



सत्यमेव जयते
Ministry of Education
Government of India

TEACHING LEARNING CENTRE

and



**DEPARTMENT OF PHYSICAL EDUCATION
AND SPORTS SCIENCES**

Ramanujan College
(Accredited Grade 'A' by NAAC)
University of Delhi

under the aegis of

MINISTRY OF EDUCATION
PANDIT MADAN MOHAN MALAVIYA NATIONAL
MISSION ON TEACHERS AND TEACHING

is organising an

ONLINE TWO-WEEK WORKSHOP
REVITALIZING LIFESTYLE
THROUGH YOGA PRACTICE

04 - 18 OCTOBER 2021

**CALL FOR REGISTRATION
AND PARTICIPATION**

RAMANUJAN COLLEGE

Ramanujan College is a constituent College of the University of Delhi (DU). It is inspired by the life and work of Srinivasa Aiyangar Ramanujan, one of the world's greatest mathematicians. The College has been accredited Grade "A" by the National Assessment and Accreditation Council (NAAC) in its First Cycle. It is located in the well-known area of Kalkaji, near Nehru Place, in South Delhi.

The College was established in 1958 as an evening college for boys with just five programmes. Since 2010, Ramanujan College has been expanding and now with the latest addition of B.Sc. Environmental Sciences (Hons) in 2020, it at present offers sixteen undergraduate programmes in different disciplines. This achievement, in alignment to the recommendations of the National Education Policy (NEP) 2020, makes the College a centre for interdisciplinary studies and research with a future focus on blended learning. It has gradually grown into a self-sufficient and self-reliant institution owing to its academic vigour and intellectual capital.

Ramanujan College was awarded the Deen Dayal Upadhyay - Knowledge Acquisition and Upgradation of Skilled Human Abilities and Livelihood (DDU KAUSHAL) Kendra in 2016 by the UGC, under which two vocational courses were started in Banking Operations and Software Development.

The College has conducted a Course on Human Rights, Environment and Ethics through its National Resource Centre (NRC), under the Annual Refresher Programme in Teaching (ARPIT) scheme of Ministry of Education (MoE). This Course was uploaded on MoE's Massive Open Online Course (MOOC) platform SWAYAM and many participants registered for it.

Ramanujan College offers various short-term diploma, certificate, and executive development programmes on contemporary and skill-oriented themes. These are conceived and designed by faculty members in consultation with external experts.

The courses get exceptional response from the students and are conducted throughout the academic session. They are open to alumni and students of all the colleges. Some of these courses support the curriculum, some prepare the students for higher studies and also accelerate the professional growth.

The College is the Study Centre of School of Open Learning (SOL), Non-Collegiate Women Education Board (NCWEB) and Indira Gandhi National Open University (IGNOU) for various courses. As an initiative towards students and teachers exchange programmes, the College has entered into Memorandum of Understanding(s) with foreign universities. It is also working for collaboration with other higher education institutions located in remote areas of the country, under the Vidya Vistar Scheme of the University of Delhi.

The prestigious Teaching Learning Centre was awarded to Ramanujan College in 2017 by the Ministry of Education, under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) scheme.

In pursuit of its vision: "Discover, Empower, Transform: Building A Better World", Ramanujan College is today perceived as one of the best colleges in the country.



TEACHING LEARNING CENTRE RAMANUJAN COLLEGE

Teaching Learning Centre (TLC) is mandated by the Ministry of Education (MoE) to organise Faculty Development Programmes (FDPs), Faculty Orientation and Induction Programmes (FIPs), discipline specific and interdisciplinary Refresher Courses, conferences, workshops, through offline and online modes. These programmes are based on in-depth subject knowledge, quantitative and qualitative research methodologies, and on an interdisciplinary approach as is envisaged in the National Education Policy (NEP), 2020.

The TLC, Ramanujan College has been set up with the aim of "Reaching the Unreached" teachers in terms of regional diversity and geographically remote areas of the country. It has successfully conducted more than hundred learner-centric programmes since October 2017 and trained over one lakh teachers across the country in various discipline specific and interdisciplinary programmes.

In the TLC Programmes distinguished and internationally acclaimed resource persons deliver lectures and conduct sessions on wide ranging disciplines/topics of relevance in the contemporary and ever evolving global scenario to benefit the teaching fraternity, corporates and researchers. The sessions are also uploaded for larger audiences on the official YouTube Channel of the College.

Ramanujan College is a pioneer in offering offline/online courses for faculty members of higher education institutions and research scholars through the customised Learning Management System (LMS), designed by the College's Research Development and Services Cell. It is predominantly participant-friendly and incorporates evaluation methods and comprehensive feedback systems to judge learning outcomes. The LMS is hosted on CLOUD with high scalability and reliability. The College has installed its own Cloud Infrastructure to host its servers for research and data analysis.

Enrichment Spectrum at the TLC, Ramanujan College

- Transforming teachers into knowledge-creators
- Emphasis on creating self-learning space for participants
- Interaction with eminent scholars and academicians
- Four Quadrant Approach (e-tutorial, e-content, Self-Assessment and Web Resources).
- Regular follow-up with the participants through Google Classroom/ Telegram/ Discussion Forum.
- Adaptation skills for the dynamic contemporary environment
- Augmentation of professional capabilities and research-based knowledge
- Inter and cross-disciplinary methodologies of study
- Co-creation and mutual contribution between participants and facilitators
- Formation of knowledge capital
- Online certificates using the Blockchain Technology to ensure authenticity and verifiability

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

Department of Physical Education & Sports established in 1958 is a vibrant department of Ramanujan College engaged in many activities. Sports at Ramanujan is all about hard work and opportunities. We believe in providing a conducive environment to the students, to encourage their all-round development. Talent and hard work remain the sole requirements at our college. We train our students to organize Departmental activities throughout the year to enhance their organizing and management skill. Not only do we believe in achievements in sports, but we also believe in promoting health and wellness in the society. To ensure maximum participation of people in health activities.

The college offers specialized coaching in Athletics, Aerobics, Boxing, Body Building, Basketball, Cricket, Chess, Cross-country, Football, Kabaddi, Kho-Kho, Volleyball, Tae-kwon-do, Weight-lifting,

Wrestling, Power lifting and Yoga. For sports excellence, opportunities and guidance are provided to the students to participate in tournaments at various levels like Inter-College, Inter-University, State, National, and International. Department organizes Yoga classes on regular basis. It Boosts Self-Esteem and Confidence: It helps to instill confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. It also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

CONCEPT NOTE

In recent times, yoga practice has gained unprecedented popularity both nationally and internationally. Studies suggest that practicing yoga is an immunity booster and helps in achieving a healthy physical emotional and spiritual balance. In the light of the COVID-19 pandemic, the need to maintain this balance is very much required. The pandemic has dramatically changed the day to day life of individuals forcing them to live in a restrained environment of fear. The overwhelming feeling about the physical well - being, changed work environment and uncertainty about the future has led to increased levels of stress and anxiety amongst individuals. This sudden rupture from the early lifestyle of individuals has brought a certain urgency to adopt measures to handle this pandemic situation and evolve a more holistic view of the self. Practicing yoga in such an environment is considered as an 'extraordinary choice' by practitioners and health experts. Not only it helps in uplifting the physical and mental prosperity of people, but yoga also has the potential to build a global community inclined towards global sustainable peace.

It is in this framework, the Teaching Learning Centre and Department of Physical Education and Sports, Ramanujan College is organising this Two Week Refresher Course to build a platform where people are

more aware and inclined to lead a healthy lifestyle. As one of the oldest discipline of the “Astika” school of Hindu philosophy, Yoga is combination of universal and individual ethics (Yama and Niyama); posture (Asana) and breath control techniques (Pranayama); control over senses (Pratyahara); concentration (Dharana); meditation (Dhyana); and bliss (Samadhi). The Programme aims to connect the participants with the undisputed benefits of Yoga practice. Through a perfect balance of theory and hands on experience, “Revitalising Lifestyle through Yoga Practice” is an opportunity to diminish the stress and anxiety levels, while also focusing upon improving immunity and expanding the sentiments of happiness and peace.

To help individuals and the community in their endeavour of self – realisation, the Programme has multi-faceted objectives. It aims to:

- Create awareness about the importance of yoga
- Assist in learning different relaxation techniques for a holistic development
- Give hands – on experience in the practice of Yoga
- Discuss the role of Yoga in detoxifying and cleansing the body system
- Instill a sense of freedom from negative thoughts and attain inner peace
- Understand the general goodness of yoga
- Facilitate physical, mental and emotional well – being

THEMES

- **Different aspects of Yogasana practices.**
- **Mantra Chanting, Relaxation and Meditation.**
- **Yoga Therapy Modules**
- **Pranayama Practices**
- **Yogic Practices for different age groups.**
- **Diet and Nutrition**

RESOURCE PERSONS

- **Shri K. C. Jain**, IRS (R) Preksha Meditation and Yoga Trainer, Director-Adhyatma Sadhna Kendra, Delhi
- **Ambassador Chandra Mohan Bhandari**, IFS (R), Founder of Devamber Charitable Trust, Kashipur and Devamber Arogya Dham Ashram, Ranikeht, Uttarakhand
- **Dr. J.P. Sharma**, Associate Professor, Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi
- **Sh. Abodh Srivastava**, Founder SahYog Anbhuti, associated with S-VAYSA, University of Bengaluru
- **Sh. Vinay Kumar Bharati**, Yoga Therapist, Morarji Desai National Institute of Yoga
- **Dr. Dinesh Sharma**, Ayurveda Expert and Former Yoga Teacher at Embassy of India, Paramaribo, Suriname (South America)
- **Professor (Dr.) Arun Kumar Singh (Yog)**, Himalayan Garhwal University, Pauri Garhwal, Uttarakhand
- **Dr Sunita Sharma**, Assistant Professor, Physical Education, Kalindi College, University of Delhi
- **Mrs Jyoti Mittal**, Yoga Teacher and Evaluator, certified by YCB, Ministry of AYUSH
- **Dr. Sunita Gupta**, Head-Naturopathy and Diet, Adhyatma Sadhna Kendra, Delhi
- **Yogacharya Varun Arya (World record holder)**, Founder of "Aarogya Yoga Kendra"
- **Yogacharya Nardev Kumar**, Yoga Teacher and Evaluator, certified by Bihar School of Yoga
- **Dr. Navdeep Joshi, Assistant Professor**, Yoga Department, Sri Lal Bahadur Shastri National Sanskrit University, New Delhi
- **Mrs. Sapna Rana Rawat**, Freelance Yoga Master and Reiki Healer in Dubai
- **Sh. Ashish Singh**, Former Yoga Teacher at Embassy of India at Peru & Bolivia

- **Sh. Shakti Singh**, Yoga Trainer with Jude Buddha Temple, most renowned Buddhist temple in China
- **Sh. Ram Lavat Prajapati**, Former Teacher of Indian Culture at Embassy of India, Brunei, Darussalam
- **Sh. Charat**, Yoga teacher, conducted workshops in Asia, Europe, Australia and Canada
- **Dr. Davender Singh**, Assistant Professor, Maharishi Valmiki Sanskrit University, Kaithal, Haryana

REGISTRATION PROCESS & PAYMENT DETAILS

ELIGIBILITY

The workshop is open to everyone.

Participants will have to register and pay the fees **by visiting** rcmoocs.in

INDIAN PARTICIPANTS: INR 1450 (Non - Refundable)

FOREIGN PARTICIPANTS: USD \$25 (Non-refundable)

REGISTRATION DEADLINE: 03 October 2021

After successful registration & payment, the participants will receive a confirmation via email. Please keep checking the spam folder of the email as the bulk email sent may end up in the spam folder.

An official group has been made for communication with the participants on "Telegram." You are therefore requested to install the Telegram App either from the Play Store or App Store. The link to join the official group will be provided in the confirmation mail.

IMPORTANT:

- Registration is mandatory for participation.
- Attempting and submitting all the quizzes and assignments are mandatory, and each participant should score a **minimum of 50% in total** to avail of the programme completion certificate.
- Graded certificates on the basis of performance will be awarded to the participants.
- As part of the Ministry of Education's requirement under the PMMMNMTT scheme, all participants need to submit online feedback for each session.
- Failing to meet any of the above conditions will result in denial of a certificate of completion to the participants.
- **No Objection Certificate (NOC) or Leave is NOT REQUIRED to participate in the Programme**

For further information, write to us at:
yogadarshan@ramanujan.du.ac.in

ORGANISING BOARD OF THE REFRESHER COURSE

DIRECTOR (Teaching Learning Centre, Ramanujan College)

Prof. S.P. Aggarwal

Principal, Ramanujan College, University of Delhi

PROGRAMME DIRECTOR

Prof. K. Latha

Director, Internal Quality Assurance Cell,
Ramanujan College

EXTERNAL ADVISOR

Sh. Vinay Kumar Bharati

Yoga Therapist, Morarji Desai National
Institute of Yoga

CONVENORS

Dr. Shikha Sharma

Dr. Anupam Kumar

CO - CONVENORS

Dr. Ashish Kumar Shukla

Dr. Sachin Tomer

ORGANISING SECRETARY

Ms. Shipra Yadav

TECHNICAL HEADS

Dr. Nikhil Kumar Rajput

Mr. Vipin Rathi

ORGANISING TEAM

Ms. Ramya Jain

Ms. Nidhi Mathur

TECHNICAL SUPPORT

Mr. Akhil Raj

Mr. Anil Kumar

Mr. Prashant Dhillon

Mr. Vinod

ACCOUNTS

Mr. Rajesh Yadav

Mr. Anil Yadav

Mr. Hemant Giri