



**IMPACT PARAMEDICAL AND HEALTH INSTITUTE
COLLEGE OF NURSING**

Annexure 9 ref. to point d.

List of Workshop:

S. No.	Name of Workshop	Participants
1	How to Write a Research Article in an Indexed Journal	All Faculty of IPHI-CON, IPHI Students, and Staff from Various Institutes
2	Stress Management and Personality Development through Sahaja Yoga Meditation	Nursing Faculty and Nursing Students
3	Workshop on Palliative Care	All Nursing Faculty and Nursing Students

Rajni Singh

Principal

**IPHI College of Nursing,
Impact Paramedical & Health Institute
College of Nursing
G-99/1, Laxmi Park, Nangloi
New Delhi-110041**

IMPACT PARAMEDICAL AND HEALTH
INSTITUTE, COLLEGE OF NURSING



WOLTERS KLUWER
MEDNOW

WORKSHOP

“HOW TO WRITE A RESEARCH ARTICLE IN AN INDEXED JOURNAL”

★ ONLY FOR NURSES

This workshop aims to enhance the writing, research, and publishing capabilities of nursing educators and practicing nurses by guiding them through the structured process of manuscript preparation, submission, and publication in reputable indexed journals.

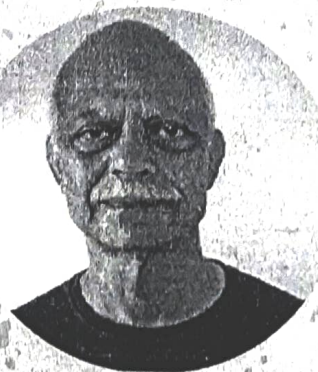
30th October 2025

Venue: Impact Paramedical and Health Institute – College of Nursing,
New Delhi



MS. LILLY AGNES

CHIEF NURSING OFFICER AT KALRA HOSPITAL



MR. YATHEINDRA JOSHI

SCIENTIFIC WRITING EXPERT

DELHI NURSING COUNCIL CREDIT-2 HOURS



REGISTRATION FEE - 300 RUPEES

TOUCH THE REGISTER ICON AND CAN EASILY REGISTER

[G- 99, LAXMI PARK, NEAR PEER BABA ROAD, NANGLOI- 110041]

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Programme Schedule

Time	Activity	Speaker/Coordinator
09:00 AM – 09:30 AM	Registration and Welcome Tea	Organizing Committee
09:30 AM – 10:00 AM	Inaugural Session & Welcome Address	Ms. Rajni Sharma, Principal <i>Singhania</i>
10:00 AM – 10:30 AM	"The Role of Nurses in Strengthening Evidence-Based Healthcare"	Ms. LILLY AGNES (chief Nursing Officer at Kalra Hospital) , Nursing Advisor & Nurse Educator, Kalra Hospital, Kirti Nagar
10:30 AM – 12:00 PM	Workshop: <i>How to Write a Research Article in an Indexed Journal</i>	Mr. Yateendra Joshi (Resource Person)
	- Common reasons for journal rejection	
	- Seven-step approach to publication	
	- Strategies for managing publication delays	
	- Avoiding predatory journals & identifying impact factors	
	- AI tools in manuscript writing	
	- Techniques to improve writing skills & paper discoverability	
12:00 PM – 12:10 PM	Q&A and Interactive Discussion	Mr. Yateendra Joshi
12:10 PM – 12:15 PM	Vote of Thanks	Ms. Shivani Sharma, Vice Principal
12:15 PM onwards	Certificate Distribution & Lunch	Organizing Committee

IMPACT PARAMEDICAL AND HEALTH INSTITUTE – COLLEGE OF NURSING

Workshop Report

Date: 30th October 2025

Venue: College Auditorium, Impact Paramedical and Health Institute, New Delhi

Topic: "How to Write a Research Article in an Indexed Journal"

Introduction

A one-day workshop on "How to Write a Research Article in an Indexed Journal" was organized on **30th October 2025** by the **Impact Paramedical and Health Institute College of Nursing**, New Delhi. The objective of the workshop was to enhance research and publication skills among nursing students and faculty members and to provide practical insights into writing high-quality research papers suitable for indexed journals.

Participants

A total of **120 participants** attended the workshop, including **16 nursing faculty members** and students from various programs. The active involvement of participants made the workshop highly interactive and fruitful.

Chief Guest and Resource Persons

The event was graced by **Dr. Archana Choudhary** as the *Chief Guest*.

The two distinguished *Resource Persons* were:

- **Ms. Lilly Agnes**, Chief Nursing Officer, Kalra Hospital
- **Mr. Yatindera Joshi**, Scientific Research Expert

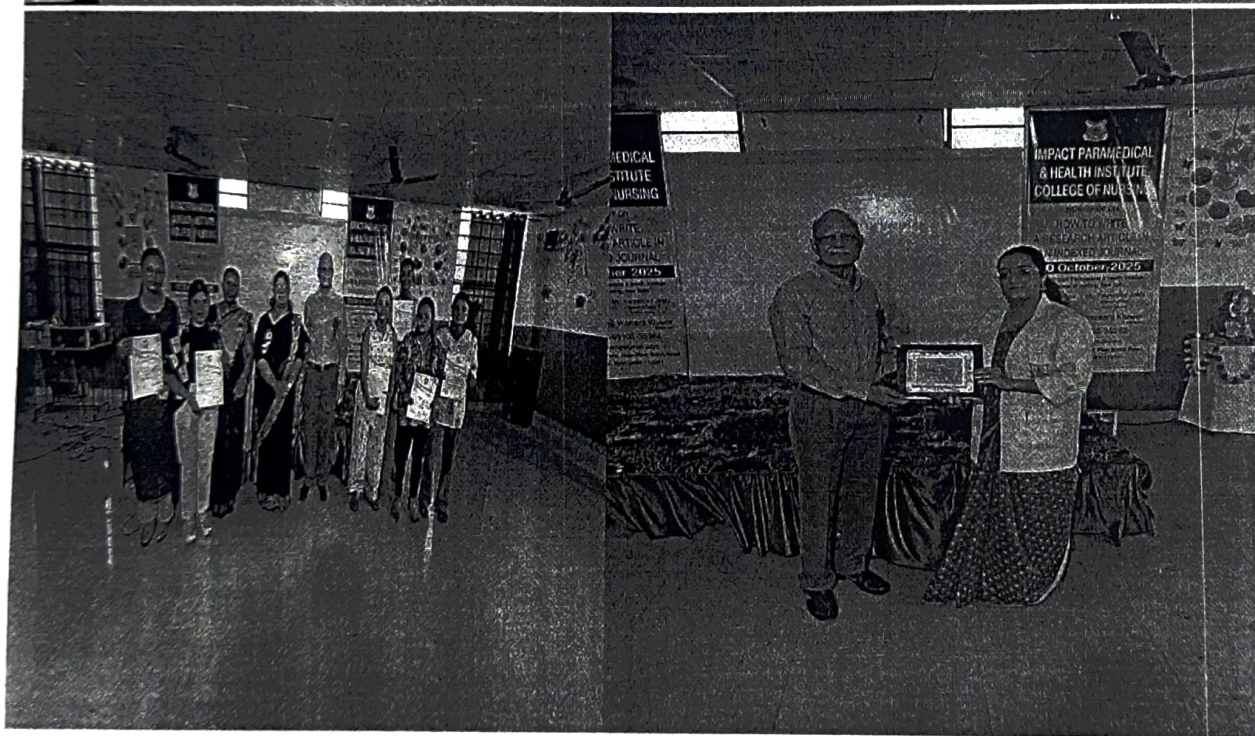
Both resource persons shared their valuable knowledge and experiences, focusing on the structure of research articles, ethical considerations in publication, and strategies for getting papers published in indexed journals.

Program Highlights

- **Welcome Address:** Ms. Rajni Sharma, Principal, warmly welcomed the Chief Guest, resource persons, and participants.
- **Introduction of the Workshop:** Presented by **Ms. Shivani Sharma**, Vice Principal, and **Ms. Akansha Sharma**, Nursing Tutor, outlining the objectives and importance of research publications.
- **Saraswati Vandana:** Performed by two students from **GNM 1st Year**, invoking blessings for the success of the event.
- **Sessions:** The workshop sessions covered key aspects such as manuscript preparation, selection of suitable journals, plagiarism issues, and referencing styles.
- **Master of Ceremony:** The program was smoothly conducted by **Ms. Akansha Rai**, ensuring proper coordination throughout the event.
- **Vote of Thanks:** Delivered by **Ms. Himanshi**, expressing gratitude to the Chief Guest, resource persons, faculty, and students for their participation and contribution.
- **Felicitation Ceremony:** The session concluded with the **felicitation of guests** as a token of appreciation and gratitude for their valuable time and expertise.

Conclusion

The workshop was highly informative and inspiring, equipping participants with practical knowledge on writing and publishing research articles in indexed journals. It strengthened the research culture within the institution and motivated students and faculty to engage actively in academic writing and publication.



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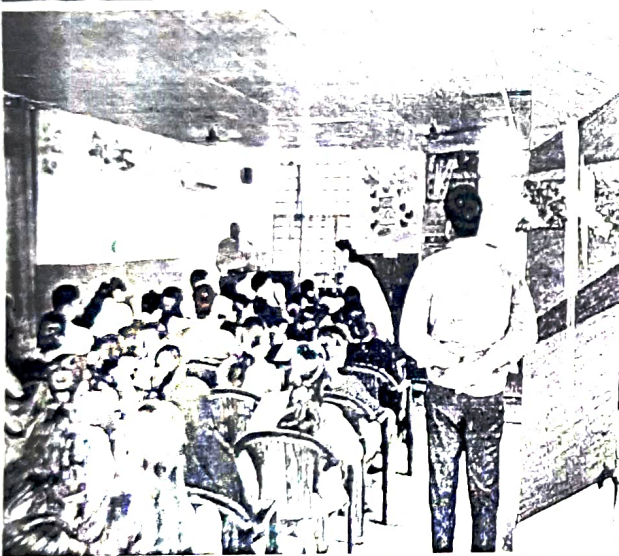
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Pragya
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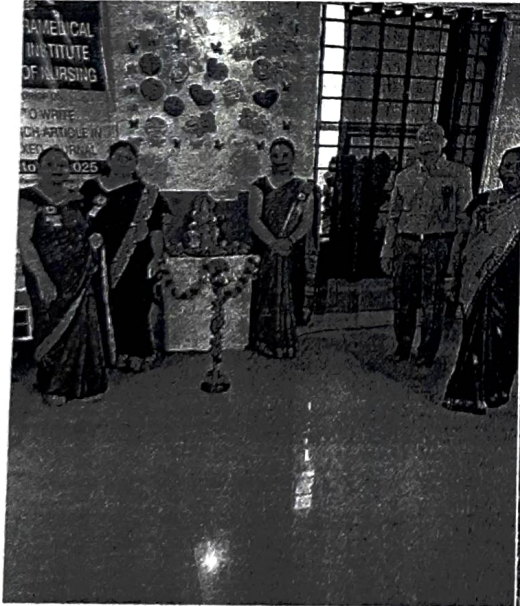
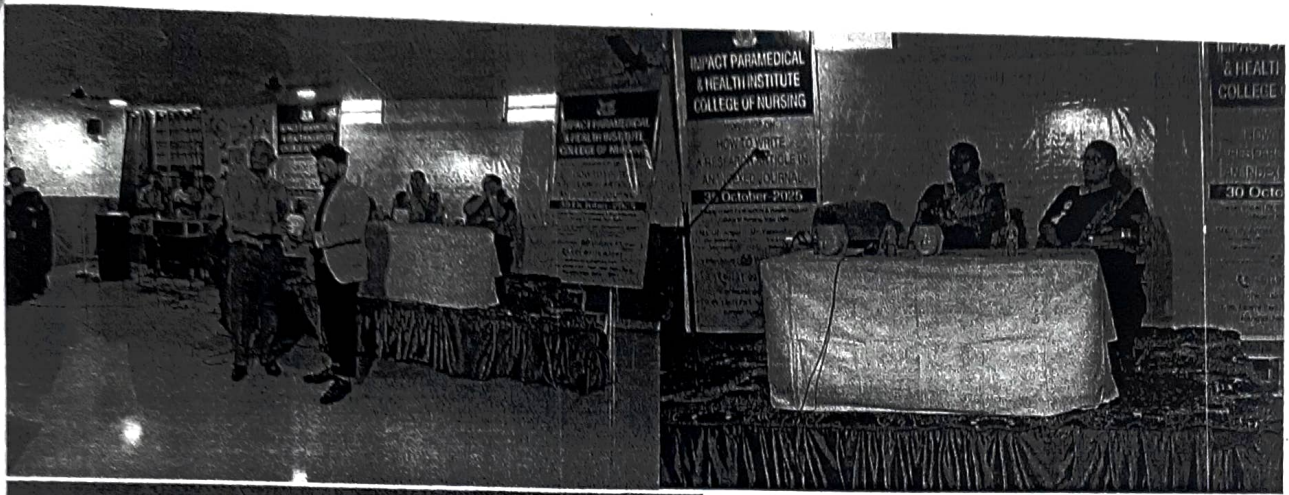
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**IMPACT PARAMEDICAL AND HEALTH INSTITUTE
COLLEGE OF NURSING**

NOTICE

Date: 03/02/2026

This is to inform all the students and faculty members that a **workshop** on

“Stress Management and Personality Development through Sahaja Yoga Meditation”

is being organized as per the details given below:

Date: 06 February 2026

Time: 02:00 PM – 04:00 PM

Venue: Impact Paramedical and Health Institute, College of Nursing

Resource Persons:

- Mr. Rahul Mohan Gupta
- Mr. Pankaj Chopra

All students are encouraged to attend the workshop and actively participate to gain insight into stress management techniques and personality development through meditation

Your presence will be highly appreciated.

P. G. Sharma

Principal
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**IMPACT PARAMEDICAL AND HEALTH INSTITUTE,
COLLEGE OF NURSING**

WORKSHOP ON SAHAJA YOGA MEDITATION

Date-06/02/2026

Time : 1:30 PM TO 4:30 PM

Location - IMPACT PARAMEDICAL & HEALTH INSTITUTE, COLLEGE OF NURSING.

Participants: NURSING STUDENTS

Introduction

A workshop on **Meditation** was organized for nursing students with the aim of promoting mental well-being, stress management, and holistic health. The program was conducted by trained practitioners from **Sahaja Yoga Meditation**, a well-known method of meditation focusing on self-realization and inner balance.

Objectives of the Workshop

The objectives of the workshop were:

- To create awareness about the importance of meditation in daily life
- To help students manage stress and emotional challenges
- To enhance concentration, self-confidence, and inner peace
- To promote holistic health among nursing students

Details of the Workshop

The workshop was conducted on **6th February, 2026** at **IMPACT PARAMEDICAL & HEALTH INSTITUTE, COLLEGE OF NURSING** from **1:30 PM TO 4:30 PM**. A total of **(number)** nursing students participated actively in the program. The session was led by **Sahaja Yoga Meditation instructors**, who have extensive experience in teaching meditation techniques.

Description of the Session

The workshop began with a brief introduction to Sahaja Yoga Meditation and its principles. The resource persons explained the concept of **self-realization** and the importance of balancing the mind, body, and spirit. This was followed by a **guided meditation session**, where students were taught simple techniques to achieve a calm and peaceful state of mind.

The instructors emphasized how regular practice of meditation can help nursing students cope with academic pressure, clinical stress, and emotional fatigue. Students actively participated and practiced the meditation techniques under guidance. Doubts and questions raised by the students were clarified at the end of the session.

Outcome of the Workshop

The workshop was highly beneficial and well-received by the students. Participants reported feeling relaxed, refreshed, and mentally calm after the meditation session. The program helped students understand the importance of mental health and encouraged them to incorporate meditation into their daily routine.

Conclusion

The workshop on Sahaja Yoga Meditation was successful in achieving its objectives. It provided valuable insights into stress management and mental well-being, which are essential for nursing professionals. Such workshops should be conducted regularly to promote holistic development and improve the overall well-being of students.



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Principals

Principals

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IMPACT PARAMEDICAL AND HEALTH INSTITUTE COLLEGE OF NURSING

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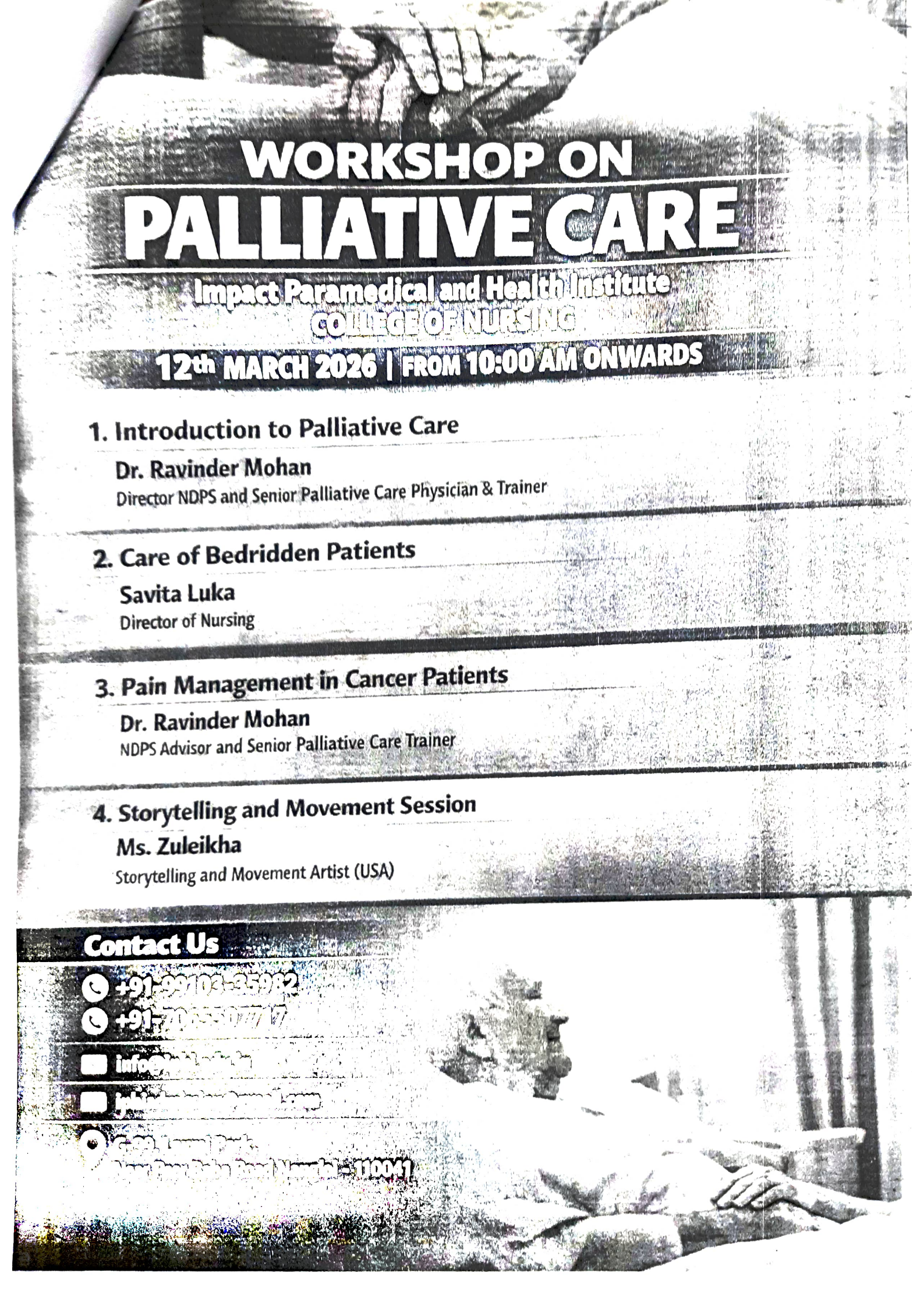
Date: 10 March 2026

All teaching faculty and staff are hereby informed that a **Workshop on Palliative Care** will be held on **12 March 2026 at 10:00 AM** at the **Seminar Hall, Impact Paramedical and Health Institute College of Nursing**.

All staff members are requested to be present and ensure smooth conduct of the program.

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WORKSHOP ON PALLIATIVE CARE

Impact Paramedical and Health Institute
COLLEGE OF NURSING

12th MARCH 2026 | FROM 10:00 AM ONWARDS

1. Introduction to Palliative Care

Dr. Ravinder Mohan

Director NDPS and Senior Palliative Care Physician & Trainer

2. Care of Bedridden Patients

Savita Luka

Director of Nursing

3. Pain Management in Cancer Patients

Dr. Ravinder Mohan

NDPS Advisor and Senior Palliative Care Trainer

4. Storytelling and Movement Session

Ms. Zuleikha

Storytelling and Movement Artist (USA)

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IMPACT PARAMEDICAL AND HEALTH INSTITUTE

COLLEGE OF NURSING

Workshop Agenda – Palliative Care

Organized at: Impact Paramedical and Health Institute, College of Nursing

Date: 12 March 2026

Time	Session	Description	Resource Person
10:00 AM – 10:05 AM	Registration	Participant attendance and registration	Ms. Himanshi
10:05 AM – 10:10 AM	Welcome Address	Welcome note and introduction of workshop objectives	Master of Ceremony – Ms. Akansha Rai
10:10 AM – 10:15 AM	Lamp Lighting Ceremony	Ceremonial inauguration by dignitaries	Coordinated by Ms. Neha Yadav
10:30 AM – 11:00 AM	Introduction to Palliative Care	Overview of palliative care principles and importance	Dr. Ravinder Mohan, Director NDPS & Senior Palliative Care Physician and Trainer
11:05 AM – 11:40 AM	Care of Bedridden Patients	Nursing care, positioning, hygiene and prevention of complications	Ms. Savita Luka, Director of Nursing
11:40 AM – 12:20 AM	Pain Management in Cancer Patients	Pain assessment and management strategies in palliative care	Dr. Ravinder Mohan, NDPS Advisor & Senior Palliative Care Trainer
12:20 AM – 12:50 PM	Storytelling and Movement Session	Therapeutic storytelling and movement activities for emotional healing	Ms. Zuleikha, Storytelling and Movement Artist (USA)
12:50 PM – 01:00 PM	Interactive Session & Discussion	Questions, reflections, and interaction with speakers	All Resource Persons
01:00 PM – 01:05 PM	Vote of Thanks & Group Photograph	Formal vote of thanks followed by group photograph	Organizing Committee



IMPACT PARAMEDICAL AND HEALTH INSTITUTE, COLLEGE OF NURSING

Date: 12 March 2026

TIME: 10AM onwards

VENUE: IPHI, College of nursing

A workshop on Palliative Care was organized by Impact Paramedical and Health Institute, College of Nursing on 12 March 2026. The workshop aimed to enhance the knowledge and skills of nursing students and faculty members regarding palliative care, pain management, and compassionate care for patients suffering from life-threatening illnesses. Palliative care plays an important role in improving the quality of life of patients and their families by relieving pain and addressing physical, psychological, and emotional needs. There were 99 students present.

Objectives of the Workshop

- To provide knowledge about the concept and importance of palliative care.
- To educate nursing students about the care of bedridden patients.
- To enhance understanding of pain assessment and management in cancer patients.
- To promote emotional healing and communication skills in patient care.

Workshop Proceedings

The workshop began at 10:00 AM with the registration of participants, coordinated by Ms. Himanshi. This was followed by a welcome address delivered by the Master of Ceremony Ms. Akansha Rai, who welcomed the dignitaries, speakers, and participants and briefly explained the purpose of the workshop.

After the welcome note, a lamp lighting ceremony was conducted by the dignitaries and coordinated by Ms. Neha Yadav, symbolizing the light of knowledge and dedication in the nursing profession.

The first academic session was "Introduction to Palliative Care", delivered by Dr. Ravinder Mohan, Director NDPS and Senior Palliative Care Physician. He explained the principles, goals, and importance of palliative care in improving the quality of life of patients suffering from serious illnesses.

The next session on "Care of Bedridden Patients" was conducted by Ms. Savita Luka, Director of Nursing. She discussed the nursing care required for bedridden patients including proper positioning, maintaining hygiene, prevention of bed sores, and other complications.



The session on "Pain Management in Cancer Patients" was again conducted by Dr. Ravinder Mohan. He explained various methods of pain assessment and management strategies used in palliative care to reduce patient suffering and improve comfort.

Another interesting session was "Storytelling and Movement Therapy", conducted by Ms. Zuleikha, a storytelling and movement artist from the USA. She demonstrated therapeutic storytelling and movement activities that help in emotional healing and psychological support for patients.

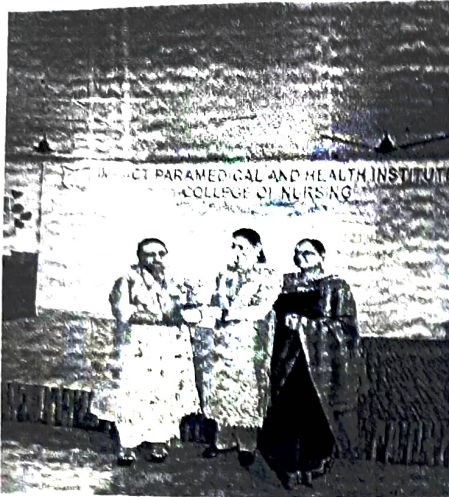
The workshop also included an interactive session and discussion, where participants asked questions and shared their experiences. The resource persons provided valuable insights and encouraged students to practice compassionate and patient-centered care.

Conclusion

The workshop was very informative and beneficial for nursing students. It provided valuable knowledge about palliative care, pain management, and emotional support for patients. The session helped students understand the importance of empathy, communication, and holistic care in nursing practice.

Vote of Thanks

The workshop concluded with a vote of thanks delivered by the organizing committee, expressing gratitude to all the speakers, faculty members, and participants for their active participation. A group photograph was taken to mark the successful completion of the workshop.



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Ms. Ritika Sharma

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