

**Patron :**

**Mr. R. Kuppusamy, Chairman, Vignesh Group of Institutions**

**Organizing Chairperson :**

**Dr. S. Vijayalakshmi, M.A., M.Sc (N), PhD (N), Principal.**

**Organizing Secretary :**

**Mrs. R. Suguna, Associate Professor / M.Sc (N) I & II Year Students**

**Registration Details:**

Category	Registration Fees
	On or before 15.03.2019
Faculty, Staff Nurses and Delegates	Rs.500/-

**Courses Offered**

B.Sc., (N) - 4 years

P.B.B.Sc. (N) - 2 years

M.Sc., (N) - 2 years

**Note: Registration Fees is exempted for ANM's.**

Registration fees include Conference kit, Conference Certificate, Lunch and High tea. Payment should be made by DD in favour of "The Principal, Vignesh Nursing College, Tiruvannamalai" Payable at Tiruvannamalai. Breakfast will be provided for Rs.50 only on confirmation given at least 3 days prior to the conference.

Filled in registration form should be addressed to

Organizing Secretary,

Mrs. R. Suguna, M.Sc (N), Associate Professor

Vignesh Nursing College,

No.131, Manalurpet Road, Kizhanaikarai, Tiruvannamalai- 606603.

email: [vnc\\_tvmalai@yahoo.co.in](mailto:vnc_tvmalai@yahoo.co.in) Contact: 8870310047, 04175235410

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# Vignesh Nursing College

No. 131, Manalurpet Road, Kizhanaikarai  
Tiruvannamalai



## Seventh State Level Conference

on

**“Smart Nurses Think out of the Box**

**- Independent Nurse Practitioner”**

Date: 30.03.2019

Venue: VIS Auditorium,  
Melputhiyandal,  
Tiruvannamalai

Tamilnadu Nurses & Midwives Council Credit Hours - 7 Hrs

**Dear Friends & Fraternity:**

On behalf of Vignesh Nursing College, it is our pleasure to invite you to attend the Seventh State Level Conference on "Smart Nurses Think Out of the Box - Independent Nurse Practitioner".

Where the needs of the World and our Talents cross, there lies our Nursing Profession. Nurses are the backbone of any health care system and are known for selflessly working round the clock with compassion and care.

Many developing countries are facing serious workforce challenges in the health sector, especially with respect to physician availability. The Indian health care sector needs are growing at a continuous pace, with increasing population size and dual burden of diseases due to rise in chronic and lifestyle diseases, emerging and re-emerging diseases. Hence a dire need for reorganization and decentralization of health care services by task shifting approach is requisite to address the increasing need for the Independent Nurse Practitioner. Taking lessons from other developed countries, it will also be important for the Nurse Practitioner to have a public Health Leadership role in a country like India.

India is embarking and will be on several reforms in the health care sector at all levels making it imperative for having Independent Nurse practitioner have an active role at all levels.

**Objectives of the Conferences:**

1. To capture Life style modification strategies for the healthy living.
2. To provide information on quality life for the Diabetic Patients.
3. To reflect upon Managing Stress in a sustainable way.
4. To articulate the need for Exercises in day to day life.
5. To promote, protect and support Breastfeeding.
6. To expose the ways to solve Obesity.
7. To acquire attributes necessary for the practice of Acupuncture.

*"When you have the dream, you must have the patience to see it through and the stubbornness to never give up"*

**PROGRAM SCHEDULE**

Time	Event / Topic	Resource Person
07.00 – 08.00 am	Registration	
08.00 – 09.00 am	Life style Modification – A base for Healthy Life "Only I can change my Life. No one can do it for me."	Mrs.U. Udaya, M.Sc (N) Associate Professor, Vignesh Nursing College, Tiruvannamalai.
09.00 – 09.30 am	Inauguration & High Tea	
09.30 – 10.30 am	Diabetes–Insight and Perspectives "Eat Less Sugar, You're sweet enough already."	Dr. S.Madhavi, Ph.D (N) Principal, KMCH CON, Coimbatore.
10.30 – 11.30 am	Stress Management-Trips & Tricks "It's not the Load that Breaks you down, It's the way you carry it"	Dr. T. Nirmala, Ph.D (N) Principal, Sri Ramakrishna CON, Coimbatore.
11.30 – 12.30 pm	Exercises – Doctor of Joints "Either You Run the Day or The Day Runs You"	Dr.D. Esther John Ph.D(N) Principal, Ganga CON, Coimbatore.
12.30 – 01.30 pm	Breast feeding – Hints & Hurdles "Breast Feeding is a Mother's Gift to Herself, Her Baby & The Earth"	Dr. A.Jayasudha, Ph.D (N) Principal, PSG CON, Coimbatore.
01.30 – 02.30 pm	Lunch Break	
02.30 – 03.30 pm	One Stop Solution for Obesity "Good Things come to those who wait. Bad Things come to those who "Weight"	Dr. Jaeny Kemp, Ph.D(N) Principal, GKNM CON, Coimbatore.
03.30 – 04.30 pm	Acupuncture – Road map to Health "Proof that stabbing someone can make things better "	Dr. A.Vivekanandan, MD, Ph.D., State Dy. General Secretary - ATAMA
04.30 – 05.00 pm	Exauguration & High Tea	