



**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 30 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.**

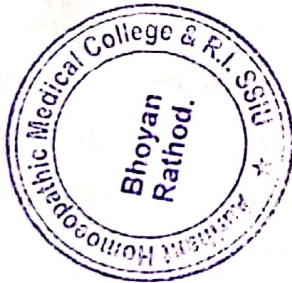
**Subject-** Permission to conduct certificate course in "YOGA" to BHMS students.

**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	1 Hrs.
02	Important aspects during of yoga	1 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:** 30 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  
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Medical College & R.I.  
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## 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:** 30 Hrs.,

**Time-** 08.00 AM to 10 AM (Every Sunday)

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

**Resource persons:** Dr. Sonali Ladhi, MD, Ayurveda

### Swarnim Startup & Innovation University

#### Campus Address

Bhoyan Rathod, Opposite IFFCO,  
Near ONGC WSS, Adalaj Kalol Highway,  
Gandhinagar, Gujarat - 382420.

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



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