

Vishnu Waman Thakur Charitable Trust's  
Bhaskar Waman Thakur College of Science,  
Yashvant Keshav Patil College of Commerce,  
Vidhya Dayanand Patil College of Arts,  
(VIVA College)



Yoga And  
Meditation  
(CC-YM)



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VIVA College  
(NAAC ACCREDITED-'B' Grade, CGPA 2.69)  
&  
SHRI AMBIKA YOGASHRAM



23 Feb 2024  
TO  
7 March 2024 (excluding  
Sunday)



8.00 AM TO 10.30 AM

VIVA COLLEGE and  
AMBIKA YOGASHRAM are  
collaborating to offer a  
certificate course in Yoga and  
Meditation.



VIVA COLLEGE OF ARTS, COMMERCE  
AND SCIENCE  
VASAI VIKAS SAHAKARI BANK  
(BOLINJ BRANCH)

A/C NO: 011110100006003  
IFSC code :VUSB0000011

SCAN TO  
REGISTERED





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### CERTIFICATE COURSE FORMAT

Sr. No	Particulars	
1.	Department	<b>Commerce</b>
2.	Name of the Course and Course Code	Certificate Course in Yog and Meditation
3.	Code	<b>CC-YM</b>
4.	Duration	<b>30 Hours</b>
5.	Date of Commencement	<b>23/02/2024</b>
6.	Curriculum / Syllabus copy of the course	Detailed syllabus to be submitted
7.	Committee (BoS) for framing of syllabus	1. Chairman ----- Shri. Sanjeev Patil 2. Coordinator : ----- Dr.Prajakta Paranjape 3. Member ----- Dr. Deepa Verma 4. Member ----- Dr. Rakhee Oza
8.	Mode of Delivery of the curriculum	Physical and Practical Orientated
9.	Assessment procedure	Practical, Test etc.
10.	Outcomes of the program	1. Enhance the ability to understand the importance of physical and mental health in one's life. 2. Yog is a scientific method of exercise and meditation. 3. They will realize that the regular practice of Yog and meditation can help them to perform better in their studies. 4. Yog can bring peace and happiness in their life. 5. Students will understand the right eating habits are good for their digestive system.
11.	Objectives of the program	1. To create awareness among young minds about importance of physical and mental fitness in a life 2. To familiarize the young minds with method of exercise and meditation in Yog 3. To help them to understand need of regular practice of Yog and meditation which will help them to perform well in their studies



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		<ol style="list-style-type: none"><li>4. To Explain how Yog can bring happiness and peace of mind in their day to day life</li><li>5. To making them understand the right eating habits and diet for Yog sadhak</li></ol>
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**Shri Ambika Yogashram, Thane**  
**Syllabus**

Sr. No.	Content	Duration (Hours)
1.	Orientation of the course: Kardarshan, Netrasnan, Ganesh Dhauti, Ashwini Mudra, Jaldhauti, Vajrasan, Mulbandh, Pranakarshan Kriya, Kapalbhathi of two nostrils in Padmasana	2.5
2.	Importance of right Diet, Brahmamudra, Namanmudra, kapalbhathi of each nostril	2.5
3.	Yogmudra and its two types, three types of Ujjayi, recitation of Gayatri Mantra and Omkar, information of the Principles of Yama (Trianing in groups, check Kaplbhati individually)	2.5
4.	Shitkari, Shitali, Vayusar, information of the Principles of Niyam, Jalneti	2.5
5.	Agnisar, Asanas of Shankhprakshalan, Uddiyan, Uthitpadasan	2.5
6.	Cycling, Pavan Mukratasan and Rolling	2.5
7.	Pashchimottasan + Halasan Rolling, , Suryanamaskar, Self-evaluation (Check Agnisar individually) Sarvangasan,	2.5
8.	Matsyasan, kandharasan, chakrasan, Analysis of Tratak	2.5
9.	Shalabhsan, two types of Bhujangasan, four types of Naukasan	2.5
10.	Dhanurasan, Kaichi, Paschimottanasan, Akarnadhanurasan, Ardhamachindrasan,	2.5
11.	Gomukhasan, Ushtrasan, Tadasan, Utkatasan	2.5
12.	Practice of asnas and kriyas , Shavasan Experience Sharing & Certificate Distribution	2.5

**References:**

1. Vinayak Desai, *Yog Rashmi*. Shri Ambika Yogashram Publication, 2005.
2. Patanjali Yogsutra



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3. Hatyog Pradipika

Dr. Prajakta Paranjape

Name & Signature of Course Coordinator

Name & Signature of HOD/ Coordinator