

## REQUISITION LETTER

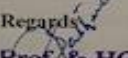
From,  
Department of Obstetrical and gynecological nursing  
Sreebalaji college of nursing,  
Chrompet, Chennai-44

To  
Dr.V.Hemavathy  
The principal  
Sreebalaji college of nursing  
Chrompet, Chennai-44

Respected sir,

This is for your kind perusal that we, Obstetrical and gynecological nursing department are planning to conduct a value added course on **Preparation for Good Parenthood** from 02/12/2019 to 20/12/2019, for a period of two weeks. We kindly request you to grant us permission to conduct this programme and do the needful.

Thank you

Warm Regards  
  
**Prof. & HOD**  
DEPARTMENT OF MATERNITY NURSING  
Sree Balaji College of Nursing  
No. 7, Work Road,  
Chrompet, Chennai-800 044.

Department of Obstetrical and gynecological nursing



Date- 25/11/2019

From

The Principal,

Sree Balaji College of Nursing,

Bharath Institute of Higher Education and Research,

Chennai.

To

Dr. Sathiyalatha Sarathi

Professor ,

Obstetrics & Gynaecological Nursing Department,

Sree Balaji College of Nursing

**Sub: Permission to conduct value-added course: Preparation for Good Parenthood**

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Preparation for Good Parenthood 02/12/2019- 20/12/2019.. We solicit your kind permission for the same.

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

(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.

### CIRCULAR

Date: 25/11/2019

#### 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 Preparation for Good Parenthood from 02/12/2019- 20/12/2019 for a period of 3 weeks. Interested students can approach Mrs. M.Amuli Tutor and Course Coordinator, Department of Obstetrical and Gynecological Nursing for registration and for further details on or before 20.09.2019.

HOD

Course Coordinator

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

COE

Principal

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.

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
**SREE BALAJI COLLEGE OF NURSING**  
**DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL NURSING**  
**VALUE ADDED COURSE ON PREPARATION FOR GOOD PARENTHOOD**  
**2019-2020**  
**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Mrs.Amul, Tutor, Department of Obstetrics and Gynecological Nursing

**Email ID:** [amulmang@gmail.com](mailto:amulmang@gmail.com)

**Mobile number:** 8122187944.

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**SREE BALAJI COLLEGE OF NURSING**

**SYLLABUS**

**NAME OF THE COURSE:** Preparation for Good Parenthood

**COURSE HOURS:** 30Hours

**OBJECTIVES:**

- 1) Know the basic principles of parenting skills.
- 2) Describe child development.
- 3) Describe the dynamics of discipline.
- 4) Demonstrate teaching your child values and morals.
- 5) Describe supporting your child's socialization.

**MODULE I - INTRODUCTION TO PARENTING SKILLS**

What are parenting skills, What makes for a good parent, What is the mission of a parent, Raising responsible kids who will be responsible adults, cultural differences in parenting.

**MODULE II - UNDERSTANDING CHILD DEVELOPMENT**

Overview of how a child develops mentally, Having realistic expectations in accordance with age, Separations and attachment parenting.

**MODULE III - UNDERSTANDING TEMPERAMENT**

What is temperament and why does it matter, parenting those with difficult personalities, strong-willed personalities, or personality disorders (including issues such as ADD/ADHD), parenting teenagers.

**MODULE IV - ENCOURAGING INTELLECTUAL DEVELOPMENT**

Teaching habits to encourage learning, Handing homework and studying, Motivating children to study, do chores, etc., Practice in the arts, Modeling achievements, Setting expectations.

**MODULE V - BEING A GOOD ROLE MODEL**

Importance of Messages you are sending, particular areas to monitor, Having patience, Handling anger management, Demonstrating respect, morals/values etc.

## **MODULE VI - SUPPORTING YOUR CHILD'S SOCIALIZATION**

What it is and why it is so important , The socialization process throughout development stages (social milestone group play, etc ) the impacts it has on personality, ways to help children socialize.

## **MODULE VII - MEETING YOUR CHILD'S NEEDS**

What are their basic needs, Meeting them physically, emotionally, Ensuring and caring for their health and safety. Teach them confidence, forget focusing on their friendship , Have realistic expectations, Keep family time a top priority, show affection daily.

## **REFERENCE**

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

**Course Curriculum/Names with schedule (Min of 30 hours)**

S. No	Date	Name	Time	Hours
1	02/12/19	Dr. Palaniandavan, HOD, General Medicine, SBMCH	9am -12pm 2pm-4pm	5 Hrs
2	07/12/19	Dr.K.H. NoorulAmeen, Professor,SBMCH	9am -1pm 2pm -4pm	6 Hrs
3	11/12/19	Dr. G.Nithyalakshmi, SBMCH	9am -1pm 2pm-3pm	5Hrs
4	13/12/19	Mrs.M. Amul, M.Sc ( N) SBCN	9am -1pm 2pm -3pm	5 Hrs
5	18/12/19	Dr. Padma, M.D, SBMCH	10am -12pm 2pm-4pm	4 Hrs
6	20/12/19	Dr.Ramakrishnan, M.D,SBMCH	9 am - 1pm 2pm-3pm	5 Hrs

SREE BALAJI COLLEGE OF NURSING

S.NO	NAMES	REGISTRATION NUMBER	SIGNATURE
1.	AARTHY S	U16NR001	
2.	ABILASHA R	U16NR002	Abilasha R
3.	ANSU MARY ABRAHAM	U16NR005	Ansu
4.	ANUSUYABEGUM H	U16NR006	Anusuyabegum
5.	ASHIKA SHANI S	U16NR007	Ashika Shani S
6.	BERCY ALEXANDRA P	U16NR008	Bharya
7.	BHAGYA SHREE R	U16NR009	Bhagya
8.	DEEPA N	U16NR010	Deepa N
9.	DEEPA R	U16NR011	Deepa R
10.	DEEPALAKSHMI M	U16NR012	Deepa
11.	DEEPIKA B	U16NR013	Deepika B
12.	DEEPIKA S	U16NR014	Deepika S
13.	DHIVYA BHARATHI K	U16NR016	Dhivya
14.	DIVYA G	U16NR017	Dhivya
15.	DIVYA P	U16NR018	Dhivya
16.	EMELYNE KHARKONGOR	U16NR019	Emelyne
17.	GAYATHRI M	U16NR020	Gayathri
18.	GAYATHRI M	U16NR021	Gayathri
19.	GOMATHI S	U16NR022	Gomathi
20.	GOVINDAMMAL D	U16NR023	Govindammal
21.	GRACY SELVARANI J	U16NR024	Gracy
22.	HEMALATHA P	U16NR025	Hemalatha
23.	HEMALATHA V	U16NR026	Hemalatha
24.	JAYASHREE D	U16NR027	Jayashree
25.	JEEVITHA J	U16NR028	Jeevitha
26.	JENIFER D	U16NR029	Jenifer
27.	KEERTHI D	U16NR032	Keerthi
28.	KEERTHIKA C	U16NR033	Keerthika
29.	KIRUTHIKA M	U16NR034	Kiruthika
30.	LAKSHMI V	U16NR036	Lakshmi
31.	MAALIKAAFRIIN S	U16NR037	Maalikaafriin
32.	MANJUMATHA D	U16NR038	Manjumatha
33.	MOHANAPREETHA S	U16NR039	Mohanapreetha
34.	MONICA RAJAKUMARI G	U16NR040	Monica
35.	MONISHA A	U16NR041	Monisha
36.	MONISHA B	U16NR042	Monisha B
37.	MONISHA M	U16NR043	Monisha M
38.	MONISHA R	U16NR044	Monisha R



39.	NALINI VALAR SELVI M	U16NR046	Nalini
40.	NILASANDHIYA T	U16NR047	Nilasandhiya
41.	NITHYA P	U16NR048	Nithya
42.	NIVEDHA N	U16NR049	Nivedha
43.	NIVEDHA T	U16NR050	Nivedha
44.	NIVETHA B	U16NR051	Nivetha
45.	NIVETHA E	U16NR052	Nivetha
46.	NIVETHA SHRI G	U16NR053	Nivetha
47.	PAVITHRA K	U16NR054	Pavithra
48.	PAVITHRA M	U16NR055	Pavithra
49.	PRABHAVATHI S	U16NR056	Prabhavathi
50.	PRATHIBA V	U16NR057	Prathiba
51.	PRAVIENAA R	U16NR059	Pravienaa
52.	PREMI JASMINE S	U16NR060	Premi
53.	PRIYADHARSHINI C	U16NR061	Priyadharshini

## PREPARATION FOR GOOD PARENTHOOD



53 students has participated in the value added courses on Preparation For Good Parenthood organized by Obstetrics and Gynecological department on 20.12.2019.



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



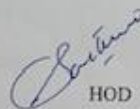
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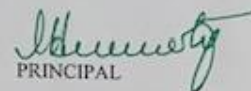
VALUE ADDED COURSE ON PREPARATION FOR GOOD PARENTHOOD

*Certificate of Appreciation*

This Is To Certify That Mr. /Ms. PRATHIBA .V (U16NR057) B. Sc(N) IV year, has Attended Three Weeks Value Added Course On Preparation For Good Parenthood Conducted By Department Of Obstetrics And Gynecological Nursing At Sree Balaji College Of Nursing, Chennai (TN), during 02/12/2019- 20/12/2019.

  
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: preparation for good parenthood

Period of Batch: B.Sc(N) IV year

Course - Coordinator: M.H.

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		✓			

M.H.  
Course co-coordinator

S. Govathi  
Signature of the student