

From: Goutam Sadhu <gsadhu@iihmr.edu.in>
Sent: 08 January 2024 10:18
To: MBAHM 28; MBAPM 15; MBADM 3; IIHMRU Academics; Hitendra Singh Rathore; Shivani Arora
Cc: Sanjay Gupta; Saurabh Kumar; Himadri Sinha; Vinod Kumar SV; IIHMRU President Office; Varsha Tanu; Kirti Agarwal
Subject: Third basket on value added course on "Fine Arts".

Dear Students,

We appreciate your active participation, enthusiasm and interest shown in the 1st and 2nd value added course of language lab and Management skill lab respectively. Majority of the students have done good in their respective course from Basket-1 and Basket-2

Each of the courses is of 8 days *6 hours=48 hours. All the students who have maintained at least 75% attendance and got minimum 50% marks will get the certificate on respective course. If you have not fulfilled the above requirements, you will differ to award certificate.

As you know your third basket on value added course is "Fine Arts". In this basket there are 6 different courses as follows in which you must select any one (compulsory) of your choices.

Basket 3: Fine Arts (Coordinator: Dr. Varsha Tanu)		
Date: Feb 9, 16,23 and March 1, 8, 15, 22 and 29, 2024		
Sn	Course	Faculty
1	Drawing and Painting	Mr. Jayant Gupta
2	Folk Music	Mr. Sarafat Hussain
3	Folk Dance	Ms. Veena Modani
4	Photography	Mr. Diwakar Sharma
5	Yoga	Mr. Mahender Singh Rao
6	Theatre Arts	Mr. Abhishek Mudgal

Academic section and IT department will float the above course of Basket-2 in Coll poll by 9th January 2024, and you have to select any one course (compulsory) of your interest from Basket-3 till 12th January 2024 4.00 pm.

It will not be possible to change your option once you select the option of your course. Hence think twice and then select only one course of your interest.

Best Wishes to ALL.

Dr. Goutam Sadhu
Professor and
Coordinator- Value Added Course

Dear Mr. Hitendra Singh Rathore, Head, IT, IIHMR University is requested to float the above basket of second value added course on 9th January in the coll-poll so that students can select the course of their choice from Basket-3 of Fine Arts.



Goutam Sadhu

Dr. Goutam Sadhu

Professor and Proctor, IIHMR University
and

Adjunct Faculty, Johns Hopkins University, USA

A: IIHMR University | 1, Prabhu Dayal Marg,

Near Sanganer Airport, Jaipur – 302029

E: gsadhu@iihmr.edu.in W: www.iihmr.edu.in

M: +91 8107777867/+91 7777062299

P: +91- 141- 3924700



Go Green: - Please do not print this email unless it is necessary. Every unprinted email helps the environment


Registrar
The IIHMR University
1, Prabhu Dayal Marg
Near Sanganer Airport, Jaipur-302029

8-Day Yoga Schedule

Day 1: Foundation & Flexibility (6 Hours, 3 Sessions)

- 10:00 AM - 12:00 PM → Morning Vinyasa Flow (*Full Body Activation*)
 - 1:00 PM - 3:00 PM → Hatha Yoga (*Alignment & Basics*)
 - 3:30 PM - 5:30 PM → Yin Yoga (*Deep Stretch & Relaxation*)
-

Day 2: Strength & Stability (6 Hours, 4 Sessions)

- 10:00 AM - 12:00 PM → Power Yoga (*Core & Balance*)
 - 1:00 PM - 2:00 PM → Ashtanga Primary Series (*Strength & Breath Control*)
 - 2:00 PM - 3:00 PM → Ashtanga Primary Series (*Strength & Breath Control*)
 - 3:30 PM - 5:30 PM → Restorative Yoga (*Recovery & Stress Relief*)
-

Day 3: Energy & Breathwork (6 Hours, 3 Sessions)

- 10:00 AM - 12:00 PM → Pranayama & Meditation (*Breath Awareness & Focus*)
 - 1:00 PM - 3:00 PM → Kundalini Yoga (*Chakra Activation & Energy Flow*)
 - 3:30 PM - 5:30 PM → Yoga Nidra (*Deep Relaxation & Visualization*)
-

Day 4: Balance & Mobility (6 Hours, 4 Sessions)

- 10:00 AM - 12:00 PM → Vinyasa Flow (*Hip Opening & Twists*)
 - 1:00 PM - 2:00 PM → Iyengar Yoga (*Props & Precision*)
 - 2:00 PM - 3:00 PM → Iyengar Yoga (*Props & Precision*)
 - 3:30 PM - 5:30 PM → Yin Yoga (*Spine & Hips Focus*)
-

Day 5: Endurance & Mindfulness (6 Hours, 4 Sessions)

- 10:00 AM - 11:00 AM → Power Yoga (*Strength & Stamina*)
 - 11:00 AM - 12:00 PM → Power Yoga (*Strength & Stamina*)
 - 1:00 PM - 3:00 PM → Slow Flow & Mindfulness (*Breath & Presence*)
 - 3:30 PM - 5:30 PM → Restorative Yoga & Yoga Nidra (*Calm & Recovery*)
-

Day 6: Core & Detox (6 Hours, 3 Sessions)

- 10:00 AM - 12:00 PM → Ashtanga Yoga (*Strength & Flexibility*)
 - 1:00 PM - 3:00 PM → Detox Yoga (*Twists & Breathwork for Cleansing*)
 - 3:30 PM - 5:30 PM → Gentle Yoga (*Healing & Recovery*)
-

Day 7: Meditation & Relaxation (6 Hours, 4 Sessions)

- 10:00 AM - 12:00 PM → Pranayama & Deep Meditation (*Inner Peace & Awareness*)
 - 1:00 PM - 2:00 PM → Slow Flow Yoga (*Calm & Stillness in Motion*)
 - 2:00 PM - 3:00 PM → Slow Flow Yoga (*Calm & Stillness in Motion*)
 - 3:30 PM - 5:30 PM → Yin & Yoga Nidra (*Deep Stretch & Sleep Preparation*)
-

Day 8: Full Body Integration (6 Hours, 3 Sessions)

- 10:00 AM - 12:00 PM → Vinyasa Flow (*Energizing & Dynamic Sequences*)
 - 1:00 PM - 3:00 PM → Hatha Yoga (*Balance, Control, and Stability*)
 - 3:30 PM - 5:30 PM → Meditation & Closing Reflection (*Grounding & Takeaways*)
-


Registrar
The IIHMR University
1, Prabhu Dayal Marg
Near Sanganer Airport, Jaipur-302029

Roll Number	Programme	Name	Course Name	Total Sessions Scheduled	Total Sessions Delivered	Total Sessions where Attendance is Taken	Sessions Cancelled	Sessions Attended	Present Percentage
IIHMR-U/01/2023-25/1658	MBA Hospital and Health Management	Aakriti Nirala	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1659	MBA Hospital and Health Management	Aaradhyia Singh	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1660	MBA Hospital and Health Management	Abhishek Kaushik	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1663	MBA Hospital and Health Management	Adarsh Anand	Yoga	28	0	28	0	1	3.57
IIHMR-U/01/2023-25/1664	MBA Hospital and Health Management	Aditi Guglani	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1669	MBA Hospital and Health Management	Aishwarya Suresh	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1670	MBA Hospital and Health Management	Akhil Soni	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1673	MBA Hospital and Health Management	Amishi Singh	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1675	MBA Hospital and Health Management	Anand Kaswan	Yoga	28	0	28	0	7	25.0
IIHMR-U/01/2023-25/1676	MBA Hospital and Health Management	Anika Nehra	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1678	MBA Hospital and Health Management	Ankit Bhonsle	Yoga	28	0	28	0	16	57.14
IIHMR-U/01/2023-25/1680	MBA Hospital and Health Management	Ankita Sood	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1682	MBA Hospital and Health Management	Anupriya kumari	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1683	MBA Hospital and Health Management	Anurag Chakraborty	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1688	MBA Hospital and Health Management	Arshia Chopra	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1697	MBA Hospital and Health Management	Bhawna Kaswan	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1699	MBA Hospital and Health Management	Deep Dey	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1703	MBA Hospital and Health Management	Digvijay Singh Rajawat	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1708	MBA Hospital and Health Management	Farana Haque	Yoga	28	0	28	0	8	28.57
IIHMR-U/01/2023-25/1710	MBA Hospital and Health Management	Garima Sharma	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1715	MBA Hospital and Health Management	Harsh Yadav	Yoga	28	0	28	0	8	28.57
IIHMR-U/01/2023-25/1717	MBA Hospital and Health Management	ILA GUPTA	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1725	MBA Hospital and Health Management	Kale Siddhartha Pravin	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1726	MBA Hospital and Health Management	Kalva Dharani	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1737	MBA Hospital and Health Management	M. AYUSHEE	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1738	MBA Hospital and Health Management	Mahak Yadav	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1745	MBA Hospital and Health Management	Manya Tripathi	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1746	MBA Hospital and Health Management	Mayank Khandelwal	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1748	MBA Hospital and Health Management	Mayuree Rahangdale	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1753	MBA Hospital and Health Management	More Sidhi Santosh	Yoga	28	0	28	0	8	28.57
IIHMR-U/01/2023-25/1756	MBA Hospital and Health Management	Mukesh Kumar Dudi	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1762	MBA Hospital and Health Management	Naware Bhawana Prakash	Yoga	28	0	28	0	16	57.14
IIHMR-U/01/2023-25/1768	MBA Hospital and Health Management	Nitish Chaudhri	Yoga	28	0	28	0	8	28.57
IIHMR-U/01/2023-25/1772	MBA Hospital and Health Management	Pallabi Debnath	Yoga	28	0	28	0	12	42.86
IIHMR-U/01/2023-25/1774	MBA Hospital and Health Management	Pallepati Aakanksha	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1775	MBA Hospital and Health Management	Panchal Vidhi Bipin	Yoga	28	0	28	0	3	10.71
IIHMR-U/01/2023-25/1776	MBA Hospital and Health Management	Pankaj .	Yoga	28	0	28	0	0	0.0

Registrar
The IIHMR University
1, Prabhu Dayal Marg
Jaipur-302029

Roll Number	Programme	Name	Course Name	Total Sessions Scheduled	Total Sessions Delivered	Total Sessions where Attendance is Taken	Sessions Cancelled	Sessions Attended	Present Percentage
IIHMR-U/01/2023-25/1779	MBA Hospital and Health Management	Pranali Mukund Thakre	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1786	MBA Hospital and Health Management	Rabjot Kaur Chawla	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1787	MBA Hospital and Health Management	Rahul Mewara	Yoga	28	0	28	0	20	71.43
IIHMR-U/01/2023-25/1788	MBA Hospital and Health Management	Rajinandini Chaturvedi	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1789	MBA Hospital and Health Management	Rajopadiye Aishwarya Naresh	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1793	MBA Hospital and Health Management	Renju Reghuvaran	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1794	MBA Hospital and Health Management	Richa Singh	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1796	MBA Hospital and Health Management	Rishika Bhatia	Yoga	28	0	28	0	20	71.43
IIHMR-U/01/2023-25/1814	MBA Hospital and Health Management	Sampada Meghe	Yoga	28	0	28	0	11	39.29
IIHMR-U/01/2023-25/1817	MBA Hospital and Health Management	Sargam Peshin	Yoga	28	0	28	0	1	3.57
IIHMR-U/01/2023-25/1820	MBA Hospital and Health Management	Saumya Kaushal	Yoga	28	0	28	0	19	67.86
IIHMR-U/01/2023-25/1823	MBA Hospital and Health Management	Shaleen Khare	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1824	MBA Hospital and Health Management	Shalini Gujjar	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1826	MBA Hospital and Health Management	Shalini Tripathi	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1827	MBA Hospital and Health Management	Shikha Sharma	Yoga	28	0	28	0	8	28.57
IIHMR-U/01/2023-25/1840	MBA Hospital and Health Management	Shubhangi Garg	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1844	MBA Hospital and Health Management	Simran Randhawa	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1847	MBA Hospital and Health Management	Snehal	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1849	MBA Hospital and Health Management	Sonakshi Jain	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1851	MBA Hospital and Health Management	SOUJAK BANERJEE	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1852	MBA Hospital and Health Management	Soumya Prasad	Yoga	28	0	28	0	4	14.29
IIHMR-U/01/2023-25/1856	MBA Hospital and Health Management	Shita Pragyan Raiguru	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1862	MBA Hospital and Health Management	Swarna Dipti	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1872	MBA Hospital and Health Management	Taruna Sharma	Yoga	28	0	28	0	12	42.86
IIHMR-U/01/2023-25/1876	MBA Hospital and Health Management	Toshniwal Sakshi Sunil	Yoga	28	0	28	0	8	28.57
IIHMR-U/01/2023-25/1880	MBA Hospital and Health Management	Vaishnavi Soni	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1882	MBA Hospital and Health Management	Vernula Vyshnavi	Yoga	28	0	28	0	0	0.0
IIHMR-U/01/2023-25/1883	MBA Hospital and Health Management	Vidhwani Bhavika Satish	Yoga	28	0	28	0	20	71.43
IIHMR-U/02/2023-25/0469	MBA Pharmaceutical Management	Abhisek Bari	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0472	MBA Pharmaceutical Management	Adarsh Kale	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0478	MBA Pharmaceutical Management	Animesh Badole	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0479	MBA Pharmaceutical Management	Anjali Agarwal	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0483	MBA Pharmaceutical Management	Anshuman Singh	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0488	MBA Pharmaceutical Management	Bal Rajendraprasad Prakash	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0492	MBA Pharmaceutical Management	Chandrapal Singh Panwar	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0499	MBA Pharmaceutical Management	Dukare Ganesh Govardhan	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0504	MBA Pharmaceutical Management	Gaurang yadav	Yoga	28	0	28	0	0	0.0

Roll Number	Programme	Name	Course Name	Total Sessions Scheduled	Total Sessions Delivered	Total Sessions where Attendance is Taken	Sessions Cancelled	Sessions Attended	Present Percentage
IIHMR-U/02/2023-25/0505	MBA Pharmaceutical Management	Gavhane Aniket Raju	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0510	MBA Pharmaceutical Management	Harshit Rakesh Patidar	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0511	MBA Pharmaceutical Management	Himanshu Agarwal	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0513	MBA Pharmaceutical Management	Jadhav Yash Sanjayrao	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0517	MBA Pharmaceutical Management	Joshi Sarthak Sudhirrao	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0519	MBA Pharmaceutical Management	Kartikey Kumar	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0529	MBA Pharmaceutical Management	Mayank Srivastava	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0531	MBA Pharmaceutical Management	Mishra Suyash Sanjay	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0535	MBA Pharmaceutical Management	Nalwadey Harshwardhan Udaykumar	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0546	MBA Pharmaceutical Management	Pramanick Priyanka Himanshu	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0554	MBA Pharmaceutical Management	Ramanuj Patidar	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0559	MBA Pharmaceutical Management	Saharsh Tak	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0570	MBA Pharmaceutical Management	Saurabh Anant Bangale	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0578	MBA Pharmaceutical Management	Shubham Verma	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0583	MBA Pharmaceutical Management	Sumit Patel	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0592	MBA Pharmaceutical Management	Vinayak Viswanath	Yoga	28	0	28	0	0	0.0
IIHMR-U/02/2023-25/0594	MBA Pharmaceutical Management	Yash Soni	Yoga	28	0	28	0	0	0.0
IIHMR-U/10/2023-25/0044	MBA Development Management	Jai Singh Chauhan	Yoga	28	0	28	0	1	3.57
IIHMR-U/10/2023-25/0050	MBA Development Management	Sarthak Sharma	Yoga	28	0	28	0	1	3.57


 Registrar
 The IIHMR University
 1, Prabhu Dayal Marg
 Near Sangner Airport, Jaipur-302029



Certification of Completion

This certifies that

Ankit Bhonsle

Master of Business Administration (Hospital and Health Management)

2023-25

has successfully completed Value Added Course (VAC) on

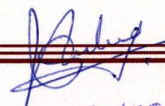
Yoga

Conducted during **February-March, 2024**, accumulating a total of 48 hours
with **Grade A+**

Dr. Goutam Sadhu
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: May 31, 2024


Registrar
The IIHMR University
1, Prabhu Dayal Marg
Near Sanganer Airport, Jaipur-302029



Certification of Completion

This certifies that

Mukesh Kumar Dudi

Master of Business Administration (Hospital and Health Management)

2023-25

has successfully completed Value Added Course (VAC) on

Yoga

Conducted during **February-March, 2024**, accumulating a total of 48 hours
with **Grade B+**

Dr. Goutam Sadhu
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: May 31, 2024



Certification of Completion

This certifies that

Pallabi Debnath

Master of Business Administration (Hospital and Health Management)

2023-25

has successfully completed Value Added Course (VAC) on

Yoga

Conducted during **February-March, 2024**, accumulating a total of 48 hours
with **Grade A+**

Dr. Goutam Sadhu
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: May 31, 2024



Certification of Completion

This certifies that

Rishika Bhatia

Master of Business Administration (Hospital and Health Management)

2023-25

has successfully completed Value Added Course (VAC) on

Yoga

Conducted during February-March, 2024, accumulating a total of 48 hours

with Grade A

Dr. Goutam Sadhu
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: May 31, 2024

Registrar
The IIHMR University
1, Prabhu Dayal Marg
Near Sangner Airport, Jaipur-302029



Certification of Completion

This certifies that

Sampada Meghe

Master of Business Administration (Hospital and Health Management)

2023-25

has successfully completed Value Added Course (VAC) on

Yoga

Conducted during February-March, 2024, accumulating a total of 48 hours

with Grade O

Dr. Goutam Sadhu
Professor and Coordinator (VAC)

Dr. P.R. Sodani
President

Date of issue: May 31, 2024