



**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 : 25.8.2017

**CIRCULAR**

**Sub: Organising Value added Course: Skill development course on manavalakkalai 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 **Value added course "Skill development course on manavalakkalai 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 Dr.S.Palpandi Department of Tamil on or before 24.07.2017.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
- 3.Course Coordinator

  
**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



# Shawarath

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## SCHOOL OF ARTS

### Registration Form

### Value Added Course

Date:

Name : M. yuvapriya  
Reg.No. : 0171A010  
Gender : female  
Department : Tamil  
Year : 2017  
Contact No. : 9440102001  
Email ID : priya010@gmail.com  
Course Applied For : skill development course on manufacturing  
you

M. yuvapriya  
Signature



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## SCHOOL OF ARTS

### Registration Form

### Value Added Course

Date:

Name : M. ARUNTHATHI  
Reg.No. : U17IA002  
Gender : Female  
Department : TAMIL  
Year : 2017  
Contact No. : 9514530233  
Email ID : arun00@gmail.com  
Course Applied For : Skill development course on manavalakabi  
yoga

Arundathi. M  
Signature

## Bharath Institute of Higher Education &amp; Research

## School of Arts

## Students Registration List

Value Added Course: Skill development course on manavalakkalai yoga

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17IA001	R.AKILA	BA
2	U17IA002	M.ARUNDATHI	BA
3	U17IA003	M.BHAVANI	BA
4	U17IA005	K.DURGA	BA
5	U17IA006	M.GIRIJA	BA
6	U17IA008	S.RAJATHI	BA
7	U17IA010	M.YUVAPRIYA	BA
8	U17CA063	ASWIN S	BCA
9	U17CA072	PRAVEEN M	BCA
10	U17CA073	RAKUL K	BCA
11	U17BA004	KARTHICK J	BBA
12	U17BA007	ABHISHEK J	BBA
13	U17BA013	PRAGADEESH K	BBA
14	U17BA018	MAHENDER SURESH KHONDE	BBA
15	U17BA022	MONISHA S	BBA
16	U17BA023	C MADHAN	BBA
17	U17MI002	JOTHIKA S	MICRO
18	U17MI006	MONISHA R	MICRO
19	U17MI010	SHABANA YASMEEN A	MICRO
20	U17MI022	SURYA R	MICRO
21	U17MI023	MOHAN RAJ R	MICRO
22	U17MA009	KOLANGINATHAN P	MATHS
23	U17MA011	VIJAY B	MATHS
24	U17MA014	SALINI R	MATHS
25	U17MA018	MONISHA S	MATHS
26	U17MA019	DEEPAKRAJ M	MATHS
27	U17MA022	DHIVYA V	MATHS
28	U17MA023	KALAIVANI R	MATHS
29	U17CI003	SATHIYA PRIYA S	CHEM
30	U17CI006	PREETHA P	CHEM



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**SCHOOL OF ARTS**

**Value Added Course**

**Skill development course on manavalakkalai yoga**

**Syllabus**

**SIMPLIFIED PHYSICAL EXERCISES**

Physical exercises – Hand exercises – Leg exercises – Breathing exercises – Eye exercises – Kapalabathi – Makarasana – Body massage – Acupressure – Relaxation

**KAYA KALPA Kaya Kalpa Exercise**

Aswini Mudhra – Moola Bandha – Ojas Breath (should be learnt directly from the World Community Service Centre)

**MEDITATION**

Agna- Santhi – Clearence – Thuriya – Thuriyatheetham.

**INTENSIFICATION OF BIO- MAGNETISM**

Lamp gazing (should be learnt directly from the World Community Service Centre)

**YOGASANAS**

Padmasana, Vajrasana, Sukasana, Chakrasana (side posture), Viruchasana, Bhujangasana, Yoga mudra, Ustrasana, Maha Mudra, Vakkarasana.

**Bharath Institute of Higher Education & Research**

**School of Arts**

**Course Time Table**

**Value Added Course: Skill development course on manavalakkalai yoga Course Duration:30 Hrs**

S.No	Date	Time	Hour
1	25/9/2017	2.00-3.00p.m	1
2	29/9/2017	10.00-12.00p.m	1
3	10-09-17	2.00-3.00p.m	1
4	13/10/2017	10.00-12.00p.m	2
5	19/10/2017	2.00-4.00p.m	2
6	24/10/2017	10.00-12.00p.m	2
7	25/10/2017	2.00-4.00p.m	2
8	28/10/2017	10.00-12.00p.m	2
9	11-10-17	2.00-4.00p.m	1
10	15/11/2017	10.00-12.00p.m	2
11	21/11/2017	2.00-4.00p.m	2
12	28/11/2017	10.00-12.00p.m	2
13	12-04-17	2.00-4.00p.m	2
14	12-08-17	10.00-12.00p.m	2
15	13/12/2017	2.00-4.00p.m	2
16	19/12/2017	10.00-12.00p.m	2
17	26/12/2017	10.00-12.00p.m	2

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

**Value Added Course: Skill development course on manavalakkalai yoga : Course Duration 30 Hours**

S.No	Date	Topic	Time	Hour
1	25/9/2017	Physical exercises	2.00-3.00p.m	1
2	25/9/2017	Leg exercises – Breathing exercises	10.00-12.00p.m	1
3	25/9/2017	Aswini Mudhra – Moola Bandha –	2.00-3.00p.m	1
4	13/10/2017	Agna- Santhi – Clearence –	10.00-12.00p.m	2
5	19/10/2017	Lamp gazing	2.00-4.00p.m	2
6	24/10/2017	Thuriya	10.00-12.00p.m	2
7	28/10/2017	Thuriyatheetham.	2.00-4.00p.m	2
8	28/10/2017	Maha Mudra,	10.00-12.00p.m	2
9	10-11-2017	Ustrasana	2.00-4.00p.m	1
10	15/11/2017	Vakkarasana.	10.00-12.00p.m	2
11	21/11/2017	Yoga mudra	2.00-4.00p.m	2
12	28/11/2017	Bhujangasana	10.00-12.00p.m	2
13	4-12-2017	Viruchasana	2.00-4.00p.m	2
14	8-12-2017	Chakrasana	10.00-12.00p.m	2
15	13/12/2017	Sukasana,	2.00-4.00p.m	2
16	19/12/2017	Vajrasana,	10.00-12.00p.m	2
17	26/12/2017	Padmasana,	10.00-12.00p.m	2



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## SCHOOL OF ARTS

### Course Feedback form

### Value Added Course

Date:

Course Title: Skill development course on manavalakkalai yoga

Name: M. ARUNTHATHI

RegNo: U17IA002

Department: TAMK

S.No	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Ojectives 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:

*Arundathi - M*  
Signature





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## SCHOOL OF ARTS

### Course Feedback form

### Value Added Course

Date:

Course Title: Skill development course on manavalakkalai yoga

Name: M. Yuvrajn

RegNo: V171A010

Department: TAMIL

S.No	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Ojectives 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:

M. Yuvrajn  
Signature



# Shree

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## SCHOOL OF ARTS



### Resource Person Details

Dr.S.P .sinivasan

Associate Professor

University college thirvanthapuram

kerala 695009



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**School of Arts**

**CERTIFICATE OF PARTICIPATION**

This is to certify that

***M. ARUNTHATHI***

has participated in the Course on **Skill development course on manavalakkalai yoga** conducted by the School of Arts, BIHER from 25.9.2017 to 26.9.2017.

**Dr.s.palpandi**  
Course Co-ordinator

**Dr.D.M.CHITRAKANNU**  
Convenor

**Dr.A.Muthukumaravel**  
Dean-Arts & Science