

7/18/2020

Chennai

From

The Course Coordinator
Certificate Program in Aging and Health
Department of Physiology
Sree Balaji Medical College
Bharath Institute of Higher Education and Research,
Chennai

To

The Dean
Sree Balaji Medical College
Bharath Institute of Higher Education Research,
Chennai

Sub: -Permission to conduct value- added course: Certificate Program in Aging and Health

Respected sir,

With reference to subject mentioned above, the Physiology proposes to conduct a value-added course titled: Certificate Program in Aging and Health

We kindly solicit your kind permission to commence the program.

Warm Regards,


Course Coordinator

SREE BALAJI MEDICAL COLLEGE & HOSPITAL

CHROMPET CHENNAI -600044

Date: 7/21/2020

R. No 149/ SBMCH/2020

CIRCULAR

Notification for Value added courses offered by the Department of Physiology

The Department of **Physiology** of Sree Balaji Medical College is scheduled to offer a Value added Course on Certificate Program in Aging and Health from 8/17/2020 for a period of 3 weeks. Interested students can approach the Head of Physiology department and Course Coordinator, for registration and for further details on or before 8/10/2020.

Eligibility-MBBS STUDENTS



Course Coordinator



HOD

Copy to:

Dean office

Vice Principal

Medical Superintendent

AO College

CERTIFICATE PROGRAM IN AGING AND HEALTH

Course Outline:

In Promotion of Healthy Ageing, we will explore key lifestyle-related factors that are modifiable and influential in our well-being in old age, such as diet, physical activity, stress and sleep. By looking closely at the different aspects of lifestyle behaviours and their impact on our health as we get older, we can take action and promote healthy habits in ourselves and those we care for.

In this course, we will learn how it is never too late to modify our lifestyle and engage in healthy behaviours, and we will address health promotion strategies for older adults. This is important to keep in mind, especially when caring for older adults who may need support in their everyday lives to reduce their risk for chronic and debilitating diseases, such as dementias, cardiovascular diseases and musculoskeletal conditions, and improve the quality of life.

One does not need to be a carer for an older person to benefit from this course, the principles of healthy ageing can be applied to you, your family members, your friends, or any person who wants to commit to an active lifestyle.

Course Duration: 30 Hours

Course Coordinator: Associate professor / Assistant Professor of Medicine

Course Syllabus

Topic	Faculty	Hours allotted
Introduction course	Assistant Professor of Medicine	2 hours
Health care	Associate Professor of Medicine	2 hours
Common geriatric diseases	Assistant Professor of Medicine	2 hours
Management of geriatric diseases	Associate Professor of Medicine	2 hours
Palliative care	Assistant Professor of Medicine	2 hours
Importance of Nursing in	Associate Professor of	2 hours

bedridden patients	Medicine	
lifestyle-related factors: cognitive and socioemotional aspects	Assistant Professor of Medicine	2 hours
Long-term perspectives in healthy ageing	Associate Professor of Medicine	2 hours
WHO's Global Strategy and Action Plan on Ageing and Health	Assistant Professor of Medicine	2 hours
Environments that are age- friendly as well as improving measurement, monitoring and research on healthy ageing	Associate Professor of Medicine	2 hours
Global course for Healthy Ageing	Assistant Professor of Medicine	2 hours
Group discussion	Associate Professor of Medicine	2 hours
Viva voce	Assistant Professor of Medicine	2 hours
Written test	Associate Professor of Medicine	2 hours



**Bharath Institute of Higher Education and Research
Sree Balaji Medical College & Hospital**



CERTIFICATE

This is to certify that Mr./Ms. AJAEY S has completed the value added course on Certificate Program in Aging and Health conducted by Physiology at Sree Balaji Medical College & Hospital, Chennai held during 8/17/2020.

Dr.P.Sai Kumar MD

Vice Principal, SBMCH

Dr.Gunasekeran MS

Dean, SBMCH



COURSE FEEDBACK FORM

Date: 15/08/20

Course Title: Certificate Program in Aging and Health

Name: Sai Vignesh S

RegNo: U15MB173

Department: Physiology

S.NO	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very satisfied)						
1.	Objectives of the course clear to you				/	
2.	The course contents met with your expectations				/	
3.	The lecture sequence was well planned				/	
4.	The lecturers were clear and easy to understand				/	
5.	The teaching aids were effective				/	
6.	The instructors encourage interaction and were helpful				/	
7.	The level of the course					/
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give suggestion for the improvement of the course:

Weakness of the course:

Strength of the course:


Signature

Thank you

COURSE FEEDBACK FORM

Date: 15/08/20

Course Title: CERTIFICATE PROGRAM IN AGING AND HEALTH

Name: RESHMA. P. K

RegNo: U15MB165

Department: Physiology

S.NO	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very satisfied)						
1.	Objectives of the course clear to you					/
2.	The course contents met with your expectations					/
3.	The lecture sequence was well planned					/
4.	The lecturers were clear and easy to understand					/
5.	The teaching aids were effective					/
6.	The instructors encourage interaction and were helpful					/
7.	The level of the course					/
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give suggestion for the improvement of the course:

Weakness of the course:

Strength of the course:


Signature

Thank you

Certificate Program in Aging and Health

S. No	Regn. No.	Name
1	U15MB165	RESHMA P K
2	U15MB166	RESMIRAJ SAJINA BABURAJAN
3	U15MB167	ROHAN RANJIT
4	U15MB168	SABA SAMBANDAM R
5	U15MB169	SABARI V
6	U15MB170	SAHANA S
7	U15MB171	SAI KAVYA D
8	U15MB172	SAI LAKSHMI G
9	U15MB173	SAI VIGNESH S
10	U15MB174	SAIRAM M
11	U15MB175	SALSABIEL NIJAMUDEEN
12	U15MB176	SANDILYAN V
13	U15MB177	SARAVANA KUMAR S
14	U15MB178	SARUNYA R
15	U15MB179	SATHISHKUMAR S
16	U15MB180	SELVARANI V
17	U15MB181	SHAIK MOHAMMED AFAAN
18	U15MB182	SHANMUGA DEVI N
19	U15MB183	SHARMILA J
20	U15MB184	SHEIK DHANISH M
21	U15MB185	SHERON TUNE J
22	U15MB186	SHIRAVANKUMAR S P
23	U15MB187	SHONA NELSON
24	U15MB188	SHRIVIRUTHAA T
25	U15MB189	SHRUTHI SRI R G
26	U15MB190	SHRUTI U
27	U15MB191	SHUBAVEE R
28	U15MB192	SHYJU RAGLAND S R
29	U15MB193	SIDDARTH VINCENT RAJ S
30	U15MB194	SIDDHARTHANI A
31	U15MB195	SIDHITHA S M
32	U15MB196	SIVA VIGNESH A
33	U15MB197	SIVASURIYAN S
34	U15MB198	SMRITHI A
35	U15MB199	SNEHA PREETHI E name changed as SAI SNEHA PREETHY E
36	U15MB200	SNEKHA S
37	U15MB201	SOUMIYA E
38	U15MB202	SOWMIYA T
39	U15MB203	SOWMYA N
40	U15MB204	SOWPACKIA MANIMOZHI S
41	U15MB205	SRI DIVYA D
42	U15MB206	SRI SAHASARAJITHA S
43	U15MB207	SRI SIVA SHYLA R
44	U15MB208	SRI VIDVATHA V
45	U15MB209	SRIMATHI M