

04.10.2018

From

Mrs. M. Sindhuja.,

Asst Prof in physiotherapy

free Balaji College of Physiotherapy,

Chennai

To

DrSSSubramanian,, PhD

The Dean,

Sree Balaji College of Physiotherapy,

Chennai

Sir,

Sub: Permission to conduct value added course on - Short Term Course on Sports & Fitness Nutrition - Reg)

Kindly consider in permitting the following value added course on Short Term Course on Sports & Fitness Nutrition Mr. Ramkrishna & Dr. M. Hamsraj on 05.11.2018 to 30.11.2018, for a period of three weeks

Our students shall benefit this recent trends related to physiotherapy

Thanking You

Yours faithfully

Small a



INSTITUTE OF HIGHER EDUCATION AND RESEARCH



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

04.10.2018

To

Mrs. M. Sindhuja,

Assistant Professor in physiotherapy

~~Sir~~ MADAM

With reference to your communication dated on 01.03.2018

Hereby we grant permission to conduct value added course on Short Term Course on Sports & Fitness Nutrition on 05.11.2018 to 30.11.2018, for a period of three weeks

Dr.S.S.Subramanian., Uh.D

The Principal,

Sree Balaji College of Physiotherapy

Dr. S.S.SUBRAMANIAN, M.P.T. (Orthopaedics),
M.S.(Education), M.Phil (Education), Ph.D (Physiotherapy)

The Principal,

Sree Balaji College of Physiotherapy,
Velachery Main Road, Pallikaranai, Chennai



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

16.10.2018

CIRCULAR

Notification for Value **Added** Course on Short Term Course on Sports & Fitness
Nutrition

The department of community health, by college of Physiotherapy, is scheduled to offer a value added course on Short Term Course on Sports & Fitness Nutrition from 05.11.2018 to 30.11.2018 for a period of 3 weeks. Interested students can approach Mrs. M. Sindhuja, Asst. Professor & Course Coordinator

Dr.S.S.Subramanian., Ph.D

The Principal,

Sree Balaji College of Physiotherapy

Dr. S.S.SUBRAMANIAN, M.P.T. (Orthopaedics),
M.S.(Education), M.Phil (Education), Ph.D (Physiotherapy)

The Principal,

Sree Balaji College of Physiotherapy,
Velachery Main Road, Pallikaranai, Chennai



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INSTITUTE OF HIGHER EDUCATION AND RESEARCH

Declared as Deemed to be University under section 3 of UGC Act, 1956
UPE Registration No: F18-52090 U.S. Ministry of Higher Education Development (Oct. 07/2016, 08/07/2017)

173, Agaram Road, Sullur, Tambaram
Chennai - 600 073
Sree Balaji



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Course on Short Term Course on Sports & Fitness Nutrition

DATE: 05.11.2018 to 30.11.2018

Objectives:

1. Enable the participants to know importance of impact of nutrition in sports and fitness
2. To know the value of hydration, and nutritional supplement to gender various age groups

Course Outline:

1. Nutrition for various sports – fitness – elders, female
2. Sources of micro, macro nutrients, vitamins – electrolyte and their importance of fitness and sports
3. Supplements for different sports, otherwise abled, elders, female

Recourse Persons

Speaker: 1	Mr. Ramkrishna – M.SC Sports General Manager – Academy & Training	Fitness One
Speaker: 2	Dr. M. Hamsraj - Founder & Director	Physiocare Physiotherapy & Fitness One

Eligibility: Final year B.P.T, Interns, M.P.T students, Clinical Physiotherapists

Fees: Free

For Registration Contact: 044 – 22461883, 044 –

22462179, e - Mail: sbcp2007@gmail.com

ORGANIZING SECRETARY

Mrs. M. Sindhuja., Asst. Professor



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INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Declared as Central-aided University under section 3 of UGC Act, 1956)
New Notification No. 1-8-2001 U.S. Ministry of Human Resource Development, Govt. of India, dated 4th July 2002

Phone : 044-22290742 : 22296125 Telex : 044-22293886
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173, Agaram Road, Sakrayur, Tambaram,
Chennai - 600 073 Tamil Nadu



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

Course on Short Term Course on Sports & Fitness Nutrition

DATE: 05.11.2018 to 30.11.2018

Course on Short Term Course on Sports & Fitness Nutrition

Date	Topic	Time	Hour
05.11.2018	Introduction to Nutrition for Sports	03.00 P.M -- 05.00 P.M	2 hrs
08.11.2018	Importance of Fitness	03.00 P.M – 05.00 P.M	2 hrs
09.11.2018	Sources of Nutrition's	03.00 P.M – 05.00 P.M	2 hrs
12.11.2018	Sources of Micro Nutrition & Importance	03.00 P.M – 05.00 P.M	2 hrs
14.11.2018	Source of Macro Nutrient & Importance	03.00 P.M – 05.00 P.M	2 hrs
15.11.2018	Vitamins & Its Role	03.00 P.M – 04.30 P.M	1.30 hrs
16.11.2018	Nutrition for Female Athlete & Weight Loss	03.00 P.M – 04.30 P.M	1.30 hrs
17.11.2018	Nutrition for Pediatric	03.00 P.M – 04.30 P.M	1.30 hrs
19.11.2018	Nutrition for Elderly Sports Man	03.00 P.M – 04.30 P.M	1.30 hrs
20.11.2018	Effect of Nutrition & Fitness	03.00 P.M – 04.30 P.M	1.30 hrs
23.11.2018	Energy Cycle	03.00 P.M – 04.30 P.M	1.30 hrs
24.11.2018	Food Supplement for (Female) Sports Women	03.00 P.M – 04.30 P.M	1.30 hrs
26.11.2018	Food Supplement for Elderly Sports Person	03.00 P.M – 04.30 P.M	1.30 hrs
27.11.2018	Food Supplement for Young Adults	03.00 P.M – 05.00 P.M	2 hrs
28.11.2018	Food Supplement for Events Exercises	03.00 P.M – 05.00 P.M	2 hrs
29.11.2018	Beverages Nutrition in Cricket	03.00 P.M – 05.00 P.M	2 hrs
30.11.2018	Side Effects of Supplement Banned Food in Sports	03.00 P.M – 05.00 P.M	2 hrs
	Total		30 hrs



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

CERTIFICATE OF PARTICIPATION

This is to certify that / Ms .AKILA.V' _____

(Reg No /)U15PT004

I/II/III/IV year B.P.T/ Clinical Physiotherapists has participated in the Course on Short Term Conducted Short Term Conducted on 09.11.2018 to 30.11.2018 in "Course on Short Term Course on Sports & Fitness Nutrition"

Mrs. M. Sindhaja,

Coordinator

Dr.S.S.Subramanian., Ph.D

Principal

Dr. S.S.SUBRAMANIAN, M.P.T. (Orthopaedics),
M.S.(Education), M.Phil (Education), Ph.D (Physiotherapy)

The Principal,
Sree Balaji College of Physiotherapy,
Velachery Main Road, Pallikaranai, Chennai



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Approved by the Ministry of Human Resource Development Govt. of India, New Delhi

Phone: 0422-22240425, 22240426, 22240428, 22240429, 22240430, 22240431, 22240432, 22240433, 22240434, 22240435, 22240436, 22240437, 22240438, 22240439, 22240440, 22240441, 22240442, 22240443, 22240444, 22240445, 22240446, 22240447, 22240448, 22240449, 22240450, 22240451, 22240452, 22240453, 22240454, 22240455, 22240456, 22240457, 22240458, 22240459, 22240460, 22240461, 22240462, 22240463, 22240464, 22240465, 22240466, 22240467, 22240468, 22240469, 22240470, 22240471, 22240472, 22240473, 22240474, 22240475, 22240476, 22240477, 22240478, 22240479, 22240480, 22240481, 22240482, 22240483, 22240484, 22240485, 22240486, 22240487, 22240488, 22240489, 22240490, 22240491, 22240492, 22240493, 22240494, 22240495, 22240496, 22240497, 22240498, 22240499, 22240500

173 Agaram Road, Sektupet, Tambaram,
Chennai - 600 077 Tamil Nadu



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

COURSE ON SHORT TERM COURSE ON SPORTS & FITNESS

NUTRITION

DATE: 09.11.2018 to 30.11.2018

FEEDBACK FORM

1. Adherence with due e: Good / Punctual / Can Be Improved
2. Audiovisual — Adequtg/ Needs To Improve
3. Depth of session - Goôd / Bad / Not Enough
4. How much relevant to future - Practice Useful / Not Sure
5. Further suggestions - Its Very Longer Sessions/ More Such Events to
be Conducted / No Co ents
6. Way of presentation Göod/ Bad/ Can be Impro d
7. Preparation for the event can be informed before / more arrangement
/ can be done / appreciable

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4. How much relevant to future - Practice Useful / Not Sure
5. Further suggestions - Its Very Longer Sessions/ More Such Events to be Conducted / No Comments
6. Way of presentation Good/ Bad/ Can be Improved
7. Preparation for the event can be informed before / more arrangeinent / can be done / appreciable



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

LIST OF PARTICIPANTS

Course on Sports & Fitness Nutrition 09.11.2018 to 30.11.2018

SNo	Name	Reg No	Signature
1	Abinaya P	UISPT001	Signa
2	Akila V	U15PT002	Abi
3	Anu Priya K	U15PT003	
4	Ashmika R	U15PT005	
5	Atc Kaya	oisrT006	
6	Bhavana S	U15PT007	
7	Bhuvaneshwari B	U15PT008	
8	Boopathi S	U15W009	Devi
9	Divya J	U15PT010	J. Divya
10	Gayathri NI	U15PT011	Gayathri
11	Gayathri S	U15PT012	Gayathri
12	Hemalatha E	U15PT013	Hemalatha
13	Ilakia S	U15PT014	Ilakia
14	Jagan B	U15PT015	Jagan B
15	Jeevit1aa K	U15PT016	Jeevit
16	Kalaiarasi K	U15PT017	Kalaiarasi
17	kalaIValII fi	U15PT018	Kala
18	Karthickeyan R	U15PT019	Karthickeyan
19	Kav:tha N	U15PT020	Kav:tha

21	Rumutha R	U15PT022	qqp
22	Latha B	U15PT023	,
23	Madhumitha. M	U15PT024	
24	hlasthura Haseena. S	U15PT025	pp
25	Noorunnisha S	U15PT026	q,
26	Pavithra R	U15PT027	g{q
27	Priyanka K	U15PT029	'J)q
is	namya S	U15PT030	U,
29	Ramya E	U13PT031	' y,qq, -
30	Relrha G K	U15PT032	)g(
31	Sahithya T	U16PT034	}
32	Sanjana P	U15PT035	\$p
33	Shantfiakumar S	U15PT036	11 1no. 4a
34	Saranya R	U15PT037	Saranya R
55	Shamlindevanislia D	U15PT038	Shamlin



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Accredited to
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