

Sh. L.N. Hindu College, Rohtak

Affiliated to M.D.University, Rohtak
A Post Graduate Co-Educational College, Bhiwani Road, Rohtak
Accredited by NAAC with 'B' (2.74) Grade

Certificate Course in Yoga and Meditation

For All Students

Duration: 30 Hours

General Objective of the course:

- To enable students to become competent professionals in yoga & meditation.
- To enable the students to use competencies and skills needed for becoming an effective yoga trainer.
- To enable student to understand the history & Role of Ashtang yoga.
- Help the students to learn the concept of meditation.
- To introduce students with practical knowledge of yoga asana, Pranayama, Kriyas, Bandhas & Mudras logic therapy & meditation.

Student learning outcomes:

- The student will be able to gain the knowledge of Kriyas, Bandas, Madras, Asanas, Pranayama and meditative posture.
- They will be able to practice mindful meditation.
- Students will be able to demonstrate various forms of breathing exercise, called Pranayama breathing.
- They will be able to integrate Mantras (yoga chanting) into their yoga practice.
- Students will be able to describe physiological and psychological changes resulting from the practice of yoga
- Students will be able to gain all the necessary knowledge to work as yoga trainer.

Shri Chandra.

Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak



Syllabus

External Marks:- 60

Internal Marks:- 40

Time :- 3 hours

Note:- Examiner will be required to set 9 questions in all Question number 1 will be compulsory and consist of 6 parts (short answer type questions) covering the entire syllabus and will carry 12 marks. In addition to the compulsory question there will be 4 units I.e. unit 1 to unit 4. Examiner will set two questions from each unit of the syllabus and each question will carry 12 marks. Student will be required to attempt 5 questions in all. In addition to compulsory question student will have to attempt 4 more questions selecting one question from each Unit

UNIT- 1

Concept of yoga, History of Yoga and its effects on our historical culture.

Role of Ashtang yoga, Yama, niyama, Asana, Pranayama, Pratyahar, dharna, dhyana, Samadhi

UNIT-2

Postural: Physiology with reference to asana,

Asana- Definition and classification, similarities and dissimilarities between asana and exercise.

Pranayama- definition and classification, difference between pranayama and deep breathing.

Importance of Rechake, kumbhaka, Puraka., Introduction to kriyas, mudras and bundhas in brief.

UNIT- 3

Meditation: Concept of meditation, type of mediation, Personality development with the help of meditation techniques.

UNIT-4

Therapeutic yoga (Disease- wise Yoga)

- High B.P
- Depression
- Stress
- Anxiety
- Cervical Pain
- Diabetes
- Lower Back pain
- Asthma

Practical Sessions: Based on all units covered in syllabus.

Pshu Chhadra

Coordinator, IQAC

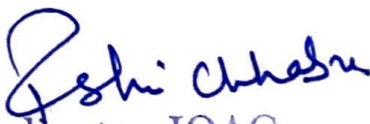
Sh. L.N. Hindu College, Rohtak



Suggested Readings:

- Sawami Niranjana Das Saraswati, Asana, Pranayama, Bandha mudra, Yoga Publication Trust. 2011.
- Rajiv Jain Trilok, Sampurnaya Yoga vidya, Manjul Publishing House, 2008.
- Swami karmannand saraswati, Rog Power Yoga, Yoga Publication. 2013.
- Swami karmannand saraswati Yogic Management of common disease, Yoga Publication Trust. 2019.
- Sawami Niranjana Das Saraswati Gherand Sanhita, Yoga Publication Trust. 2011.
- Swami Atmanand Akshay, Yog aur Yogasan. Prabhat Parkashan.

Note: Latest and additional good books may be suggested and added from time to time.


Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak



SH.L.N. HINDU COLLEGE, ROHTAK

Registration List for the Session 2018-19

Certificate Course in Yoga Meditation

Course Coordinator: 2018-19

Sr no	Name of Student	Class	Roll No	Signature
1	POOJA	B.A I Year	1011	Pooja
2	POOJA KUMARI	B.A I Year	1013	Pooja Kumari
3	GAGAN	B.A I Year	1015	Gagan
4	SAHIL	B.A I Year	1016	Sahil
5	PARDEEP	B.A I Year	1102	Pardeep
6	SHIKHA	B.A I Year	1178	Shikha
7	AMAN	B.A I Year	1178	Amran
8	SAGAR	B.A I Year	1263	Sagar
9	SUKHVINDER	B.A I Year	1264	Sukhvinder
10	PANKAJ KUMAR	B.A I Year	1288	Pankaj kumar
11	LALIT	B.A I Year	1422	Lalit
12	Nishu	B.A II Year	7031	Nishu
13	Meenu	B.A II Year	7032	Meenu
14	Sakshi	B.A II Year	7033	Sakshi
15	Ashish Kumar	B.A II Year	7041	Ashish
16	Sumit	B.Com I Year	1641	Sumit
17	Savita	B.Com I Year	1712	Savita
18	Uday Bhardwaj	B.Com I Year	1719	Uday
19	Pooja	B.Com II Year	7533	Pooja
20	Khushboo	B.Com II Year	7535	Khushboo
21	Priyanka	B.Com II Year	7540	Priyanka
22	Badal	B.Com III Year	2825	Badal
23	Deepa	B.Com III Year	2853	Deepa
24	Neetu	B.Com Voc. II Year	7805	Neetu
25	Ritika	B.Com Voc. II Year	7806	Ritika
26	Sakshi	B.Com Voc. II Year	7807	Sakshi
27	JASMINE	B.Com Hons. I Year	3311	Jasmine
28	NAINA	B.Com Hons. I Year	3317	Naina
29	PANKAJ	B.Com Hons. I Year	3307	Pankaj
30	UMANG	B.Com Hons. I Year	3372	Umang
31	PANKAJ	B.Com Hons. II Year	8217	Pankaj
32	MUSKAN RATRA	B.Com Hons. II Year	8238	Muskan
33	RIYA MALIK	B.Com Hons. II Year	8202	Riya
34	Manik nagpal	B.Com Hons. III Year	4718	Manik
35	Anshul	B.Com Hons. III Year	4712	Anshul
36	SANAM	BCA I Year	3035	Sanam
37	KUSH	BCA I Year	3020	Kush
38	SIMRAN	BCA II Year	8706	Simran
39	SHIVAM	BCA II Year	8725	Shivam
40	PARAS WADHWA	BCA II Year	8727	Parash
41	HIMANSHU	BCA II Year	8718	Himanshu

Pooja Chhabra
Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak



Patul
Mrs. Anila Patul

42	Yash	BCA III Year	8807	Yash
43	Deepak	BCA III Year	8817	Deepak
44	kapil malhotra	BCA III Year	8825	Kapil
45	Aman narang	BCA III Year	8827	Aman
46	RITIK BAJAJ	BBA I Year	3106	Ritik
47	KHUSHAL	BBA I Year	3114	Khushal
48	PUSHKAR	BBA I Year	3115	Pushkar
49	KASHISH	BBA I Year	3136	Kashish
50	PRIYA BAWA	BBA I Year	3131	Priya Bawa
51	ROSHAN	BBA II Year	8616	Roshan
52	ANJALI KUMARI	BBA II Year	8606	Anjali
53	CHIRAG	BBA II Year	8605	Chirag
54	Yatin	BBA III Year	8408	Yatin
55	SONIA	M.A I Year	7720	Sonia
56	MONA	M.A I Year	7723	Mona
57	SACHIN	M.A IInd Year	8512	Sachin
58	DEEPAK	M.A IInd Year	8503	Deepak

Batula
Mrs. Anila Batula

Peshi Chhabra.
Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak



Sh L N Hindu College Rohtak

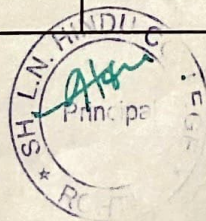
Award List (including Internal Assessment & Final Theory Examination) with Grades
of successful students regarding Online *in Yoga Meditation*

Course Coordinator :

Session : 2018-19

Sr no	Name of Student	Class	Roll No	Theory Exam (MM 60)	I.A. (MM 40)	Total Marks (100)	Grade
1	Pooja	B.A I	1011	58	38	96	A
2	Gagan	"	1015	56	37	93	A
3	Shikha	"	1178	36	40	76	B
4	Sukhvinder	"	1264	55	27	82	B
5	Pankaj	"	1288	42	37	79	C
6	Nishu	B.A II	7031	52	38	90	A
7	Melnu	"	7032	50	34	84	A
8	Ashish	"	7041	35	36	71	C
9	Smrita	B.Com I	1712	50	32	82	A
10	Uday	"	1719	47	38	85	A
11	Rooja	"	7533	53	38	94	A
12	Khushboo	B.Com II	7535	40	37	77	C
13	Badal	B.Com III	2825	42	38	80	A
14	Deepa	"	2853	47	38	85	A
15	Ritika	B.Com V II	7806	46	34	80	A
16	Tadmone	B.Com I E	3311	46	36	82	A
17	Namra	"	3317	36	37	73	B
18	Pankaj	"	3307	52	36	88	A
19	Muskan	"	8238	58	38	96	A
20	Riya	"	8202	56	37	93	A
21	Mamika	B.Com III	4718	36	40	76	B
22	Prabhul	"	4712	35	27	82	B
23	Simran	BCA II	8706	42	37	79	C
24	Shivam	"	8725	52	38	90	A
25	Palak	"	8727	50	34	84	A
26	Himanshu	"	8718	35	36	71	C
27	Deebak	BCA III	8817	50	32	82	A
28	Anjan	"	8827	47	38	85	A
29	Ritik	BBA I	3106	56	38	94	A
30	Khushal	"	3114	40	37	77	B
31	Kashish	"	3136	42	38	80	A
32	Riya	"	3131	47	38	85	A
33	Roshan	BBA II	8616	46	34	80	A
34	Chitra	"	8605	46	36	82	A
35	Yatin	BBA III	8408	36	37	73	B
36	Mona	M.A I year	7723	52	36	88	A

Pooja Chhabra
Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak



Ratna
Mrs. Anika Bhatnagar