” Mrs. GirijaBaskaren introduced the speakers **.DR .SUMITHA PRABHAKAREN M.D&DR. SENTHIL KUMAR M.S** from MIOT hospital were the resource person.they concentrated on Types of cancer, Risk factors of cancer, Surveillance rate of cervical cancer, Tobacco risk factors



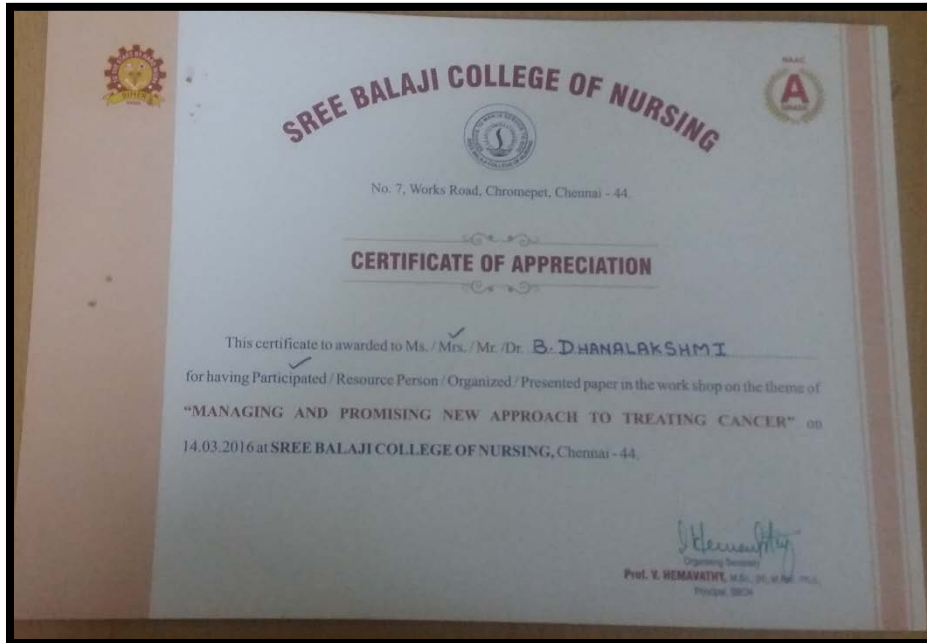


4.WORKSHOP- MANAGING AND PROMOSING NEW APPROACH TO TREATING CANCER



SreeBalaji college of nursing conducted workshop on **23.2.2016** at T R Raman Hall .The topic selected for the workshop was- **Managing And Promising New Approach to Treating Cancer**. The speakers were **Dr.REPUBLICASRIDHAR** medical Director, RMD pain and palliative care centresand **Dr. IQBAL SULTAN SBMCH** .Dr.REPUBLICASRIDHAR Founder medical Director, RMD pain and palliative care centres inculcated about Managing and promising new approach to treat cancer and Dr. IQBAL SULTAN concentrated on awareness regarding cancer .





5.WORKSHOP- DIET FOR HEALTHY LIFE

SREE BALAJI COLLEGE OF NURSING
No.7, Works Road, Chrompet, Chennai - 44.

*The Principal, Staff and Students of
Sree Balaji College of Nursing
Cordially invites you for the
WORKSHOP
on
Wednesday, 15.07.2015 at 09:00am.*

Topic : DIET FOR HEALTHY LIFE

Chief Guest :

Dr. J. SRINISHA, M.D.S.,
Chairperson
Sree Balaji Medical, Dental,
Nursing, Physiotherapy Colleges & Hospitals

Er. N. ELAMARAN, B.E.,
Managing Director
Sree Balaji Medical, Dental, Nursing College
Physiotherapy & Hospitals

SPEAKER :
Prof. R.S. Diana M.Sc., M.Phil.
Prof. D. Anitha

Prof. V. HEMAVATHY, M.Sc., (N), M. Phil.,
Principal, Sree Balaji College of Nursing

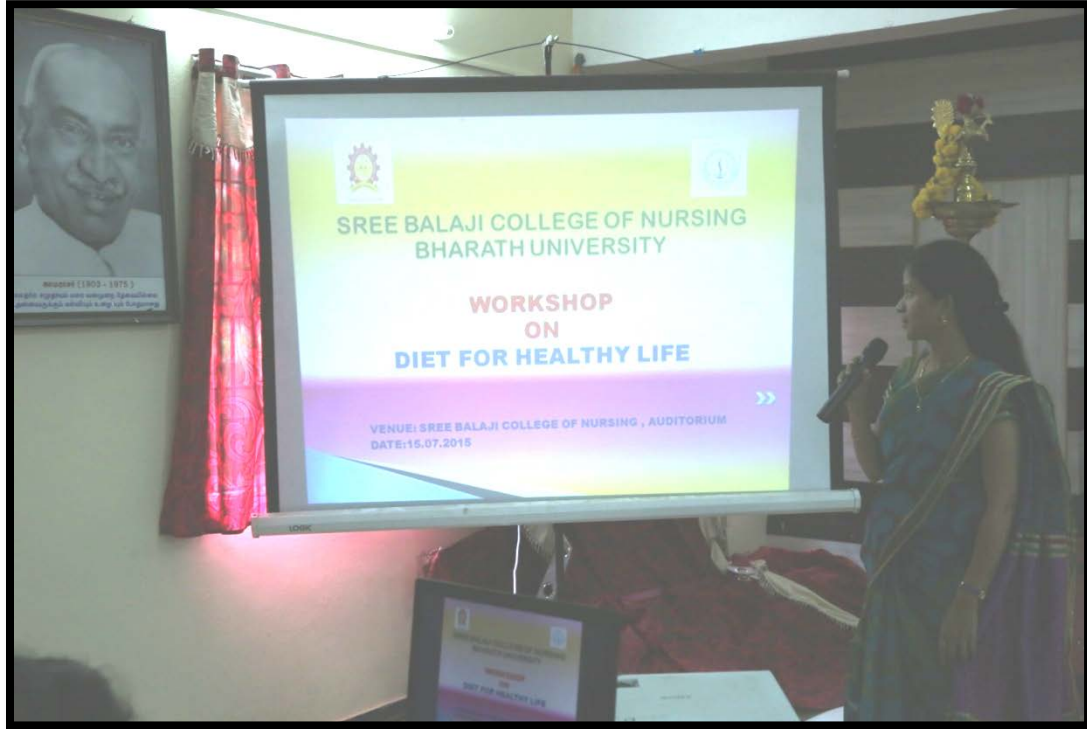
PROGRAMME SCHEDULE

09:00 a.m. - 09:05 a.m.	Tamilthal Valthu
09:05 a.m. - 09:15 a.m.	Welcome Speech
09:15 a.m. - 11:45 a.m.	DIET FOR HEALTHY LIFE Prof. R.S. Diana Prof. D. Anitha
12:00 p.m. - 12:15 p.m.	Vote of Thanks
12:20 p.m.	National Anthem

Venue :
**SREE BALAJI COLLEGE OF NURSING
AUDITORIUM**

Healthy eating is not about strict dietary limitation, staying unrealistically thin, or depriving yourself of food .Eating more fresh fruits and vegetables ,cooking meals at home and reducing your intake of sugar and refined CHO, on the otherhand may help to improve mood and lower the risk for mental health issues. SreeBalaji college of nursing conducted workshop on **15.7.2015**atSreeBalaji College Auditorium.The topic selected for the workshop was “**Diet for Healthy Life**”. The speakers were **Prof. R.S. Diana MSc ., Mphil., SRM University, Prof.D.Anitha MSc ., Mphil (Ph.d)**.





6.WORKSHOP-ENRICH THE COMMUNICATION SKILL



Communication and interpersonal skills are essential components in delivering good-quality nursing care. Communication is identified as one of the essential skills that students must acquire in order to make progress through their education and training to become qualified nurses (NMC, 2010). Sree Balaji college of nursing conducted workshop on **10.3.2015** at Sree Balaji College Auditorium. The topic selected for the workshop was **“Enrich The Communication Skill”**. The speakers were **Akosh MSC (N) Deputy Manager INSCOL, Praveen Kumar MSC(N) Programme Manager INSCOL**





SREE BALAJI COLLEGE OF NURSING



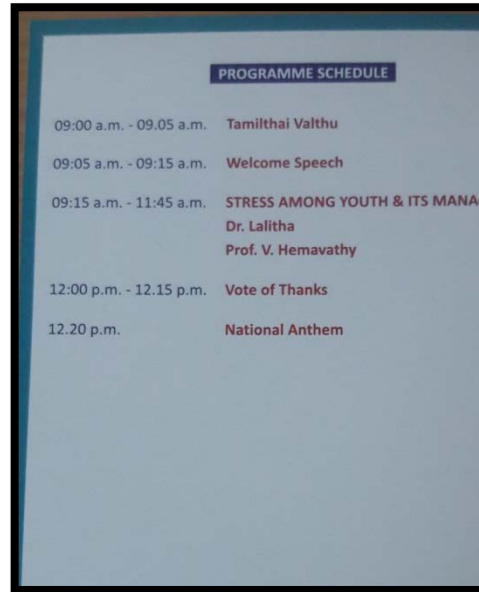
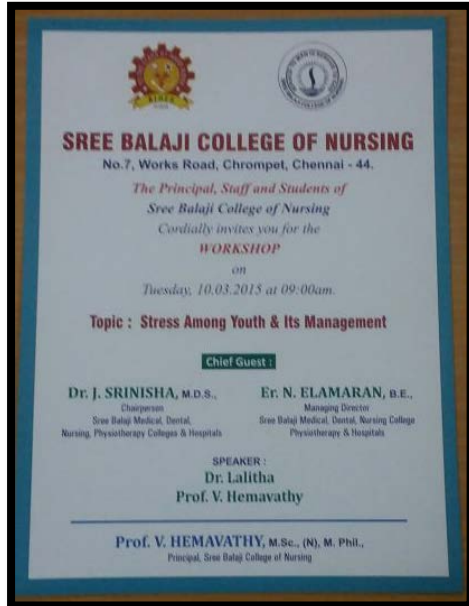
No. 7, Works Road, Chromepet, Chennai - 44.

CERTIFICATE OF APPRECIATION

This certificate awarded to Ms. / Mrs. / Mr. / Dr. B. RAMANI
for having Participated / Resource Person / Organized / Presented Paper in the Work Shop / Symposium /
Seminar / Panel Discussion on the theme of "ENRICH COMMUNICATION SKILL"
on 6.11.2014 at SREE BALAJI COLLEGE OF NURSING, Chennai - 44.

Organising Secretary
Prof. V. HEMAVATHY, M.Sc., (N), M.Phil.,
Principal, SBCN

6. WORKSHOP-STRESS AMONG YOUTH AND ITS MANAGEMENT



Teenages, like adults, may experience stress every day and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult or painful and they don't have the resources to cope. Sree Balaji college of nursing conducted a workshop on **6.11.2014** at Sree Balaji College Auditorium. The topic selected for the workshop was **"Stress Among Youth And Its Management"**. The speakers were **Dr. Mrs. Lalitha Msc(N), Ph.D. NIMHANS, Prof. Mrs. V. Hemavathy Msc(N).MPhil.** **Dr. Mrs. Lalitha** concentrated on management to reduce the stress among youth. Prof. Mrs. V. Hemavathy inculcated about the peer group influence for stress, take a break from stressful situation





