

Prospectus- Three Month Online Certificate Course
“MoveMint Medicine”
Livonics Institute of Integrated Learning and Research (LIILR)
with
Bharati College (Delhi University)

Title of Course: Three Month Online Certificate Course “MoveMint Medicine”

Minimum Number of Students to start the Batch: 25

Eligibility: Any candidate, male or female, who has completed Class XII (or equivalent in the case of international students) is eligible

Duration: 3 months. Tentative start date: from January 2022

Mode of Delivery: Online

Syllabus:

This course will empower the attendees with the knowledge of how physical activity (sports, exercises, movement etc.), sleep, mental health and nutrition are interconnected. More than theory alone, the focus will also be on functional and practical implications. Unlike other programs, students will also be on a personal journey to become their best by putting this into practice as part of the program. This could be a couch to 5 km running program over the three months or to a half marathon if they already run. Each candidate will also mentor 5 family members and / or friends during this period and get them on their fitness journey too.

This course is for you if you are keen on pursuing medicine or health programs but would like to first have a taste of a holistic approach to medicine, if you are pursuing sports as a career or are a coach, trainer or PE teacher. It is also for those who are already working but considering switching to a fitness related career or for those who are interested in knowing more about their own health.

Details of Classes

1. The course shall be delivered through e-lectures as well as other modes as specified below. There will be two e-lectures of 90 minutes each a week, except when there are seminars/group work.
2. Self-experience group work shall be carried out online under supervision. The duration and frequency of these sessions will be decided by mutual consultation. If conditions so permit, some sessions may be held in face-to-face mode in college or at LIILR premises.
3. Online student seminars may be arranged as required.

4. Special e-lectures/webinars delivered by eminent speakers on external platforms may be treated as part of the course, if appropriate.

Annexure

Course fees

The course fee shall be Rs 29,500/- (Rupees twenty-nine thousand five hundred only) for the entire duration of the course, payable in advance.

Provided that regular student of Bharati College may be admitted to the course at a reduced fee of Rs 26.550/-, i.e., 10% less than the full fee;

Provided further that Bharati College, may, in deserving cases, allow up to 5 students to pay the fee according to a deferred payment schedule.

The fee for international students shall be fixed by mutual consultation between Bharati College and LIILR, but shall not be less than 400 US dollars, payable in advance.

For further information please contact the Course Coordinator, Dr. Sonali Jain:
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