



**Sharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)



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

**COMMUNITY HEALTH NURSING  
CERTIFICATE COURSE ON HEALTH  
COACHING**

1. Requisition letter
2. Permission letter
3. Circular
4. Co -Ordinator detail
5. Syllabus
6. New lesson plan
7. Student list
8. Photo
9. Certificate
10. Feedback

## REQUISITION LETTER

From

Department of community health nursing

Sree Balaji College of nursing

Chrompet, Chennai-600 044

To

Dr.V.Hemavathy

The principal

Sree Balaji College of nursing

Chrompet, Chennai

Respected Madam

This is for your kind perusal that we, Community nursing department are planning to conduct a value added course on CERTIFICATE COURSE IN HEALTH COACHING from 29/08/2016 to 16/09/2016, for a period of three weeks. We kindly request you to grant us permission to conduct this programme and do the needful.

Thanking you



Warm regards  
**HEAD OF THE DEPARTMENT**  
**COMMUNITY HEALTH NURSING**  
**SREE BALAJI COLLEGE OF NURSING**  
**7, WORKS ROAD, CHROMPET,**  
**CHENNAI - 600 044.**

Phone & Fax : 2241 6605



## 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)

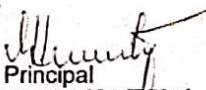
No.7, Works Road, Chromepet, Chennai - 600 044.

24 August 2016

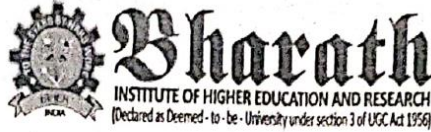
Department of Community Health Nursing  
Sree Balaji College of Nursing,  
Chennai.

Hereby we grant permission to conduct Value added course on Health Coaching  
from 29.08.2016 to 16.09.2016, for a period of three weeks.

Warm Regards,

  
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**

**SCHOOL OF NURSING**

**DEPARTMENT OF COMMUNITY HEALTH NURSING**

Date:16-08-2016

### **CIRCULAR**

#### **Notification for Value added courses offered by the College of Nursing**

The Department of,Community Health Nursing, is scheduled to offer a Value added Course on HEALTH COACHING from 29/08/2016 to 16/09/2016 for a period of 3 weeks. Interested students can approach S.Umamaheswari, Associate Professor and Course Coordinator, Department of Community health nursing for registration and for further details on or before 25<sup>th</sup> August 2016.

#### **Eligibility-II B.Sc. (N) students**

Principal

*V. Hemavathy*  
**Dr. V. HEMAVATHY,**  
M.Sc.(N), M.A., M.Phil., Ph.D.(N).  
PRINCIPAL

*S. Umamaheswari*  
Course Coordinator

**SREE BALAJI COLLEGE OF NURSING**  
No. 7, Works Road, Chromepet,  
Chennai-600 044

*K.R. V. V.*  
HOD  
**HEAD OF THE DEPARTMENT**  
**COMMUNITY HEALTH NURSING**  
**SREE BALAJI COLLEGE OF NURSING**  
**7, WORKS ROAD, CHROME PET,**  
**CHENNAI - 600 044.**

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
**SCHOOL OF NURSING**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**VALUE ADDED COURSE ON CERTIFICATE PROGRAM IN HEALTH COACHING**  
**2016-2017**  
**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** S.Uma maheswari, Associate Professor Department of Community health nursing

**Email ID:** [siddumahe84@gmail.com](mailto:siddumahe84@gmail.com)

**Mobile number:** 9841732420

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
SCHOOL OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
VALUE ADDED COURSE SYLLABUS**

**2016-2017**

**COURSE ON CERTIFICATE PROGRAM IN HEALTH COACHING**

**OBJECTIVES**

1. Explore the meaning of health coaching
2. Explain the basic nutrition of health
3. Explain the digestion process
4. Develop basic understanding about the health care and weight management
5. Discuss about client screening
6. Demonstrate body composition assessment
7. Identify the role and significance of environmental protection and preservation
8. Relate the importance of health and exercise

**MODULE I: INTRODUCTION TO HEALTH COACHING**

- Definition of health coaching
- basic nutrition
- gastro intestine system
- planning of health coaching,
- meaning of application of nutrition,
- a team approach to health care
- Physiology of digestion

**MODULE II: ASSESSMENT AND EVALUATION**

- Health planning steps
- Basics of health care
- Client screening
- Assessment of body composition
- Exercise program consideration
- Physical fitness assessments
- Outdoor activity

**Total Contact Hours: 30**

## TEXT BOOKS

- Bryat,CedricX.,Daniel j. Green and Sabrena Merill,C **Ace Health Coach Manual, American council on exercise.2013**
- Exercise book: Green, Daniel. **Ace Health Coach Master The Manual, American council on exercise.2013**

## REFERENCE BOOKS

- SubdarlalarshPankaji, (2011) Text book of community medicine (3<sup>rd</sup> edition) CBS Publishers & Distributors.
- Atlas Rohen Yocoshi **Photographic atlas of human anatomy** 3<sup>a</sup>. Ed. Barcelona. Doyma 2002
- Brashers V.L.. Clinical applications of pathophysiology: an evidence-based approach, 3rd edn. St Louis: Mosby, 2006.
- British Nutrition Foundation The Eatwell Plate <http://www.nutrition.org.uk/home.asp?siteId=43&ionId=299&which=1> Online. Available: 21 January 2009
- Campbell P.N., Smith A.D.. Biochemistry illustrated, 4th edn. Edinburgh: Churchill Livingstone, 2000.
- Department of Health. Dietary reference values of food energy and nutrients for the UK: COMA report. London: HMSO, 1991.



**SCHOOL OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
VALUE ADDED COURSE  
COURSE ON HEALTH COACHING (2016-2017)**

<b>Session</b>	<b>Topic</b>	<b>Date</b>	<b>Duration (Hr)</b>	<b>Resource person</b>
Session I	Introduction to health coaching	29-08-2016	3	J. KRISHNA KUMAR
Session II	Basic nutrition and digestion	30-08-2016	3	DR. PRABAVATHY DEVI
Session III	Current concept in weight management	01-09-2016	4	DR. SHANTHI
Session IV	Body composition assessment and evaluation	05-09-2016	3	DR. ROHINI PRASAD
Session V	Initial interview and client screening	07-09-2016	3	DR.UMA DEVI
Session VI	Life style modification and behaviour changes	09-09-2016	4	DR. RANJITH PRASAD
Session VII	Nutritional programming	12-09-2016	3	DR. SUDHA VASUDEVAN
Session VIII	Exercise program consideration	14-09-2016	3	C.BASKARAN
Session IX	Outdoor activity	16-09-2016	4	KARTHIK

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
SCHOOL OF NURSING  
DEPARTMENT OF COMMUNITY HEALTH NURSING  
VALUE ADDED COURSE  
COURSE ON HEALTH COACHING (2016-2017)**

**Students Name List**

<b>S.NO</b>	<b>NAME OF THE STUDENT</b>	<b>Register no</b>
1.	AARTHI R	U15NR001
2.	ABEENA ELSA VARGHESE	U15NR002
3.	ABINAYA R	U15NR003
4.	AJITH KUMAR A	U15NR004
5.	AMBIKA P	U15NR005
6.	ANANTHI A	U15NR006
7.	ANBUSELVI B	U15NR007
8.	ANU SURESH	U15NR008
9.	ANUPRIYA D	U15NR009
10.	ANUSUYA A	U15NR010
11.	ARCHANA D	U15NR011
12.	ARUNA R	U15NR013
13.	AYESHABANU B	U15NR014
14.	BALAJI S	U15NR015
15.	BANCY M	U15NR016
16.	BARRANI G R	U15NR017
17.	BEAUTLIN J	U15NR018
18.	BHARATHI K	U15NR019
19.	BHAVANI R	U15NR020
20.	DEEPIKA R	U15NR021
21.	DEEPIKA SRINIVASAN	U15NR022
22.	DHANALAKSHMI M	U15NR023
23.	DURGADEVI S	U15NR024
24.	GIRIJA D	U15NR026
25.	HAMEETHA BEGUM A	U15NR027
26.	INDUMATHI P	U15NR028
27.	ISABELMONIKA N	U15NR029
28.	JAYANTHI S	U15NR031
29.	JAYASHREE M	U15NR032
30.	JENIFER R	U15NR033
31.	KALAIVANI M	U15NR034
32.	KALAIVANI S	U15NR035
33.	KALAIVANI S	U15NR036

34.	KAVIPRIYA K	U15NR037
35.	KAVIYA C S	U15NR038
36.	KAYALVIZHI S	U15NR039
37.	KEERTHANA L	U15NR040
38.	KIRUTHIGA S	U15NR041
39.	KOKILA K	U15NR042
40.	KOWSALYA G	U15NR043
41.	KOWSALYA R	U15NR044
42.	LAKSHMI R	U15NR045
43.	MAGIMAI YUVANKA M	U15NR046
44.	MAHALAKSHMI R	U15NR047
45.	MANGAYARKARASI M	U15NR048
46.	MANJU A	U15NR049
47.	MANJUREKHA A	U15NR050
48.	MOHAN M	U15NR051
49.	NAGARANI S	U15NR052
50.	NALINI J	U15NR053
51.	NALINI M	U15NR054
52.	NANDHINI A	U15NR055
53.	NITHYA R	U15NR056
54.	PARAMESWARI A	U15NR057
55.	PARAMESHWARI D	U15NR058
56.	PONNUMANI T	U15NR059
57.	POOJA R BHATT	U15NR060
58.	PRATHIBA M	U15NR062
59.	PREETHA R	U15NR063
60.	PREETHIANGELINE R	U15NR064
61.	PRIYADHARSHINI B	U15NR065
62.	RAJKUMAR K	U15NR066
63.	RANJITHA S	U15NR067
64.	REETHA I	U15NR068
65.	RENUKA P	U15NR069
66.	REVATHI A	U15NR070

## **HEALTH ASSESSMENT AND WEIGHT MANAGEMENT**



## **LIFE STYLE MODIFICATION AND BEHAVIOUR CHANGES**





**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
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**SCHOOL OF NURSING**

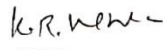
**VALUE ADDED COURSE ON CERTIFICATE PROGRAM IN HEALTH COACHING**

*Certificate of Appreciation*

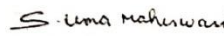
This Is To Certify That Mr./AJITH KUMAR .A (U15NR004) B.Sc. (N) II Year, Has Attended Three Weeks Value Added Course on **HEALTH COACHING** Conducted By Department Of Community Health Nursing At School Of Nursing, Chennai (TN), during AUGUST, 2016.

  
Principal

DR. V. HEMAVATHI,  
M.Sc.(N), M.A., M.Phil., Ph.D.(N)  
Principal  
SREE BALAJI COLLEGE OF NURSING  
No. 7, Works Road, Chromepet  
Chennai-600 044.

  
HOD

HEAD OF THE DEPARTMENT  
COMMUNITY HEALTH NURSING  
SREE BALAJI COLLEGE OF NURSING  
7, WORKS ROAD, CHROMEPET,  
CHENNAI - 600 044.

  
Course Coordinator

**SCHOOL OF NURSING**  
**STUDENT FEEDBACK FORM FOR VALUE ADDED COURSES**  
**DEPARTMENT OF**  
**COMMUNITY HEALTH NURSING**

Academic year: 2016 - 17

Name of the value added course offered: *Certificate course on health coaching*

Period of Batch: 2015 - 2019

Course-co-ordinator: *S. Uma maheswari*

**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		-			

*S. Uma maheswari*  
 Course Coordinator

*Manju*  
 Signature of the student

**Annexure 1**

**REQUISITION LETTER**

15-08-2016

From

Department of Psychiatric Nursing

Sree Balaji College of nursing

Chrompet, chennai-6000044

To

Dr.V.Hemavathy

The principal

Sree Balaji college of Nursing

Chrompet, chennai

**Sub: Permission to conduct value-added course: Introduction to social and behavioral health science**

Respected mam,

This is for your kind perusal that we, Psychiatric Nursing Department are planning to conduct a Value added course on **Introduction to social and behavioral health science** from 29.08.2016 -19.09.2016, for a period of three weeks.we kindly request you to grant us permission to conduct this programme and do the needful.

Thank you

Kind Regards

R.Ajitha Nancy Rani

**FOR THE USE OF DEANS OFFICE**

Names of Committee members for evaluating the course:

The Principal: Dr.V.Hemavathy

The HOD : Mrs.Ajithanancy Rani.R

The Expert: Dr.V.Hemavathy

The committee has discussed about the course and is approved.

Principal

HOD

Subject Expert





Phone & Fax : 2241 6805

## SREE BALAJI COLLEGE OF NURSING

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No.7, Works Road, Chromepet, Chennai - 600 044.

17.8.2016

Department of Psychiatric Nursing

Sree Balaji College of Nursing

Chennai, Chrompet 600044

sub: permission granted to conduct value-added course **Introduction to social and behavioral health science** .

With reference to the letter dated on 15.08.2016. Hereby I grant permission to conduct value-added course titled **Introduction to social and behavioral health science** from 29.08.2016 -19.09.2016

With Regards

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.





Phone & Fax : 2241 8605

## 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

20.8.16

The Department of Psychiatric Nursing is scheduled to offer a Value added Course on  
**INTRODUCTION TO SOCIAL AND BEHAVIORAL HEALTH SCIENCE** from  
29/08/2016 -19/9/2016 . Participants can approach Department of Psychiatric Nursing for  
registration before 27/08/2016

*Hema*  
OD



*Hema*  
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**

**DEPARTMENT OF PSYCHIATRIC NURSING**

**VALUE ADDED COURSE ON INTRODUCTION TO SOCIAL AND BEHAVIORAL  
HEALTH SCIENCE**

29/08/2016 -19/9/2016

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Dr.V.Hemavathy, Principal/HOD, Department of Psychiatric Nursing.

**Email ID:** sbcnofficial2017@gmail.com

**Mobile number:** 9444207749.

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
SCHOOL OF NURSING  
DEPARTMENT OF PSYCHIATRIC NURSING  
VALUE ADDED COURSE ON  
INTRODUCTION TO SOCIAL AND BEHAVIORAL HEALTH SCIENCE**

**2016-2017**

**OBJECTIVES**

1. To help better awareness and understanding of Social and Behavioral Health.
2. To provide coping strategies for social health issues
3. To promote better understanding of health care
4. To evaluate the Impact of behaviour on health

**Course Outcome:** student will be able to demonstrate his or her in-depth understanding of the family values, equality and prejudices between the gender facts, concepts, of human relationship and principles underlying in living the life with positivity

#### **MODULE 1. INTRODUCTION TO PSYCHOLOGY**

- a) Social dynamics
- b) Attitude formation and behaviour
- c) Attitude and health

#### **MODULE 2: IMPORTANCE OF ANTHROPOLOGY IN HEALTH**

- a) Economic decisions,
- b) Family patterns,
- c) Political organization

#### **MODULE 3: EPIDEMIOLOGY OF HEALTHCARE AND OUTCOMES**

- a) Need, demand and use
- b) Defining Health Needs Assessment
- c) Approaches to Health Needs Assessment
- d) A Health Needs Assessment Framework

#### **MODULE 4: IMPACTS OF HUMAN BEHAVIOUR ON HEALTH**

- a) Energy Balance & Cancer Prevention
- b) Tobacco And Alcohol Prevention
- c) Womens' health
- d) Obesity Prevention
- e) Disease Communication & Screening

**Course Audience: B.Sc Nursing, III YEAR**

**Course Coordinator:DR.V.Hemavathy**

#### **Course Faculties with Qualification and Designation:**

1. DR. V.HEMAVATHY,M.SC (NSG)M.PHIL.PHD,PRINCIPAL, SBCN
2. DR.PRIYA, MD, SBMCH
3. DR.LAKSHMIPRIYA ,MD, SBMCH
4. MRS.AJITHA NANCY RANI.R M.Sc (N) PROFESSOR
5. MRS.SARADHADEVI.S M.Sc (N) ASST PROFESSOR
6. MRS.AJITHAKUMARI.G M.Sc (N) ASST PROFESSOR
7. MRS.ANJANI.P.N M.Sc (N) ASST PROFESSOR

Sl No	Date	topics	Date	Duration
1	29-08-2016	Introduction to psychology	29-08-2016	3 Hours
2	30-08-2016	Attitude and health	30-08-2016	3 Hours

3	06-09-2016	Economic decisions,	06-09-2016	3 Hours
4	07-09-2016	Family patterns,	07-09-2016	3 Hours
5	13-09-2016	Need, demand and use of human values	13-09-2016	3 Hours
6	14-09-2016	Health Needs Assessment	14-09-2016	3 Hours
7	15-09-2016	Impacts Of Human Behaviour On Health	15-09-2016	3 Hours
8	17-09-2016	Tobacco And Alcohol Prevention	17-09-2016	3 Hours
9	18-09-2016	Womens'health	18-09-2016	3 Hours
10	19-09-2016	Obesity Prevention	19-09-2016	3 Hours

#### REFERENCES

- Behavioural Sciences in Medical Practice 2nd Edition By Mehta Manju, Jaypee Brothers Medical Publishers
- Health Behavior Change 3rd Edition by Pip Mason, Elsevier

### BHARATH INSTITUTE OF HIGHER EDUCATION

#### DEPARTMENT OF PSYCHIATRIC NURSING

#### VALUE ADDED COURSE – INTRODUCTION TO SOCIAL AND BEHAVIORAL HEALTH SCIENCE

S.NO	REG. NO	NAME OF THE CANDIDATE
1	U15NR001	AARTHI R

2	U15NR002	ABEENA ELSA VARGHESE
3	U15NR003	ABINAYA R
4	U15NR004	AJITH KUMAR A
5	U15NR005	AMBIKA P
6	U15NR006	ANANTHI A
7	U15NR007	ANBUSELVI B
8	U15NR008	ANU SURESH
9	U15NR009	ANUPRIYA D
10	U15NR010	ANUSUYA A
11	U15NR011	ARCHANA D
12	U15NR012	ARIVUMATHI G
13	U15NR013	ARUNA R
14	U15NR014	AYESHABANU B
15	U15NR015	BALAJI S
16	U15NR016	BANCY M
17	U15NR017	BARRANI G R
18	U15NR018	BEAUTLIN J
19	U15NR019	BHARATHI K
20	U15NR020	BHAVANI R
21	U15NR021	DEEPIKA R
22	U15NR022	DEEPIKA SRINIVASAN
23	U15NR023	DHANALAKSHMI M
24	U15NR024	DURGADEVI S
25	U15NR025	GAYATHRI R
26	U15NR026	GIRIJA D
27	U15NR027	HAMEETHA BEGUM A
28	U15NR028	INDUMATHI P
29	U15NR029	ISABELMONIKA N
30	U15NR030	JANAKI R
31	U15NR031	JAYANTHI S
32	U15NR032	JAYASHREE M
33	U15NR033	JENIFER R
34	U15NR034	KALAIVANI M
35	U15NR035	KALAIVANI S
36	U15NR036	KALAIVANI S
37	U15NR037	KAVIPRIYA K
38	U15NR038	KAVIYA C S
39	U15NR039	KAYALVIZHI S
40	U15NR040	KEERTHANA L
41	U15NR041	KIRUTHIGA S
42	U15NR042	KOKILA K
43	U15NR043	KOWSALYA G
44	U15NR044	KOWSALYA R
45	U15NR045	LAKSHMI R
46	U15NR046	MAGIMAI YUVANKA M
47	U15NR047	MAHALAKSHMI R
48	U15NR048	MANGAYARKARASI M
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54	U15NR054	NALINI M

55	U15NR055	NANDHINI A
56	U15NR056	NITHYA R
57	U15NR057	PARAMESWARI A
58	U15NR058	PARAMESHWARI D
59	U16NR001	AARTHY.S
60	U16NR002	ABILASHA.R
61	U16NR004	AKSHYA.R
62	U16NR005	ANSU MARY ABRAHAM
63	U16NR006	ANUSUYABEGUM.H
64	U16NR007	ASHIKA SHANI.S
65	U16NR008	BERCY ALEXANDRE.P

**TRAINING ON INTRODUCTION TO SOCIAL AND BEHAVIORAL HEALTH  
SCIENCES**

The department of psychiatric nursing, offered a value added course on, introduction to social and behavioral health sciences from 29/08/2016 to 19/9/2016 for a period of 3 weeks .The participants actively interacted with the speakers.







# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as Deemed-to-be-University under section 3 of UGC Act 1956)



COLLEGE OF NURSING

VALUE ADDED COURSE ON INTRODUCTION TO SOCIAL AND BEHAVIORAL HEALTH SCIENCE

## CERTIFICATE OF PARTICIPATION

This is to certify that Mr /Ms ANBUSELVI B (U15NR007) has attended three weeks value added course on **Introduction To Social and Behavioral Health Science** conducted by Department of Psychiatric Nursing at Bharath Institute of Higher Education and Research, Chennai (TN), India during 29-08-2016 to 19-09-2016.

COURSE COORDINATOR

H O D



**Annexure 4**

**Course/Training Feedback Form**

**Course:**

**Date:**

**Name:**

**Reg No.**

**Department: psychiatric Nursing**

**Q 1:** Please rate your overall satisfaction with the format of the course:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 2:** Please rate course notes:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 3:** The lecture sequence was well planned

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 4:** The lectures were clear and easy to understand

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 5:** Please rate the quality of pre-course administration and information:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 6:** Any other suggestions:

**Comments:**

**Thank you for taking the time to complete this survey, your comments are much appreciated.**

**OPTIONAL Section:** Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_





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Sree Balaji College of Nursing

Department Of Medical Surgical Nursing

**VALUE ADDED COURSE**

**CERTIFICATE COURSE ON INTRODUCTION TO INJURY  
MANAGEMENT AND REHABILITATION**

1. Requisition letter
2. Permission letter
3. Circular
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**Bharath**  
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## REQUISITION LETTER

**FROM**

22 December 2016

Head of the Department  
Department Of Medical Surgical Nursing  
Sree Balaji College of Nursing  
Chennai-44

**TO**

**DR.V. Hemavathy**

Principal,  
Sree Balaji College of Nursing  
Chennai-44

Respected madam,

Kindly grant me permission to conduct value added course on introduction to injury management and rehabilitation from 27.12.16to 31.12.2016 for a period of one week.

**THANKING YOU**

**Yours faithfully**

Phone & Fax : 2241 6605



## SREE BALAJI COLLEGE OF NURSING

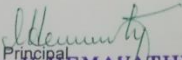
(Recognised By Indian Nursing Council, New Delhi and The Tamilnadu Nurses and Midwives Council )  
(Approved by Govt. of Tamil Nadu and Affiliated to Bharath Institute of Higher Education and Research)  
No.7, Works Road, Chromepet, Chennai - 600 044.

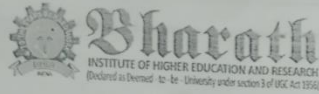
23 December 2016

Department of Medical Surgical Nursing  
Sree Balaji College of Nursing,  
Chennai.

Hereby we grant permission to conduct Value added course on **Introduction to Injury Management and Rehabilitation** from 27.12.2016 to 31.12.2016, for a period of one week.

Warm Regards,

  
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  
Date: 23-12-2016

SREE BALJI COLLEGE OF NURSING

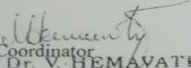
CIRCULAR

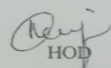
Notification for Value added courses offered by the Sree Balaji College Of Nursing

DEPARTMENT OF MEDICAL SURGICAL NURSING

The Department of Medical Surgical Nursing, is scheduled to offer a Value added Course on Introduction To Injury Management And Rehabilitation from 27<sup>th</sup> December 2016 for a period of 1 weeks. Interested students can approach Mrs. Girijabhaskaran, Professor and Course Coordinator, Department of Medical surgical Nursing for registration and for further details on or before 26th December 2016

Eligibility- DGNM, ANM, B.SC (NURSING) M.SC (NURSING)

  
Course Coordinator  
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.

  
HOD  
HEAD OF THE DEPARTMENT  
MEDICAL SURGICAL NURSING  
SREE BALAJI COLLEGE OF NURSING  
7, Works Road, Chromepet,  
Chennai - 600 044.

Copy to:

Vice Chancellor

Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments



**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**SREE BALAJI COLLEGE OF NURSING**

**DEPARTMENT OF MEDICAL SURGICAL NURSING**

**VALUE ADDED CERTIFICATE PROGRAM IN INTRODUCTION TO  
INJURY MANAGEMENT AND REHABILITATION**

**27<sup>th</sup> December 2016to 31.12.2016**

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Mrs. Girija bhaskaran , Professor, HOD, Department of  
Medical surgical Nursing

**Email ID:** girijas@bharathuniv.ac.in,girijabhaski@gmail.com

**Mobile number:** 9443990430

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**SREE BALAJI COLLEGE OF NURSING**

**DEPARTMENT OF MEDICAL SURGICAL NURSING**

**VALUE ADDED COURSE SYLLABUS**

**CERTIFICATE PROGRAM IN INTRODUCTION TO INJURY  
MANAGEMENT AND REHABILITATION**

**OBJECTIVES**

1. To understand the need of injury management and rehabilitation
2. To develop skill in injury management.

**MODULE I: INTRODUCTION TO INJURY MANAGEMENT AND  
REHABILITATION**

- Definition of injury
- Types of injury
- Definition of wound
- Types of wound
- Treatment for wounds
- Principles of dressing
- Dressing of wounds using triangular bandages
- **Types of wound healing:-**
  - Primary intention, secondary intention & tertiary intention
- Types of wound drainage
- Factors affecting wound healing
- Complication of wound healing
- Definition of bandages
- Purpose of bandages
- Principles of bandages
- Types of bandages

## **MODULE II: EXPLAIN ORGANIZATION SETUP OF REHABILITATION**

- Definition of Rehabilitation
- **Needs of rehabilitation**  
Water supply, food supply and safety, basic sanitation and personal hygiene, vector control
- **Utilization of community resources**  
Three main emergency services: - police, fire department, emergency medical service
- **Voluntary agencies**:- local authority ,district authority, state executive authority
- **Ministers**: - revenue, relief, rehabilitation
- National voluntary agencies **International agencies**  
CARE, international Red Cross, relief web, who Division of emergency and humanitarian action, international non-governmental organization
- **Ambulance services**

## **MODULE III: DEMONSTRATION OF NURSING PROCEDURES**

- **Transportation of injured**  
One rescuer techniques: - fire mans carry, Pack strap carry, arm carry  
Two rescuer techniques:- chair carry, arm carry, emergency vehicles
- Burns and its types
- Prevention of burns
- Management of burns
- Basic life support

## **PRACTICAL SESSION-1 HOUR**

**Total Contact Hours: 30**

## INTRODUCTION TO INJURY MANAGEMENT AND REHABILITATION

27<sup>th</sup> December 2016 (9.00 AM- 4. 00 PM)

VENUE: SREE BALAJICOLLEGE OF NURSING, AUDITORIUM

TIME	TOPIC	SPEAKER
9.00 AM	REGISTRATION	
9.30 AM	Prayer Song Welcome Address	Mrs. Girijabhaskaran, Professor, HOD, Department of medical surgical nursing
10 AM	Introduction about the course	Mrs. Girijabhaskaran, Professor, HOD, Department of medical surgical nursing
11AM	Definition & Types of injury Definition &Types of wound	Mrs.Semmalar, Professor, Department of medical surgical nursing
11.30AM	<b>BREAK</b>	
12 PM	Treatment & Principles of dressing Dressing of wounds using triangular bandages	Dr.Sundaram,Frist aid trainer
1.15PM	<b>LUNCH</b>	
2.15PM	<b>Types of wound healing:-</b> Primary intention, secondary intention & tertiary intention	Mrs.Pauline sheela priya, Asst.professorDepartment of Medical surgical Nursing
3.30PM	<b>COFFEE BREAK</b>	
4PM	<b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE DISTRIBUTION</b>	Mrs.Vijayabharathi, Asst.Professor, Department of Medical surgical Nursing

28<sup>th</sup> December 2016 (9.00 AM- 4.00 PM)

VENUE: SREE BALAJICOLLEGE OF NURSING ,AUDITORIUM

TIME	TOPIC	SPEAKER
9.00 AM	REGISTRATION	
9.30 AM	Prayer Song Welcome Address	Mrs.Vijayabharathi, Asst.Professor, Department of Medical surgical Nursing
10 AM	<b>Types of wound drainage</b> Types of wound drainage & Factors affecting wound healing	Dr.Sundaram,Frist aid trainer
11AM	Factors affecting wound healing & its Complication	Mrs.Semmalar, Professor, Department of medical surgical nursing
11.30AM	<b>BREAK</b>	
12 PM	Definition & Purpose of bandages	Mrs. Girijabhaskaran, Professor, HOD, Department of medical surgical nursing
1.15PM	<b>LUNCH</b>	
2.15PM	Principles & Types of bandages	Mrs.Pauline sheela priya, Asst.professorDepartment of Medical surgical Nursing
3.30PM	<b>COFFEE BREAK</b>	
4PM	<b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE DISTRIBUTION</b>	Mrs.Semmalar, Professor, Department of medical surgical nursing

## EXPLAIN ORGANIZATION SETUP OF REHABILITATION

29<sup>th</sup> December 2016 (9.00 AM - 4. 00 PM)

VENUE: SREE BALAJICOLLEGE OF NURSING, AUDITORIUM

TIME	TOPIC	SPEAKER
9.00 AM	REGISTRATION	
9.30 AM	Prayer Song Welcome Address	Mrs.Pauline sheela priya, Asst.professorDepartment of Medical surgical Nursing
10 AM	Introduction to rehabilitation Definition Of Rehabilitation	Mrs. Girijabhaskaran, Professor, HOD, Department of medical surgical nursing
11AM	<b>Needs of rehabilitation</b> Water supply, food supply and safety, basic sanitation and personal hygiene, vector control.	Mrs.Semmalar, Professor, Department of medical surgical nursing
11.30AM	<b>BREAK</b>	
12 PM	<b>Utilization of community resources</b> Three main emergency services: - police, fire department, emergency medical service	Dr.Sundaram,Frist aid trainer
1.15PM	<b>LUNCH</b>	
2.15PM	<b>Voluntary agencies:-</b> local authority ,district authority, state executive authority <b>Ministers: -</b> revenue, relief, rehabilitation	Mrs.Vijayabharathi, Asst.Professor, Department of Medical surgical Nursing
3.30PM	<b>COFFEE BREAK</b>	
4PM	<b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE DISTRIBUTION</b>	Mrs.Pauline sheela priya, Asst.professorDepartment of Medical surgical Nursing

30<sup>th</sup> December 2016 (9.00 AM- 4. 00 PM)

VENUE: SREE BALAJICOLLEGE OF NURSING, AUDITORIUM

TIME	TOPIC	SPEAKER
9.00 AM	REGISTRATION	
9.30 AM	Prayer Song Welcome Address	Mrs.Semmalar, Professor, Department of medical surgical nursing
10 AM	National voluntary agencies <b>International agencies</b> CARE, international Red Cross, relief web,	P.Anand, Revenue Inspector, Commissioner
11AM	WHO Division of emergency and humanitarian action	Mrs.Semmalar, Professor, Department of medical surgical nursing
11.30AM	<b>BREAK</b>	
12 PM	International & non-governmental organization	Mrs. Girijabhaskaran, Professor, HOD, Department of medical surgical nursing
1.15PM	<b>LUNCH</b>	
2.15PM	<b>Ambulance services</b>	Mrs.Pauline sheela priya, Asst.professorDepartment of Medical surgical Nursing
3.30PM	<b>COFFEE BREAK</b>	
4PM	<b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE DISTRIBUTION</b>	Mrs. Vijayabharathi, Asst.Professor, Department of Medical surgical Nursing

## DEMONSTRATION OF NURSING PROCEDURES

31<sup>th</sup> December 2016 (9.00 AM- 4.00 PM)

VENUE: SREE BALAJICOLLEGE OF NURSING, AUDITORIUM

TIME	TOPIC	SPEAKER
9.00 AM	REGISTRATION	
9.30 AM	Prayer Song Welcome Address	Mrs.Semmalar, Professor, Department of medical surgical nursing
10 AM	<b>Transportation of injured</b> One rescuer techniques: - fire mans carry, Pack strap carry, arm carry Two rescuer techniques:- chair carry, arm carry, emergency vehicles	P.Anand, Revenue Inspector, Commissioner
11AM	Burns and its types	Mrs.Vijayabharathi, Asst.Professor, Department of Medical surgical Nursing
11.30AM	<b>BREAK</b>	
12 PM	Prevention of burns Management of burns	Mrs. Girijabhaskaran, Professor, HOD, Department of medical surgical nursing
1.15PM	<b>LUNCH</b>	
2.15PM	Basic life support	Mrs.Pauline sheela priya, Asst.professorDepartment of Medical surgical Nursing
3.30PM	<b>COFFEE BREAK</b>	
4PM	<b>FEED BACK/VOTE OF THANKS/GROUP PHOTO/CERTIFICATE DISTRIBUTION</b>	Mrs.Vijayabharathi, Asst.Professor, Department of Medical surgical Nursing





From

Mrs. Girija Bhaskaran

Medical Surgical Nursing

Sree balaji College Of Nursing

Bharath Institute of Higher Education and Research,

Chennai.

Through Proper Channel

To

The Dean,

SreeBalaji College of Nursing,

Bharath Institute of Higher Education and Research,

Chennai.

**Sub: Completion of value-added course: Introduction To Injury Management And Rehabilitation**

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Introduction To Injury Management And Rehabilitation** on 31/12/2016. We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards

Mrs. Girija Bhaskaran

**SREE BALAJI COLLEGE OF NURSING**

**DEPARTMENT OF MEDICAL SURGICAL NURSING**

**LIST OF STUDENTS ATTENDED VALUE ADDED COURSE**

**INTRODUCTION TO INJURY MANAGEMENT AND REHABILITATION**

SREE BALAJI COLLEGE OF NURSING

DEPARTMENT OF MEDICAL SURGICAL NURSING

LIST OF STUDENTS ATTENDED VALUE ADDED COURSE

INTRODUCTION TO INJURY MANAGEMENT AND REHABILITATION

S.NO	REG. NO	NAME OF THE CANDIDATE	SIGNATURE
1	U17NR001	ABINA BABU	ABINA
2	U17NR002	ABINAYA E	Abinaya
3	U17NR003	ABIRAMI R	Abirami
4	U17NR004	AIDA JOSEPH	Aida Joseph
5	U17NR005	ANITHA A	Anitha
6	U17NR006	ANITHA M	Anitha
7	U17NR007	ANJU TREESA JOSEPH	Anju Treesa
8	U17NR008	ANN MARY SANTHOSH	Ann Mary
9	U17NR009	ANNA SCARIA	Anna Scaria
10	U17NR010	ANSU ALEX	Ansu Alex
11	U17NR011	ANU ANNA JOSE	Anu Anna
12	U17NR012	ANU P SAJI	Anu P Saji
13	U17NR013	ANUSHREE RAJEEV C P	Anushree
14	U17NR014	ARCHANA B S	Archana
15	U17NR015	ASHLY S	Ashly
16	U17NR016	ASHWINI M	Ashwini
17	U17NR017	ATCHAYA K	Atchaya
18	U17NR018	ATHIRA ANIL	Athira
19	U17NR019	AYANA BABU	Ayana

SREE BALAJI COLLEGE OF NURSING

DEPARTMENT OF MEDICAL SURGICAL NURSING

LIST OF STUDENTS ATTENDED VALUE ADDED COURSE

INTRODUCTION TO INJURY MANAGEMENT AND REHABILITATION

S.NO	REG. NO	NAME OF THE CANDIDATE	SIGNATURE
1	U17NR001	ABINA BABU	ABINA
2	U17NR002	ABINAYA E	Abinaya
3	U17NR003	ABIRAMI R	Abirami
4	U17NR004	AIDA JOSEPH	Aida Joseph
5	U17NR005	ANITHA A	Anitha
6	U17NR006	ANITHA M	Anitha
7	U17NR007	ANJU TREESA JOSEPH	Anju Treesa
8	U17NR008	ANN MARY SANTHOSH	Ann Mary
9	U17NR009	ANNA SCARIA	Anna Scaria
10	U17NR010	ANSU ALEX	Ansu Alex
11	U17NR011	ANU ANNA JOSE	Anu Anna
12	U17NR012	ANU P SAJI	Anu P Saji
13	U17NR013	ANUSHREE RAJEEV C P	Anushree
14	U17NR014	ARCHANA B S	Archana
15	U17NR015	ASHLY S	Ashly
16	U17NR016	ASHWINI M	Ashwini
17	U17NR017	ATCHAYA K	Atchaya
18	U17NR018	ATHIRA ANIL	Athira
19	U17NR019	AYANA BABU	Ayana

20	U17NR020	BALASOUNDARYA M	Balasu.
21	U17NR021	BHARATHI B	Bharthi.
22	U17NR022	BHAVANI L	Bhavani
23	U17NR023	DEEPIKA B	Deepika
24	U17NR024	DEEPIKA S	Deepika
25	U17NR025	DEEPIKA S	Deepika
26	U17NR026	DEEPIKA V	Deepika
27	U17NR027	ELIZABETH JACOB	Elizabeth.
28	U17NR028	FEBE SAM	Feba
29	U17NR029	HELEN JOSEPH	Helen
30	U17NR030	JANNET ANN MATHEW	Janet
31	U17NR031	JAYALALITHA V	Jayalathi
32	U17NR032	JINSA SARA BIJU	Jinsa
33	U17NR033	JISS MARY JOLLY	Jissy
34	U17NR034	JOTHIKA G	Jothika
35	U17NR035	KALPANA R	Kalpana
36	U17NR036	KAVIPRIYA V	Kavipriya
37	U17NR037	KAVITHA P	Kavitha
38	U17NR038	KAVIYA P	Kaviya
39	U17NR039	KAVIYAPRIYA K	Kaviyapriya
40	U17NR040	KEERTHANA S	Keerthana
41	U17NR041	KOWSALYA K	Kowsalya
42	U17NR042	KOWSALYA M	Kowsalya
43	U17NR043	LEELAVATHY R	Leelavathy

44	U17NR044	LINTA BABU	Linta Babu
45	U17NR045	LOVISHAL M	Lovishal M
46	U17NR046	LUDHIYA ALIAS	Ludhiya Alias
47	U17NR047	MEENA S	Meena S
48	U17NR048	MEENU BINOY	Meenu Bino
49	U17NR049	MEGHA V KURIAN	Megha V
50	U17NR050	MOHANA PRIYAA M	Mohana Priyaa M
51	U17NR051	MONISHA N	Monisha N
52	U17NR052	MUTHULAKSHMI G	Muthulakshmi G
53	U17NR053	NANDHINI V	Nandhini V
54	U17NR054	NARMATHA R	Narmatha R
55	U17NR055	NAVANEETHAM K	Navaneetham K

## SNAPSHOTS

### Introduction to injury management and rehabilitation



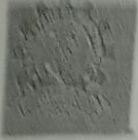
55 students has participated in the value added courses on certificate programme in Introduction to Injury Management and Rehabilitation Organized by, department of Medical Surgical Nursing on 28<sup>th</sup> December 2016.





55 students participated in the value added course





## CERTIFICATE OF PARTICIPATION

This is to certify that

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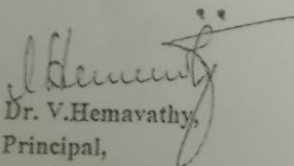
has participated in the value added courses

On certificate programme in Introduction to Injury Management and Rehabilitation

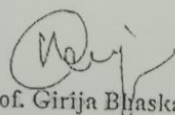
Organized by

Sree Balaji college of Nursing, Department of Medical Surgical Nursing

On 27th DECEMBER 2016 to 31.12.2016

  
Dr. V. Hemavathy,  
Principal,  
Sree Balaji College of Nursing.

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

  
Prof. Girija Bhaskaran,  
Department of Medical Surgical Nursing

HEAD OF THE DEPARTMENT  
MEDICAL SURGICAL NURSING  
SREE BALAJI COLLEGE OF NURSING  
7, Works Road, Chrompet,  
Chennai-600 044

Annexure 4

Course/Training Feedback Form

Course: Introduction to Injury Management and Rehabilitation.  
Date: 27.12.16 to 31.12.2016.  
Name: Deepa N  
Reg NO. UNIBN P010.  
Department: Medical surgical Nursing

Q 1: Please rate your overall satisfaction with the format of the course:

a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

Q 2: Please rate course notes:

a. Excellent     b. Very Good    c. Satisfactory    d. unsatisfactory

Q 3: The lecture sequence was well planned

a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

Q 4: The lectures were clear and easy to understand

a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

Q 5: Please rate the quality of pre-course administration and information:

a. Excellent     b. Very Good    c. Satisfactory    d. unsatisfactory

Q 6: Any other suggestions:

Comments:

Thank you for taking the time to complete this survey, your comments are much appreciated.

OPTIONAL Section: Name \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

## Annexure 1

Date- 06/07/2017

From  
R.Ajitha Nancy Rani  
Professor  
Psychiatric Nursing Department,  
Sree Balaji College of Nursing,  
Bharath Institute of Higher Education and Research,  
Chennai.

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

**Sub: Permission to conduct value-added course: CERTIFICATE TRAINING ON  
YOUTH FITNESS**

Respected Madam,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2017 -17/08/2017. We solicit your kind permission for the same.

Kind Regards

R.Ajitha Nancy Rani

### **FOR THE USE OF DEANS OFFICE**

Names of Committee members for evaluating the course:

The Principal: Dr.V.Hemavathy

The HOD : MRS.Ajithanancy Rani.R

The Expert: Dr.V.Hemavathy

The committee has discussed about the course and is approved.

Principal

HOD

Subject Expert

Phone & Fax : 2241 6605



## SREE BALAJI COLLEGE OF NURSING

(Recognized 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.

Department Of Psychiatric Nursing

25.07.17

Sree Balaji College Of Nursing

Chennai, Chrompet 600044

Sub: Permission Granted To Conduct Value-Added Course Titled **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2017 -17/08/2017.

With reference to the letter dated on 06.07.2017. Hereby I grant permission to conduct value-added course titled **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2017 -17/08/2017

With Regards

Dr. V. HEMAVATHY,  
B.Sc.(N), M.A., M.Phil., Ph.D.(N),  
PRINCIPAL  
SREE BALAJI COLLEGE OF NURSING  
No. 7, Works Road, Chromepet,  
Chennai-600 044.



Phone & Fax : 2241 6605



## 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)

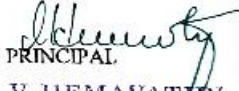
No.7, Works Road, Chromepet, Chennai - 600 044. Date:26.07-2017

### CIRCULAR

The Department of, Psychiatric Nursing, is scheduled to Conduct a value-added course titled **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2017 -17/08/2017. to offer Participants can approach Department of Psychiatric Nursing for registration.

  
HOD



  
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**  
**DEPARTMENT OF PSYCHIATRIC NURSING**  
**VALUE ADDED COURSE ON “CERTIFICATE TRAINING ON YOUTH FITNESS”**

08/08/2017 -17/08/2017.

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Dr.V.Hemavathy, Principal/HOD, Department of Psychiatric Nursing.

**Email ID:** [sbcnofficial2017@gmail.com](mailto:sbcnofficial2017@gmail.com)

**Mobile number:** 9444207749.



**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**

**COLLEGE OF NURSING**

**DEPARTMENT OF PSYCHIATRIC NURSING**

**VALUE ADDED COURSE SYLLABUS**

**2016-2017**

**COURSE ON YOUTH FITNESS**

**OBJECTIVES**

1. To understand youth fitness.
2. To know about youth and nutrition.
3. To identify eating disorder

**MODULE I: INTRODUCTION TO YOUTH FITNESS CERTIFICATION PROGRAM**

Introduction to Youth Fitness Certification Program, Benefits of Fitness Training for Youth, the Importance of Youth Health and Fitness, How Fitness Helps

**MODULE II: YOUTH AND ACTIVE NUTRITION: GETTING THE RIGHT BALANCE**

Protein, Carbohydrates, Fats, Breakfast Choices, Lunch Choices, Dinner Choices, Snack Choices

**MODULE III: YOUTH AND EATING DISORDERS**

Anorexia, Bulimia, Binge Eating Disorder, Exercise Related Eating Disorders, Reward Effort, Not Results and Monitor Progress Regularly

**Total Contact Hours: 30**

**TEXT BOOKS**

1. Malina R (2010). Physical activity and health of youth. Constanta: Ovidius University Annals, Series Physical Education and Sport/Science, Movement and Health.
2. Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N (December 2010). "Physiological and health implications of a sedentary lifestyle". *Applied Physiology, Nutrition, and Metabolism*. **35** (6): 725–40.

## **REFERENCE BOOKS**

- Corbin, Charkes. Gregory Welk. William Corbin, Karen Welk; *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach*, Loose Leaf Edition 11th Edition, McGraw-Hill Higher Education Publication, USA.
- Shiraev T, Barclay G (December 2012). "Evidence based exercise - clinical benefits of high-intensity interval training". *Australian Family Physician*. 41 (12): 960–2. PMID 23210120.
- Sharma A, Madaan V, Petty FD (2006). "[Exercise for mental health](#)". *Primary Care Companion to the Journal of Clinical Psychiatry*. **8** (2): 06.

**COLLEGE OF NURSING**  
**DEPARTMENT OF PSYCHIATRIC NURSING**  
**VALUE ADDED COURSE**  
**COURSE ON YOUTH FITNESS (2017-2018)**

<b>Session</b>	<b>Topic</b>	<b>Date</b>	<b>Duration (Hr)</b>	<b>Resource person</b>
Session I	Introduction to youth fitness	08-08-2017	3	Mr.Praveen
Session II	Benefitness of youth fitness	08-09-2017	3	Ms.Soundaraya
Session III	Importance of youth health and fitness	08-10-2017	4	Mr.Stephen
Session IV	How fitness helps	08-11-2017	3	Mr.Kanthan.E
Session V	Youth and active nutrition	08-12-2017	3	Mr.Gobi
Session VI	Youth and eating disorder	08-13-2017	4	Mrs.Priya
Session VII	Exercise related eating disorder	08-14-2017	3	Mr.Balamurugan
Session VIII	Motivation	08-16-2017	3	Mr.Manoj kumar
Session IX	Monitor the fitness regularly	08-17-2017	4	Mr.Jothiarumugam

**BHARATH INSTITUTE OF HIGHER EDUCATION  
SREE BALAJI SCHOOL OF NURSING  
DEPARTMENT OF PSYCHIATRIC NURSING  
VALUE ADDED COURSE  
CERTIFICATE TRAINING ON YOUTH FITNESS**

<b>SNO</b>	<b>REG.NO</b>	<b>NAME OF THE STUDENT</b>
1.	U14NR001	AJITHA R
2.	U14NR002	AKSHAYA S
3.	U14NR003	ALWIN ROBERT SINGH K
4.	U14NR004	ANANTHASELVI A
5.	U14NR005	ANITHA A
6.	U14NR006	ANITHA S
7.	U14NR007	ASHWINI D
8.	U14NR008	BABY LAKSHMI M
9.	U14NR009	BANU PRIYA R
10.	U14NR010	BANUMATHI T
11.	U14NR011	BHAVANI R
12.	U14NR013	BINDHU M
13.	U14NR014	CHRISTINA MARY S
14.	U14NR015	DAYOOPHI STEN
15.	U14NR016	DEEPIKA B
16.	U14NR017	DEEPIKA M
17.	U14NR018	DEVI DAMAI
18.	U14NR019	DEVI S
19.	U14NR020	DINESH KUMAR V
20.	U14NR021	DIVYA M
21.	U14NR022	DIVYA R
22.	U14NR023	GAYATHRI S
23.	U14NR024	GOMATHI A
24.	U14NR025	GOMATHI K
25.	U14NR026	GOVINDARAJAN S
26.	U14NR027	GOWSALYA M
27.	U14NR028	GOWTHAM P
28.	U14NR029	HARINI T
29.	U14NR030	HEMALATHA R
30.	U14NR031	HENRY MARTIN K
31.	U14NR032	IBASHIDA MAKRI
32.	U14NR033	ISHWARYA K
33.	U14NR034	JUDITH INDUMATHI R
34.	U14NR035	KALAISELVI B
35.	U14NR036	KALAIVANI K
36.	U14NR037	KAVITHA N
37.	U14NR038	KAVITHA S

38.	U14NR039	KEERTHANA P
39.	U14NR040	KEERTHIKA D
40.	U14NR041	KOUSALYA R
41.	U14NR042	KOWSALYA K
42.	U14NR044	LAKSHIMI S
43.	U14NR045	LAVANYA S
44.	U14NR046	MAHALAKSHMI M
45.	U14NR047	MANIVASAGAJOTHI M
46.	U14NR048	MANJUPRIYA V
47.	U14NR049	MANOGAR C
48.	U14NR050	MARIYA CHRISTY PAUL N D
49.	U14NR051	MARIYAL P
50.	U14NR052	MEENA T
51.	U14NR054	MURALI K
52.	U14NR055	NANDHINI V
53.	U14NR056	NANDHINI P
54.	U14NR057	NISHANTHI R
55.	U14NR058	NIVETHA P
56.	U14NR059	POOJA K
57.	U14NR060	PRASANNA C
58.	U14NR061	PREETHI F
59.	U14NR062	PRIYA R
60.	U14NR063	PRIYA S
61.	U14NR064	PUSHPALATHA S
62.	U14NR065	RAJASOZHAMANNAN S
63.	U14NR066	RAJESH KUMAR P
64.	U14NR067	RAJESHWARI A
65.	U14NR068	RAJESHWARI G
66.	U14NR069	RAMYA S
67.	U14NR070	RANJINI M
68.	U14NR072	ROSSUN ROSEMARY RONGMEI G
69.	U14NR073	RUBINI C
70.	U14NR074	RUKSHANA T
71.	U14NR075	SANDHIYA R
72.	U14NR076	SANGEETHA J
73.	U14NR077	SARANYA B
74.	U14NR078	SARANYA M
75.	U14NR079	SAVITHYA E
76.	U14NR080	SHARMILA A
77.	U14NR081	SHOBANA K
78.	U14NR082	SINDHUJA R
79.	U14NR083	SIVARANJINI R
80.	U14NR084	SOURAV ISLAM
81.	U14NR085	SOWMIYA M
82.	U14NR086	SUBASHREE R
83.	U14NR087	SWETHA C
84.	U14NR088	SWETHA J
85.	U14NR089	SYED NIZAMUDDIN A

86.	U14NR090	TAMILSELVI M
87.	U14NR091	USHA S
88.	U14NR092	VANAJA M
89.	U14NR093	VENKATESAN M
90.	U14NR094	VIDHYA R
91.	U14NR095	VIJAYASHANTHI P
92.	U14NR096	VIMAL JEYA PRIYA M
93.	U14NR097	VINITHA A
94.	U14NR098	VINOTHINI B
95.	U14NR099	YERRAM SAIRAMAKRISHMNA REDDY
96.	U14NR100	YOGALAKSHIMI J
97.	U13NR016	HELEN ARUNODHAYAM
98.	U17NR007	JINSA SARA BIJU

## CERTIFICATE TRAINING ON YOUTH FITNESS



The Department of Psychiatric Nursing, school of Nursing, offered a Value added Course on **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2017 -17/08/2017, for a period of 3 weeks. The participants actively interacted with the speakers.

# Bhara th



COLLEGE OF NURSING

VALUE ADDED COURSE ON YOUTH FITNESS

CERTIFICATE OF PARTICIPATION

This is to certify that Mr /Ms DIVYA.G (U16NR017) has attended three weeks  
value added course on

**CERTIFICATE TRAINING ON YOUTH FITNESS** conducted by Department of  
psychiatric Nursing at Bharath Institute of Higher Education during 8 AUG-  
17 AUG 2017.

COURSE CO-ORDINATOR  
HOD



**Annexure 4**

**Course/Training Feedback Form**

**Course:**

**Date:**

**Name:**

**Reg No.**

**Department: psychiatric Nursing**

**Q 1:** Please rate your overall satisfaction with the format of the course:

- a. Excellent   b. Very Good   c. Satisfactory   d. unsatisfactory

**Q 2:** Please rate course notes:

- a. Excellent   b. Very Good   c. Satisfactory   d. unsatisfactory

**Q 3:** The lecture sequence was well planned

- a. Excellent   b. Very Good   c. Satisfactory   d. unsatisfactory

**Q 4:** The lectures were clear and easy to understand

- a. Excellent   b. Very Good   c. Satisfactory   d. unsatisfactory

**Q 5:** Please rate the quality of pre-course administration and information:

- a. Excellent   b. Very Good   c. Satisfactory   d. unsatisfactory

**Q 6:** Any other suggestions:

**Comments:**

**Thank you for taking the time to complete this survey, your comments are much appreciated.**

**OPTIONAL Section:** Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



**Annexure 1**

Date- 06/07/2017

From  
R.Ajitha Nancy Rani  
Professor  
Psychiatric Nursing Department,  
Sree Balaji College of Nursing,  
Bharath Institute of Higher Education and Research,  
Chennai.

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

**Sub: Permission to conduct value-added course: WORK PLACE TRAINING ON STRESS  
MANAGEMENT**

Respected Madam,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled **Work place training on stress management** from 08/08/2017 - 26/08/2017. We solicit your kind permission for the same.

Kind Regards

R.Ajitha Nancy Rani

Phone & Fax : 2241 6605



## 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.

Department of Psychiatric Nursing

10.07.17


Sree Balaji College of Nursing

Chennai, Chrompet 600044

Sub:Permission Granted To Conduct Value-Added Course Titled **Work Place Training On Stress Management** From 08/08/2017 -26/08/2017.

With reference to the letter dated on 06.07.2017, Hereby I grant permission to conduct value-added course titled **Work place training on stress management** from 08/08/2017 - 26/08/2017

With Regards

  
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. Date: 20.07-2017

### CIRCULAR

The Department of, Psychiatric Nursing, is scheduled to offer conduct a value-added course titled **Work place training on stress management** from 08/08/2017 - 26/08/2017. Participants can approach Department of Psychiatric Nursing for registration.

  
Dr. V. CHINNAIYAN,  
M.Sc.(N), M.A., M.Phil., Ph.D.(N)  
PRINCIPAL  
SREE BALAJI COLLEGE OF NURSING  
No. 7, Works Road, Chromepet,  
Chennai-600 044

HOD



**BHARATH INSTITUTE OF HIGHER EDUCATION AND  
RESEARCH**

**DEPARTMENT OF PSYCHIATRIC NURSING**

**VALUE ADDED COURSE ON “WORK PLACE TRAINING ON STRESS  
MANAGEMENT”**

08/08/2017 -26/08/2017.

**COURSE CO-ORDINATOR DETAILS**

**Faculty Name:** Dr.V.Hemavathy, Principal/HOD, Department of Psychiatric Nursing.

**Email ID:** [sbenofficial2017@gmail.com](mailto:sbenofficial2017@gmail.com)

**Mobile number:** 9444207749.

**BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
**DEPARTMENT OF PSYCHIATRIC NURSING**  
**VALUE ADDED COURSE- SYLLABUS**  
**2016-2017**

**OBJECTIVES**

1. To help better awareness and understanding of stress.
2. To provide coping strategies for avoiding distress
3. To promote better adjustment to the work place
4. Evaluating your stress levels and dealing with stress positively

**Module 1-About Stress**

Definition and Model

Optimal Level of Stress

Signs or symptoms of stress

- Physical and Behavioural
- Cognitive
- Emotional

Demands and Resources  
Sources of Stress

## **Module - 1 - Managing Stress**

Coping With Stress

Types of Coping

- Coping Resources
- Cognitive Coping Strategies

Behavioural Coping Strategies

Performance under Stress

## **Module- 3. Foundation for Life long Health – Reducing Long Term Stress**

- Health, Nutrition and Exercise
- Lifestyle
- Yoga

**TOTAL CONTACT HOURS: 45**

### **TEXT BOOK**

1. Stress Management 1st Edition (English, Hardcover, Puspanjali Jena, Sucharita Pradhan)
2. Stress Management An Integrated Approach (English, Hardcover, Dr Viswanathan Gopalan)

### **REFERENCES BOOKS**

1. Bond M. **Stress** and Self Awareness: a Guide for Nurses, Heinemann.
2. Everly G.S. *A Clinical Guide to the Treatment of the Human Stress Response*, Plenum Press.
3. Cooper C., Palmer S. *Conquer Your Stress*, Chartered Institute of Personnel and Development.
4. Seaward B.L. *Managing Stress: Principles and Strategies for Health and Wellbeing*, 2nd edition, Jones and Bartlett Publishers.



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

<b>Sl No</b>	<b>Date</b>	<b>Topic</b>	<b>Time</b>	<b>Hours</b>
1	08.08.2017	Definition and Model	10 am - 1pm	3 Hrs
2	09.08.2017	Signs or symptoms of stress	10am -1pm	3 Hrs
3	10.08.2017	Demands and Resources	9am -1pm	4 Hrs
4	11.08.2017	Types of Coping	10am -1pm	3 Hrs
5	16.08.2017	Coping Resources	9am -1pm	4 Hrs
6	17.08.2017	Cognitive Coping Strategies	9 am - 1pm 2pm- 5pm	5Hrs
7	18.08.2017	Foundation for Life long Health	2pm -4pm	2 Hrs
8	19.08.2017	Health, Nutrition and Exercise	2pm -4pm	2 Hrs
9	25.08.2017	Reducing Long Term Stress	2pm -4pm	2 Hrs
10	26.08.2017	Yoga	2pm-4pm	2 Hrs
			Total Hours	30 HRS

**SREE BALAJI SCHOOL OF NURSING**  
**DEPARTMENT OF PSYCHIATRIC NURSING**  
**VALUE ADDED COURSE**  
**WORK PLACE TRAINING ON STRESS MANAGEMENT**

<b>S.NO</b>	<b>REG:NO</b>	<b>NAME OF THE STUDENT</b>
1.	U16NR001	AARTHY.S
2.	U16NR002	ABILASHA.R
3.	U16NR004	AKSHYA.R
4.	U16NR005	ANSU MARY ABRAHAM
5.	U16NR006	ANUSUYABEGUM.H
6.	U16NR007	ASHIKA SHANI.S
7.	U16NR008	BERCY ALEXANDRE.P
8.	U16NR009	BHAGYA SHREE.R
9.	U16NR010	DEEPA.N
10.	U16NR011	DEEPA.R
11.	U16NR012	DEEPALAKSHMI.M
12.	U16NR013	DEEPIKA.B
13.	U16NR014	DEEPIKA.S
14.	U16NR016	DHIVYA BHARATHI.K
15.	U16NR017	DIVYA.G
16.	U16NR018	DIVYA.P
17.	U16NR019	EMELYNE KHARKONGOR
18.	U16NR020	GAYATHRI.M(THIRUVANNAMALAI)
19.	U16NR021	GAYATHRI.M(CUDDALOORE)
20.	U16NR022	GOMATHI.S
21.	U16NR023	GOVINDAMMAL.D
22.	U16NR024	GRACY SELVARANI.J
23.	U16NR025	HEMALATHA.P
24.	U16NR026	HEMALATHA.V
25.	U16NR027	JAYASHREE.D
26.	U16NR028	JEEVITHA.J
27.	U16NR029	JENIFER.D
28.	U16NR032	KEERTHI.D
29.	U16NR033	KEERTHIKA.C
30.	U16NR034	KIRUTHIKA.M
31.	U16NR035	KOWSALYA.S
32.	U16NR036	LAKSHMI.V
33.	U16NR037	MAALIKAAFRIN.S
34.	U16NR038	MANJUMATHA.D
35.	U16NR039	MOHANAPREETHA.S
36.	U16NR040	MONICA RAJAKUMARI.G
37.	U16NR041	MONISHA.A
38.	U16NR042	MONISHA.B
39.	U16NR043	MONISHA.M
40.	U16NR044	MONISHA.R
41.	U16NR046	NALINI VALAR SELVI.M
42.	U16NR047	NILASANDHIYA.T

43.	U16NR048	NITHYA.P
44.	U16NR049	NIVEDHA.N
45.	U16NR050	NIVEDHA.T
46.	<b>U17NR001</b>	ABINA BABU
47.	<b>U17NR002</b>	ABINAYA E
48.	<b>U17NR003</b>	ABIRAMI R
49.	<b>U17NR004</b>	AIDA JOSEPH
50.	<b>U17NR006</b>	ANITHA M
51.	<b>U17NR007</b>	ANJU TREESA JOSEPH
52.	<b>U17NR008</b>	ANN MARY SANTHOSH
53.	<b>U17NR009</b>	ANNA SCARIA
54.	<b>U17NR001</b>	ANSU ALEX
55.	<b>U17NR002</b>	ANU ANNA JOSE
56.	<b>U17NR003</b>	ANU P SAJI
57.	<b>U17NR004</b>	ANUSHREE RAJEEV C P
58.	<b>U17NR006</b>	ARCHANA B S
59.	<b>U17NR007</b>	ASHLY S
60.	<b>U17NR008</b>	ASHWINI M
61.	<b>U17NR009</b>	ATCHAYA K
62.	<b>U17NR010</b>	ATHIRA ANIL
63.	<b>U17NR011</b>	AYANA BABU
64.	<b>U17NR012</b>	BHARATHI B
65.	<b>U17NR013</b>	BHAVANI L
66.	<b>U17NR014</b>	DEEPIKA B
67.	<b>U17NR015</b>	DEEPIKA S
68.	<b>U17NR016</b>	DEEPIKA S
69.	<b>U17NR017</b>	DEEPIKA V
70.	<b>U17NR018</b>	ELIZABETH JACOB
71.	<b>U17NR019</b>	FEBA SAM
72.		

73.	<b>U17NR021</b>	HELEN JOSEPH
74.	<b>U17NR022</b>	JANNET ANN MATHEW
75.	<b>U17NR023</b>	JAYALALITHA V
76.	<b>U17NR024</b>	JINSA SARA BIJU
77.	<b>U17NR025</b>	JISS MARY JOLLY
78.	<b>U17NRO26</b>	JOTHIKA G
79.	<b>U17NR027</b>	KALPANA R
80.	<b>U17NR007</b>	KAVIPRIYA V
81.	<b>U17NR008</b>	KAVITHA P
82.	<b>U17NR009</b>	ASHLY S
83.	<b>U17NR010</b>	ASHWINI M
84.	<b>U17NR011</b>	ATCHAYA K
85.	<b>U17NR012</b>	ATHIRA ANIL
86.	<b>U17NR013</b>	AYANA BABU
87.	<b>U17NR014</b>	BHARATHI B
88.	<b>U17NR015</b>	BHAVANI L
89.	<b>U17NR016</b>	DEEPIKA B
90.	<b>U17NR019</b>	DEEPIKA S
91.	<b>U17NR021</b>	DEEPIKA S
92.	<b>U17NR022</b>	DEEPIKA V
93.	<b>U17NR023</b>	ELIZABETH JACOB
94.	<b>U17NR024</b>	FEBA SAM
95.	<b>U17NR025</b>	HELEN JOSEPH
96.	<b>U17NRO26</b>	JANNET ANN MATHEW
97.	<b>U17NR027</b>	JAYALALITHA V
98.	<b>U17NR007</b>	JINSA SARA BIJU
99.	<b>U17NR008</b>	JISS MARY JOLLY
100.	<b>U17NR019</b>	JOTHIKA G

## WORK PLACE TRAINING ON STRESS MANAGEMENT



The Department of Psychiatric Nursing, school of Nursing, offered a Value added Course on **Work place training on stress management** from 08/08/2017 -26/08/2017, for a period of 3 weeks. The participants actively interacted with the speakers.





# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as Deemed-to-be-University under section 3 of UGC Act 1956)



COLLEGE OF NURSING

VALUE ADDED COURSE ON WORK PLACE TRAINING ON STRESS MANAGEMENT

CERTIFICATE OF PARTICIPATION

**This is to certify that Mr /Ms DIVYA.G(U16NR017) has attended three weeks value added course on WORK PLACE TRAINING ON STRESS MANAGEMENT conducted by Department of psychiatric Nursing at Bharath Institute of Higher Education during 8AUG-26AUG 2017.**

COURSE CO-ORDINATOR

HOD

**Annexure 4**

**Course/Training Feedback Form**

**Course:**

**Date:**

**Name:**

**Reg No.**

**Department: psychiatric Nursing**

**Q 1:** Please rate your overall satisfaction with the format of the course:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 2:** Please rate course notes:

- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

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**Q 4:** The lectures were clear and easy to understand

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- a. Excellent    b. Very Good    c. Satisfactory    d. unsatisfactory

**Q 6:** Any other suggestions:

**Comments:**

**Thank you for taking the time to complete this survey, your comments are much appreciated.**

**OPTIONAL Section:** Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_



