

## ORGANIZING TEAM

- **Budgeting & Refreshment**

**Committee**

**Coordinator-** Dr Monika Sharma

**Members (Nursing Officers) :**

1. Ms Tannu Prajapati
2. Ms Himani Dahiya
3. Mr Narinder Verma
4. Ms Nidhi
5. Mr Arjun
6. Mr Naresh

- **Decoration & Transport Committee -**

**Coordinator-** Dr Narinder Kaur Walia

**Members(Nursing Officers) :**

1. Ms Ritu Khatri
2. Ms Neetu Rani
3. Ms Sushmita Rawat
4. Ms Jyoti
5. Mr Vishnu Upadhyay

- **Accommodation Committee**

**Coordinator-** Dr Simarjeet Kaur

**Members (Nursing Officers):**

1. Mr Ramesh Kumar Yadav
2. Ms Malayshree
3. Ms Jyoti

- **Discipline Committee**

**Coordinator-** Mr Atul Sharma

**Members (Nursing Officers)**

1. Mr Surendra Kumar Swami
2. Mr Onkar
3. Ms Meetu
4. Mr Narendra barjati
5. Ms Vijay Lakshmi

- **Registration Committee**

**Coordinator-** Ms Nagdeep Kaur

**Members (Nursing Officers)**

1. Ms Pratibha Kumari
2. Mr Surendra Bagdi
3. Mr Rajesh Kumar
4. Ms Priyanka Yadav

## CONTACT DETAILS

Dr Narinder K Walia -9988839676

Dr Monika Sharma-9417712103

Dr Simarjeet Kaur-8427016084

Mr Atul Sharma:7061512012

Mrs Nagdeep Kaur: 9563110009

**(Preferably Whatsapp Call)**

**Email address-**

[nursingcollege@aaimsbathinda.in](mailto:nursingcollege@aaimsbathinda.in)

## NURSING COLLEGE AIIMS, BATHINDA

**In Collaboration with  
TNAI, Punjab State Branch**



**NATIONAL VIRTUAL WORKSHOP**



**VALUES IN HEALTH CARE-A  
SCIENTIFIC SPIRITUAL  
APPROACH**

**21<sup>st</sup> & 22<sup>nd</sup> January, 2022**

## ABOUT AIIMS BATHINDA

All India Institute of Medical Sciences Bathinda (AIIMS, Bathinda) is a Medical College, Hospital and Research Public Centre in Bathinda, Punjab, India. As one of the All India Institutes of Medical Sciences, it operates autonomously under the Ministry of Health and Family Welfare (MoHFW). AIIMS, Bathinda was planned as a 750-bedded medical institute on 177 acre land having 10 specialty, 11 super specialty departments and 16 operation theatres. It became operational in 2019, one of the six AIIMS to do so in 2019.

## NURSING COLLEGE

Nursing College, AIIMS Bathinda established in 2021 to become a Centre of Excellence in the field of Nursing Education and Research in India. The first batch of B.Sc. (Hons) Nursing is going to start in 2021-22 with the intake of 60 students.

## WORKSHOP ESSENCE

**Dear Delegates,**

It is our great gratitude and privilege to invite you on two days workshop on “VIHASA: Values in Health Care Profession -A Scientific Spiritual Approach” being organized by the Nursing College, AIIMS Bathinda. The workshop is organized to enable the participants to identify their own core values and discover how their own insights can enhance and revitalize their work at health care setting.



## AIM OF THE WORKSHOP

VIHASA programme consists of a unique blend of experiential group exercises, with time set aside for personal reflection and group discussion. Self-enquiry is encouraged through personal reflection to identify their own values and discover how their insights can enhance their personal lives and revitalize their work. Movement-based exercises offer natural breaks and opportunities to experience values in a personal way. It help people to rediscover their true inner potentials and strengths and to maximize them for enhanced productivity, develop a positive attitude enriching life experience in personal and professional domains & cope with challenging work situations. Raising morale will re-emphasize the importance of values in guiding practice at all levels.

## PATRON



**PROF (Dr) D K SINGH**  
EXECUTIVE DIRECTOR &  
CEO AIIMS BATHINDA

## CO-PATRON



**Dr SATISH GUPTA**  
DEAN, AIIMS,  
BATHINDA



**Dr ANIL GOEL**  
MS, AIIMS, BATHINDA



**Dr Lalita Kumari**  
Principal LLR CON, Jalandhar  
TNAI President Punjab State

## NURSING COLLEGE, AIIMS, BATHINDA ORGANIZING SECRETARIES



**Dr Monika Sharma**  
Associate Professor.  
In-charge Nursing College



**Dr Narinder Kaur Walia**  
Associate Professor  
Secretary TNAI Punjab State

## JOINT ORGANIZING SECRETARIES



**Dr Simarjeet Kaur**  
Assistant Professor



**Mr Atul Sharma**  
Assistant Professor



**Mrs Nagdeep Kaur**  
Assistant Professor

## VIHASA PROGRAM-SCHEDULE-21<sup>st</sup> & 22<sup>nd</sup> January, 2022

| <b>Day-1: VIHASA Program Schedule 21 January, 2022</b> |                |                                   |  |
|--|----------------|-----------------------------------|--|
| <b>INAUGURATION</b>                                    |                |                                   |  |
| 9.00am to 9.05 am                                      | 05 mins        | Introduction of the Event         | Ms Himani ,Ms Tannu,<br>Nursing Officers   |
| 9.05 am to 9.10am                                      | 05 mins        | Lamp Lighting                     | All dignitaries  |
| 9.10am to 9.15am                                       | 05mins         | Saraswati Vandana                 | Ms Nikita Sangwan  |
| 9.15 am to 9.20am                                      | 05mins         | Introduction of Dignitaries       | Dr Simarjeet Kaur & Mr Atul Sharma<br>Assistant Professor  |
| 9.20am to 9.25 am                                      | 05mins         | Welcome Address                   | Dr. Narinder Kaur Walia<br>Associate Professor   |
| 9.25am to 9.40am                                       | 20 mins        | VIHASA-introduction               | Dr. Sachin Parab,<br>VIHASA Coordinator<br>(Joint Secretary, Medical Wing<br>BK India)               |
| 9.40am to 9.50am                                       | 10mins         | Spiritual Tool                    | Dr. Manoj Matnani<br>VIHASA Coordinator<br>(Pediatric Nephrologist & Renal<br>Transplant Physician ) |
| 9.50am to 9.55am                                       | 5mins          | Guest of Honor Address            | Dr Lalita Kumari,<br>President TNAI , Punjab State   |
| 9.55 am to 10.00am                                     | 5mins          | Chief Guest Address               | Dr. Dinesh Kumar Singh<br>Executive Director, AIIMS, Bathinda  |
| 10.00am to 10.10am                                     | 10mins         | Felicitation                      | Ms Nagdepp Kaur<br>Assistant Professor   |
| 10.10 am to 10.15am                                    | 5min           | Vote of Thanks                    | Dr Monika Sharma<br>Associate Professor  |
| <b>Module-Positivity</b>                               |                |                                   |  |
| TIME   | DURATION       | ACTIVITY                          | SPIRITUAL TOOLS  |
| 10.15 to 10:40 am                                      | 25 mins        | 3.1 The benefit of being positive | Reflection & Discussion in pairs   |
| 10.40-10.55 am   | 15 mins        | 3.5 Inspired to be me             | Meditation   |
| <b>10.55 to 11.10 am</b>                               | <b>15 mins</b> | <b>BREAK!</b>                     |  |
| 11.10 to 11.55 am                                      | 45 mins        | 3.3 Surfacing positive thoughts   | Reflection   |
| 11.55 to 12.05pm                                       | 10 mins        | 3.4 Thought exchange              | Appreciation & Play  |
| 12.05 to 12.40pm                                       | 35 mins        | 3.5 Appreciating others at work   | Appreciation   |

|   |         |                                       |                                |
|---|---------|---------------------------------------|--------------------------------|
| 12.40 to 1.00 pm                                      | 20 mins | 3.7 SOS-a visualization               | Visualization                  |
| 1.00to 1.30 pm  | 30 mins | 3.9 Thoughts into action              | Action planning                |
| <b>Day-2 VIHASA Program Schedule 22 January, 2022</b> |         |                                       |                                |
| <b>Module: Compassion</b>                             |         |                                       |                                |
| 9 to 9.15 am  | 15 mins | Facilitators & Organizer              | Early Login                    |
| 9.15 to 9.45 am                                       | 30 mins | 4.1 Finding compassion                | Reflection                     |
| 9.45 to 10.00 am                                      | 15 mins | 4.4 Meditation on Compassion          | Meditation                     |
| 10.00 to 10.30 am                                     | 30 mins | 4.5 Compassionate listening           | Listening                      |
| 10.30 to 11.00 am                                     | 30 mins | 4.6 Understanding anger               | Reflection & listening         |
| 11.00 to 11.15 am                                     | 15 mins | <b>BREAK!</b>                         |                                |
| 11.15 to 11.25 am                                     | 10 mins | 4.7 Breathing out anger               | Meditation                     |
| 11.25 to 11.35 am                                     | 10 mins | 4.8 Standing like tree                | Meditation                     |
| 11.35 to 12.10 pm                                     | 35 mins | 4.9 Mistakes                          | Reflection & listening         |
| 12.10 to 12.20 pm                                     | 10 mins | 4.10 Forgiveness                      | Meditation                     |
| 12.20 to 12.50 pm                                     | 30 mins | 4. 12Action Planning – Positive plans | Reflection & sharing in pairs  |
| 12.50 to 1.15 pm                                      | 25 mins | Collective Closure /Feedback          | Dr Manoj Matnani, VIHASA       |
| 1.15 to 1.30 pm                                       | 15 mins | Thank You & Farewell                  | Nursing College AIIMS Bathinda |