



# **COLLEGE OF NURSING, CHRISTIAN MEDICAL COLLEGE, VELLORE-632004**



Recognized by the Indian Nursing Council &  
Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu

## **CAPABILITY ENHANCEMENT AND DEVELOPMENT SCHEMES**

### **1. Soft skills development**

Behavior change, communication, and soft skill development are incorporated in the BSc Nursing curriculum has two hours of classroom learning on as part of the Community Health Nursing subject. During these classes, students are given opportunities to perform role plays based on real life scenarios whereby they can come up with creative ways of enhancing and developing their communication skills.

### **2. Language and Communication Skills**

The BSc Nursing curriculum has provided ten hours of classroom learning for the students in the first year of their nursing education on how to communicate effectively in a therapeutic environment with patients, families and other health care team members. Special attention is given on how to handle and communicate with the vulnerable people groups as well. Students are given interesting scenarios to enact and better understand the communication process.

#### **I year- English, Tamil/ Hindi**

The BSc Nursing curriculum is designed in a comprehensive manner to include 60 hours of English classes. During the allotted hours, the students are provided opportunities with various teaching-learning activities including classroom conversations, role-plays, videos and debates to enhance their ability to comprehend spoken and written English. This helps them to use English to communicate effectively with their peers and other healthcare professionals. They are also given extra classes on regional languages (Hindi/Tamil) so that students are able to effectively understand and communicate with patients & families in a language they are comfortable with, thereby improving the nurse-patient relationship.

#### **II Year- Communication and Education Technology**

The BSc nursing curriculum has seventy hours of classroom teachings and 30 hours of practice teaching for communication and education technology. The BSc nursing curriculum for trained nurses' curriculum has 45 hours of classroom teachings and 45 practice teaching. The MSc nursing curriculum has 30 hours of classroom teachings and 40 hours of practice teaching for communication and education technology.



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Students are taught to use various teaching-learning methods and are given practice sessions where they use relevant aids to take classes for their peers. This enables them to enhance their teaching skills and use appropriate teaching aids when educating their patients as well.

### **3. Yoga and wellness**

#### **Games, Gymnasium, Counseling**

##### **Games**

The first-year nursing students compulsorily have one hour of games class in their regular timetable and they are given training on their preferred game. Apart from this, the Student Nurses Hostel has various indoor and outdoor sports equipment available for use by every student. There is also a Sports ground with various courts situated right opposite to the hostel, where students play every evening after their classes and clinical postings. There is also an Annual Sports Day which is conducted by the CON, where students are able to showcase their sportsmanship and athletic talents and bag many awards. Students find it beneficial to keep themselves fit and in good health with these regular physical activities.





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## ANNUAL SPORTS MEET

### **Gymnasium**

The Student Nurses Hostel has a well-equipped gymnasium that was set up to help in improving and maintaining the students' physical and mental health. Students maintain a log of their activity and take turns and use the facility based on prior booking. Students have verbalized that this provision contributes to their overall wellbeing and development.

### **Counseling**

All levels of nursing students have one hour of counselling sessions every month where they are given guidance for wider understanding of their own personal and professional stand, in order to develop and equip themselves to become better individuals and professionals. These classes also include various games and activities which enable understanding of various life issues (personal, peer, family and social), how to handle them effectively and become successful individuals for a competitive tomorrow.



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Apart from these regular classes, a professional counsellor is available for counselling sessions in the campus. The students are given a schedule to visit the counsellor on a regular basis. Students who are going through an acute crisis also visit her whenever needed.

#### **4. Analytical skill development**

##### **Research**

The undergraduate and the postgraduate curriculum has allotted hours for research in their classroom education. They are also provided with individual and group projects experiences in the clinical and community settings.

These research project experiences help the students to become inquisitive, formulate various research strategies and develop various evidence-based approaches for better clinical outcomes of patients and better teaching-learning activities.

##### **Dimensions Magazine**

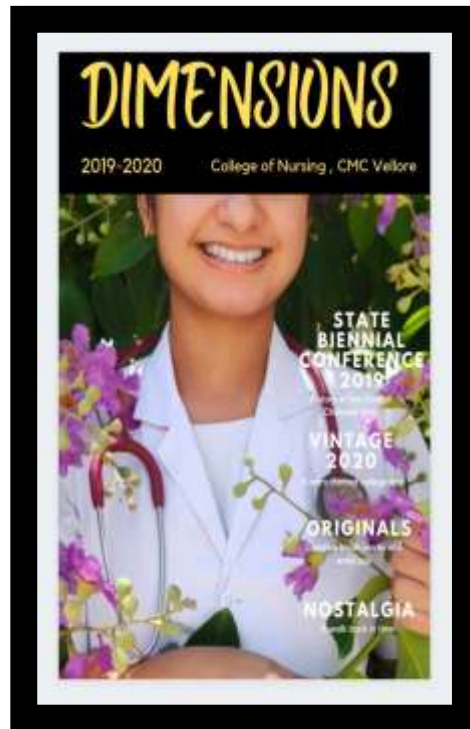
Dimensions are an annual magazine published by the Student Nurses Association of the CON, CMC Vellore. The magazine is a collection of original articles by students and portrays memorable events conducted by and for the students in the past year. Dimensions allows students to explore, develop and creatively display their literary & artistic talents, thereby giving them the opportunity to grow multi-dimensionally.



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## **M.Sc. - Problem Based Learning**

The postgraduate students have problem-based learning as part of their curriculum. They are given clinical based scenarios according to their specializations and the students develop a systematic plan to approach various clinical scenarios with creative pathways. This helps sharpen their analytical skills, critical thinking and logical reasoning.

## **5. Human value development**

There are various value-added courses and sessions in the nursing curriculum that aim to develop students in a holistic manner. The major objective is to make them responsible professionals with human values and ethos. These value added courses necessitate development of compassion and understanding of human behaviour to provide care with respect and dignity and protect the rights of individuals and groups.

### **Scripture classes**

Every week, one hour of scripture classes are scheduled and conducted for the students where they come together to share their concerns, learn about various scriptural and



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moral values that aid in day-to-day living, pray for each other's concerns and foster a healthy relationship that is mutually beneficial.

## **Retreat**

Class retreats are planned every year, where the students are taken to a different environment and given the opportunity to introspect individually, understand their role in the society as a group and foster their religious beliefs that refreshes and strengthens their outlook.



## **CLASS RETREAT**

## **Social Services**

The Social committee of the SNA plans various activities during the year and visits and provides needed help to various groups of people like orphans, destitute, mentally challenged and the elderly. These exposure visits sensitize the students to the various needs of the vulnerable groups and thereby develop a healthy, compassionate and caring attitude.

The students regularly visit the old age homes like elder care at Shenbakkam and orphanages like MBKG Pannai, Kasam. They give them small gifts during their visit and spend ample time, sharing thoughts and concerns.



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**OLD AGE HOME VISIT**



**ORPHANAGE VISIT**



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NSS

The BSc Nursing students are given 120 hours training under the National Service Scheme. The students organize various awareness programmes like walkathons, mass education programmes, competitions through NSS on special days like National Youth day, International Women day, World TB day, World Environment day, World Population day and World AIDS days.

The NSS camps are organised by the students for 7 days in the community adopted by the NSS unit. The various projects undertaken during the special camping programme include developmental work, health & sanitation campaigns, survey work, educational projects and other relief work with the help of the institution.

These exposures enable the students to understand the plight of the poor and vulnerable in the society and give them opportunities to innovatively formulate approaches that will aid in the betterment of the communities.



Campaign Corona by the College of Nursing, NSS unit





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Tree planting and cleaning of the adopted community during the special NSS programme

## **Youth Red Cross (YRC)**

The Nursing students are also part of the Youth Red Cross, under the Indian Red Cross Society and are actively involved in various social welfare activities.

The students are involved in blood donation drives and other welfare activities. The activities of the YRC help the youngsters to become sensitive to the needy and struggling people of our society. They also kindle the young hearts by providing them appropriate opportunities to act responsibly and compassionately.

As part of YRC, the volunteers are involved in timely management of disasters and crises, which motivates and instills good human values and ethics. During the recent pandemic, the volunteers provided admission kits to the COVID patients admitted in the hospital and also conducted various health education programmes for the public to ensure their safety and protection.



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Blood Donation Drives in the college of Nursing



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**EDUCATION BY THE YRC VOLUNTEERS ON COVID PREVENTION**

## **Environmental Studies**

The second year BSc Nursing students have 15 hours of classroom teaching on environmental studies which facilitates the students' understanding of the environmental issues and sensitizes them to become responsible citizens. The core concepts emphasized are natural resources, ecosystem, biodiversity and its



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Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu conservation, environmental pollution, and social issues, human population & the environment. The teaching learning activities are formulated in such a way the students identify environmental issues and bring out innovative approaches to ensure environment friendly living.

## 6. Personality and professional development

### SNA related activities

The SNA has various activities conducted through the academic year to enhance not just professional development but overall development of an individual.

The students participate in various state and national level SNA activities and have won various awards and honors. Students from College of Nursing, CMC, Vellore have also held state level SNA leadership.

The College of Nursing Festival, an annual event, is entirely organized and conducted by the Student Nurses Association. A week-long schedule that brings out the talents of the wards of the college through a variety of competitions is implemented and celebrated with great gusto. Around 48 to 50 competitions are conducted during the entire week.

The intra-class and inter-collegiate activities foster team spirit, bring out individual potential and develop collective decision-making and interpersonal skills.





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**COLLEGE OF NURSING FESTIVAL ACTIVITIES**

## **COP I year BSc**

The first-year nursing students are given a one-week experience in a rural community so that they can understand and identify the needs and the health problems of the local rural population. Students get the rare opportunity to have a family live-in experience where they get to spend the entire day with a chosen family and learn about their day-to-day living. They also get a tour of the existing healthcare facilities and meet with local authorities. After they conduct a health survey, they compile the data and present their findings using innovative ways like models, charts, and skits.

## **Disaster management workshop**



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This workshop is conducted for both the final year nursing students as well as the MSc students, in collaboration with the Accident and Emergency Nursing team. The students get in-depth training about how to prepare for and respond during a disaster. It is lively and interesting with plenty of informative discussions, real videos, and a mock-drill.

### **Management workshop by RUHSA for MSc**

The MSc nursing students are provided a week-long exposure to the basics of Management, taken by experts in the field. They are taught how to utilise these concepts practically and how to integrate them in future professional undertakings. This provides an understanding about the managerial roles that they will undertake in the days ahead, as part of their profession.

### **Conferences and workshop**

Students are given various opportunities to participate in many workshops and conferences conducted both within and outside CON, CMC. They are also encouraged to participate in research and present their papers on these platforms. Notably, many of the students participate in the SNA Biennial State and National conferences and bag many awards in the activities conducted during these.

### **Educational trips**

Educational trips are conducted for the second-year nursing students and MSc nursing students. These trips are an excellent way of introducing the nursing students to the healthcare and administrative facilities that are available in the local community and how they function. These trips involve travelling and interacting with different agencies and their staff.

## **7. Employability skills development**

### **Secondary Hospital Illuminating Nursing Experience (SHINE)**

Students in the BSc Nursing and Post Basic BSc Nursing programme are given one week of posting in a secondary level rural hospital. The students gain a rich experience on how to cater to the needs of the underprivileged with limited resources. Their outlook towards life and career gets altered positively and many of them pledge to



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Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai, Tamil Nadu work in secondary hospital settings. These exposures help cultivate compassion and humility. Students' feedback after such visits is that they are life-transforming experiences. Many of our students choose to go back and help in these needy places, which contributes to improvement of healthcare of the rural population.



## Student- Extramural Alumni interactions

The undergraduate nursing students are given the special privilege of interacting with extramural alumni during the annual Alumni meetings. This is an exclusive opportunity where nursing alumni from different parts of the world and the country discuss their nursing achievements and explain about the various career opportunities that are available both in India and abroad. Students glean a wider understanding about the scope of nursing and can make further professional plans based on these discussions.



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