



**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 : 16.4.2019

**CIRCULAR**

**Sub: Organising Value added Course: Short Term Course on Basics of Martial Art - reg.,**

With reference to the above mentioned subject, we bring it to your notice that School of Arts, Faculty of Arts & Science, Bharath Institute of Higher Education & Research is organising Value added course "Short Term Course on Basics of Martial Art". 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 Convenor, School of Arts on or before 30.04.2019. The Registration form received after the mentioned date shall not be entertained under any circumstances.

Encl: A copy of Syllabus & Registration form

Copy To:

- 1.All HODs
- 2.Office File/ Notice Board

  
Dean-Faculty of Arts & Science  
Dear 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

Bharath Institute of Higher Education & Research  
 School of Arts  
 Students Registration List  
 Value Added Course: Basics of Martial art

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17CA060	DEENA S	BCA
2	U17CA063	ASWIN S	BCA
3	U18CA039	AUBREY JUDE PHILBERT .	BCA
4	U18CA040	AJAY D	BCA
5	U18CA041	GURUNATHAN S	BCA
6	U18CA042	PRITHA SHOME .	BCA
7	U18CA044	AKANKSHA KUMARI .	BCA
8	U18CA045	THANGAMANI M	BCA
9	U18CA046	KISHOREKUMAR V	BCA
10	U18CA047	KARAN K	BCA
11	U19CA001	NARESH	BCA
12	U19CA002	KISHORE	BCA
13	U19CA003	THISHAANTH	BCA
14	U19CA004	RAKESH	BCA
15	U19CA005	DINESH KUMAR	BCA
16	U19CA006	BHUVANESHWARI	BCA
17	U17MI002	JOTHIKA S	MICRO
18	U17MI006	MONISHA R	MICRO
19	U17MA019	DEEPAKRAJ M	MATHS
20	U17MA022	DHIVYA V	MATHS
21	U17MA023	KALAIVANI R	MATHS
22	U17BA013	PRAGADEESH K	BBA
23	U17BA018	MAHENDER SURESH KHONDE	BBA
24	U17BA022	MONISHA S	BBA
25	U17CI014	MOHANRAJ V	CHEM
26	U17CI015	SETHURAMAN R	CHEM
27	U17CI019	MUKUNDA KUMAR D	CHEM
28	U17CI020	GOWTHAM D	CHEM
29	U18BC049	CORLEY VICTOR S S	B.Com
30	U18BC050	KARTHIKA S S	B.Com
31	U18BC066	PREM B B	B.Com
32	U17PS015	SHALINI M	PHYSICS
33	U17PS016	ELAYAKUMAR V	PHYSICS
34	U17PS023	AASHA N	PHYSICS

35	U17PS026	HARIHARAN G	PHYSICS
36	U17PS027	PADMA PRIYA D	PHYSICS
37	U17SC004	ANANDH RAJ J	CS
38	U17SC008	REVATHI R	CS
39	U17SC014	DHAMODARAN B	CS
40	U17SC019	SUDHARSAN D	CS
41	U17SC023	RAJ KUMAR M	CS
42	U18SC034	NAVEEN KUMAR A	CS
43	U18SC035	OMSIVA S V	CS
44	U18SC036	VIGNESH M	CS
45	U18SC039	PAVAN KUMAR R	CS
46	U18SC041	AKASH B	CS
47	U18SC042	KISHORE S	CS
48	U19SC011	UMA RANI K	CS
49	U19SC012	AJAY R	CS
50	U19SC013	SUKESKUMAR D	CS



# Shawath

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## SCHOOL OF ARTS

### Registration Form

### Value Added Course

Date: 30.4.2019

Name : Uircaobo

Reg.No. : S. Deena

Gender : male


Department : BCA

Year : 2017-20

Contact No. : 9082053422

Email ID : deenaofficial1530@gmail.com.

Course Applied For : Basics of martial Arts

  
Signature



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## SCHOOL OF ARTS

### Registration Form

### Value Added Course

Date: 30.4.2019

Name : Prem B  
Reg.No. : 018BC066  
Gender : male  
Department : Bcom  
Year : 2018-21  
Contact No. : 9840162499  
Email ID : premlee11@gmail.com  
Course Applied For : Martial Art

  
Signature



# Shriharath

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## SCHOOL OF ARTS

### Department of Computer Science and Computer Applications

#### Value Added Course

#### Basics of Martial Arts

#### Syllabus

The student will learn and demonstrate to the best of his or her ability:

- A. Basic stances and meditation
- B. Basic blocks
- C. Basic hand techniques
- D. Basic kicking techniques
- E. Effective warm up and stretching techniques
- F. Basic controlled sparring (Optional)
- G. Basic self-defense
- H. Learn two kata (forms): "8-direction exercise" and Heian Shodan
- I. History of Japanese Karate with an emphasis on Shotoka

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

Value Added Course: Short Term Course on Basics of Martial Art			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	30/4/2019	Fudo Dachi- Normal Stance	2.00-3.00p.m	1
2	05-02-19	Kiba Dachi- Horse Straddle Stance	10.00-12.00p.m	1
3	05-09-19	Kokutsu Dachi- Back Leaning Stance	2.00-3.00p.m	2
4	16/5/2019	Zenkutsu Dachi- Front Leaning Stance	10.00-12.00p.m	2
5	22/5/2019	Basic blocks	2.00-4.00p.m	2
6	29/5/2019	Basic hand techniques	10.00-12.00p.m	1
7	06-01-19	Chudan Tsuki- Middle Punch, Gedan Tsuki- Low Punch	2.00-4.00p.m	2
8	06-06-19	odan Morote Tsuki- Double Punch,Uraken Shomen Uchi- Inverted Fist Strike	10.00-12.00p.m	2
9	13/6/2019	Mae Keage- Front Stretch Kick, Hiza Geri – Knee Kick	2.00-4.00p.m	1
10	19/6/2019	Mae Geri- Front Snap Kick,Ushiro Geri- Back Kick	10.00-12.00p.m	2
11	26/6/2019	Effective warm up and stretching techniques	2.00-4.00p.m	2
12	07-04-19	Basic controlled sparring	10.00-12.00p.m	2
13	07-10-19	Shotei-Uchi- Palm Heel Strike,Gedan Barai- Low Block	2.00-4.00p.m	2
14	07-12-19	White Belt (10th Kyu)	10.00-12.00p.m	2
15	18/7/2019	White Kyu (9th Kyu)	2.00-4.00p.m	2
16	26/7/2019	8-direction exercise” and Heian Shodan	10.00-12.00p.m	2
17	27/7/2019	History of Japanese Karate	10.00-12.00p.m	2

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

**Value Added Course: Short Term Course on Basics of Martial Art**

**Course Duration:30 Hrs**

S.No	Date	Time	Hour
1	30/4/2019	2.00-3.00p.m	1
2	05-02-19	10.00-12.00p.m	1
3	05-09-19	2.00-3.00p.m	2
4	16/5/2019	10.00-12.00p.m	2
5	22/5/2019	2.00-4.00p.m	2
6	29/5/2019	10.00-12.00p.m	1
7	06-01-19	2.00-4.00p.m	2
8	06-06-19	10.00-12.00p.m	2
9	13/6/2019	2.00-4.00p.m	1
10	19/6/2019	10.00-12.00p.m	2
11	26/6/2019	2.00-4.00p.m	2
12	07-04-19	10.00-12.00p.m	2
13	07-10-19	2.00-4.00p.m	2
14	07-12-19	10.00-12.00p.m	2
15	18/7/2019	2.00-4.00p.m	2
16	26/7/2019	10.00-12.00p.m	2
17	27/7/2019	10.00-12.00p.m	2





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SCHOOL OF ARTS

Course Feedback form

Value Added Course

Date: 27.7.2019.

Course Title: Basics of Martial Art

Name: Karan

RegNo: U18CA047

Department: BA

S.No	Particulars	1	2	3	4	5
(4. 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					✓
(4. 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:

*Karan*  
Signature



# Sharath

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SCHOOL OF ARTS

Course Feedback form

Value Added Course

Date: 27.7.2019.

Course Title: Basics of Martial Art

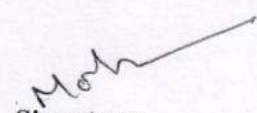
Name: V. Mohanraj

RegNo: 017C104

Department: Chemistry

S.No	Particulars	1	2	3	4	5
(4. 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				✓	
(4. 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



**Shree**  
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## SCHOOL OF ARTS



### Resource Person Details

**Trainer**

**Mr.K.Ganesan,Tambaram,Chennai**



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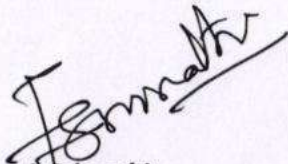
## **Bharath Institute of Science and Technology**

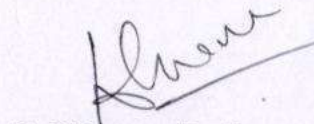
83,3,Agharam Main Road, Secretariat Colony, Tiruvanchery, Selaiyur, Chennai - 600126,Tamil Nadu, India.


School of Arts

### *Certificate of Participation*

This certificate is awarded to Mr./ Ms. DEENA S (U17CA060 ) for enthusiastic participation and completion of the Value Added Course on Basics of Martial Art, organized by the organized by School of Arts from 30.4.2019 to 27.7.2019.

  
E.Srimathi  
Course Coordinator

  
Dr.D.Kerana Hanirex  
Convenor

  
Dr.A.Mothukumaravel  
Dean - Arts & Science