Introduction to The Science of Yoga, Pranayama and Meditation.

30 Hours Course

(10 hrs Theory and 20 hrs Practice)

ST GONSALO GARCIA COL
VASAI

Introduction to The Science of Yoga, Pranayama and Meditation.

Course Objectives:

- Learn simple and basic Yoga Asana, Pranayam, meditation with scientific method.
- Learn Sitting and Standing Postures.
- Explanation of asana with alignment.

Course Outcomes :

- Stress management and concentration improvement.
- Improve flexibility and strength of muscle and joints.
- Improves emotional stability , mind control and peace of mind.

Disclaimer: In a particular case that you may require diagnosis or medical attention, consult your health care provider before practicing Yoga. The institute does not assume any responsibility or liability for any injury or loss that may result from practicing Yoga.

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Contents:

UNIT-I

(i) Origin of Yoga & its brief development.
ii) Meaning of Yoga & its importance
iii) Meaning of meditation

UNIT- II

i) Classification of Yoga/Types Cof Yoga
ii) Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
iii) Ashtanga Yoga.

UNIT -III

i) Principles of Yogic Practices.
ii) Meaning of Asana, its types and principles.
iii) Meaning of Pranayama, its types and principles.

UNIT -IV

i)Meaning and importance of prayer.
ii) Psychology of mantras.
iii)Practical Demonstration of Asanas

Course Coordinator – Prof. Sujata Kulkarni
Email – sujata.kulkarni@ggcollege.in

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OF ARTS AND COMMERCE,
Vasai, Dist. Palghar -401 201

Students who enrolled for this Course

Yoga, Pranayam and Meditation

Sr. No	Name of The Student	Class	Roll No	Mobile No
1	PEREIRA SHAINA ONIL	FYBSc IT		9130203342
2	KHAN AFIFA M	FYBA-		8484031729
3	SHAIKH UJMA C	FYBA- A	163	7038895932
4	AIMAN SHAIKH	FYBA- A		7758817767
5	DMELLO RUYAL	TYBA- A	19	9637048721
6	CORREIA SALOMI N	SYBA-A	26	7058810235
7	VARTAK SIMRAN V	SYBA-A	152	7021835090
8	KELIKHADYA SNEHAL	TYBA		9172524432
9	GOMA RITIKA PRAVIN	TYBA-A	45	9834530678
10	PAL ANAMIKA T	TYBA- B	108	7276384832
11	KANOJIYA NIDHI	FYBA-A	83	7058067852
12	CHETTIAR VIRGINIA	SYBA- A	22	8999912546
13	PRABHUDAS AISHWARYA	SYBA- B	120	7875062247
14	NAIR SREELAKSHMI	SYBA-A		9322815116
15	CELINA BARRINGTON	FYBA- B	18	8551025585
16	NUNES ANANDITA	FYBCOM-A	343	9822268023
17	SHETTY PRATHVI	SYBCOM-A	482	7498000050

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18	KESHARI SONALI	SYBCOM-A	207	7558214305
19	CHAUDHARI RUCHITA	TYBA		7820863059
20	PAL ANJALI R	TYBA		8149586056
21	ANSARI KULSUM	TYBA-A	4	8788023928
22	UGALE VAISHANVI	SYBAF		7038140488

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Report of the Add-on- course 2021- 22

YOGA, PRANAYAM MEDITATION

Yoga is an age-old art but is relevant in present times more than ever before. It has multiple gross and fine rewards which can help to live a healthy and joyful life
School and college-going students may have youth on their side, but that does not mean they are spared from the stresses and pressures of life. Yoga helps to improve the memory function in both adults and children, a direct benefit of which would be a better academic performance in children. It also helps to improve children's attention span and focus.Good breathing affects our movement, our posture, and our ability to handle stress in a positive way.
Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
We started this course, 26 students enrolled for Yoga, Pranayam and Meditation course. Learnt theAsans and Pranayams along with Meditation by 12 students regularly. Distributed the certificates, to those students who have learnt and executed and practiced all the asanas. As a Meditation Coach, I thank Principal Dr. Somnath Vibhute sir ,Vice-Principal Prof. Saritha Kurien and Management for giving me the opportunity to serve the noble cause.

SBKulkarni

Prof. Sujata Kulkarni

Corse Co-ordinator

Dr. Somnath Vibhute.

Principal

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Vasai

Our Lady of Grace Trust's

ST. GONSALO GARCIA COLLEGE OF ARTS & COMMERCE

Behind Vasai Cricket Ground, Vasai, Maharashtra - 401 201.

Certificate of Completion

This certificate is awarded to MISS SIMRAN VARTAK

for having successfully completed YOGA - DHYAN Add On Course of 30 hours, held

from JAN-22 to APR 22 organised by IQAC, St. Gonsalo Garcia College and has obtained A grade

Course - Co-ordinator	Vice - Principal	Principal
PROF SUJATA KULKARNI	Prof. Saritha Kurien	Dr. Somnath Vibhute

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Certificate of Completion

This certificate is awarded to MISS ANANDITA NUNES

for having successfully completed YOGA - DHYAN Add On Course of 30 hours, held

from JAN-22 to APR-22 organised by IQAC, St. Gonsalo Garcia College and has obtained A grade

Course - Co-ordinator	Vice - Principal	Principal
Prof Sujata Kulkarni	Prof. Saritha Kurien	Dr. Somnath Vibhute

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Certificate of Completion

This certificate is awarded to MISS PRATHVI SHETTY

for having successfully completed YOGA DHYAN Add On Course of 30 hours, held

from JAN-22 to APR 22 organised by IQAC, St. Gonsalo Garcia College and has obtained B grade

Course - Co-ordinator Prof Sujata Kulkarni	Vice - Principal Prof. Saritha Kurien	Principal Dr. Somnath Vibhute