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

- Brochure on Yoga and Meditation (SOET) 14-08-2017 to 15-09-2017

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



DT: 14-08-2017 to 15-09-2017

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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Participants List of Yoga and Meditation (SOET) (14.08.2017)

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212	SASHANKA SEKHAR NAYAK	161516100014	161516100014@cutm.ac.in	BPharm	SoPLS	P
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Empowering Communities...*

1. Report on Yoga and Meditation (SOET)

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 350 students.

1. Yoga For Students

- 14-08-2017 to 15-09-2017
- 350 students were involved from different schools
- Debasanskrti Yoga Vidyalaya, Jagatguru Yoga Bharat Foundation, 9337710225



Figure 1 : 14.08.2017, Students Performing Yoga and Meditation


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