



# 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)

April 20<sup>th</sup>, 2021

## NOTICE

A value added course in Yoga as Art of living from April 27, 2021 to May 24, 2021 will be conducted by the department of Philosophy. Registration is compulsory. Students who attend all the sessions and successfully complete the course will be issued e certificates

Principal  
~~PRINCIPAL~~

RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA



2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

2013 & 2014: 'Jagar Jaanivancha Award' by Govt, of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)



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## REPORT OF THE VALUE ADDED COURSE

### YOGA AS ART OF LIVING

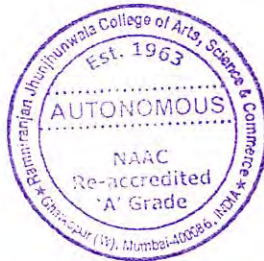
DATES : APRIL 27, 2021 TO MAY 24, 2021

NUMBER OF BENEFICIARIES : 10

MODE: ONLINE ZOOM PLAT FORM

The department of Philosophy successfully completed the value added course entitled "Yoga as Art of Living". Eminent guest speakers were Ms. Ankita Sood [International Yoga Professional, Ex-Deputee Diplomat by Indian Council of Cultural Relations (ICCR), Ministry of External Affairs, Govt. of India as Yoga Ambassador], Dr. Satish Pathak [Assistant Director, Scientific Research Department, Kaivalyadhama Yoga Institute, Lonavala] and Mr. Datta Gaikwad [Yoga and Fitness Consultant].

  
HOD Philosophy



  
THE PRINCIPAL  
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AY 2020 Onwards

# Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE (AUTONOMOUS)

(Also known as R. J. College of Arts, Science & Commerce as per UGC Notification)

Affiliated to UNIVERSITY OF MUMBAI II Recognized by UGC under 2f & 12B  
NAAC Accredited 'A GRADE' with CGPA 3.50

## Knowledge is all Ambrosia

CERTIFICATE  
COURSE IN

YOGA  
AS  
ART OF LIVING

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## ABOUT US

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 Jairamji, samiti was established with the objectives of catering to the educational needs of the Hindi speaking community. Ramniranjan Jhunjhunwala 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.

**C**ourse Code: **RJPHIC01**

**D**uration: **30** hours

**C**redits : **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.





# 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.

## IT?



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

Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

## *Certificate of Completion*

This is to certify that

*Bhosale Omkar Tanhaji Bhagyashree*

of Class SYBA Roll No. 16

has successfully completed the **Value-Added Course in Yoga as Art of Living**  
organized by Department of **PHILOSOPHY** and conducted from **27 April, 2021 to 24 May, 2021.**

**COURSE CODE**  
**RJPHIC10**

Issue Date: 13 July, 2021



Dr. Himanshu Dawda  
In-charge Principal

CERTIFICATE ID: RJC-VAC-202021-00336



## STUDENT COMPLETED Certificate Course in Yoga as Art of Living YEAR 20-21

| SR NO | NAME                                | ROLL NO | CLASS | DIV |
|-------|-------------------------------------|---------|-------|-----|
| 1     | KANDALGAONKAR MEGHA DEEPAK SUMAN    | 507     | TYBA  | C   |
| 2     | KANOJIYA RAHUL PRAHALAD KAMALAVATI  | 508     | TYBA  | C   |
| 3     | PATANKAR APURVA BALKRISHNA SUBHANGI | 516     | TYBA  | C   |
| 4     | DUBE SAKSHI HARISHANKAR MADHURI     | 253     | FYBA  | C   |
| 5     | MAKBOOL MADEEHA MOHAMMED            | 266     | FYBA  | C   |
| 6     | SHAIKH KULSUM SHAKEEL SAIMA         | 274     | FYBA  | C   |
| 7     | PAUL ROBIN SURESH SUJA              | 446     | FYBA  | C   |
| 8     | SALVE PRANIT NARENDRA SAKSHI        | 447     | FYBA  | C   |
| 9     | BHOSALE OMKAR TANHAJI               | 16      | SYBA  | C   |
| 10    | WAGHELA POOJA SUNIL KUSUM           | 507     | SYBA  | C   |



  
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