


**“Report on Building Self-Confidence  
for Nursing Students”**

**Name of Institute : AARIHANT INSTITUTE OF NURSING**

**Date of Activity : 15/07/2023**



  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.

## Activity Report

<b>Institute</b>	<b>Arihant institute of nursing</b>		
<b>Department</b>	<b>Nursing</b>		
<b>Activity Type</b>	<b>One day session</b>		
<b>Date</b>	15/07/2023	<b>Duration</b>	1 day
<b>Semester</b>	4 <sup>th</sup> B.Sc	<b>No. of Students</b>	56
<b>Name with Designation</b>	Ms. Nidhi Chatbar, soft skill trainer		
<b>Expert contact details</b>	Mr. Amit Vyas, Principal		
<b>Faculty Coordinator</b>	MR. Deepak		
<b>Sponsoring authority</b>	Principal/Registrar	<b>Sponsorship amount:</b>	As per University Norms

### Report on Session: Building Self-Confidence

#### Objective:

The session aimed to enhance self-confidence among nursing students, focusing on strategies to build and sustain confidence in their clinical and academic roles.

#### Details about the activity:

- A one-day session for the students of 2<sup>nd</sup> year B.Sc. nursing students was arranged on 15 July 2023. The session was conducted in classroom. The session started with a brief explanation about Building self-confidence and importance of professional development for students which help students to develop personal interests, strengths, and values, exploring potential career paths, setting goals, and developing strategies to achieve them. This whole session conducted by Ms. Nidhi Chatbar, soft skill trainer from placement department, Gandhinagar

#### Summary:

The session addressed the following key areas:

- Understanding Self-Confidence:** Definition and importance of self-confidence in nursing practice.
- Identifying Barriers:** Common obstacles to self-confidence, such as self-doubt and fear of making mistakes.
- Building Confidence:** Practical strategies included:



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- **Positive Self-Talk:** Techniques for replacing negative thoughts with affirming statements.
- **Skill Development:** The role of continued learning and practice in boosting confidence.
- **Setting Achievable Goals:** Creating and achieving small, manageable goals to build a sense of accomplishment.

Participants engaged in group discussions, role-playing exercises, and self-reflection activities to practice these strategies.

### Key Insights:

- **Increased Self-Awareness:** Participants gained insights into their confidence levels and learned methods to improve them.
- **Practical Techniques:** Tools such as positive self-talk and goal-setting were seen as valuable for both personal and professional growth.
- **Enhanced Resilience:** Building confidence helps in managing stress and adapting to the demands of nursing.


### Feedback:

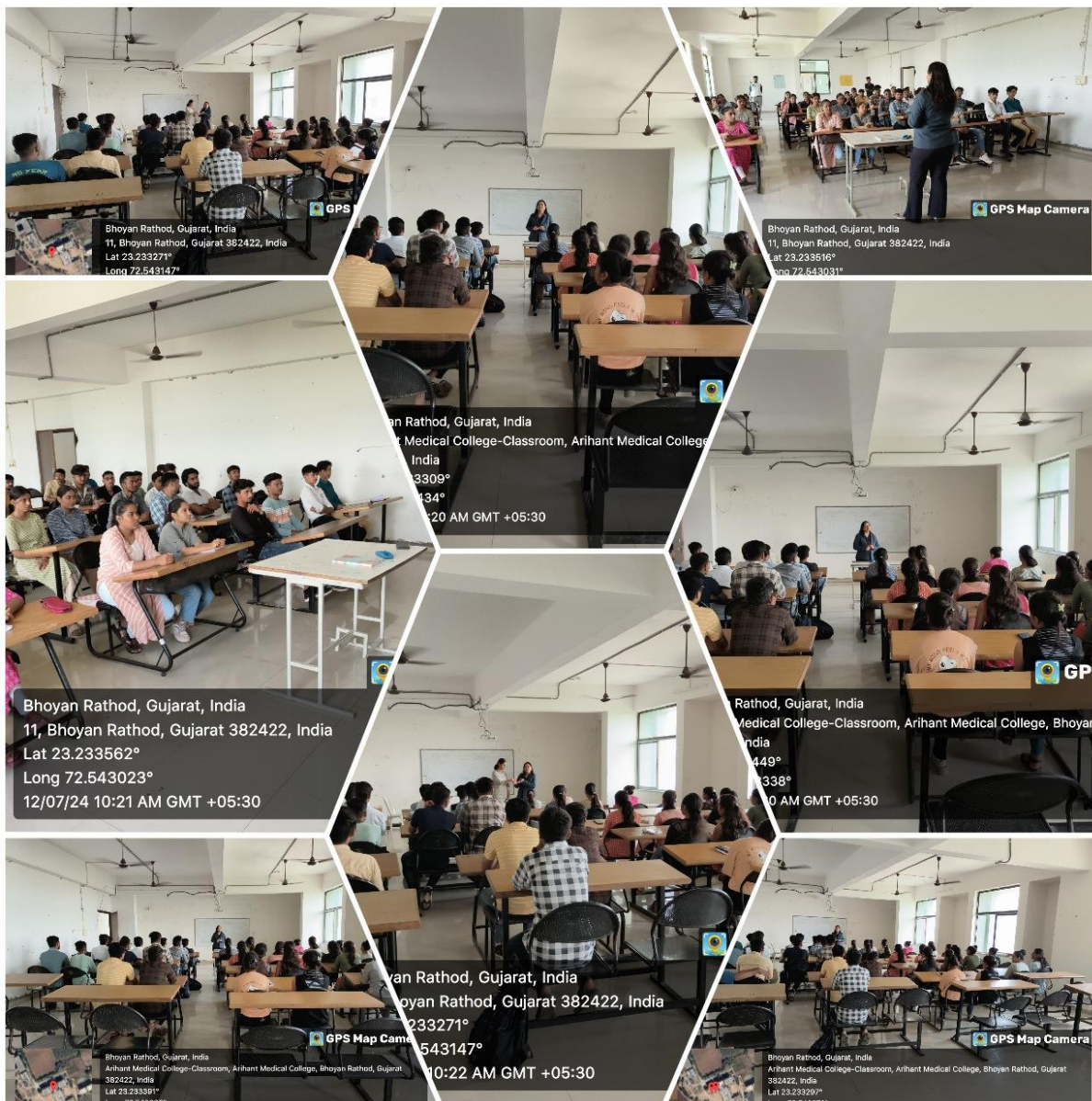
Students found the session practical and motivating. They appreciated the interactive approach and suggested incorporating more real-life nursing scenarios for future sessions.

### Conclusion:

The session effectively provided nursing students with strategies to build self-confidence, which is crucial for their success in both clinical and academic settings.



  
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Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



**ATTENDANCE SHEET**

Sr no	NAME	SIGN
1	NAGA JAGRUTI PRAVINBHAI	Jagruti
2	DABHI HIRALBEN VIRAJBHAI	Hiral
3	BHADKA RAJALBEN RAVJIBHAI	Rajal
4	MORI HIRAL JAYESHBHAI	Hiral
5	SONI JAY PRAKASHKUMAR	Jay
6	PATEL DEVANG SANJAYKUMAR	Devang
7	MESARIYA SEJAL AMRATBHAI	Sejal
8	PATEL UMA RAJESHBHAI	Uma
9	RATHOD SANJAYKUMAR JONBHAI	Sanjay
10	MORI AYUSHKUMAR ROBISAN	Ayush
11	SATYASING ARVINDHBAHI GARSARIYA	Arvind
12	SALUDDIN ABDUL SAMAD PATHAN	Abdul
13	CHHATRAL NEHA JAYESHBHAI	Neha
14	PATEL KALPESH NARENDRABHAI	Kalpesh
15	BARIA ANJUBEN DILIPBHAI	Anjuben
16	RAJPUT DIMPLE VINODBHAI	Dimple
17	SONI SHIANI JITENDRA	Shiani
18	SHARMA KRISHNA ASHOKBHAI	Krishna
19	PATNI RESHAM HIRABHAI	Reshma
20	CHRISTON SHRUTIBEN RAJESHBHAI	Shrut
21	MAKWANA KOMALBEN VASHARAMBHAI	Komal
22	PARMAR MISHA PRAKASHKUMAR	Misha
23	CHAUDHARI RIDDHI RAJUBHAI	Riddhi
24	PATNI RESHMA HIRABHAI	Reshma
25	RAJBHAR MALIBEN SATYADEV	Mali
26	PATANI MANISHA POONAMBHAI	Manisha
27	SONPURA ROSHNIBEN SHRAVANBHAI	Roshni
28	PATEL DHYANI CHANDAKUMAR	Dhyani
29	CHAUDHARI BHAVIK PRAKASHKUMAR	Bhavik
30	BRANDA PRINCE RAMESHBHAI	Prince



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Sr no	NAME	SIGN
31	CHITRAL VISHAL PRAKASHBHAI	Vishal
32	THAKOR JANKI ISHWARJI	Janki
33	PATANI ROSHNI PRAVINBHAI	Roshni
34	PATANI ANJALI VIJAYBHAI	Anjali
35	PANCHAL RUCHI DIPOAKKUMAR	Ruchi
36	PARGI DIVYA BEN NAGA BHAI	Divya
37	VASOLIYA HETVI RAJESHBHAI	Hetvi
38	PARMAR DIVYA BEN RAJENDRABHAI	Divya
39	PANDYA ANAD KIRANBHAI	Anad
40	MEHTA RIDDHIKA MUKESHBHAI	Riddhika
41	MEHTA RANJNA MUKESHBHAI	Ranjana
42	DAMOR ASHA BEN LAXMIBHAI	Asha
43	VAGADIYA HASRSHA BEN JIVABHAI	Hasrsha
44	SOLANKI JINAL KHUSAVADHBHAI	Jinal
45	PARMAR JAYPAL DILIPBHAI	Jaypal
46	PATEL TANVIBEN BHIKHABHAI	Tanvi
47	MEET CHINUBHAI AMIN	Chinu
48	VIPULKUMAR RATABHAI ASAL	Vipul
49	SERENA KANJIBHAI ASARI	Kanji
50	SANDIPKUMAR SAVRUPBHAI BAMANIYA	Sandip
51	VIBHARAVI RAJUBHAI BAMANIYA	Rajiv
52	DHRUV GOPALV BARAIYA	Dhruv
53	RAJKUMAR SANTANSINGH BARIA	Santansingh
54	SANDIPKUMAR JINABHAI BEGADIYA	Sandip
55	NENSI JITENDRAKUMA BHARVAD	Nensi
56	DHAVALKUMAR BHARATBHAI CHAUDHARI	Bharat



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## **“Report on In Service Education session for Nursing Students”**

**Name of Institute : AARIHANT INSTITUTE OF NURSING**

**Date of Activity : 12/08/2020**



  
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## Activity Report

<b>Institute</b>	<b>Arihant institute of nursing</b>		
<b>Department</b>	<b>Nursing</b>		
<b>Activity Type</b>	<b>One day session</b>		
<b>Date</b>	12//8/2020	<b>Duration</b>	1 day
<b>Semester</b>	<b>3<sup>rd</sup> year</b>	<b>No. of Students</b>	56
<b>Name with Designation</b>	Ms. Pinal Ghoghara		
<b>Expert contact details</b>	Dr. Amit Vyas, Principal		
<b>Faculty Coordinator</b>	Ms. Nirmika Acharya		
<b>Sponsoring authority</b>	Principal/Registrar	<b>Sponsorship amount:</b>	As per University Norms

### In-Service Education for Healthcare Professionals

In-service education is a critical component of ongoing professional development for healthcare professionals.

### Details about the activity:

- A one day session for the students of first year B.Sc. and P.B.Bsc nursing students was arranged 12 December on 2021. The session was conducted in classroom. The session started with a brief explanation about In-service education. this will help the students to enhancing the skill, improving the patients care by doing the in-service education. This whole session conducted by Ms. Pinal Makwana Nursing Institute of Gandhinagar.

### In-service education is essential for:

- Enhancing Skills:** Keeping healthcare professionals updated on the latest techniques, technologies, and best practices.
- Improving Patient Care:** Ensuring that staff can provide high-quality, evidence-based care.
- Maintaining Compliance:** Meeting regulatory requirements and adhering to industry standards.



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Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.

**ATTENDANCE SHEET**

SR NO	NAME OF PARTICIPANTS	SIGN
1	ABHINAYA R	<i>Abhinaya</i>
2	CHAUDHARY ANJALI ISHWARBHAI	<i>Anjali</i>
3	CHAUDHARY KIRAN BHARATBHAI	<i>Kiran</i>
4	CHAUDHARY MANISHA AMRUTHLAL	<i>Manisha</i>
5	MACHHAR SOLANBEN BHURSINGBHAI	<i>Solan</i>
6	MAKWANA SANJANABEN RAMESHBHAI	<i>Sanjana</i>
7	MAKWANA VANITA DAHYABHAI	<i>Vanita</i>
8	MALI CHANDRIKA BABUBHAI	<i>M. Chandra</i>
9	MAYAVANSHI DEEPKUMAR DINESHBHAI	<i>Deepak</i>
10	MISTRI NISHA HARSHADBHAI	<i>Nisha</i>
11	NAYAK SUHANIBAHEN HASMUKHLAL	<i>Suhani</i>
12	PARMAR MAULIKA HASMUKHBHAI	<i>Maulika</i>
13	PATEL APEKSHA DAHYALAL	<i>Apeksha</i>
14	PATEL FALGUNI NATAVARBHAI	<i>Falguni</i>
15	PATEL HIRAL DHARMENDRABHAI	<i>Hiral</i>
16	PATEL JAIMINI VINODBHAI	<i>Jaimini</i>
17	PATEL JANUBEN NARESHBHAI	<i>Januben</i>
18	PATEL JANVI RAJENDRAKUMAR	<i>Janvi</i>
19	PATEL KRINA SATISHBHAI	<i>Krina</i>
20	PATEL MITALI NAILESHBHAI	<i>Mitali</i>



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



SR NO	NAME OF PARTICIPANTS	SIGN
21	PATEL NIDHI BHARAT BHAI	Nidhi
22	PATEL RITU SHAMALBHAI	Ritika
23	PATEL RUTU PRAKASHBHAI	Rutu
24	PATEL YASHVI GAUTAMBHAI	Yashvi
25	RATHOD FALGUNI KAUSHIKBHAI	Falguni
26	RAVAL HEMANGINEE BHARATHBHAI	Hemangi
27	RAVAL MEGHA VINODBHAI	Megha
28	ROUT RESHMA NARENDRABHAI	Reshma
29	SANGADIYA PINKAL RATILAL	Pinkal
30	SATHWARA KOMALBAHEN RAKESHKUMAR	Komal
31	SHAHI BHUMIKA AMAR	Bhumika
32	SHAIKH KHALIDHUSEN KUTUBBHAI	Khalid
33	SOLANKI BHAUTIKKUMAR VARSINGBHAI	Bhautik
34	THAKOR JANAKBEN BANAJI	Janak
35	TOVRA VARSHA SHARAVANKUMAR	Varsha
36	VASAVA AILASHKUMAR JAISINGHBHAI	Ailash
37	VASAVA SUNILKUMAR RAMESHBHAI	Sunil
38	CHAUDHARY MASUMKUMAR ARVINDBHAI	Masum
39	PATEL KHUSHI TAXESBHAI	Khushi
40	PATEL AKSHAYKUMAR RAJENDRABHAI	Akshay
41	VALAND KOMAL JAGDISHBHAI	Komal



Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



SR NO	NAME OF PARTICIPANTS	SIGN
42	SOLANKI KALYANSHIN DALPATSIKH	<i>Kalyan</i>
43	MAKWANA KOMALBEN VASANBHAI	<i>Komal</i>
44	SONI SHIVANI JITENDRA	<i>Shivani</i>
45	MHETA RANJANA MUKESHBHAI	<i>Ranjana</i>
46	SOLANKI JINAL KHUSAVADBHAI	<i>Jinal</i>
47	THAKOE JANKI ISHVARJI	<i>Janki</i>
48	PATANI ANJALI VIJAYBHAI	<i>Anjali</i>
49	SOLANKI KHUSBU TULSIBHAI	<i>Khushbu</i>
50	PARMAR JAYPAL DILPIBHAI	<i>Jaypal</i>
51	RAJBHAR MANISHA SATYDEV	<i>Manisha</i>
52	PARMAR MISHA PARESKUMAR	<i>Misha</i>
53	CHAUDHARI RIDDHI RAJUBHAI	<i>Riddhi</i>
54	PATANI RESHMA POONAMBHAI	<i>Reshma</i>
55	ASARI PRATIKKUMAR SALIESHBHAI	<i>Pratik</i>
56	CHITTA VISHAL PRAKASHBHAI	<i>Vishal</i>



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
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*[Signature]*  
Principal  
Aarihant Institute of Nursing  
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## **“Report on the Layer of Personality for Nursing Students”**

**Name of Institute : AARIHANT INSTITUTE OF NURSING**

**Date of Activity : 12/12/2023**



  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.

## Activity Report

<b>Institute</b>	<b>Arihant institute of nursing</b>		
<b>Department</b>	<b>Nursing</b>		
<b>Activity Type</b>	<b>One day session</b>		
<b>Date</b>	12/12/2023	<b>Duration</b>	1 day
<b>Semester</b>	<b>2<sup>nd</sup> P.B.B sc</b>	<b>No. of Students</b>	34
<b>Name with Designation</b>	Ms. Rachana mehata , Soft skill trainner		
<b>Expert contact details</b>	Dr. Amit Vyas , Principal		
<b>Faculty Coordinator</b>	Mr. Deepak		
<b>Sponsoring authority</b>	Principal/Registrar	<b>Sponsorship amount:</b>	As per University Norms

### Report on Session: Layers of Personality

#### Objective:

The session aimed to help nursing students understand the layers of personality and how these layers can influence patient interactions and self-awareness in a clinical setting.

#### Details about the activity:

- A one-day session for the students of year B.Sc. nursing students was arranged on 12 december 2023. The session was conducted in class. The session started with a brief explanation about what is **layer of personalities**, and importance of professional development for students which help students to develop personal interests, strengths, and values, exploring potential career paths, setting goals, and developing strategies to achieve them. This whole session conducted by Ms. Rachana Mehata, soft skill trainer, Gandhinagar

#### Summary:

The session provided an overview of personality, focusing on its multi-layered nature:

- Core Self: Fundamental beliefs and values that form the basis of an individual's identity.
- Personality Traits: Consistent characteristics, such as empathy or assertiveness, that affect behaviour and patient care.
- Behavioural Patterns: Actions and reactions that emerge from deeper personality traits.
- Situational Influences: External factors that can impact behaviour and interactions with patients.



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Interactive activities included self-assessments and role-playing scenarios to apply these concepts to nursing practice.

**Key Insights:**

- **Enhanced Empathy:** Understanding different personality layers can improve empathy and patient care.
- **Self-Awareness:** Increased awareness of one's own personality traits can enhance communication and stress management.
- **Adaptability:** Recognizing situational influences helps in adapting approaches to different patient needs.


**Feedback:**

Students appreciated the practical approach and interactive components. Suggestions included more case studies relevant to nursing scenarios.

**Conclusion:**

The session successfully highlighted how understanding personality layers can enhance nursing practice and improve patient interactions.



  
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Bhoyan Rathod, Gandhinagar.



### ATTENDANCE SHEET

SR NO	NAME OF PARTICIPANTS	SIGN
1.	PRAJAPATI SHIVAM RAJESHBHAI	Shyam
2.	CHAUDHRI TIRTHKUMAR SHANKARBHAI	Tirth
3.	CHANDEL ROHIT NARESHKUMAR	Rohit
4.	JADAV SANKET MANILAL	Sanket
5.	VANKAR MITKUMAR ARVINDBHAI	Mit Vankar
6.	DABHI GAYATRI BEN ARVINDBHAI	Gayatri
7.	SUTHAR SHREY CHANDRAKANT	Shrey
8.	VASAIYA MITESH TERSING BHAI	Mitesh
9.	BARIYA HITESH SUKRAM BHAI	Hitesh
10.	GHANCHI SANIA IMTIYAZ	Sania
11.	KHANT NAYANKUMAR JAVANSINH	Nayan
12.	SINGH VAIBHAV SATISH	S.V.S.
13.	ANSARI IFRA BARATI	Ifra
14.	PATEL ABHISHEK KUMAR RUPESH	Abhishek
15.	MAURYA RAUSHAN SURENDRA SINGH	Raushan
16.	PRAKASH AKSHAY ARVINDKUMAR	Akash
17.	SINGH RAJEEV KUMAR JITENDRA	Rajeev
18.	GOHIL RIYA HARESHKUMAR	Riya
19.	PANWAR MAHIPAL SINGH HIMMAT SINGH	Mahipal
20.	PANDYA PRINCE ROHITBHAI	Prince
21.	PATEL PARV KAMLESHKUMAR	Parv
22.	KHABAD BANESHWARIBEN RAMANBHAI	Baneshwar
23.	VASAVA TUSHARKUMAR KARAMSINGHBHAI	Tushar
24.	SOLANKI SACHINKUMAR JAYANTIBHAI	Sachin
25.	GURJAR SOHAN SINGH RAM NARESH	Sohan



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



SR NO	NAME OF PARTICIPANTS	SIGN
26.	JOSHI SUMIT ASHOK KUMAR	<i>Sumit</i>
27.	RAJPUROHIT SURESH KUMAR DEVARAM	<i>Rohit</i>
28.	JOSHI KULDEEP PRAKASHBHAI	<i>Kuldeep</i>
29.	PARMAR GIRISH BHARAT BHAI	<i>Kuldeep</i>
30.	PATANI NISHALEE BHARATBHAI	<i>Nishalee</i>
31.	PATNI HEENA MANGALDAS	<i>Heena</i>
32.	CHRISTI SHERON RAJUBHAI	<i>Shreena</i>
33.	PATIL NEHA MANOHAR BHAI	<i>Neha</i>
34.	PATEL KUNAL ASHOKPRASAD	<i>Kunal</i>



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.



*[Signature]*  
Principal  
Aarihant Institute of Nursing  
Bhoyan Rathod, Gandhinagar.