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Vishnu Waman Thakur Charitable Trust's

Bhaskar Waman Thakur College of Science,
Yashvant Keshav Patil College of Commerce,
Vidhya Dayanand Patil College of Arts,
(♥I♥A College)



Yoga And Meditation (CC-YM)



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 (NAAC ACCREDITED-'B' Grade, CGPA 2.69)

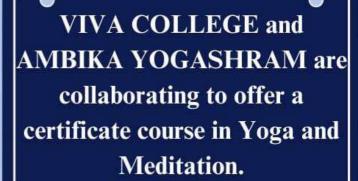
SHRI AMBIKA YOGASHRAM



23 Feb 2024 TO 7 March 2024 (excluding Sunday)



8.00 AM TO 10.30 AM





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

> A/C NO: 011110100006003 IFSC code: VVSB0000011

SCAN TO REGISTERED





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)



CERTIFICATE COURSE FORMAT

Sr. No	Particulars			
1.	Department	Commerce		
2.	Name of the Course and Course Code	Certificate Course in Yog and Meditation		
3.	Code	CC-YM		
4.	Duration	30 Hours		
5.	Date of Commencement	23/02/2024		
6.	Curriculum / Syllabus copy of the course	Detailed syllabus to be submitted		
7.	Committee (BoS) for framing of syllabus	 Chairman Shri. Sanjeev Patil Coordinator: Dr. Prajakta Paranjape Member Dr. Deepa Verma 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	 Enhance the ability to understand the importance of physical and mental health in one's life. Yog is a scientific method of exercise and meditation. They will realize that the regular practice of Yog and meditation can help them to perform better in their studies. Yog can bring peace and happiness in their life. Students will understand the right eating habits are good for their digestive system. 		
11.	Objectives of the program	 To create awareness among young minds about importance of physical and mental fitness in a life To familiarize the young minds with method of exercise and meditation in Yog 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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4. To Explain how Yog can bring happiness and peace
of mind in their day to day life
5. To making them understand the right eating habits
and diet for Yog sadhak

& Shri Ambika Yogashram, Thane Syllabus

Sr.	Content	Duration
No.		(Hours)
1.	Orientation of the course: Kardarshan, Netrasnan, Ganesh Dhauti, Ashwini Mudra, Jaldhauti, Vajrasan, Mulbandh, Pranakarshan Kriya, Kapalbhati of two nostrils in Padmasana	2.5
2.	Importance of right Diet, Brahmamudra, Namanmudra, kapalbhati 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. Patanjal Yogsutra



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3. Hatyog Pradipika

Sommerch .

Dr. Prajakta Paranjape

Name & Signature of Course Coordinator

Name & Signature of HOD/ Coordinator