

CIRCULAR



NOTICE SCHOOL OF NURSING

Ref. No: AJU/SON/47/25

Date: 08/12/2025

This is to inform all B.Sc. Nursing 1st Semester students (Batch 2025–2029) that the **School of Nursing**, in association with **Centre for Capacity and Human Resource Development (CCHRD)**, is organizing a one-day **Outbound Training Programme** titled "**Rediscovering Self: Exploring Persona**".

Programme Details:

- **Date:** 16th December 2025
- **Time:** 8:00 AM – 8:00 PM
- **Venue:** *The Hotel Kannelite, Sakchi, Jamshedpur*
- **Reporting Time:** 7:30 AM

This programme is designed to enhance self-awareness, leadership, communication, and team-building skills among students through interactive and experiential learning sessions.

All students are advised to attend the programme compulsorily, maintain punctuality, and follow discipline throughout the sessions.

Your co-operation is highly appreciated.

Class Coordinators

Ms Rishali *[Signature]*
Ms Priti Kumari *[Signature]*

VICE PRINCIPAL
School of Nursing
ARKA JAIN University

Principal
Principal
School of Nursing
ARKA JAIN University

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- PS to Vice Chancellor
- PS to Pro-Vice Chancellor
- PS to Director
- Office of the Registrar
- IQAC
- Dean/PC of University Campus
- In charge website
- Office Record
- Class Coordinator
- Students WhatsApp Group
- Students Mail ID
- ERP Co-ordinator

OUTBOUND TRAINING PROGRAM—REDISCOVERING SELF: EXPLORING PERSONA

| | |
|----------------------------|--|
| Date of Event | 16.12.2025 |
| Name of the Event | Outbound Training Program—Rediscovering Self: Exploring Persona |
| Type of the Event | Outbound activity |
| Conducted by | School of Nursing in association with Centre for Capacity Building and Human Resource Development |
| No. of Participants | 47 |

OBJECTIVE:

The outbound activity on fun and learning was organized to provide students with an enjoyable learning experience outside the classroom. The program aimed to develop teamwork, leadership skills, confidence, physical fitness, mental resilience and problem-solving abilities through interactive and recreational activities.

DETAILS:

An outbound Training program has been organised by School of Nursing in association with Centre for Capacity Building and Human Resource Development for the newly admitted B. Sc Nursing 1st Semester Students, Batch: 2025-2029 on 16/12/2025 at The Hotel Kannelite, Sakchi, Jamshedpur from 8:00 AM to 8:00 Pm. This session was organized by Dr. Charu Wadhwa, Assistant Director, CCHRD and session has been conducted by Mr. Anurag Lala, a well-known speaker. During the session, he conducted many activities for our students. Through these activities, the students learned teamwork, time management, critical thinking, resource management, and many other valuable skills. This one day Outbound Training Programme was Titled as “Rediscovering Self: Exploring Persona” which included a wide range of fun, interactive, and learning-oriented activities such as the balloon game, human bingo, dance, vision board chart, straw house construction, tea cup pyramid, musical chairs, tug of war, and a concluding treasure hunt. These activities were carefully planned to create an enjoyable environment where students could learn through experience rather than traditional classroom methods. Throughout the program, students actively participated with great enthusiasm and energy, which helped them build strong connections with their peers and develop a sense of unity and cooperation. Each activity focused on different skill areas, including teamwork, leadership, communication, creativity, coordination, and problem-solving. The balloon game was conducted as a team-based task where students were given balloons and asked to work together to create specific shapes using them. This activity required planning, creativity, coordination, and effective communication among team members. Students learned the importance of listening to each other's ideas,

sharing responsibilities, and cooperating to achieve a common goal within a limited time. The activity also helped enhance their problem-solving skills and encouraged innovative thinking in a fun and engaging way. The human bingo activity was designed to promote interaction and social bonding among students. In this activity, students were given bingo sheets with different characteristics or experiences and were required to interact with their peers to find individuals who matched each description. This encouraged students to communicate confidently, break inhibitions, and get to know one another better. Human bingo helped improve interpersonal skills, built confidence, and created a lively and inclusive atmosphere where students felt comfortable connecting and collaborating with their classmates. The vision board chart encouraged students to think about their goals, dreams, and future aspirations, helping them develop self-awareness and motivation. Activities like the straw house and tea cup pyramid challenged students to plan, think critically, and work together under time constraints. Physical games such as tug of war, dance, and musical chairs promoted fitness, coordination, and sportsmanship while also teaching students how to handle both success and failure positively. The treasure hunt served as a perfect conclusion to the outbound program, as it required observation, strategy, teamwork, and effective communication, bringing together all the skills learned during the sessions. Overall, the outbound activity was a highly enriching experience that boosted students' confidence, encouraged active learning, and created lasting memories. The program successfully helped students step out of their comfort zones, discover their hidden talents, and learn important life skills in a joyful and supportive atmosphere.

TAKEAWAYS:

The outbound activity was successful and beneficial for all participants. Students showed enthusiasm, teamwork, and positive attitudes throughout the program. They learned the importance of cooperation, trust, and communication while enjoying the activities. The event also helped reduce stress and strengthened relationships among students. The outbound activity on fun and learning achieved its objectives successfully. It was an enjoyable and meaningful experience that combined education with recreation. Such activities are highly recommended in the future to support students' overall development and well-being.

POSTER OF THE EVENT

JGI | **ARKA JAIN University** | **NAAC GRADE A**
Jharkhand ACCREDITED UNIVERSITY

CENTRE FOR CAPACITY BUILDING AND HUMAN RESOURCE DEVELOPMENT

PRESENTS

Rediscovering Self: Exploring Persona

One-Day Outbound Training Program

Participants: B. Sc. Nursing (1st year)
Date: 16th December, 2025
Time: 8:00 AM to 8:00 PM
**Venue: The Hotel Kannelite,
Sakchi, Jamshedpur**



CONVENOR:
Dr. Charu Wadhwa
Assistant Director
CCHRD

COORDINATOR:
Ms. Ankita Agarwal
Executive
CCHRD

PHOTOS OF THE EVENT



Fig. 01. Students making Cup Pyramid



Fig. 02. Students making shapes out of balloon



Fig. 03. Students constructing Straw house



Fig. 04. Students creating Vision Board



Fig. 04. Students manifesting their vision on the chart



Fig. 05. Speaker explaining about the activities



Fig. 06. Group picture with all the guests



Fig. 07. Displaying the vision board



Fig. 08. Sample of Vision Board Charts made by Students

LIST OF PARTICIPANTS



Centre for Capacity Building and Human Resource Development

Attendance Sheet: One-day Outbound Training Program

Rediscovering Self: Exploring Persona

Venue: The Kannelite Hotel, Sakchi, Jamshedpur

Programme: Outbound Training for B.Sc. Nursing

Name of Faculty Coordinator: Ankita Agarwal & Priti Kumar

Date: 16-12-2025

| Sl. No. | Enrolment No. | Name of the Student | While Reporting at the Venue (around 08:00 AM) | Before Lunch (around 12:00 PM) | After Lunch (around 03:00 PM) | While Departing from the Venue (around 08:00 PM) |
|---------|---------------|---------------------|---|--------------------------------------|-------------------------------------|---|
| | | | Signature of the Student | Signature of the Student | Signature of the Student | Signature of the Student |
| 1. | AJU/252592 | ANSHU KUMAR SINGH | Anshu kumar singh | Ansht | Anshu Singh | Anshu Singh |
| 2. | AJU/252593 | CHANDANA MAHATO | Chandana Mahato | Chandana Mahato | Chandana Mahato | Chandana Mahato |
| 3. | AJU/252600 | VAISHNAVI KUMARI | Vaishnavi | Vaishnavi | Vaishnavi | Vaishnavi |
| 4. | AJU/252601 | LAKSHMI KUMARI | Lakshmi Kumari | Lakshmi | Lakshmi | Lakshmi |
| 5. | AJU/252606 | NEHA KUMARI | Neha | Neha | Neha | Neha |
| 6. | AJU/252607 | ARCHANA KUMARI | Archana | Archana | Archana | Archana |
| 7. | AJU/252610 | SUSHILA GAGRAI | Sushila | Sushila | Sushila | Sushila |
| 8. | AJU/252613 | AMAN DEEP KUMAR | Aman Deep Kumar | Aman Deep Kumar | Aman Deep Kumar | Aman Deep Kumar |

| | | | | | | |
|-----|------------|------------------------|-------------------|-------------------|-------------------|-------------------|
| 9. | AJU/252614 | SHWETA KUMARI | Shweta | Shweta | Shweta | Shweta |
| 10. | AJU/252616 | ASHISH KUMAR | ashish | ashish | ashish | ashish |
| 11. | AJU/252618 | JUHI KUMARI | Juhi | Juhi | Juhi | Juhi |
| 12. | AJU/252619 | TANUSHREE BARIK | Tanushree | Tanushree | Tanushree | Tanushree |
| 13. | AJU/252646 | SHRUTI KUMARI | Shruti | Shruti | Shruti | Shruti |
| 14. | AJU/252649 | SNEHA KUMARI | Sneha | Sneha | Sneha | Sneha |
| 15. | AJU/252650 | AMISHA KUMARI | Amisha | Amisha | Amisha | Amisha |
| 16. | AJU/252651 | RUPALI MAHATO | Rupali | Rupali | Rupali | Rupali |
| 17. | AJU/252653 | SATISH PRASAD YADAV | Satish | Satish | Satish | Satish |
| 18. | AJU/252659 | LOKESH KUMAR RANJAN | Lokesh Kumar | Lokesh Kumar | Lokesh Kumar | Lokesh Kumar |
| 19. | AJU/252669 | JYOTIRMoyee BOSE | Jyotirmoyee | Jyotirmoyee | Jyotirmoyee | Jyotirmoyee |
| 20. | AJU/252670 | NISHA KUMARI | Nisha | Nisha | Nisha | Nisha |
| 21. | AJU/252676 | SNEHA KUMARI | Sneha Kumari | Sneha Kumari | Sneha Kumari | Sneha Kumari |
| 22. | AJU/252677 | TARANNUM NAAZ | Tarannum Naaz | Tarannum Naaz | Tarannum Naaz | Tarannum Naaz |
| 23. | AJU/252693 | ABHAY KUMAR | Abhay Kumar | Abhay Kumar | Abhay Kumar | Abhay Kumar |
| 24. | AJU/252694 | SADANAND MAHATO | | | | |
| 25. | AJU/252695 | SOUMYA KUMARI | Soymya | Soymya | Soymya | Soymya |
| 26. | AJU/252696 | DHANANJAY KUMAR THAKUR | Dhananjay Kumar | Dhananjay Kumar | Dhananjay Kumar | Dhananjay Kumar |
| 27. | AJU/252697 | ADITYA DEV | Aditya Dev | Aditya Dev | Aditya Dev | Aditya Dev |
| 28. | AJU/252698 | AYUSH KUMAR SINGH | Ayush Kumar Singh | Ayush Kumar Singh | Ayush Kumar Singh | Ayush Kumar Singh |
| 29. | AJU/252699 | PALLAVI RATH | | | | |
| 30. | AJU/252700 | RISHAV KUMAR NIRALA | Rishav | Rishav | Rishav | Rishav |
| 31. | AJU/252705 | MUSKAN KUMARI | Muskhan Kumar | Muskhan Kumar | Muskhan Kumar | Muskhan Kumar |
| 32. | AJU/252714 | ASHISH SAW | Ashish Saw | Ashish Saw | Ashish Saw | Ashish Saw |
| 33. | AJU/252718 | RAHUL KUMAR | | | | |

| | | | | | | |
|-----|------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| 34. | AJU/252758 | SANDEEP KUMAR RANHA | Sandeep kumar | Sandeep kumar | Sandeep kumar | Sandeep |
| 35. | AJU/252760 | DAVID KUMAR | David kumar | David | David | David |
| 36. | AJU/252761 | ARCHANA KUMARI |
| 37. | AJU/252762 | ASHISH KUMAR |
| 38. | AJU/252763 | MAUSAM KUMARI | Mausam Kumar | Mausam Kumar | Mausam Kumar | Mausam Kumar |
| 39. | AJU/252764 | SANJAY KUMAR PANDIT |
| 40. | AJU/252765 | SAUMYA KUMARI | Saumya Kumar | Saumya Kumar | Saumya Kumar | Saumya Kumar |
| 41. | AJU/252766 | ANKITA KUMARI | Ankita Kumar | Ankita Kumar | Ankita Kumar | Ankita Kumar |
| 42. | AJU/252767 | AYUSH KUMAR YADAV | Ayush | Ayush | Ayush | Ayush |
| 43. | AJU/252769 | VISHAL KUMAR |
| 44. | AJU/252770 | RAMU KUMAR |
| 45. | AJU/252784 | SATYAM KUMAR |
| 46. | AJU/252787 | JAGESHWAR KUMAR SAH | Jageshwar Sah | Jageshwar Sah | Jageshwar Sah | Jageshwar Sah |
| 47. | AJU/252803 | LAXMI TUDU | Laxmi Tudu | Laxmi | Laxmi | Laxmi |
| 48. | AJU/252810 | MANITA RANI MAHATO | Manita Mahato | Manita Mahato | Manita Mahato | Manita Mahato |
| 49. | AJU/252820 | OZAIR SHAMS |
| 50. | AJU/252825 | SACHIN YADAV |
| 51. | AJU/252827 | SUSHMITA MANDI |

Ankita Agarwal
Coordinator

Assistant Director (CCHRD)