



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

Report of RJPIC01; Value Added Course; Dept. of Philosophy; Certificate Course in Yoga as Art of Living for TYBA Philosophy Class, 2022-2023

Department of Philosophy organized RJPIC01; Value Added Course Certificate Course in Yoga as Art of Living

Notice

Date: 21.04.2023

Department of Philosophy

Department of Philosophy is conducting a Value Added Course in Philosophy for TYBA Philosophy Students—'Certificate Course in Yoga as Art of Living'.

The course is open for students of TYBA Philosophy students academic year 2022-2023. The course will start from April 24, 2023. Those who are interested please fill the Google Classroom for the same and register your name for the course and join the WhatsApp Group by clicking the link mentioned in the form for further information. The course is intense and will be completed on April 29, 2023.

Students who will complete the course will be entitled for the certificate as well as 2 extra credits after the successful completion of the course. The course is completely online.

Amita Valmiki

Dr. Amita Valmiki Dr. Rina Pitale Puradkar
HoD, Philosophy

Associate Professor
Dept. of Philosophy



[Signature]
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Syllabus and Schedule

Value Added Course

Certificate Course in Yoga as Art of Living

Yoga as Art of Living

Course Code RJPHIC01

Duration 30 hours

Credits: 02

Learning Outcome:

After completion of the course, students will be able to practice Yoga-sadhana in life as art of living.

The course will act as a stress and conflict buster in life.

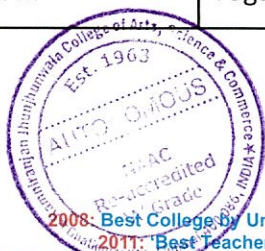
Yoga is a way to upgrade the individual's physical, mental, emotional and social health.

The course will also incorporate human values in an individual's life.

The course can create a profession in Yoga as a Yoga Instructor.

Who should do it: Yoga-sadhana and philosophy is a way of calm and blissful life. Therefore anyone: student/staff/personnel are eligible to do the course. Basic qualification: HSC passed.

COURSE X	Yoga Philosophy as Art of Living	Course Code RJUPHIC01
Unit I	Introduction to the history of Samkhya and Yoga Philosophy. Ashtanga Yoga: Bahiranga Yoga and Antaranga Yoga.; Prakriti and her three Gunas and Yoga as found in Bhagavad Gita.	
Unit II	Yogic Culture (Moral Education and Human Values); Hatha Yoga (Shathakarma); Kundalini Yoga; Mantra Yoga	
Unit III	Yoga for Stress Relief; Corporate Yoga; Yoga Diet; Yoga for Sports	




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Unit IV	Yogasana – theory and practice; demonstration
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Evaluation: 100 mark MCQs on the last day of the course. Total 50 MCQs, 2 marks each will be asked from the given reading material.

Marks: 100

Standard Passing Percentage: 40%

Unit I: Introduction to the history of Samkhya and Yoga Philosophy. Ashtanga Yoga: Bahiranga Yoga and Antaranga Yoga.; Prakriti and her three Gunas and Yoga as found in Bhagavad Gita. [10 hrs, 5 hrs on Monday, 24-04-2023 and 5 hrs on Tuesday, 25-04-2023]

Unit II: Yogic Culture (Moral Education and Human Values); Hatha Yoga (Shathakarma); Kundalini Yoga; Mantra Yoga [10 hrs, 5 hrs. Wednesday 26-04-2024 and 5 hrs on Thursday, 27-04-2023]

Unit III: Yoga for Stress Relief; Corporate Yoga; Yoga Diet; Yoga for Sports [5 hrs on Friday, 28-04-2023]

Unit IV: Yogasana – theory and practice; demonstration [4 hrs on Saturday, 29-04-2023] [in the morning]

Final 100 marks exam on Saturday, 29-04-2023 from 5.00 pm to 6.00 pm



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BROCHURE



AY 2020 Onwards

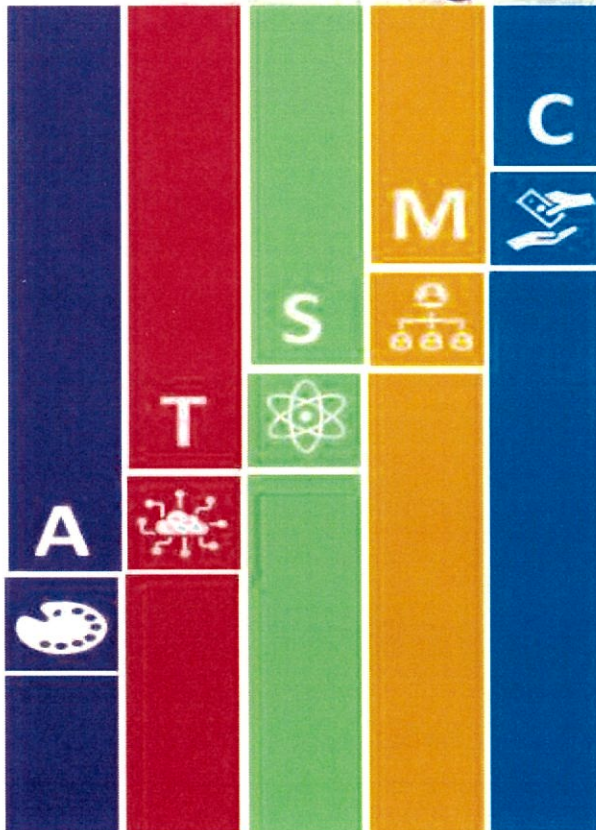
Hindi Vidya Prachar Samiti's

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NAAC Accredited 'A GRADE' with CGPA 3.50

Knowledge is all Ambrosia



**CERTIFICATE
COURSE IN**

**YOGA
AS
ART OF LIVING**

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CERTIFICATE COURSE IN YOGA AS ART OF LIVING



Hindi Vidya Prachar Samiti was incepted on the auspicious day of Shri Krishna Janmashtami, 15th August 1938. A brain child of a visionary Late Shri Nandkishore Singh Jiramji, samiti was established with the objectives of catering to the educational needs of the Hindi speaking community. Ramniranjan Jhunjunwala College came into existence in 1963, enabling a larger section of the society to take advantage of the facilities provided for higher education.

From 1999-2000 the College has added a number of self-financing courses like B.M.S., B.B.I., B.Sc. in Computer Science, Information Technology, Biotechnology, M.Sc. in Computer Science, Biotechnology and Information Technology as well as add on courses, which further hone the special skills of the students.

The college has been reaccredited with 'A' Grade by NAAC in 2014 with a CGPA 3.50 and received the Best College Award (2007-2008) of the University of Mumbai. The College has been bestowed with IMC "Ramkrishna Bajaj Performance Excellence Trophy", 2010.

The Principal of the college was awarded "Best Teacher" by Government of Maharashtra in 2011.

Government of Maharashtra conferred the college with "JAAGAR JAANIVANCHA" (First in Mumbai Suburban- in 2013 and Second in Mumbai Suburban- in 2014) for safety of girls.

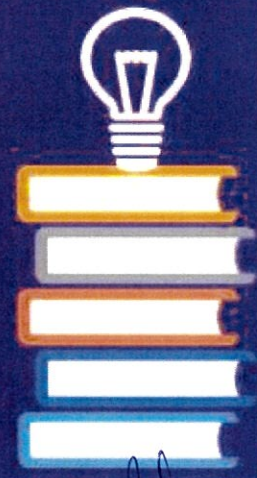
Course Code: **RJPHIC01**

Duration: **30** hours

Credits : **02**

LEARNING OUTCOME

- After completion of the course student will be able to practice Yoga-sadhana in life as art of living.
- The course will act as stress and conflict buster in life.
- Yoga is a way to upgrade the individual's physical, mental, emotional and social health.
- The course will also incorporate human values in individual's life.
- The course can open a pathway for a profession in Yoga as a Yoga Instructor.



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CERTIFICATE COURSE IN **YOGA AS ART OF LIVING**

COURSE CONTENT	Unit I	Introduction to the history of Samkhya and Yoga Philosophy. Ashtanga Yoga: Bahiranga Yoga and Antaranga Yoga.; Prakriti and her three Gunas and Yoga as found in Bhagavad Gita.
	Unit II	Yogic Culture (Moral Education and Human Values); Hatha Yoga (Shathakarma); Kundalini Yoga; Mantra Yoga
	Unit III	Yoga for Stress Relief; Corporate Yoga; Yoga Diet; Yoga for Sports
	Unit IV	Yogasana – theory and practice; demonstration

English

MEDIUM OF INSTRUCTION



EVALUATION

60 marks MCQs from Unit I and II. 20 marks PPT presentations by participant; topic: any one topic from Unit III. 20 marks: Yogasana practicals by the participant from Unit IV.

100 MARKS



PASSING 40

WHO SHOULD DO

Yoga-sadhana and yoga philosophy is a way of calm and blissful life. Philosophy students from FY, SY and TYBA are eligible to do the course as the basics of Philosophy subject is essential for the course.

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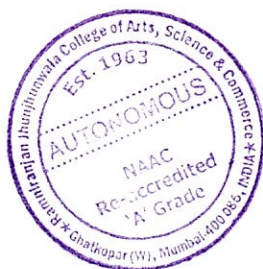
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Report

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in well-being. Yoga practiced in India since the 5th century, Yoga has been beneficial in keeping the body and mind in sound health. A holistic approach, Yoga targets all the different systems of the body and mind. It is said that the asanas make the body strong and flexible, as health improves; the mind too is renewed with confidence. The practice of Pranayama regulates the purification of the internal system and the organs, acting as a superior and able supplement to asanas. The energy that is generated in the body through these physical practices is then channeled into meditation or Dhyana for stability, peace, and calm.




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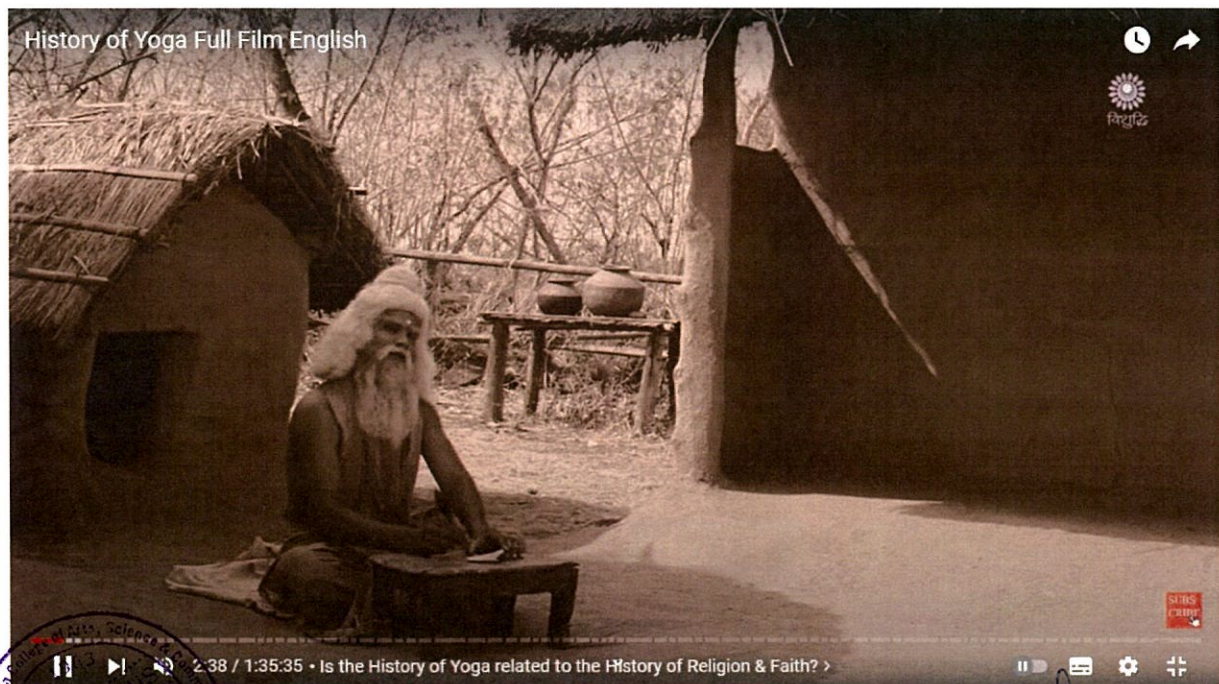
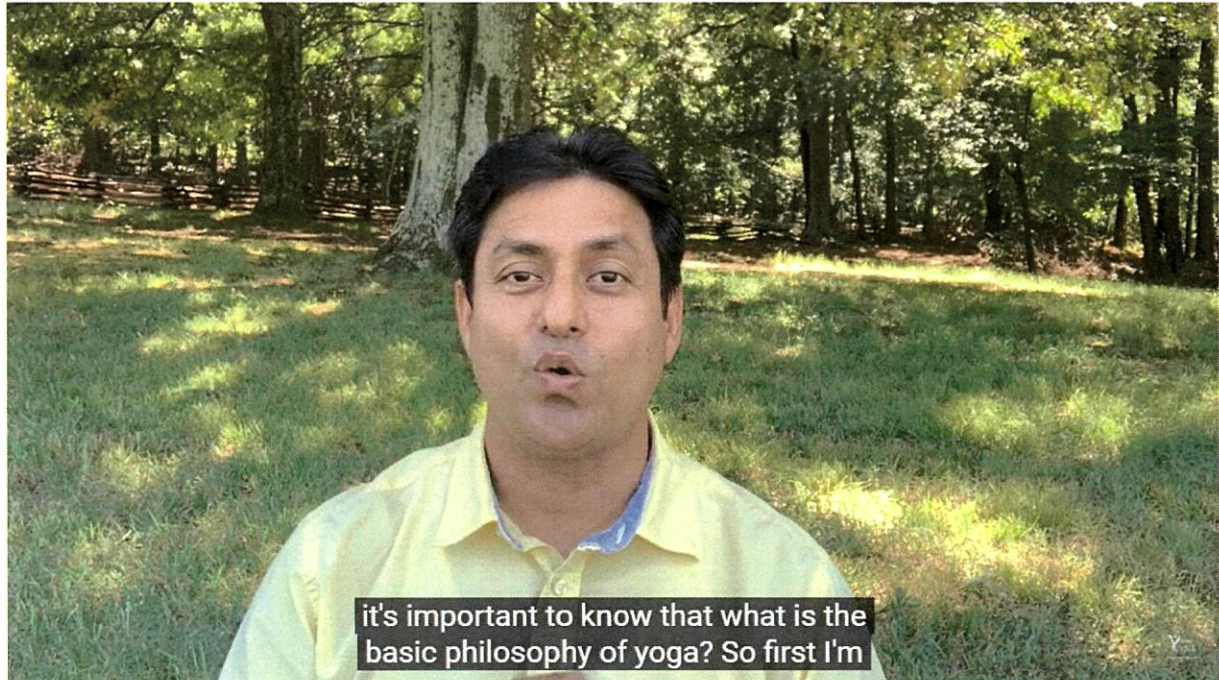
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SCREENSHOTS OF THE VIDEOS



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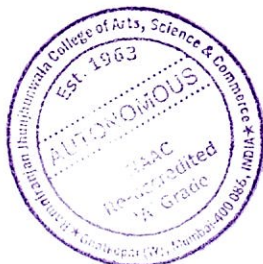
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No. of Student Registered: 07

No. of students successfully completed the Course: 06

LIST OF STUDENTS WHO SUCCESSFULLY COMPLETED THE COURSE

Full Name	Class	Division	Roll No.
Pratham Bhise	TYBA Philosophy	C	506
Gautam	TYBA Philosophy	C	508
Ratan Ramsarikha Gupta	TYBA Philosophy	C	512
Singh Kinjal Rananjay	Tyba Philosophy	C	523
Pratiksha Ravishankar Singh	Tyba Philosophy	C	524
Nikita Milind Jadhav	TYBA Philosophy	C	525




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CERTIFICATES



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Certificate of Completion

This is to certify that

Bhise Pratham

Of TYBA and Roll No 506

has successfully completed the Value-Added Course in **Yoga as Art of Living** organized by
Department of Philosophy from 24th April 2023 to 29th April 2023.

Course Code
RJPHC01

Issue Date: 29 April, 2023



[Signature]
Dr. Himanshu Dawda
Principal



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Certificate of Completion

This is to certify that

Singh Kinjal

Of TYBA and Roll No 523

has successfully completed the Value-Added Course in **Yoga as Art of Living** organized by
Department of Philosophy from 24th April 2023 to 29th April 2023.

Course Code
RJPHC01

Issue Date: 29 April, 2023



[Signature]
Dr. Himanshu Dawda
Principal



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