

**SREE VIDYANIKETHAN COLLEGE OF NURSING
CONTINUING NURSING EDUCATION ON
STRESS MANAGEMENT AND RESILIENCY TRAINING
(SMART)**

Sree Vidyanikethan College of Nursing has organized the Continuing Nursing Education Program on **"STRESS MANAGEMENT AND RESILIENCY TRAINING (SMART)"** on 13.11.2024 from 11:30 AM to 12:30 PM at Dasari Auditorium by Mrs.R.BhuvanaSai, Tutor, SVCN and Mrs.C.Sirisha, Tutor, SVCN. The objectives of the CNE Program are students will be able to Identify sources of stress and its impact on physical and mental well-being, develop effective coping strategies and resilience techniques. Improve emotional intelligence and self-awareness and Enhance work-life balance and overall well-being.



The program was started with a prayer song. Before starting the Programme, a pre-test was conducted to assess the knowledge level about the Stress Management And Resiliency Training (SMART).



Mrs R.BhuvanaSai, Tutor, presented the introduction of SMART-P and stress introduction and it causes its types & categories how stress will affect on body's behavioural effects of psychological stress, how to use coping skills during the stress and emotional intelligence and its components, theories that related to coping abilities.



Mrs C.Sirisha, Tutor SVCN had discussed on how to build resiliency during stress and work-life balance time management ways to reduce the stress reasons for imbalance of time management how to Develop excellent time management habits, communication and conflict management during stress and resolution techniques during stress.



Mr SatheeshKumar.S, Vice Principal, SVCN is awarding the resource person, Mrs.R.BhuvanaSai Tutor, during the CNE Program



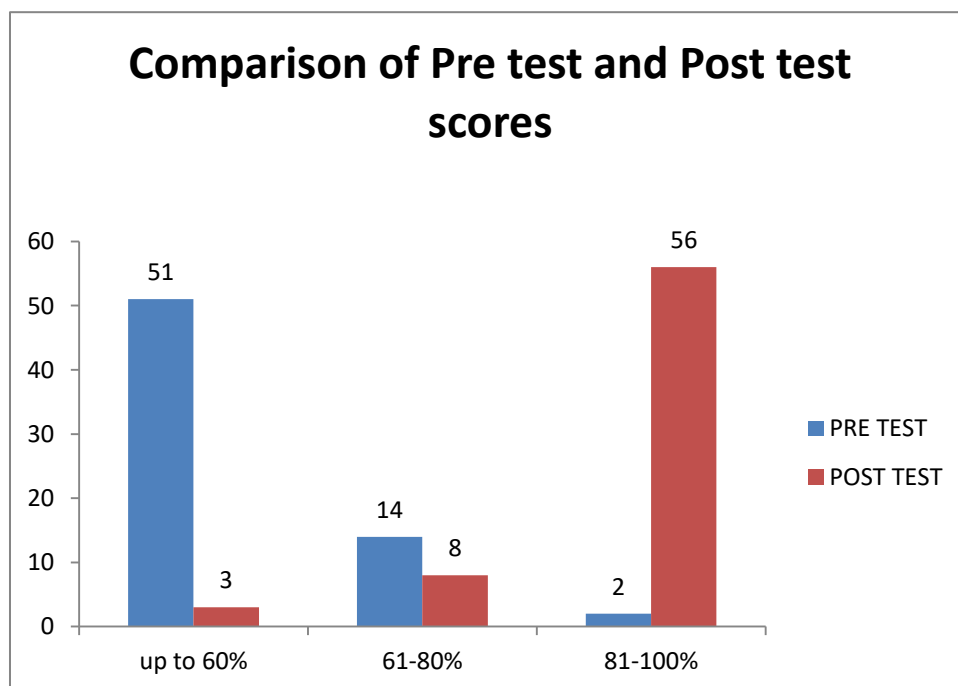
Mr SatheeshKumar.S, Vice Principal, SVCN is awarding the resource person Mrs C.Sirisha, Tutor during the CNE Programme



Post-test was conducted after the CNE program.



Nursing & paramedical faculty members participated in CNE Program



The above chart shows, there is a sharp rise (56.%) in participant scores at the average level in the post-test compared to the Pre-test level (2%) and there is few participants gained the knowledge at a good level in the post-test compared to the pre-test. Analysis of the pre-test and post-test differences shows the CNE was effective.



The CNE programme was concluded with a vote of thanks by Mrs.Divya.D, Assistant Professor, SVCN.

Conclusion:

Continuing Nursing Education on SMART develops the knowledge and prepares the students to identify and develop the skills in management of the stress. The session was effective and the participants learnt to handle the stress with a better approach, which is comprehensively reflected in the post-test result. We would continue the process of learning with the great support and guidance of Dr.Prathima.P, Principal, Sree Vidyanikethan College of Nursing.