



Godavari Foundation's

GODAVARI COLLEGE OF NURSING, JALGAON

YOGA

(A Value Added Course Offered by Godavari nursing college)

TOTAL HOURS: 30 HOURS

In view of today's global problems, the course of yoga is compulsory, as mental and physical stress is increasing everywhere, students will benefit from this course. Just as the word yoga means to connect, joining, the students will also have loyalty and engagement towards their duty towards society and our society will move towards a positive thinking.

COURSE OBJECTIVES

Following are the main objectives of this course.

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of conscious.

COURSE OUTCOMES

Yoga education can help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

COURSE OFFERED BY

Mrs. Sarla Sathe

Antarang Yoga Classes, Jalgaon

SYLLABUS

The course consists of theory and practical training on yoga therapy.

THEORY SYLLABUS

Sr no	Topic	hr
1	Introduction to yoga	1
2	Yogic concept of mind & body	1
3	Streams of yoga	1
4	Difference between yoga and exercise	1
5	Physiological of asanas	1
6	Physiological of pranayama	1
7	Physiological of meditation	1
8	Yoga diet	1
	Total hours	8hrs

PRACTICAL SYLLABUS

Sr no	Topic	hr
1	1. Loosening practices (Sithila vyama) i. Neck rotation ii. Shoulder rotation iii. Wrist rotation iv. Hip rotation v. Forward and backward bending vi. Side bending vii. Twisting	2
2	Suryanamaskar Suryanamaskara or sun salutation involving 12 Asanas are trained in a sequence in synchronization with breath control	3
3	Standing asanas i. Tadasana ii. Padhastasana	2

	iii. Ardhashakrasana iv. Trikonasana v. Parvrit trikonasana vi. Vriksasana vii. Garudasana viii. Katrichakrasana	
4	Sitting asanas i. Vajrasana ii. Shashankasana iii. Suptavajrasana iv. Ustrasana v. Paschimottansana vi. Janusirsana vii. Ardha matsendriyasana	2
5	Prone asanas i. Makrasana ii. Bhujangasana iii. Shalabhasana iv. Dhanurasana	3
	Total	12hrs



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BASIC LIFE SUPPORT (BLS)

(A Value Added Course Offered by Godavari nursing college)

TOTAL HOURS : 30 HOURS

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

COURSE OBJECTIVES

- High-quality CPR for adults, children, and infants
- The AHA Chain of Survival, specifically the BLS components
- Important early use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multirescuer resuscitation and performance as an effective team member during multirescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants

COURSE OUTCOMES

It is to not only get the training you need, but to do so as efficiently as possible, which is why our BLS blended learning courses also include adaptive learning functionality, which allows you to receive personalized, focused courses. By completing an optional pre-assessment for each lesson, you'll not only receive an independent learning path, but depending on the results of the pre-assessment, you'll also have the opportunity to test out of a lesson, or test out of specific topics within a lesson – which can reduce the overall amount of time spent in class.



**BASIC LIFE SUPPORT
TO THE WORLD**

SYLLABUS

The course consists of theory and practical training on Basic life support.

THEORY AND PRACTICAL SYLLABUS

Sr no	Topic	hr
1	Introduction of basic life support	2
2	Understanding the Basics of BLS BLS Consists of these main parts <ul style="list-style-type: none">➤ Chest compressions➤ Airway➤ Breathing➤ Defibrillation	5
3	Overview of Initial BLS Steps	5
4	Activate the Emergency Response System and Get an AED	3
5	Begin Cycles of 30 Chest Compressions and 2 Breaths (CPR)	2
6	Relief of foreign-body airway obstruction (choking) for adults and infants	3



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INFECTION CONTROL PROGRAMME

COURSE TITLE

Hospital Infection control practices: PPE, Handwashing & BMW management

COURSE OBJECTIVES

At the end of this course the participants will be able to:-

1. Discuss the healthcare-associated infections & infection control policies
2. Discuss the current perspective of infection control.
3. Describe the Infection transmission process & its prevention
4. Describe about the physical and chemical methods of sterilization and disinfection
5. Describe about the various methods used in cleaning & disinfection of medical equipment.
6. Discuss the different types of (PPE) Personal protective equipment helps in the prevention of transmission of infection;
7. Understand about the different type of hand washing and their significances in a hospital setting
8. Understand the role of hand hygiene in control of hospital-acquired
9. Discuss the aspect related to standard norms, principles, classification, sources & hazards associated with biomedical waste management.
10. Understand the treatment and disposal techniques of biomedical waste management.
11. Apply the knowledge and skills necessary for improving protection from communicable diseases.

COURSE OVERVIEW

Infection is one of the most dreaded adverse events associated with healthcare delivery, accounting for considerable morbidity, mortality, and cost. This course offers a unique title in the field of health care setting i.e. infection control practices. This is a guide for health care workers involved in patient care activities in a health care setting. This course has been specially tailored for skill building of a nurse on the initial assessment of hospital-acquired infection occurring in the hospital measuring and evaluating quality indicators related to infection control practices, actively contributing towards prevention of infection, reducing the incidences in critical care areas and executing quality assurance practices in the health care system.

Poor infection control practices and untrained infection prevention staff create an unhealthy imbalance between the care provided and the outcome of the treatment. Here originates the need for in-depth training, according to optimum standards and professional accountability that encourages health care organizations to pursue continual excellence.

The objective of this program is an endeavor to prepare healthcare professionals for the implementation of hospital infection control activities in their daily practices to prevent hospital-acquired infections.



YLLABUS

THEORY

Sr no	Topic	hr
1	Introduction of healthcare-associated infections & infection control program <ul style="list-style-type: none"> • Introduction • Hospital infection control committee/team • Activities of IC Team • Role & responsibilities of ICN • Role of hospital administration in hospital infection control, • Infection Protection for Healthcare Workers • Education and training of healthcare workers, patients, and families. 	5
2	Infection transmission & its prevention <ul style="list-style-type: none"> • Introduction & various routes of transmission of infection • Standard / Universal precautions and its components • The significance of taking standard / Universal precautions • Isolation policies and procedures • Infection Control Manoeuvres to Control Transmission 	3
3	Sterilization and disinfection: <ul style="list-style-type: none"> • Physical and chemical methods of sterilization and disinfection • Cleaning & Disinfection of medical equipment, • Disinfection of Hepatitis B virus, Hepatitis C virus, HIV or TB contaminated devices 	2
4	Personal protective equipment and standard precautions: Introduction, Types & Method of use of personal protective equipment (PPE): Gloves, Gown, mask, apron Protective eyewear (goggles), Boots or shoe cover & Cap or hair cover	3
5	Hand hygiene practices <ul style="list-style-type: none"> • Introduction • types of handwashing • Steps of hand washing • The role of hand hygiene in control of hospital-acquired 	2
6	Biomedical waste management: <ul style="list-style-type: none"> • Introduction • Standard norms for Biomedical waste • Principles of Waste Management • WHO Classification of BMWM • Sources of Biomedical Waste • The problem associated with biomedical waste management • Hazards related to biomedical waste management • Treatment and disposal techniques of BMWM 	5

