

SREE VIDYANIKETHAN COLLEGE OF NURSING

REPORT ON FACULTY ENRICHMENT PROGRAMME

The Faculty Enrichment Programme on "Stress Management and Emotional Intelligence: Building Resilience for Nursing Faculty" was organized on 30th June 2026 through Google Meet from 6.00 PM to 7.00 PM. The programme was conducted by Dr. G. Geethavani, Associate Professor, under the guidance and leadership of Dr. Lavanya P., Principal, Sree Vidyanikethan College of Nursing, Tirupati. A total of 38 nursing faculty members from various institutions actively participated in the programme.

The primary objective of the programme was to create awareness among nursing faculty regarding occupational stress and to equip them with practical strategies for managing stress through emotional intelligence, resilience, and self-care practices. The programme emphasized the importance of maintaining the physical, emotional, and psychological well-being of nursing educators to enhance teaching effectiveness and professional satisfaction.

FACULTY ENRICHMENT PROGRAMME

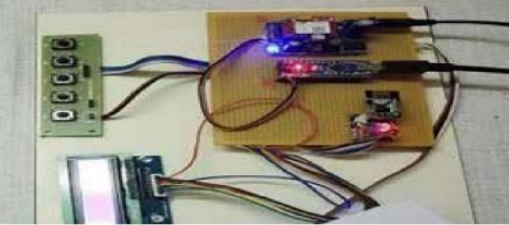
STRESS MANAGEMENT AND EMOTIONAL INTELLIGENCE BUILDING RESILIENCE FOR NURSING FACULTY

SPEAKER
Dr. G. Geethavani
Associate Professor, Sree vidyanikethan college of nursing

Registration Link
<https://bit.ly/4w6yN17>
Registration Fees : ₹ 100/-

SCAN & PAY





Platform
Online

Date
30th June 2026

Venue
Google Meet

Time
6:00 PM to 7:00 PM

WHO CAN PARTICIPATE ?
Nursing Faculty



Organized by:
Sree Vidyanikethan College Of Nursing

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The session began with an overview of stress management and its significance in the nursing profession. The common causes of workplace stress, its impact on physical and emotional health, and the importance of recognizing the early signs of stress and burnout were discussed. Participants gained an understanding of how unmanaged stress can influence teaching performance, interpersonal relationships, and overall quality of life.

The programme highlighted the concept of Emotional Intelligence (EI) and explained its five core components: self-awareness, self-regulation, motivation, empathy, and social skills. The session demonstrated how emotional intelligence helps nursing faculty improve communication, leadership, decision-making, conflict resolution, and relationships with students and colleagues, thereby promoting a positive academic environment.

An important segment of the programme focused on the 7 Cs of Resilience—Competence, Confidence, Connection, Character, Contribution, Coping, and Control. Practical examples were presented to illustrate how resilience enables faculty members to adapt to professional challenges, recover from setbacks, manage workplace pressures, and maintain a positive attitude in their academic responsibilities.

Participants were introduced to evidence-based stress management techniques, including regular physical activity, healthy nutrition, adequate sleep, mindfulness, meditation, deep breathing exercises, effective time management, maintaining work-life balance, and seeking peer support when needed. A brief guided relaxation session involving breathing exercises, stretching, and positive affirmations was also conducted, enabling participants to experience simple stress-relief techniques that can be incorporated into their daily lives.

The programme also included an interactive case scenario on work-related stress among nursing faculty. Participants actively discussed practical solutions by applying the concepts of emotional intelligence, resilience, and self-care. The reflective discussion encouraged faculty members to identify personal strategies for maintaining their physical, emotional, and professional well-being while continuing to provide quality education to nursing students.

The session concluded with an interactive discussion in which participants shared their experiences and appreciated the relevance and usefulness of the programme. Feedback collected from all 38 participants revealed that the session significantly enhanced their understanding of stress management, emotional intelligence, resilience, and self-care. Participants expressed their commitment to implementing these strategies in both their professional and personal lives to improve their overall well-being and teaching effectiveness.

The Faculty Enrichment Programme was successfully organized with the gracious permission of the Hon'ble Vice-Chancellor of Sree Vidyanikethan College of Nursing. The organizers express their sincere gratitude for the valuable support and encouragement extended in conducting the programme. Heartfelt thanks are also extended to Dr. Lavanya P., Principal, for her continuous guidance, motivation, and support throughout the planning and execution of the programme.

Her support in approving the programme banner, facilitating media coverage, and ensuring the smooth conduct of the event is gratefully acknowledged. The active participation and enthusiastic involvement of all the faculty members contributed greatly to the success of the programme. Participation certificates were issued to all the participants in recognition of their active participation and successful completion of the Faculty Enrichment Programme.