



**Alva's Institute of Engineering & Technology**  
**Shobhavana Campus, Mijar, Moodbidri, D.K – 574225**  
**NAAC Internal Auditing Report**

## Syllabus and scheme of PHCFC Course

Held from 31-1-2017 to 28-2-2017

| Session Topic  | Name of the speaker | No. of Hours |
|--|---------------------|--------------|
| Introduction & overview of PHCFC & its goal towards encouraging students for their academic and career development | Prabhakar Shetty    | 2 hours      |
| Work with teams  | Sharad Vihari Dasa  | 1 hour       |
| IQ, EQ & SQ  | Sharad Vihari Dasa  | 0.5 hours    |
| Johari Window Concept  | Sharad Vihari Dasa  | 0.5 hours    |
| Johari Window Exercises  | Sharad Vihari Dasa  | 1 hour       |
| Transactional Analysis   | Sharad Vihari Dasa  | 0.5 hours    |
| Attitude   | Sharad Vihari Dasa  | 1 hour       |
| Art of Mind Control  | Sharad Vihari Dasa  | 0.5 hour     |
| The Chariot of the Body  | Sharad Vihari Dasa  | 0.5 hour     |
| Power of Context   | Sharad Vihari Dasa  | 1 hours      |
| Healthy living   | Sharad Vihari Dasa  | 0.5 hour     |
| Food Habits  | Sharad Vihari Dasa  | 0.5 hour     |
| Addiction Smoking  | Sharad Vihari Dasa  | 0.5 hour     |
| Case Studies   | Sharad Vihari Dasa  | 1 hours      |
| Addiction Pornography  | Sharad Vihari Dasa  | 0.5 hour     |
| Guest Lecture – CP Act   | Salian              | 1 hours      |
| Communication  | Sharad Vihari Dasa  | 0.5 hours    |
| Adolescent health  | Dr. Rajashekar      | 0.5 hour     |
| Drug Abuse   | Delink Centre       | 0.5 hours    |
| Total  |                     | 14 hours     |

  
**PRINCIPAL**  
Alva's Institute of Engg. & Technology  
Mijar, MOODBIDRI - 574 223, D.K.



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**YOGA AND MEDITATION TRAINING MODULES**

**ACADEMIC YEAR 2016-17**

**Yoga Course Schedule**

Total hours planned: 20

**On completion of course students will be able:**

1. To appreciate the origin and history of yoga in India.
2. To understand the concept and importance of yoga for general health and quality of life.
3. Integrate the practice of yoga and its asana for better self-concept and esteem personality.

**Unit 1: Introduction to yoga and yogic practices** **5 hours**

Yoga- Meaning, importance and yoga to education.


Objectives of yoga education


**Unit 2: Yogic practice and health** **5 hours**

- ☐ Yogic practice and health.
- ☐ Yoga for mental, physical and emotional health of an individual.
- ☐ Concept of yogic diet, Lifestyle.

**Unit 3: Different Asanas** **10 hours**

- ☐ Swastikasana
- ☐ Vajrasana
- ☐ Supta vajrasana
- ☐ Tadasana
- ☐ Trikonasana
- ☐ Parsvakonasana
- ☐ Purvottanasana
- ☐ Pavana Muktasana
- ☐ Bhujangasana
- ☐ Shalabhasana
- ☐ Dhanurasana
- ☐ Shavasana

  
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(Baswari B.)