

6/29/2018

Chennai

From

Dr Dr. S. Shenbaga Lalitha, Assistant Professor  
Bharath Institute of Higher Education and Research,  
Chennai

To

The Dean  
Sree Balaji Medical College  
Bharath institute of Higher Education Research,  
Chennai

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

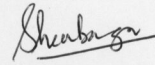
Respected sir,

With reference to subject mentioned above, the department proposes to conduct a value-added course titled: Yoga on 7/13/2018 for a period of three weeks

We kindly solicit your kind permission to commence the program.

Warm Regards,

Course Coordinator



~~Dr.~~ Dr. S. Shenbaga Lalitha

**Sree Balaji Medical College & Hospital,**  
Chennai - 600 044

VALUE ADDED COURSE -Yoga

COURSE CO-ORDINATOR DETAILS

**Faculty Name:** Dr Dr. S. Shenbaga Lalitha,Assistant Professor

**Email ID:** ShenbagaLalitha.s@bharathuniv.ac.in

**Mobile number:** 9994869160

**Sree Balaji Medical College & Hospital,**

Chennai - 600 044

Date: 7/3/2018

**CIRCULAR**

**Notification for Value added courses**

The School of Allied Health Sciences is scheduled to offer a Value added Certificate Course on “Yoga” from 7/13/2018 for a period of 3 weeks. Interested students can approach Dr. S. Shenbaga Lalitha, Assistant Professor and Course Coordinator, School of Allied Health Sciences for registration and for further details on or before 7/7/2018

**Eligibility- Students of School of Allied Health Sciences**

  
DEAN

Copy to:

Vice Chancellor

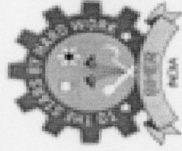
Pro Vice Chancellor

Additional Registrar

Deans

CoE

Heads of Departments



**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. Amal Althaf

has attended two weeks Value added Course on *Yoga*

conducted by .

**School of Allied Health Sciences**

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

NAME OF COURSE: YOGA

COURSE COORDINATOR Associate Professor ,Biochemistry

COURSE DURATION: 30 HOURS

SYLLABUS

S.NO	TOPIC	TEACHING METHODOLOGY	DURATION	FACULTY IN CHARGE
1	Introduction to Yoga	Lecture	2 hour	Assistant Professor
2	Basic of Yoga Therapy	Lecture	2 hour	Assistant Professor
3	Writtem assignement	Lecture	2 hour	Assistant Professor
4	Hitopadesa	Lecture	2 hour	Assistant Professor
5	Yoga therapy techniques	Lecture	2 hour	Assistant Professor
6	Yoga practice	Lecture	2 hour	Assistant Professor
7	Practical demonstration of asanas	prac	2 hour	Assistant Professor
8	Spoken Sanskrit and English	Lecture	2 hour	Assistant Professor
9	Introduction to Psychology	Lecture	2 hour	Assistant Professor
10	Written assignment	Lecture	2 hour	Assistant Professor
11	Advance techniques	Lecture	2 hour	Assistant Professor
12	Yoga therapy training	Lecture	2 hour	Assistant Professor
13	Practicals	Demonstration	2 hour	Assistant Professor
14	Written assessment	Lecture	2 hour	Assistant Professor
15	Viva-Voce and practicals	Lecture	2 hour	Assistant Professor

Yoga		68
<b>Register No.</b>		<b>Name</b>
U AH 18 01 002	AGILA P	
U AH 18 01 003	AKHILA B C	
U AH 18 01 004	AMRITHA DEV	
U AH 18 01 006	BASIL K ELDHOSE	
U AH 18 01 008	DEEPIKA B	
U AH 18 01 009	DEEPIKA K	
U AH 18 01 010	ELDHOSE SHIBU	
U AH 18 01 011	GOKULA LAKSHMI J	
U AH 18 01 012	GOWRI NACHIYAR S	
U AH 18 01 013	HEMALATHA U	
U AH 18 01 014	HIRAN SINGH S	
U AH 18 01 015	JANANI B	
U AH 18 01 016	JAYADURGA D	
U AH 18 01 017	JEENA MARIAM THOMAS	
U AH 18 01 018	JENIFER M	
U AH 18 01 019	KAVIYA M	
U AH 18 01 020	KISHORE S	
U AH 18 01 021	KOMALESHWARI B	
U AH 18 01 022	KRISHNADASAN K	
U AH 18 01 023	KRISHNA KUMAR B	
U AH 18 01 024	LAKSHMI R	
U AH 18 01 025	LILLY LIDYA V	
U AH 18 01 026	MALINI R	
U AH 18 01 027	MOHAMED HANEEFA	
U AH 18 01 028	MONISHA M	
U AH 18 01 029	MUJAHIDEEN A	
U AH 18 01 001	ADIL SIBY	
U AH 18 01 002	AGILA P	
U AH 18 01 003	AKHILA B C	
U AH 18 01 004	AMRITHA DEV	
U AH 18 01 006	BASIL K ELDHOSE	
U AH 18 01 008	DEEPIKA B	
U AH 18 01 009	DEEPIKA K	
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U AH 18 01 011	GOKULA LAKSHMI J	
U AH 18 01 012	GOWRI NACHIYAR S	

U AH 18 01 033	NIVEDHA S
U AH 18 01 034	PAVITHRA S
U AH 18 01 035	PRABAKARAN J
U AH 18 01 036	PREETHI V
U AH 18 01 037	PRIYADHARSHINI M
U AH 18 01 038	SABIYA I
U AH 18 01 039	SANGEETHA RAJEEV
U AH 18 01 041	SIVANANDHINI S
U19AH03001	ABISHA P A
U19AH03002	AKHILA REJI
U19AH03003	ALEENA SAJI
U19AH03004	AMRITHA P
U19AH03005	ANAKHA A
U19AH03006	ANJALI S NAIR
U19AH03007	ANKITA SINGH
U19AH03008	APARNA V
U19AH03009	BADARISHA KHARLYNGDOH
U19AH03010	BHARATH KUMAR S
U19AH03011	BHAVYA NAIR S
U19AH03012	DHILSHA RAVINDRAN
U19AH03013	FARZANE FATHIMA
U19AH03014	GOKUL KRISHNA T V
U19AH03015	GOKUL KRISHNAN A
U19AH03016	HARIHARAN N
U19AH03017	HEMAKRISHNA E
U19AH03018	INDHUMATHI D
U19AH03019	JOEL JOHNSON
U19AH03020	JOTHILINGAM M
U19AH03021	KARTHICK A
U19AH03022	KARTHIKA B S
U19AH03023	KEERTHIKA P
U19AH03024	KOKILA S