



INSTITUTE OF GERONTOLOGY AND GERIATRICS

LALIT NARAYAN MITHILA UNIVERSITY

KAMESHWARANAGAR, DARBHANGA

1.3.1 List and description of the Courses which address the Gender, Environment and Sustainability, Human Values, and Professional Ethics.

Name of the Program: PGDGC

Sl. No.	Name of the Course/Paper	Paper/Course Code	Offered to	Issues	Description
1	Psychological Ageing	PGDGC/G22 Paper-VI	PGDGC Sem-II	Human Values	Made students aware about MSME, Depression, Death Fear etc. to skilled them so that they could provide care in this circumstance.
2	Basic Gerontechnology	GT Paper-I	GT Certificate Course	Human Values	Enrich the students about various stages of life cycle, psychology involved etc.

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GOVERNOR'S SECRETARIAT, BIHAR
RAJ BHAVAN, PATNA-800022

Letter No.-LMNU(Regulation)-18/11- /GS(I). Dated-

From. P. C. Choudhary,
Officer on Special Duty (Judl.)

To. The Registrar,
Lalit Narayan Mithila University,
Darbhanga.

Sub:- Regarding approval of the Ordinance and Regulations (Revised) of Post Graduate Diploma in Geriatric Care including Syllabus of L.N. Mithila University, Darbhanga.

Sir,

I am directed to invite a reference to the University's Letter No.- IGG/19/19, dated 11-05-2019 on the subject mentioned above and to inform that Hon'ble Chancellor after due consideration of the proposal of the University and advice of the Advisory Committee has been pleased to approve the Ordinance and Regulations (Revised) of Post Graduate Diploma in Geriatric Care including Syllabus of L.N. Mithila University, Darbhanga (copy enclosed) in exercise of the powers conferred upon him u/s 38(2) and 39(2)(ii) of the Bihar State University Act, 1976 as amended up to date..

Further necessary action may kindly be taken accordingly.

Yours faithfully,
Sd/-

Encl:-As above.

(P.C. Choudhary)
Officer on Special Duty (Judl.)

Memo No.- LMNU(Regulation)-18/11- /GS(I). Dated-

Copy alongwith copy of Ordinance and Regulations (Revised) of Post Graduate Diploma in Geriatric Care including Syllabus of L.N. Mithila University, Darbhanga forwarded to the Principal Secretary, Education Department, Govt. of Bihar for information and necessary action.

Encl:-As above.

Sd/-
Officer on Special Duty (Judl.)

Memo No.- LMNU(Regulation)-18/11- 2050 /GS(I). Dated-06.07.2019

Copy alongwith copy of Ordinance and Regulations (Revised) of Post Graduate Diploma in Geriatric Care including Syllabus of L.N. Mithila University, Darbhanga forwarded to Scientist-D, In-Charge Computer Cell, Raj Bhavan, Patna for uploading on the website of Raj Bhavan/Guard File of Regulations and Ordinance of L.N. Mithila University, Darbhanga.

P.C. Choudhary
Officer on Special Duty (Judl.)



GOVERNOR'S SECRETARIAT, BIHAR
RAJ BHAVAN, PATNA-800022

Letter No.-LMNU(Régulation)-18/11-2050/GS(I),
From.

Dated-06.07-2019

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Officer on Special Duty (Judl.)

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Further necessary action may kindly be taken accordingly.

Encl:-As above.

Yours faithfully,

P.C. Choudhary
(P.C. Choudhary)
Officer on Special Duty (Judl.)

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Director, T.G.B. / Honr. Bodies / C.E.
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Draft Ordinance and Regulations (Revised) for the conductance of Post Graduate Diploma
Course(One Year) in Geriatric Care

1. Course Implementation

Post Graduate Diploma Course (One Year) in Geriatric Care approved by the University Grants Commission, New Delhi under Innovative Scheme-Teaching and Research in Interdisciplinary and Emerging Areas during XI plan period for five years from 01.03.2010 to 31.03.2015 with an intake capacity of sixteen at the University Department of Zoology, L.N. Mithila University, Darbhanga vide L. No. F. 14-19/2009 (Inno/ASIST) Dated 30 Sep 2009 and subsequently by the Hon'ble Chancellor, Universities of Bihar in exercise of his powers conferred upon him u/s 38(4) and 39(2)(ii-proviso) of the Bihar State Universities Act 1976 as amended upto date and communicated by the Governor's Secretariat, Raj Bhavan, Patna vide Memo No. L.N.M.U.-18/2011-1265/GS(I) Dated 14.08.2012 shall be conducted henceforth by the Institute of Gerontology and Geriatrics, L.N. Mithila University, Darbhanga as per the revised Ordinance and Regulations detailed hereto under the Self Finance Scheme as an "Add On Course" as per the updated syllabus designed on CBCS (Choice Bases Credit System) pattern in pursuance of University resolve to conduct elderly centric courses including Post Graduate Diploma Course (One Year) in Geriatric Care and carry out welfare programmes for senior citizens adopted by the University from time to time under the aegis of Institute of Gerontology and Geriatrics, L.N. Mithila University, Darbhanga and in consonance with the University commitment to continue the course beyond the stipulated period of five years.

These regulations shall be called "Ordinance and Regulations (Revised) for the conductance of Post Graduate Diploma Course (One Year) in Geriatric Care".

2. About the Course

P.G. Diploma Course (One Year) in Geriatric care, so to say, PGDGC, provides a natural extension of the subject last studied into teaching and /or research. A teaching programme of immense societal relevance, P.G. Diploma in Geriatric Care is set to mould the minds of growing adults to regard senior citizens as national asset rather than a liability in appreciation of their contributions to the community.

In view of the Government of India initiative on establishment of National Institute of Ageing along with several Regional Centres and a nation-wide network of Old Age Homes, trained care providers for the senior citizens generated on successful completion of the course can be readily available for services on aforesaid positions apart from recruitment in Geriatric wards in the Government and Private Hospitals, Senior Citizen Cells in every Police Station etc. The Course is basically intended to sensitize the learners with geriatric issues and train them to serve their parents and grandparents in their families and senior citizens living in Old Home set up as trained care providers.

निदेश कार्य परामर्शक (स्वायत्तिका)
मुख्यालय सचिवालय
विचार, पटना

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3. Eligibility

Candidates holding U.G.(Honours/General) degree in any subject in regular or Distance mode from a recognized University with minimum 45% marks in aggregate

4. Intake

Intake capacity will be 40 (Forty) with 25% mandatory enrolment for running the Course in a session.

5. Medium of Instruction

Medium of instruction will be English or Hindi.

6. Vacations and Holidays

Vacations and Holidays as per the University Calendar will be followed.

7. Method of Selection

Selection of eligible candidates applying in prescribed Admission Proforma obtainable with the Course Prospectus from the cash counter and also available on the University website shall be made for admission on the basis of marks obtained at the qualifying examination besides Aptitude Test and/or Personal Interview conducted to test the basic knowledge about the subject and interest for care of the Aged-the basic component of the Course.

8. Reservation

Existing Government policies of reservation relating to admission criteria for SC/ST/OBC and other categories as adopted by the University shall be followed. If selected candidates from reserved categories fail to take admission in time, candidates from the general category will be given opportunity for admission.

Candidates seeking admission on seats for reserved category will have to produce Caste Certificate issued by the competent authority.

In the event of seats lying vacant in reserved category, admission to candidates of General Category from the Merit List may be considered.

9. Credits

Credits means weightage given to a course in relation to instructional hours assigned to it. One credit will comprise of ten credit hours of instruction.

10. Teaching

Besides regular faculty of allied subjects deputed by the University at IGG, faculty from allied Departments/ Senior Citizens/Care Providers may be invited as Resource Persons/Guest faculty /Adjunct Faculty as and when required and be associated with Project Work/Dissertation keeping in

view of the multidisciplinary nature of the Course with the approval of the IGG Managing Council/
Vice- Chancellor.

11. Fee Structure

A total Course fee of Rs. 12,000/- will be charged from each student. Remittance of first installment of Rs. 6,000/- will be required at the time of admission in 1st Semester and of second installment of Rs. 6,000/- at the time of beginning of 2nd Semester. Course fee break up is as follows:-

Admission Fee	Rs. 1,000/-
Registration Fee	Rs. 400/-
Tuition Fee	Rs. 3,600/-
Lab Fee	Rs. 1,500/-
Library Fee	Rs. 300/-
Electricity and Water	Rs. 200/-
Development Fee	Rs. 1,500/-
Maintenance Fee	Rs. 500/-
Identity Card	Rs. 100/-
Common Room Fee	Rs. 100/-
Stationary and Software	Rs. 1,000/-
University Exam Fee	Rs. 1,800/-

Total : Rs. 12,000/-

In addition to the above total fee, students will have to bear the actual training/project expenses besides living expenses at their own, if required. The fees collected under different heads besides donations from willing donors/ income from sale of Admission Proforma, Prospectus, IGG Brochure, Registration fee for Day Care Centre etc. will be maintained in the Bank Account already opened in the Bank in the name of PGDGC A/C or with changed nomenclature as IGG Fund A/C operated jointly by the Director, IGG and the Registrar.

12. UGC-GERIATRIC CARE Account

UGC-GERIATRIC CARE A/C already opened in the Bank and jointly operated by the Coordinator, PGDGC/Director, IGG and the Registrar will be maintained till final settlement of the UGC Grants.

13. Academic Year

Notwithstanding unavoidable circumstances, the academic session will commence as follows depending on the month of commencement:-

Semester I July to December
Semester II January to June

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3/2/19

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R. K. Bhatnagar
27/1/19

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(R. K. Bhatnagar)
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14. Evaluation Pattern of CIA

The following shall be marks distribution of CIA in theory papers:-

One Mid-Semester Written Test of one Hour Duration	15 Marks
Seminar/Quiz	05 Marks
Assignments	05 Marks
Regularity, punctuality and Conduct	05 Marks
Total	30 Marks*

*CIA shall not be applicable for Practical and Project/Dissertation Papers and Pass Marks shall be 40% of the total marks i.e., 12 in each Theory Paper.

Distribution of marks and pattern of questions in theory papers will be as below:-

Part A	Ten Objective Questions (Two Questions from each unit)	10x2=20 Marks
Part B	Two out of Four Short Answer Questions	2x10=20 Marks
Part C	Three out of Five Long Answer Questions (One Question from each unit)	3x10= 30 Marks

15. Examination and Promotion

15.1 At the end of the 1st Semester, the University will conduct examination of three theory papers, Paper I, II and III, each of 100 marks and of three hours duration and one practical paper, Paper IV of 100 marks of four hours duration as per the syllabus. Performance of examinees in the Practical Examination shall be evaluated by a set of two examiners (one external and one internal) appointed by the University from the panel submitted.

15.2 At the end of the 2nd Semester, the University will conduct examination of three theory papers, Paper V, VI and VII, each of 100 marks and of three hours duration and one Project/Dissertation paper, Paper VIII of 100 marks of four hours duration as per the syllabus.

The Project Report/Dissertation prepared by a group of a maximum of 10-12 students and submitted in standardized format will be evaluated by a set of two examiners (one external and one internal) appointed by the University from the panel submitted.

15.3 Question Papers of theory papers will be set and moderated as per the syllabus by paper setters/moderators appointed from the panel submitted. Candidates shall be required to answer Short Answer Questions in about 160 words and long Answer Questions in about 600 words.

प्रशिक्षण कार्य प्रबन्धिका (न्यायिक)
राज्यपालिका शिक्षणालय
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15.4 Any student failing to secure pass marks in a maximum of two theory papers in the 1st Semester shall be promoted to 2nd Semester and allowed to take the University Examination. However, his/her final result shall be declared only after clearing the backlog appearing at the University Examination in respective semester conducted for examinees of successive batch. In no case, Special examination/Re-examination for regular students shall be conducted. An additional fee of Rs. 200/- per paper for appearing at the University examination for clearing the backlog shall be charged.

16. Special Examination of PGDGC Old Course

Special Examination of PGDGC Old Course may be arranged in consonance with the UGC-approved Draft Ordinance and Regulations of PGDGC (2010-15) for one time only in order to allow a chance to students of PGDGC Old Course failed to have appeared/passed the examination for one time only and entire examination expenses shall have to be borne by such students.

17.1 Result Publication

Result of first and second semester shall be declared on the basis of marks obtained at the respective End Semester University Examinations and the final result shall be published on the basis of marks obtained in all the eight papers viz. Paper I, II, III, IV, V, VI, VII and VIII constituting Theory, Practical and project/Dissertation components of P.G. Diploma Course (One Year) in Geriatric Care.

Candidates shall be required to secure 40% Pass Marks in all the three Theory Papers of each semester including CIA taken together. Pass Marks for Practical and Project/Dissertation Papers shall be 45%.

Grade System shall be adopted for result publication as under:-

Performance	% of Marks	Letter Grade	Grade point
Excellent	>90	A+	10
Very Good	80-90	A	9
Good	70-80	B	8
Fair	60-70	C	7
Average	50-60	D	6
Pass	40-50	E	5
Fail	<40	F	0

Final result shall be published on the basis of Average of Grade Points secured by the candidates at both End Semester Examinations.

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SYLLABUS OF P.G.DIPLOMA (ONE YEAR) IN GERIATRIC CARE

There shall be two semesters each of six months duration and comprising of four papers each as outlined below :-

Syllabus Outline

Semester	Paper	Paper Code	Subject	Marks(ESE+CIA)	Credits
I	I(Theory)	G11	Human Body Organization	100(70+30)	4(4+0)
	II(Theory)	G12	Biological Ageing	100(70+30)	4(4+0)
	III(Theory)	G13	Social Ageing	100(70+30)	4(4+0)
	IV(Practical)	G14	Based on Theory Papers	100	8(0+8)
				400	20(12+8)
II	V(Theory)	G21	Clinical Ageing	100(70+30)	4(4+0)
	VI(Theory)	G22	Psychological Ageing	100(70+30)	4(4+0)
	VII(Theory)	G23	Applied Geriatrics	100(70+30)	4(4+0)
	VIII(Project)	G24	Based on Internship / Survey Work/Case Studies	100	8(0+8)
				400	20(12+8)

SEMESTER I

Paper Code : G11

Paper- I(Theory)
Human Body Organization

Credits-4

F.M.-70/P.M.-28

Time -3 Hours

UNIT I

1. Salient Human Features
2. Skin structure and Functions

UNIT II

1. Endoskeletal Framework
2. Nutrition Process

UNIT III

1. External Respiration
2. Heart and Vessels

UNIT IV

1. Kidney Functions

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2. Reproduction Process

UNIT V

1. Brain Functions
2. Sense Organs

Paper Code : G12

Paper- II(Theory)
Biological Ageing

Credits-4

F.M.-70/P.M.-28

UNIT I

1. Stages of the Life Span
2. Longevity, Life Expectancy and Senescence-Basic Concept

UNIT II

1. Metabolism and Homeostasis
2. Biological Clock

UNIT III

1. Theories of Ageing
2. Programmed Cell Death

UNIT IV

1. Marked life style changes and changing metabolic needs in late life
2. Optimal daily dietary regimen in Old Age

UNIT V

1. Oro-dental Problems
2. Sexual Dysfunctions-Menopause and Andropause

Paper Code : G13

Paper- III(Theory)
Social Ageing

Credits-4

F.M.-70/P.M.-28

Time -3 Hours

UNIT I

1. Joint and Nuclear Family System
2. Age Integrated Society – Underlying Concept

UNIT II

1. Graying of Nations-Causes and Consequences
2. Socioeconomic Ingredients of Demography of Ageing

UNIT III

1. Longevity, life expectancy and senescence
2. Chronological, biological and psychological ageing

UNIT IV

1. Elderly Neglect and Abuse- Rising Incidences

2. Intergenerational Conflict

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UNIT V

1. Care providers for the elderly- Essential attributes
2. Care providers for the elderly -Professional Challenges

Paper Code : G14

Paper- IV(Practical)

Credits-8

F.M.-100/P.M.-45

Time-4 Hours

Sitting I

1. Determination of BMI or Waist-Hip Ratio of a human subject and comment on obesity indications. 10 Marks

Or

Estimation of haemoglobin in the blood sample using haemoglobinometer.

2. Determination of Blood pressure and comment on age correlation. 20 marks

or

Estimation of Blood Sugar using Glucometer and comment on age correlation.

Sitting II

3. Comment on Ageing-related Model/Geriatric Physiotherapy Appliance/Common Laboratory equipment provided 10X3=30 Marks
4. Comment on symptoms, diagnosis and management of any one age-related disease of man specified. 10 Marks
5. Presentation of Chart/Model and Class Record 10Marks
6. Viva-Voce 20 Marks

Paper Code : G21

SEMESTER II
Paper- V(Theory)
Clinical Ageing

Credits-4

F.M.-70/P.M.-28

Time -3 Hours

UNIT I

1. Hypertension and Stroke
2. Common Cardiac problems

UNIT II

1. Diabetes and Arthritis
2. Presbycusis and Cataract

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UNIT III

1. Common Respiratory Disorders
2. Common Sleep Disorders

UNIT IV

1. Alzheimer's Disease-Symptoms and Management
2. Parkinsonism-Symptoms and Management

UNIT V

1. Cancer-Major carcinogens and risk factors
2. Common Cancer types and treatment plans

Paper Code : G22

**Paper- VI(Theory)
Psychological Ageing**

Credits-4

F.M.-70/P.M.-28

Time -3 Hours

UNIT I

1. Geropsychology-Concept and Scope
2. Personality Changes with Age

UNIT II

1. Age-mediated Cognitive Deficits
2. MMSE-Concept and Application

UNIT III

1. Major causes of Depression among Elderly
2. Loneliness among elderly- psychosomatic Implications

UNIT IV

1. Impact of Bereavement on Psyche of Elderly
2. Geriatric Counselling Benefits

UNIT V

1. Death Fear among Elderly
2. Elderly Suicides- Causes and Occurrence

Paper Code : G23

**Paper- VII(Theory)
Applied Geriatrics**

Credits-4

F.M.-70/P.M.-28

Time -3 Hours

UNIT I

1. Multiplicity of Diseases and Compulsive Medication
2. Benefits from Geriatric counseling and consultancy

UNIT II

1. Old Age Home -concept and management

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2. Day Care Centre-concept and management

UNIT III

1. UN and Constitutional prioritization for Senior citizens
2. National Policy on Older Persons

UNIT IV

1. Yoga and Meditation- Role in Elderly fitness
2. Alternative medicines and physiotherapy exercises-Geriatric Applications

UNIT V

1. Maintenance of Parents and Senior Citizens Act 2007
2. Elderly focused National and International Organizations and Institutes

Paper Code-G24

Paper-VI
(Project Work)

Credit-8

F.M.-100/P.M.-45

Time-4 Hours

Enrolled students in a group of maximum ten students will be required to carry out Team Project Work on a topic selected from the general area of studies covered during both semesters and submit Project Report/Dissertation in the standardized format (Preface, Review of Literature, Materials and Methods, Results and Discussion and Bibliography) with graphics and photographs, wherever necessary, to be evaluated by a set of two Examiners (one external and one internal). Each student shall compulsorily have to make individual presentation (oral/power point) during the examination of Project paper.

Marks break up will be as follows:-

Dissertation-60 Marks
Presentation-40 Marks

Candidates may undertake their project work on elderly issues as interns in allied Departments/ support from NGOs with prior permission or take up independent study based on elderly living in families/in isolation/in Old Age Homes.

Some of the suggested areas are listed below:-

1. Senior Citizens and their familial/societal problems
2. Nutritional status and life style of elderly
3. Patho-physiology of Ageing
4. Psycho-clinical problems and geriatric management
5. Communicable disease manifestations in old age

Suggested Readings

1. Ageing, Rao, K.S., National Book Trust, India, 1977/94