

Ref: 1201/ SAHS/2020

Date: 5/19/2020

**PERMISSION LETTER**

From

Dr. Jinu Merlin Koshy  
AHS Coordinator  
School of Allied Health Science  
SBMCH, Chromepet,  
Chennai- 44

To

The Dean  
SBMCH  
Chromepet,  
Chennai- 44

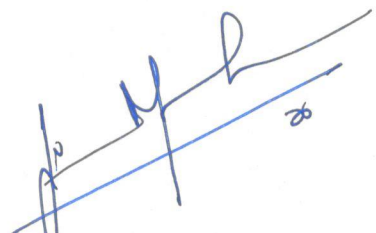
Respected Sir,

Sub – Permission to conduct value added course on **Introduction to Reflexology**– reg.

I wish to inform you that, as it was decided to conduct value added courses to supplement the curriculum making students the better prepared to meet industry demands as well as develop their own interests and aptitudes. The eligibility of this course is open for students from B. Sc., Allied Health Sciences. So please permit us to conduct the value added course on Introduction to Reflexology

We kindly solicit your kind permission to commence the program.

Thanking you.

  
AHS Coordinator  
Dr. JINU MERLIN KOSHY, M.Sc. Ph.D.,  
Coordinator  
Allied Health Sciences  
Sree Balaji Medical College & Hospital  
Chromepet, Chennai-600 044.

**Sree Balaji Medical College & Hospital,  
SCHOOL OF ALLIED HEALTH SCIENCES  
Chennai - 600 044**

**Ref No: 00201 /SBMCH/SAHS/2020**

**Date: 5/24/2020**

**CIRCULAR**

**Sub: School of Allied Health Sciences– Value Added Course for AHS students on  
“Introduction to Reflexology” from 6/1/2020 to 6/21/2020 - Reg.**

The School of Allied Health Sciences, Sree Balaji Medical College & Hospital is conducting a Value Added Course for the Allied Health Sciences students on “Introduction to Reflexology” from 6/1/2020 for a period of 2 weeks (2 hours per day) as detailed below:

Topic: Introduction to Reflexology  
Coordinator :Dr Zioni Sangeetha , Assistant Professor  
Venue : Virtual- Google meet  
Details:Introduction to Reflexology  
Monday, June 1, 2020 · 9:30 – 10:30am  
Google Meet joining info  
Video call link: <https://meet.google.com/sws-jyox-vxa>  
Or dial: (US) +1 573-721-9190 PIN: 489 164 738#  
--o0o--

**Eligibility-I, II, III and IV B Sc AHS students**



DEAN

**DEAN**

SREE BALAJI MEDICAL COLLEGE & HOSPITAL  
No. 7, Works Road, Chromepet,  
Chennai-600 044.

Copy to:

Vice Chancellor  
Pro Vice Chancellor  
Additional Registrar  
Deans  
CoE  
Heads of Depa

Topic: Introduction to reflexology

Type of course: Value added course

Department of Allied Health Sciences

Course duration: 30 hours

Coordinators:

**OBJECTIVE:**

1. To introduce reflexologists to an evidenced Method of reflexology developed through extensive work (5,000 treatments over 5 years) with cancer patients
2. To encourage reflexologists to experience the Method as a separate practical treatment.
3. To invite reflexologists to explore the potential of incorporating the Method into their existing practice to benefit Cancer or immune/auto-immune compromised chronic patients.

**LEARNING OUTCOME:**

Understand and adapt treatment to meet the changing psychological and physical needs of the cancer patient from Diagnosis through Treatment and Beyond. Understand the complexities involved in the development of the Method and how patient feedback continues to shape change. Gain a deeper understanding of the Stress-Pain Cycle and the autonomic nervous system with symptom identification and effective use of the Method. Learn the skills necessary to deliver the Method by experiencing the “giving and receiving” of a treatment.

Be confident to use the Method as a stand-alone or add-on treatment to enhance patient experience and outcomes. Benefit from understanding best practice and the role of research in practice development.

## SKILLS/KNOWLEDGE ATTENDEES WILL ATTAIN:

1. Practical knowledge and delivery skill of the Method.
2. Knowledge of patient reported impact of Diagnosis on Physiological and Psychological wellbeing.
3. Knowledge of the triggers and symptoms of the Stress & Pain Cycle and Method skills to relax the patient.
4. Knowledge of how skilled delivery of the Method helped Symptoms and Side Effects of Medical Cancer Treatment.
5. Knowledge of Contra Indications and Cautions to delivery of the Method.
6. Knowledge of the Holistic Approach of the Method to support the patient Living with Cancer/Palliative Care.
7. Knowledge of how CPD can be used to illustrate Best Practice
8. Knowledge of evidence of the Beneficial, Effective, Safe, Therapeutic = BEST effects of the Method via data gathering.
9. Knowledge and skills to Adapt and Incorporate the Method into own existing practice.

## COURSE OUTLINE:

Reflexology is a wonderful relaxing therapy that provides specialised techniques to the feet, hands and face that release tension along meridian channels and aims to restore balance to brain, body, being. This course focuses upon the feet and therapy can be applied to your own feet. Professional Clinical Reflexology PCR-is based on the understanding that there exists a symbiotic relationship between emotional and physical symptoms. Emotions have the potential to trigger physical symptoms and

physical symptoms trigger emotional responses. Once set in motion this cycle has the potential to create a range of seemingly un-connected symptoms.

However, these symptoms do share a common factor they are all physical effects experienced when the body's "fight or flight" response has been triggered. The autonomic nervous system consists of the sympathetic nervous system ( fight or flight ) and the para-sympathetic nervous system ( rest and digest ) Communication between the mind and body is via chemical messages that flow back and forth along neurological pathways and systems. When these messages get lost, are disrupted or mis-interpreted symptoms appear. Reducing the sympathetic drive and balancing the autonomic nervous system to reduce physical and psychological symptoms is the aim of PCR.



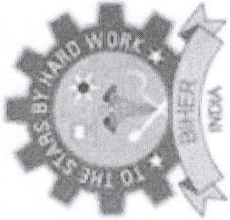
**INTRODUCTION TO REFLEXOLOGY**

<b>Sl. NO</b>	<b>SYLLABUS DETAILS</b>	<b>LECTURE HRS</b>	<b>DATE</b>	<b>TIME</b>	<b>FACULTY</b>
1	Reflexology And Healing	2	01/06/2020	10AM-12PM	Dr..M Kavimani
2	Anatomy And Biomechanics Of Feet	2	02/06/2020	10AM-12PM	Dr..M Kavimani
3	Foot Disorder	2	03/06/2020	10AM-12PM	Dr..M Kavimani
4	Reflexology Points	2	04/06/2020	10AM-12PM	Dr..M Kavimani
5	The Reflexology Foot Massage Techniques	2	05/06/2020	10AM-12PM	Dr..M Kavimani
6	Reflexology Session	2	06/06/2020	10AM-12PM	Dr..M Kavimani
7	Reflexology And The Nervous System	2	08/06/2020	10AM-12PM	Dr..M Kavimani
8	The Sequence And Closing Down	2	09/06/2020	10AM-12PM	Dr. K Prabhu
9	When No To Use Reflexology	2	10/06/2020	10AM-12PM	Dr. K Prabhu
10	Various Systems Of The Body	2.5	11/06/2020	10AM-12.30PM	Dr. K Prabhu
11	Hand Reflexology	2	12/06/2020	10AM-12PM	Dr. K Prabhu
12	Reflexology Techniques	2	13/06/2020	10AM-12PM	Dr. K Prabhu
13	History Of Reflexology	2	15/06/2020	10AM-12PM	Dr. K Prabhu
14	The After Care Instructions	2.5	16/06/2020	10AM-12.30PM	Dr. K Prabhu
15	Reflexology Treatments	2	17/06/2020	10AM-12PM	Dr. K Prabhu

**Introduction to Reflexology from on 6/1/2020**

**Attendees**

SI. No	Name	SI. No	Name
1	ABINAYA R	32	SARANYA S
2	ABINAYA R (18.02.2002)	33	SHARAN YUVARAJ S
3	ARULSELVI P	34	SINDIYA ARPUTHA KUMARI S
4	ASWANI V S	35	SREE VARSHINI V
5	BERSHEBA JENCY P M	36	SUDHARSANAVEL P A
6	CHACHU ABRAHAM	37	SUREKA U
7	DELICIA DEBINA D	38	UMA MAGESHWARI M
8	DIVYA R	39	VASANTH T
9	DURGALAKSHMI R	40	VIGNESH A
10	GANGOTRI TIRKEY	41	ADITHYAN B L
11	HARI PRASATH K	42	AKASH BIJU
12	IBIN K ISAC	43	AKASH JAYAN
13	IGNESHYA P	44	ALWIN RAJ S
14	JASWANT B	45	ATHUL SABURAJ
15	JENNIFER G	46	BALAJI H
16	LOGAVARNOTHAMAN T V	47	BATTARAM CHANDRIKA
17	MAGESHWARAN A	48	BLESSON A
18	MAHESH S	49	DEEPA V
19	NANDHINI S	50	DHINESH KUMAR D
20	NANTHINI M	51	DIVYA BHARATHI N
21	OM PRAKASH G	52	GAYATHRI V
22	PRADEEP S	53	GEETANJALI CHADDHA
23	PREETHI B	54	HEMAVATHI M
24	PRINCY A	55	JENIFER W
25	RAJA RAJALAKSHMI R	56	JENISHA ATHSAL R
26	RANJITH R	57	KANIMOZHI R
27	RANJITHA P	58	KIRUTHIKA N P
28	ROSHINI PRIYA G	59	KIRUTHIKA S
29	RUBINI S	60	MOHAMED ASLAM J
30	SAHANA M	61	NAMITHA K
31	SANTHOSH R		



**Bharath Institute of Higher Education and Research  
Sree Balaji Medical College & Hospital**

**SCHOOL OF ALLIED HEALTH SCIENCES  
Certificate of Participation**

This is to certify that **Mr /Ms.ABINAYA R (U 19 AH 01 001)**  
has attended two weeks Value added Course on Healthcare Management conducted by ,  
**School of Allied Health Sciences**

**Dr. W.M.S. JOHNSON**  
Dean,  
SBMCH



REC

Krishna Prasanth is presenting



### COLLECTION OF DATA

*First and most important stage of statistical investigation.*

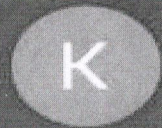
*collection of reliable and accurate data.*

*The first hand collection of data is very difficult.  
Secondary Data can help  
save time,  
money and  
duplication of effort.*

www.ppt.com/online-ppt-maker [Share Screen](#) 10:10



Krishna



KAVIYA



You



Viji

90 others