



**Sri Lakshmi Narayana Institute of Medical Sciences**

Date: 03.01.2018

From

Dr.JansiRani  
Professor and Head,  
Department of Biochemistry,  
Sri Lakshmi Narayana Institute of Medical Sciences  
Bharath Institute of Higher Education and Research,  
Chennai.

To

The Dean,  
Sri Lakshmi Narayana Institute of Medical College  
Bharath Institute of Higher Education and Research,  
Chennai.

**Sub: Permission to conduct value-added course: Yoga and wellness**

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Yoga and wellness in Jan to Feb 2018. We solicit your kind permission for the same.

Kind Regards

Dr.JansiRani

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**FOR THE USE OF DEANS OFFICE**

Names of Committee members for evaluating the course:

The Dean: *Dr. Jaya Lakshmi*

The HOD: *Dr. Jansi Rani*

The Expert: *Dr. Senthilakumar*

The committee has discussed about the course and is approved.

Dean  
(Sign & Seal)

*[Signature]*  
Subject Expert  
(Sign & Seal)  
DEPARTMENT OF BIOCHEMISTRY  
SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES  
BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
CHENNAI - 600 076

*[Signature]*  
HOD  
(Sign & Seal)  
PROFESSOR & HOD  
DEPARTMENT OF BIOCHEMISTRY  
SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES  
CHENNAI - 600 076



OFFICE OF THE DEAN

## **Sri Lakshmi Narayana Institute of Medical Sciences**

**OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.**

[ Recognised by Medical Council of India, Ministry of Health, Letter No. U/12012/249/2005-ME ( P-II ) dt. 11/07/2011 ]  
[ Affiliated to Bharath University, Chennai - TN ]

### Circular

04.01.2018

**Sub: Organising Value-added Course: Yoga and wellness. reg**

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences. **Bharath Institute of Higher Education and Research** is organizing **"Yoga and wellness"**. The course content form is enclosed below.

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution on or before Jan to Feb, 2018. Applications received after the mentioned date shall not be entertained under any circumstances.

**Dean**

Enck: Copy of Course content

**VALUE ADDED COURSE**

**1. Name of the programme & Code**

Yoga and wellness

**2. Duration & Period**

30 hrs & Jan to Feb 2018

**3. Information Brochure and Course Content of Value Added Courses**

*Enclosed as Annexure- I*

**4. List of students enrolled**

*Enclosed as Annexure- II*

**5. Assessment procedures:**

*Assessment - Enclosed as Annexure- III*

**6. Certificate model**

*Enclosed as Annexure- IV*

**7. No. of times offered during the same year.**

1. Jan to Feb 2018

**8. Year of discontinuation: 2018**

**9. Summary report of each program year-wise**

Value Added Course- January to February 2018					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	BIO-07	Yoga and wellness	Dr. JansiRani Dr.Santhosakumari	MBBS	20 students (Jan to Feb 2018)

**10. Course Feed Back**

*Enclosed as Annexure- V*

**RESOURCE PERSON**

1. Dr.JansiRani *[Signature]*
2. Dr.Santhosakumari *[Signature]*

**COORDINATOR**  
*[Signature]*

PROFESSOR F. HOJ  
DEPARTMENT OF BIO-CHEMISTRY  
Sri Lanka State Medical University

## 1. Course Proposal

**Course Title: Yoga and wellness**

**Course Objective:**

1. Overview of yoga and its benefits
2. How was yoga a part and parcel in the life of people's of yesteryears?
3. Yoga, a preventive curer – a future perspective

To sensitise the medical students about the importance of yoga in lending a helping hand to lead the really defined health and adopt it as a part of daily routine.

**Course Outcome: Gained knowledge on " The YOGA" - a path to defined health**

**Course Audience: MBBS students of 2017 Batch**

**Course Coordinator: Dr.Jansirani**

**Course Faculties with Qualification and Designation:**

**1.Dr.Jansirani, Professor & HOD**

**2.Dr.Santhosakumari, Assistant Professor**

**Course Curriculum/Topics with schedule (Min of 30 hours)**

Sl.No	Date	Topic	Time	Hours
1	20.1.2018	Introduction,background,objective	4-5PM	1
2	21.1.2018	Definition of yoga and definition of health	4-5PM	1
3	22.1.2018	History of yoga, including your specific discipline	4-6 PM	2
4	23.1.2018	Spiritual beliefs about yoga	4-6 PM	2
5	24.1.2018	Research into yoga and yoga postures	4-6 PM	2
6	25.1.2018	Common mistakes with specific postures	4-6 PM	2
7	26.1.2018	Age related information about yoga, such as the best yoga for teens or retirees	4-6 PM	2
8	27.1.2018	Calories burn doing yoga	4-6 PM	2
9	28.1.2018	Information on other ways to improve healthy living	4-6 PM	2
10	29.1.2018	Psychological benefits of a regular yoga practice	4-6 PM	2
11	30.1.2018	Meditation and its types	4-6 PM	2
12	31.1.2018	Yoga and mental health	4-6 PM	2
13	1.2.2018	Four main paths of yoga	4-6 PM	2
14	2.2.2018	Yoga preparation/post-yoga nutrition	4-6 PM	2
15	3.2.2018	Is yoga a religion?	4-6 PM	2
16	4.2.2018	Yoga exercises - 1	4-6 PM	2
17	10.2.2018	Yoga exercises - 2	4-6 PM	2
18	11.2.2018	Yoga exercises - 3	4-6 PM	2
19	12.2.2018	Yoga exercises - 4	4-6 PM	2

**REFERENCE BOOKS:**

- 1. Autobiography of yoga
- 2. Yogasana And Sadhana: Attain Spiritual Peace Through Meditation, Yoga and Asans
- 3. Internet

**YOGA**

**AND**

**WELLNESS**



**PARTICIPANT'S HANDBOOK**

## YOGA AND WELLNESS

Particulars	Description
Course Title	Yoga and wellness
Course Code	BIO – 07
Topics and content of the course in the Hand book	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Definition of yoga and definition of health</li> <li>3. History of yoga, including your specific discipline</li> <li>4. Spiritual beliefs about yoga</li> <li>5. Research into yoga and yoga postures</li> <li>6. Common mistakes with specific postures</li> <li>7. Age related information about yoga, such as the best yoga for teens or retirees</li> <li>8. Calories burnt doing yoga</li> <li>9. Information on other ways to improve healthy living</li> <li>10. Psychological benefits of a regular yoga practice</li> <li>11. Meditation and its types</li> <li>12. Yoga and mental health</li> <li>13. Four main paths of yoga</li> <li>14. Yoga preparation/post-yoga nutrition</li> <li>15. Is yoga a religion?</li> <li>16. Yoga exercises - 1</li> <li>17. Yoga exercises - 2</li> <li>18. Yoga exercises - 3</li> <li>19. Yoga exercises - 4</li> <li>20. Summary &amp; conclusion</li> </ol>
Advantages of learning and evaluation	<ul style="list-style-type: none"> <li>• Implementation of mental wellbeing among students</li> <li>• Guidance by trained personnel</li> <li>• Better problem handling awareness</li> <li>• Reduces stress</li> </ul>
Further learning Opportunities	<ol style="list-style-type: none"> <li>1. Competency based assessment can be done.</li> <li>2. Boost the self confidence of the students.</li> <li>3. As they are the lifelong learner, the foundation will be laid strong.</li> </ol>

	<ol style="list-style-type: none"> <li>4. As a responsible person committed to the society they know their roll and contribute to the society.</li> <li>5. Self satisfaction for the student as their performance is evaluated in a transparent method.</li> <li>6. Should be made a mandatory course among students.</li> </ol>
Key Competencies	<ul style="list-style-type: none"> <li>• Evaluation by questionnaire method and</li> </ul>
Target Student	1 MBBS
Duration	36 hrs, Jan – Feb 2018
Theory Session	28 hrs
Practical Session	8 hrs
Assessment	Assessment Evaluation by MCQ
Procedure	

Sri Sri Ravi Shankar says, "Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination. Yoga creates a balance between the mind, spirit and body and is said to cure unending illnesses like insomnia, asthma, diabetes, hypertension etc

What is Yoga? Yoga literally means "union" and refers to the union of mind and body. Yoga is a holistic practice which emphasizes mind-body connectedness and



involves postures, breathing, and meditation. Yoga is a 5,000 year old practice that began in ancient India. It is receiving growing recognition by Western science and health professionals as a powerful tool for promoting mental and physical well-being. Essentially, yoga is a preventative and cost-effective approach to overall well-being. Yoga is not a religion. Although yoga sometimes interweaves philosophies such as Hinduism or Buddhism, it is not necessary to practice those philosophies in order to practice yoga. It is also not necessary to surrender your own religious beliefs to practice yoga.

**Yoga and Psychological Well-Being** By now, it's no secret that the regular practice of yoga results in many physical benefits such as improved flexibility, strength, and posture. However, the many psychological benefits of yoga are often overlooked.

#### **Psychological benefits of a regular yoga practice:**

- Stress reduction
  - Increased self-awareness
  - Less anxiety and depression
  - Improved concentration
  - Inner peace and calm
  - More positive view of self/others
  - Increased body awareness and acceptance
  - Increased energy and vitality
- Heightened sense of control of one's body and mind
- Decline in self-destructive patterns
  - Improved self-confidence
  - Increased mental clarity
  - Improved reaction time

- Improved learning ability and memory
- Increased ability to be present in the moment
- Greater creativity
- Improved sleep
- Increased emotional stability

The benefits of yoga are intensely interwoven. **“Change your posture and you change the way you breathe. Change your breathing and you change your nervous system. This is one of the great lessons of yoga: Everything is connected...”**

**-Timothy McCall, M.D., author of Yoga as Medicine**

While there are many forms of yoga, the most popular form of yoga in Western culture is Hatha yoga which involves “the three basics of yoga” : postures (called “asanas” in Sanskrit), breathing techniques, and meditation.

**Postures (Asanas)** In yoga, the body is viewed as the outer manifestation of the mind, and the mind can be influenced by altering body posture. The way we carry ourselves influences the way we feel. If a person walks around with his chest collapsed, head down, eyes half open, it likely impossible for this person to feel good about himself. Your perspective on your body, your thoughts, and your whole sense of self can change when you adopt different postures.

Yoga postures strengthen, purify, and balance the endocrine, nervous, and circulatory systems. For example, inverted postures are useful for altering blood flow. Increased blood flow to the brain results in increased availability of oxygen and glucose. This leads to increased production of certain neurotransmitters, which in turn enhances one’s mood and state of well-being.

Yoga postures are a form of meditation in motion, calming the mind and cultivating a state of relaxed but alert concentration. The postures help to release built-up tension and emotional stress, which burrow into the muscles of the body. As the body relaxes, the breath naturally becomes balanced. When the breath comes into balance, the mind relaxes and becomes quiet.

**Breathing** Shallow breathing can create a state of arousal in the sympathetic nervous system, which can lead to anxiety, panic, and fear. Yoga breathing exercises decrease arousal, which in turn calms and focuses the mind, relaxes the body, oxygenates the blood, soothes anxiety and stress, and promotes clear thinking. The intense concentration and body control involved in breathing exercises help free the mind from mental distractions, worries, and fatigue.

### **Meditation**

Meditation is a type of inward concentration that allows you to focus on your senses, step back from your thoughts and feelings, and perceive each moment as a unique event. It helps us to develop greater calmness, clarity, and insight in facing and embracing life experiences.

#### **Two types of meditation techniques:**

- Concentrative meditation uses a word (mantra), object (e.g., candle flame) or a sensation (e.g., breathing) to focus the mind. If your mind begins to drift, you refocus your attention on the word, object, or sensation.
- Mindfulness meditation involves allowing your thoughts, feelings, and images to float through your mind without reacting. In mindfulness, you are simply observing the thoughts and feelings in a detached perspective as "mental events" rather than as aspects of yourself or as necessarily accurate reflections of reality. Through practice, you become more skilled at stepping back and observing without reacting. Mindfulness meditation helps to cultivate a nonjudging self-acceptance, and helps us to recognize that we are not defined by our emotions.

### **Research on Yoga and Mental Health**

- Studies by Richard Davidson, PhD at the University of Wisconsin have found that the prefrontal cortex shows heightened activity in meditators, a finding that has been correlated with greater levels of happiness and better immune function.
- A 2001 study in the Indian Journal of Physiology and Pharmacology showed that participants who practiced yoga consistently for 10 months were less anxious and depressed both during and after their months of yoga practice.

- By improving circulation in the endocrine glands, a consistent yoga practice enhances the functions of hormones that play a primary role in the physiology of depression. This results in a reduction in depression and improved overall mood.
- Controlled studies have demonstrated the beneficial effects of yoga on anxiety states. Regular yoga practice improves functioning of the parasympathetic nervous system that activates the relaxation response.
- Scandinavian researchers measured brain waves before and after a two-hour yoga class and found that alpha waves (relaxation) and theta waves (unconscious memory, dreams, emotions) increased significantly. These results indicate that the brain is deeply relaxed after yoga and that participants have better awareness of their subconscious and emotions.

**“When you practice yoga.....your perspective on your body, your thoughts, and your whole sense of self can change...”**

**~ Jon Kabat-Zinn, Ph.D., internationally known meditation teacher and founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center**

### **Recommendations and Precautions**

- Yoga is not a substitute for psychotherapy or medication. Rather, yoga is recommended as an adjunct to talk therapy or medication to facilitate the process of psychological healing.
- Consult your medical doctor or holistic health care professional (preferably one who is familiar with yoga) prior to performing yoga's physical postures or beginning any new exercise program.
- Beginners should consider working with a certified yoga instructor to ensure yoga is practiced safely and correctly.

There are four main paths of Yoga: 1.Karma Yoga 2.Bhakti Yoga 3.Raja Yoga 4.Jnana Yoga Each is suited to a different temperament or approach to life. All the paths lead ultimately to the same destination - to union with Brahman or God.

### **KARMA YOGA**

## The Yoga of action

1. Karma Yoga is the Yoga of Action.
2. It is the path chosen primarily by those of an outgoing nature.
3. It purifies the heart by teaching you to act selflessly, without thought of gain or reward.
4. By detaching yourself from the fruits of your actions and offering them up to God, you learn to sublimate the ego

## **BHAKTI YOGA**

This path appeals particularly to those of an emotional nature. 2. The Bhakti Yogi is motivated chiefly by the power of love and sees God as the embodiment of love. 3. Through prayer, worship and ritual he surrenders himself to God, channelling and transmuted his emotions into unconditional love or devotion

## **JNANA YOGA** The Yoga of knowledge or wisdom

1. This is the most difficult path, requiring tremendous strength of will and intellect.
2. Taking the philosophy of Vedanta the Jnana Yogi uses his mind to inquire into its own nature.
3. We perceive the space inside and outside a glass as different, just as we see ourselves as separate from God

## **RAJA YOGA**

Often called the "royal road" it offers a comprehensive method for controlling the waves of thought by turning our mental and physical energy into spiritual energy. 2. Raja Yoga is also called Ashtanga Yoga referring to the eight limbs leading to absolute mental control. The chief practice of Raja Yoga is meditation

8 LIMBS OF RAJA YOGA 1. Yama means restraint and involves following characteristics such as ahimsa (compassion for all), satya (truthfulness), asteya (non-stealing) and brahmacharya (celibacy or regulated sex life) 2. Niyama means

observances and involves: hri (remorse), santosha (contentment), dana(giving alms), astikya (having faith in the guru), ishvarapujana (worshipping the Lord)

Asanas mean postures

4. Pranayama means controlled breathing

5. Pratyahara means withdrawal of senses.

6. Dharana means collection and concentration of the mind.

7. Dhyani means meditation. 8. Samadhi means absorption and is the state of consciousness induced by complete meditation.

It is of the most eclectic type of yoga that uses two basic principles of yoga; asanas and pranayam, to control the prana and chakras of a person to harmonize the body and uplift the mind

2. It aims to regulate a person with a greater level of consciousness 3. Silent affirmations are used in this form of yoga to reach higher awareness

### ASHTANGA YOGA

1. Ashtanga Yoga focuses on breathing while doing asanas

2. It involves calm breathing with a series of postures

3. The process produces a lot of sweat, generating heat which purifies organs, improves circulation and also calms the mind

4. Since a lot of muscle contraction is involved in Ashtanga yoga, its sessions always end with Savasana, also known as the corpse pose to loosen the muscles.

### BIKRAM YOGA

1. Bikram Yoga is named after Bikram Choudhary who founded this type of yoga. It contains 26 postures that the yogi Bikram selected from Hatha yoga

2. These postures work on every part of the body, rejuvenating every cell

3. Through the sweat, impurities inside the body are flushed out.

## **HATHA YOGA**

1. Hatha yoga was developed as a tool to help meditate
2. This yoga helps the body attain stillness that is involved in the process of meditation
3. This yoga aligns the muscles, skin and bones- specially the spine, so that the universal energy is allowed to flow freely
4. Hatha yoga is called a stress reducing exercise by many
5. Hatha yoga uses Viparita karani also called the reverser position, which involves standing upside down on the head, and using the force of gravity to keep the essence in the head.

## **IYENGAR YOGA**

1. Iyengar Yoga was developed by B K S Iyengar, who passed away recently.
2. Iyengar systematized 200 Yogaasanas and 14 different types of Pranayamas.
3. The asanas of Iyengar yoga allow the use of props to facilitate everyone to perform asanas without difficulty. The student is allowed to perform pranayama only when he has mastered the asanas.
4. The regular practise of asanas and pranayama helps an individual physiologically, mentally, physically and spiritually.

## **KUNDALINI YOGA**

1. Kundalini Yoga was developed more than 50 million years ago in India
2. But it gained prominence in the west through Yogi Bhajan in 1969
3. Kundalini means coiled, and is said to be a power which is coiled up in the lower end of spine

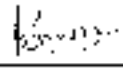
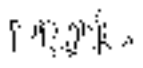
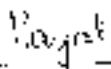
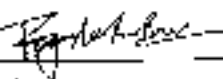
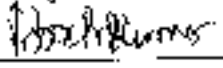
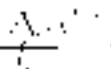
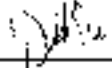
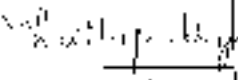
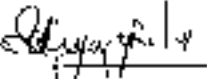
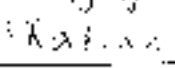
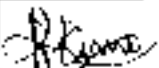
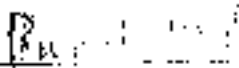
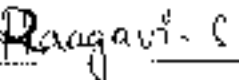


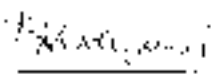
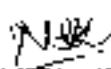
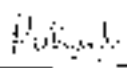
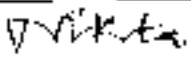

4. Once it is awakened, it empowers its practitioners with extraordinary perceptions and abilities 5. This is one of the different types of yoga that people do not know about, as it not as popular as the rest.


### **POWER YOGA**

1. Power Yoga is more a style yoga, modeled to attract westerners to the concept of yoga
2. Unlike yoga, power yoga doesn't adhere to poses, but is more like a workout. It doesn't involve chanting and meditation
3. Restorative yoga uses props to attain overall relaxation
4. There are many asanas for the overall body, but what is unique to restorative yoga is that some asanas are focused on specific organs of the body.



**STUDENT LIST**  
**DEPARTMENT OF BIOCHEMISTRY**

S.No	Reg No	Name	Signature
1	U17MB341	PANEM SAMUDU	
2	U17MB342	PARTHA PRATIM BARUAH	
3	U17MB343	PAYAL MOHITE	
4	U17MB344	POOJALAKSHMI P	
5	U17MB345	PRACHI KUMARI	
6	U17MB366	SANORITA	
7	U17MB367	SANTOSH KUMAR NK	
8	U17MB368	SAPTARSHI CHATTOPADHYAY	
9	U17MB369	SATHIYA JAINAUB T S	
10	U17MB370	SHABAN QS	
11	U17MB352	PRIYANKA KUMARI	
12	U17MB353	PRIYANKA SINGH	
13	U17MB354	RAAGAVI S	
14	U17MB355	RAHUL RAI	
15	U17MB356	RICHI SWARN	
16	U17MB335	NEHA KUMARI B	
17	U17MB336	NIDHI SUNIL KRISHNAN	
18	U17MB337	NIJITH KRISHNADHAS RAHAEL	
19	U17MB338	NIKITA VERMA	
20	U17MB339	NILOTPAL DAS	

  
 HEAD OF DEPARTMENT  
 DEPARTMENT OF BIOCHEMISTRY  
 Sri Lokanandha Deemed to be University  
 KONDURU, TELANGANA 505 002

## ANNEXURE III

1. Which day is celebrated as 'International Day of Yoga'?

- (A) June 20
- (B) June 21
- ✓ (C) June 22
- (D) June 23

2. Who compiled 'Yoga Sutra'?

- (A) Patanjali
- (B) Gheranda
- ✓ (C) Svatmarama
- (D) None of the above

3. Which of the following is one of the Five Principles of Yoga by Sivanandi?

- (A) Savasana
- (B) Bhakti
- (C) Jnana
- ✓ (D) Tantra

4. Every Yoga teacher must start the practice session with

- (A) Pranayama
- (B) Asana
- ✓ (C) Kriya
- (D) Silence

5. What is the main therapeutic benefit of Kapālabhati practice?

- (A) to remove kapha disorders
- (B) to remove pitta disorders
- (C) to remove vāta disorders
- ✓ (D) to remove vāta-pitta disorders

6. In which disease condition sutrancti is not beneficial according to Hatha Pradhepika?

ANNEXURE III

- (A) Eye related disorder
- (B) Kapal Shuddhi
- (C) Diseases above the clavicle
- (D) Hyper Acidity

7. **The stimulation of parasympathic nervous system causes:**

- A. Increase in Heart rate
- B. Increase in Anxiety level
- C. Decrease in Heart rate
- D. Muscles relaxation

8. **The proximate principles of our food are**

- A. Proteins
- B. Minerals
- C. Fats
- D. Vitamins

9. **Main Musculo Skeletal disorders are**

- A. Spondylosis
- B. Arthritis
- C. Epilepsy
- D. Parkinson's disease

10. **How many limbs of Yoga are mentioned in Siddhasiddhant Paddhati?**

- (A) 07
- (B) 08
- (C) 04
- (D) 03

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- (D) Tantra

4. Every Yoga teacher must start the practice session with

- (A) Pranayama
- (B) Asana
- (C) Kriya
- (D) Silence

5. What is the main therapeutic benefit of Kapālabhati practice?

- (A) to remove kapha disorders
- (B) to remove pitta disorders
- (C) to remove vāta disorders
- (D) to remove vata-pitta disorders

6. In which disease condition sutraneti is not beneficial according to Hatha Pradīpikā?

ANNEXURE III

- (A) Eye related disorder
- (B) Kapāl Shuddhi
- (C) Diseases above the clavicle
- (D) Hyper Acidity

7. The stimulation of parasympathic nervous system causes:

- A. Increase in Heart rate
- B. Increase in Anxiety level
- C. Decrease in Heart rate
- D. Muscles relaxation

8. The proximate principles of our food are

- A. Proteins
- B. Minerals
- C. Fats
- D. Vitamins

9. Main Musculo Skeletal disorders are

- A. Spondylosis
- B. Arthritis
- C. Epilepsy
- D. Parkinson's disease

10. How many limbs of Yoga are mentioned in Siddhasiddhant Paddhati?

- (A) 07
- (B) 08
- (C) 04
- (D) 03



# Sri Lakshmi Narayana Institute of Medical Sciences



## CERTIFICATE OF MERIT

This is to certify that **SANORITA** has actively participated in the Value Added Course on **Yoga and wellness** held during Jan to Feb 2018 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

*Dr. Santhosakumari*  
**Dr. Santhosakumari**

**RESOURCE PERSON**

PROFESSOR & HOD

DEPARTMENT OF BIOCHEMISTRY

Sri Lakshmi Narayana Institute of Medical Sciences

PONDICHERRY - 605 502

*Dr. Jansirani*

**Dr. Jansirani**

**COORDINATOR**

DEPARTMENT OF ALCOHOL & TOBACCO  
REGISTRATION & CONTROL  
PONDICHERRY - 605 001



# Sri Lakshmi Narayana Institute of Medical Sciences



## CERTIFICATE OF MERIT

This is to certify that **PRIYANKA KUMARI** has actively participated in the Value

Added Course on **Yoga and wellness** held during Jan to Feb 2018 Organized by Sri Lakshmi

Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

**Dr. Santhosakumari**

**RESOURCE PERSON**

DEPARTMENT OF BIOCHEMISTRY  
Sri Lakshmi Narayana Institute of Medical Sciences  
PONDICHERRY - 605 502

**Dr. Jansirani**

**COORDINATOR**

## Course feedback form

Course title:

Date: 31/1/18


Course code: BIO - 07

Department: Biochemistry

S.no	Design of the course	1	2	3	4	5
1	The objective of the course clear to you					<input checked="" type="checkbox"/>
2	The course contents met with your expectations					<input checked="" type="checkbox"/>
3	The lecture sequence were well planned					<input checked="" type="checkbox"/>
4	The lectures were clear and easy to understand					<input checked="" type="checkbox"/>
5	The audiovisual teaching aids were effectively used					<input checked="" type="checkbox"/>
6	The instructor's encouraged interaction and was it helpful					<input checked="" type="checkbox"/>
7	The contents were illustrated with examples					<input checked="" type="checkbox"/>
8	Overall Rating of the course					<input checked="" type="checkbox"/>

\* Rating: 5 - Outstanding; 4 - Excellent; 3 - Good; 2 - Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

  
Signature



## Course feedback form

Course title:

Date : 31-1-18


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S.no	Design of the course	1	2	3	4	5
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\* Rating: 5 – Outstanding; 4 - Excellent; 3 – Good; 2– Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

  
Signatife

Date: 27.02.2018

From

Dr.Jansirani  
Professor and Head,  
Department of Biochemistry,  
Sri Lakshmi Narayana Institute of Medical Sciences  
Blarath Institute of Higher Education and Research,  
Chennai.

Through Proper Channel

To

The Dean,  
Sri Lakshmi Narayana Institute of Medical Sciences  
Blarath Institute of Higher Education and Research,  
Chennai.

**Sub: Completion of value-added course: Yoga and wellness**

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: Yoga and wellness from Jan to Feb 2018 for 20 students. We solicit your kind action to send certificates for the participants that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards,

  
Dr. Jansirani

**Encl: Certificates**

**Photographs**