



DAYANAND EDUCATION SOCIETY'S

DAYANAND COLLEGE OF PHARMACY

BARSHI ROAD, LATUR

Certificate Course on Yoga & Meditation - Essence of Life

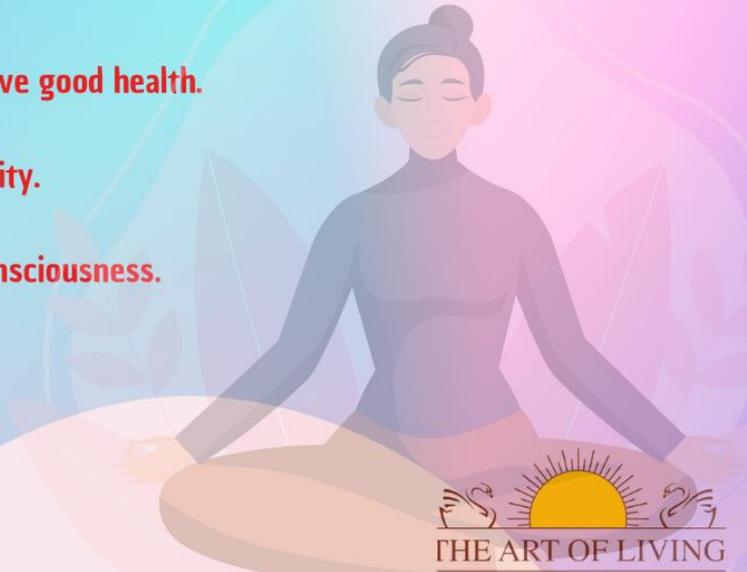
certificate course Highlights

- Time Duration 30 hr
- course duration from 13/12/2021 - 17/1/2022
- Course Coordinator Mr. Halke N.S.

objectives

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Course Teacher
Mr. Naresh Halke
Art of Living Faculty
Assistant Professor



THE ART OF LIVING



Dayanand Education Society's

DAYANAND COLLEGE OF PHARMACY,

Barshi Road, Latur (Maharashtra) Pin - 413531 PH-(02382)-223299, 223199

Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com

principaldcop@gmail.com

CERTIFICATE COURSE ON
Yoga & Meditation – Essence of Life
Academic Year 2021-22



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Shri Laxmireman Lahoti
President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Syllabus framing committee for certificate "Yoga & Meditation – Essence of Life" course
Academic Year 2021-22

Sr. No.	Name	Designation	Name of College
1	Dr. Satpute K.L.	Principal	Dayanand College of Pharmacy, Latur
2	Mr. Sonvane S.M.	Academic In charge	Dayanand College of Pharmacy, Latur
3	Mr. Naresh Halke	Assist Professor	Dayanand College of Pharmacy, Latur
4	Mr. Kailash Jagtap	Art of Living faculty	Art of Living faculty, Latur




Principal
Principal
Dayanand College Of Pharmacy
LATUR



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Syllabus for Certificate Course (30 hrs)

Name of the Topic	Time
Introduction of Yoga & Meditation	(1 hr)
What is domain skill & Soft skill (1 hr)	(1 hr)
What is the source of Energy & Types of Energy (1 hr)	(1 hr)
Difference between asana & exercise (1 hr)	(1 hr)
Contemporary Yogic Practices, Yogic Sukshma Vyayama (1hr)	(1 hr)
Importance of Breathing	(2 hr)
Introduction of Pranayama	(1 hr)
Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjayi, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari Pranayama	(3hrs)
Importance of meditation & its scientific approach	(2 hr)
Conducting various meditations Basic meditation Om meditation Panchkosha meditation Blossom of smile meditation Aura meditation Meditation for Relaxation Yoga Nidra Meditation	(12 hrs.)



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President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2021-22/3943(A)

Date- 6/12/2021

To,
Mr. Halke N.S.
Assistant professor,
Dayanand College of Pharmacy,
Latur.

Subject: Invitation for syllabus framing committee of “Yoga & Meditation – Essence of Life”

Dear Sir,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “Certificate course on Yoga & Meditation – Essence of Life” scheduled on **Dated 08 December 2021 at 04:00 pm.** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Yoga & Meditation – Essence of Life** will be of great benefit to our college.

Kindly accept our Invitation and oblige us with confirmation.

Thanking you.




Principal
Principal
Dayanand College Of Pharmacy
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Shri Laxmiraman Lahoti
President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No. :DCOP/2021-22/ 3943(B)

Date- 06/12/2021

To,
Mr. Kailash Jagtap.
Art of Living faculty,
Latur.

Subject: Invitation for syllabus framing committee of “Yoga & Meditation – Essence of Life”

Dear Sir,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “**Certificate course on Yoga & Meditation – Essence of Life**” scheduled on **Dated 08 December 2021 at 04:00 pm.** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Yoga & Meditation – Essence of Life** will be of great benefit to our college.

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Thanking you.




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Guided Meditation to deal with anxiety Meditation for Positive Energy Meditation for sound to silence	
Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy	(1 hr)
Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing	(1 hr)
Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.	(2 hr)
Applications of Yoga Yoga in Education Yoga for Stress Management Yoga for Personality Development	(1 hr)




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Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2021-22/ 3950 (A)

Date: 11/12/2021

To,
Mr. Naresh Halke
Assist Professor,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **“Certificate Course on Yoga & Meditation
Essence of Life”**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **“Certificate course on Yoga & Meditation – Essence of Life”**. College is going to start this certificate course on 13/12/2021 at 5:00 PM We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.




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President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2021-22/ 8950(B)

Date: 11/12/2021

To,
Mr. Kailash Jagtap,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **“Certificate Course on Yoga & Meditation
The essence of Life”**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **“Certificate course on Yoga & Meditation – Essence of Life”**. College is going to start this certificate course on 13/12/2021 at 5:00 PM We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

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Date: 8/12/2021

NOTICE

All the enrolled students of M. Pharmacy First year for certificate course on “**Yoga & Meditation – Essence of Life**” are hereby informed that the certificate course is going to start on 13/12/2021 from 05:00 pm to 06:00 pm. A detailed timetable will be shared.

Take note of the same.




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Date: 11/12/2021

NOTICE

All the students of B. Pharmacy first year registered for certification course on “**Yoga & Meditation – Essence of Life**” are hereby informed that, the certificate course will be starting from 11/12/2021

SCHEDULE AND DETAILS OF THE TOPIC

Name of the Topic	Time
Introduction of Yoga & Meditation	(1 hr)
What is domain skill & Soft skill (1 hr)	(1 hr)
What is the source of Energy & Types of Energy (1 hr)	(1 hr)
Difference between asana & exercise (1 hr)	(1 hr)
Contemporary Yogic Practices, Yogic Sukshma Vyayama (1hr)	(1 hr)
Importance of Breathing	(2 hr)
Introduction of Pranayama	(1 hr)
Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjayi, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari Pranayama	(3hrs)
Importance of meditation & its scientific approach	(2 hr)
Conducting various meditations	(12 hrs.)

<p>Basic meditation</p> <p>Om meditation</p> <p>Panchkosha meditation</p> <p>Blossom of smile meditation</p> <p>Aura meditation</p> <p>Meditation for Relaxation</p> <p>Yoga Nidra Meditation</p> <p>Guided Meditation to deal with anxiety</p> <p>Meditation for Positive Energy</p> <p>Meditation for sound to silence</p>	
<p>Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy</p>	(1 hr)
<p>Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing</p>	(1 hr)
<p>Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.</p>	(2 hr)
<p>Applications of Yoga</p> <p>Yoga in Education</p> <p>Yoga for Stress Management</p> <p>Yoga for Personality Development</p>	(1 hr)




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CERTIFICATE COURSE ON

Certificate Course on “Yoga & Meditation Essence of Life” 2021-22

REGISTRATION FORM

Name of Student –

Chavan Pawan Bhaveat

Class -

M. Pharmacy (Pharmaceutics) First year

E-mail –

Pawanbc801@gmail.com.

City –

Latur.

Contact no-

8484843494

Career Aim-

Undertaking – I hereby undertake that I shall attend the classes regularly without fail and participate in all activities conducted during sessions.

Pawan

Candidate Signature

[Signature]

Signature

College Co-Ordinator



[Signature]

Principal

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List of students enrolled for certification course on
“Yoga & Meditation – Essence of Life”
2021-22
M. Pharmacy First Year

Sr. NO	Name of Student
1	Chavan Pavan Bharat
2	Dalal Pramod Shivanand
3	Eklinge Shweta Shivraj
4	Gaikwad Megha Virsen
5	Gutte Vaishali Pundlik
6	Hole Ajay Ramdasrao
7	Kadam Krishna Baliram
8	Kote Narayan Rajaram
9	Mane Sayali Dadasaheb
10	Mujawar Muskan Dildar
11	Pande Bhagyashree Nagorao
12	Sabane Anjali Ambadas
13	Shaikh Muskan Ajaz
14	Solat Shraddha Adinath
15	Surwase Pratiksha Suresh
16	Swami Deepali Mallikarjun

Sr. No.	Name of Student
17	Delmade Swapnali Shivaji
18	Gatate Mayuri Satishappa
19	Ghotmukle Rohini Ashokrao
20	Kale Pooja Prabhakar
21	Kauthekar Pranav Venkat
22	Palskar Bhushan Anandrao
23	Rahatkar Saurabh Sainath
24	Rudrawar Aishwarya Santosh
25	Sakhare Sushant Digambar
26	Shinde Dipak Narsing
27	Thengil Bhushan Tukaram




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Date: 13/12/2021

Attendance Sheet of certificate course "Yoga & Meditation the Essence of Life"

Sr. no	Name of Students	Signature
1	Chavan Pavan Bharat	Pavan
2	Dalal Pramod Shivanand	Dalal
3	Eklinge Shweta Shivraj	Eklinge
4	Gaikwad Megha Virsen	Gaikwad
5	Gutte Vaishali Pundlik	Gutte
6	Hole Ajay Ramdasrao	Hole
7	Kadam Krishna Baliram	Kadam
8	Kote Narayan Rajaram	Kote
9	Mane Sayali Dadasaheb	Mane
10	Mujawar Muskan Dildar	Mujawar
11	Pande Bhagyashree Nagorao	Pande
12	Sabane Anjali Ambadas	Sabane
13	Shaikh Muskan Ajaz	Shaikh
14	Solat Shraddha Adinath	Solat
15	Surwase Pratiksha Suresh	Surwase
16	Swami Deepali Mallikarjun	Swami
17	Delmade Swapnali Shivaji	Delmade
18	Gatate Mayuri Satishappa	Gatate
19	Ghotmukle Rohini Ashokrao	Ghotmukle
20	Kale Pooja Prabhakar	Kale
21	Kauthekar Pranav Venkat	Kauthekar
22	Palskar Bhushan Anandrao	Palskar
23	Rahatkar Saurabh Sainath	Rahatkar
24	Rudrawar Aishwarya Santosh	Rudrawar
25	Sakhare Sushant Digambar	Sakhare
26	Shinde Dipak Narsing	Shinde
27	Thengil Bhushan Tukaram	Thengil



Name! - Eklinge shweta.

Dayanand Education Society's
Dayanand College of Pharmacy, Latur.
Examination 2021-22
MCQ

18
20

Course: - Yoga & Meditation Essence of life

Date – 20/1/2022

Class: - M. Pharmacy Ist Year

Time: - 30:00 min

Max Marks: -20

1. Who is the father of yoga?

- a. BKS Iyengar b. Maharishi Patanjali c. Baba Ramdev d. Krishnamacharya

2. Which one of the following attributes satisfies the criteria of Sattvic Food?

- a. Spicy, hot, bitter, sour, and pungent b. Pure, essential, natural, vital, energy containing
c. Unnatural, overcooked and processed food d. None of the above

3. What is the purpose of yoga?

- a. Gain Physical fitness b. Lose Weight
c. muscle toning and calmness without stress d. Body flexibility

4. Raja Yoga is the yoga of controlling our:

- a. Our Emotions b. Mind c. Sense Organs d. Organs of Action

5. how we remove rajas & tamas state of body & mind through

- a. worm up b. exercise c. asana d. all of these

6. Wrist rotation is part of which vyayama?

- a. Dandasana b. Tadasana c. Sukshma Vyayama d. Shithiltadasana

7. The word "Nadi" is derived from the word "Nad" which means

- a. To flow b. To Run c. To blow d. To carry

8. Which asana increases digestion after a meal ?

- a. Trikonasana b. Vajrasana c. Ardhamatsyendrasana d. Hastasana

9. What are the five elements in yoga?

- a. Earth, Space, Fire, Air, Akash b. Earth, Space, Fire, Air, Akash
 c. Earth, Water, Fire, Air, Akash d. Earth, Water, Fire, Air, Wood

10. Pranayama is cutting down the speed of

- a. Jealousy b. Mind c. Anger d. Inhalation-Exhalation

11. What is the first step of Ashtanga Yoga?

- a. Yama b. Niyam c. Dhyan d. Asana

12. Result of meditation

- a. Concentration b. Relaxation c. calmness d. all of these

13. breathing is connecting link between

- a. Mind & soul b. Mind & body c. Mind & emotion d. Mind & health

14. In the exam period how is the situation of our mind

- a. relaxed. b. focused c. both of these d. none of these

15. According to Stanford University most of the successful people having

- a. Soft skill b. domain skill c. marketing skill d. none of these

16. when you feel in stressed

- a. maximum work in minimum time period b. minimum work in maximum time period
c. both of these d. none of these

17. how many layers of our existence

- a. 8 b. 9 c. 7 d. 10.

18. According to Ayurveda how many types of food

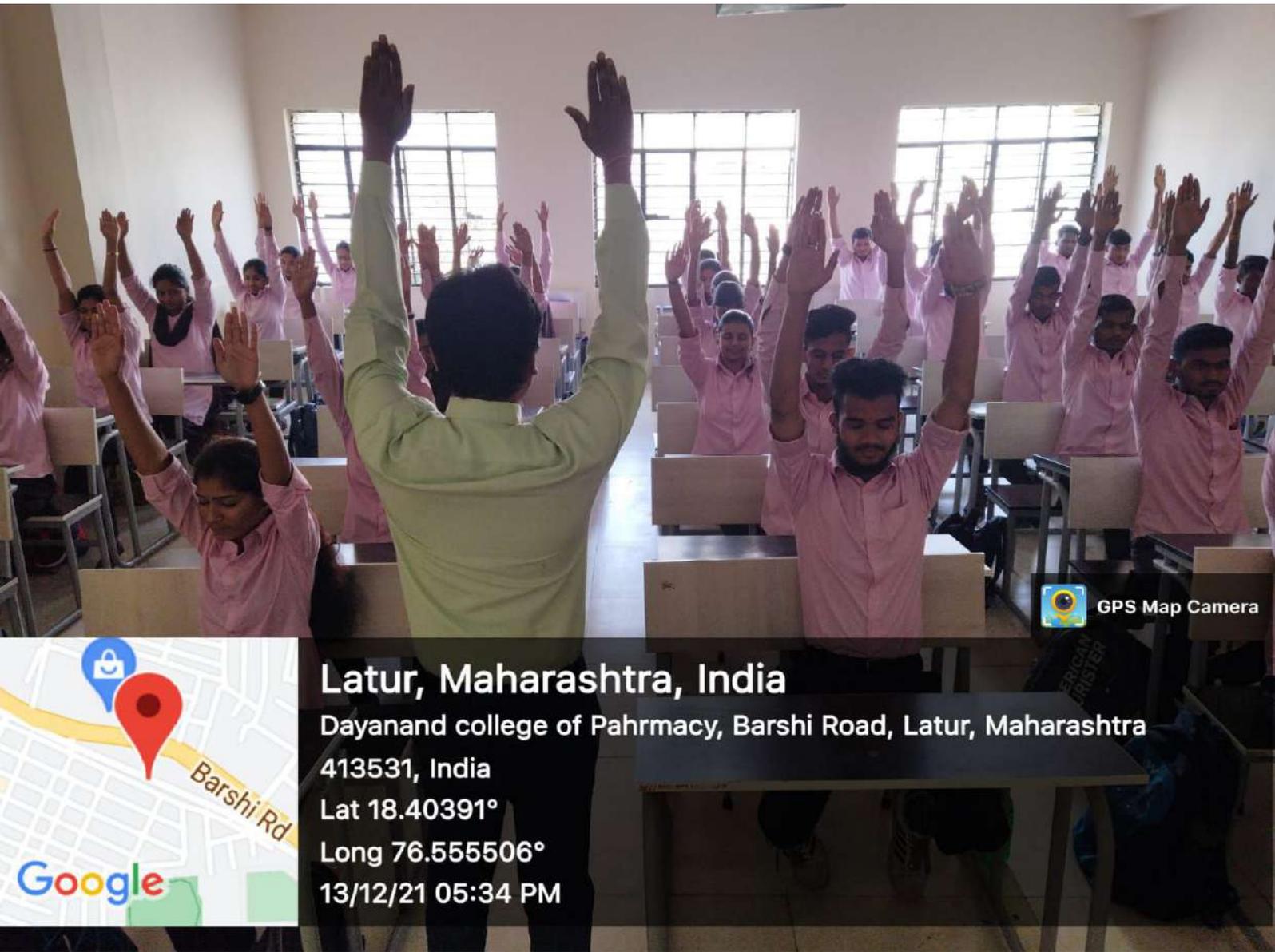
- a. 2 b. 3 c. 4 d. 5

19. which hormone is responsible to induce stress in body

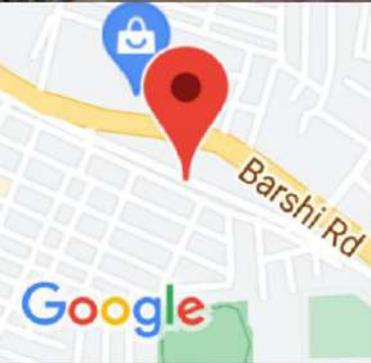
- a. Cortisol b. Endorphin c. Insulin d. Epinephrine

20. for meditation it is necessary our body should be

- a. sattva State b. rajasic state c. tamasic state d. all of these



GPS Map Camera



Latur, Maharashtra, India

Dayanand college of Pahrnacy, Barshi Road, Latur, Maharashtra

413531, India

Lat 18.40391°

Long 76.555506°

13/12/21 05:34 PM



 GPS Map Camera

Latur, Maharashtra, India

Dayanand college of Pahrnacy, Barshi Road, Latur, Maharashtra

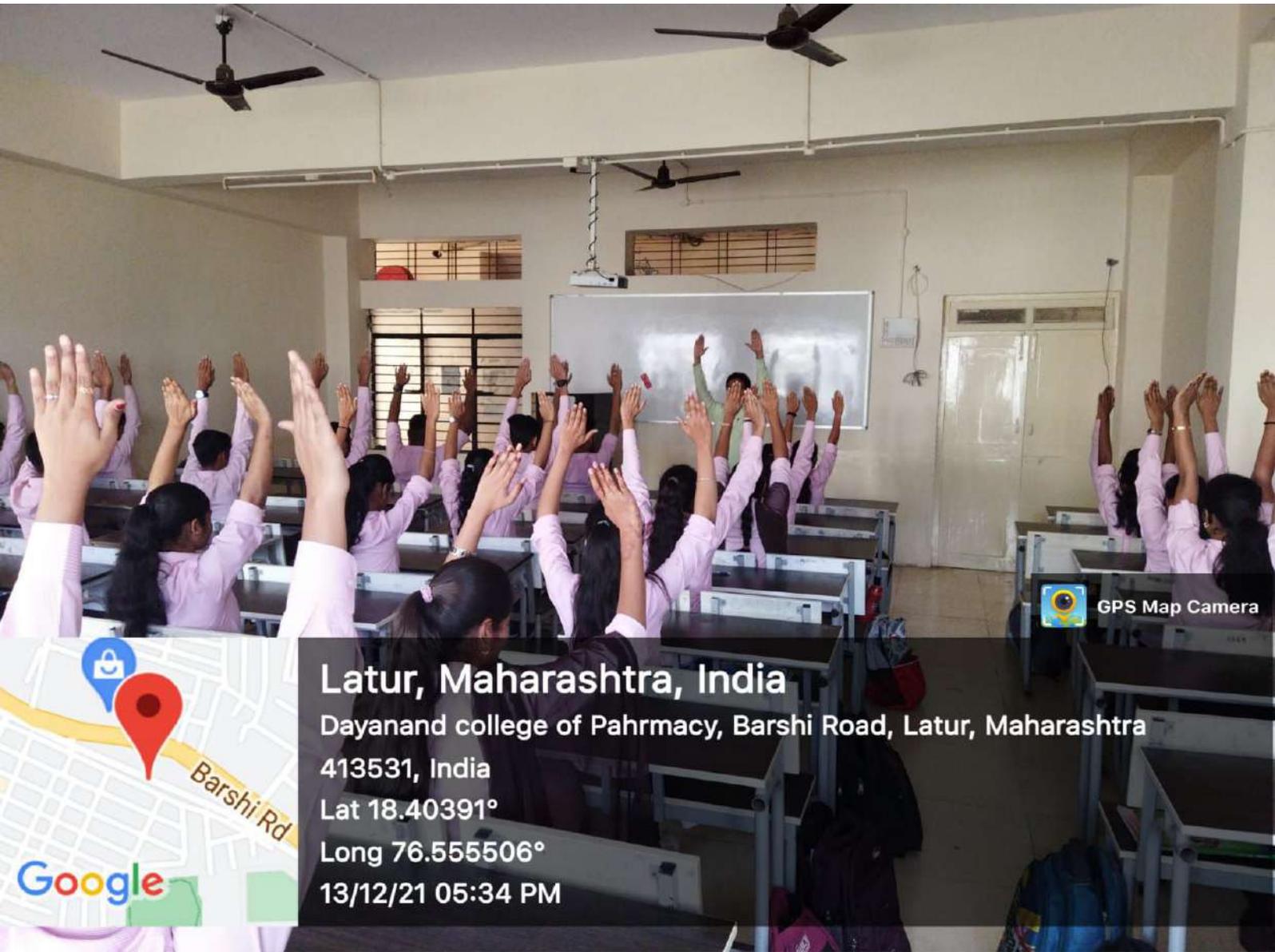
413531, India

Lat 18.40391°

Long 76.555506°

13/12/21 05:35 PM





GPS Map Camera



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413531, India

Lat 18.40391°

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13/12/21 05:34 PM



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CERTIFICATE COURSE ON "Yoga & Meditation Essence of Life" 2021-22

FEEDBACK FORM

Name of Student: Chavan Pavan Bhareat.

Class: M.pharmacy First year.

Phone No. : 8484843494

E-Mail: Pavanbc801@gmail.com

Feedback:

Sr.No.	Parameter	Excellent	Very good	Good	Average
1	Course objective were stated clearly & Meet	✓			
2	Participation & interaction were encouraged	✓			
3	This content was organized & easy to follow	✓			
4	Duration of course of sufficient		✓		
5	The presenter provided adequate time of question & Answered them satisfactorily	✓			
6	The course increased my knowledge & skills	✓			
7	The presenter & presentation was effective	✓			

Suggestions if any: _____



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List of students completed certification course on

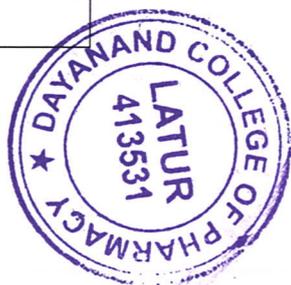
“Yoga & Meditation – Essence of Life”

2021-22

M. Pharmacy First Year

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DAYANAND COLLEGE OF PHARMACY

Barshi Road, Latur - 413512 Maharashtra. Ph:- 02382-223199.

CERTIFICATE OF PARTICIPATION

This is to certify that Mr./Ms. Chavan Pawan Bharat Student of Dayanand College of Pharmacy, Latur studying in class B/MPHarm I/II/III/IV has successfully completed a Certificate Course on Yoga & Meditation - Essence of Life from 31/12/2021 to 17/01/22. He / She secured _____ Grade in the course.


Co-Ordinator


Dr. Satpute K.L.
Principal