

**DATTA MEGHE INSTITUTE OF MEDICAL SCIENCES (DEEMED TO BE UNIVERSITY)
SMT. RADHIKABAI MEGHE MEMORIAL COLLEGE OF NURSING
SAWANGI (MEGHE), WARDHA**

DEPARTMENT OF MENTAL HEALTH NURSING

SCHEDULE FOR STATE LEVEL CONTINUE NURSING EDUCATION 2018

Topic: Stress Management of Nursing Professional

Date: - 28/09/2018

Time	Duration	Topic	Speaker	Chairperson
8.30 AM to 9.00AM	30 minutes	Registration Breakfast Pretest	-----	-----
9.00 AM to 9.45AM	45 minutes	Session -1 Stress and its co- relates	Ms. Pooja Kasturkar, Assistant Professor Dept. of MHN SRMMCON	Mrs. Rupali Sarode Counselor SGC DMIMS(DU)
9.45 AM to 10.30 AM	45 minutes	Session 2 Impact of Stress on Health	Ms. Nilima Rakshale, Associate Professor Dept. of MHN SRMMCON	Mrs. Vaishali Taksande Dean academics, SRMMCON
10.30 AM to 11.30 AM	1Hour	Session 3 Sources of work place stress and Modalities of stress Management	Mrs. Jaya Gawai, Associate Professor Dept. of MHN SRMMCON	Dr. Seema Singh Professor cum Principal Dept. of MSN SRMMCON
11.30 AM to 12.30 PM	1 Hour	Session 4 MBCT for management of stress	Dr. Ranjan Solanki M.D. Physician AIIMS Nagpur GMC Campus	Dr. Sally John Associate Professor Department of Psychiatry JNMC
12.30 PM To 1.30 PM	1 Hour	LUNCH		
1.30PM to 2.30PM	1 Hour	Scientific Paper Presentation		

2.30 PM to 3.30 PM	1Hour	Session 5 Sukshma Yoga for immediate stress relief	Dr. Vaishali D.Tendolkar Associate Professor & HOD Dept. of MHN SRMMCON	Dr. Ashish Bele Associate Professor RNPC
3.30 PM To 4.30PM	1Hour	Tea Break, Valedictory function Post Test Feed Back		

Guidelines for Abstracts:

Word limit: 250

Font: Times New Roman

Font Size: 12

Line Spacing: 1.5

For oral paper presentation and poster presentation at least one presenter should be present. Certificates shall be given to the presenter/author who is participating in the conference.

Send your abstracts to: javapranoykumargawai@gmail.com

The presenters shall be awarded with a certificate and the selected papers shall be published in the in-house Journal of Rural Nursing

Last date for submission of abstract: 25/09/2018 5 p.m.

Organizing Secretary

Mrs. Jaya Gawai,
Associate Professor
Dept. of MHN
SRMMCON

Organizing Chairman

Dr. Vaishali D. Tendolkar
Associate Professor & HOD
Dept. of MHN
SRMMCON