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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]

Date 25.06.2019

From
DR.Sankarlal
Professor and Head,
Department of orthopaedics,
SLIMS,
Bharath Institute of Higher Education and Research,
Pondicherry.

To
The Dean,
SLIMS,
Bharath Institute of Higher Education and Research,
Pondicherry.

Sub: Permission to conduct value-added course: yoga for low back pain &rehabitation

Respected Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled:
YOGA FOR LOW BACK PAIN &REHABILITATION on __17.07.19____. We solicit your kind permission for the same.

Kind Regards

PROFESSOR & HOD
Department of Orthopaedics
Sri Lakshmi Narayana Institute of Medical Sciences
Pondicherry - 605 502.

DR.Sankarlal

FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

The Dean:DR.K.BALAGURUNATHAN

The HOD:DR.SANKAR LAL

The Expert:Dr.Vijayaragavan



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The committee has discussed about the course and is approved.

Dean

DEAN
Prof.K.BALAGURUNATHAN.M.S
(General surgeon)
SRI LAKSHMI NARAYANA
INSTITUTE OF MEDICAL SCIENCES
OSUDU PONDICHERRY

Subject Expert

Department of Orthopaedics
Sri Lakshmi Narayana Institute of Medical Sciences
Pondicherry - 605 502.

HOD

PROFESSOR & HOD
Department of Orthopaedics
Sri Lakshmi Narayana Institute of Medical Sciences
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Circular

07.06.2020

Sub: Organising Value-added Course: YOGA FOR LOW BACK PAIN.

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing **YOGA FOR LOW BACK PAIN . 30 hrs & July 2019– January 2020**

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 JULY 2019- JAN 2020. Applications received after the mentioned date shall not be entertained under any circumstances.

Dean

DEAN
Prof.K.BALAGURUNATHAN,M.S
(General surgeon)
SRI LAKSHMI NARAYANA
INSTITUTE OF MEDICAL SCIENCES
OSUDU PONDICHERRY



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Course Proposal

Course Title: *yoga for low back pain and rehabilitation*

Course Objective: Effects of yoga in low back pain

Course Outcome: day to day modifications

Course Audience: 25

Course Coordinator: DR. Balagurunathan

Course Faculties with Qualification and Designation:

1. **DR. VINCENT MS ORTHO**

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

SlNo	Date	Topic	Time	Hours
1	17/07/19	OBJECTIVES	4-6pm	2
2	22/7/19	DISCLOSURES	4-6pm	2
3	31/7/19	LOW BACK PAIN	4-6pm	2
4	9/8/19	FUNCTIONAL ANATOMY	4-6pm	2
5	15/08/19	THORACOLUMBAR FASCIA	4-6pm	2
6	22/8/19	MUSCLES OF LUMBAR	4-6	2
7	6/9/19	REHABILITATIONS	4-6	2
8	20/9/19	YOGA -8 LIMBS	4-6	2
9	30/9/19	MECHANICAL ATTRIBUTES	4-6	2
10	17/10/19	REST	4-7	3
11	14/11/19	CORRECTIONS IN YOGA	4-7	3
12	4/12/19	MECHANISM OF ACTION	4-6	2
13	9/1/20	ADVERSE EFFECTS	4-6	2
14	13/1/20	ASANAS	4-6	2
			Total Hours	30

REFERENCE BOOKS:



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1)YOGA APPLICATION FOR LOW BACK PAIN

DAYANAND DONGAONKAR

2)YOGA THERAPHY FOR LOW BACK PAIN

JOHN EBNEZAR



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VALUE ADDED COURSE

1. Name of the programme & Code

Yoga for low back pain & Rehabilitation – OR11

2. Duration & Period

30 hrs & July 2019– January 2020

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:

Short notes- *Enclosed as Annexure- III*

6. Certificate model

Enclosed as Annexure- IV

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

1 July 2019– January 2020

8. Year of discontinuation: 2021

Value Added Course- July 2019– January 2020					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	OR11	Yoga for low back pain & Rehabilitation	Dr. Vincent	THIRD YEAR MBBS	25 (July 19– Jan 20)

9. Summary report of each program year-wise



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10. Course Feed Back *Enclosed as Annexure- V*

DR.VINCENT
RESOURCE PERSON

Department of Orthopaedics
Sri Lakshmi Narayana Institute of Medical Sciences
Pondicherry - 605 502.

DR.BALAGURUNATHAN
COORDINATOR

DEAN
Prof.K.BALAGURUNATHAN, M.S
(General surgeon)
SRI LAKSHMI NARAYANA
INSTITUTE OF MEDICAL SCIENCES
OSUDU PONDICHERRY



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YOGA FOR LOW BACK PAIN MANAGEMENT

17/07/19



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YOGA FOR LOW BACK PAIN MANAGEMENT

Particulars	Description
Course Title	Yoga for low back pain & Rehabilitation
Course Code	OR11
Objective	<ol style="list-style-type: none">1. Objectives2. Disclosures3. Low back pain4. Functional anatomy5. Thoracolumbar fascia6. Muscles of lumbar7. Rehabilitations8. Yoga - 8 limbs9. Mechanical attributes10. Rest11. Corrections in yoga12. Mechanism of action13. Adverse effects14. Asanas
Further learning opportunities	Types of yogasanas
Key Competencies	On successful completion of the course the students will have knowledge in yoga for management in low back pain
Target Student	PRE FINAL YEAR Students
Duration	30hrs Every July 2019– January 2020
Theory Session	10hrs
Practical Session	20hrs
Assessment Procedure	SHORT NOTES

OBJECTIVES



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- ❖ Describe how yoga may be beneficial for the care and rehabilitation of patients with low back pain
- ❖ Identify yoga as a system of health promotion
- ❖ Describe ideas central to the practice of yoga
- ❖ Compare and contrast yogic principles with osteopathic philosophy and practice
- ❖ Review literature for yoga for low back pain
- ❖ Identify yoga best for patients with low back pain

DISCLOSURES

- ❖ Dr. Pierce-Talsma has no financial interests or relationships to disclose
- ❖ The opinions offered in this presentation are of the presenter and do not represent the opinions of the American Academy of Osteopathy
- ❖ All materials and content are the intellectual property of the presenter or are cited and do not infringe on the intellectual property of any other person or entity
- ❖ The speaker does not endorse any product, service or device with this presentation

Low Back Pain

- Major reason why people use Complementary and Alternative Methods (CAM)
- Ssecondarily suffer anxiety, depression, disability, reduced quality of life
- Causes are not well understood and therapy frequently fails

FUNCTIONAL ANATOMY

- Difficult to identify the source of pain
- Structural vs. Functional
- Lumbar musculature as spinal stabilizers
- Retraining should target multiple muscles that influence spinal loading



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Thoracolumbar Fascia System

Three layers:

- ❖ Posterior
- ❖ Middle
- ❖ Anterior
- ❖ Point of attachment for abdominal musculature (EO, IO, TA)

Muscles of the LE, Pelvis, Abdominals

- ❖ Strengthening of the Pelvis and LE muscles is important for rehabilitation due to muscular, fascial and ligamentous linkages
- ❖ Fascia Lata system ❖ Iliopsoas as a stabilizer

To Rehabilitate Low Back Pain

- ❖ Form Closure
- ❖ Force Closure
- ❖ Neural Function
- ❖ Motor control
- ❖ Emotional State
- ❖ Body Awareness
- ❖ Vleeming et al²⁴
- ❖ “Multidimensional approaches that incorporate the dimensions of physical, psychological, and social function, are now generally accepted as better determinants of the individual’s experience with pain.” ~Galantino et al.

Yoga- The 8 Limbs

1. Yamas- Restraints



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2. Niyamas- Observances
3. Asanas- Postures
4. Pranayama- Breath work
5. Pratyahara- Inhibit the senses
6. Dharana- Concentration
7. Dhyana- Meditate on the truth
8. Samadhi- Union with the divine

Yoga's Mechanical Attributes

- ❖ Rest
- ❖ Flexibility
- ❖ Strength/Endurance
- ❖ Correct action
- ❖ Alignment
- ❖ Postural Awareness
- ❖ Proprioception/ Balance

“These Movements are “intricate” and highlight the mind-body nature of Yoga that emphasizes awareness, concentrations, and bidirectional communication between the mental, nervous, skeletal and muscular systems”

REST :

- ❖ Rest and relaxation of the affected area
- ❖ Awareness of where you are holding tension
- ❖ Restorative Yoga
- ❖ Total relaxation
- ❖ Uses props to allow for surrender into the pose



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- ❖ Yoga Nidra
- ❖ A guided meditation- "yogic sleep"- deep relaxation while still remaining conscious
- ❖ Yin Yoga
- ❖ Slow yoga with LONG holds- 5 minutes or longer
- ❖ Passive postures that target deep connective tissue stretching

Flexibility

- ❖ Reciprocal inhibition
- ❖ Breath as activation
- ❖ Long holds in stretches
- ❖ Affects intrafusal muscle fibers and golgi tendon
- ❖ Range of Motion work
- ❖ Stretching what is tight

Strength/ Correct Action

- ❖ Working against gravity
- ❖ Isometric contraction
- ❖ Balance of left and right hemispheres
- ❖ Engagement of core muscle groups

Alignment/Postural Awareness

- ❖ Release of subconscious gripping
- ❖ Self-knowledge
- ❖ Asymmetry
- ❖ Correct posture
- ❖ Identification of tendencies/ patterns
- ❖ Strength to hold correct posture



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Proprioception

- ❖ Sensorimotor System
- ❖ Altered input = altered output
- ❖ Balance
- ❖ Concentration

Upper and Lower Crossed Syndromes

- Retrain Proprioception
- Stretch what is tight
- Strengthen what is weak
- Reduces dead space ventilation
- Decreases sympathetic tone
- Down regulates the HPA axis
- Calms the mind
- Alters fascial tensions
- Combined with asana can change ventilation to perfusion ratio in different parts of the lungs

YOGA- MECHANISMS OF ACTION PSYCHOLOGICAL

- ❖ Group intervention- motivation
- ❖ Relaxation, stress management, coping skills
- ❖ New Awareness/Learning
- ❖ Identification of emotional response to pain



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- ❖ Self-efficacy
- ❖ Cognitive Behavioral Treatment

Adverse Events

- ❖ Finnish Ashtanga survey- 62% at least 1 yoga injury
- ❖ Australian- 2500 79% never been injured- most were minor
- ❖ US- less than 1% of yoga practioners reported a yoga related adverse event
- ❖ Germany survey- 303 patients- 4% reported adverse events
- ❖ Cramer 2013- 10 RCT- Not associated with serious adverse events

3 studies with mild to moderate adverse events, 1 study with severe- n=1 herniated disc, n=1 severe pain

- ❖ Chang Systematic Review 2016-

“10-15% incidence of temporarily increased LBP”

- ❖ Cramer 2015 Systematic review of RCT- the safety of yoga

301 RCT (8,430 participants) 92 reported on adverse events

“yoga appears as safe as usual care and exercise”

- ❖ Better reporting of harms has been suggested as a need

The lower back is a sensitive spot for many people. While there can be a ton of causes of lower back pain, a weak core and poor posture from sitting all day (and consequently shortening the hip muscles that then pull on the lower back) are two really common contributing factors to lower back aches and discomfort. It's always important to figure out what's causing pain so you can address it and prevent it from happening again. But in most situations, doing some gentle yoga can help relieve tightness and give your lower back some relief.



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"Yoga is great for working on flexibility and core stability, correcting posture, and breathing—all of which are necessary for a healthy back," [Sasha Cyrelson](#), P.T., D.P.T., O.C.S., clinical director at Professional Physical Therapy in Sicklerville, New Jersey, tells SELF. She adds that yoga is safe to do daily. It's important, though, to make sure you're in tune with your body and stop doing anything that makes your discomfort worse. "Never stretch into a position of pain. Pain is how our bodies tell us something is wrong. If it actually hurts, ease up on the stretch."

If you have any history of lower back injuries, problems with your discs, or experience pain that lasts more than 72 hours without improving, Cyrelson suggests seeing a physical therapist before doing any exercises. If you have an issue that requires medical attention, it's best to address it before it becomes worse.

If your lower back pain is more of a general achiness or discomfort, it's worth trying some yoga stretches to address any tightness and alignment issues. We asked New York City-based yoga instructor [Shanna Tyler](#) to suggest and demo some of her favorite yoga stretches for lower back pain relief. She recommends doing the stretches below as a flow, holding each pose for anywhere from one to three minutes. "As long as it feels good, then do it all," she says.

Here are the stretches she recommends:

- Child's Pose
- Cat/Cow
- Downward Facing Dog
- Standing Forward Bend
- Sphinx Pose
- Knees to Chest With Slow Rock
- Reclined Pigeon Pose
- Reclined Supine Twist

And here's how to do each one:

1. CHILD'S POSE 1 TO 3 MINUTES



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"Child's Pose takes the pressure off your lower back by elongating and aligning the spine, which decompresses it and gives you a nice stretch," Tyler says.

- Kneel on your mat with your knees hip width apart and your feet together behind you. Take a deep breath in, and as you exhale, lay your torso over your thighs.
- Try to lengthen your neck and spine by drawing your ribs away from your tailbone and the crown of your head away from your shoulders.
- Rest your forehead on the ground, with your arms extended out in front of you.
- Hold for one to three minutes.



2. CAT/COW 1 TO 3 MINUTES

"This is probably my personal favorite stretch for my back," Tyler says. It allows for a nice flexion and extension of the spine, promotes mobility, and "it also helps to just relieve any tension in the lower back." Cat/Cow also helps you get familiar with what your neutral spine is— not too arched and not too rounded—which can help improve posture.

- Start on all fours with your shoulders over your wrists and hips over knees.
- Take a slow inhale, and on the exhale, round your spine and drop your head toward the floor (this is the “cat” posture).
- Inhale and lift your head, chest, and tailbone toward the ceiling as you arch your back for “cow.”



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- Do this for one to three minutes.



3. DOWNWARD FACING DOG 1 TO 3 MINUTES

"Sometimes, we feel lower back pains because the backs of our legs are so tight," Tyler explains. Down Dog is a great way to stretch out your hamstrings and calves. If you're extra tight, you can bend your knees a little bit to make the stretch more comfortable.

- From Child's Pose, keep your hands on the floor, sit up on your knees, and then lift your butt and press back into Downward Facing Dog.
- Spread your fingers wide. Work on straightening your legs and lowering your heels toward the ground.
- Relax your head between your arms, and direct your gaze through your legs or up toward your belly button.
- Hold for one to three minutes.



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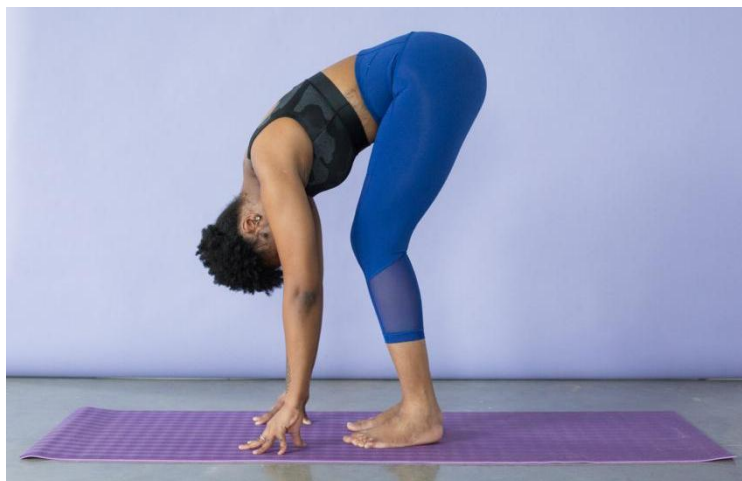


4. STANDING FORWARD BEND

This stretch also stretches out the backs of the legs and lengthens the spine, both of which relieve the lower back. Modify by keeping the knees slightly bent if straightening your legs hurts your back, Tyler suggests.

- From Downward Facing Dog, slowly step forward to the top of your mat. Stand with your feet shoulder width apart.
- Straighten your legs out as much as you can and let your torso hang down.
- Tuck your chin in toward your chest, relax your shoulders, and extend the crown of your head toward the floor to create a long spine.
- Hold for one to three minutes.

Pro tip from Cyrelson: "Try thinking about keeping your butt sticking out during this move so that the bend comes from your hips, not your back."





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5. SPHINX POSE 1 TO 3 MINUTES

- "Sphinx pose creates a nice natural curve of the lower back," Tyler says. It also engages your abs a bit, which is helpful for supporting the lower back.
 - Lie on your stomach, legs together and straight out behind you.
 - Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
 - Press your hips and thighs into the floor, and think about lengthening your spine while keeping your shoulders relaxed.
 - Sit up just enough to feel a nice stretch in your lower back. Don't hyperextend, and stop immediately if you start to feel any discomfort or pain.
 - Hold this position for one to three minutes.

Cyrelson suggests tucking your tailbone under and pulling your belly button in toward your spine to minimize any hyperextension of the back.



6. KNEES TO CHEST WITH SLOW ROCK 1 TO 3 MINUTES

- Tyler says that she likes to add a slow rocking motion to this basic stretch because it "gives you a nice, natural body weight massage."
 - Lie on your back.
 - Hug both knees into your chest.
 - Slowly rock your torso back and forth while firmly holding onto your legs.
 - Do this for one to three minutes.



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7. RECLINED PIGEON POSE 1 TO 3 MINUTES, EACH LEG

- This move, also known as "figure-four," stretches the hips, butt, and inner thighs, Tyler says.
 - Lie on your back.
 - Cross your left foot over your right quad, and bend your right knee.
 - Hold the back of your right leg and gently pull it toward your chest.
 - When you feel a comfortable stretch, hold there for one to three minutes.
 - Switch sides and repeat.





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8. RECLINED SUPINE TWIST 1 TO 3 MINUTES

Tyler says that this is a great stretch for the lower back, and can provide some pain relief if you're tight. For some people, though, twisting movements can irritate the lower back. If this stretch starts to hurt, stop doing it. You can also try putting a towel underneath your knees to help you ease into it if you're super tight, she says.

- Lie on your back.
- Hug your knees into your chest. Then, drop both knees over to one side as you twist your torso in the opposite direction.
- Try to keep your knees and hips in line with each other as you draw them toward the floor, and keep your chest as square to the ceiling as you can.
- Hold this stretch for one to three minutes, and then repeat on the other side.





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VALUE ADDED COURSE

Yoga for low back pain & Rehabilitation

OR11

4. List of Students Enrolled July 2019 – Jan- 2020

Pre final Year MBBS Student			
Sl. No	Name of the Student	Roll No	sign
1	ALLARI KARTHIK ABHIROOP	U16MB258	<i>[Signature]</i>
2	AMAL ASHOK	U16MB259	<i>[Signature]</i>
3	AMIRTHAVARSHNI .R	U16MB260	<i>[Signature]</i>
4	ANANYA SHARMA	U16MB261	<i>[Signature]</i>
5	ANGALAKUDURU DEEPCHAND	U16MB262	<i>[Signature]</i>
6	ANJAN BANERJEE	U16MB263	<i>[Signature]</i>
7	ANWESHA CHATTERJEE	U16MB264	<i>[Signature]</i>
8	ARCHANA .A	U16MB265	<i>[Signature]</i>
9	ARCHITHA.A	U16MB266	<i>[Signature]</i>
10	ARIVUMATHI .R	U16MB267	<i>[Signature]</i>
11	ARJUN.S	U16MB268	<i>[Signature]</i>
12	ASHVANTH KUMAR .A	U16MB269	<i>[Signature]</i>
13	ASMITHA S.V	U16MB270	<i>[Signature]</i>
14	AVIDI VENKATA SAISUSHMA	U16MB271	<i>[Signature]</i>
15	AVIRAL PATPATIA	U16MB272	<i>[Signature]</i>
16	BALACHANDRAN .A	U16MB273	<i>[Signature]</i>
17	BALAJI .S	U16MB274	<i>[Signature]</i>
18	BHASKARAN .K.C	U16MB275	<i>[Signature]</i>
19	BHAVANI . K.M	U16MB276	<i>[Signature]</i>
20	BLESSY AMALA RISHA .J	U16MB277	<i>[Signature]</i>
21	CAREENA DANIEL	U16MB278	<i>[Signature]</i>
22	CHANDRA PRAKASH.M	U16MB279	<i>[Signature]</i>
23	CHINJU S.R	U16MB280	<i>[Signature]</i>
24	DASARI VENKATA SAI	U16MB281	<i>[Signature]</i>



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DR.VINCENT
RESOURCE PERSON

Dr. VINCENT BOSCO SAVERY, M.S. (ORTHO)
Reg. No. : 100982
Assistant Professor
Sri Lakshmi Narayana
Institute of Medical Sciences
Puducherry

DR.BALAGURUNATHAN
COORDINATOR

DEAN
Prof.K.BALAGURUNATHAN,M.S
(General surgeon)
SRI LAKSHMI NARAYANA
INSTITUTE OF MEDICAL SCIENCES
OSUDU PONDICHERRY



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Annexure 4

Course/Training Feedback Form

Course: YOGA FOR LOW BACK PAIN

Date: 13/120

Name: arjun.s

Reg NO.

Department: ORTHO

Q 1: Please rate your overall satisfaction with the format of the course:

a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 2: Please rate course notes:

a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 3: The lecture sequence was well planned

a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 4: The lectures were clear and easy to understand

a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 5: Please rate the quality of pre-course administration and information:

a. Excellent b. Very Good c. Satisfactory d. unsatisfactory

Q 6: Any other suggestions:

Comments:

Thank you for taking the time to complete this survey, your comments are much appreciated.

OPTIONAL Section: Name _____

Signature _____ Date _____



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5. What are Yogasanas for low Back Ache.
6. Most commonly used Asanas during Rehabilitation.

5. Yogasanas for low Back Ache

- Cat - Cow
- Downward Facing Dog
- Extended Triangle
- Sphinx Pose
- Cobra Pose
- Locust Pose
- Bridge Pose
- Half Lord of the Fishes
- Two knee Spinal Twist
- Child Pose

4

15
—
20

6. Commonly used Asanas during Rehabilitation.

- Bhujangasana
- Thread the Needle
- Supine split
- Half pigeon
- Reverse child's pose
- Legs up the wall
- Corpse pose

4



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(Deemed to be University under section 3 of the UGC Act 1956)



CERTIFICATE OF MERIT

This is to certify that __ARJUN.S__ has actively participated in the Value Added Course on *Yoga for low back pain & Rehabilitation* held during July 2019 – Jan 2020 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.


Dr. Vincent

RESOURCE PERSON



Dr. Balagurunathan

COORDINATOR



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Student Feedback Form

Course Name: YOGA FOR LOW BACK PAIN & REHABILITATION

Subject Code: OR11

Name of Student: CHINJU S.R Roll No.: U16MB280

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:

Date: 13/01/20

Signature



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Date: 13.01.2020

From
DR.Sankarlal,
Department of orthopaedics,
SLIMS,
Bharath Institute of Higher Education and Research,
Pondicherry.

Through Proper Channel

To
The Dean,
SLIMS,
Bharath Institute of Higher Education and Research,
Pondicherry.

Sub: Completion of value-added course: yoga for low back pain and rehabilitation

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **yoga for low back pain and rehabilitation** on 13.01.2020. 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.Sankarlal

PROFESSOR & HOD
Department of Orthopaedics
Sri Lakshmi Narayana Institute of Medical Sciences
Pondicherry - 605 502.



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