

Objectives and Course Content of Short Term Courses

Operational Plan No.	CE-20
Name of the Course	Yoga and Meditation
Objectives of Course	<ul style="list-style-type: none">• To create awareness about Yoga and Meditation.• To know benefits of Yoga on health and general well being• To perform basic Yogic Postures – Sit, Stand and Lying Down.• To know about Chakras in body and their regulatory aspects on functioning at body and emotional level.• To learn solar pranic heading techniques.• To learn techniques of Pranayam.
Course Content	<ul style="list-style-type: none">• Yoga – Introduction• Role of Exercise, diet on health• Yoga excercises as per Yoga protocol• Pranayam Techniques – Practices• Benign effects of Pranayam and Yoga• Chakra's – Purification and Activaties• Meditation –Practice
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