



# SANTOSH

## Deemed to be University

(Established u/s 3 of the UGC Act, 1956)

F. No. SU/R/2020/1927[17]

Dated: 14.10.2020

### MEMORANDUM

**SUBJECT: GRANT OF PERMISSION TO START A VALUE-ADDED CERTIFICATE COURSE ON "YOGA TECHNIQUE", IN THE DEPARTMENT OF BIOCHEMISTRY, SANTOSH MEDICAL COLLEGE & HOSPITAL, GHAZIABAD, NCR DELHI.**

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With reference to her letter on the subject cited above, Professor & HOD of **Biochemistry** is informed that the request of Department of **Biochemistry** to start a Value-Added Certificate Course on "**Yoga Technique**", in the Department of **Biochemistry**, Santosh Medical College & Hospital, Ghaziabad, NCR Delhi has been considered and **approved** by the Board of Studies, Academic Council and the Board of the Management in its meeting held on 07.10.2020, 09.10.2020 and 12.10.2020 respectively and is granted permission to start the above certificate course on the following terms and conditions:-

**1. Name of the Course**

**"Yoga Training"**

**2. Duration of the Course**

16 Hours [Saturday – 1.00 P.M to 5.00 P.M]

4 batches per year

**3. Number of Students: 30 per Batch**

**4. Eligibility Criteria**

Students of MBBS and BDS

**5. Course Fee:**

Free Course

**6. Course Director:**

Dr. Preeti Sharma, Associate Professor of Biochemistry

**7. Course Methodology**

Yoga, is a practice of mental and physical exercise techniques, aiming to acquire good health in human beings. Holistic health, integrative treatment and mind, body medicine are some of the current buzz word in health care originated actually from yoga, which took its birth some 6000 years ago in India and is one of the elements of Ayurvedic medicine as the healing science. Yoga science is emerged as contemplation and also communion & yoking all powers of the body, mind and soul to God. Yoga practices are gaining



popularity and have potential to make a significant contribution to field of health sciences. Having wide array of practice, all essentially including breathing exercises, physical postures and meditation, the science and art of yoga is reaching new heights. Associated with a series of behavioral modifications that contribute to a healthy life-style, traditional yoga is a philosophy for living.

Yoga based training normalizes the functions of autonomic nervous system by maintaining both sympathetic and parasympathetic indices towards normal<sup>4</sup>. It is found that yoga has an immediate effect on the HPA axis (hypothalamic-pituitary axis) response to stress<sup>4</sup>.

Around > 30 students will go for yoga practice for 2.5 months (45 days) for 5 days in a week under the supervision of trained yoga instructor. The attendance register will confirm presence of experimental subjects, participating in 45 minutes yoga session, for 5 days in a week. The yoga activity will be conducted in the college lawn of the Medical College. For yoga practice and experimental & statistical analysis, will take 2.5 months

The procedure will begin with Surya Namaskar (Sun Salutation) with a session of 12 asanas (fixed postures) for 20 minutes, followed by 15 minutes Pranayam (breathing exercise including anulome-vilome, surya bandana, sheetali, and bhamari). Session will end with 10 minutes meditation.

The above is circulated to all teaching staff and concerned students of Santosh Medical College & Hospital for their information and necessary action.

**The Course Director is informed that the students will be required to submit their APPLICATION in the Prescribed Format [Annexure -1] for participating in the Value Added/Fellowship Programme.**

**The Course Director is further informed that he/she will be required to submit the details of Course Completion Intimation and request for Certificates in the Prescribed Format [Annexure -2] to the Registrar for further necessary action.**

[DR. V.P. GUPTA]  
REGISTRAR



Distribution: As above

Copy to:

1. The Secretariat
2. Vice Chancellor
3. Dean, Santosh Medical / Dental Colleges & Hospitals
4. Medical Superintendent, Santosh Hospital
5. HOD of the Department of Biochemistry
6. Director IQAC
7. Dean Research
8. Finance Department
9. Guard File



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Annexure -1

Application for Admission to Value Added Courses / Fellowship Courses

Month : \_\_\_\_\_ Year : \_\_\_\_\_

1.	Programme (Tick the relevant)	Value Added	/	Fellowship
2.	Name of the Programme			
3.	Name of the student (In Block Letters)			
4.	Name of the Institution Working / Studying			
5.	Address of the Institution Working / Studying			
6.	Designation / Year of Study			
7.	Course Studying in the University			
8.	Department (if any)			
9.	Academic Qualifications		Degree	Month & Year of Completion
			UG .....	
			PG .....	
			Ph.D.	
			Any others	
10.	Residential Address			
11.	Mobile Nos.			
12.	Official E-mail ID			
13.	Personal E-mail ID			
14.	Date of Birth			
15.	Aadhar Number			
16.	Course Fee			
17.	Amount paid towards Course Fee			
18.	Amount of Fee Concession obtained			
19.	Date of payment of fee			
20.	Mode of payment	Cash	Cheque / DD	Online

Date :

Station :

Signature

Signature of Course Director

Forwarding Authority (HOD)

Registrar



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To  
 The Registrar  
 Santosh Deemed to be University  
 Ghaziabad, NCR Delhi

Date: \_\_\_\_\_

### Course Completion intimation and request for Certificates

I, \_\_\_\_\_ <Name>, \_\_\_\_\_ <Designation>, the Course Director of the \_\_\_\_\_ <Value Added Course / Fellowship Programme> entitled \_\_\_\_\_, certify that the following candidates have successfully completed the said course conducted from \_\_\_\_\_ to \_\_\_\_\_ and that they may be issued the respective Certificates accordingly.

S. No.	Name of the Student	Completed / Not Completed
1.		
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25.		

Forwarding Authority (Course Director / HOD)