



K.G. Joshi College of Arts & N.G. Bedekar College of Commerce, Thane
Vivekanand Study Circle in collaboration with Students' Forum and NSS
Value Added Certificate Course on "Yoga & Health"
15th Feb 2023 to 28th Feb 2023

Name of the Course	Value Added Certificate Course on "Yoga & Health"
Eligible Students	First, Second and Third-Year Student of all Courses admitted in the academic year 2022-23
Duration of the course	2 week (30 hours) each day 2 hours
Time	10.30am to 12.30pm
Venue	Hybrid - Offline for practical & Online for Theory sessions (Google Meet)
Fees	Rs. 310/-
Date of Commencement	15 th Feb 2023
Concerned Faculties	Dr. Indrani Roy (9820763729) Dr. Urmila Shetve (9769598592) Dr. Vinod Chandwani (9850118800)
Administrative Staff:	*Payment*: Students should pay the fees from the payment link available on the website www.joshibedekar.org Step 1: Click on the website www.joshibedekar.org Step 2: Click on Admission icon Step 3: Click on Autonomous courses payment link 2022-23 and fill the form Course Name: Value Added Certificate Course Title of the Course: "Yoga & Health" Step 4: Pay the fees through Internet Banking, Credit Card and UPI (Any App)
Mr. Parag Shinde 7977807920	
Mr. Sambhaji Kadam 8652322450	
Syllabus	Different Asanas (Yoga postures and Suryanamaskar) Pranayam (Breathing), Relaxation (Savasana), Meditation (Dhyana) Healthy Diet
Benefit of the course	It will help in holistic development of students through various yoga postures, pranayama, meditation and healthy diet.
Outcome of the course	To enhance students' concentration. To increase the mental & physical strength of students. To develop overall personality of students.

Dr. Indrani Roy (9820763729)
Chairperson Student' forum

Dr. Urmila Shetve (9769598592)
Chairperson Vivekanand Study Circle

Dr. Vinod Chandwani (9850118800)
NSS Program Officer

Dr. Suchitra A. Naik
(Principal)

Vice-Principal
K. G. Joshi College of Arts &
N.G. Bedekar College of Commerce Autonomous
Thane.

For Circulation
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VPM's

K.G. Joshi College of Arts & N.G. Bedekar College of Commerce (Autonomous), Thane

Vivekanand Study Circle and Students' forum

Value Added Certificate Course on Yoga & Health

Yoga is a form of exercise that originated in ancient India and Indian society has been practicing ever since. It is ultimate act of harmony between one's physical existence and spiritual conscience. The perfect synchronization between the mind & the body is known as yoga. It is a Sanskrit word known as "union". The act of yoga consists of asanas, pranayama, meditation and diet. Yoga helps to fight stress, improves immune system, health and overall personality of practitioner. It is not just form of exercise but an approach towards inner & outer well-being of mankind. In view the importance of yoga in human's life we have designed a value added course on Yoga.

Objective:

1. To acquaint the students with ancient knowledge of yoga and train them in different asana and pranayama.
2. To enhance students' focus and concentration.
3. To increase the strength, immunity, flexibility of body parts.
4. To develop emotional well- being, self -reflect & control through breathing and meditation.

Syllabus:

- Asanas (Yoga postures and Suryanamaskar)
- Pranayam (Breathing)
- Relaxation (Savasana)
- Meditation (Dhyana)
- Healthy Diet

Detail syllabus

- Pranayam, Omkar, Meditation and Suryanamaskar
- Warm up exercises, Neck exercises, eye ball exercises, Halasan, Dhanurasan, Gomukhasan, Bhujangasan, Matsyasan, Simhasan, Trikonasan, padhasthasan, parvatasana
- Panchaprana and Panchakosha
- Assignments based on syllabus
- Examination total 100 marks - Practical(70 marks) and theory(30 marks) based on syllabus

Vice-Principal

K. G. Joshi College of Arts &
N.G. Bedekar College of Commerce Autonomous
Thane.