



STANDARDS OF PRACTICE

Title: Standards of Practice for Film Critics Club at KMCT Nursing

College

Aims and Objectives:

Promote Critical Discourse: Foster and encourage constructive dialogue among club members regarding various aspects of films, including but not limited to themes, cinematography, acting, and cultural significance.

Enhance Analytical Skills: Provide opportunities for members to develop their critical thinking and analytical skills through the examination and discussion of films from different genres and time periods.

Cultivate Appreciation for Cinema: Cultivate a deeper appreciation for the art of filmmaking by exploring diverse cinematic works and understanding the creative processes behind them.

Encourage Participation: Create a welcoming and inclusive environment that encourages active participation from all members, regardless of their level of expertise or familiarity with film criticism.



Promote Collaboration: Facilitate collaborative projects and activities that allow members to work together in analyzing and interpreting films, such as group discussions, film screenings, and writing workshops.

Policy:

Academic Focus: The Film Critics Club will maintain a strictly academic focus, prioritizing the exploration and analysis of films as an art form. It will refrain from engaging in commercial, sectarian, or political activities.

Membership: Membership in the club will be open to students, faculty, and staff of KMCT Nursing College who have an interest in film criticism.

Leadership Structure: The club will establish a leadership committee comprised of club members and overseen by a faculty advisor. The committee will be responsible for planning and organizing club activities.

Functions:

Film Screenings and Discussions: Organize regular film screenings followed by discussions where members can share their insights and interpretations of the films.

Guest Speakers and Workshops: Invite guest speakers, including film scholars, critics, and industry professionals, to conduct workshops and lectures on various aspects of film criticism and filmmaking.



Critical Writing Opportunities: Provide opportunities for members to write and publish film reviews, essays, and analyses either independently or collaboratively through club-sponsored publications or online platforms.

Film Festival Participation: Facilitate participation in local or regional film festivals, where members can showcase their critical work and engage with a broader community of film enthusiasts.

Meeting Preparation:

Ensure that necessary materials, such as screening equipment and discussion guides, are prepared in advance.

Arrange for a suitable venue for film screenings and discussions.

Communicate meeting details and agendas to club members in a timely manner.

Conducting the Meeting:

Start meetings on time with a brief welcome and overview of the agenda.

Encourage active participation and respectful dialogue among members.

Assign designated note-takers to record meeting minutes and action items.

Meeting Conclusion:

Summarize key points discussed during the meeting.

Assign responsibilities for any follow-up tasks or action items.



Schedule the date and agenda for the next meeting, if applicable.

Post-Meeting Activities:

Distribute meeting minutes and any relevant materials to club members.

Follow up on action items and monitor progress.

Collect feedback from members to assess meeting effectiveness and identify areas for improvement.

Feedback and Evaluation:

Solicit feedback from club members to evaluate the success of club activities and meetings.

Use feedback to make necessary adjustments and improvements to club operations and programming.

Documentation:

Maintain records of meeting minutes, attendance, and feedback for future reference and evaluation.

Review and Revision:

Regularly review and update club policies and procedures to ensure they remain relevant and effective in achieving the club's goals and objectives.



STANDARDS OF PRACTICE

Standards of Practice for Conducting Journal Club Meetings at KMCT Nursing College

Aims and Objectives:

Promote Academic Engagement: Foster an environment conducive to scholarly discussion and critical analysis among faculty and students.

Enhance Learning: Facilitate the exchange of ideas and knowledge to enhance understanding of current research and evidence-based practices in nursing and healthcare.

Encourage Professional Development: Provide opportunities for members to stay updated with the latest advancements in nursing research and develop their skills in critical appraisal and evidence-based practice.

Promote Collaboration: Encourage collaboration and interdisciplinary dialogue among faculty and students to address contemporary issues in healthcare.

Support Lifelong Learning: Cultivate a culture of lifelong learning and intellectual curiosity among members, promoting continuous professional development and growth.



Policy:

Academic Focus: The Journal Club will maintain a strictly academic focus, prioritizing the critical appraisal and discussion of peer-reviewed research articles in nursing and related fields.

Membership: Membership in the club will be open to faculty members, nursing students, and other healthcare professionals affiliated with KMCT Nursing College who have an interest in evidence-based practice and research.

Leadership Structure: The club will be overseen by a faculty advisor and a committee comprised of faculty members and student representatives. The committee will be responsible for planning and organizing club activities.

Functions:

Article Selection and Presentation: Select relevant research articles for discussion during club meetings, ensuring diversity in topics and methodologies. Faculty and students will take turns presenting and leading discussions on selected articles.

Critical Appraisal: Facilitate critical appraisal of research articles using established appraisal tools and frameworks. Encourage members to critically evaluate the strengths, limitations, and implications of the research findings.



Interdisciplinary Dialogue: Promote interdisciplinary dialogue by inviting guest speakers from different healthcare disciplines to present their research and perspectives on relevant topics.

Professional Development: Organize workshops and training sessions on critical appraisal skills, research methodology, and evidence-based practice to enhance members' research literacy and scholarly abilities.

Knowledge Dissemination: Encourage members to disseminate their research findings and scholarly work through presentations, publications, and participation in academic conferences and symposiums.

Meeting Preparation:

Select and distribute research articles for discussion well in advance of the meeting.

Ensure that necessary materials, such as presentation slides and handouts, are prepared and accessible to all members.

Arrange for a suitable venue equipped with audio-visual equipment for presentations and discussions.

Conducting the Meeting:



Start meetings on time with a brief welcome and overview of the agenda.

Facilitate active participation and respectful dialogue among members.

Assign designated note-takers to record meeting minutes and key discussion points.

Meeting Conclusion:

Summarize key insights and takeaways from the discussion.

Identify action items and follow-up tasks, assigning responsibilities as necessary.

Schedule the date and agenda for the next meeting, ensuring continuity and momentum.

Post-Meeting Activities:

Distribute meeting minutes and relevant materials to club members in a timely manner.

Follow up on action items and monitor progress, providing support and guidance as needed.

Collect feedback from members to assess meeting effectiveness and identify areas for improvement.

Feedback and Evaluation:



Solicit feedback from members on meeting content, format, and overall experience.

Use feedback to continually improve meeting processes and ensure alignment with members' needs and expectations.

Documentation:

Maintain records of meeting minutes, attendance, and feedback for documentation and reference purposes.

Keep a repository of research articles and resources shared during club meetings for future reference and use.

Review and Revision:

Regularly review and update club policies and procedures to ensure alignment with best practices and evolving needs of members.

Seek input from members and stakeholders to inform revisions and improvements to club operations and activities.



STANDARDS OF PRACTICE

Title: Standards of Practice for Conducting Zumba Club Activities at KMCT Nursing College

Aims and Objectives:

Promote Physical Fitness: Foster a culture of physical activity and wellness among students and faculty through regular Zumba sessions.

Enhance Mental Wellbeing: Provide a space for stress relief, relaxation, and enjoyment through engaging and dynamic Zumba workouts.

Build Community: Create a supportive and inclusive environment where members can bond over shared interests in dance and fitness.

Encourage Healthy Habits: Promote healthy lifestyle choices and habits, including regular exercise and self-care practices.

Celebrate Diversity: Embrace diversity and cultural exchange through the exploration of different dance styles and music genres in Zumba classes.

Policy:

Inclusivity: The Zumba Club will be open to all students and faculty members of KMCT Nursing College, regardless of fitness level or prior dance experience.



Safety: All Zumba sessions will be conducted under the supervision of certified instructors who will prioritize participant safety and wellbeing.

Respect: Participants will be encouraged to respect each other's boundaries and physical limitations during Zumba sessions, fostering a supportive and non-judgmental atmosphere.

Functions:

Weekly Zumba Classes: Organize weekly Zumba classes led by certified instructors, offering participants an opportunity to engage in fun and energetic workouts.

Themed Dance Events: Host themed dance events and workshops focusing on specific dance styles or cultural traditions, providing members with exposure to diverse dance forms.

Community Outreach: Collaborate with other student clubs and organizations to organize community Zumba events and fundraisers, promoting health and wellness within the broader community.

Performance Opportunities: Provide members with opportunities to showcase their dance skills and talents through performances at college events and functions.



Educational Workshops: Offer educational workshops on topics related to fitness, nutrition, and mental health to complement Zumba sessions and promote holistic wellbeing.

Meeting Preparation:

Ensure that the venue for Zumba sessions is equipped with appropriate sound systems and dance floors conducive to movement.

Coordinate with certified Zumba instructors to plan class routines and select appropriate music playlists.

Communicate session schedules and logistical details to club members in advance to ensure maximum participation.

Conducting the Session:

Begin each Zumba session with a brief warm-up and introduction to the day's workout routine.

Lead participants through a series of choreographed dance moves set to upbeat music, incorporating elements of aerobic exercise and interval training.

Provide modifications and adaptations for participants of different fitness levels and abilities, ensuring inclusivity and safety.



Session Conclusion:

Cool down with stretching exercises and relaxation techniques to help participants unwind and recenter.

Provide time for participants to share feedback and reflections on the session, encouraging open communication and dialogue.

Post-Session Activities:

Distribute resources and information on upcoming Zumba events, workshops, and community outreach opportunities.

Collect feedback from participants to assess session effectiveness and identify areas for improvement.

Follow up with members to provide support and encouragement in achieving their fitness and wellness goals.

Feedback and Evaluation:

Solicit feedback from participants through anonymous surveys or group discussions to gather insights on session quality and participant satisfaction.

Use feedback to inform future session planning and programming, ensuring alignment with member needs and preferences.



Documentation:

Maintain records of session attendance, participant feedback, and any incidents or issues arising during sessions for documentation and review purposes.

Review and Revision:

Regularly review and update club policies and procedures in consultation with club members and advisors to ensure adherence to best practices and safety guidelines.

Seek input from participants and stakeholders to inform revisions and improvements to Zumba club activities and programming.



STANDARDS OF PRACTICE

Standards of Practice for Conducting Yoga Club Activities at KMCT

Nursing College

Aims and Objectives:

Promote Physical and Mental Wellbeing: Foster a culture of holistic health by providing opportunities for students and faculty to engage in yoga practices that enhance physical fitness and mental resilience.

Reduce Stress and Anxiety: Offer techniques and practices to help individuals manage stress, anxiety, and other mental health challenges commonly experienced in academic and professional settings.

Improve Concentration and Focus: Provide tools and strategies for improving concentration, focus, and mindfulness, which can enhance academic performance and productivity.

Cultivate Community and Connection: Create a supportive and inclusive community where members can connect with one another, share experiences, and support each other's personal growth and development.

Promote Self-Reflection and Self-Care: Encourage self-reflection and self-care practices that empower individuals to prioritize their own wellbeing and establish healthy habits for life.



Policy:

Inclusivity: The Yoga Club will be open to all students and faculty members of KMCT Nursing College, regardless of prior experience or fitness level. All sessions will be designed to accommodate participants of varying abilities and needs.

Safety: All yoga sessions will be led by certified yoga instructors who will prioritize participant safety and provide appropriate modifications and adjustments as needed.

Respect: Participants will be encouraged to respect each other's physical and emotional boundaries during yoga sessions, fostering an environment of mutual respect and support.

Functions:

Weekly Yoga Classes: Organize weekly yoga classes led by certified instructors, offering participants an opportunity to practice various yoga techniques, including asanas (postures), pranayama (breathing exercises), and meditation.

Specialized Workshops and Events: Host specialized workshops and events focusing on specific aspects of yoga practice, such as yoga for stress relief, yoga for better sleep, and yoga for back pain relief.



Outdoor Sessions: Organize outdoor yoga sessions in natural settings, such as parks or gardens, to provide participants with the opportunity to connect with nature and experience the benefits of outdoor yoga practice.

Community Outreach: Collaborate with other student clubs and organizations to offer yoga sessions and workshops to underserved communities, promoting health and wellness beyond the college campus.

Self-Care Resources: Provide resources and information on self-care practices, mindfulness exercises, and stress management techniques to empower participants to incorporate yoga principles into their daily lives.

Meeting Preparation:

Ensure that the venue for yoga sessions is conducive to practice, with adequate space, ventilation, and comfortable flooring.

Coordinate with certified yoga instructors to plan session sequences and select appropriate music or ambient sounds to enhance the yoga experience.

Communicate session schedules and logistical details to club members in advance to ensure maximum participation.



Conducting the Session:

Begin each yoga session with a brief centering exercise or mindfulness practice to help participants transition into the present moment and cultivate awareness.

Lead participants through a series of yoga postures, breathing exercises, and relaxation techniques, offering modifications and adjustments as needed to accommodate individual needs.

Session Conclusion:

Conclude each session with a guided relaxation or meditation practice to help participants integrate the benefits of their yoga practice and promote a sense of inner peace and calm.

Provide time for participants to share reflections or insights from their practice, fostering a sense of community and connection among members.

Post-Session Activities:

Distribute resources and information on upcoming yoga events, workshops, and community outreach opportunities.

Collect feedback from participants to assess session effectiveness and identify areas for improvement.



Follow up with members to provide support and encouragement in integrating yoga principles into their daily lives.

Feedback and Evaluation:

Solicit feedback from participants through anonymous surveys or group discussions to gather insights on session quality, instructor effectiveness, and overall participant satisfaction.

Use feedback to inform future session planning and programming, ensuring alignment with member needs and preferences.

Documentation:

Maintain records of session attendance, participant feedback, and any incidents or issues arising during sessions for documentation and review purposes.

Review and Revision:

Regularly review and update club policies and procedures in consultation with club members and advisors to ensure adherence to best practices and safety guidelines.

Seek input from participants and stakeholders to inform revisions and improvements to Yoga Club activities and programming.



STANDARDS OF PRACTICE

Standards of Practice for Conducting Travel Club Activities at KMCT

Nursing College

Aims and Objectives:

Cultural Exchange: Foster cultural understanding and appreciation among students and faculty through organized travel experiences to diverse destinations.

Personal Growth: Provide opportunities for personal growth and development through exposure to new environments, challenges, and experiences.

Educational Enrichment: Enhance academic learning by incorporating educational components into travel itineraries, such as visits to historical sites, museums, and cultural landmarks.

Community Engagement: Encourage active participation in community service and volunteer projects during travel expeditions, promoting a spirit of service and social responsibility.

Environmental Awareness: Promote environmental sustainability and conservation efforts by incorporating eco-friendly practices into travel logistics and activities.



Policy:

Inclusivity: The Travel Club will be open to all students and faculty members of KMCT Nursing College who have a passion for travel and adventure. All trips will be designed to accommodate participants of varying interests and abilities.

Safety: All travel expeditions will be carefully planned and supervised by qualified trip leaders who will prioritize participant safety and wellbeing throughout the duration of the trip.

Respect: Participants will be expected to respect local customs, traditions, and environments during travel experiences, demonstrating cultural sensitivity and responsible behavior at all times.

Functions:

Trip Planning: Organize and coordinate travel expeditions to domestic and international destinations, including transportation, accommodation, and itinerary planning.

Educational Programming: Incorporate educational components into travel itineraries, such as guided tours, lectures, and workshops, to provide participants with enriching learning experiences.



Community Service: Partner with local organizations and communities at destination sites to participate in volunteer projects and community service initiatives, contributing positively to the places visited.

Cultural Immersion: Facilitate opportunities for cultural exchange and immersion through interactions with local residents, cultural performances, and hands-on experiences.

Environmental Stewardship: Promote eco-friendly travel practices, such as minimizing waste, conserving energy, and supporting sustainable tourism initiatives, to minimize the environmental impact of travel activities.

Meeting Preparation:

Coordinate with trip leaders and participants to plan travel logistics, including transportation, accommodation, and activities.

Ensure that necessary travel documents, such as passports, visas, and travel insurance, are obtained and organized prior to departure.

Communicate trip details, packing lists, and safety guidelines to participants in advance of the trip to ensure preparedness and readiness for travel.

Conducting the Trip:



Provide orientation and pre-departure briefings to participants to familiarize them with the itinerary, expectations, and safety protocols for the trip.

Supervise and support participants throughout the duration of the trip, addressing any concerns or emergencies that may arise with professionalism and efficiency.

Facilitate group activities, excursions, and cultural experiences to maximize the educational and recreational value of the trip for participants.

Trip Conclusion:

Debrief with participants upon return from the trip to reflect on their experiences, share insights, and gather feedback for future trip planning and programming.

Encourage participants to share their travel experiences with the broader college community through presentations, photo exhibits, or written reflections.

Post-Trip Activities:

Collect feedback from participants to assess trip effectiveness, participant satisfaction, and areas for improvement in future travel expeditions.

Follow up with trip leaders and participants to ensure that any outstanding administrative tasks, such as expense reconciliation or documentation, are completed in a timely manner.



Document trip highlights and success stories for promotional purposes and future reference.

Feedback and Evaluation:

Solicit feedback from participants through post-trip surveys, focus groups, or individual interviews to gather insights on trip satisfaction, educational value, and overall participant experience.

Use feedback to inform future trip planning and programming, incorporating suggestions and recommendations to enhance the quality and impact of Travel Club activities.

Documentation:

Maintain records of trip itineraries, participant rosters, financial transactions, and incident reports for documentation and review purposes.

Compile trip photos, videos, and testimonials to create promotional materials and showcase the impact of Travel Club activities to the college community and external stakeholders.

Review and Revision:

Regularly review and update club policies and procedures in consultation with club members, trip leaders, and college administrators to ensure compliance with best practices and safety standards.



KMCT
COLLEGE OF NURSING

Recognized by Indian Nursing Council & Kerala Nurses and
Midwives Council & affiliated to Kerala University of Health Sciences

Incorporate feedback and lessons learned from past trips into future trip
planning and programming to continually improve the quality and relevance of
Travel Club activities.