



SREE BALAJI COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
VALUE ADDED COURSE (ONLINE)
CERTIFICATE COURSE ON
NUTRITION IN THE LIFE SPAN

NUTRITION DEPARTMENT
CERTIFICATE COURSE OF
NUTRITION IN THE LIFESPAN

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REQUISITION LETTER

From

Department of Nutrition,
Sree Balaji College of nursing,
Chrompet, Chennai-600 044

To

Dr.V.Hemavathy,
The Principal,
Sree Balaji College of nursing,
Chrompet,Chennai-600044.

Respected Madam

This is for your kind perusal that we, Nutrition department are planning to conduct a value added course on Short Term Course On **Introduction to Nutrition in the Lifespan** from 18/04/2021 to 06/05/2021, for a period of three Weeks. We kindly request you to grant us permission to conduct this programme and do the needful.

Thanking you.

Warm regards



DEPARTMENT OF NUTRITION
Sree Balaji College of Nursing
No.7, C.L.C Works Road,
Chrompet, Chennai - 600 044.

Department of Nutrition

Date-02/04/2021

From

Mrs. D. Anitha

Professor and Head

Nutrition Department,

Sree Balaji College of Nursing,

To

The Dean,

SreeBalaji College of Nursing,

Bharath Institute of Higher Education and Research,

Chennai.

Sub: Permission to conduct value-added course:Introduction to Nutrition in the Lifespan

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Introduction to Nutrition in the Lifespan 18/04/2021 -06/05/2021 . We solicit your kind permission for the same.

Kind Regards



Mrs. D. Anitha

DEPARTMENT OF NUTRITION
Sree Balaji College of Nursing
No.7, C.L.C Works Road,
Chrompet, Chennai - 600 044.

Phone & Fax : 2241 6605



SREE BALAJI COLLEGE OF NURSING

(Recognised By Indian Nursing Council, New Delhi and The Tamilnadu Nurses and Midwives Council)
(Approved by Govt. of Tamil Nadu and Affiliated to Bharath Institute of Higher Education and Research)

No.7, Works Road, Chromepet, Chennai - 600 044.

Date: 02/04/2021

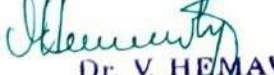
CIRCULAR

Notification for Value added courses offered by college of Nursing

The Department of Nutrition, college of Nursing, is scheduled to offer a Value added Course on Introduction to Nutrition in the Lifespan from 18/04/2021 - 06/05/2021 for a period of 3 weeks. Interested students can approach Mrs. D. Anitha , Professor and Course Coordinator, Department of Nutrition for registration and for further details on or before 12.04.2021

Principal

Course Coordinator


Dr. V. HEMAVATHY,
M.Sc.(N),M.A.,M.Phil.,Ph.D.(N).
PRINCIPAL
SREE BALAJI COLLEGE OF NURSING
No. 7, Works Road, Chromepet,
Chennai-600 044.

HOD



DEPARTMENT OF NUTRITION
Sree Balaji College of Nursing
No.7, C.L.C Works Road,
Chrompet, Chennai - 600 044.

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

COE

Principal

Heads of Departments

V BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

SCHOOL OF NURSING

DEPARTMENT OF NUTRITION

**VALUE ADDED COURSE SHORT TERM COURSE ON INTRODUCTION TO
NUTRITION IN THE LIFESPAN (ONLINE)**

2020-2021

COURSE CO-ORDINATOR DETAILS

Faculty Name: Mrs.D. ANITHA, Professor and Head, Department of Nutrition

Email ID: anitaman2008@gmail.com

Mobile number: 9841720127

BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

SREE BALAJI COLLEGE OF NURSING

SYLLABUS

NAME OF THE COURSE: NUTRITION IN THE LIFESPAN (ONLINE)

COURSE HOURS: 30Hours

OBJECTIVES:

- 1) Know the basic principles of Food and Nutrition.
- 2) Describe the Nutritional Assessment Methods.
- 3) To understand the concepts of Sports and Fitness Diet.
- 4) Describe the Nutritional needs during Pregnancy and Lactation.
- 5) Describe the Nutritional needs during various stages-Infancy Preschool, School Children, Adolescent, Adult, and Old Age People

MODULE I -BASIC NUTRITION

Functions and Classification of Foods,Relation between Good Nutrition and Health,Factors influencing food and Nutrition, Role of food and its Medicinal Value,Major nutrients, their properties, functions and important Food sources.Mechanisms of digestion, absorption, and metabolism ,Food Standards and Changing Nutritional Scenario.

MODULE II -ASSESSMENT OF NUTRITIONAL STATUS

Need and Purpose of assessing Nutritional Status, Methods of Assessing Nutritional Status-Direct and Indirect Methods. Nutrition Care Recommendations: Nurse, Nurses support in Nutrition Intervention Programs. Healthy diet and food choices, and how such choices will help prevent health problems. Nutrition Education and Role of Nurse.

MODULE III -SPORTS AND FITNESS DIET

How to help clients select a sports diet with the right balance of carbohydrates, proteins, fats and fluids.Managing people with eating disorders and body image issues. Introduction to sports and Exercise Nutrition, Energy Balance and Body Composition, Protein Needs for Exercise, Eating and Muscle gain, Dietary Supplements, Nutrition, Physical activity and Health.

MODULE IV-NUTRITION DURING PREGNANCY AND LACTATION

Nutrient needs during Pregnancy, Dietary and Caloric Recommendations, Fluid intake during Pregnancy, Ideal foods to eat during Pregnancy, Foods to avoid during Pregnancy,Prenatal

Vitamin and Mineral Supplements, Nutritional Demands of Lactation, Food Guidance for Lactating Women.

MODULE VI -NUTRITION AND FOOD REQUIREMENTS DURING INFANCY

Growth and development during Infancy, Nutritional requirements, Feeding methods like breast feeding, Artificial feeding, and preterm feeding, Recommendations for Breast feeding, Contra-indications of Breast Feeding ,Weaning foods or Complementary Feeding, Principles of Weaning, Feeding problems in Infants.

MODULE VII –NUTRITION AND FOOD REQUIREMENTS OF PRESCHOOL

SCHOOL GOING CHILDREN AND ADOLESCENCE

Growth and Development during Childhood ,Diet for school going children and preschoolers, Feeding Problems of the Children, Diet Planning for Adolescents ,Recommended Dietary Allowances for Preschoolers , School going and Adolescents, Feeding Problem of Adolescents.

MODULE VIII-NUTRITION AND FOOD REQUIREMENTS DURING ADULT AND

OLD AGE

Nutrition During Adulthood, Diet Planning for Adults, Recommended Dietary Allowances for Adults, Changes associated with Aging, RDA for old aged people, Health Status of the Aged in India, Diet and Feeding Pattern

REFERENCE

1. Dr.Rameshwar Sharma, Text book of Nutrition ,2nd Edition,Frontline publications. Page 154-178.
2. Darshan Sohi, Textbook of Nutrition & Therapeutic Diets, 3rd edition,Jay pee brothers' publication. Page 224-340.
3. B.Srilakshmi, Dietetics, 3rd edition, Newage international publishers. Page 145-167.
4. Sheila John, Essentials of Nutrition and Dietetics, 2nd Edition, Wolters Kluwer Publications. Page 234-267.

Course Curriculum/Topics with schedule (Min of 30 hours)

S.NO	DATE	TOPIC	NAME	TIME	HOURS
1.	17.2.2021	Functions and Classification of Foods,Relation between Good Nutrition and Health,Factors influencing food and Nutrition, Role of food and its Medicinal Value,Major nutrients, their properties, functions and important Food sources.Mechanisms of digestion, absorption, and metabolism ,Food Standards and Changing Nutritional Scenario.	Dr.Bhuvaneshwari, Shankar,ChiefDietitian, Apollo Hospitals	9.00A.M-1.00 P.M 2.00 P.M-3.00P.M	5
2.	23.2.2021	Need and Purpose of assessing Nutritional Status, Methods of Assessing Nutritional Status-Direct and Indirect Methods. Nutrition Care Recommendations: Nurse, Nurses support in Nutrition Intervention Programs. Healthy diet and food choices, and how such choices will help prevent health problems. Nutrition Education and Role of Nurse.	Dr. Mrs. P. Muthu Meenakshi, M.sc, Phd , Associate Professor and Head, Food Service Management and Dietetics, Ethiraj College for Women.	9.00 A.M-12.00 P.M 2.00P.M-3.00P.M	4
3.	26.2.2021	How to help clients select a sports diet with the right balance of carbohydrates, proteins, fats and fluids.Managing people with eating disorders and body image issues. Introduction to sports and Exercise Nutrition, Energy Balance and Body Composition, Protein Needs for Exercise, Eating and Muscle gain, Dietary Supplements, Nutrition, Physical activity and Health.	Dr.A. K.Thiagarajan M.D, DPMR Associate Professor Arthroscopy and Sports Medicine, SRMC	9.00A.M-12.00P.M	4

4.	29.2.2021	Nutrient needs during Pregnancy, Dietary and Caloric Recommendations, Fluid intake during Pregnancy, Ideal foods to eat during Pregnancy, Foods to avoid during Pregnancy, Prenatal Vitamin and Mineral Supplements, Nutritional Demands of Lactation, Food Guidance for Lactating Women.	Dr.K.Saraswathi,OB G,Professor and Head,SBMC	9.00A.M-12.00P.M 2.00 P.M-3.00 P.M	4
5.	2.3.2021	Growth and development during Infancy, Nutritional requirements, Feeding methods like breast feeding, Artificial feeding, and preterm feeding, Recommendations for Breast feeding, Contra-indications of Breast Feeding ,Weaning foods or Complementary Feeding, Principles of Weaning, Feeding problems in Infants.	Dr.A.J.Hemamalini, M.Sc,P.hd,(Nutrition),Professor and Head,Clinical Nutrition Department,SRMC	9.00A.M-1.00P.M	4
6.	4.3.2021	Growth and Development during Childhood ,Diet for school going children and preschoolers, Feeding Problems of the Children, Diet Planning for Adolescent ,Recommended Dietary Allowances for Preschool , School going and Adolescents, Feeding Problem of Adolescents.	Dr. Gomathi Sivaji, M.sc, M.P hil, P.hd,Professor and Head,Home Science Department W.C.C College for Women	9.00A.M-1.00P.M 2.00 P.M-3.00P.M	5
7.	9.3.2021	Nutrition During Adulthood, Diet Planning for Adults, Recommended Dietary Allowances for Adults, Changes associated with Aging, RDA for old aged people, Health Status of the Aged in India, Diet and Feeding Pattern	Dr.B.Kundhala, MSc,PCDND,PhD,AssistantProfessor,Clinical Nutrition Department,SRMC	9.00A.M-1.00P.M	4



COLLEGE OF NURSING
VALUE ADDED COURSE ON LIFECYCLE NUTRITION
Certificate of Appreciation

This Is to Certify That **Mr/Ms R. SUGANYA (U15NR087)** B. Sc(N) I Year , has Attended Three Weeks Value Added Course On Introduction to Nutrition in the Lifespan Conducted By Department Of Nutrition At Sree Balaji College Of Nursing, Chennai (TN), during 18/04/2021 - 06/05/2021 .

COURSE COORDINATOR

D. Anil

HOD

DEPARTMENT OF NUTRITION
Sree Balaji College of Nursing
No.7, G.L.G Works Road,
Chrompet, Chennai - 600 044.

V. Hemavathy
PRINCIPAL

Dr. V. HEMAVATHY
M.Sc.(N), M.A., M.Phil., Ph.D.(N)
PRINCIPAL
SREE BALAJI COLLEGE OF NURSING
No. 7, Works Road, Chromepet,
Chennai-600 044.

SREE BALAJI COLLEGE OF NURSING

STUDENT FEEDBACK FORM FOR VALUE ADDED COURSES

DEPARTMENT OF NUTRITION

Academic year: 2021

Name of the value added course offered: Nutrition in the life span

Period of Batch: 18.04.2021-6.5.2021

Course - Coordinator: D. Anilke

STUDENT FEEDBACK

Dear Student,

You are required to give your feedback on the following aspects. Please tick in the respective column.

S.No	Criteria	Rating				
		Excellent	Very good	Good	Fair	Satisfactory
1	Course content	✓				
2	Skill development		✓			
3	Motivation			✓		
4	Regularity and punctuality of teacher		✓			
5	Coverage of syllabus	✓				
6	Resource person interaction with students			✓		
7	Individual attention		✓			
8	Outcome	✓				
9	Competency of the course		✓			
10	Other suggestions			✓		

Course co-coordinator

D. Anilke

Signature of the student

Anilke S.