



Date- 15/10/2019

From

The Principal,

Sree Balaji College of Nursing,

Bharath Institute of Higher Education and Research,

Chennai

To

Dr. Sathiyalatha Sarathi

Professor and Head,

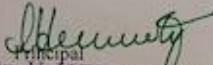
Obstetrics & Gynaecological Nursing Department,

Sree Balaji College of Nursing

Sub: Permission to conduct value-added course: Natural birthing

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Natural birthing 07/08/2019 to 28/08/2019.


Principal
Dr. V. HEMAVATHY,
M.Sc(N), M.A., M.Phil., Ph.D.(N),
PRINCIPAL
SREE BALAJI COLLEGE OF NURSING
No. 7 Works Road, Chennai
Chennai-600 144



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 : 18/07/2019

CIRCULAR

Notification for Value added courses offered by college of Nursing

The Department of Obstetrical and gynecological nursing, college of Nursing, is scheduled to offer a Value added Course on Natural birthing from 07/08/2019 to 28/08/2019 for a period of 3 weeks. Interested students can approach Mrs. Priyadarshini and Associate Professor, Course Coordinator, Department of Obstetrical and Gynecological Nursing for registration and for further details on or before 05.08.2019.

HOD

Course Coordinator

Copy to:

Vice Chancellor

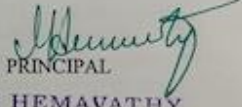
Pro Vice Chancellor

Additional Registrar

Deans

COE

Heads of Departments


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
DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL NURSING
VALUE ADDED COURSE ON HUMAN RESOURCE MANAGEMENT 2018-2019
COURSE CO-ORDINATOR DETAILS

Faculty Name: Mrs.Priyadarshini, Associate professor, Department of Obstetrics and Gynecological Nursing

Email ID: priyadarshini.msc@gmail.com

Mobile number: 9894232452

BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

SREE BALAJI COLLEGE OF NURSING

SYLLABUS

NAME OF THE COURSE: NATURAL BIRTHING

COURSE HOURS: 30HOURS

OBJECTIVES:

1. Describe & integrate the philosophy of family centered birth
2. Provide appropriate patient education & anticipatory guidance to women in labor
3. Provide support and encouragement for women o breastfeed

MODULE 1 :ANTENATAL EDUCATION

- Physical and emotional changes
- Changing family roles
- Maintaining health through exercise and nutrition
- Exercises during pregnancy-child pose, Deep squat, perineal bulges, Quaraput deep cat and cow, perineal massage
- Active birthing including coping strategies for labour and pain relief options
- Assess the social support dynamics during birth

MODULE II : CARE DURING LABOUR

- Health assessment and care throughout the pregnancy and labour
- Antenatal Lamaze breathing method,
- birth and postnatal experience Safe and Healthy Birth, Labor Pain Management, and Breastfeeding Basics

MODULE III:EVIDENCE BASED PRACTICE

- active labor, techniques to manage pain, and how to make it through the delivery process

evidence-based care delayed cord clamping.

- Breastfeeding Support

REFERENCE

1. D.C.Dutta, Textbook of Obstetrics 5 th edition jaypee publication
2. Annamma Jacob comprehensive textbook of obstetrics & midwifery ,5th edition ,jaypee publication
3. Kaminirao ,Textbook of midwifery & obstetrics for nurses, Elsevier publication .

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

Sl No	Date	NAMES	Time	Hours
1	07/08/19	Dr.Saraswathy , M.D,DGO ,HOD, OBG , SBMCH	10 am - 1pm	3 Hrs
2	09/0819	Dr.Yuvarani, Professor,SBMCH	10am -1pm 2pm -4pm	5 Hrs
3	11/08/19	Dr.S.Nirupa Professor SBMCH	9am -1pm 2pm-4pm	6 Hrs
4	17/08/19	Dr. C.Veni ,M.D Professor, SBMCH	10am -1pm 2pm -4pm	5 Hrs
5	20/08/19	Dr. K.Rukmani, M.D, SBMCH	9am -1pm 2pm-5pm	7 Hrs
6	27/08/19	Dr.M.Padmini, M.D,SBMCH	9 am - 1pm	4 Hrs
			Total Hours	30

Bharath Institute of Higher Education and Research

SreeBalaji College of Nursing,

Participant list of Value added course: Natural birthing

on 07/08/2019 to 28/08/2019

S.NO	REGISTER NO	NAME OF THE STUDENT	SIGNATURE
1.	U15NR001	AARTHI R	Aarthi R.
2.	U15NR002	ABEENA ELSA VARGHESE	Abeena Elsa
3.	U15NR003	ABINAYA R	Abinaya R.
4.	U15NR004	AJITH KUMAR A	Ajith Kumar A.
5.	U15NR005	AMBIKA P	Ambika P.
6.	U15NR006	ANANTHI A	Ananthi A.
7.	U15NR007	ANBUSELVI B	Anbuselvi B.
8.	U15NR008	ANU SURESH	Anu Suresh
9.	U15NR009	ANUPRIYA D	Anupriya D.
10.	U15NR010	ANUSUYA A	Anusuya A.
11.	U15NR011	ARCHANA D	Archana D.
12.	U15NR015	BALAJI S	Balaji S.
13.	U15NR017	BARRANI G R	Barrani G R.
14.	U15NR018	BEAUTLIN J	Beautlin J.
15.	U15NR019	BHARATHI K	Bharathi K.
16.	U15NR020	BHAVANI R	Bhavani R.
17.	U15NR021	DEEPIKA R	Deepika R.
18.	U15NR022	DEEPIKA SRINIVASAN	Deepika Srinivasan
19.	U15NR023	DHANALAKSHMI M	Dhanalakshmi M.
20.	U15NR024	DURGADEVI S	Durgadevi S.
21.	U15NR026	GIRIJA D	Girija D.
22.	U15NR028	INDUMATHI P	Indumathi P.
23.	U15NR029	ISABELMONIKA N	Isabelmonika N.
24.	U15NR031	JAYANTHI S	Jayanthi S.
25.	U15NR032	JAYASHREE M	Jayashree M.
26.	U15NR033	JENIFER R	Jenifer R.
27.	U15NR034	KALAIVANI M	Kalaivani M.
28.	U15NR035	KALAIVANI S	Kalaivani S.
29.	U15NR036	KALAIVANI S	Kalaivani S.
30.	U15NR037	KAVIPRIYA K	Kavipriya K.
31.	U15NR038	KAVIYA C S	Kaviya C S.
32.	U15NR039	KAYALVIZHI S	Kayalvizhi S.
33.	U15NR040	KEERTHANA L	Keerthana L.

34.	U15NR041	KIRUTHIGA S	Kiruthiga -
35.	U15NR042	KOKILA K	Kokila
36.	U15NR043	KOWSALYA G	Kowsalya
37.	U15NR044	KOWSALYA R	Kowsalya
38.	U15NR045	LAKSHMI R	Lakshmi
39.	U15NR046	MAGIMAI YUVANKA M	Magi
40.	U15NR047	MAHALAKSHMI R	Mahalakshmi
41.	U15NR048	MANGAYARKARASI M	Mangayarkarasi
42.	U15NR049	MANJU A	Manju
43.	U15NR050	MANJUREKHA A	Manjurekha
44.	U15NR051	MOHAN M	Mohan
45.	U15NR052	NAGARANI S	Nagarani
46.	U15NR053	NALINI J	Nalini
47.	U15NR056	NITHYA R	Nithya
48.	U15NR057	PARAMESWARI A	Parameswari
49.	U15NR058	PARAMESHWARI D	Parameswari
50.	U15NR059	PONNUMANI T	Ponnumani
51.	U15NR060	POOJA R BHATT	Pooja
52.	U15NR062	PRATHIBA M	Prathiba
53.	U15NR063	PREETHA R	Preetha
54.	U15NR064	PREETHIANGELINE R	Preethi
55.	U15NR065	PRIYADHARSHINI B	Priyadharsini
56.	U15NR066	RAJKUMAR K	Rajkumar
57.	U15NR067	RANJITHA S	Ranjitha
58.	U15NR068	REETHA I	Reetha
59.	U15NR069	RENUKA P	Renuka
60.	U15NR072	RIZWANA A	Rizwana
61.	U15NR073	ROHINI K	Rohini
62.	U15NR074	SANGEETHA B	Sangeetha
63.	U15NR075	SEETHALAKSHMI S	Seethalakshmi
64.	U15NR076	SEVVANTHI S	Seevanthi
65.	U15NR077	SHALINI G	Shalini
66.	U15NR078	SHALINI S	Shalini
67.	U15NR079	SHAPNA K	Shapna
68.	U15NR080	SHARMILA K	Sharmila
69.	U15NR081	SHEELI PUNITHA P	Sheeli
70.	U15NR082	SHOBANA S	Shobana
71.	U15NR083	SINDHUJA D	Sindhuja
72.	U14NR084	SOWMIYA M	Sowmiya
73.	U15NR085	SUDHA P	Sudha
74.	U15NR086	SUDHARANI G	Sudharani
75.	U15NR087	SUGANYA R	Suganya
76.	U15NR088	SUJATHAKUMARI L	Sujathakumari
77.	U15NR089	SUMITHA S	Sumitha
78.	U15NR090	SWATHI KARTHIGA S	Swathi

79.	U15NR089	SWETHA.B	Swetha.B.
80.	U15NR090	SWETHA.P	Swetha
81.	U15NR091	SWETHA V	Swetha
82.	U15NR093	VANMATHI K	Vanu L.P.
83.	U15NR094	VASANTHA P	Vanu L.P.
84.	U15NR095	VERONICA P	Veronica
85.	U15NR197	VINCHRISTINA B L	Vin
86.	U15NR098	VINITHA A	Vinitha A.
87.	U15NR099	VINITHA K	Vinitha
88.	U15NR100	YUVARAJ S	Yuvraj

PHOTO GALLERY OF VALUE ADDED COURSES

NATURAL BIRTHING





Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Declared as Deemed- to- be- University under section 3 of UGC Act 1956)

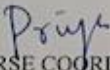


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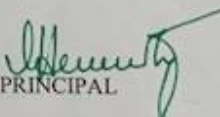
VALUE ADDED COURSE ON NATURAL BIRTHING

Certificate of Appreciation

This is to Certify that Mr. /Ms VINITHA K(U15NR099) B.Sc(N) IV Year, Has Attended Three Weeks Value Added Course On Natural birthing Conducted By Department Of Obstetrics And Gynecological Nursing At SreeBalaji College Of Nursing, Chennai (TN), during August , 2019.


COURSE COORDINATOR


HOD


PRINCIPAL

SREE BALAJI COLLEGE OF NURSING

STUDENT FEEDBACK FORM FOR VALUE ADDED COURSES

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL NURSING

Academic year: 2019

Name of the value added course offered: *Natural birthing*

Period of Batch: *B.S.C(N) IV year.*

Course - Coordinator: *P. Pradeep*

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			✓		

P. Pradeep
Course co-coordinator

K. Vinitha
Signature of the student