



Sri Devaraj Urs College of Nursing, Tamaka, Kolar-563103

A Constituent Unit of Sri Devaraj Urs Academy

Of Higher Education and Research

(A Deemed to be University)



ABOUT VALUE ADDED COURSE

The Life Skill Training (LST) course is designed to equip students with essential interpersonal, cognitive and emotional skills that enhance personal development, employability and professional effectiveness. The course focuses on practical learning through workshops, interactive sessions and real-life simulations. Topics include communication, problem-solving, critical thinking, emotional intelligence, time management and leadership skills. By the end of the course, students will be prepared to navigate personal and professional challenges confidently and effectively.

TARGET AUDIENCE:

II Semester I B.Sc (N) Students

COURSE LEARNING OUTCOMES:

By the end of the course, the students will be able to:

- ✚ Demonstrate effective verbal, non-verbal and written communication skills in professional and personal contexts.
- ✚ Apply logical reasoning and creative thinking to analyze situations and develop practical solutions.
- ✚ Recognize & manage emotions in oneself and others to improve interpersonal relationships & workplace interactions.
- ✚ Utilize time management and stress reduction techniques to increase productivity and maintain well-being.
- ✚ Exhibit leadership qualities, collaborate effectively in teams and contribute positively to group goals.
- ✚ Demonstrate flexibility in various situations and make informed, ethical decisions.
- ✚ Reflect on personal strengths and weaknesses and create strategies for continuous self-improvement.



Value Added Course On Life Skill Training

Organised by

Department of Mental Health Nursing

Date: 15th to 18th June, 2026

Venue: I Year BSc Class Room

Timing: 8.30AM to 5.30PM



Seeking Blessings of

Late Shree R. L. JALAPPA

Founder Chairman,

CHIEF PATRON

Sri. G.H. Nagaraja

Hon`ble Chancellor,

SDUAHER

Patrons

Sri. J. Rajendra

Vice Chairman, SDUET

Sri. Hanumantha Raju K. G.

Secretary, SDUET

Dr.B. Vengamma

Hon`ble Vice Chancellor, SDUAHER

Dr.D.V.L.N. Prasad

Chief Administrative Officer

Dr. Muninarayana C.

Registrar, SDUAHER

Programme Schedule

Time	Topic	Speaker	Time	Topic	Speaker
Day-1 15/6/2026			Day-3 17/6/2026		
08:30am-09:00am	Pre-test		08:30am- 10:30am	Session-V Time & Stress management (Theory)	Ms. Harshitha Bai J II MSc, MHN dept, SDUCON
09:01am-11:00am	Session-I Introduction to Life Skills	Prof. Jairakini Aruna, Prof & HOD, MHN dept, SDUCON	10:31am-12:30pm	Session-V Time & Stress management (Activities)	Ms. Harshitha Bai J II MSc, MHN dept, SDUCON
11:01am-12:00pm	Inaguration		12:31pm-01:30pm	Lunch Break	
12:01pm-01:00pm	Lunch Break		01:31pm-03:30pm	Session-VI Team work & Leadership (Theory)	Prof. Jairakini Aruna, Prof & HOD, MHN dept, SDUCON
01:01pm-03:00pm	Session-II Communication Skills (Theory)	Dr. Malathi, Prof & HOD, MHN dept, SDUCON	03:31pm-05:30pm	Session-VI Team work & Leadership (Activities)	Prof. Jairakini Aruna, Prof & HOD, MHN dept, SDUCON
03:01pm-05:30pm	Session-II Communication Skills (Activities)	Dr. Malathi, Prof & HOD, MHN dept, SDUCON	Day-4 18/6/2026		
Day-2 16/6/2026			08:30am- 09:30am	Session-VII Critical Thinking and Creativity (Theory)	Ms. Nagarathna & Ms. Harshitha, II MSc, MHN dept, SDUCON
08:30am-10:30am	Session-III Problem solving & decision making(Theory)	Mrs. Ramya M, Assist Prof, MHN dept, SDUCON	09:31am -11:30am	Session-VII Critical Thinking and Creativity (Activities)	Ms. Nagarathna & Ms. Harshitha, II MSc, MHN dept, SDUCON
10:31am-12:30pm	Session-III Problem solving & decision making(Activities)	Mrs. Ramya M, Assist Prof, MHN dept, SDUCON	11:31pm -12:30pm	Session-VIII Self-Awareness & Personal Growth (Theory)	Mrs. Ramya M, Assist Prof, MHN dept, SDUCON
12:31pm -01:30pm	Lunch Break		12:31pm -01:30pm	Lunch Break	
01:31pm-03:30pm	Session-IV Emotional Intelligence (Theory)	Ms. Nagarathna, II MSc, MHN dept, SDUCON	01:31pm-02:30pm	Session-VIII Self-Awareness & Personal Growth(Activities)	Mrs. Ramya M, Assist Prof, MHN dept, SDUCON
03:31pm-05:30pm	Session-IV Emotional Intelligence (Activities)	Ms. Nagarathna, II MSc, MHN dept, SDUCON	02:31pm- 03:30pm	Valedictory	
			03:31pm- 04:00pm	Post-test	

Organizing Chairpersons

Dr.G.Vijayalakshmi

Principal, SDUCON

Organizing Secretary and Course

Coordinator

Prof. Jairakini Aruna

HOD, MHN Dept,

SDUCON

Coordinator

Mrs. Ramya M

Asst Prof,

MHN Dept, SDUCON

