NATIONAL CONFERENCE

Building Resilience among Nursing Students:

"Grit in Patience, Grace under Pressure"

Date: 18th November 2026, Wednesday (Mode: Offline Only)

Venue: Multipurpose Hall, S.I.N.P.S., Sultanpur, (U.P)



Organised by:

SULTANPUR INSTITUTE OF NURSING AND PARAMEDICAL SCIENCES, Sultanpur, (U.P)

HIGHLIGHTS

- **Expert speakers on embodying mental health.**
- **Interactive skill-building workshops.**
- **Reflective Practice & Growth mindset.**
- **Fostering Psychological Safety.**
- **Open forum discussions.**

CNE Credit Point/ Hours

OVERVIEW OF THE COLLEGE

Sultanpur Institute of Nursing and Paramedical Sciences was established in 2017 with the mission to deliver professional & transformative education in order to produce qualified, skillful and competent Nurses in ever changing and dynamic healthcare sector. Presently, the college offers courses in healthcare domain namely B. Sc. Nursing, Post Basic B. Sc. Nursing, GNM & ANM, DOTT, BMLS. All these courses are approved by State Government, Uttar Pradesh State Medical Faculty, recognized by the INC and affiliated with Atal Bihari Vajpayee Medical University, Lucknow, Uttar Pradesh

The institute is proudly associated to Suman Hospital, which offers healthcare services since 1998 and is known to provide affordable medical care through teams of competent & skillful doctors, nurses, therapists and support staffs. Such a clinical environment is relevant for developing practical learning exposure in nursing and allied healthcare education.

INTRODUCTION

The conference is based on the theme **"Building Resilience among Nursing Students: *Grit in Patience, Grace under Pressure*."** It aims to help nursing students to manage clinical stress and recover from tough and daunting experiences. Through interactive sessions on cognitive reframing, mindfulness, compassion fatigue, and moral distress, participants will learn to set healthy boundaries, de-escalation strategies, and peer support. By fostering reflective practice and psychological safety, the programme empowers future nurses to cultivate true grit, practice patience, and maintain grace under pressure ensuring they remain confident, motivated, and emotionally strong in their careers.

CONFERENCE OBJECTIVES

1. **Psychological Endurance**: To foster psychological resilience, grit, and emotional endurance among nursing students handling high stress in clinical environments.

2. **Institutional Support**: To equip educators and clinical supervisors with strategies for supporting students' mental health and preventing burnout in clinical practice.

3. **Professional Competence**: To promote professional composure, ethical decision-making, and "grace under pressure" during critical patient-care scenarios.

REGISTRATION DETAILS

Category	Early Bird (*Before 12th Nov,2026*)	On Spot Registration
Nursing Faculty/Clinical staff/PG Students	300	350
GNM & B. Sc. Nursing Students	200	250

FOR CORRESPONDENCE

Mrs. Akanksha Singh
Assistant Professor, SINPS
Mob: 6386327871

Ms. Palak Singh
Nursing Tutor, SINPS
Mob: 9648444758

Mr. Himanshu Raj Singh
UDC, SINPS
Mob: 9305721250

KEY RESOURCE PERSON



Prof. (Dr.) Jeya Beulah D
HOD. Dept. of Community Health Nursing,
SCPM College of Nursing and Paramedical Sciences, Gonda, UP



Prof. (Dr.) Roja Princy
Principal
PG College of Nursing
Bhilai, Chhattisgarh



Mrs. Bhumika Singh
Teaching Faculty
College of Nursing, SGPGIMS, Lucknow
Secretary, TNAI, UP

GUEST OF HONOR



Prof. (Dr.) D. Elakkuvana Bhaskara Raj
Principal, College of Nursing
MRA Medical College, Ambedkar Nagar



Prof. (Dr.) Ramesh Shanmugam
Principal,
Indira Gandhi School and College of Nursing, Amethi

ORGANIZING COMMITTEE



Mrs. Suman Singh
Director, SINPS



Dr. A. K. Singh
Chairman, SINPS



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Managing Director, SINPS



Prof. (Dr.) Mariamma C. John
Organizing Secretary
Principal, SINPS, Sultanpur



Prof. Mrs. Justee John
Organizing Coordinator,
Vice Principal, SINPS, Sultanpur

PROGRAMME SCHEDULE - *18th Nov, 2026*

TIME	TOPIC	SPEAKER	CHAIRPERSON
8:30am- 9:00am	**Registration & Kit Distribution**		
9:00am- 9:40am	**Invocation and Inauguration**		
9:40am- 10:00am	**Pretest**		
10:00am-10:45am	**Session 1:** Boundaries & De-escalation Strategies	**Mr. Bhupendra Singh** Associate Professor HOD, Dept. of Mental Health Nursing, SINPS, Sultanpur	**Mr. Ujjwal Tripathi** Nursing Tutor, Faculty of SINPS, Sultanpur
10:45am-11:00 am	**TEA BREAK**		
11:00am- 12:00pm	**Session 2:** Navigating Clinical Shock, Compassion Fatigue & Moral Distress (Stress First Aid)	**Prof. Dr. Jeya Beulah D** HOD. Dept. of Community Health Nursing, SCPM College of Nursing and Paramedical Sciences, Gonda, UP	**Ms. Pratibha Yadav** Nursing Tutor, Faculty of SINPS, Sultanpur
12:00pm- 01:00pm	**Session 3:** Cognitive Reframing & Micro-mindfulness	**Prof. Dr. Roja Princy** Principal, PG College of Nursing, Bhilai, Chhattisgarh	**Ms. Ashmita Shukla** Nursing Tutor, Faculty of SINPS, Sultanpur
01:00pm-01:30pm	**LUNCH BREAK**		
01:30pm- 02:30pm	**Session 4:** Structured Peer Support, Debriefing & The "Buddy System"	**Mrs. Bhumika Singh** Teaching Faculty College of Nursing, SGPGIMS, Lucknow Secretary, TNAI, UP	**Mr. Pooran Singh Bhati** Associate Professor, HOD, Dept. of Medical Surgical Nursing, SINPS, Sultanpur
02:30pm- 03:30pm	**Session 5:** Reflective Practice & Psychological Safety in Learning (Gibb's Cycle)	**Prof. (Dr.) D. Elakkuvana Bhaskara Raj** Principal College of Nursing MRA Medical College, Ambedkar Nagar	**Mrs. Akanksha Singh** Assistant Professor Dept. of Obstetrics & Gynecology Nursing, SINPS, Sultanpur
03:30pm-04:15pm	**Session 6:** Personal Resilience Plan (Group Activity)	**Ms. Sonali Tripathi** Nursing Tutor, Faculty of SINPS, Sultanpur	**Ms. Goldi Maurya** Nursing Tutor, Faculty of SINPS, Sultanpur
04:15pm-04:45 pm	**CLOSING CEREMONY & VALEDICTORY**		

SCAN

Scan QR Code for Registration

Target Audience:

- Nursing Faculties
- Staff Nurses
- UG and PG Students
- Diploma Students

LOCATION