

SGRR UNIVERSITY

**Brochure of Value-Added Courses
SGRRIM&HS School of Nursing
2023-2024**

ABOUT THE UNIVERSITY

Shri Guru Ram Rai University was established by a religious and philanthropic leader, Shri Mahant Devendra Dass Ji Maharaj in the year 2017. It is situated in the heart of city, Uttarakhand. We are extremely privileged to extend the values and ethos of the Shri Guru Ram Rai Education mission through SGRR University to impart quality education and in successfully placing more than 80% students in various companies across the globe. SGRR University has humongous campus spread over 80 acres of land. Its state-of-art facilities give opportunities to develop leadership skills and to achieve professional excellence. It has 8500+ students from different countries, 29 states and Union Territories and providing cultural melange and global exposure to our students. One of the biggest boosts from University is its unmatched experience of 67 years of in delivering quality education that helps to develop confidence and will give you more knowledge, industry exposure, building good networking and high self-esteem. This will change your overall personality and develop you into a complete professional to face any challenge.

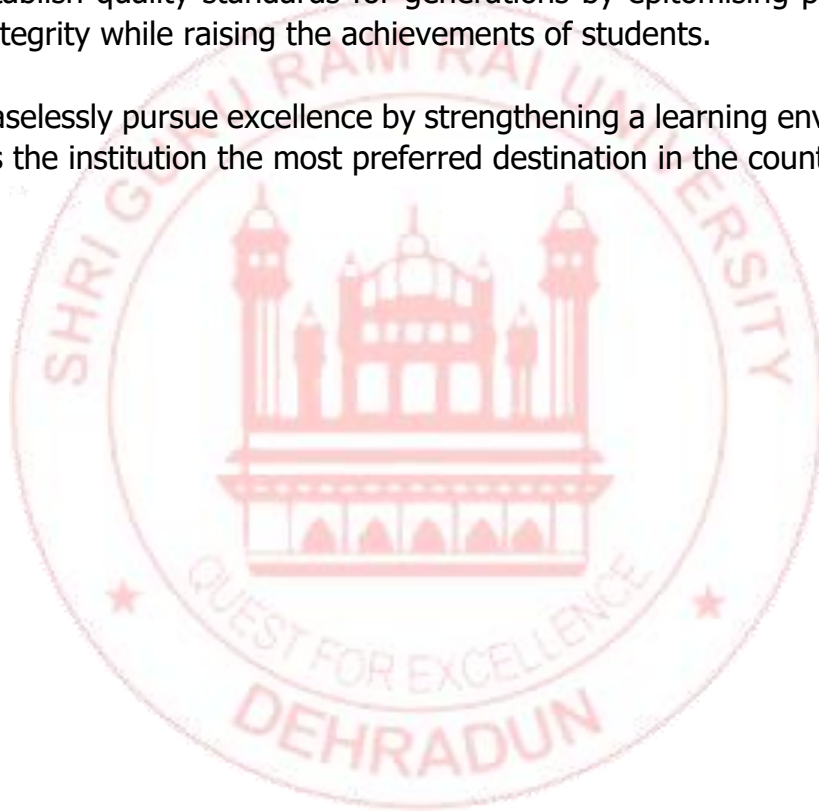
Vision

“To establish Sri Guru Ram Rai University to be a Center of Excellence in higher education, innovation and social transformation by nurturing inquisitive and creative minds and by enabling the stakeholders to become committed professionals and educators of national and global relevance.”

Mission

- ❖ To provide a comprehensive and sustainable educational experience that fosters the spirit of enquiry, scientific thinking and professional competence along with ethical and spiritual values
- ❖ To deliver a classic, well rounded learning experience that is distinctive and impactful on the young generation preparing them for a successful career
- ❖ To engage, inspire and challenge the stakeholders to become leaders with ethics and positive contributors to their chosen field and humane citizens
- ❖ To attract, train and retrain qualified staff to work efficiently to bring forth the maximum resource potential

- ❖ To develop committed and responsible professionals who work for the welfare of the society by providing innovative and efficient solutions and creating long term relationship with the stakeholders
- ❖ To create a sustainable career, by collaborating with stakeholders and participating in community partnership for life and livelihood in the local society in a responsive and dynamic way
- ❖ To make our students globally competent by introducing specialized training leading to professional capabilities and developing diverse skills in them for competitive advantage.
- ❖ To establish quality standards for generations by epitomising professionalism and integrity while raising the achievements of students.
- ❖ To ceaselessly pursue excellence by strengthening a learning environment that makes the institution the most preferred destination in the country.



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INTRODUCTION

The ever-changing global scenario makes the world more modest and needs high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emergent challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner or later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher education institutions to supplement the curriculum to make students better prepared to meet industry demands as well as develop their own interests and aptitudes.

Objectives The main objectives of the Value-Added Course are:

- ✓ To provide students an understanding of the expectations of industry.
- ✓ To improve employability skills of students.
- ✓ To bridge the skill gaps and make students industry ready.
- ✓ To provide an opportunity to students to develop inter-disciplinary skills.
- ✓ To mould students as job providers rather than job seekers.

Course Designing The department interested in designing a Value Added Course should undertake Training Need Analysis, discuss with the generic employers, alumni and industrial experts to identify the gaps and emerging trends before designing the syllabus.

Conduction of value added courses :

Value Added Course is not mandatory to qualify for any programme and the credits earned through the Value-Added Courses shall be over and above the total credit requirement prescribed in the curriculum for the award of the degree. It is a teacher assisted learning course open to all students without any additional fee.

Classes for a VAC are conducted during the RESERVED Time Slot in a week or beyond the regular class hours The value-added courses may be also conducted during weekends / vacation period. A student will be permitted to register only one Value Added Course in a Semester.

student will be encouraged to opt for the VAC offered by his/her parent Department/Faculty. Industry Experts / Eminent Academicians from other Institutes are eligible to offer the value-added course. The course can be offered only if there are at least 5 students opting for it. The students may be allowed to take value added courses offered by other departments after obtaining permission from Dean offering the course. The duration of value added course is 30 hours with a combination 18 hours (60%) of theory and 12 hours (40%) of practical. However, the combination of

theory and practical shall be decided by the course teacher with the approval of the Dean

GUIDELINES FOR CONDUCTING VALUE ADDED COURSES

- ❖ Value Added Course is not mandatory to qualify for any program.
- ❖ It is an instructor supported learning course open to all students without any added fee.
- ❖ Classes for VAC will be conducted during the **RESERVED** Time Slot in a week or beyond the regular class hours.
- ❖ The value-added courses may be also conducted during weekends / vacation period.
- ❖ A student will be permitted to register only one Value Added Course in a Semester.
- ❖ Students may be permitted to enrol in value-added courses offered by other departments/ Schools after obtaining permission from the Department's Head offering the course.

DURATION AND VENUE

- ❖ The duration of value-added course should not be less than 30 hours.
- ❖ The Dean of the respective School shall provide class room/s based on the number of students/batches.
- ❖ VAC shall be conducted in the respective School itself.

REGISTRATION PROCEDURE

The list of Value-Added Courses, along with the syllabus, will be available on the University Website. A student must register for a Value-Added Course offered during the semester by completing and submitting the registration form. The Department Head shall segregate according to the option chosen and send it to the Dean of the school offering the specific Value-Added Courses.

- ❖ Each faculty member in charge of a course is responsible for maintaining Attendance and Assessment Records for candidates who have registered for the course.
- ❖ The Record must include information about the students' attendance and Assignments, seminars, and other activities that were carried out.
- ❖ The record shall be signed by the Course Instructor and the Head of the Department at the end of the semester and kept in safe custody for future verification.
- ❖ Each student must have a minimum of 75% attendance in all courses for the semester in order to be eligible to take certificate.

- ❖ Attendance requirements may be relaxed by up to 10% for valid reasons such as illness, representing the University in extracurricular activities, and participation in NCC.
- ❖ The students who have successfully completed the Value Added Course shall be issued with a Certificate duly signed by the Authorized signatories.



Advanced Cardiac Life Support

Course Code: VCSN015

Course Objectives:

Enhance Skills in Cardiac Emergency Management: Equip students with advanced skills to handle cardiac emergencies, including arrhythmia management, cardiac arrest, and post-cardiac arrest care.

Master ACLS Algorithms and Protocols: Ensure a deep understanding and application of ACLS algorithms and evidence-based protocols.

Develop Leadership in Resuscitation Teams: Train students to effectively lead and communicate within a resuscitation team.

Improve Decision-Making Abilities: Enhance critical thinking and decision-making skills in high-pressure cardiac emergency situations.

Incorporate Latest ACLS Guidelines: Update students with the latest ACLS guidelines and practices from leading health organizations.

Course Outcome:

- Students will demonstrate proficiency in advanced cardiac life support techniques, including arrhythmia management, effective resuscitation leadership, and post-cardiac arrest care.
- They will be adept in applying the latest ACLS protocols and guidelines in clinical practice.
- Successfully lead and participate in a multidisciplinary resuscitation team.

Course Modules:

Module I: Basic Life Support (BLS) Review and ACLS Introduction

- Review of BLS protocols.
- Introduction to ACLS, including the importance of high-quality CPR.
- Understanding ACLS algorithms and pharmacology basics.

Module II: Arrhythmia Recognition and Management

- Identifying and managing major cardiac arrhythmias.
- Utilizing appropriate medications and electrical therapies.

- Simulation exercises for arrhythmia management.

Module III: Cardiac Arrest Management

- In-depth focus on the ACLS Cardiac Arrest Algorithm.
- Techniques for effective defibrillation and airway management.
- Hands-on practice with advanced airway devices and IV access.

Module IV : Post-Cardiac Arrest Care

- Managing the post-cardiac arrest patient.
- Understanding and implementing therapeutic hypothermia.
- Strategies for stroke recognition and care.

Module V : Team Dynamics and Leadership in Resuscitation

- Principles of effective communication and leadership in a resuscitation team.
- Role-playing and simulation-based training.
- Ethical considerations and end-of-life care decisions.

References:

1. "Advanced Cardiovascular Life Support (ACLS) Provider Manual" by American Heart Association
2. "ACLS Study Guide" by Barbara Aehlert
3. "Rapid Interpretation of EKG's" by Dale Dubin
4. "Cardiopulmonary Bypass: Principles and Practice" by Glenn P. Gravlee
5. "Textbook of Advanced Cardiac Life Support" by American Heart Association

Compassionate Medicine and Patient Engagement

Course Code: VCSN016

Course Objectives:

- Understand the Essence of Compassionate Medicine:
- Enhance Communication and Empathy Skills:
- Patient-Centered Care and Shared Decision-Making:
- Cultural Competence and Sensitivity:
- Psychosocial and Spiritual Aspects of Patient Care

Course Outcome:

- Students will grasp the core principles of compassionate medicine and understand its significance in patient care.
- Enhanced communication and empathy skills will enable students to build strong doctor-patient relationships.
- Students will be adept in incorporating patient-centered care and shared decision-making into their medical practice.
- Cultural competence and sensitivity will become integral aspects of their approach to patient care.
- Recognition and addressing psychosocial and spiritual aspects will contribute to holistic patient well-being

Course Modules:

Module I : Introduction to Compassionate Medicine

- Definition and significance of compassionate medicine.
- Historical perspectives and evolution in healthcare.

Module II : Communication and Empathy in Patient Care

- Effective verbal and non-verbal communication skills.
- Developing empathy and active listening techniques.

Module III: Patient-Centered Care and Shared Decision-Making

- Principles of patient-centered care.
- Models and strategies for shared decision-making.

Module IV: Cultural Competence and Sensitivity

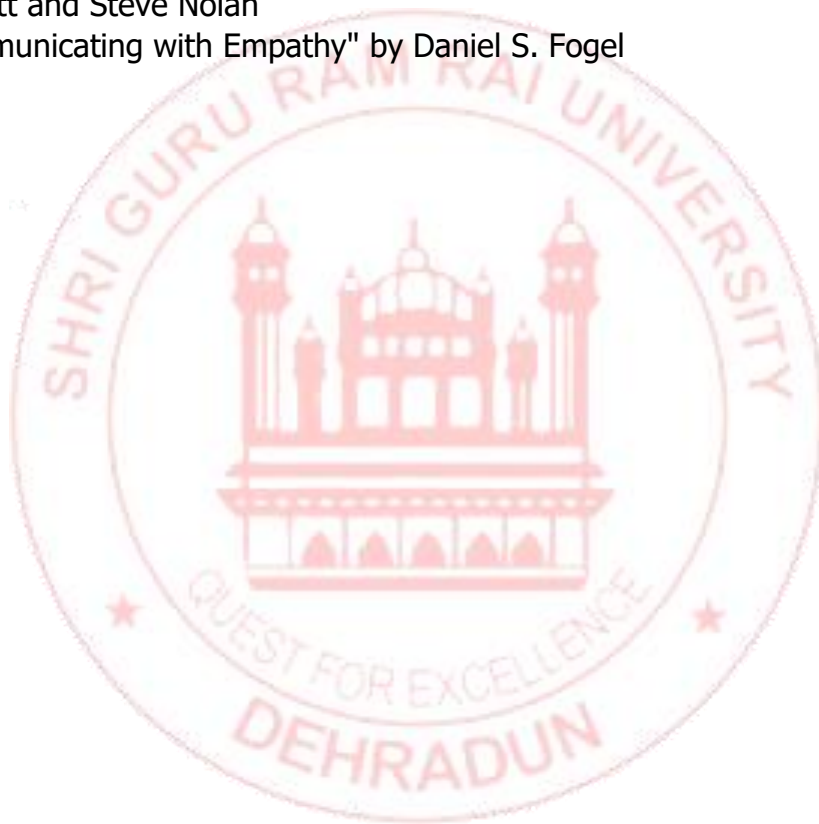
- Understanding cultural diversity in healthcare.
- Overcoming cultural barriers and biases.

Module V Psychosocial and Spiritual Aspects of Patient Care

- Addressing psychosocial factors affecting patient health.
- Integrating spiritual care into medical practice.

References :

- "Empathy: A Handbook for Compassionate Medicine" by Stephen Trzeciak and Anthony Mazzeoli
- "Patient-Centered Medicine: Transforming the Clinical Method" by Moira Stewart and Judith Belle Brown
- "Cultural Competence in Health Education and Health Promotion" by Miguel A. Paniagua
- "Spiritual Care in Practice: Case Studies in Healthcare Chaplaincy" by George Fitchett and Steve Nolan
- "Communicating with Empathy" by Daniel S. Fogel



Holistic Home Support for the Elderly

Course Code: VCSN017

Course Objectives:

- Understanding Aging and Holistic Care.
- Creating a Supportive Home Environment.
- Health and Wellness for the Elderly.
- Holistic Approaches to Cognitive Health.
- Promoting Emotional and Social Well-being.

Course Outcome:

- Students will gain a comprehensive understanding of aging, holistic care, and its significance in supporting the elderly.
- The ability to assess and modify home environments to create a safe and supportive living space.
- Proficiency in developing health and wellness plans focusing on nutrition, exercise, and mental well-being for the elderly.
- Understanding and implementation of holistic approaches to support cognitive health in the elderly.
- Strategies to address emotional needs, combat loneliness, and foster social connections

Course Modules:

Module I: Introduction to Aging and Holistic Care

- Overview of the aging process and its impact.
- Introduction to holistic care principles.

Module II : Creating Elderly-Friendly Home Environments

- Home assessment for safety and accessibility.
- Modifications for a supportive living space.

Module III Health and Wellness Strategies for the Elderly

- Common health issues in the elderly.
- Nutrition, exercise, and mental well-being plans.

Module IV : MHolistic Cognitive Health Approaches

- Cognitive challenges in aging.
- Strategies for maintaining cognitive health.

Module V : Emotional and Social Well-being in the Elderly

- Addressing emotional needs and mental health.
- Combating loneliness and fostering social connections.

References :

- "Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development" by George E. Vaillant
- "The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss" by Nancy L. Mace and Peter V. Rabins
- "Being Mortal: Medicine and What Matters in the End" by Atul Gawande
- "The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest" by Dan Buettner
- "The Gift of Years: Growing Older Gracefully" by Joan Chittister



Prenatal Home Support

Course Code: VCSN018

Course Objectives:

- Understanding Pregnancy and Prenatal Care
- Creating a Nurturing Home Environment
- Health and Wellness During Pregnancy
- Holistic Approaches to Prenatal Mental Health
- Educating and Preparing Expectant Parents

Course Outcome:

- Students will gain a comprehensive understanding of pregnancy, prenatal care, and the importance of a supportive environment.
- The ability to assess and modify home environments to create a safe and nurturing space for expectant parents.
- Proficiency in developing health and wellness plans focusing on nutrition, exercise, and mental well-being during pregnancy.
- Understanding and implementation of holistic approaches to support prenatal mental health.
- Skills in providing education on prenatal care, childbirth, and preparing expectant parents for the postpartum period..

Course Modules:

Module I: Introduction to Pregnancy and Prenatal Care

- Overview of the stages of pregnancy.
- Importance of prenatal care.

Module II: Creating a Nurturing Prenatal Home Environment

- Home assessment for safety and comfort during pregnancy.
- Modifications for a supportive living space.

Module III: Health and Wellness During Pregnancy

- Common health considerations for expectant mothers.
- Nutrition, exercise, and mental well-being plans.

Module I V: Holistic Prenatal Mental Health Approaches

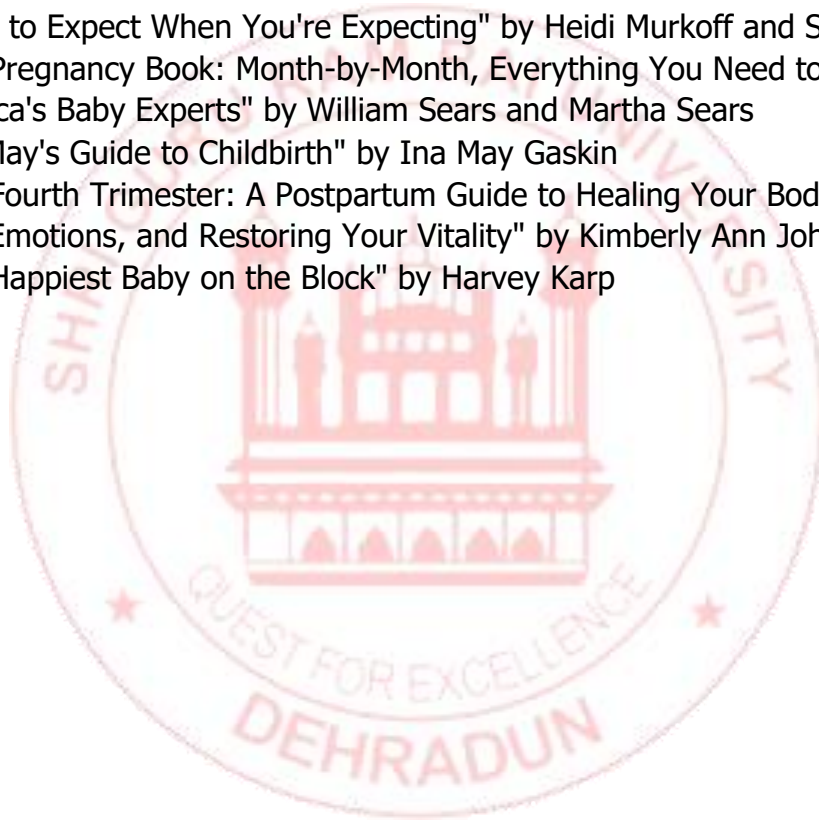
- Emotional challenges and mental health considerations during pregnancy.
- Strategies for supporting prenatal mental health.

Module V : Educating and Preparing Expectant Parents

- Prenatal care education.
- Discussions on childbirth, parenting skills, breastfeeding, and newborn care.

References :

- "What to Expect When You're Expecting" by Heidi Murkoff and Sharon Mazel
- "The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts" by William Sears and Martha Sears
- "Ina May's Guide to Childbirth" by Ina May Gaskin
- "The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality" by Kimberly Ann Johnson
- "The Happiest Baby on the Block" by Harvey Karp



Ethical Foundations of Humanity

Course Code: VCSN019

Course Objectives:

- To Introduction to ethics and Humanity:
- To Know historical Perspectives on Moral Philosophy:
- To Understand cultural Variations in Ethical Values:
- To understand applied Ethics in Everyday Life:
- To Understand ethics and Global Citizenship:

Course Outcome:

- A foundational understanding of ethics and its significance in shaping human behavior.
- Familiarity with major ethical theories and their historical development.
- Recognition of cultural variations in ethical values and the ability to navigate diverse perspectives.
- Applied skills in ethical decision-making in various life scenarios.
- Awareness of global ethical challenges and the responsibilities of global citizenship.

Course Modules:

Module I: Introduction to Ethics and Humanity

- Defining ethics and its relevance to humanity.
- Exploring the foundations of ethical principles.

Module II : Historical Perspectives on Moral Philosophy

- Overview of major ethical theories (deontology, utilitarianism, virtue ethics, etc.).
- Examining the evolution of moral philosophy through history.

Module III : Cultural Variations in Ethical Values

- Understanding cultural influences on ethical perspectives.
- Case studies on cultural variations in ethical dilemmas.

Module IV: Applied Ethics in Everyday Life

- Ethical decision-making in personal and professional settings.

- Analyzing case studies to apply ethical principles.

Module V : Ethics and Global Citizenship

- Exploring global ethical challenges.
- Responsibilities of individuals and societies in a global context.

References:

- "Justice: What's the Right Thing to Do?" by Michael J. Sandel
- "Ethics: A Very Short Introduction" by Simon Blackburn
- "The Nicomachean Ethics" by Aristotle
- "Utilitarianism" by John Stuart Mill
- "The Virtue of Selfishness" by Ayn Rand

