



**SREE BALAJI COLLEGE OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**VALUE ADDED COURSE**  
**CERTIFICATE COURSE ON**  
**THERAPEUTIC DIETS**

**NUTRITION DEPARTMENT  
CERTIFICATE COURSE ON  
THERAPEUTIC DIETS**

1. Requisition letter
2. Permission letter
3. Circular
4. Co -Coordinator detail
5. Syllabus
6. New lesson plan
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## REQUISITION LETTER

From

Department of Nutrition,  
Sree Balaji college of nursing,  
Chrompet, Chennai-44

To

Dr. V. Hemavathy,  
The Principal,  
Sree Balaji college of nursing,  
Chrompet, Chennai-44

Respected Madam,

This is for your kind perusal that we, Nutrition department are planning to conduct a value added course on **Therapeutic Diets** from 27/01/2020 to 14/02/2020, for a period of three weeks. We kindly request you to grant us permission to conduct this programme and do the needful.

Thank you

**Warm Regards**



**Department of Nutrition**

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

Date- 08/01/2020

From

Mrs. D. Anitha  
Professor and Head  
Nutrition Department,  
Sree Balaji College of Nursing,

To

The Dean,  
Sree Balaji College of Nursing,  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Permission to conduct value-added course: Therapeutic Diets**

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Therapeutic Diets 27/01/2020- 14/02/2020. 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,  
Chennai, Chennai - 600 044.

**VALUE ADDED V COURSE SHORT  
TERM COURSE ON THERAPEUTIC  
DIETS**

**1.2015-2016**

**COURSE CO-ORDINATOR DETAILS**

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

**3.Email ID:** [anitaman2008@gmail.com](mailto:anitaman2008@gmail.com)

**4. Mobile number:** 9841720127

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**SREE BALAJI COLLEGE OF NURSING**

**SYLLABUS**

**NAME OF THE COURSE:** Therapeutic Diets

**COURSE HOURS:** 30Hours

**OBJECTIVES:**

1. Logical understanding of the principles and concepts associated with nutrition and dietetics.
2. Learn to collect, organize and assess data relating to the health and nutritional status of individuals, groups and populations.
3. Understand advanced clinical nutrition; the basis of nutritional status assessment, biochemical basis of nutrition, nutrition related disorders .
4. To Understand the role of nutrition in therapeutic diet and gain skills in Diet planning according to health concerns.

**MODULE I - INTRODUCTION TO DIET THERAPY**

Regular Diet NAS (No Added Salt)/2 Gram Sodium Diet High FibreDiet ,Low Residue/Fibre Diet, High Calorie Diet ,High Protein Diet and GI Soft Diet Therapeutic Lifestyle Change/Cardiac Diet (Fat Controlled/No Added Salt,)Low Fat/Fat Controlled Diet Diabetic/Consistent Carbohydrate Diet, Renal Diet. Gluten Free Diet.

**MODULE II MECHANICALLY ALTERED DIETS**

Mechanically Altered Diets-Mechanical Soft (Dental Soft) Diet. Pureed Diet National Dysphagia Diet (NDD)Clear Liquid Diet Full Liquid Diet.

**MODULE III –DIET IN GASTRIC DISORDERS AND IN FEVERS**

Diet in Gastric Disorders and in Fevers: Dietary modification in Diarrhoea. Therapeutic diets - Dietary consideration in Constipation Nutritional management in Fevers.

**MODULE IV –DIET TYPES AND TYPES OF FEEDING**

Types of Feeding and Diet Types: Enteral and Parenteral Feeding ,Low energy and very low calorie diet, High energy diets for weight gain. Diet for infections and surgical conditions.

**MODULE V –DIET IN DISEASES MOUTH, STOMACH, LIVER AND PANCREAS**

Diet in Diseases Of Mouth, Stomach, Liver and Pancreas,Diseases related to Mouth, Oesophagus and Stomach,Nutritional management in the diseases of the liver and pancreas and diabetes.

**MODULE VI - DIET IN HEART AND KIDNEY DISORDERS**

Clinical and Nutritional aspects of Hyperlipidemia, Dietary management of cerebrovascular diseases, Review of physiology, function of normal kidney ,Glomerulonephritis. Dietary management -uraemia Nephrotic syndrome and renal failure.

## **MODULE VII –DIET IN CANCER, BURNS ENDOCRINE GLANDS**

Cancer – Nutritional and non-nutritional aetiological factors ,Assessment of nutritional status in burns patients - Nutritional management of burns patients ,diseases on the thyroid gland Hyperparathyroidism.

### **REFERENCE**

1. Darshan Sohi ,A Comprehensive Textbook Of Nutrition & Therapeutic Diets For B.sc & Post Basic Students , Jaypee publishers. Page 73-410.
2. Pooja Verma, Food, Nutrition and Dietetics 1<sup>st</sup> Edition 2015, CBS Publishers Pvt Ltd. ,Page 102-125.
3. Srilakshmi. 2005. Dietetics. New age International 978-81-224-1611-4.
4. Passmore, R. and Eastwood, M. A. 1986. Human Nutrition & Dietetics. ELBS Page 234-456.
5. Gopalan, G., Ramasastri, B.V. and Balasubramnian S. C. 2010. Nutritive value of the Indian Foods. National Institute of Nutrition, ICMR, Hyderabad ,Page: 45-95.

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

<b>S.NO</b>	<b>DATE</b>	<b>TOPIC</b>	<b>NAME</b>	<b>TIME</b>	<b>HOURS</b>
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1.	27.1.2020	Regular Diet NAS (No Added Salt)/2 Gram Sodium Diet High Fiber Diet ,Low Residue/Fiber Diet, High Calorie Diet ,High Protein Diet and GI Soft Diet Therapeutic Lifestyle Change/Cardiac Diet (Fat Controlled/No Added Salt,)Low Fat/Fat Controlled Diet Diabetic/Consistent Carbohydrate Diet, Renal Diet. Gluten Free Diet.	Dr. Preethi Raj, M.sc, M.phil , P. hd, Dietitian /Nutritionist Wootu Nutrition	9.00A.M-1.00 P.M  2.00 P.M-3.00P.M	5
2.	30.1.2020	Mechanically Altered Diets-Mechanical Soft (Dental Soft) Diet. Pured Diet National Dysphagia Diet (NDD)Clear Liquid Diet Full Liquid Diet.	Dr. Bhuvaneshwari Shankar, M.sc, M. phil, P.hd, Chief Dietitian, Apollo Hospitals	9.00 A.M-12.00 P.M  2.00P.M-3.00P.M	4
3.	3.2.2020	Diet in Gastric Disorders and in Fevers: Dietary modification in Diarrhoea. Therapeutic diets - Dietary consideration in Constipation Nutritional management in Fevers.	Dr. Anju Soni M.sc, P. hd, Dietitian/Nutritionist, Coolwits Diet Clinic	9.00A.M-12.00 P.M	4
4.	5.2.2020	Types of Feeding and Diet Types: Enteral and Parenteral Feeding ,Low energy and very low calorie diet, High energy diets for weight gain. Diet for infections and surgical conditions.	Dr. S. Janarthanan M.D, Assistant Professor, Critical Care Department, SRMC	9.00A.M-12.00P.M  2.00 P.M-3.00 P.M	4
5.	7.2.2020	Diet in Diseases Of Mouth, Stomach, Liver and Pancreas, Diseases related to Mouth, Oesophagus and Stomach, Nutritional management in the diseases of the liver and pancreas and diabetes	Dr. V. Kowsalya Nathan M.sc, M. phil, P. hd, Dietitian/Nutritionist, Apollo Spectra Hospitals	9.00A.M-1.00P.M	4
6.	10.2.2020	Clinical and Nutritional aspects of Hyperlipidemia,	Dr. Stella Sherry M.sc, M. phil , P. hd,	9.00A.M-1.00P.M	5



		Dietary management of cerebrovascular diseases, Review of physiology, function of normal kidney ,Glomerulonephritis. Dietary management - uremia Nephrotic syndrome and renal failure.	Associate Professor, Ethiraj College for Women	2.00 P.M-3.00P.M	
7.	14.2.2020	Cancer – Nutritional and non-nutritional aetiological factors ,Assessment of nutritional status in burns patients - Nutritional management of burns patients ,diseases on the thyroid gland Hyperparathyroidism.	Mrs. C.P. Brindha M.sc, M.Phil. , Associate Professor Quaid-E-Millath Government College for Women	9.00A.M-1.00P.M	4

<b>S.No</b>	<b>Reg. No</b>	<b>Name Of The Candidate</b>
1	U19NR001	AASHIQ KUR RAHMAN A. D
2	U19NR002	ABIN. V. K
3	U19NR003	ABINAYA . G
4	U19NR004	AKSHAYA . P. K
5	U19NR005	ANOOPA SHINU
6	U19NR006	ANSATHHAMEEM ..A
7	U19NR007	ANSU SUNIL
8	U19NR008	ANUSUYA . A
9	U19NR009	ARCHANA . A
10	U19NR010	ARCHANA TOPPO
11	U19NR011	ARUN KUMAR J R
12	U19NR012	ASHIKA . S
13	U19NR013	ATHULYA .R .V
14	U19NR014	BHARANIDHARAN. M
15	U19NR015	CATHERINE THERESA JOY
16	U19NR016	CATHRINE Y
17	U19NR017	CHANDRU. P
18	U19NR018	CHARUMATHI . M
19	U19NR019	CHITRA .C
20	U19NR020	DEEPA . T
21	U19NR021	DEEPIKA . S
22	U19NR022	DEVIPRIYA. A. M
23	U19NR023	DIVYA SHREE . S
24	U19NR024	GAYATHRI .R
25	U19NR025	GOKUL . P
26	U19NR026	HAMAPPRIYA . V
27	U19NR027	HARITHA . S
28	U19NR028	HELEN JEBA . P
29	U19NR029	HEMALATHA .A
30	U19NR030	INDUMATHI .A
31	U19NR031	JANET . V
32	U19NR032	JAYASRI . K
33	U19NR033	JEEVA PAUL
34	U19NR034	JENITA PRINCY .A
35	U19NR035	JOSE HENRY. V
36	U19NR036	JOYLIN VICTORIA . V

## **ENTERAL AND PARENTERAL FEEDING**



## **DIET IN RENAL DISEASES**



36 has participated in the value added courses on Therapeutic Diets organized by Nutrition department on 27.01.2020.



**COLLEGE OF NURSING**  
**VALUE ADDED COURSE ON THERAPEUTIC DIETS**  
*Certificate of Appreciation*

This is to Certify That **Ms/Mr.GOKUL .P(U19NR025)** has B. Sc(N) I Year, has Attended Three Weeks Value Added Course On Therapeutic Diets Conducted By Department Of Nutrition At Sree Balaji College Of Nursing, Chennai (TN), during 27/01/2020-14/02/2020.

**COURSE COORDINATOR**

*D. Shanthi*

**HOD**

*D. Shanthi*

**DEPARTMENT OF NUTRITION**  
Sree Balaji College of Nursing  
No. 7, C.L.C. Works Road,  
Chrompet, Chennai-600044.

*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: 2020

Name of the value added course offered: Therapeutic Diet

Period of Batch: 27.1.20 - 14.2.2020

Course - Coordinator: P. S. Dangi  
**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

P. S. Dangi

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

Signature of the student

Pallavi S.

## 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 **Medical Genetics** from 02/03/2020 to 20/03/2020, 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, Works Road  
Chrompet, Chennai-44

Department of Obstetrical and gynecological nursing



Date- 20/02/2019

From

The Principal,

Sree Balaji College of Nursing, *Chennai*

Bharath Institute of Higher Education and Research, *Chennai*

Chennai.

To

Dr. Sathiyalatha Sarathi

Professor and Head,

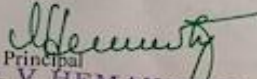
Obstetrics & Gynaecological Nursing Department,

Sree Balaji College of Nursing,

**Sub: Permission to conduct value-added course: Medical genetics**

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Medical genetics 02/03/2020 to 20/03/2020. 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, Chrompet,  
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.

Date : 21/02/2020

### 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 "Medical Genetics", from 02/03/2020 to 20/03/2020 for a period of 3 weeks. Interested students can approach Mrs. M.Amul 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

**SREE BALAJI COLLEGE OF NURSING**  
**DEPARTMENT OF OBSTETRICS AND GYNAECOLOGICAL NURSING**  
**VALUE ADDED COURSE ON MEDICAL GENETICS**  
**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.

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**SREE BALAJI COLLEGE OF NURSING**

**SYLLABUS**

**NAME OF THE COURSE: MEDICAL GENETICS**

**COURSE HOURS: 30HOURS**

**OBJECTIVES:**

- 1) To know the Basics In Clinical Genetics
- 2) To Describe Genetics Of Hereditary Metabolic Disorders
- 3) To Describe Neurogenetics

**MODULE I : BASICS IN CLINICAL GENETICS**

Nucleic acid structure, DNA and RNAs, Translation, protein structure, Chromosome structure function (ploidy and cell cycle), Monogenic Vs Multifactorial inheritance, Mutations, variance, CNV, Cells, cell proliferation, cell specialization, Nuclear and mitochondrial genome, Gene editing, CRISPR.

**MODULE II : GENETICS OF HEREDITARY METABOLIC DISORDERS**

Classification and molecular basics of metabolic disorders, Mitochondrial diseases clinical biochemical and genetic features

**MODULE III: GENETICS OF MALFORMATION, DEVELOPMENTAL ANOMALIES AND RARE INTELLECTUAL DISABILITIES**

Identify normal developmental milestones and diagnosis of delayed development, Explain morphogenesis in terms of deformation, malformation, dysplasia and dysplasia, Have knowledge of common and rare dysmorphic syndromes, Genetic causes of intellectual disability (static and progressive), Genetic contribution to autism and autistic spectrum disorders

**MODULE IV NEUROGENETICS**

Genetic aspects and clinical presentation of trinucleotide repeat disorders, Basic neuropathology and differential diagnosis of hereditary dementias.

**REFERENCE**


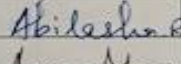
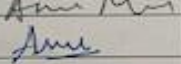

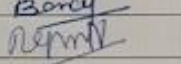
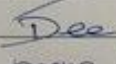
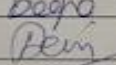
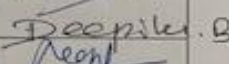


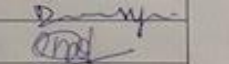
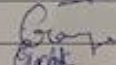

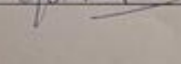





1. D.C.Dutta, Textbook of Obstetrics 5 th edition jaypee publication
2. Annamma Jacob comprehensive textbook of obstetrics & midwifery ,5<sup>th</sup> edition ,jaypee publication
3. Kaminirao ,Textbook of midwifery & obstetrics for nurses, Elsevier publication .

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

Sl No	Date	Name	Time	Hours
1	02/03/20	Dr. K.Rukmani, M.D, SBMCH	9am -12pm 2pm-4pm	5 Hrs
2	06/03/20	Dr.M.Padmini, M.D,SBMCH	9am -1pm 2pm -4pm	6 Hrs
3	09/03/20	Dr. G.Nithyalakshmi, SBMCH	9am -1pm 2pm-3pm	5Hrs
4	13/03/20	Dr. Padma, M.D, SBMCH	9am -1pm 2pm -3pm	5 Hrs
5	16/03/20	Dr.Ramakrishnan, M.D,SBMCH	10am -12pm 2pm-4pm	4 Hrs
6	20/03/20	Mrs.M. Amul, M.Sc ( N) SBCN	9 am - 1pm 2pm-3pm	5 Hrs
			Total Hours	30 Hrs

Bharath Institute of Higher Education and Research

Sree Balaji College of Nursing

S.NO	Name of the students	Registration number	Signature
1.	AARTHY S	UN16NR001	
2.	ABILASHA R	UN16NR002	
3.	ANSU MARY ABRAHAM	UN16NR004	
4.	ANUSUYABEGUM H	UN16NR005	
5.	ASHIKA SHANI S	UN16NR006	
6.	BERCY ALEXANDRA P	UN16NR007	
7.	BHAGYA SHREE R	UN16NR008	
8.	DEEPA N	UN16NR009	
9.	DEEPA R	UN16NR010	
10.	DEEPALAKSHMI M	UN16NR011	
11.	DEEPIKA B	UN16NR012	
12.	DEEPIKA S	UN16NR013	
13.	DHIVYA BHARATHI K	UN16NR014	
14.	DIVYA G	UN16NR015	
15.	DIVYA P	UN16NR016	
16.	EMELYNE KHARKONGOR	UN16NR017	
17.	GAYATHRI M	UN16NR018	
18.	GAYATHRI M	UN16NR019	
19.	GOMATHI S	UN16NR020	

21.	GRACY SELVARANI J	UN16NR022	Gracy
22.	HEMALATHA P	UN16NR024	Hemalatha
23.	HEMALATHA V	UN16NR025	Hemalatha
24.	JAYASHREE D	UN16NR026	Jayashree
25.	JEEVITHA J	UN16NR027	Jeevitha
26.	JENIFER D	UN16NR028	Jenifer
27.	KEERTHI D	UN16NR029	Keerthi
28.	KEERTHIKA C	UN16NR030	Keerthika
29.	KIRUTHIKA M	UN16NR031	Kiruthika
30.	LAKSHMI V	UN16NR032	Lakshmi
31.	MAALIKAAFRIN S	UN16NR033	Maalika
32.	MANJUMATHA D	UN16NR034	Manjuma
33.	MOHANAPREETHA S	UN16NR035	Mohan Prath
34.	MONICA RAJAKUMARI G	UN16NR036	Monica
35.	MONISHA A	UN16NR037	Monisha
36.	MONISHA B	UN16NR038	Monisha
37.	MONISHA M	UN16NR039	Monisha
38.	MONISHA R	UN16NR040	Monisha
39.	NALINI VALAR SELVI M	UN16NR041	Nalini
40.	NILASANDHIYA T	UN16NR042	Nilasandhiya
41.	NITHYA P	UN16NR043	Nithya
42.	NIVEDHA N	UN16NR044	Nivedha
43.	NIVEDHA T	UN16NR045	Nivedha
44.	NIVETHA B	UN16NR046	Nivetha

## MEDICAL GENETICS



44 students has participated in the value added courses on Medical Genetics organized by Obstetrics and Gynecological department on 2nd to 20th March 2020.





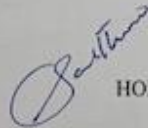
SREE BALAJI COLLEGE OF NURSING

VALUE ADDED COURSE ON SHORT TERM COURSE ON MEDICAL GENETICS

*Certificate of Appreciation*

This Is To Certify That Mr. /Ms NILASANDHIY.T (UN16NR042) B. Sc(N) IV Year, has Attended three Weeks Value Added Course regarding Medical Genetics Conducted By Department Of Obstetrics And Gynecological Nursing at Sree Balaji College Of Nursing, Chennai (TN), during 02/03/2020 to 20/03/2020.

  
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: Medical Genetics

Period of Batch: B.Sc(N) 5th year

Course - Coordinator: M. ANUL

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. Anul  
Course co-coordinator

V. Lalitha  
Signature of the student