



SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES
Osudu, Agaram Village, Kudapakkam Post, Pondicherry – 605 502.

DEPARTMENT OF PHYSIOLOGY

Date: 4.3.2019

From
Dr.V.Senthil kumar
Professor and Head,
Physiology
Sri Lakshmi Narayana Institute of Medical sciences
Puducherry

To
The Dean,
Sri Lakshmi Narayana institute of Medical sciences
Puducherry

Sub: Permission to conduct value-added course: Certificate course in yoga therapy for respiratory diseases & Code PHY C11

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Certificate course in yoga therapy for respiratory diseases & Code: PHY C11 from , May 2019– July 2019 We solicit your kind permission for the same.

Kind Regards

Dr.V.Senthil kumar

FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

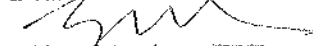
The Dean:Dr.G.Jayalakshmi

The HOD: Dr.V.Senthil kumar

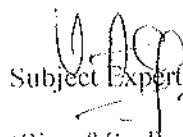
The Expert: Dr.V.Anebaracy

The committee has discussed about the course and is approved.

Dean


(Sign & Seal)
DEAN

Subject Expert


(Sign & Seal)


HOD

(Sign & Seal)

PROFESSOR & HOD
DEPARTMENT OF PHYSIOLOGY
Sri Lakshmi Narayana Institute of Medical Sciences
PONDICHERRY - 605 502.

SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES
OSUDU, AGARAM VILLAGE,
KODAPAKKAM POST,
PUDUCHERRY - 605 502



OFFICE OF THE DEAN

Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,
PUDUCHERRY - 605 502.

[Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME (P -II) dt. 11/07/2011]
[Affiliated to Bharath University, Chennai - TN]

No. SLIMS/Dean Off/VAC / 308

Circular

Date: 11.3.2019

Sub: Organising Value-added Course: Certificate course in yoga therapy for respiratory diseases &
Code: PHY C11

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical sciences, is organizing "Certificate course in yoga therapy for respiratory diseases & Code: PHY C11". The course content and registration form is enclosed below.

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before April 2019 Applications received after the mentioned date shall not be entertained under any circumstances.

Encl: Copy of Course content.

Dean

DEAN

SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES
OSUDU, AGARAM VILLAGE,
KODAPAKKAM POST,
PUDUCHERRY - 605 502

Course Proposal

Course Title: Certificate course in yoga therapy for respiratory diseases & Code: PHY C11

Course Objective: At the end of the course, the participants should be able to

- Explain normal respiratory anatomy and respiratory muscles
- Normal Mechanics of breathing
- Respiratory reaction
- Differentiate obstructive and restrictive airway diseases
- Yoga for various respiratory diseases
- Pranayama for various respiratory diseases
- Benefits of yoga & Yoga practice

Course Outcome: On successful completion of the course the students will have the knowledge on various lifestyle modification in treatment and prevention of metabolic syndrome.

Course Audience: 1st year M.B.B.S students (2018- 2019)

Course Coordinator: Dr.R.Vijayakumar

Course Faculties with Qualification and Designation

Dr.V.Anebaracy, M.B.B.S,M.D,Assistant Professor,Physiology

Dr.V.Senthilkumar, , M.B.B.S,M.D, Professor& HOD,Physiology

Course Curriculum/Topics with schedule (Min of 30 hours)

SlNo	Date	Topic	Time	Faculty	Hours
1	4.5.2019	Explain normal respiratory anatomy and respiratory muscles	1.30 pm to 6.30 pm	Dr.V.Anebaracy	2
2	18/5/2019	Normal Mechanics of breathing Respiratory reaction	2 pm to 6 pm	Dr.V.Senthilkumar	5
3	25/5/2019	Differentiate obstructive and restrictive airway diseases	2 pm to 5 pm	Dr.V.Anebaracy	4

4	8/6/2019	Yoga for various respiratory diseases-I	2 pm to 5 pm	Dr.V.Senthilkumar	3
5	22/6/2019	Pranayama for various respiratory diseases -I	1.30 pm to 6.30 pm	Dr.V.Anebaracy	5
6	29/6/2019	Yoga for various respiratory diseases & Pranayama for various respiratory diseases -II	2 pm to 6 pm	Dr.V.Senthilkumar	4
7	6/7/2019	Benefits of yoga & Yoga practice	1.30 pm to 6.30 pm	Dr.V.Anebaracy	5
			Total Hours		30

REFERENCE BOOKS:

1. The Complete Book of Yoga : Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana by Swami Vivekananda (Author)
2. BKS Iyengar Yoga The Path to Holistic Health: The Definitive Step-by-Step by B.K.S Iyengar(Author)

VALUE ADDED COURSE

1. Name of the programme & Code

Certificate course in yoga therapy for respiratory diseases & Code: PHY C11

2. Duration & Period

20 hrs, May 2019– July 2019

3. Information Brochure and Course Content of Value Added Courses

Enclosed as Annexure- I

4. List of students enrolled

Enclosed as Annexure- II

5. Assessment procedures:

Multiple choice questions- *Enclosed as Annexure- III*

6. Certificate model

Enclosed as Annexure- IV

7. No. of times offered during the same year:

One time from May 2019– July 2019

8. Year of discontinuation: 2020



9. Summary report of each program year-wise


Value Added Course- May 2019– July 2019					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	PYC011	Certificate course in yoga therapy for respiratory diseases	Dr. V.Anebaracy Dr.V.Senthil kumar	1 st MBBS	20 (May 2019– July 2019)

10. Course Feed Back

Enclosed as Annexure- V

RESOURCE PERSONS

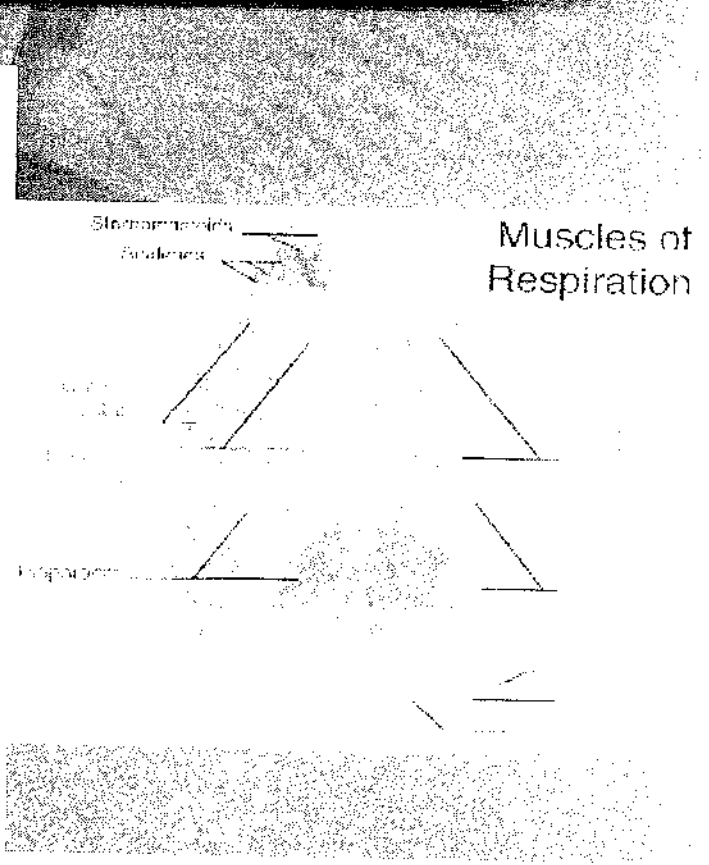
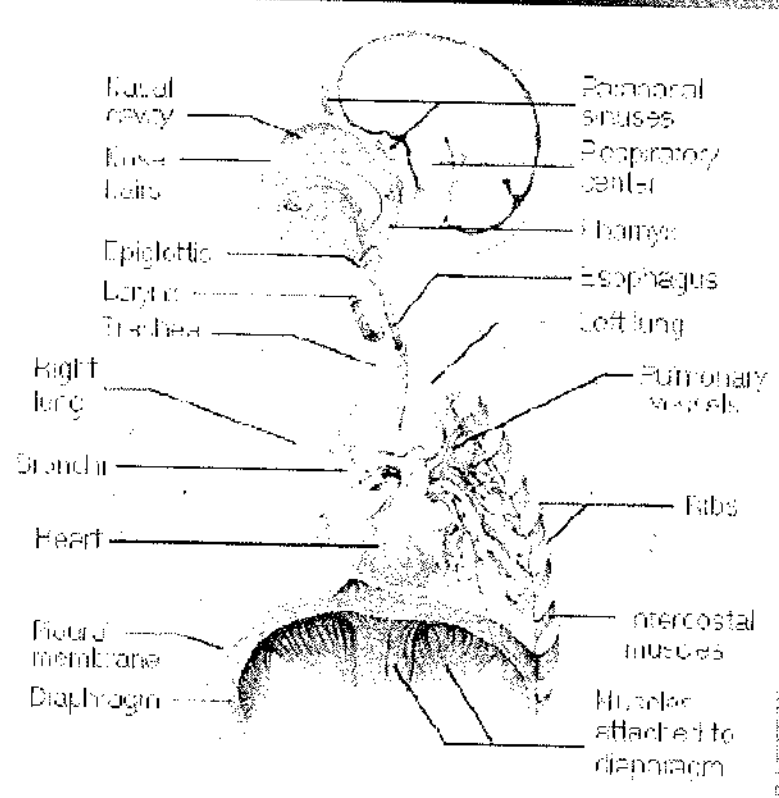
Dr.V.Anebaracy 
Dr.V.Senthil Kumar 


COORDINATOR

Dr.R.Vijayakumar

Certificate course in yoga therapy for respiratory diseases & Code:
PHY C11

Nasal and other air passages in the skull
Diaphragm and other respiratory muscles

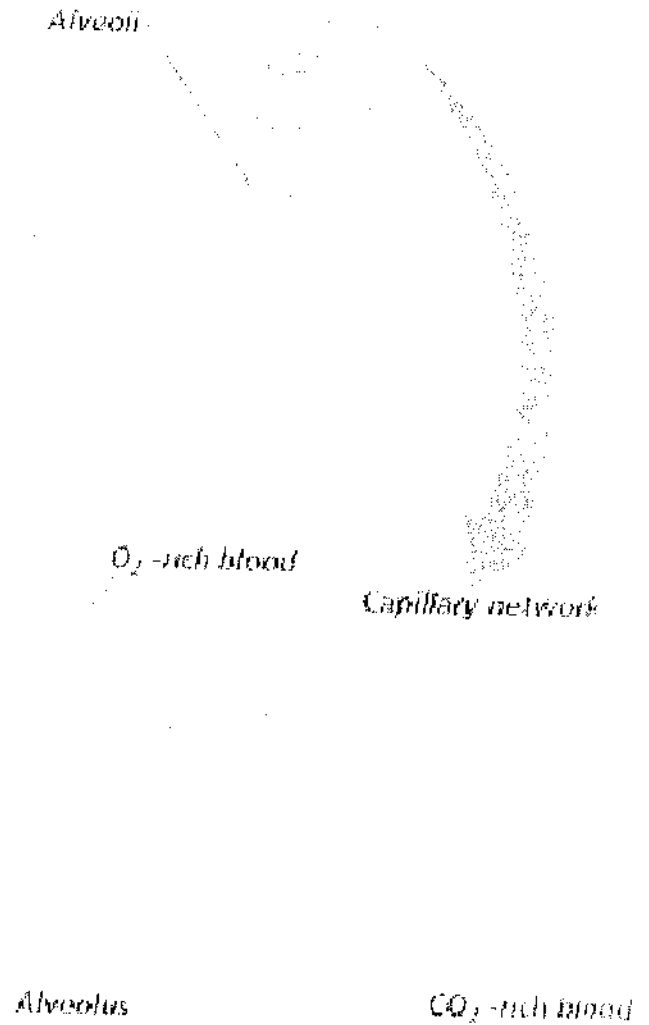
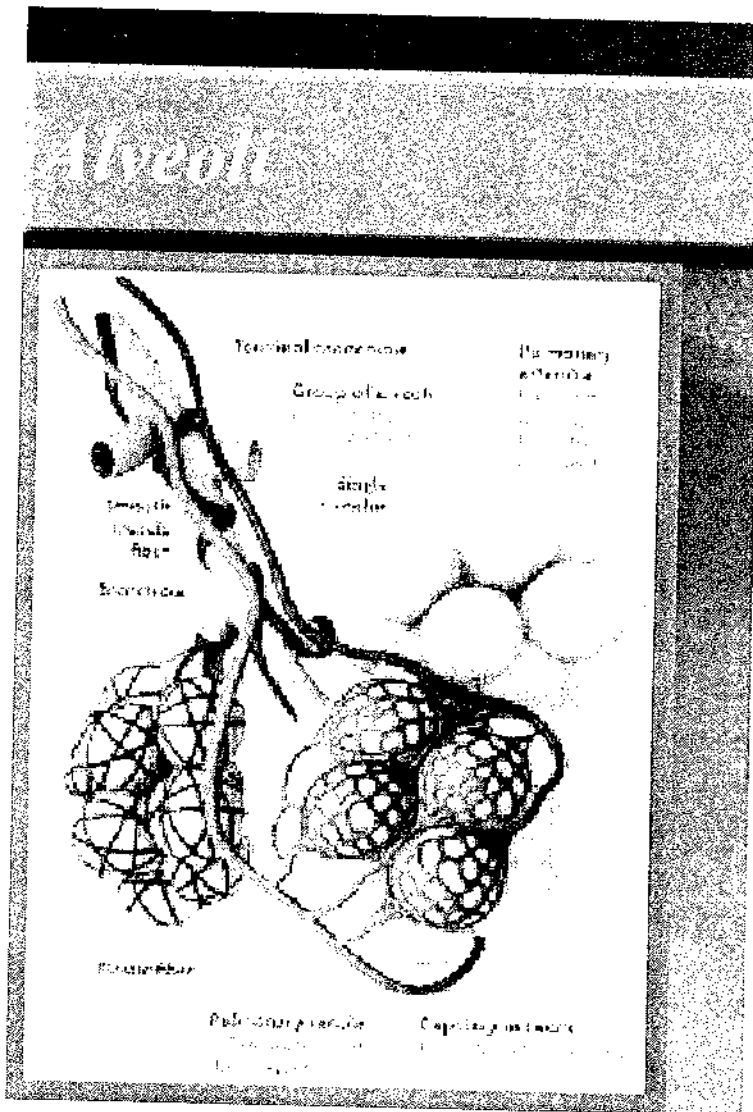


PARTICIPANT HAND BOOK

COURSE DETAILS

Particulars	Description
Course Title	Certificate course in yoga therapy for respiratory diseases
Course Code	Code: PHY C11
Objective	<ul style="list-style-type: none">• Explain normal respiratory anatomy and respiratory muscles• Normal Mechanics of breathing• Respiratory reaction• Differentiate obstructive and restrictive airway diseases• Yoga for various respiratory diseases• Pranayama for various respiratory diseases• Benefits of yoga.
Further learning opportunities	Advance course in yoga therapy for respiratory diseases
Key Competencies	<ul style="list-style-type: none">• On successful completion of the course the students will have the knowledge on yoga for various respiratory diseases.
Target Student	1st MBBS Students
Duration	20 hrs, May 2019– July 2019
Theory Session	10hrs
Practical Session	10hrs
Assessment Procedure	Long answer questions and Short answer questions

Certificate course in yoga therapy for respiratory diseases & Code: PHY C11.



Introduction: Breathing sustains life, natural breathing brings happiness and keep healthy. It clears the mind and calms all the emotions hence it can helps in release of the vitalizing flow of energy within us. Air pollution is responsible for various respiratory diseases such as nasal allergy, asthma, chronic bronchitis and lung cancer. It has been found that Yoga has improved pulmonary parameters in several scientific studies, both in healthy as well as in diseased individuals. It helps in increase in vital capacity, tidal volume, FeV1, Fev1/FVC ratio, expiratory reserve volume, breath holding time and many other pulmonary parameters.

These changes suggest a potential preventive and therapeutic role of yoga in pulmonary diseases. It is a method of learning which aims to attain the unity of mind, body and spirit through three main yoga steps includes exercise, breathing and meditation.

Results of previous research studies report that many people with serious respiratory ailments have found a solution in yoga. It has been proven that theyogic practices help in prevention, control as well as rehabilitation of many respiratory diseases. A vital scientific and therapeutic aspect of yoga is Pranayama. Few exercises of pranayama are like Anulomaviloma, Kapalbhati, Bhramari which are the components of yoga and are the best remedies which can be help to tackle respiratory illness caused by air pollution and other naturally occurring respiratory diseases. air pollutions. Severe air pollution affects human health and cause many diseases. A variety of air pollutants have been found, which causes many diseases like nasal allergy, sore throat wheezes, asthma, chronic bronchitis, allergies and lung cancer. Increasing incidence of respiratory illness in modern times has triggered the studies that how yoga can help in handling and eliminating these problems. It has been found from the various studies that regular practice of yoga can prevent and cure respiratory illness.

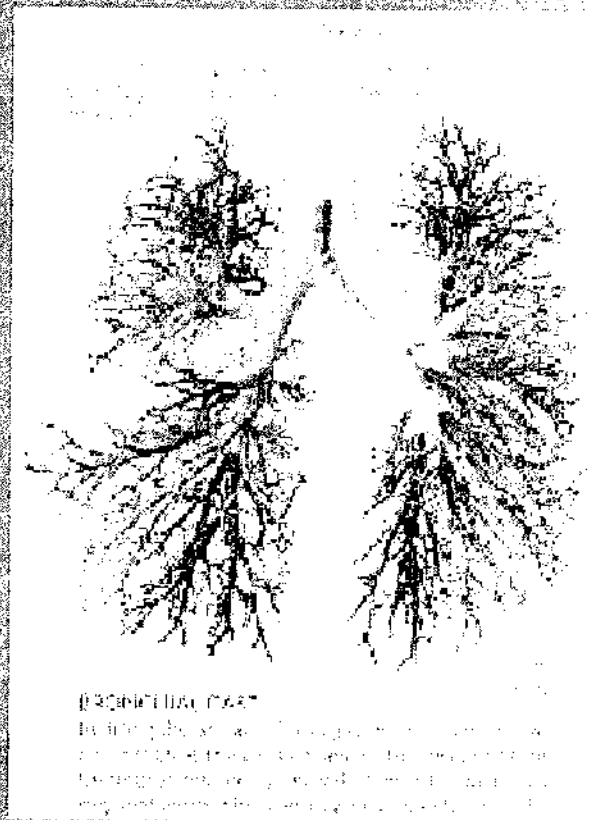
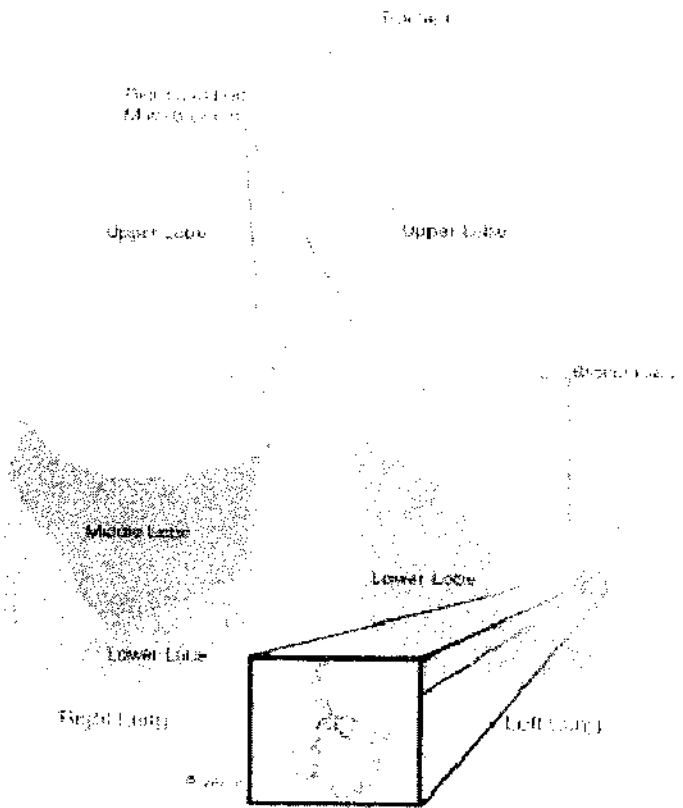
Respiratory diseases are a major health burden on the world population and are the leading causes of death worldwide. Lower respiratory infections such as pneumonia and tuberculosis, lung cancer and chronic obstructive pulmonary disease (COPD) accounted for 9.5 million deaths worldwide during 2008 and amounted to one-sixth of the global death burden. The World Health Organization (WHO) also estimated that these same four diseases accounted for one-tenth of the disability-adjusted life- years lost worldwide in 2008.

Respiratory Apparatus

- Nasal and other air passages in the skull
- Pharynx
- Trachea
- Lungs
- Bronchi and bronchioles
- Diaphragm and other respiratory muscles

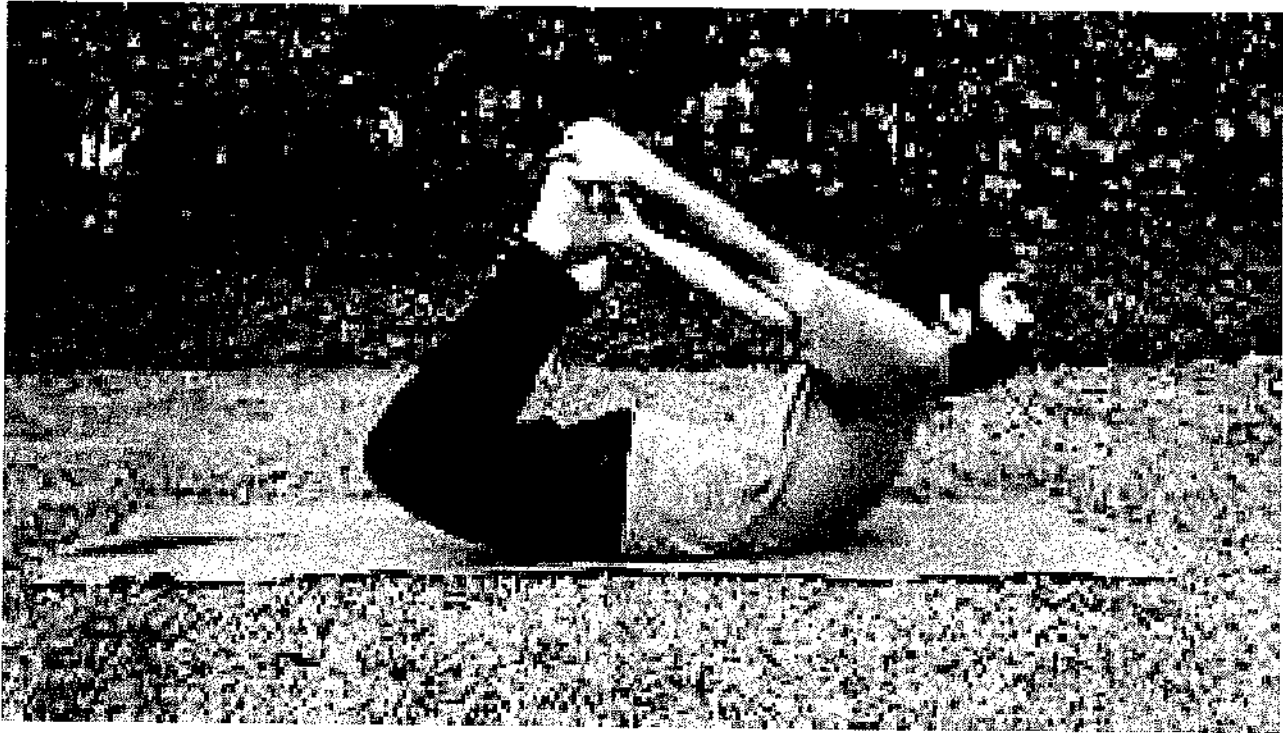
India has an embarrassing world ranking in its respiratory disease prevalence and impact. According to latest WHO data, lung disease related deaths in India reached 1,061,863 or 11.97% of total deaths in 2014. The age adjusted death rate was 126.99 per 100,000 of population. It is suggested that Yoga with physical postures, breathing exercises, meditation and relaxation may play an important role in the complementary management of lower respiratory diseases. Results of several emerging trials have supported its modulating effects on the pulmonary function in respiratory diseases.

Bronchial Tree



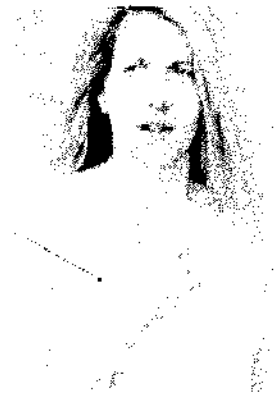
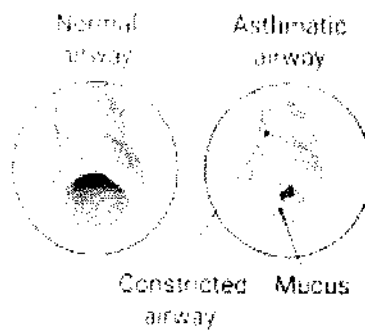
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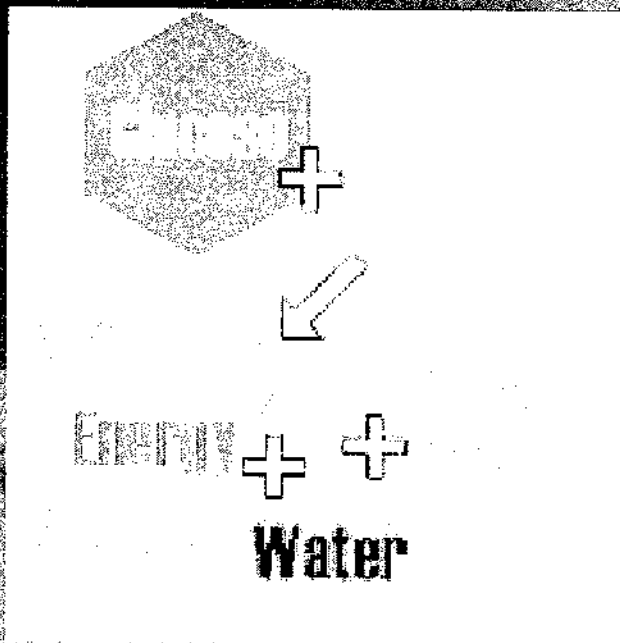
ASTHMA

The airways are persistently inflamed, and may occasionally spasm, causing wheezing and shortness of breath.



Respiration Reaction

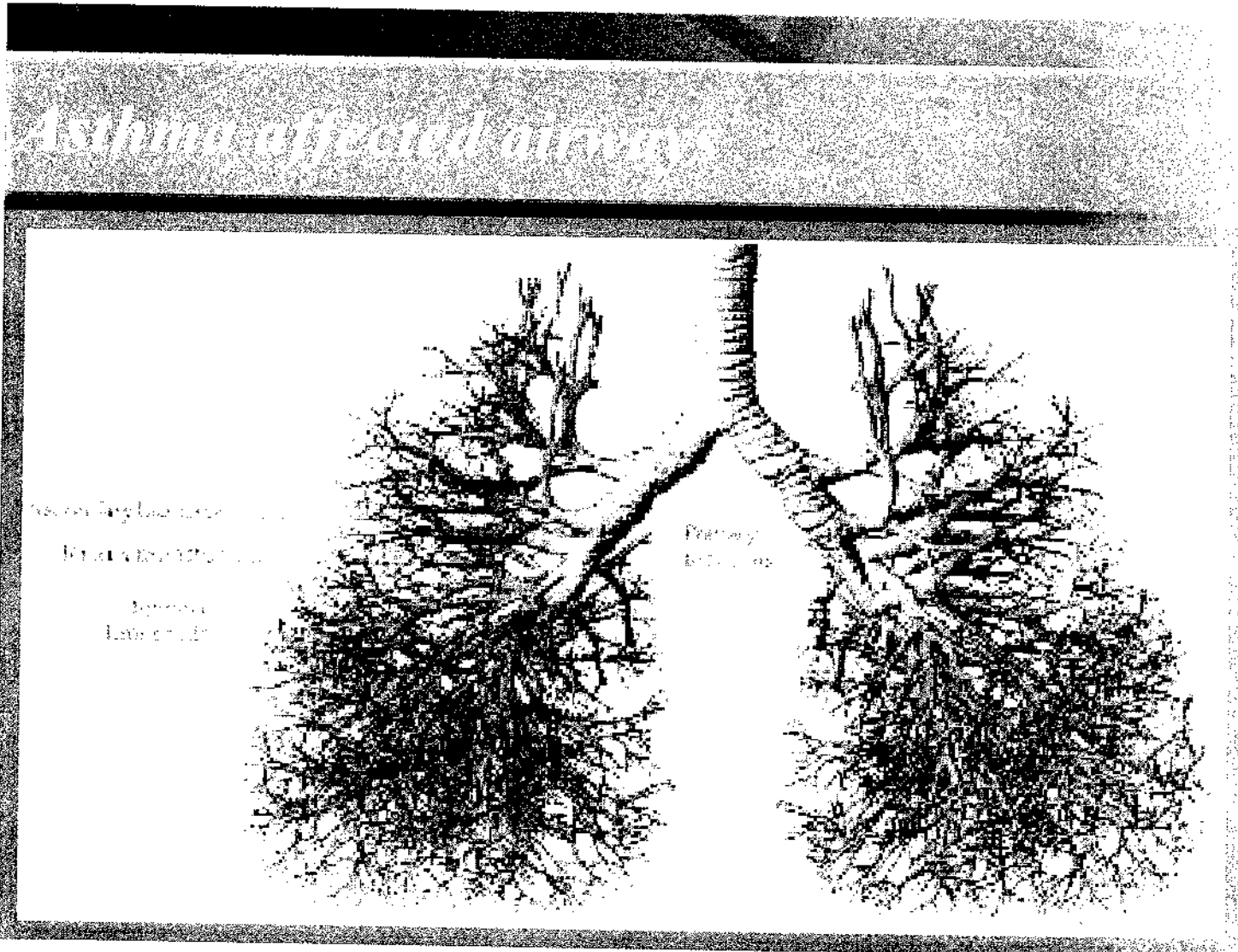
- Cells take up oxygen to drive the key respiration reaction that releases energy from glucose.



Role of Yoga in Life:

Yoga is a science which has been practiced in India over the thousands of years. The word yoga is derived from the Sanskrit word 'Yuj' which means to join. Yoga practice mainly consists Asana (posture – a particular position of the body which helps to contribute the steadiness of body and mind). Pranayama (help to control the breathing in a superior and extraordinary way and to get maximum benefits and meditation which produces consistent physiological changes). Proper Yoga practice consists of the five-principle which relaxation,

proper breathing, proper diet, positive thinking and meditation.



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BREATHING EXERCISES TO

AID ASTHMA TREATMENT



Deep breathing exercise



Bhramari



Shashankasana



Anuloma Viloma/
Nadi Shuddhi Pranayama



Omkaara

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Yoga is an ancient science, which brings harmony in the body as well as in the mind also.

Yoga comprises not only of asanas and pranayama for improving the skill of the body, but it also comprises of techniques which acts on the mind and emotions, and provides a complete philosophy for living. In recent times, medical fraternity is much attracted towards beneficial effects of yoga. Yoga aims to treat illness by improving health on all levels simultaneously and restoring the inner harmony.

Yoga contains elements that address problems at every level such as Asanas that relax and tone the muscles and massage the internal organs and Pranayama that slows breathing and regulates the flow of prana. Relaxation and meditation that act to calm the mind and emotions culturing to heal the spirit. The essence of yoga therapy is both preventive and curative and the regular practice of yoga restores natural balance and harmony and also help in bringing

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positive good health to the whole body including physical, mental and spiritual health.



Role of Yoga in Respiratory Illness Previous studies report that many people with serious respiratory ailments have found a better solution in yoga. As the mind is calmed the hyper reactivity that causes diseases such as bronchial asthma and nasal allergy is reduced. Yoga is considered to be a good exercise for maintaining proper health and also has a profound effect on the lung functions of the individuals. It is claimed that yogic practices help in prevention, control and rehabilitation of many respiratory diseases.

Role of yoga in COPD: According to the latest WHO estimates, there were 64 million people having COPD and 3 million people died of COPD in 2004. WHO predicts that COPD will become the third leading cause of death worldwide by 2030. The Global Initiative for Chronic Obstructive Lung Disease (GOLD) management including the reduction in symptoms, complications, and exacerbations, improved exercise tolerance, improved health status, and reduced mortality. Some of these goals can be achieved by initiating breathing exercises in these patients. It is found that Yoga has been shown to be beneficial in patients having COPD. Yoga

also improves the diffusion capacity in this group. It has been found that helps in reducing the associated stress and anxiety and help in improving the quality of life.

Role of yoga in Asthma: Asthma is characterized by reversible airway obstruction asthma is a common disease among children and most asthma related deaths occur in low- and lower-middle income countries and about 300 million people are suffering from asthma globally. About 10% of this asthma burden belongs to India. Exercise has shown to have beneficial effects in asthma patients. Also improved Pulmonary function parameters in these patients, some clinical studies have shown the significant improvement in PEFr, VC, FVC, FEV₁, FEV₁/FEC %, MVV, ESR and absolute eosinophil count. The number of asthmatic attacks is also reduced. There is a reduction in rescue medication use, improvement was also found in symptom scores, exacerbations, spirometrical parameters with improved quality of life and good impact on antioxidant level.

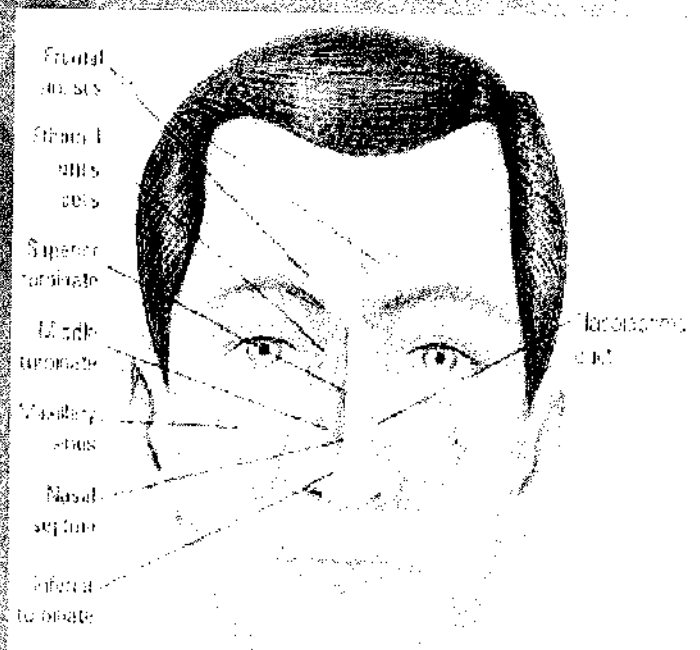
The reduction of medicines is earlier than that achieved with conventional treatment alone. Several studies have documented the use of yoga in relieve of pain, associated stress, anxiety and sleep disorders, both in patients and their caregivers. People with serious respiratory ailments have found a good solution in yoga. If the lungs are permanently damaged as in chronic bronchitis, yoga helps to improve mechanical efficiency of our breathing and make the most of our lung capacity. Yoga has effect on ventilator lung functions, which depend on compliance of lungs and thorax, airway resistance and strength of respiratory muscles. Yoga respiration (Pranayama) consists of very slow, deep breaths with sustained breath hold after each inspiration and expiration so it is considered as a method of breathing and chest expansion exercise. The Global Initiative for

Asthma has also considered beutykoteqniue is helpful in decreasing asthma symptom score and improves pulmonary functions in asthma patients.

TB and Yoga Therapy :Tuberculosis is an epidemic disease, affecting approximately one-third of the world's population. It has been found that this particular condition is prevalent in men rather than women it has been also found in the minorities, socially and economically lower classes. Some of the important yoga poses are helpful in tuberculosis. Bhastrika (Bellows Breath), Kapalbhata (Cleansing Breath), Nadishodhan (Anulone- Vilome) are beneficial pranayamas for TB patients. Forward and backward bending movements, and stretching poses may also good. Yoga enhance the internal stamina and reduces the stress. It has been shown that the positive findings like improved daily basic living skills, maintainance of personal hygiene, self-care, social-interpersonal activities, communication and self-discipline in the yoga group, yoga therapy will be added as a daily discipline which can improve their overall functioning. In Indian cultural environment patients suffering from TB can be more easily motivated for the yoga therapy and interiorize its beneficial effects.

Sinusitis

- Inflammation of the sinus linings produces pain in the forehead or in the cheeks. Severe pain occurs if swelling prevents drainage of the sinuses and pressure builds up.



- **Cooling Pranayama:** Relaxes the muscles, soothes the nervous system and reduces the Basal Metabolic Rate (BMR). Allergies and cold can be effectively overcome by regular practice of these pranayama.
- **Cooling Pranayamas** are contraindicated in all respiratory conditions like acute tonsillitis, sinus congestion, bronchitis, asthma and respiratory distress. Once the acute situation subsides gradually the Sitati, Siki and Nadi pranayama are introduced.

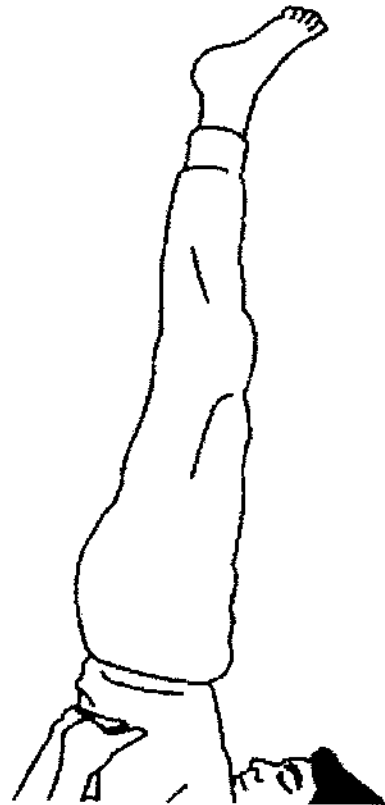
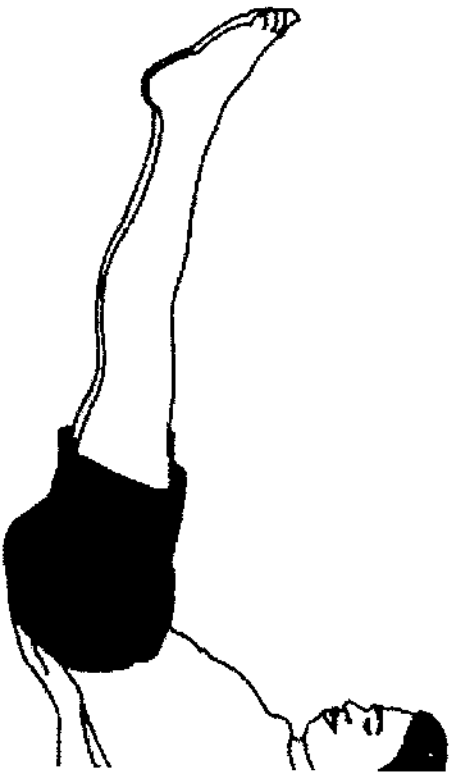
Ultimate Effect of Yoga on Respiratory System :Yoga postures involve an isometric contraction which help to increase the skeletal muscle strength or improves the strength of inspiratory and expiratory muscles.In Kapalbhati – there occurs full use of diaphragm and abdominal muscles for breathing. It helps in removal of secretions from bronchial tree and helps in clearing up respiratory passages. In Nadi Shodhan pranayama, due to efficient use of abdominal and diaphragmatic muscles the respiratory apparatus gets emptied and filled more completely and efficiently.



1. Shirshasana



2. Ardhalasana





Here are a few ways to help your lungs to get more air:

(like breathing out slowly into a straw)



Inhale slowly through your nose until your lungs are full of air.



Purse your lips as if you are going to whistle. Now exhale slowly.

Note

- Breathe out slowly twice as long as breathing in. • Do not force your lungs to exhale empty.

Pursed-lip breathing will help you control your breathing rate and shortness of breath. It helps to get air into your lungs and thus get the energy required to breathe. It will also help you feel more in control and make it easier for you to do things.



Sit comfortably and relax your shoulders.



Put one hand on your abdomen. Now inhale slowly through your nose. (Push your abdomen out while you breathe in.)



Then push in your abdominal muscles and breathe out using the pursed-lip technique. (You should feel your abdomen go down.)

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During pranayama there is slow and prolonged inspiration as well as expiration. This stretches elastin and collagen fibres of lung parenchyma and lungs inflated near to total lung capacity. This is a major physiological stimulus for release of lung surfactant into alveolar spaces which increases the lung compliance. Due to lung inflation, there occurs release of prostaglandins which decreases bronchial smooth muscle tone. Ultimately yoga with its calming effect on the mind can reduce and release emotional stresses thereby withdrawing the bronchoconstrictor effect.

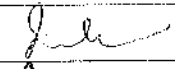
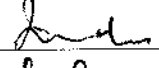


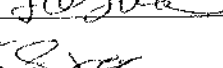
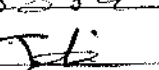

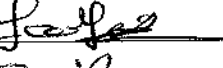
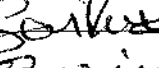
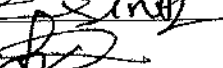
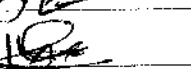
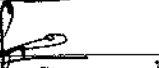


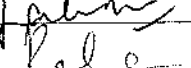
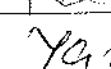
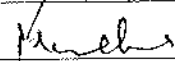



Chronic lower respiratory diseases remain incurable and impose tremendous suffering on people and society. There has been an explosion in clinical studies studying the pulmonary health benefits of yoga. The evidence based adjunctive therapeutic efficacy of yoga in COPD and asthma generated by these trials is persuasive. Yoga is easy to learn and practice and is almost free and extremely safe. Yoga is ideally suited for India as a complementary modality in the management of lower respiratory disorders. The ultimate goal of yoga is to find perfection in life. By integrating yoga into our life, we begin with the awareness of ourselves in our present condition and then use the potentials within us to reach a higher awareness in life. Regular yoga practice improves various pulmonary function tests and is beneficial to improve respiratory efficiency.

Pranayama, a component of yoga is one of the best remedies which helps to tackle the respiratory illness caused by the air pollution and other naturally occurring respiratory illness. The effect of these exercises can be best achieved when practiced at the start of each day. Pranayama when practiced in combination with asana and meditation help the body and the mind to meet every situation that arises in life from moment to moment.

VALUE ADDED COURSE

Certificate Course in yoga therapy for respiratory diseases & code PYC11

List of Students Enrolled May 2019– July 2019

1 st Year MBBS Student			
Sl. No	Name of the Student	Registration Number	Signature
1	INDU V	U18MB301	
2	INDUKURI SAI AKANKSHA	U18MB302	
3	IPSITA SETHY	U18MB303	
4	JAGADEESAN S.R	U18MB304	
5	JAHNAVI REDDY .M	U18MB305	
6	JAISHREE .S	U18MB306	
7	JANANI V	U18MB307	
8	JASMEET NIRANJAN	U18MB308	
9	JAYALAKSHMI S	U18MB309	
10	JAYAREDDYGARI SAI RUCHITHA	U18MB310	
11	JETESH SINGH	U18MB311	
12	KAMALESH C N	U18MB312	
13	KARTHIYAYINI .G	U18MB313	
14	KEERTHANA P	U18MB314	
15	KEISHAM LUXMIRANI	U18MB315	
16	LAKKAM UMESH KUMAR	U18MB316	
17	LAKSHMI PRIYA E	U18MB317	
18	LEKIWA O PALA	U18MB318	
19	LISHI YAM	U18MB319	
20	MADAN SHUBHAM SANJAY	U18MB320	

Certificate Course in Yoga therapy for Respiratory diseases

(Code: PHYC11)

ANSWER ALL THE QUESTIONS(Total marks=25 marks)

1. Long answer question 1x10=10 marks

1. Explain in detail about different yogas for COPD.

2. Short answer questions: (3x5=15 marks)

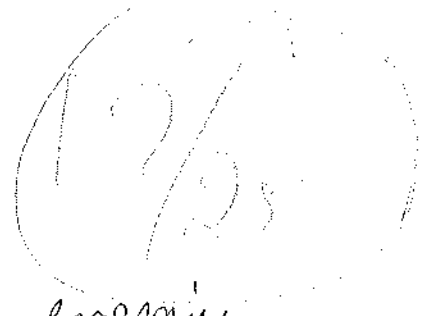
- a. Different types of Pranayama
- b. Benefits of yoga.
- c. Pranayama for Bronchial Asthma.

Value added course
on Yoga Therapy for
Respiratory diseases

Tasmeel Miran
UI 8 M.D.30

1. Explain in detail about different types of
Yoga for COPD

1. Shirsasana
2. Ardha Matsyendrasana
3. Deep breathing exercise
4. Bhramari
5. Omkara
6. Nadi Shuddhi pranayama
7. Shambhavi



Yoga practice consists of
Asana and pranayama.
proper yoga consists of
six principles which relaxation,
proper breathing, proper diet,
positive thinking and
meditation.

In ~~radi~~ ~~st~~ Shuddhi, due to efficient use of abdominal & diaphragm muscles, the respiratory system gets expanded & filled more completely and efficiently.

Q.

(C)

Inhale slowly thro' the nose until your lungs are full of air

①

push your lips as if

②

you are going to whistle. Now exhale slowly.

③) Put a load on your abdomen. Now inhale slowly thro' the nose.

④) Then push in your abdominal muscles and breathe out using the pushed lip technique.

Value added
course

Telesh Singh

U18MB311

on yoga Therapy
For Respiratory diseases

22/25

① Explain in detail about the different types of yoga for COPD

* 5 yoga poses for COPD patients

⇒ Niwara Pranayam [Pursed Lip Breathing]

⇒ Ardha Matsyendrasana [Seated Spinal twist pose]

⇒ Marjariāsana [Cat pose]

⇒ Trikonāsana [Triangle pose]

⇒ Surya Namaskar [Sun Salutations]

* yoga is an excellent form of exercise for anyone with COPD.

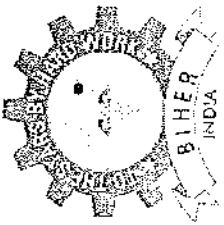
Benefits from the practice of yoga can include: Lowered Blood Pressure.

* It improves our both Physical and Emotional Health.

(C): "Kapal Bharti is a popular Pranayama which has many benefits like speeding up the metabolism, improving blood circulation, energizing the nervous system, and promoting energy flow throughout the body. Bhastrika Pranayama is done along with Kapal Bharti to cleanse the airways of the body."

(b) BENEFITS OF YOGA:

- ⇒ Yoga improves strength, balance and flexibility...
- ⇒ yoga helps with back pain relief.
- ⇒ yoga can ease arthritis symptoms.
- ⇒ yoga benefits heart health.
- ⇒ yoga relaxes you, to help you sleep.



Sri Lakshmi Narayana Institute of Medical Sciences



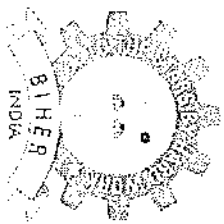
CERTIFICATE OF MERIT

This is to certify that Keshav Kumar has actively participated in

the Value Added Course on Certificate course in yoga therapy for respiratory diseases held during May 2019 - July 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

V.A.R.
Dr. V. Anebāracy
RESOURCE PERSON

R. Vijayakumar
Dr. R. Vijayakumar
COORDINATOR



Sri Lakshmi Narayana Institute of Medical Sciences



CERTIFICATE OF APPRECIATION

This is to certify that Miss, Karthiyanini. S has actively participated in the Value Added Course on Certificate course in yoga therapy for respiratory diseases held during May 2019 - July 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.


Dr. V. Anebaracy
RESOURCE PERSON


Dr. R. Vijayakumar
COORDINATOR

Student Feedback Form

Course Name: Certificate course in yoga therapy for respiratory diseases

Subject Code: PHY C11

Name of Student: Lakshmi Pooja Registration Number: U18MB317

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Sl. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear			✓		
2	Course contents met with your expectations				✓	
3	Lecturer 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				✓	
8	Overall rating of the course	1	2	3	4	5

* Rating: 5 – Outstanding; 4 - Excellent; 3 – Good; 2– Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

We want more value.
addoed courses like this. Excellent
sessions. Thank you

Lakshmi
Signature

Student Feedback Form

Course Name: Certificate course in yoga therapy for respiratory diseases

Subject Code: PHY C11

Name of Student: S. Jayalakshmi Registration Number: V18MR309

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Sl. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear			✓		
2	Course contents met with your expectations		✓			
3	Lecturer 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			✓		
8	Overall rating of the course	1	2	3	4	5

* Rating: 5 – Outstanding; 4 - Excellent; 3 – Good; 2– Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

we want more practical sessions

Jayee
Signature

Date: 11.07.2019

From
Dr.V.Senthil kumar
Professor and Head,
Physiology
Sri Lakshmi Narayana Institute of Medical sciences
Puducherry

To
The Dean,
Sri Lakshmi Narayana Institute of Medical sciences
Puducherry

Through Proper Channel


Sub: Completion of value-added course: Certificate course in yoga therapy for respiratory diseases
& Code: PHY C11

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: Certificate course in yoga therapy for respiratory diseases & Code: PHY C11 from , May 2019- July 2019.

We solicit your kind action to send certificates for the participants that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards


Dr.V.Senthil kumar
HOD Physiology

Encl: Certificates

Photographs

PROFESSOR & HOD
DEPARTMENT OF PHYSIOLOGY
Sri Lakshmi Narayana Institute Of Medical Sciences
PONDICHERRY - 605 002.

