



**Centurion  
UNIVERSITY**

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

1. Brochure for Yoga, For the students as a part of the induction programme for the newly joined students (For All The Students).

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



Year : 2019-20 DT: 20.08. 2019

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

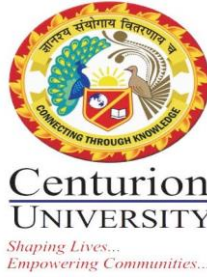
#### Learning Outcomes:

- 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         |
|          | <b>TOTAL</b>                  | <b>30 hours</b> |



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

1. Reports on Yoga, For the students as a part of the induction programme for the newly joined students (For All The Students).

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 students.

**Date: 20.08. 2019**

**Participants: 200**



Dt: 20.08.2019, Yoga class



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