

Date: 21.06.2018

CIRCULAR

Sub: Organising Value added Course: Certificate Training program on Table Tennis - Reg.

With reference to the above mentioned subject, we bring it to your notice that School of Arts, Bharath Institute of Higher Education & Research is organising Value added course "Certificate Training program on Table Tennis". The syllabus and registration form is enclosed below. The candidates those who are interested to join must fill the registration form and submit to the Course Coordinator Mrs. M. Mahalakshmi, Department of Microbiology on or before 04.07.2018. The Registration form received after the mentioned date shall not be entertained under any circumstances.

Encl: A copy of Syllabus & Registration form

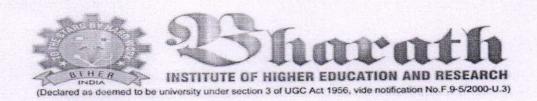
Bharath Institute of Higher Education & Research (Declared as Deemed to be University U/S 3 of UGC Act. 1956)
Chennai-600 073. INDIA

Copy To:

1.All HODs

2.Office File/ Notice Board

3. Course Coordinator



Registration Form

Value Added Course

Date: 2.09.2018

Name

: N. AARTHY

Reg. No.

: U18 CA022

Gender

: Female

Department

: BCA

Year

: 2018

Contact No.

9444272869

Email ID

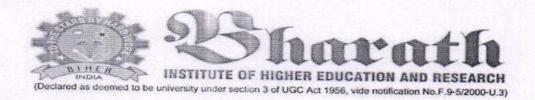
aarthybio 20@ gmail. 60 M

Course Applied for

certificate training Program on

Table tennis

Signature



Registration Form

Value Added Course

Date: 2.09.2018

Name

: Yukesh R.

Reg. No.

: U18M1014

Gender

: Male

Department

: microbiology

Year

2018

Contact No.

9860100033

Email ID

: yukeshram 2002 @ gmail. um

Course Applied for

: certificate training program on

Table Tennis

Signature



Value Added Course

Courses on Certificate training program on Table Tennis

Syllabus

Introduction to rules and historical background, Equipment, grip, serve flat stroke. Basic stance. Instruction and Drills, Forehand and Backhand Counterhit. Rules, scoring, Instruction and Drills.

Forehand and Backhand Push Drills. Rules, scoring. Forehand and Backhand Block. Forehand and Backhand Topspin. Instruction and Drills.

Task Progression- Player Readiness, Paddle Levels, Footwork, Teamwork, Game Play. Warm up activities.

Forehand, Backhand Flick, Backspin serves. Forehand and Backhand-chops. Practice game. Doubles Rules, Strategy, Tactics. Instruction and Drills.

Doubles Practice game, Forehand Smash. Lob. Drop Shot, Serves, Receive and Footwork in Doubles, Counter and Slow Spinny Topspin. Loob. Round Tournament.

Combination skills- Small vs feeder, multiball feeding by hand, big vs feeder, push and side step, block, top spin.

Grip Types –Shakehand / Penhold, Serves - variations of spins (side, top, back spin), Counter / Returning Serves, Spiking / Smashing.

Bharath Institute of Higher Education & Research School of Arts

Lesson Plan

S.No	Date	Course: Courses on Certificate training program on Table Te	Time	Hour
1	09.07.2018	Introduction to rules and historical background, Basic stance	10 AM - 11AM	1
2	14.07.2018	Equipment, grip, serve flat stroke	10 AM - 12 PM	2
3	15.07.2018	Rules, scoring.	10 AM - 11AM	1
4	21.07.2018	Forehand and Backhand Push Drills. Rules, scoring.	10 AM - 12 PM	2
5	22.07.2018	Forehand and Backhand Block,	10 AM - 12 PM	2
6	28.07.2018	Forehand and Backhand Topspin. Instruction and Drills.	10 AM - 12 PM	2
7	29.07.2018	Task Progression- Player Readiness, Paddle Levels, Footwork	10 AM - 12 PM	2
8	04.08.2018	Teamwork, Game Play. Warm up activities.	10 AM - 11AM	1
		Forehand, Backhand Flick, Backspin serves. Forehand and		
9	05.08.2018	Backhand-chops.	10 PM - 12 PM	2
10	11.08.2018	Drills.	10 AM - 12 PM	2
11	12.08.2018	Doubles Practice game, Forehand Smash. Lob.	10 AM - 12 PM	2
12	18.08.2018	Drop Shot, Serves, Receive and Footwork in Doubles, Counter	10 AM - 12 PM	2
13	19.08.2018	Topspin. Loob. Round Tournament.	10 PM - 12 PM	2
14	25.08.2018	Combination skills- Small vs feeder, multiball feeding by hand,	10 AM - 11AM	1
15	26.08.2018		10 PM - 12 PM	2
		Grip Types -Shakehand / Penhold, Serves - variations of spins		
16	01.09.2018	(side, top, back spin),	10 PM - 12 PM	2
17	02.09.2018	Counter / Returning Serves, Spiking / Smashing.	10 PM - 12 PM	2

Bharath Institute of Higher Education & Research School of Arts Course TimeTable

Value Added Course: Certificate training program on Table Tennis

Course Duration:30 Hrs

S.No	Date	Time	Hour
1	09.07.2018	10 AM - 11AM	1
2	14.07.2018	10 AM - 12 PM	2
3	15.07.2018	10 AM - 11AM	1_
4	21.07.2018	10 AM - 12 PM	2
5	22.07.2018	10 AM - 12 PM	2
6	28.07.2018	10 AM - 12 PM	2
7	29.07.2018	10 AM - 12 PM	2
8	04.08.2018	10 AM - 11AM	1
9	05.08.2018	10 PM - 12 PM	2
10	11.08.2018	10 AM - 12 PM	2
11	12.08.2018	10 AM - 12 PM	2
12	18.08.2018	10 AM - 12 PM	2
13	19.08.2018	10 PM - 12 PM	2
14	25.08.2018	10 AM - 11AM	1
15	26.08.2018	10 PM - 12 PM	2
16	01.09.2018	10 PM - 12 PM	2
17	02.09.2018	10 PM - 12 PM	2

Bharath Institute of Higher Education & Research School of Arts

Sendor Of This

Students Registration List

Value Added Course: Certificate Training Program on Table Tennis

S.NO	REG.N0	NAME OF THE CANDIDATE	DEPARTMENT	
1	U18MI011	SREEJITH MURALI	BSC-MICRO	
2	U18MI012	K NIVETHA	BSC-MICRO	
3	U18MI013	MANIKANDAN M	BSC-MICRO	
4	U18MI014	YUKESH R	BSC-MICRO	
5	U18MI015	RESHMAPRIYA S	BSC-MICRO	
6	U18MI016	SHERLIN C	BSC-MICRO	
7	U18MI017	KAVITHA V	BSC-MICRO	
8	U18MI003	RESHMA M	BSC-MICRO	
9	U18MI018	NABARUN DASGUPTA	BSC-MICRO	
10	U18BS004	VAISHNU S S	BSC-BIOTECH	
11	U18BS008	MADHUBALAN M	BSC-BIOTECH	
12	U18BS009	NITHISH B	BSC-BIOTECH	
13	U18BS010	ROHINISWATHI S	BSC-BIOTECH	
14	U18BS011	LAKSHITHA SRI S	BSC-BIOTECH	
15	U18BS012	ANU R	BSC-BIOTECH	
16	U18BS013	JAYAJOTHI SANKAR J	BSC-BIOTECH	
17	U18BS014	NIRAJA MOHANRAJ	BSC-BIOTECH	
18	U18BS015	AKASH K	BSC-BIOTECH	
19	U18BS016	PRERNA RAGHAV	BSC-BIOTECH	
20	U18BS017	SARATH BABU N	BSC-BIOTECH	
21	U18PS007	BALAJI S	BSC-PHYSICS	
22	U18PS008	SREE LAKSHMI PRIYA S	BSC-PHYSICS	
23	U18PS009	NAMBIRAJAN S	BSC-PHYSICS	
24	U18PS010	MOHAMED AZHARUDEEN M	BSC-PHYSICS	
25	U18CI009	PRASANTH K	BSC-CHEM	
26	U18CI010	MATHANBALAN J	BSC-CHEM	
27	U18CA022	AARTHY N	BCA	
28	U18CA023	SANGAMITHRA R	BCA	
29	U18CA063	GRACY R	BCA	
30	U18CA064	MURUGA PANDI M	BCA	
31	U18CA065	GAYATHRI R	BCA	
32	U18CA066	MADHAN KUMAR V	BCA	
33	U18CA067	PRAKASH M	BCA	
34	U18CA068	OVIYA M	BCA	
35	U18CA069	ARUN E	BCA	
36	U18CA070	SHEEBAKRAJ J	BCA	
37	U18CA071	RAMADAS PRABHAKARAN R M	BCA	
38	U18CA072	SHREYA SINHA	BCA	
39	U18CA073	PARIDHI SINHA	BCA	
40	U18CA074	GOWTHAMRAJ R	BCA	
41	U18CA075	VISHAL GANESH A S	BCA	
42	U18CA076	NIVEDHA S	BCA	
43	U18CA077	SHOBASH M	BCA	
44	U18CA078	SANJAY BALA S	BCA	
45	U18CA079	SUNDAR K	BCA	
46	U18CA080	ISHWARYA ROY S	BCA	
47	U18CA081	ABDUL HALIM S	BCA	
48	U18CA082	SAIRAM P	BCA	
49 50	U18CA083 U18CA701	NAVEEN KUMAR S HEMANATH E R	BCA BCA	



Course Feedback Form

Value Added Course

Date: 01.09.2018

Course Title: Certificate Training program on Table Tennis

Name

: YUKESH.R.

Reg. No.

: U1em1 014

Department : BSC-MICRO

S.No.	Particulars	1	2	3	4	5
	(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied	5. Ve	ry S	atisf	ied)	
1.	Objectives of the course clear to you				1	1
2.	Course contents met with your expectations					/
3.	Lecture sequence was well planned					
4.	Lectures were clear and easy to understand				1	
5.	Teaching aids were effective				/	
6.	Instructors encourage interaction and were helpful			103/	1	/
7.	The level of the course				/	
	(1. Very poor 2. Poor 3. Average 4. Good 5.	Excel	lent)		,	
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

L. yuluh. Signature



Course Feedback Form

Value Added Course

Date: 01.09.2018

Course Title: Certificate Training program on Table Tennis

Name

: GRACY. 12

Reg. No.

U18 CA 063

Department:

BCA

S.No.	Particulars	1	2	3	4	5
	(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfie	d 5. Ve	ry S	atisf	ied)	
1.	Objectives of the course clear to you					
2.	Course contents met with your expectations				~	
3.	Lecture sequence was well planned				V	
4.	Lectures were clear and easy to understand					/
5.	Teaching aids were effective				/	
6.	Instructors encourage interaction and were helpful					1
7.	The level of the course				~	
	(1. Very poor 2. Poor 3. Average 4. Good 5	. Excell	ent)			
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

Signature





Name of the course	Certificate Training program on Table Tennis
Handled by	Mrs. M. Mahalakshmi Asst. Prof, Department of Microbiology School of Arts, BIHER.



School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that

YUKESH R

has participated in the Certificate Training Program on Table Tennis, conducted by School of Arts, BIHER, from July 09, 2018 to September 02, 2018.

Mrs.M.Mahalakshmi

Course Co-ordinator

Dr. T.Kalaiyarasu

Convenor

Dr. A. Muthukumaravel

Dean - Arts and Science