

23.10.2015

From

Mrs. M. Sindhuja.,

Asst. Professor in Physiotherapy

SreeBalaji College of Physiotherapy,

Chennai

To

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

The Dean,

SreeBalaji College of Physiotherapy,

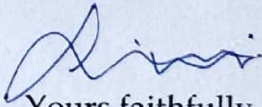
Chennai

Sir,

Sub: (Permission to conduct seminar on INTEGRATION OF EXERCISE with our
MOU- Reg)

Kindly consider in permitting the seminar on integration of exercise by eminent
expert Mr. Ramakrishnan on 23.11.2015 for 1 day.

Thanking You


Yours faithfully





Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

23/10/2015

To

Mrs. M. Sindhuja

Asst. Professorin Physiotherapy

Madam,

With reference to your communication dated on 23/10/2015

Hereby we grant permission to conduct Seminar on INTEGRATION OF EXERCISE 23.11.2015



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

The Principal,

Sree Balaji College of Physiotherapy

Dr.S.S.SUBRAMANIAN, M.P.T (Orthopaedics),
M.S (Education), M. Phil (Education), Ph.D (Physiotherapy)

The Principal,
Sree Balaji College of Physiotherapy
Velachery Main Road, Pallikaranai, Chennai



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Approved by Council of Higher Education under section 3 of UGC Act, 1956.
Affiliated to Bharath University, Chennai - 600 033. Reg. No. 19/2005



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Seminar on *INTEGRATION OF EXERCISES*

ORGANIZED BY

FUTNESS ONE&SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Date: 23.11.2015 Time: 09.00 A.M to 4.00 PM

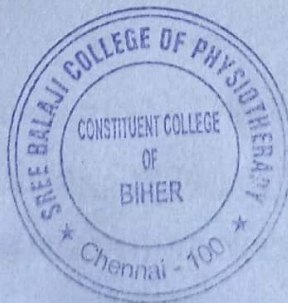
REGISTRATION FORM

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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 Affiliated to Anna University, Chennai
 Approved by NAAC
 173 Agaram Road, Sektur, Tambaram
 Chennai - 600 071, Tamil Nadu



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Seminar on INTEGRATION OF EXECISES

Date: 18.09.2015 Time: 9.00am-4.00PM

ORGANIZED BY

FITNESS ONE & SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Objectives:

Physical activity refers to any movement produced by skeletal muscle which uses energy whereas physical fitness is measurable state such as strength or endurance. Exercise is planned physical activity with the goal of improving physical fitness and health.

Course Outline:

To educate how to use in various system of body

Resource Persons

Speaker	MR.RAMKRISHNAN	Integration of exercises
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Eligibility: III Year & IV Year B.P.T, Interns, M.P.T students, Clinical Physiotherapists

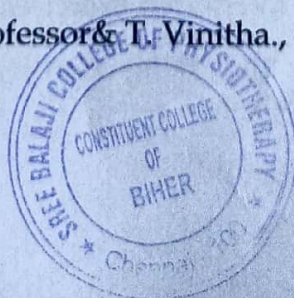
Fees: Free

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

e - Mail: sbcp2007@gmail.com

ORGANIZING SECRETARY

Mrs.M.Deepa., Asst. Professor & T.Vinitha., Consultant Physiotherapist





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 (The Act No. 13-0-2002 - U.J. Ministry of Human Resource Development, Govt. of India - dated 17.06.2002)
 Phone: 044-22930742, 22930125, Telex: 044-32293086
 Website: www.bharathiv.edu.in



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

BALAJI COLLEGE OF PHYSIOTHERAPY

One Day Seminar on INTEGRATION OF EXERCISE

Date: 23.11.2015 Time: 09.00 A.M to 04.00 P.M

ORGANIZED BY

FITNESS ONE & SREE BALAJI COLLEGE OF PHYSIOTHERAPY

AGENDA

Time	Events
09.00 - 09.30	Introduction
09.30 - 10.00	Types and Use of exercise
10.00 - 10.30	Application of exercises
10.30 - 11.00	How to integrate mind and body in exercises
11.00 - 11.10	TEA
11.10 - 11.30	Fitness and exercises
11.30 - 12.00	Uses of integrated exercises
12.00 - 12.30	Effects of exercises to overcome stress
12.30 - 01.00	Ways to relate exercises with activities
01.00 - 01.30	Strength training and fitness
01.30 - 02.00	Lunch
02.00 - 02.30	Simple and complex exercises
02.30 - 03.00	Maximize strength by integrated exercises
03.00 - 04.00	Benefits of exercises in improving coordination





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Website: www.bharathuniversity.ac.in

173, Agaram Road, Selayar, Tambaram,
Chennai - 600 073, Tamil Nadu.

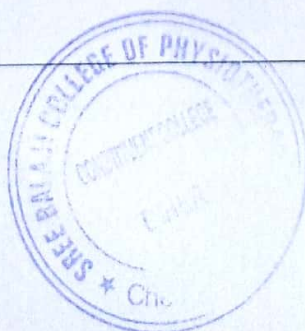


SEMINAR ON INTEGRATION OF EXERCISES

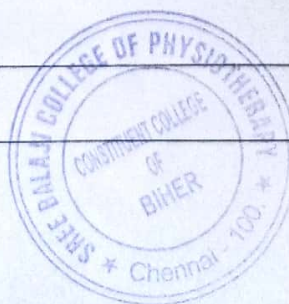
List of participants

23/11/2015

S.NO	NAME	REG. NUMBER
1.	Nivetha.S	U14PT009
2.	P. Prasanth	U14PT010
3.	Priyanka.M	U14PT011
4.	Saranya Devi. M	U14PT012
5.	SathiyaPriya. K	U14PT013
6.	Shabana. S	U14PT014
7.	Shadab Ahmed. V.M	U14PT015
8.	Shalini.S	U14PT016
9.	Suganthi.S	U14PT017
10.	Sumithra.M	U14PT018
11.	Thinakaran.C	U14PT020
12.	Abinaya P	U15PT001
13.	Akila V	U15PT002
14.	AnuPriya K	U15PT003
15.	Ashmika R	U15PT005
16.	Atchaya G	U15PT006



17.	Bhavana S	U15PT007
18.	Bhuvaneshwari B	U15PT008
19.	Boopathi S	U15PT009
20.	Divya J	U15PT010
21.	Gayathri M	U15PT011
22.	Gayathri S	U15PT012
23.	Hemalatha E	U15PT013
24.	Ilakia S	U15PT014
25.	Jagan B	U15PT015
26.	Jeevitha K	U15PT016
27.	Kalaiarasi K	U15PT017
28.	Kalaivani E	U15PT018
29.	Karthickeyan R	U15PT019
30.	Kavitha N	U15PT020
31.	Keerthika S	U15PT021
32.	Kumutha R	U15PT022
33.	Latha B	U15PT023
34.	Madhumitha. M	U15PT024
35.	MasthuraHaseena. S	U15PT025
36.	Noorunnisha S	U15PT026
37.	Pavithra R	U15PT027
38.	Priyanka K	U15PT029
39.	Ramya S	U15PT030
40.	Ramya E	U15PT031
41.	Rekha G K	U15PT032
42.	Sahithya T	U15PT034



43.	Sanjana P	U15PT035
44.	Shanthakumar S	U15PT036
45.	Saranya R	U15PT037
46.	Shamlindevanisha D	U15PT038
47.	Simran Tandon	U15PT039
48.	Soniya Mohan	U15PT040
49.	Srimathi S	U15PT041
50.	Sujitha S	U15PT043
51.	Swathi R	U15PT044
52.	Tamizhmani V S	U15PT045
53.	Sai Bhargavi S	U15PT046
54.	Titus J	U15PT047
55.	Vani Shree U	U15PT048
56.	Venippriya PN	U15PT049
57.	Vijay Kumar S	U15PT050
	Shalini L	U15PT051





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135 Agaram Road, Selvam, Tambaram
 Chennai - 600 071, Tamil Nadu



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Date: _____

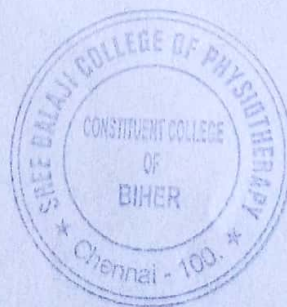
Time: _____

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FEEDBACK FORM SEMINAR

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





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SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Date: _____

Time: _____

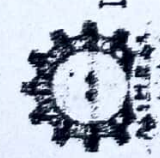
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FEEDBACK FORM SEMINAR

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





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INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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N.M.A.U.

178 Agaram Road, Selayur, Tirupuram
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Website: www.dharmarth.ac.in



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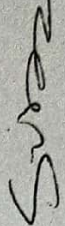
FITNESS ONE & SREE BALAJI COLLEGE OF PHYSIOTHERAPY

CERTIFICATE OF PARTICIPATION

This is to certify that Mr / Ms AKILA.V (UISPT002) (Reg No) of III/IV year/
Interns B.P.T/M.P.T/ Clinical Physiotherapists has participated in the Seminar on INTEGRATION OF EXERCISES on 23.11.2015

MR Ramakrishnan

FITNESS ONE


Dr. S.S. Subramanian

Principal



M.S. (Education), M. Phil (Education), Ph.D (Physiotherapy)
The Principal,
Sree Balaji College of Physiotherapy
Velachery Main Road, Pallikarai, Chennai



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 Phone: 044-22291142 - 22291115 Fax: 044-22291886
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 Chennai - 600 073, Tamil Nadu.

SREE BALAJI COLLEGE OF PHYSIOTHERAPY

SEMINAR ON INTEGRATION OF EXERCISE 23.11.2015



S.S.
Dr. S. S. SUBRAMANIAN, M.P.T (Orthopaedics),
 M.S (Education) M. Phil (Education), Ph.D (Physiotherapy)
 The Principal,
Sree Balaji College of Physiotherapy
 Velachery Main Road, Pallikarai, Chennai
 The Principal,