

ABOUT THE NATIONAL VIRTUAL SHORT TERM COURSE

The National Virtual Short Term Course on “Transforming Personal and Professional Growth through Soft Skills and Personality Development” Aims to strengthen the personal and professional skills of students, educators, and professionals from different disciplines. The course focuses on communication, leadership, teamwork, decision-making, stress management, professional etiquette, and confidence building. It helps participants develop self-awareness, a positive attitude, and effective interpersonal skills. Through expert sessions and interactive learning, the program prepares individuals for success in academic, clinical, and professional healthcare settings.

OBJECTIVES

By the end of the course, participants will be able to:

- Improve communication and interpersonal skills
- Develop confidence and professional behavior.
- Enhance leadership and teamwork abilities
- Manage stress and time effectively.
- Build a positive attitude and professional personality

TARGET AUDIENCE

- Nursing students (B.Sc. Nursing, GNM, M.Sc. Nursing)
- Nursing faculty and educators
- Healthcare professionals and hospital staff
- Allied health science students and professionals
- Teaching faculty from different disciplines
- Final-year students preparing for placements and interviews
- Young professionals seeking career readiness and personality development
- Administrators and academic coordinators interested in leadership and teamwork skills



REGISTRATION LINK

SCAN THE QR CODE OR CLICK THE LINK IN THE DESCRIPTION TO REGISTER

<https://forms.gle/8wi2y87XN5gMFbwuZ>

ABOUT OUR COLLEGE

Jabalpur Institute of Nursing Sciences and Research firmly upholds the belief that education is the foundation of economic progress and societal empowerment. The institution is dedicated to transforming lives by expanding access to quality nursing education, particularly in small towns and rural communities, where countless young women aspire to achieve professional excellence and contribute meaningfully to society. Also it 1st NAAC accredited nursing college and ISO Certified.

As the first nursing institution in the Mahakoshal region, we celebrate 25 years of distinguished service. We are proud to be the region's first NAAC-accredited and ISO-certified nursing college. Our mission is to deliver holistic, competency-based education, blending theoretical knowledge with clinical expertise and compassionate care.

ABOUT HITKARINI SABHA

Founded in 1868, Hitkarini Sabha is a cornerstone of education and social reform in Madhya Pradesh. Beyond academics, we focus on instilling national pride and professional etiquettes in students. Our rich history is intertwined with India's journey toward independence, aiming to create a generation that is educated, cultured, and self-reliant.

ABOUT IQAC

The Internal Quality Assurance Cell (IQAC) ensures and enhances the quality of education and institutional processes. It fosters excellence by promoting innovative teaching, research, and adherence to accreditation standards. Through best practices and assessments, IQAC drives institutional growth and academic improvement, ensuring consistent and effective quality enhancement

CONTACT US

☎ 0761-4129824, 9753218998, 9692118019, 7869551404

🌐 www.hinsar.hitkarini.com @ jinsar@hitkarini.edu.in

📘 [jinsar.hitkarini](https://www.facebook.com/jinsar.hitkarini) 📺 [jinsarjabalpur](https://www.youtube.com/channel/UCjinsarjabalpur) 📷 [jinsar.jabalpur](https://www.instagram.com/jinsar.jabalpur)



JABALPUR INSTITUTE OF NURSING SCIENCES AND RESEARCH



THEME

“TRANSFORMING PERSONAL AND PROFESSIONAL GROWTH THROUGH SOFT SKILLS AND PERSONALITY DEVELOPMENT”



IN ASSOCIATION WITH
IQAC, JABALPUR INSTITUTE OF NURSING SCIENCES AND RESEARCH

RESOURCE PERSON



Ms. Bharati Kharshikar

Facilitative Trainer, Soft Skill Trainer
Psychometric Analyst & Counsellor,
Pune

Prof. Dr. Princey Shaji

Principal, Soft Skill Trainer, Jabalpur
Institute of Nursing Sciences &
Research, Jabalpur (M.P.)



Ms. Shanthi Anand

Soft Skill Trainer,
Mindset Transformation Coach, Corporate
Trainer, NLP Coach, Mumbai (MH)



PROF. DR. SENTHIL. T

Maharishi Markandeshwar College of Nursing
Maharishi Markandeshwar (Deemed to Blbe
University), NAAC Accredited with Grade A++,
Haryana



Dr. Reena Mathew

Associate Professor, Soft Skill Trainer
Jabalpur Institute of Nursing Sciences &
Research, Jabalpur (M.P.)



PROGRAM SCHEDULE

04 MAY 2026, 11:30 AM ONWARDS

SESSION-I

INTRODUCTION TO SOFT SKILLS AND PERSONALITY DEVELOPMENT

MS. BHARATI KHARSHIKAR

05 MAY 2026, 11:30 AM ONWARDS

SESSION-II

LEADERSHIP SKILLS

PROF. DR. PRINCEY SHAJI

06 MAY 2026, 11:30 AM ONWARDS

SESSION-III

COMMUNICATION & INTERPERSONAL SKILLS FOR EFFECTIVE TEAMWORK

MS. SHANTHI ANAND

07 MAY 2026, 11:30 AM ONWARDS

SESSION-IV

TEAM BUILDING

PROF. DR. SENTHIL. T

07 MAY 2026, 2:30 PM ONWARDS

SESSION-V

SELF AWARENESS AND PERSONAL GROWTH

DR. REENA MATHEW

08 MAY 2026, 11:30 AM ONWARDS

SESSION-VI

STRESS MANAGEMENT AND MENTAL WELL-BEING

MS. MALABIKA GHOSH DASTIDAR

09 MAY 2026, 11:30 AM ONWARDS

SESSION-VII

INTERVIEW SKILLS AND CAREER READINESS

DR. JYOTSANA KAMBLE

MODE



Google Meet



LIVE

RESOURCE PERSON

Mrs. Malabika Ghosh Dastidar

Psychotherapist & Counsellor, Mental Health
Promoter, Mindfulness Meditation Teacher,
Soft Skill Master & Trainer Life Coach, Healthy
Mind Studio, Navi Mumbai (MH)



Dr. Jyotsana Kamble

HR Manager, Soft Skill Trainer
The Grant Medical Foundation Ruby
Hall Clinic, Hinjewadi, Pune



LEARN



EXPLORE



CONNECT

IMPORTANT DATES



Event Date : 04-09 MAY 2026, 11:30 AM



Last Date for Registration : 03 MAY 2026



REGISTRATION FEES

₹ 400 FACULTY (ALL DISCIPLINE)

₹ 300 STUDENTS (ALL DISCIPLINE)

E-Certificates of Participation will be Provided to all Participants

ORGANISING TEAM

Prof. Dr. Princey Shaji

Principal

Jabalpur Institute of Nursing Sciences & Research, Jabalpur (M.P.)

Prof. Aradhana Dhanyabad

HOD- MSN

Jabalpur Institute of Nursing Sciences & Research, Jabalpur (M.P.)