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*Shaping Lives...
Empowering Communities...*

1. Brochure on Yoga and Meditation.(01.08.2018)

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2018-19 DT: 01.08.2018

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
TOTAL		30 hours



CONVENOR



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*Shaping Lives...
Empowering Communities...*

2. Report on Yoga and Meditation.

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 260 students.



Dt: 01.08.2018, Students Practicing Yoga



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