

REGISTRAION FORM

Title : Ms. Mr. Mrs.
 Gender : Male Female
 First Name : Middle Name :
 Last Name :
 Institute /University/ Hospital :
 Designation :
 Postal Address :
 City : State :
 Pin Code : Country :
 Meal Preference : Veg Non Veg
 Phone No. (Office) : Mobile No :
 Email Id :

Beneficiaries :

- Students from Master in Nursing.
- Nursing Practitioners
- Post B.Sc. Students
- Bachelor in Nursing Final Year Students
- Staff Nurses

REGISTRAION FEES

Upto 17th January 2019	On Spot Registration
Faculty : Rs. 1000/-	Faculty : Rs. 1200/-
Nursing Staff : Rs. 1000/-	Nursing Staff : Rs. 1200/-
Students : Rs. 800/-	Students : Rs. 1200/-

Accommodation :

- Accommodation charges as per the accommodation provided inside the campus.

Credit hours :- 8 hours

High Tea, Lunch & Evening Snacks including Study Material

For Registration Contact Details :

Ms. Madhu Kumari Gupta : (Mob) +91 8707733648, 7054504732
 Add.: Era College of Nursing, Era University Lucknow,
 Sarfrazganj, Hardoi Bypass Road, Lucknow-226003

NURSING RESILIENCE : A METHOD OF ADVANCEMENT



ERA COLLEGE OF NURSING ERA UNIVERSITY LUCKNOW

**National Workshop
19th January 2019**

**Venue : Mini Auditorium, University
Building Ground Floor Era College of Nursing,
Era University Lucknow**

**Land Line : 0522-6600777
E-Mail : econ.lucknow@gmail.com**

Dear All,

It is a matter of great pleasure to invite you to attend National Workshop, 2019 organized by Era College of Nursing, Era University, Lucknow on 19th January 2019.

Resilience is dynamic in nature and is an innate resource. Nursing need to be advanced along with time and a resilient nurse can enhance the potential for gradual rather than catastrophic change in the Nursing Science. To increase resilience and reduce the experience of burn out by developing measures like improving communication skill, providing education on stress management and counselling, this workshop is organized.

The aim of the Workshop is to strengthen the nurses to become resilient.

OBJECTIVES

- To explain the concept of resilience.
- To enlighten about the meditation in Nursing.
- To emphasizes the time management in today's Nursing.
- To impart various activities for enhancement of resilience among nurses.

ORGANIZING COMMITTEE

- Chief Patron : Hon'ble Vice Chancellor
Prof. Dr. Abbas Ali Mahdi.
- Patron : Hon'ble Pro Vice, Chancellor
Prof. Dr. Farzana Mahdi
- Organizing Chair Person : Lt Col. (Mrs.) Rina Bhowal (Retd)
Dean Nursing Faculty.
- Organizing Secretary : Ms. Godhuli Ghosh,
Assistant Professor, Era College of Nursing
- Scientific Committee Secretary : Ms. Swastika Das,
Assistant Professor, Era College of Nursing
- Treasurer : Ms. Madhu Kumari Gupta,
Assistant Professor, Era College of Nursing

NATIONAL WORKSHOP ON Nursing Resilience : A Method of Advancement Programmes Schedule

Session	Topic	Time	Speakers
Registration		9:00am to 9:30am	
Session 1	Time Management	9:30am to 10:30 am	Lt.Col. Prof. (Mrs) Rina Bhowal(Rtd) Dean, Nursing Faculty
Session 2	Enhancement of resilience among nurses	10:30 am to 11:30 am	Dr. M. Prakasamma
Session 3	Meditation and Nursing	11:30 am to 12:00 noon	Prof. Ms. Chadini Tiagi
Activity	Stress Reduction	12:00 noon to 12:30 pm	Dr. M. Prakasamma
Inauguration		12:30 pm to 13:00 pm	Chief Guest: Honourable VC Guest of Honour : Honourable Pro V.C. Guest: Dean, Medical College, Director Allied Health Science, Mrs. Chadini Tiagi, Principal Vivekananda College of Nursing , Key Note Address : Dr. M. Prakasamma
LUNCH		13:00pm to 14:00pm	
Session4	Introduction Overseas Education	14:00pm to 14:30pm	Idp: International Education Specialist
Activity	Enhancement of Resilience ● Communication ● Confidence building ● Counselling	14:30pm to 16:00pm	Dr. M. Prakasamma
		16:00 to 16:15	Tea Break
	Group presentation and responses	16:30 to 16:45	Delegate
	Closing comments	16:45 to 17:00	