

17.03.2017

From

Mrs.S. J. Kanimozhiselvi ,

Tutor in Physiotherapy

Sree Balaji College of Physiotherapy,

Chennai

To

Dr.S.S.Subramanian., Ph.D

The Dean,

Sree Balaji College of Physiotherapy,

Chennai

Sir,

Sub: (Permission to conduct Workshop on Fitness and Discipline Organized by our college and Aaro Green Physiotherapy & Fitness Solution- Reg)

Kindly consider in permitting the Workshop on Fitness and Discipline by eminent expert Mrs. D. Jananie, on 19.04.2017 & 20.04.2017 for 2 days in line with our MOU with Aaro Green Physiotherapy & Fitness Solution.

Our students shall benefit this recent trends related to physiotherapy.

Thanking You.



*J. Kanimozhiselvi*  
Yours faithfully



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**INSTITUTE OF HIGHER EDUCATION AND RESEARCH**



Phone: 044-22290742, 22290125, 22290125, 22290125  
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179 Agapatti Road, Velachery, Chennai  
Chennai - 600 073, Tamil Nadu



# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

17.03.2017

To

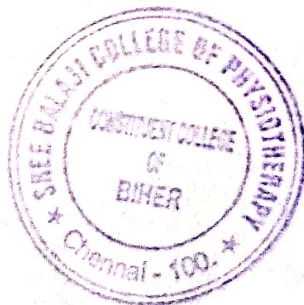
Mrs.S. J. Kanimozhiselvi,

Tutor in Physiotherapy

Madam,

With reference to your communication dated on 17.03.2017

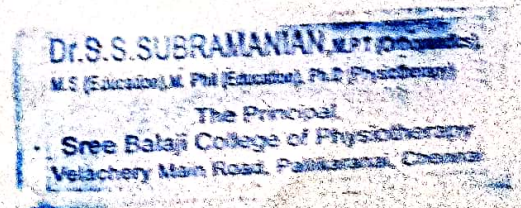
Hereby we grant permission to conduct Workshop on Fitness and Discipline  
on 19.04.2017 & 20.04.2017 for 2 days.



Dr.S.S.Subramanian., Ph.D

The Principal,

Sree Balaji College of Physiotherapy



04.04.2017

To

Mrs. D. Jananie.,

Founder & Director,

Aaro Green Physiotherapy & Fitness Solution

Sir,

Further continuation of our MOU, to enrich academic and research activities kindly coordinate the proposed approve Workshop to benefit faculty and students of both our institutions. Further classification if any kindly communicate the coordinator Mrs. S. J. Kanimozhiselvi, Tutor in Physiotherapy, email Id: [sbcp2007@gmail.com](mailto:sbcp2007@gmail.com)

Enclosing details along with

1. Course outline, objective
2. Dates, Resource person

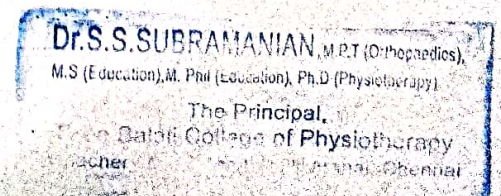
Thanking You



Dr.S.S.Subramanian., Ph.D

The Principal,

Sree Balaji College of Physiotherapy





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173, Agaram Road, Selayur, Tambaram  
 Chennai - 600 073, Tamil Nadu



# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

**Two Days Workshop on Fitness and Discipline**

Date: 19.04.2017 & 20.04.2017

Time: 09.00 A.M to 04.00 P.M

**ORGANIZED BY**

**AARO GREEN PHYSIOTHERAPY & FITNESS SOLUTION &  
 SREE BALAJI COLLEGE OF PHYSIOTHERAPY**

**Objectives:**

To evaluate the role of Fitness and Discipline in the field of physiotherapy.

**Course Outline:**

To educate the principles - Components - Self - Fitness tests - Discipline of Fitness

**Resource Person**

Speaker	Mrs. D. Jananie., Founder & Director, Aaro Green Physiotherapy & Fitness Solution	Fitness and Discipline
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**Eligibility: II Year, III Year & IV Year B.P.T, Interns, M.P.T students, Clinical Physiotherapists**

Fees: Free

For Registration Contact: 044 - 22461883, 044 - 22462179,

e-Mail: [sbc2007@gmail.com](mailto:sbc2007@gmail.com)

**ORGANIZING SECRETARY**

Mrs. S. J. Kanimozhiselvi, Asst. Professor





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**INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
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 UGC Recognition No: 1-5-5232 - U.S. Ministry of Human Resource Development, Govt of India 2004-7 July 2005

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**AGENDA**

**DAY - I**

Time	Events
09.00 - 10.00	Definition and basics of Fitness
10.00 - 10.45	Components of Fitness - Health and Skill Related
10.45 - 11.00	Tea Break
11.00 - 12.00	Fitness Evaluation
12.00 - 01.00	Self - Fitness Tests
01.00 - 01.30	Lunch Break
01.30 - 02.00	Introduction to FITT Principle, Repetition Maximum
02.00 - 02.45	Hands on Flexibility Training
02.45 - 03.00	Tea Break
03.00 - 04.00	Discipline in Fitness



# AGENDA

## DAY - II

Time	Events
09.00 - 09.30	Basics of Discipline in Fitness
09.30 - 10.00	Setting Mini Goals
10.00 - 10.45	Programme / Plan of Aerobic Fitness
10.45 - 11.30	Assessment of BMI, BMR and DCE
11.30 - 11.45	Tea Break
11.45 - 12.30	Programme / Plan of Anaerobic Fitness
12.30 - 01.00	Specific plan and Setting a role Model
01.00 - 01.30	Lunch Break
01.30 - 02.00	Fitness discipline : Working Toward - Stay Focused
02.00 - 02.30	Hands on Strength Training
02.30 - 03.00	Hands on Flexibility Training
03.00 - 03.15	Tea Break
03.15 - 04.00	Tips to stay on track





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NAAC  
ACCREDITED

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**SREE BALAJI COLLEGE OF PHYSIOTHERAPY**

Name:

D.O.B:

IAP / Reg No:

Batch:

Contact No:

E-Mail:

Address:

Kindly Mention The Course Completed/ Presently Studying/ Working Institution

Course	College	University	Year of Completion Month & Year	Designation
UG				
PG				
Clinical Therapist				

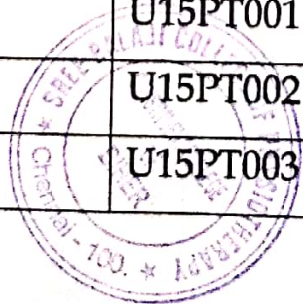


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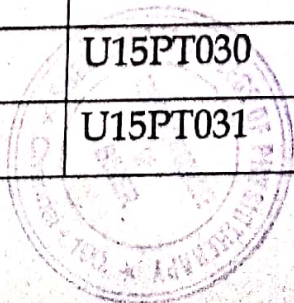
## Workshop on Fitness and Discipline

Date: 19.04.2017 & 20.04.2017

S.NO	NAME	REG. NUMBER	NAME OF THE INSTITUTION
1.	Binita Gurung	U14PT002	
2.	Ganesh Balaji. L	U14PT003	
3.	Gladis Sherin. R	U14PT004	
4.	Hema. S	U14PT005	
5.	Jeevitha. G	U14PT006	
6.	Madhan kumar. R	U14PT007	
7.	Mohammed Shabeer.N	U14PT008	
8.	Nivetha.S	U14PT009	
9.	P. Prasanth	U14PT010	
10.	Priyanka.M	U14PT011	
11.	Saranya Devi. M	U14PT012	
12.	Sathiya Priya. K	U14PT013	
13.	Shabana. S	U14PT014	
14.	Shadab Ahmed. V.M	U14PT015	
15.	Shalini.S	U14PT016	
16.	Suganthi.S	U14PT017	
17.	Sumithra.M	U14PT018	
18.	Thinakaran.C	U14PT020	
19.	Abinaya P	U15PT001	
20.	Akila V	U15PT002	
21.	Anu Priya K	U15PT003	



22.	Ashmika R	U15PT005	
23.	Atchaya G	U15PT006	
24.	Bhavana S	U15PT007	
25.	Bhuvaneshwari B	U15PT008	
26.	Boopathi S	U15PT009	
27.	Divya J	U15PT010	
28.	Gayathri M	U15PT011	
29.	Gayathri S	U15PT012	
30.	Hemalatha E	U15PT013	
31.	Ilakia S	U15PT014	
32.	Jagan B	U15PT015	
33.	Jeevitha K	U15PT016	
34.	Kalaiarasi K	U15PT017	
35.	Kalaivani E	U15PT018	
36.	Karthickeyan R	U15PT019	
37.	Kavitha N	U15PT020	
38.	Keerthika S	U15PT021	
39.	Kumutha R	U15PT022	
40.	Latha B	U15PT023	
41.	Madhumitha. M	U15PT024	
42.	Masthura Haseena. S	U15PT025	
43.	Noorunnisha S	U15PT026	
44.	Pavithra R	U15PT027	
45.	Priyanka K	U15PT029	
46.	Ramya S	U15PT030	
47.	Ramya E	U15PT031	





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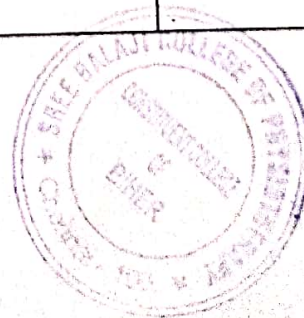
### ORGANIZED BY

**AARO GREEN PHYSIOTHERAPY & FITNESS SOLUTION &**

**SREE BALAJI COLLEGE OF PHYSIOTHERAPY**

### FEEDBACK FORM Workshop

Criteria	Strongly Agree (3)	Agree (2)	Disagree (1)
Workshop was relevant to my needs	✓		
Length of Workshop was sufficient	✓		
Content was well organized		✓	
Questions were engaged		✓	
Instructions were clear and understandable	✓		
Workshop met my expectations	✓		
The presentations were effective	✓		





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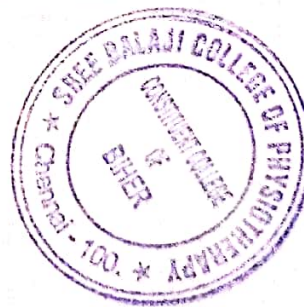
Date: 19.04.2017 & 20.04.2017

**WORKSHOP**

Time: 9 AM - 4 PM.

**FEEDBACK FORM**

Criteria	Strongly Agree (3)	Agree (2)	Disagree (1)
Workshop was relevant to my needs	✓		
Length of seminar was sufficient	✓		
Content was well organized		✓	
Questions were engaged		✓	
Instructions were clear and understandable	✓		
Workshop expectations	✓		
The presentations were effective	✓		





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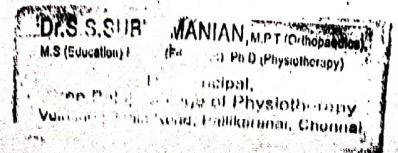
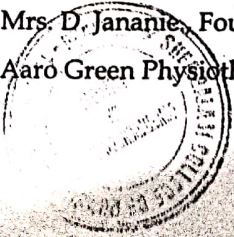
**CERTIFICATE OF PARTICIPATION**

This is to certify that Mr / Ms ABINAYA. P (Reg No U15PT001) of II/III/IV year/ Interns B.P.T/M.P.T/ Clinical Physiotherapists has participated in the Workshop on Fitness and Discipline on 19.04.2017 & 20.04.2017

Mrs. D. Janani, Founder & Director,  
Aaro Green Physiotherapy & Fitness Solution

*SP*

Dr.S.S.Subramanian., Ph.D  
Principal





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# SREE BALAJI COLLEGE OF PHYSIOTHERAPY

## Workshop on Fitness & Discipline

