

12/22/2020

Chennai

From

The Course Coordinator  
Practices in Aging Health Studies  
Department of Medicine  
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: Practices in Aging Health Studies**

Respected sir,

With reference to subject mentioned above, the Medicine proposes to conduct a value-added course titled: Practices in Aging Health Studies

We kindly solicit your kind permission to commence the program.

Warm Regards,

  
Course Coordinator

**SREE BALAJI MEDICAL COLLEGE & HOSPITAL**

**CHROMPET CHENNAI -600044**

**Date: 12/26/2020**

**R. No 259/ SBMCH/2020**

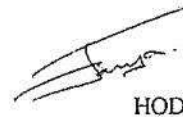
**CIRCULAR**

**Notification for Value added courses offered by the Department of Medicine**

The Department of Medicine of Sree Balaji Medical College is scheduled to offer a Value added Course on Practices in Aging Health Studies from 1/21/2021 for a period of 3 weeks. Interested students can approach the Head of Medicine department and Course Coordinator, for registration and for further details on or before 1/14/2021.

**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. ABDUL MANNAN MOHAMMAD has completed the value added course on Practices in Aging Health Studies conducted by Medicine at Sree Balaji Medical College & Hospital, Chennai held during 21/01/2021.

**Dr.P.Sai Kumar MD**

Vice Principal, SBMCH

**Dr.Gunasekeran MS**

Dean, SBMCH

COURSE FEEDBACK FORM

Date: 12/01/21

Course Title: Certificate program in aging and health

Name: Homa Samanwita, S

RegNo: U15MB073

Department: Medicine

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: 12/01/21

Course Title: Certificate Program in aging and Health

Name: Rokul S

RegNo: U15MB060

Department: Medicine

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\*\*\*

## Practices in Aging Health Studies

S. No	Regn. No.	Name
1	U15MB045	DIVYA KURUP P S
2	U15MB046	DOMINIC BABU
3	U15MB047	ELANGO VAN I
4	U15MB048	ELBICH SONISA L
5	U15MB049	ELIZA NONGMAITHEM
6	U15MB050	FASALURAHMAN K M
7	U15MB051	GADILI LAVANYA
8	U15MB052	GANAPATHY S
9	U15MB053	GANESH K
10	U15MB054	GANUGAPANTA PREM SAI REDDY
11	U15MB055	GAUTAM B
12	U15MB056	GAUTHAM M
13	U15MB057	GAUTHAM N
14	U15MB058	GAYATHRI K
15	U15MB059	GOKUL G
16	U15MB060	GOKUL S
17	U15MB061	GOPIKA GIRI
18	U15MB062	GOPINATH S
19	U15MB063	GOTTAM BHARGAVA SAI SRINIVAS
20	U15MB064	GOWSHIK RAJA K S
21	U15MB065	GOWTHAMAN K
22	U15MB066	GRACELYN SHARON P
23	U15MB067	GREESHMI C
24	U15MB068	HARIHARAN M
25	U15MB069	HARINI G
26	U15MB070	HARRIBALAJI M
27	U15MB071	HARSHATH KUMAR K N
28	U15MB072	HARSHITHA REDDY D
29	U15MB073	HOMA SAMANVITHA S
30	U15MB074	IMMANUEL ABRAHAM S
31	U15MB075	JANANI S
32	U15MB076	JASMINE NISHA N
33	U15MB077	JAYA KALYANI P S
34	U15MB078	JAYAPREETHI S
35	U15MB079	JEEVITHA P



