

**S.P. Mandali's**

**R.A. Podar College of Commerce & Economics (Autonomous)**

**NOTICE for STUDENTS**

**Value Education: Life Enrichment Course**

**Introduction**

A unique course is developed and offered by R.A. Podar College: **Life Enrichment Course (LEC)** The course has two components: (1) Yoga & (2) Life Management Skills. Both of these subjects are the pillars to build a good character and to create a happy life. This course will be very much helpful to make you a responsible citizen of the country. Here the combination of Yoga and Life management will provide a holistic development of your personality. This non-academic Course is **compulsory** for all **first-year** students as a part of Podar College's Autonomous Degree Programme.

**Objective:** Aims to enable students to live an enriched life by helping them to take correct life decisions and building self-confidence.

**Number of Credits:** 2

**F.Y. B.Com. Div. "A"**

**10th October, 2022 to 15<sup>th</sup> October, 2022**

<b>Timing</b>	<b>Subject</b>	<b>Roll no.</b>
6:40 am to 7:40 am	Value Education: Yoga Practice	Roll no. 1-60
09:30 am to 10:15am	Value Education: Life Skills	Roll no. 61-120

Date of Evaluation:

Method of Evaluation: Yoga- Demonstration of asanas

Life Skills – Individual assignment to be submitted as per schedule given by the teacher.

## Guidelines for Yoga Practice

### **Dos & Don'ts: -**

1. Ensure you get sound sleep the night before and start early in the morning.
2. Get up early in the morning and then attend to your nature's call, wash your teeth thoroughly, do tongue cleaning and take a bath and then start your yoga.
3. Avoid taking any meals or eating a heavy breakfast.
4. Carry your breakfast as a tiffin to college and you may have it half hour after your yoga session.
5. Bring a turkish towel with you and before you start your yoga asana practice spread it on a levelled flooring/carpet.
6. Yoga asanas are to be done calmly in an unhurried manner without exertions, stress or strains. All movements of the yoga asanas should be slow, rhythmic and non-jerky. Practice yoga asanas every day regularly and preferably at the same time.
7. During the practice of Yoga asanas, the impurities and wastes accumulated within the internal organs of the body is generally directed towards the urinary bladder. So many people experience an urge to pass urine after doing Yoga. You should not hold the urine back forcefully for a very long period. Also, try not to repress sneezing, coughing etc.
8. If you feel dehydrated or thirsty, you can sip can little water as well.
9. During Yoga asanas practice if you experience sweats, it is better if you let it dry automatically in the air. If you experience too much of sweating then gently wipe with a soft cloth.
10. Try to include Sattvic foods and food items in your daily meals.

### **Don'ts: -**

1. Don't do rigorous or strenuous exercises after performing your yoga asanas.
2. Please refrain from your regular yoga asana practice especially during your menstrual cycle (PMS).
3. Don't have a heavy meal just before or while doing yoga asanas, wait for atleast 2 to 3 hours after eating heavy meals.
4. When suffering from fever, weakness or illness or any surgery refrain from Yoga asana practice. Also don't over-exert your body if you are suffering from fresh sprains, strains or fractures. Rest adequately and only after recovering fully and ensure to consult your physician before you resume your yoga practice.
5. Don't practice yoga in an unclean place and avoid smoky place and areas with uncouth smells.
6. Yoga is a holistic way of healthy living that provides health, longevity, vigour, awareness and alertness to the body, mind and spirit. Yoga opens the way of a happy, healthy and stressfree life. These are some of the general points to be kept in mind while doing Yoga.

We hope, Yoga novices will follow the basic guidelines and tips and tricks given for yoga practice at home and enjoy doing your Yoga every day.

**Faculty for LEC:** Mrs. Meena Agrawal (AAYUSH Certified Yoga Instructor)

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**Dr Shobana Vasudevan**  
**Principal**