



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 TAEKWONDO- 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 TAEKWONDO"**. 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. A. Hallis Nisar, Department of Biotechnology 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
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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

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: 02/07/18

Name : Prakash.V
Reg. No. : U18M1005
Gender : male
Department : microbiology
Year : 2018
Contact No. : 98400 85273
Email ID : Prakashmicro@gmail.com
Course Applied for : certificate training program on Taekwondo

V. Prakash

Signature



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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 01-07-2018

Name : JENIFER.V
Reg. No. : U18B5006
Gender : FEMALE
Department : BIOTECHNOLOGY
Year : 2018
Contact No. : 9754516919
Email ID : jenifervijayakumar@gmail.com
Course Applied for : Certificate Training Program on Taekwondo

V. Jenifer
Signature

Bharath Institute of Higher Education & Research
School of Arts
Students Registration List
Value Added Course: Certificate Training Program on TAEKWANDO

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U18BS001	PRASANNA DEVI T	BSc Biotech
2	U18BS002	VETRIVEL V	BSc Biotech
3	U18BS003	RAMYA K	BSc Biotech
4	U18BS004	VAISHNU S S	BSc Biotech
5	U18BS006	JENIFER V	BSc Biotech
6	U18BS007	ABUBAKAR M	BSc Biotech
7	U18MI001	JOHN FREDERICK J	BSc Microbiology
8	U18MI002	REKHA D	BSc Microbiology
9	U18MI003	RESHMA M	BSc Microbiology
10	U18MI004	SHALINI A	BSc Microbiology
11	U18MI005	PRAKASH V	BSc Microbiology
12	U18MI006	SANDHIYA A	BSc Microbiology
13	U18MI007	SAMSUNDER C P	BSc Microbiology
14	U18MI008	MUNIRA JAVED	BSc Microbiology
15	U18MI009	JEEVITHA M	BSc Microbiology
16	U18MI010	NIKITA SAHA	BSc Microbiology
17	U18MA001	MONISHA J	BSc Maths
18	U18MA002	ABIRAMI P	BSc Maths
19	U18MA003	VENNILA V	BSc Maths
20	U18MA004	RAMAJAYAM P	BSc Maths
21	U18MA005	TAMILVENDHAN S	BSc Maths
22	U18BE001	DIVYA BHARATHI B	BA English
23	U18BE002	KAVIN LOUIS S	BA English
24	U18BE003	SAURAV BANSLA	BA English
25	U18BE004	VIGNESH B	BA English
26	U18BE005	SOWMIYA M	BA English
27	U18BE006	INBARASAN C	BA English
28	U18VC001	VIJAY R	BSc Viscom
29	U18VC002	SUNIL KUMAR N	BSc Viscom
30	U18VC003	SONIA K	BSc Viscom
31	U18VC004	MANOJ KUMAR I	BSc Viscom
32	U18VC005	VASANTH S	BSc Viscom
33	U18VC006	BHARATHRAJ N	BSc Viscom
34	U18VC007	ARAVIND S	BSc Viscom
35	U18VC008	JAYAMATHESHWAR R	BSc Viscom
36	U18VC009	SUREN A	BSc Viscom
37	U18EM001	KHITHIYONMOSES D	BA Economics
38	U18EM002	MANISH K M	BA Economics

39	U18EM003	MANOJ M	BA Economics
40	U18EM004	ARUN V	BA Economics
41	U18EM005	RAJ KUMAR M	BA Economics
42	U18EM006	SHAFINA S	BA Economics
43	U18PS001	BALAJI S	BSc Physics
44	U18PS002	SANJAY KANTH S	BSc Physics
45	U18PS003	DIVYA S	BSc Physics
46	U18PS004	GOPIKRISHNAN C	BSc Physics



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SCHOOL OF ARTS

Value Added Course

Certificate training program on TAEKWONDO

Syllabus

Brief History of martial arts and Tae Kwon Do.

Taekwondo Principles: Humility, Spirit, Perseverance, loyalty, Etiquette, Honor.

Basics in TAEKWONDO

Taekwondo Belts and Grading. Taekwondo common words and phrases

How and when to Bow Correctly in Taekwondo. Mental preparation for Taekwondo

Breathing exercise and breathing control

Basics techniques in TAEKWONDO

Stances : Attention; ready; walking; back; long; horse riding

Punching technique: Body punch, Face punch, Double body punch, Face punch

Blocks : low block; Body block, Inside to outside chest block; outside to inside chest block, Face block

Kicking : Front kick; crescent kick (outside to inside & inside to outside); turning and half turning kick

Forms 1. Basic pattern (with count)

2. Basic pattern (without count)

Self-Defense Techniques

Locks, releases & throws

close-quarter techniques

Attacks to vital or sensitive points

Counterattacks to vital or sensitive points

Bharath Institute of Higher Education & Research

School of Arts

Course TimeTable

Value Added Course: Certificate training programme on TAEKWONDO - Course Duration:30 Hrs

S.No	Date	Time	Hour
1	09.07.2018	10 AM - 12 AM	2
2	15.07.2018	10 AM - 12 AM	2
3	22.07.2018	10 AM - 12 AM	2
4	28.07.2018	10 AM - 12 AM	2
5	29.07.2018	10 AM - 12 AM	2
6	04.08.2018	10 AM - 12 AM	2
7	05.08.2018	10 AM - 12 AM	2
8	12.08.2018	10 AM - 12 AM	2
9	18.08.2018	10 AM - 12 AM	2
10	19.08.2018	10 AM - 12 AM	2
11	25.08.2018	10 AM - 12 AM	2
12	01.09.2018	10 AM - 12 AM	2
13	02.09.2018	10 AM - 12 AM	2
14	08.09.2018	10 AM - 12 AM	2
15	09.09.2018	10 AM - 12 AM	2

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School of Arts
Lesson Plan

Value Added Course: Certificate training program on TAEKWONDO			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	09.07.2018	Brief History of martial arts and Tae Kwon Do.	10 AM - 12 PM	2
2	15.07.2018	Taekwondo Principles: Humility, Spirit, Perseverance, loyalty, Etiquette, Honor	10 AM - 12 PM	2
3	22.07.2018	Taekwondo Belts and Grading. Taekwondo common words and phrases	10 AM - 12 PM	2
4	28.07.2018	How and when to Bow Correctly in Taekwondo. Mental preparation for Taekwondo	10 AM - 12 PM	2
5	29.07.2018	Breathing exercise and breathing control	10 AM - 12 PM	2
6	04.08.2018	Stances Attention; ready; walking; back; long; horse riding	10 AM - 12 PM	2
7	05.08.2018	Punching technique: Body punch, Face punch,	10 AM - 12 PM	2
8	12.08.2018	Blocks : low block; Body block, Inside to outside chest block; outside to inside chest block, Face block	10 AM - 12 PM	2
9	18.08.2018	inside & inside to outside); turning and half	10 AM - 12 PM	2
10	19.08.2018	Forms 1. Basic pattern (with count)	10 AM - 12 PM	2
11	25.08.2018	Forms 2. Basic pattern (without count)	10 AM - 12 PM	2
12	01.09.2018	Self-Defense Techniques : Locks, releases & throws	10 AM - 12 PM	2
13	02.09.2018	Self-Defense Techniques : close-quarter techniques	10 AM - 12 PM	2
14	08.09.2018	Self-Defense Techniques : Attacks to vital or	10 AM - 12 PM	2
15	09.09.2018	Self-Defense Techniques : Counterattacks to vital or sensitive points	10 AM - 12 PM	2



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Course Feedback Form

Value Added Course

Date:09.09.2018

Course Title:Certificate Training program on TAEKWONDO

Name : V. Vetrivel
Reg. No. : U18BS002
Department : Biotechnology

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:

V. Vetrivel
Signature



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Course Feedback Form

Value Added Course

Date:09.09.2018

Course Title:Certificate Training program on TAEKWONDO

Name : M. JEEVITHA
Reg. No. : UI8MI009
Department : MICROBIOLOGY

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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Name of the course	Certificate Training program on Taekwondo
Handled by	Mrs. A. Hallis Nisar Asst. Prof, Department of Biotechnology School of Arts, BIHER.



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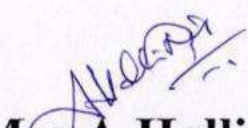
School of Arts

CERTIFICATE OF PARTICIPATION


This is to certify that

ABUBAKAR M

**has participated in the Certificate Training Program on TAEKWONDO
conducted by School of Arts, BIHER, from July 09, 2018 to Sept 09, 2018.**


Mrs. A. Hallis Nisar
Course Co-ordinator

Dr. L. Jeyanthi Rebecca
Convenor


Dr. A. Muthukumaravel
Dean - Arts and Science