



**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

**SCHOOL OF ARTS**

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

  
Dean-Faculty of Arts & Science  
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



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## SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 2.09.2018

Name : N. AARTHY  
Reg. No. : U18CA022  
Gender : Female  
Department : BCA  
Year : 2018  
Contact No. : 9444 272869  
Email ID : aarthbio20@gmail.com  
Course Applied for : Certificate training Program on  
Table tennis

N. aarthy  
Signature



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## SCHOOL OF ARTS

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 : yukeshram2002@gmail.com  
Course Applied for : certificate training program on  
Table Tennis

*R. Yukesh*  
Signature



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## SCHOOL OF ARTS

### 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**

Value Added Course: Courses on Certificate training program on Table Tennis Course Duration:30 Hrs				
S.No	Date	Topic	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
9	05.08.2018	Forehand, Backhand Flick, Backspin serves. Forehand and 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	big vs feeder, push and side step, block, top spin.	10 PM - 12 PM	2
16	01.09.2018	Grip Types –Shakehand / Penhold, Serves - variations of spins (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  
Students Registration List  
Value Added Course: Certificate Training Program on Table Tennis

S.NO	REG.NO	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	U18CA083	NAVEEN KUMAR S	BCA
50	U18CA701	HEMANATH E R	BCA



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## SCHOOL OF ARTS

### Course Feedback Form

#### Value Added Course

Date: 01.09.2018

Course Title: Certificate Training program on Table Tennis

Name : YUKESH .R.  
Reg. No. : UIRMI 014  
Department : BSC - MICRO

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

Please give Suggestion for the improvement of the course:

*L. yukesh .*

Signature





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### Course Feedback Form

#### Value Added Course

Date: 01.09.2018

Course Title: Certificate Training program on Table Tennis

Name : GRACY. R  
Reg. No. : U18CA063  
Department : BCA

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

Please give Suggestion for the improvement of the course:

*R. Gracy.*  
Signature



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## SCHOOL OF ARTS



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

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**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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