



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 : 4.3.2018

CIRCULAR

Sub: Organising Value added Course: Value Education and Meditation - 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 "Value Education and Meditation"**. 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 Ms. V. Brindha, Department of Computer Applications on or before 25.03.2018. 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
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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Registration Form

Value Added Course

Date: 12-3-2018

Name : Deva Dharsini .R
Reg.No. : U178C052
Date of Birth : 11.09.2000
Gender : Female
Department : Computer Science
Year : 2018
Contact No. : 8345020906
Email ID : devadharsini1109@gmail.com
Course Applied For : Value education & Meditation

Deva Dharsini .R
Signature

Bharath Institute of Higher Education & Research

School of Arts

Students Registration List

Value Added Course: Value Education and Meditation

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17SC008	REVATHI R	CS
2	U17SC009	BHARATHBALAJI G K	CS
3	U17SC010	BHARATH KUMAR N	CS
4	U17SC011	NANDAKUMAR B	CS
5	U17SC021	DEENA S	CS
6	U17SC022	PREMKUMAR B	CS
7	U17SC023	RAJ KUMAR M	CS
8	U17SC036	DINESHKUMAR S	CS
9	U17SC037	SAKTHIVEL M	CS
10	U17SC038	ARVIND G	CS
11	U17SC040	DHANASEKAR L	CS
12	U17SC051	KAWTHAM M	CS
13	U17SC052	DEVASHARSHINI	CS
14	U17BC026	AARTHI R	Commerce
15	U17BC027	VENKATESAN H	Commerce
16	U17BC034	SWATHI P	Commerce
17	U17BC035	KANNAN M	Commerce
18	U17BC036	TAMILARASAN M	Commerce
19	U17BC037	DHINESH T	Commerce
20	U17BC046	AJAY A	Commerce
21	U17BC048	VIGNESHWARAN K	Commerce
22	U17BC049	MANIGANDAN P	Commerce
23	U17BA039	JAGATHRATCHAGAN J	BBA
24	U17BA040	LOKESH K	BBA
25	U17BA045	HARI PRASATH K	BBA
26	U17BA046	CHITRA ARASAN G	BBA
27	U17BA047	KRISHNA MOHAN SINGH	BBA
28	U17BA048	SRINIVASAN K	BBA
29	U17BA054	MADHAN G	BBA
30	U17BA055	N ANIL	BBA
31	U17BA056	SANTHOSHKUMAR P	BBA
32	U17BA057	BERGILIN LEO V	BBA
33	U17MI023	MOHAN RAJ R	Microbiology
34	U17MI024	SURAJIT SARMA	Microbiology
35	U17MI025	POOVARASAN E	Microbiology
36	U17MI029	SANDIYA R	Microbiology
37	U17MI030	ALLEN JOSEPH J	Microbiology
38	U17MA012	DILLIBABU B	Mathematics

39	U17MA013	FAMIDHA A	Mathematics
40	U17MA014	SALINI R	Mathematics
41	U17BE004	PAULPANDI C	English
42	U17BE008	PARTHIBAN M	English
43	U17BE013	OVIYA P	English
44	U17BE019	BHADRA RENJITH RENJITH	English
45	U17CI021	SUNDAR RAJ S	Chemistry



Shaheed

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SCHOOL OF ARTS

Value Education and Meditation

Syllabus

Definition, Concept and Classification of values

The need for value education in India

Meditation Practice- Self empowerment technique- Thinking process - Awaken to Superconsciousness - Pranayama and Personal Effectiveness

Mental peace- Character development- Spiritual purpose -Affirmations and Visualizations - Working with the Chakras

Nature Meditations - Relationships and Health

Bharath Institute of Higher Education & Research
School of Arts
Time Table

Value Added Course: Value Education and Meditation			
Course Duration:30 Hrs			
S.No	Date	Time	Hour
1	2.4.2018	2.00 -4.00 p.m	2
2	4.4.2018	2.00 -4.00 p.m	2
3	9.4.2018	2.00 -4.00 p.m	2
4	11.4.2018	2.00 -4.00 p.m	2
5	16.4.2018	2.00 -4.00 p.m	2
6	18.4.2018	2.00 -4.00 p.m	2
7	23.4.2018	2.00 -4.00 p.m	2
8	25.4.2018	2.00 -4.00 p.m	2
9	2.5.2018	2.00 -4.00 p.m	2
10	7.5.2018	2.00 -4.00 p.m	2
11	9.5.2018	2.00 -4.00 p.m	2
12	14.5.2018	2.00 -4.00 p.m	2
13	16.5.2018	2.00 -4.00 p.m	2
14	23.5.2018	2.00 -4.00 p.m	2
15	30.05.2018	2.00 -4.00 p.m	2

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

Value Added Course: Value Education and Meditation			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	2.4.2018	Definition, Concept	2.00 -4.00 p.m	2
2	4.4.2018	Classification of values	2.00 -4.00 p.m	2
3	9.4.2018	The need for value education in India	2.00 -4.00 p.m	2
4	11.4.2018	Meditation Practice	2.00 -4.00 p.m	2
5	16.4.2018	Self empowerment technique	2.00 -4.00 p.m	2
6	18.4.2018	Thinking process	2.00 -4.00 p.m	2
7	23.4.2018	Awaken to Superconsciousness	2.00 -4.00 p.m	2
8	25.4.2018	Pranayama and Personal Effectiveness	2.00 -4.00 p.m	2
9	2.5.2018	Mental peace	2.00 -4.00 p.m	2
10	7.5.2018	Character development	2.00 -4.00 p.m	2
11	9.5.2018	Spiritual purpose	2.00 -4.00 p.m	2
12	14.5.2018	Affirmations and Visualizations	2.00 -4.00 p.m	2
13	16.5.2018	Working with the Chakras	2.00 -4.00 p.m	2
14	23.5.2018	Nature Meditations	2.00 -4.00 p.m	2
15	30.05.2018	Relationships and Health	2.00 -4.00 p.m	2



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Resource Person Details

Dr. R. Priya,
Professor,
VISTAS,
Chennai.



Shriharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that

DEVA DHARSHINI.R

has participated in the Course on Value Education and Meditation, conducted by the School of Arts, BIHER from
2.4.2018 to 30.5.2018.

V. Brindha

V.Brindha
Course Co-ordinator

Dr.P.Kerana Hanirex

Dr.P.Kerana Hanirex
Convener

Dr.A.Muthukumaravel

Dr.A.Muthukumaravel
Dean-Arts & Science



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Course Feedback form

Value Added Course

Date: 30.4.2018

Course Title: Value Education and Meditation

Name: ARVIND. G

RegNo: U17SCO28

Department: CS

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:

Arvind
Signature