

Process of Enrollment and Certification

- Enroll through the link provided
- 75% attendance is mandatory for receiving certification

Enrollment Link

<https://forms.gle/jHXmzKQVSsbQB2jx8>

Course Duration

36 hours (3 days / week)
Thursday, Friday, Saturday
6:30pm -7:30pm

Platform

Online (link via email)

Commencement Date

24th February, 2022

Who can enroll

Students | Parents | Faculties | Staff

Evaluation criteria

Participation:
Sincerity | Punctuality | Video ON
Theoretical Knowledge
Practical Assessment



ARKA JAIN
University
Jharkhand (Jamshedpur)

School of Humanities
Department of Fashion Design

Presents

Online 3 month
Certificate Program in
Yoga & Meditation



योग: कर्मसु कौशलम्

योग से कर्म में कुशलता है

Yoga is skill in action

FREE INTRODUCTORY COURSE



Course Content

Sessions include the required Pranayama, relaxation, Meditation/Yoga Nidra. Asanas will be accompanied by counterpose & contra-indications (if required) Resource Person

Resource Person

Mr. Ujjwal Kumar

Certified Yoga Instructor and Evaluator,
Arka Jain University, Jamshedpur

Anup Kumar Singh

Assistant Professor, BA(H) Fashion Design,
Arka Jain University, Jamshedpur
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Usha Kiran Barla

Program coordinator, BA(H) Fashion Design,
Arka Jain University, Jamshedpur

About the course

In today's world filled with busyness & anxiety, we need to take out time for healing our mind, body and soul. This program is designed to benefit all these aspects to help you achieve a healthy lifestyle. We wish to equip all our stakeholders with a rejuvenating life choice and make the most of it.

Phase 1

Introduction to yoga, Surya Namaskar, Asanas of Anti-Rheumatic group

Phase 2

Introduction to Human Body, Yoga for the eyes, Asanas of Digestive/Abdominal group

Phase 3

Yogic Diet & Nutrition, Obstacles in the path of yoga, Balancing Asanas

Learning objectives

- To sensitize the participants to a healthy mind and body
- To teach the participants asanas for benefiting various problem areas
- To make the participants aware of healthy lifestyle choices
- To inculcate positive thinking and living

By the end of the program the participants will be able to

- Perform the asanas independently
- Aware of their lifestyle choices
- Benefit from the regular meditation and yoga routine

