

Annexure 1

Date- 06/07/2022

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 08/08/2022 -17/08/2022. 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.

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

25.07.22

Sree Balaji College Of Nursing

Chennai, Chrompet 600044

Sub: Permission Granted To Conduct Value-Added Course Titled **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2022 -17/08/2022.

With reference to the letter dated on 06.07.2022. Hereby I grant permission to conduct value-added course titled **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2022 -17/08/2022

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 6805



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No.7, Works Road, Chromepet, Chennai - 600 044. Date:26.07-2022

CIRCULAR

The Department of, Psychiatric Nursing, is scheduled to Conduct a value-added course titled **CERTIFICATE TRAINING ON YOUTH FITNESS** from 08/08/2022 -17/08/2022. 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
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No. 7, Works Road, Chromepet,
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BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH
DEPARTMENT OF PSYCHIATRIC NURSING
VALUE ADDED COURSE ON “CERTIFICATE TRAINING ON YOUTH FITNESS”

08/08/2022 -17/08/2022.

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

COLLEGE OF NURSING

DEPARTMENT OF PSYCHIATRIC NURSING

VALUE ADDED COURSE SYLLABUS

2021-2022

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 (2022-2022)

Session	Topic	Date	Duration (Hr)	Resource person
Session I	Introduction to youth fitness	08-08-2022	3	Mr.Praveen
Session II	Benefitness of youth fitness	08-09-2022	3	Ms.Soundaraya
Session III	Importance of youth health and fitness	08-10-2022	4	Mr.Stephen
Session IV	How fitness helps	08-11-2022	3	Mr.Kanthan.E
Session V	Youth and active nutrition	08-12-2022	3	Mr.Gobi
Session VI	Youth and eating disorder	08-13-2022	4	Mrs.Priya
Session VII	Exercise related eating disorder	08-14-2022	3	Mr.Balamurugan
Session VIII	Motivation	08-16-2022	3	Mr.Manoj kumar
Session IX	Monitor the fitness regularly	08-17-2022	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**

SNO	REG.NO	NAME OF THE STUDENT
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 FITNES** from 08/08/2022 -17/08/2022, for a period of 3 weeks. The participants actively interacted with the speakers.

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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 2022 .

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 _____