



INDIRA GANDHI NATIONAL OPEN UNIVERSITY
GOVERNMENT COLLEGE OF NURSING, JAIPUR



Counseling Schedule

Study Centre Code: 2316P

MENTAL HEALTH (PSYCHIATRIC)NURSING

Programme Code: BNSL 208 & BNS 208 (Batch- Jan 2024)

Time: 8.00-12.00 PM

Date: 21.10.2026-30.10.2026 Ist spell

1.00-5.00 PM

16.11.26-24.11.26 IInd spell

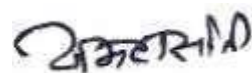
S. no.	Activities to be done	Date	Counselors
1.	Prepare a design for layout and describe standards for management of Psychiatric units /emergency units/hospitals.	21.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
2.	Mental health assessment of patients with mental disorders & Apply the nursing process in the care of patients with mental disorders in hospital.	22.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
3.	Demonstrate advanced skills/competence in nursing management of patients with mental disorders	23.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
4.	Identify and care for special groups like children, adolescents, women,elderly, abused and neglected, people living with HIV/AIDS.	24.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
5.	Identify and manage psychiatric emergencies.	25.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
6.	Provide nursing care to critically ill patients with mental disorders	26.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
7.	Utilize the recent technology and various treatment modalities in the management of patients with mental disorders	27.10.26	Mrs. Aruna D das Mr. Amar Verma Mr. Bhagwan Puri
8.	Appreciate the legal and ethical issues pertaining to psychiatric nursing.	28.10.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Amar Verma
9.	Identify areas of research in the field of psychiatric nursing.	29.10.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Amar Verma
10.	Teach psychiatric nursing to undergraduate students & in-service Nurses.	30.10.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Amar Verma
11.	Demonstrate therapeutic communications	16.11.26	Dr. Pradeep Sharma

	skills in all interactions		Mrs. Shelly Kapoor Mr. Amar Verma
12.	Uses assertive techniques in personal and professional actions	17.11.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Bhagwan Puri
13.	Describe the psychopharmacological agents, their effects and nurses role	18.11.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Bhagwan Puri
14.	Describe various types of alternative system of medicines used in psychiatric settings	19.11.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Bhagwan Puri
15.	Recognize the role of psychiatric nurse practitioner and as a member of the psychiatric and mental health team	20.11.26	Dr. Pradeep Sharma Mrs. Shelly Kapoor Mr. Bhagwan Puri
16.	Concepts of Psychobiology	21.11.26 8.00am-10.00am	Dr. Pradeep Sharma
17.	Theories of Personality Development and relevance to nursing practice	21.11.26 10.00-12.00Pm	Mrs. Shelly Kapoor
18.	Stress and its management	21.11.26 1.00pm-3.00PM	Mr. Amar Verma
19.	Therapeutic communication and interpersonal relationship	21.11.26 3.00-5.00pm	Mr. Bhagwan Puri
20.	Assertive Training	22.11.26 8.00am-10.00am	Dr. Pradeep Sharma
21.	Promoting Self-Esteem	22.11.26 10.00-12.00Pm	Mrs. Shelly Kapoor
22.	Psycho social and physical therapies	22.11.26 1.00pm-3.00pm	Mr. Amar Verma
23.	Psycho social and physical therapies	22.11.26 3.00-5.00pm	Mr. Bhagwan Puri
24.	Psycho social and physical therapies	23.11.26 8.00am-10.00am	Dr. Pradeep Sharma
25.	Electroconvulsive Therapy	23.11.26 10.00-12.00Pm	Mrs. Shelly Kapoor
26.	Psychopharmacology	23.11.26 1.00pm-3.00pm	Mr. Amar Verma
27.	Alternative systems of medicine in mental health	23.11.26 3.00-5.00pm	Mr. Bhagwan Puri
28.	Clinical Practical assessment	24.11.26 8.00-12.00PM	

Student Activities

History taking • Mental health assessment	Family Therapy • Psychotherapy	Play therapy • music therapy
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Psychometric assessment	• Milieu Therapy	• Pet therapy
• Personality assessment	• The Therapeutic Community	• Counselling
• Process recording	• Occupational therapy	• Assisted ECT • Assisted EEG
• Therapies- Group Therapy	• Recreational therapy	• Case studies • Socio and psycho drama



Programme Incharge