



Request Letter

Date- 11.12.2023

To,

Principal,

AHMC&RI, Bhoyan Rathod,

Gandhinagar, Gujarat.

Subject- Regarding, Request to conduct certificate course in "YOGA" to BHMS students.

Respected Madam,

With due respect we would like to conduct certificate course in "YOGA", the course will be of **32 hours**. So, we are requesting you to kindly allow us to commence this course to **NEW BHMS students**.

Thanking you!

Priyanka
Yours faithfully

Dr. Priyanka Chauhan

Course Co-Ordinator



Permission Letter

Date-26 /12/2023

To,

Course Co-Ordinator

AHMC&RI, Bhoyan Rathod,

Gandhinagar, Gujarat.

Subject- Permission to conduct certificate course in "YOGA" to BHMS students.

Respected Sir,

With reference to your requisition letter dated 11.12.2023 you are permitted to start certificate course in "YOGA" to NEW BHMS students., from the Month of January 2024.

Course Coordinator – Dr. Priyanka Chauhan, MD, Hom.

Duration- 32 Hours



Principal
Arihant Homoeopathic
Medical College & R.I.
Bhoyan Rathod, Gandhinagar



COURSE CONTENTS

Name of the course: Certificate Course in YOGA (Course Code: VACY)

Aim: To nurture welcoming, engaging and friendly YOGA under one roof.

Objectives:

- 1) Essential role in development of fitness
- 2) To produces powerful ripple effects
- 3) Come together & support one another

Courses contents: Topics:

Sr. No.	Topics	Duration In Hours
01	Meaning of yoga, Importance of yoga in our daily life	2 Hrs.
02	Important aspects during of yoga	2 Hrs.
03	Different type of yoga	2 Hrs.
04	Renowned Yogis of India	2 Hrs.
05	Importance of Way of Meditation and session	8 Hrs.
06	Knowledge of Samadhi and Nabhi- Pariksha. / Session	8 Hrs.
07	Basic poses of YGA- Seating and standing	8 Hrs.
	TOTAL HOURS	30 Hrs.

Duration of the course: 32 Hrs.,

Time- 08.00 AM to 10 AM (Every Sunday)

Eligibility criteria: BHMS students [AHMC & RI]

Course Co-Ordinator- Dr. Priyanka Chauhan, MD, Hom.

Resource persons: Dr. Sonali Ladhi, MD, Ayurveda

Method of Assessment: PRACTICAL SESSION

List of reference books:

1. Real food for pregnancy, Lily Nichols RDN, CDE
2. Nutrition during Pregnancy and Lactation, Leanne M. Redman
3. Big Book of Pregnancy Nutrition, Stephane Middleberg
4. Homoeopathic Materia Medica, W. Boericke



Principal
Arihant Homoeopathic
Medical College & R.I.
Bhoyan Rathod, Gandhinagar

VALUE ADDED- CERTIFICATE COURSE IN YOGA



Meaning of yoga, Importance of yoga in our daily life

Important aspects during of yoga

Different type of yoga

Renowned Yogis of India

Importance of Way of Meditation and session

Knowledge of Samadhi and Nabhi- Pariksha. / Session

Basic poses of YOGA- Seating and standing



Duration of the course: 32 Hrs.,

Time- 08.00 AM to 10 AM (Every Sunday)

Eligibility criteria: BHMS students [AHMC & RI]

Course Co-Ordinator- Dr. Priyanka Chauhan, MD, Hom.

Resource persons: Dr. Sonali Ladhi, MD, Ayurveda

Swarnim Startup & Innovation University

Campus Address

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HOMOEOPATHIC MEDICAL
COLLEGE & RESEARCH INSTITUTE
(Ministry of AYUSH - Government of India & NCH Approved)

Principal
Aarihant Homoeopathic
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Bhoyan Rathod, Gandhinagar