



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 MEDICAL SURGICAL NURSING
VALUE ADDED COURSE ON
HEALTH AND HYGIENE

VALUE ADDED COURSE – CERTIFICATE COURSE ON HEALTH AND HYGIENE

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

REQUISITION LETTER

From,
Mrs. Grija Baskaran
Professor and Head,
Department of medical surgical nursing
Sree balaji college of nursing,
Bharath Institute of Higher Education and Research
Chennai

Date: 2/02/2018

To
Dr. V. Hemavathy
The principal,
Sree balaji college of nursing
Bharath Institute of Higher Education and Research
Chennai

Sub: Permission to conduct value-added course: HEALTH AND HYGIENE

Dear Madam,

With reference to the subject mentioned above, the department proposes to conduct a value added course titled: **health and hygiene** On 14/02/2018 to 28/02/2018. We solicit your kind permission for the same.


With Regards

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.

5th FEB 2018

Department of Medical surgical nursing

SreeBalaji College of Nursing,

Chennai.

Hereby we grant permission to conduct Value added course on Short term course on health and hygiene from 14/02 /2018 to 28/02/2018. for a period of two 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



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: 04-02-2019

CIRCULAR

Notification for Value added courses offered by the college of nursing

The Department medical surgical nursing, is scheduled to offer a Value added Course on health and hygiene from 14/02/2019 for a period of 3 weeks. Interested students can approach Mrs. G. E. Margareat Thatcher, Associate Professor and Course Coordinator, Department of medical surgical nursing for registration and for further details on or before 12 -02-2019..

Eligibility-12th PASS

G. E. Margareat Thatcher
Course Coordinator

[Signature]
HOD

[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.

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments



BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

SREE BALAJI COLLEGE OF NURSING

DEPARTMENT OF MEDICAL SURGICAL NURSING

VALUE ADDED COURSE ON HEALTH AND HYGIENE

2018-2019

COURSE CO-ORDINATOR DETAILS

Faculty Name: Mrs.G.E.MARGREAT THATCHER, Professor, Department of Medical Surgical Nursing

Email ID: magihepsi@gmail.com

Mobile number: 8939759076.

BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

SREE BALAJI COLLEGE OF NURSING

DEPARTMENT OF MEDICAL SURGICAL NURSING

VALUE ADDED COURSE SYLLABUS

2018-2019

COURSE DESCRIPTION ON HEALTH AND HYGIENE

30 HOURS

COURSE OBJECTIVES:

- Understand issues related to the present day healthcare system
- Acquire basic understanding of other healthcare systems
- Apply the principles of health administration, education and promotion of healthcare
- Analyze delivery of healthcare services, management, and human resources
- Understand principles of economics, marketing, planning and legal considerations within the healthcare system and organization
- Prepare for information processing and statistical analysis to generate data for the contextual needs of the healthcare planning
- Cultivate effective communication skills with adequate emphasis on the effective writing
- Impart medical expertise essential to assist medical treatment

I. Introduction to Health, and Hygiene (5 hour)

- A.** SocializationActivity
 - 1. Self Introductions
 - 2. CommunityStories
- B.** Water Missions –International
 - 1. What is Water Missions -
 - 2. The Need for Health, Hygiene, and Sanitation Education in Water Missions Internationalprojects?
 - 3. The “Living Water Message” to the Community
- C.** Overview of the Health, Hygiene, and SanitationProgram
 - 1. Identification of Subsequent Health Problems within theCommunity
 - 2. As a Team, Draw a Bird’s Eye View (a map) of YourCommunity

II. Qualities of Healthy Living (5hours)

A. Health (1hour)

1. Individual member's Understanding of Health:
2. Desired Definition of Health:
3. The broad definition of health as it pertains to an individual:
 4. The Health Risks, especially to Water Borne Diseases, of the different categories of family members (small children, larger children, parents, and older or extended family members).
 5. Communal activities that directly affect the health of individuals and groups.
 - a. Farming
 - Soil Erosion
 - i. Fertilizers
 - ii. Herbicides
 - iii. Insecticides
 - b. Waste Disposal
 - i. Human Waste
 - ii. Animal Waste
 - iii. Household Waste
 - iv. Commercial and Industrial Waste

B. Hygiene (3 hour)

1. Individual Participant's Understanding of Hygiene:
2. Desired Definition of Hygiene.

(Hygiene refers to practices conducive to maintaining health and preventing diseases, especially through cleanliness.)

3. The broad definition of hygiene as it applies to an individual.
(Hygiene is the sum total of all the actions or inactions that effect the health of an individual.)
4. The Hygiene Practices of the different categories of family members (small children, larger children, parents, and older or extended family members) that negatively affects individual health.

III. Water (5hours)

A. Water Sources

1. Rain Water
2. Surface Water
3. Ground Water

B. The Water Cycle

C. Uses of Water

D. Water Storage Methods

E. Water Contamination (*with "Water Contamination Routes" exercise*)

- F. Prevention of Water Contamination (*Blocking the Routes of Water Contamination” exercise*)
 - G. Purification of Water.
 - H. The Importance of Safe Water Usage
- IV. Waterborne Diseases: Causes, Transmission, Symptoms, Treatment & Prevention: (5hours)
- A. Diseases Caused by Contaminated Water:
 1. Typhoid
 2. Polio
 3. Diarrhea
 4. Dysentery
 5. Cholera
 6. Guinea Worm Disease
 - B. Diseases Contracted by Parasites in Water:
 1. Malaria
 2. Bilharzias /Schistosomiasis
 3. Skin and Eye Infection
 4. River Blindness
 5. Intestinal Worms
- V. Hygiene Behaviors that Affect Your Daily Life (5hours)
- A. Translating Awareness and Knowledge into Behaviors
 1. “A Story With A Gap” (*Tell a story that relates to the student’s daily practices, but which omits an important step that they should know.*)
 2. Discuss the story “with a gap.” (*For the lesson plan...and how knowing something does not always result in exercising appropriate behaviors.*)
 3. Appropriate and Inappropriate Hygiene Behaviors
 4. Personal Hygiene
 - a. Hand Washing
 - b. Bathing
 - c. Washing (*tooth brushing to*)
 5. Disposal of Waste
 - a. Disposal of Human Feces
 - b. Disposal and Appropriate Uses of Animal Feces
 - c. Disposal of Household Trash and Garbage
 6. Water and Food Handling (The Good, The Bad, and The Ugly)
 - a. Water Sources and Protection of water sources
 - b. Water Collecting and food handling
 - B. Water and food Storage

SREE BALAJI COLLEGE OF NURSING
DEPARTMENT OF MEDICAL SURGICAL NURSING
VALUE ADDED COURSE
ON
HEALTH AND HYGIENE (2018-2019)

Session	Topic	Date	Duration (Hr)	Resource person
Session I	<u>Introduction to Health, and Hygiene</u>	14-02-2018	4	Dr. Samson
Session II	I. <u>Qualities of Healthy Living (5hours)</u>	15-02-2018	7	J.Krishna Kumar
Session III	<u>Water cycle</u>	16-02-2018	7	Dr. Marriyappan
Session IV	<u>Waterborne Diseases: Causes, Transmission, Symptoms, Treatment & Prevention:</u>	19-02-2018	5	Dr. shanthi
Session V	<u>Hygiene Behaviors that Affect Your Daily Life</u>	20-02-2018	7	Dr. Devi

STUDENT NAME LIST

S.No	Reg No	Name
1	U16NR001	AARTHY S
2	U16NR002	ABILASHA R
3	U16NR005	ANSU MARY ABRAHAM
4	U16NR006	ANUSUYABEGUM H
5	U16NR007	ASHIKA SHANI S
6	U16NR008	BERCY ALEXANDRA P
7	U16NR009	BHAGYA SHREE R
8	U16NR010	DEEPA N
9	U16NR011	DEEPA R
10	U16NR012	DEEPALAKSHMI M
11	U16NR013	DEEPIKA B
12	U16NR014	DEEPIKA S
13	U16NR016	DHIVYA BHARATHI K
14	U16NR017	DIVYA G
15	U16NR018	DIVYA P
16	U16NR019	EMELYNE KHARKONGOR
17	U16NR020	GAYATHRI M
18	U16NR021	GAYATHRI M
19	U16NR022	GOMATHI S
20	U16NR023	GOVINDAMMAL D
21	U16NR024	GRACY SELVARANI J
22	U16NR025	HEMALATHA P
23	U16NR026	HEMALATHA V
24	U16NR027	JAYASHREE D
25	U16NR028	JEEVITHA J
26	U16NR029	JENIFER D
27	U16NR032	KEERTHI D
28	U16NR033	KEERTHIKA C
29	U16NR034	KIRUTHIKA M
30	U16NR036	LAKSHMI V
31	U16NR037	MAALIKAAFRIN S
32	U16NR038	MANJUMATHA D
33	U16NR039	MOHANAPREETHA S
34	U16NR040	MONICA RAJAKUMARI G
35	U16NR041	MONISHA A
36	U16NR042	MONISHA B
37	U16NR043	MONISHA M
38	U16NR044	MONISHA R
39	U16NR046	NALINI VALAR SELVI M

40	U16NR047	NILASANDHIYA T
41	U16NR048	NITHYA P
42	U16NR049	NIVEDHA N
43	U16NR050	NIVEDHA T
44	U16NR051	NIVETHA B
45	U16NR052	NIVETHA E
46	U16NR053	NIVETHA SHRI G
47	U16NR054	PAVITHRA K
48	U16NR055	PAVITHRA M
49	U16NR056	PRABHAVATHI S
50	U16NR057	PRATHIBA V
51	U16NR059	PRAVIENAA R
52	U16NR060	PREMI JASMINE S
53	U16NR061	PRIYADHARSHINI C
54	U16NR063	PRIYADHARSHNI M
55	U16NR064	PRIYANKA P
56	U16NR065	PRIYANKA T
57	U16NR066	RAJESWARI J
58	U16NR067	RAMYA K
59	U16NR068	RAMYA R
60	U16NR069	REGIL NELSON
61	U16NR070	RENUKADEVI N
62	U16NR071	REVATHY A
63	U16NR072	RIDEIBUROM SYMBLAI
64	U16NR073	RUKMANIDEVI V
65	U16NR074	SADHANA R
66	U16NR076	SANTHA RUBY S
67	U16NR077	SANTHIYA P
68	U16NR078	SARANYA S
69	U16NR079	SARASWATHI A L
70	U16NR080	SATHIYA SWATHI C
71	U16NR081	SAVITHA K
72	U16NR082	SELESMARTINA J
73	U16NR083	SHALINI A
74	U16NR085	SIVAPRIYA V
75	U16NR086	SOFIA M
76	U16NR087	SOWMIYA B
77	U16NR088	SOWMIYA S
78	U16NR089	SRIMATHI S
79	U16NR090	SUGANYA K
80	U16NR091	SUMITHRA S

SREE BALAJI COLLEGE OF NURSING

B.SC(N)-IIYEAR(2018-2019) , SUBJECT- HEALTH AND HYGIENE



VALUADDED COURSE STARTED ON 14.2.2019, THE FIRST CLASS WAS TAKEN BY MRS. PREMA ABOUT INTRODUCTION ON HEALTH AND HYGIENE FOR 5HOURS



THE CLASS WAS TAKEN BY MRS.SASI KALA ON 22.2.2019, ABOUT WATER BORNE DISEASE FOR 5HOURS



Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
The first Deemed-to-be University under section 3 of UGC Act 1956



SREE BALAJI COLLEGE OF NURSING

VALUE ADDED COURSE – CERTIFICATE COURSE ON HEALTH AND HYGIENE

CERTIFICATE OF PARTICIPATION

This is to certify that Mr/Ms ABINA BABU has attended three weeks value added course - CERTIFICATE COURSE ON HEALTH AND HYGIENE conducted by Department of MEDICAL SURGICAL NURSING at Bharath Institute of Higher Education and Research, Chennai (TN), India during 14th FEB 2018- 6th MARCH 2018

M.E. Muthu
Course Coordinator

Deivy
HOD

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.

Annexure 4

Bharath Institute of Higher Education and Research
SreeBalaji College of Nursing,

Course/Training Feedback Form

Course: Short Term Course on Health and hygiene

Date: 14/2/2015

Name: A. ANITHA

Reg NO. U17NR005

Department:

Q 1: Please rate your overall satisfaction with the format of the course:

- a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 2: Please rate course notes:

- a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 3: The lecture sequence was well planned

- a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 4: The lectures were clear and easy to understand

- a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 5: Please rate the quality of pre-course administration and information:

- a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 6: Any other suggestions:

Comments:

Thank you for taking the time to complete this survey, your comments are much appreciated.

OPTIONAL Section: Name A. ANITHA

Signature A. ANITHA

Date 14/2/2015