

## Eligibility

- 10th Pass and above

## Registration Details

Last Date for Registration : 10/08/2022

Course Commencing From: 17/08/2022

Duration: 48 Hours (Offline Mode )

## Venue:

Samarpan college Campus, Near Kh-7 circle, Gandhinagar.

## Registration Fees:

Rs. 3000/- Per Participant

## Payment details & QR Code:



Punjab National Bank

IFSC Code: - PUNB0749500

Account No.: - 7495002100000048

## Registration :

<http://shorturl.at/EGJUW>



## CHIEF PATRON

Shri Shankersinh L.Vaghela, Chairman

Shri Mahendrasinh S. Vaghela, Trustee

Shri Bharatsinh S. Vaghela, Trustee

## CONVENER

Prof. Ravikumar K,

Director, BGKV

## COURSE COORDINATORS

Prof. (Dr.) Nehal Joshi

HOD, Mechanical Engineering

nehal.joshi@bapugkv.ac.in

9409212567

## GTU-CCE COORDINATOR

Prof. Mahesh Panchal

Assistant Professor, GTU-GSET

## RESOURCE PERSON

Yogacharya Dr. Kanjibhai Bavari,

Manas Yog Seva Trust.



## GUJARAT TECHNOLOGICAL UNIVERSITY CENTRE FOR CONTINUING EDUCATION (GTU-CCE) CERTIFIED



SHORT TERM

TRAINING COURSE

ON

“BASICS IN YOG  
SCIENCE (BIYS) ”

Organized By



*Bapu Gujarat Knowledge  
Village (BapuGKV)*

## About Institute

Bapu Gujarat Knowledge Village (BapuGKV) is a technical campus that consists group of Institutes of Technology, Pharmacy, Science, Commerce, Law, Nursing, Ayurvedic.

Bapu GKV is promoted and managed by the Shankersinh Vaghela Bapu Charitable Trust (SVBCT). The Managing Trustee, Hon. Shri Shankersinh Vaghela, Former Chief Minister of Gujarat State, and Cabinet Minister of Textile Industries, Govt. of India, and a hugely popular leader is known for his pioneer efforts aimed at societal development.

The Bapu Gujarat Knowledge Village spread in 40 acre land at Vasan, Gandhinagar with its all stone architecture, lush verdant woods and landscaped gardens provides an idyllic environment to engage in pharmaceutical studies, academics and learning.

## About Gujarat Technological University

Gujarat Technological University is a premier academic & research institution which has driven new ways of thinking since its 2007 founding, established by the Government of Gujarat vide Gujarat Act NO. 20 of 2007. Today, GTU is an intellectual destination that draws inspired scholars to its campus, keeping GTU at the nexus of ideas that challenge and change the world. GTU is a State University with 486 affiliated colleges in its fold operating across the state of Gujarat through its Five zones at Ahmedabad, Gandhinagar, Vallabh Vidyanagar, Rajkot and Surat. The University caters to the fields of Engineering, Architecture, Management, Pharmacy and Computer Science. The University has about 4,00,000, students enrolled in a large number of Diploma, Under Graduate, Post Graduate programs along with the robust Doctoral program.

## Objective of GTU-CCE Course

May India be a guide for the world in the field of yoga and health with peace and prosperity and may every citizen of the state of Gujarat achieve a healthy life and longevity.

## Outcomes of GTU-CCE Course

- Educated youth can keep themselves healthy and guide others by studying the theoretical and practical standards of yoga science.
- Adult men and women can keep old age away by doing yogasana in their own way, as well as perform their activities completely healthy and successfully.
- In the stressful modern life of urban citizens, one can achieve a disease free and healthy life through yogasana practice, meditation and pranayama.

## Benefits to Participant

- 100% Practical training.
- Certificate will be given by GTU after successful completion of course.
- Certificate holder will have advantages of having good health and guide others in gaining good health

## Course Contents

- **Fundamentals of Yoga**
- **Ashtanga Yoga**

Yama, Niyam, Asana, Pranayama, Pratyahar, Dharna, Meditation, Samadhi

- **General introduction about the body**

General introduction about the structure and functions of various body systems.

- **Sun salutation**
- **Asanas Laying upside :** Mercatasana, Pawanmuktasana, Setubandhasana, Sarvangasana, Halasana.

- **Asanas Laying upside down:** Makarasana, Bhujangasana, Salbhasana
- **Sitting Asanas:** Ustrasana, Vakrasana, Mandukasana
- **Standing Asanas:** Tadasana, Vrikshasana, Tiryak Tadasana, Trikonasana
- **Relaxing and meditative Asanas:** Padmasana, Vajrasana, Sidhasana
- **Pranayama:** Bhastrika, Kapalbhathi, External Pranayama (Tribandh), Agnisar Kriya, Ujjayi, AnulomVilom, (Nadishodhan), Bhramari, Pranav
- Pranayama Bandha, Mudra and other practices
- Mental Health
- **Note:**
  1. Minimum passing marks 40% out of 100 in both External and Internal.
  2. Grades are to be based on marks out of 100 as per:

Marks (Out of 100)	Grade
85-100	A
70-84	B
55-69	C
40-54	D

## Contact Details

For inquiry and registration query  
Prof. (Dr.) Nehal Joshi (9409212567)