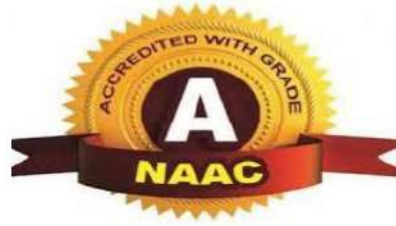




Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)



SREE BALAJI COLLEGE OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
VALUE ADDED COURSE
ON
CERTIFICATE COURSE ON HEALTH COACHING

**COMMUNITY HEALTH NURSING
CERTIFICATE COURSE ON HEALTH
COACHING**

1. Requisition letter
2. Permission letter
3. Circular
4. Co -Ordinator detail
5. Syllabus
6. New lesson plan
7. Student list
8. Photo
9. Certificate
10. Feedback

REQUISITION LETTER

From

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

To

Dr.V.Hemavathy
The principal
Sree Balaji College of nursing
Chrompet, Chennai

Respected Madam

This is for your kind perusal that we, Community nursing department are planning to conduct a value added course on CERTIFICATE COURSE IN HEALTH COACHING from 29/08/2021 to 16/09/2021, 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
HEAD OF THE DEPARTMENT
COMMUNITY HEALTH NURSING
SREE BALAJI COLLEGE OF NURSING
7, 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 Bharathi Institute of Higher Education and Research)


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

24 August 2021

Department of Community Health Nursing
Sree Balaji College of Nursing,
Chennai.

Hereby we grant permission to conduct Value added course on Health Coaching
from 29.08.2021 to 16.09.2021, for a period of three weeks.

Warm Regards,


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.





BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH
SCHOOL OF NURSING

DEPARTMENT OF COMMUNITY HEALTH NURSING
Date:16-08-2021

CIRCULAR

Notification for Value added courses offered by the College of Nursing

The Department of,Community Health Nursing, is scheduled to offer a Value added Course on HEALTH COACHING from 29/08/2021 to 16/09/2021 for a period of 3 weeks. Interested students can approach S.Umamaheswari, Associate Professor and Course Coordinator, Department of Community health nursing for registration and for further details on or before 25th August 2021.

Eligibility-II B.Sc. (N) students

Principal *[Signature]*
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

[Signature]
Course Coordinator

[Signature]
HOD
HEAD OF THE DEPARTMENT
COMMUNITY HEALTH NURSING
SREE BALAJI COLLEGE OF NURSING
7, WORKS ROAD, CHROMEPET,
CHENNAI - 600 044.

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments

BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH
SCHOOL OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
VALUE ADDED COURSE ON CERTIFICATE PROGRAM IN HEALTH COACHING
2021-2022
COURSE CO-ORDINATOR DETAILS

Faculty Name: S.Uma maheswari, Associate Professor Department of Community health nursing

Email ID: siddumahe84@gmail.com

Mobile number: 9841732420

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH
SCHOOL OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
VALUE ADDED COURSE SYLLABUS**

2021-2022

COURSE ON CERTIFICATE PROGRAM IN HEALTH COACHING

OBJECTIVES

1. Explore the meaning of health coaching
2. Explain the basic nutrition of health
3. Explain the digestion process
4. Develop basic understanding about the health care and weight management
5. Discuss about client screening
6. Demonstrate body composition assessment
7. Identify the role and significance of environmental protection and preservation
8. Relate the importance of health and exercise

MODULE I: INTRODUCTION TO HEALTH COACHING

- Definition of health coaching
- basic nutrition
- gastro intestine system
- planning of health coaching,
- meaning of application of nutrition,
- a team approach to health care
- Physiology of digestion

MODULE II: ASSESSMENT AND EVALUATION

- Health planning steps
- Basics of health care
- Client screening
- Assessment of body composition
- Exercise program consideration
- Physical fitness assessments
- Outdoor activity

Total Contact Hours: 30

TEXT BOOKS

- Bryat, Cedric X., Daniel j. Green and Sabrena Merill, C **Ace Health Coach Manual, American council on exercise. 2013**
- Exercise book: Green, Daniel. **Ace Health Coach Master The Manual, American council on exercise. 2013**

REFERENCE BOOKS

- Subdarlalarsh Pankaji, (2011) Text book of community medicine (3rd edition) CBS Publishers & Distributors.
- Atlas Rohen Yocoshi **Photographic atlas of human anatomy 3^a**. Ed. Barcelona. Doyma 2002
- Brashers V.L.. Clinical applications of pathophysiology: an evidence-based approach, 3rd edn. St Louis: Mosby, 2006.
- British Nutrition Foundation The Eatwell Plate <http://www.nutrition.org.uk/home.asp?siteId=43&ionId=299&which=1> Online. Available: 21 January 2009
- Campbell P.N., Smith A.D.. Biochemistry illustrated, 4th edn. Edinburgh: Churchill Livingstone, 2000.
- Department of Health. Dietary reference values of food energy and nutrients for the UK: COMA report. London: HMSO, 1991.

**SCHOOL OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
VALUE ADDED COURSE
COURSE ON HEALTH COACHING (2021-2022)**

Session	Topic	Date	Duration (Hr)	Resource person
Session I	Introduction to health coaching	29-08-2021	3	J. KRISHNA KUMAR
Session II	Basic nutrition and digestion	30-08-2021	3	DR. PRABAVATHY DEVI
Session III	Current concept in weight management	01-09-2021	4	DR. SHANTHI
Session IV	Body composition assessment and evaluation	05-09-2021	3	DR. ROHINI PRASAD
Session V	Initial interview and client screening	07-09-2021	3	DR.UMA DEVI
Session VI	Life style modification and behaviour changes	09-09-2021	4	DR. RANJITH PRASAD
Session VII	Nutritional programing	12-09-2021	3	DR. SUDHA VASUDEVAN
Session VIII	Exercise program consideration	14-09-2021	3	C.BASKARAN
Session IX	Outdoor activity	16-09-2021	4	KARTHIK

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH
SCHOOL OF NURSING
DEPARTMENT OF COMMUNITY HEALTH NURSING
VALUE ADDED COURSE
COURSE ON HEALTH COACHING (2021-2022)**

Students Name List

S.NO	NAME OF THE STUDENT	Register no
1.	AARTHI R	U15NR001
2.	ABEENA ELSA VARGHESE	U15NR002
3.	ABINAYA R	U15NR003
4.	AJITH KUMAR A	U15NR004
5.	AMBIKA P	U15NR005
6.	ANANTHI A	U15NR006
7.	ANBUSELVI B	U15NR007
8.	ANU SURESH	U15NR008
9.	ANUPRIYA D	U15NR009
10.	ANUSUYA A	U15NR010
11.	ARCHANA D	U15NR011
12.	ARUNA R	U15NR013
13.	AYESHABANU B	U15NR014
14.	BALAJI S	U15NR015
15.	BANCY M	U15NR016
16.	BARRANI G R	U15NR017
17.	BEAUTLIN J	U15NR018
18.	BHARATHI K	U15NR019
19.	BHAVANI R	U15NR020
20.	DEEPIKA R	U15NR021
21.	DEEPIKA SRINIVASAN	U15NR022
22.	DHANALAKSHMI M	U15NR023
23.	DURGADEVI S	U15NR024
24.	GIRIJA D	U15NR026
25.	HAMEETHA BEGUM A	U15NR027
26.	INDUMATHI P	U15NR028
27.	ISABELMONIKA N	U15NR029
28.	JAYANTHI S	U15NR031
29.	JAYASHREE M	U15NR032
30.	JENIFER R	U15NR033
31.	KALAIVANI M	U15NR034
32.	KALAIVANI S	U15NR035
33.	KALAIVANI S	U15NR036

34.	KAVIPRIYA K	U15NR037
35.	KAVIYA C S	U15NR038
36.	KAYALVIZHI S	U15NR039
37.	KEERTHANA L	U15NR040
38.	KIRUTHIGA S	U15NR041
39.	KOKILA K	U15NR042
40.	KOWSALYA G	U15NR043
41.	KOWSALYA R	U15NR044
42.	LAKSHMI R	U15NR045
43.	MAGIMAI YUVANKA M	U15NR046
44.	MAHALAKSHMI R	U15NR047
45.	MANGAYARKARASI M	U15NR048
46.	MANJU A	U15NR049
47.	MANJUREKHA A	U15NR050
48.	MOHAN M	U15NR051
49.	NAGARANI S	U15NR052
50.	NALINI J	U15NR053
51.	NALINI M	U15NR054
52.	NANDHINI A	U15NR055
53.	NITHYA R	U15NR056
54.	PARAMESWARI A	U15NR057
55.	PARAMESHWARI D	U15NR058
56.	PONNUMANI T	U15NR059
57.	POOJA R BHATT	U15NR060
58.	PRATHIBA M	U15NR062
59.	PREETHA R	U15NR063
60.	PREETHIANGELINE R	U15NR064
61.	PRIYADHARSHINI B	U15NR065
62.	RAJKUMAR K	U15NR066
63.	RANJITHA S	U15NR067
64.	REETHA I	U15NR068
65.	RENUKA P	U15NR069
66.	REVATHI A	U15NR070

HEALTH ASSESSMENT AND WEIGHT MANAGEMENT

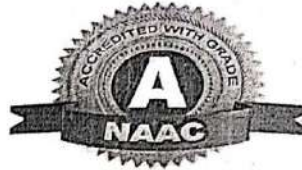


LIFE STYLE MODIFICATION AND BEHAVIOUR CHANGES





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SCHOOL OF NURSING

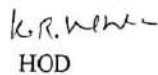
VALUE ADDED COURSE ON CERTIFICATE PROGRAM IN HEALTH COACHING

Certificate of Appreciation

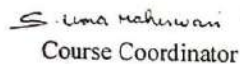
This Is To Certify That Mr./AJITH KUMAR .A (U15NR004) B.Sc. (N) II Year, Has Attended Three Weeks Value Added Course on **HEALTH COACHING** Conducted By Department Of Community Health Nursing At School Of Nursing, Chennai (TN), during AUGUST, 2021.


Principal

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


HOD

HEAD OF THE DEPARTMENT
COMMUNITY HEALTH NURSING
SREE BALAJI COLLEGE OF NURSING
7, WORKS ROAD, CHROME PET,
CHENNAI - 600 044.


Course Coordinator

SCHOOL OF NURSING
STUDENT FEEDBACK FORM FOR VALUE ADDED COURSES
DEPARTMENT OF
COMMUNITY HEALTH NURSING

Academic year: 2021-22

Name of the value added course offered: Certificate course on health coaching

Period of Batch:

Course-co-ordinator: S. Uma Maheswar

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		-			

S. Uma Maheswar
Course Coordinator

Mangla
Signature of the student