



# 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 : 25.06.2018

### CIRCULAR

**Sub: Organising Value added Course: Certificate Training Program on YOGA - 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 **“Certificate Training Program on YOGA”**. 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.S.Britha Rajakumari, School of Arts on or before 06.07.2018. 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  
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Bharath Institute of Higher Education & Research  
(Declared as Deemed to be University U/S 3 of UGC Act. 1956)  
Chennai-600 073. INDIA

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SCHOOL OF ARTS

Registration Form

Certificate Training Program on YOGA

Date: 26.06.2018

Name : Sathish. P  
Reg.No. : U175CO26  
Date of Birth : 01.01.2000  
Gender : Male  
Department : Computer Science  
Year : 2018  
Contact No. : 9962712499  
Email ID : sathishcb250@gmail.com  
Course Applied For : YOGA

  
Signature





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SCHOOL OF ARTS

Registration Form

Certificate Training Program on YOGA

Date: 26.06.2018

Name : Rohini Priya. S.  
Reg.No. : U17SC112  
Date of Birth : 19.04.1999  
Gender : Female  
Department : Computer Science  
Year : 2018  
Contact No. : 9442081799  
Email ID : rohinielangovan19@gmail.com  
Course Applied For : YOGA

Rohini Priya S.  
Signature



**Bharath Institute of Higher Education & Research**  
**School of Arts**

**Participant List**

**Certificate Training Program on YOGA**

S.NO	REG.No	NAME OF THE CANDIDATE	DEPARTMENT
1	U17SC009	BHARATHBALAJI G K	COMPUTER SCIENCE
2	U17SC026	SATHISH P	COMPUTER SCIENCE
3	U17SC084	WILLIAM R	COMPUTER SCIENCE
4	U17SC085	PRASANTH S	COMPUTER SCIENCE
5	U17SC112	ROHINI PRIYA E	COMPUTER SCIENCE
6	U17PS030	ARUN KAILASH K	PHYSICS
7	U17PS031	PRAVEENKUMAR P	PHYSICS
8	U17PS032	NITHISHRAJ G	PHYSICS
9	U17VC021	MUKESHKANNA K	VISUAL COMMUNICATION
10	U17VC022	PRAVEEN RAJ K	VISUAL COMMUNICATION
11	U17VC023	KALPANA M G	VISUAL COMMUNICATION
12	U17CI020	GOWTHAM D	CHEMISTRY
13	U17CI027	ANISHA M	CHEMISTRY
14	U17CA021	NARENDRAN I	BCA
15	U17CA032	S VARSHA	BCA
16	U17CA046	PRAVIN KUMAR S	BCA
17	U17CA704	SOPHIA R	BCA
18	U17IA002	ARUNDATHI.M	TAMIL
19	U17IA003	BHAVANI.M	TAMIL
20	U17MA013	FAMIDHA A	MATHEMATICS
21	U17MA014	SALINI R	MATHEMATICS
22	U17MA015	ILAKKIYA S	MATHEMATICS
23	U17MI022	SURYA R	MICROBIOLOGY
24	U17MI023	MOHAN RAJ R	MICROBIOLOGY
25	U17BA006	BASKAR U	BBA
26	U17BA019	ASWINI M	BBA
27	U17BA020	KARMUGILAN M	BBA
28	U17BA026	VIKRAM E	BBA
29	U17BA027	ARUNKUMAR S	BBA
30	U17BC052	THANGARAJ S	BCOM
31	U17BC272	RAGINI S	BCOM
32	U17BC273	REVATHY M	BCOM
33	U17BC278	VICHITHRA M	BCOM
34	U17BC279	YASMIN KAMARNISHA A	BCOM
35	U17BC119	KARTHI S	BCOM





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**SCHOOL OF ARTS**

**Value Added Course**

**Certificate Training Program on YOGA**

**Syllabus**

Significance of Value Education - Yoga for Human Excellence - Philosophy of life - Purpose of life .

Philosophical view of Body structure – Pain and disease - Reason for diseases - Preventive methods of diseases – Limit and method in five deeds of life.

Various Body systems - Various medical practices to cure diseases – Naturopathy.

Objectives of physical exercises – Concepts – General instructions for doing Simplified Physical Exercises – Benefits of physical exercises – Yogasanas.

Kaya Kalpa philosophy - Transformation of food into 7 elements - Importance of Sexual vital fluid - Postponing old age and death - Kaya Kalpa Practice- Benefits.



Bharath Institute of Higher Education & Research

## School of Arts

### TIMETABLE

Certificate Training Program on YOGA

Course Duration:30 Hrs

S.No	Date	Time	Hour
1	09.07.2018	2.00-4.00p.m	2
2	11.07.2018	2.00-4.00p.m	2
3	13.07.2018	2.00-4.00p.m	2
4	16.07.2018	2.00-4.00p.m	2
5	18.07.2018	2.00-4.00p.m	2
6	20.07.2018	2.00-4.00p.m	2
7	23.07.2018	2.00-4.00p.m	2
8	25.07.2018	2.00-4.00p.m	2
9	27.07.2018	2.00-4.00p.m	2
10	30.07.2018	2.00-4.00p.m	2
11	1.08.2018	2.00-4.00p.m	2
12	03.08.2018	2.00-4.00p.m	2
13	06.08.2018	2.00-4.00p.m	2
14	08.08.2018	2.00-4.00p.m	2
15	10.08.2018	2.00-4.00p.m	2



Bharath Institute of Higher Education & Research

School of Arts

LESSON PLAN

Certificate Training Program on YOGA

Course Duration:30 Hrs

S.No	Date	Topic	Time	Hours
1	09.07.2018	Significance of Value Education - Yoga for Human Excellence	2.00-4.00p.m	2
2	11.07.2018	Philosophy of life - Purpose of life .	2.00-4.00p.m	2
3	13.07.2018	Philosophical view of Body structure	2.00-4.00p.m	2
4	16.07.2018	Pain and disease - Reason for diseases	2.00-4.00p.m	2
5	18.07.2018	Various Body systems	2.00-4.00p.m	2
6	20.07.2018	Various medical practices to cure diseases	2.00-4.00p.m	2
7	23.07.2018	Naturopathy	2.00-4.00p.m	2
8	25.07.2018	Objectives of physical exercises	2.00-4.00p.m	2
9	27.07.2018	General instructions for doing Simplified Physical Exe	2.00-4.00p.m	2
10	30.07.2018	Benefits of physical exercises – Yogasanas	2.00-4.00p.m	2
11	1.08.2018	Kaya Kalpa philosophy	2.00-4.00p.m	2
12	03.08.2018	Transformation of Food into 7 elements	2.00-4.00p.m	2
13	06.08.2018	Importance of Sexual vital fluid	2.00-4.00p.m	2
14	08.08.2018	postponing old age and death	2.00-4.00p.m	2
15	10.08.2018	Pain and disease - Reason for diseases	2.00-4.00p.m	2





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## SCHOOL OF ARTS

### Course Feedback form

#### Certificate Training Program on YOGA

Date: 10.08.2018

Course Title: Certificate Training program on YOGA

Name: Gowtham D

RegNo: U17C1020

Department: Chemistry

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:					5 ✓

Please give Suggestion for the improvement of the course:

*D. Gowtham*  
Signature





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## SCHOOL OF ARTS

### Course Feedback form

#### Certificate Training Program on YOGA

Date: 10.08.2018

Course Title: Certificate Training program on YOGA

Name: Vikram E

RegNo: U17BA026

Department: BBA

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:

  
Signature





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## SCHOOL OF ARTS

### Certificate Training Program on YOGA



#### **Resource Person**

ArulNithi Mrs.R.Bhavani

Sky Yoga,

Balaji Nagar, Madambakkam,

Chennai - 600126





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## Bharath Institute of Science and Technology

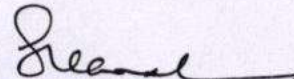
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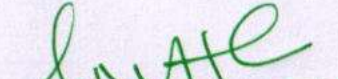
### School of Arts

## Certificate of Participation

*This certificate is awarded to Mr./ Ms. ROHINI PRIYA E for enthusiastic participation and completion of the Certificate Training Program on YOGA from 09.07.2018 to 10.08.2018.*

  
Mrs. S. Brindha Rajakumari  
Course Coordinator

  
Mr. S. Kannan  
Convener

  
Dr. A. Muthukumaravel  
Dean - Arts & Science