



JEEVANDEEP SHAIKSHANIK SANSTHA, POI'S
JEEVANDEEP LAW COLLEGE, GOVELI
(AFFILIATED TO MUMBAI UNIVERSITY & APPROVED BY BAR COUNCIL OF INDIA)

Date : 15th June, 2019


NOTICE

All the students are hereby informed that there will be held a Certificate Course on “Yoga” from 21/06/2019 to 27/06/2019 at 7:00am to 10:00am. The participation certificates will be provided to the students. The details of the program given below:

Date :- 21/06/2019 to 27/06/2019.

Venue :- Auditorium Hall, Jeevandeep Law College, Goveli

Time: 7:00am Onwards


Principal
Jeevandeep Law College, Goveli
Post Rayate, Tal. Kalyan, Dist, Thane - 421301





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YOGA AND MEDITATION
(2019-20)

TIME- TABLE

Date	Time (am)	Topics
21/06/2019	7:00 to 10:00	Topics as per syllabus will be completed
22/06/2019	7:00 to 10:00	
24/06/2016	7:00 to 10:00	
25/06/2019	7:00 to 10:00	
26/06/2019	7:00 to 10:00	
27/06//2019	7:00 to 10:00	





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Yoga & Meditation **SYllabus**

Demonstration Skills :

1 Prayer

- Concept and Recitation of Pranava
- Concept and Recitation of Hymns
- Selected universal prayers, invocations and Nishpatti Bhava.

2. Yogic Shat Karma

- Neti: Sutra Neti and Jala Neti
- Dhauti: Vamana Dhauti (Kunjala)
- Kapalabhati (Vatakrama)

3. Yogic Sukshma Vyayama

Sthula Vyayama Yogic Sukshma Vyayama (Microcirculation Practices)

- Neck Movement Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement
- Trunk Movement
- Knee Movement

4 Yogic Surya Namaskara with Mantra

- Pranayama
- Yoga Mudra
- Yoga Nidra
- Practice of Dhyana





Date: 30/06/2019

REPORT ON YOGA SESSION

- **Title :- “Yoga”**
- **Venue:-** Jeevandeep Law College, Goveli
- **Name of Resource Persons :** - Mr. Rameshvar Kanase
- **Objectives of Seminar: -**
 - Mental Clarity and Calmness
 - Relax Mind
 - Benefit heart and health
 - Energy and brighter moods.
 - Improve strength, balance and flexibility

- **Brief Report:-**

Jeevandeep Law College, Goveli, had organized yoga course with “ Patanjali Yog Shibir” teachers a yoga Session conducted on the “Auditorium Hall ” dated 21/06/2019 to 27/06/2019. In this 6days course our school students also join the event with our student. The session started with prayers after that Rameshvar Kanase sir taught students different types of pranayams, Yoga mudra, Dhyana, shoulder moment, trunk movement and also teaches the students about the relaxation of their mind.

After attending 6 days course question answer session was done between them and at the end of the last day of course student were relaxed and satisfied with the teachers.

- **Outcomes of Seminar:-**
 - Students learn how to do yoga day to day life.
 - They learn the importance of yoga.
 - Make their daily routine healthy.
- **Participation of student: - 16**





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- Photograph



M. M. Chitambar
Principal
Jeevandeep Law College, Goveli
Post Rayate, Tal. Kalyan, Dist, Thane - 421301





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Date : 10th June, 2020

NOTICE

All the students are hereby informed that there will be held a Certificate Course on “Yoga Health and Hygiene” from 15/06/2020 to 20/06/2020 at 7:00am to 10:00am. The participation certificates will be provided to the students. The details of the program given below:


Resource Person :- Vijay Kukreja Sir, Nikita Shelar madam

Date :- 15/06/2020 to 20/06/2020

Venue :- Zoom App Online

Time: 07:00 am to 10:00 am




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YOGA AND MEDITATION
(2020-21)

TIME- TABLE

Date	Time (am)	Topics
15/06/2020	7:00 to 10:00	Topics as per syllabus will be completed
16/06/2020	7:00 to 10:00	
17/06/2020	7:00 to 10:00	
18/06/2020	7:00 to 10:00	
19/06/2020	7:00 to 10:00	
20/06/2020	7:00 to 10:00	





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Yoga & Meditation **SYllabus**

Demonstration Skills :

1 Prayer

- Concept and Recitation of Pranava
- Concept and Recitation of Hymns
- Selected universal prayers, invocations and Nishpatti Bhava.

3. Yogic Shat Karma

- Neti: Sutra Neti and Jala Neti
- Dhauti: Vamana Dhauti (Kunjala)
- Kapalabhati (Vatakrama)

3. Yogic Sukshma Vyayama

- Neck Movement Griva Shakti Vikasaka
- Shoulder Movement
- Trunk Movement
- Knee Movement

4 Yogic Surya Namaskara with Mantra

- Pranayama
- Yoga Mudra
- Yoga Nidra
- Practice of Dhyana





Date:- 23/06/2020

REPORT ON HEALTH, HYGIENE AND YOGA

- **Title :- “Health and Hygiene”**
- **Venue:-** Jeevandeep Law College, Goveli
- **Name of Resource Persons :** - Vijay Kukreja Sir, Nikita Shelar madam
- **Objectives of Seminar:-**
 - Balanced diet
 - Personal hygiene
 - Community hygiene
 - Washing hand

- **Brief Report:-**

Jeevandeep Law College, Goveli, had organized yoga Health and Hygiene Session” in collabrations with “Arogya Yoga And Naturopathy Institute” affiliated with Trinetra Insight Foundation online dated 15/06/2020 to 20/06/2020. Vijay Kukreja sir, Nikita Shelar madam, taught the students how to maintain health and hygiene in covid . During the covid this session plays important role in maintaining day to day life because if you want to stay away from covid virus so you have to maintain health and hygiene. These were the few points they had discussed.

- Washing hands before and after eating.
- Breathing exercise.
- Protein- rich diet.
- Maintain distance from the others.
- Do not need to go outside without any genuine reason
- Pranayams etc.

- **Outcomes of Seminar:-**

- Students got aware about how to maintain hygiene.
- What kind of precautions are necessary for health

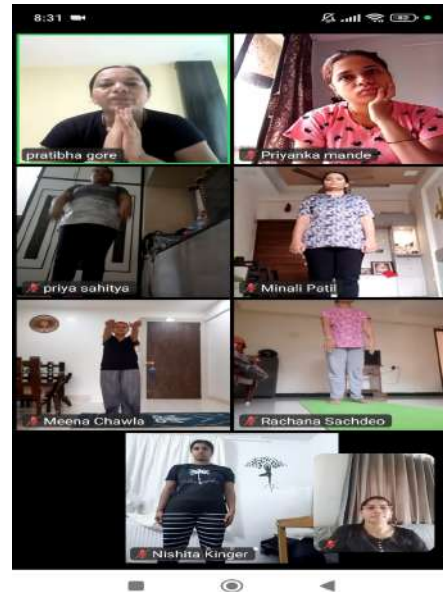
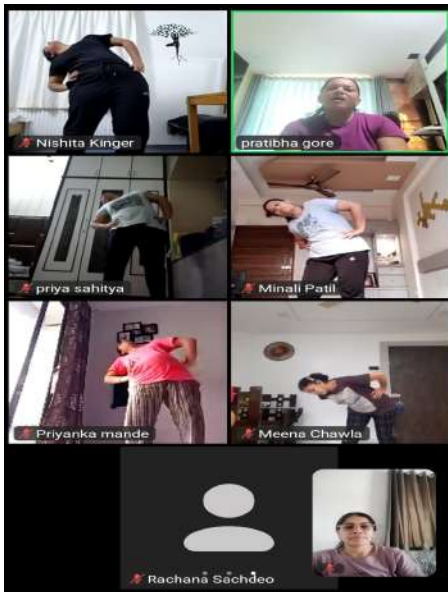
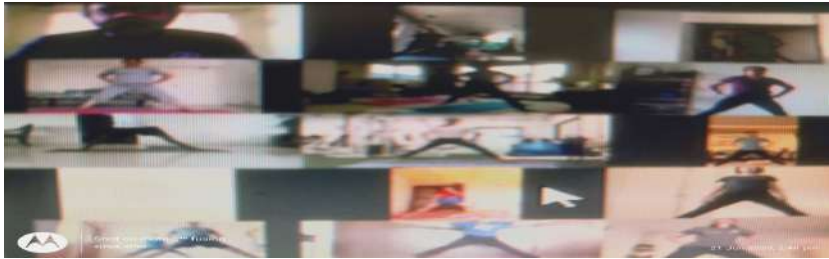
- **Participation of student:** - 39





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Date : 16th June, 2021

NOTICE


All the students are hereby informed that there will be held a Certificate Course on “Yoga For Better Living” from 21/06/2021 to 26/06/2021 at 7:00am to 10:00am. The certificate are provided by “Arogya Yoga And Naturopathy Institute” affiliated with Trinetra Insight Foundation. The details of the program given below:

Date :- 21/06/2021 to 26/06/2021

Venue :- Auditorium Hall, Jeevandeep Law College

Time: 7:00am to 10:00am




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YOGA AND MEDITATION
(2020-21)

TIME- TABLE

Date	Time (am)	Topics
21/06/2021	7:00 to 10:00	Topics as per syllabus will be completed
22/06/2021	7:00 to 10:00	
23/06/2021	7:00 to 10:00	
24/06/2021	7:00 to 10:00	
25/06/2021	7:00 to 10:00	
26/06/2021	7:00 to 10:00	





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Yoga & Meditation SYllabus

Introduction Of Yoga

- Origin of Yoga
- Different Paths of Yoga
- Samkhya Darshan
- Vedanta Darshan
- Obstacles in Yoga



Ashtanga Yoga (8 Limbs)

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

Hatha Yoga

- Panch Kosha
- Annamaya Kosha
- Pranamaya Kosha
- Manomaya Kosha
- Jnanamaya Kosha
- Anandamaya Kosha



Date:- 27/6/2021

REPORT ON YOGA FOR BETTER LIVING

- **Title :- “Yoga For Better Living”**
- **Venue:-** Jeevandeep Law College, Online
- **Name of Resource Persons :** - Vijay Kukreja Sir
- **Objectives of Seminar:** -
 - Breathing in fresh air
 - Enjoy the nature.
 - Learning of asnaas.

- **Brief Report:-**

Jeevandeep Law College, Goveli, had organized a “Yoga For Better Living” dated 21/06/2021 to 26/06/2021 . Vijay Kukreja sir, taught the students how to perform yoga for better living after covid . During the covid the yoga had played very important role in everyone’s life those who had daily practicing in yoga they are able to fight with the diseases. He performed multiple asana student also performed same asana and trying to learn asana.

- **Outcomes of Seminar:-**
 - Students decided that they will perform yoga on daily basis.
 - To keep themselves healthy.
- **Participation of student:** -41





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● **Photograph**



Principal
The Principal
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Date : 12th February, 2022

NOTICE


All the students are hereby informed that there will be held a Certificate Course on “Stress Management Through Yoga” from 21/02/2022 to 26/02/2022 at 7:00am to 10:00am. The certificate are provided by “Arogya Yoga And Naturopathy Institute” affiliated with Trinetra Insight Foundation. The details of the program given below:

Date :- 21/02/2022 to 26/02/2022

Venue :- Ulhas River, Ulhasnagar and Jeevandeep Law College

Time: 7:00am to 10:00am




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YOGA AND MEDITATION
(2021-22)

TIME- TABLE

Date	Time (am)	Topics
21/02/2022	7:00 to 10:00	2 days outdoor session and after that in class room Topics covered as per syllabus will be completed
22/02/2022	7:00 to 10:00	
23/02/2022	7:00 to 10:00	
24/02/2022	7:00 to 10:00	
25/02/2022	7:00 to 10:00	
26/02/2022	7:00 to 10:00	





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Yoga & Meditation SYllabus

Introduction Of Yoga

- Origin of Yoga
- Different Paths of Yoga
- Samkhaya Darshan
- Vedanta Darshan
- Obstacles in Yoga

Ashtanga Yoga (8 Limbs)

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

Hatha Yoga

- Panch Kosha
- Annamaya Kosha
- Pranamaya Kosha
- Manomaya Kosha
- Jnanamaya Kosha
- Anandamaya Kosha





Date:- 28/02/2022

REPORT ON STRESS MANAGEMENT THROUGH YOGA

- **Title :- “Stress Management Through Yoga”**
- **Venue:-** Ulhas River, Ulhasnagar
- **Name of Resource Persons :** - Prof. Mohnish Deshmukh
- **Objectives of Seminar:-**
 - Breathing in fresh air
 - Enjoy the nature.
 - Remove inability to sleep
 - Stomach upset.
 - To keep away anger , frustration

- **Brief Report:-**

On 28th February, 2022 Jeevandeep College of Law had conducted a Outdoor Yoga session for 2 days here they explain how to be fit after lots of stress through yoga. College bought our students outside near the Ulhas River for yoga.

Before the demonstration , Prof. Mohnish Deshmukh sir explained the students what is the meaning of yoga and how to manage stress by performing yoga. Then sir started demonstrated Pranayams and performed multiple Asanas. Students also started following the sir.

After 2 days outdoor session students are attained further 3 days in classroom and had done course completion students were joined in college auditorium hall and completed their course.

- **Outcomes of Seminar:-**
 - Everyone feel rejuvenate while performing yoga.
 - After yoga session students started roaming near the river.
 - Students enjoyed a lot nature.
 - Multiple yoga taught in college auditorium hall.

- **Participation of student: -14**





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● **Photograph**



Stress Management Through Yoga

A. Amhetre
The **Principal**
Jeevandeep Law College, Goveli
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Date : 03rd April, 2023

NOTICE

All the students are hereby informed that there will be held a Certificate Course on “Yoga” from 10/04/2023 to 17/04/2023 at 7:00am to 10:00am. The certificate are provided by “Arogya Yoga And Naturopathy Institute” affiliated with Trinetra Insight Foundation. The details of the program given below:

Date :- 10/04/2023 to 17/04/2023

Venue :- Jeevandeep Law College, Goveli

Time: 7:00am to 10:00am.




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YOGA AND MEDITATION
(2022 – 23)

TIME- TABLE

Date	Time (am)	Topics
10/04/2023	7:00 to 10:00	Topics as per syllabus will be completed
11/04/2023	7:00 to 10:00	
12/04/2023	7:00 to 10:00	
13/04/2023	7:00 to 10:00	
15/04/2023	7:00 to 10:00	
17/04/2023	7:00 to 10:00	





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Yoga & Meditation SYllabus

Introduction Of Yoga

- Origin of Yoga
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- Vedanta Darshan
- Obstacles in Yoga

Ashtanga Yoga (8 Limbs)

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

Hatha Yoga

- Panch Kosha
- Annamaya Kosha
- Pranamaya Kosha
- Manomaya Kosha
- Jnanamaya Kosha
- Anandamaya Kosha





Date:- 18/04/2023

REPORT ON YOGA SESSION

- **Title :- “Yoga”**
- **Venue:-** Jeevandeep Law College, Goveli
- **Name of Resource Persons :** - Rameshvar Kanase Sir
- **Objectives of Seminar: -**
 - Self- realization.
 - Inner peace.
 - Balance and harmony.
 - Blood circulation.

- **Brief Report:-**

Jeevandeep Law College, Goveli, had organized yoga in collaboration with “Arogya Yoga And Naturopathy Institute” affiliated with Trinetra Insight Foundation a yoga Session conducted on the “Auditorium Hall ” dated 10/04/2023 to 17/04/2023. The sir had taught multiple things in 6 days course:

- Anuloma Viloma
- Bhastrika
- Yama
- Niyama
- Pratyahara
- Manomaya Kosha
- Bhramri
- Sitkari
- Kapal bharti
- Surya namaskar



- **Outcomes of Seminar:-**
 - Students learn the multiple Aasans of yoga.
 - Students learn self-realization.
 - They learn the importance of inner peace.
 - Maintain mental health.
- **Participation of student: -18**



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Yoga Session


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