



PANNA DHAI MAA SUBHARTI NURSING COLLEGE
SWAMI VIVEKANAND SUBHARTI UNIVERSITY, MEERUT



Value Added Course

**From
November
2017**

On

YOGA

**Register
Soon**

Beneficiaries: B.Sc (N)(2017 Batch)

Venue:

Multipurpose Hall, Panna Dhai Maa Subharti Nursing College

E-copies of Notices & Brochure on Value Added Courses, SVSU, Meerut, 2017-2018



SWAMI VIVEKANAND
SUBHARTI
UNIVERSITY
Meerut
UGC Approved
Where Education is a Passion ...



Panna Dhai Maa Subharti Nursing College



Value Added Course

on

Yoga

Date: 6/11/2017 – 16/11/2017

Time: 2 – 4 PM daily



Note: All registered Students should report at Multipurpose Hall, SNC daily by 1:50 PM



Panna Dhai Maa Subharti Nursing College

Recognized by Govt. of India, Indian Nursing Council, INC Letter No. 18-1108/2000-INC
Website: nursing.subharti.org, e-mail: nursing@subharti.org, Ph: 0121-3024229 (Extn: 3506, 3527), Telefax: 0121-2439067

A constituent college of
SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Course Contents

“Yoga”

What is YOGA?

Yoga is the physical, mental and spiritual practices which originated in ancient India with a view to attain a state of permanent peace of mind in order to experience one's true self.

Origin:

Yoga is the stilling of the changing states of mind.

The origins of Yoga are a matter of debate. It may have pre-Vedic origins.

Terminology In Vedic Sanskrit, the meaning of word Yoga is “to add”, “to join”, “to unite” or “to attach”.

Purpose:

The ultimate goal of Yoga is Moksha (liberation) through the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

History:

Several seals discovered at Indus Valley Civilization sites depict figures in positions resembling a common Yoga or meditation pose. Reception in west, Gurus from India introduced Yoga to the west following the success of Swami Vivekananda in the late 19th and early 20th century. In 1980's, yoga became popular as a system of physical exercise across the western world. This form of Yoga is often called Hatha Yoga.

Benefits:

Many studies have determined the effectiveness of Yoga as a complementary intervention for cancer, asthma and heart disease.

In a national survey, long-term Yoga practitioners in the United States reported musculo-skeletal and mental health improvements.

Yoga techniques:

There are different yoga techniques. The most common among them are: Surya namaskar, Meditation, Pranayama

Surya Namaskar: It is a salutation to the sun. It is known to ease stress and give you peace of mind besides increasing your levels of concentration.

Dhyana (Meditation): It is the state of mind wherein there are no sensory thoughts. It leads to a deeper level of relaxation, reduces anxiety, decreases muscle tension and headache.

Pranayama: It means “a pause in the movement of breath”. It increases the spiritual power and confers cheerfulness and inner peace.

1. Astanga Yoga (eight fold Yoga) Φ Yama Φ Niyama Φ Asana Φ Pranayama Φ Pratyahara Φ Dharana Φ Dhyana Φ Samadhi


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2. Yama (The five Commandments for Social Discipline) 1. Ahimsa (Non-violence), 2. Satya (Truth) 3. Asteya (Non-stealing) 4. Aparigraha (None-accumulation of wealth etc..) 5. Brahmacharya (Continence / Celibacy) The society is at peace if these social restraints are practiced by every citizen. Astanga Yoga (eight fold Yoga)
3. Surya Namaskara → A good example of Asanas can be seen in the practice of Surya Namaskara (Salute to the sun). It only involves forward and backward bending but the practice can also include additional elements such as breath synchronisation, mantra repetition, Chakra concentration. → This takes the simpler version to a more absorbing sophisticated version. → The following pages describe the full practice which is essentially a classical method of preparation, for advanced Yogas such as Kundalini Yoga and Kriya Yoga.

Surya Namaskaras

Asanas (Postures)

Position 1 - Pranamasana (Prayer Pose) | Breath Exhale | Chakra Anahata | Surya mantra Om Mitraya Namaha | Bija mantra Om hram | Muscles postural, from soles of feet to crown of the head | Organs/glands cerebellum, thymus | Benefits establishes balance, concentration ,calmness | Spiritual raising consciousness to higher levels of awareness

Position 2 - Hasta Utthanasana (Raised Arm Pose) | Breath Inhale | Chakra Vishuddhi | Surya mantra Om Ravaye Namaha | Second mantra Om hrim | Muscles back, shoulders, arms, chest, abdomen | Organs/glands kidneys, intestines, lungs, adrenal glands , thyroid / parathyroid, | Benefits opening emotionally, corrects poor posture | Spiritual Invoking the grace and power of higher forces

Position 3 - Padahastana (Hand to Feet Pose) | Breath Exhale | Chakra Swadhisthana | Surya mantra Om Suryaya Namaha | Second mantra Om hroom | Muscles hamstrings, buttocks, back, neck, shoulders | Organs/glands GIT, kidneys, thyroid | Benefits improves digestion, circulation & respiration | Spiritual surrender to the powerful forces of gravity

Position 4 - Ashwa Sanchalanasana (Equestrian Pose) | Breath inhale | Chakra Ajna | Surya mantra Om Bhanave Namaha | Second mantra Om hrain | Muscles legs, buttocks, abdomen, thorax and neck | Organs cerebellum | Benefits sense of balance, centre of gravity | Spiritual removes darkness from delusions

Position 5 - Parvatasana (Mountain Pose) | Breath exhale | Chakra Vishuddhi | Surya mantra Om Khagaya Namaha | Second mantra Om hraum | Muscles legs, buttocks, abdomen, thorax and neck | Organs cerebellum, tones spinal nerves | Benefits sense of balance, centre of gravity, improves circulation | Spiritual Salute to the one by whom time is measured

Position 6 - Ashtanga Namaskara (Salute With 8 Points) | Breath retain breath (out) | Chakra Manipura | Surya mantra Om Pushne Namaha | Second mantra Om hraha | Muscles legs, buttocks, abdomen, thorax and neck, shoulders, forearms | Organs recharges solar plexus, stimulates metabolism, Adrenal glands, Kidneys | Benefits strengthening and nourishing the body | Spiritual Salute to the giver of strength

Position 7 - Bhujangasana (Cobra Pose) | Breath inhale | Chakra Swadhisthana | Surya mantra Om Hiranya Garbhaya Namaha | Bija mantra Om hram | Muscles stretches abdomen ms, anterior neck ms strengthens posterior back ms | Organs kidney and liver, digestive system | Benefits Good for asthma, constipation | Spiritual praying to the awakening of creativity


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Position 8 - Parvatasana (Mountain Pose) | Breath exhale | Chakra Vishuddhi | Surya mantra Om Marichaye Namaha | Bija mantra Om hrim | Muscles legs, buttocks, abdomen, back and neck | Organs thyroid | Benefits stretches spinal nerves, circulation | Spiritual salutations to the lord of the dawn

Position 9 - Ashwa Sanchalanasana (Equestrian Pose) | Breath inhale | Chakra Ajna | Surya mantra Om Adityaya Namaha | Bija mantra Om hroom | Muscles stretches hip flexor ms, strengthens quads loosens tight hips | Organs massages abdominal organs, nervous system | Benefits nervous system, pineal gland | Spiritual salutations to he who illumines

Position 10 - Padahasthasana (Hand to Feet Pose) | Breath Exhale | Chakra Swadhisthana | Surya mantra Om Savitre Namaha | Bija mantra Om hraum | Muscles stretches hamstrings, buttocks, back, Posterior neck, shoulders ms | Organs/glands GIT, kidneys, thyroid | Benefits improves digestion, circulation & respiration | Spiritual salutations to the benevolent mother forces of gravity

Position 11 - Hasta Utthanasana (Raised Arm Pose) | Breath Inhale | Chakra Vishuddhi | Surya mantra Om Arkaya Namaha | Bija mantra Om hraum | Muscles back, shoulders, arms, chest, abdomen | Organs/glands kidneys, intestines, lungs, adrenal glands , thyroid/parathyroid, | Benefits opening emotionally, corrects poor posture | Spiritual salutations to he who is fit to be praised power of higher forces

Position 12 - Pranamasana (Prayer Pose) | Breath Exhale | Chakra Anahata | Surya mantra Om Bhaskaraya Namaha | Bija mantra Om hraha | Muscles postural, from soles of feet to crown of the head | Organs/glands cerebellum, thymus | Benefits sense of balance, centre of gravity, concentration | Spiritual salutations to he who leads to enlightenment

Conclusion: Yoga, as a mindfulness practice, can help correct basic limitations of the mind by improving self-awareness, self-control and self-esteem.


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Dated: 20/11/2017

Report on Value Added Course "Yoga"

Date: 06/11/2017 to 16/11/2017 (10 days)

Total Students: 57 (1st Year B.Sc. Nursing Students)

A value added course on yoga was conducted at Panna Dhai Maa Subharti Nursing College at Multipurpose Hall. All the students were participated, completed the course and awarded the certificate. The course code is VAC/SNC 06. This course main aim is to practice yoga in daily life and to reduce the stress and to improve the quality of life.

Course Introduction: Yoga has been found to improve quality of life, reduce stress, anxiety, insomnia, depression and back pain. It has also been found to lower heart rate and blood pressure. And, perhaps not surprisingly, yoga has been shown to improve fitness, strength and flexibility, according to the alternative medicine center.

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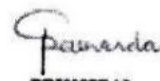
Session: 2017-2018

Value Added Course on "Yoga"

S. No.	List of Students Enrolled
1	Abhishek Todd
2	Agnes Michael
3	Akib Ali
4	Anjali Som
5	Anshul Rani
6	Anu Tomer
7	Apoorv Gill
8	Ayushi Arya
9	Danish Khan
10	Disha
11	Dishu Sharma
12	Dorji Dema Wangchu
13	Gajendra Singh
14	Gaurav Verma
15	Harshika Nain
16	Kajal Arya
17	Karan Kumar
18	Khushboo Rani
19	Manisha Chaudhary
20	Manu Pratap
21	Mohd Mazid
22	Mohd Salman
23	Mohd Talib
24	Mohmad Hasim
25	Nasreen
26	Neha Kataria
27	Nisha Sharma
28	Nisha Yadav
29	Nishu Bansal

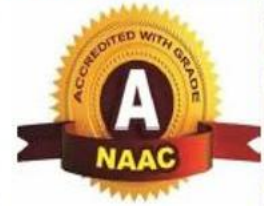
S. No.	List of Students Enrolled
30	Parul Yadav
31	Pema Yangden
32	Pragati Sharma
33	Priskil Laldukhimi Sailo
34	Priya Sharma
35	Priyanka Kashyap
36	Reejevan
37	Riya Markenday
38	Sahil Panwar
39	Sainki
40	Sakshi
41	Sakshi Choudhary
42	Sana Parveen
43	Sapna Rani
44	Shagun Choudhary
45	Sashi Aasiyan
46	Shatakshi Yadav
47	Shivani
48	Shivani Tomar
49	Simran
50	Soniya
51	Tayyaba Naaz
52	Vaibhav Dutt Sharma
53	Vanshika
54	Vanshita Bhardwaj
55	Varsha Singh
56	Vasu Kumar
57	Yaping Dolo


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Certificate of Participation

This is to certify that Ms. /Mr. / Mrs Neha Katariva of B.Sc Nursing has attended the value added course (SNC-VAC-06) Yoga organized by Faculty of Nursing, Swami Vivekanand Subharti University during academic session 2017-18.

Paswanda

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Swami Vivekanand Subharti University, Meerut

उत्तिष्ठत जाग्रत माणु वराहनिर्वाणत



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