



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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Mumbai 400 086, Maharashtra, INDIA.



# 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

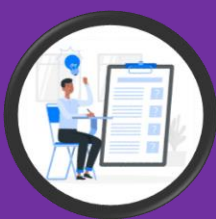
Yoga for Stress Relief; Corporate Yoga; Yoga Diet; Yoga for Sports

## 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?