

## CIRCULAR



**ARKA JAIN  
University**  
Jharkhand



### 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:** 16<sup>th</sup> 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 *Rishali*  
Ms Priti Kumari *Priti*

*Vice Principal*  
Vice Principal  
School of Nursing  
ARKA JAIN University

*Principal*  
Principal  
School of Nursing  
ARKA JAIN University

#### Copy to:

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

## OUTBOUND TRAINING PROGRAM

<b>Date of Event</b>	<b>16.12.2025</b>
<b>Name of the Event</b>	<b>Outbound Training Program</b>
<b>Type of the Event</b>	<b>Extension &amp; Outreach activity</b>
<b>Conducted by</b>	<b>School of Nursing in association with Centre for Capacity Building and Human Resource Development</b>
<b>No. of Participants</b>	<b>47</b>

### 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 for our students by School of Nursing in association with Centre for Capacity Building and Human Resource Development at The Hotel Kannelite, Sakchi, Jamshedpur from 8:00 AM to 8:00 Pm. 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



CENTRE FOR CAPACITY BUILDING AND HUMAN RESOURCE DEVELOPMENT

*PRESENTS*

# Rediscovering Self: Exploring Persona

## One-Day Outbound Training Program

Participants: B. Sc. Nursing (1<sup>st</sup> 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 & Indu Kumari

Date: 16-12-2025

Sl. No.	Enrolment No.	Name of the Student	While Reporting at the Venue (around 08:00 AM) Signature of the Student	Before Lunch (around 12:00 PM) Signature of the Student	After Lunch (around 03:00 PM) Signature of the Student	While Departing from the Venue (around 08:00 PM) Signature of the Student
1.	AJU/252592	ANSHU KUMAR SINGH	Anshu K Singh	Anshu	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 K	Lakshmi K	Lakshmi K
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 K. Ranjan	Lokesh K. Ranjan	Lokesh K. Ranjan	Lokesh K. Ranjan
19.	AJU/252669	JYOTIRMOYEE BOSE	Jyotirmoyee Bose	Jyotirmoyee Bose	Jyotirmoyee Bose	Jyotirmoyee Bose
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 K	Abhay K
24.	AJU/252694	SADANAND MAHATO				
25.	AJU/252695	SOUMYA KUMARI	Soumya	Soumya	Soumya	Soumya
26.	AJU/252696	DHANANJAY KUMAR THAKUR	Dhananjay K. Thakur	Dhananjay K. Thakur	Dhananjay K. Thakur	Dhananjay K. Thakur
27.	AJU/252697	ADITYA DEV	Aditya Dev	Aditya Dev	Aditya Dev	Aditya Dev
28.	AJU/252698	AYUSH KUMAR SINGH	Ayush K. Singh	Ayush K. Singh	Ayush K. Singh	Ayush K. Singh
29.	AJU/252699	PALLAVI RATH				
30.	AJU/252700	RISHAV KUMAR NIRALA	Rishav	Rishav	Rishav	Rishav
31.	AJU/252705	MUSKAN KUMARI	Muskan Kumari	Muskan Kumari	Muskan Kumari	Muskan Kumari
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 K. Ranha	Sandeep K. Ranha	Sandeep K. Ranha	Sandeep K. Ranha
35.	AJU/252760	DAVID KUMAR	David Kumar	David Kumar	David Kumar	David Kumar
36.	AJU/252761	ARCHANA KUMARI	Archana Kumari	Archana Kumari	Archana Kumari	Archana Kumari
37.	AJU/252762	ASHISH KUMAR	Ashish Kumar	Ashish Kumar	Ashish Kumar	Ashish Kumar
38.	AJU/252763	MAUSAM KUMARI	Mausam Kumari	Mausam Kumari	Mausam Kumari	Mausam Kumari
39.	AJU/252764	SANJAY KUMAR PANDIT	Sanjay Kumar Pandit	Sanjay Kumar Pandit	Sanjay Kumar Pandit	Sanjay Kumar Pandit
40.	AJU/252765	SAUMYA KUMARI	Saumya Kumari	Saumya Kumari	Saumya Kumari	Saumya Kumari
41.	AJU/252766	ANKITA KUMARI	Ankita Kumari	Ankita Kumari	Ankita Kumari	Ankita Kumari
42.	AJU/252767	AYUSH KUMAR YADAV	Ayush Kumar	Ayush Kumar	Ayush Kumar	Ayush Kumar
43.	AJU/252769	VISHAL KUMAR	Vishal Kumar	Vishal Kumar	Vishal Kumar	Vishal Kumar
44.	AJU/252770	RAMU KUMAR	Ramu Kumar	Ramu Kumar	Ramu Kumar	Ramu Kumar
45.	AJU/252784	SATYAM KUMAR	Satyam Kumar	Satyam Kumar	Satyam Kumar	Satyam Kumar
46.	AJU/252787	JAGESHWAR KUMAR SAH	Jageshwar Sah	Jageshwar Sah	Jageshwar Sah	Jageshwar Sah
47.	AJU/252803	LAXMI TUDU	Laxmi Tudu	Laxmi Tudu	Laxmi Tudu	Laxmi Tudu
48.	AJU/252810	MANITA RANI MAHATO	Manita Mahato	Manita Mahato	Manita Mahato	Manita Mahato
49.	AJU/252820	OZAIR SHAMS	Ozair Shams	Ozair Shams	Ozair Shams	Ozair Shams
50.	AJU/252825	SACHIN YADAV	Sachin Yadav	Sachin Yadav	Sachin Yadav	Sachin Yadav
51.	AJU/252827	SUSHMITA MANDI	Sushmita Mandi	Sushmita Mandi	Sushmita Mandi	Sushmita Mandi

Ankita G. S. S.  
Coordinator

Assistant Director (CCHRD)