



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


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SCHEDULE FOR 3-WEEK YOGA & MEDITATION TRAINING PROGRAM

ACADEMIC YEAR 2017-18

Prepared by Alva's Naturopathy and Yogic Sciences, Moodbidri

Day-1 to Day-3	Loosening exercises (Head to toe) at the beginning on all days Asanas:- Vrikshasana, Padahasthasana, Ardhashakrasana, Ardhakatichakrasana, Uttitapadasana, Pawanmuktasana, Bhujangasana, Ardhashalabhasana, Vakrasana, Paschimottanasana, Ustrasana Pranayama:- Nadishodana, Bhramari Relaxation technique:- DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique)
Day-4 to Day-8	Power yoga-3 rounds Asanas:- Tadasana, Ardhakatichakrasana, Veerabhadrasana, Parsvottanasana, Uttitapadasana, pawanmuktasana, Setubandasana, Paschimottanasana, Ustrasana, Vajrasana / Suptavajrasana Pranayama:- Suryabhedana, Surya anulomaviloma Relaxation technique:- DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique)
Day-9 to Day-12	Suryanamaskra -6 rounds Asanas:- Adasana, Uktasana, Garudasana, Uttitapadasana, Sarvangasana, Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Ardhamatsyendrasana, Gomukhasana Pranayama:- Nadishodana, Sitali, Sitkari Meditation Relaxation technique:- DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique)

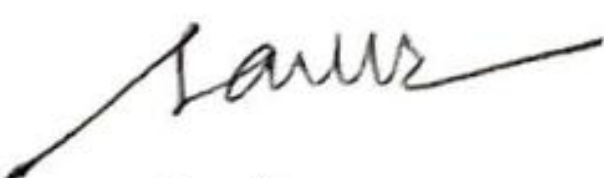
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Saur
(Basavareddy B)

Day-13 to Day-15	Suryanamaskra -6 rounds Asanas:- Vrikshasana, Trikonasana, Katichakrasana, Uttitapadasana, Sarvangasana, Matsyasana, Halasana, Sarphasana, Naukasana, Dhanurasana, Janusirshasana, Ustrasana, Veerasana Pranayama:- Nadishodana, Bhramari Relaxation technique:- DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique) IRT (Instant Relaxation Technique)
Day-16 to Day-18	Suryanamaskara -6 rounds Asanas:- Setubandasana, Paschimottanasana, Ustrasana, Vajrasana / Suptavajrasana, Sarvangasana, Matsyasana, Halasana, Sarphasana Relaxation technique:-IRT (Instant Relaxation Technique) Pranayama:-Nadishodana, Chandrabhedana, Chandraanulomaviloma, Bhramari Meditation Relaxation technique:- DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique) IRT (Instant Relaxation Technique)


DR. SWATHI K.B


(B. S. S. S. S.)


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