



# ST. WILFRED'S COLLEGE OF ARTS, COMMERCE & SCIENCE

*(Affiliated to Mumbai University)*

Opp. Ayush Resort, Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Navi Mumbai-410206  
Ph. No. +91-8655678500, 9699625148 • College Code 1033 • E-mail: stwilfred.acs@gmail.com • website : www.stwilfreds.org

## **“Yoga for Human Excellence”**

**2021-22**

**Conducted by- Department of Science**

**Faculty Name- Dr. Savita Agarwal**



**St. Wilfred's College of Arts, Commerce & Science**



**PRINCIPAL**  
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## Value Added Course Yoga for Human Excellence Index

Sr.No	Particulars
1	Notice
2	Circular
3	Agenda & Minutes of Meeting
4	Notice For Value Added Courses
5	Circular For Value Added Course
6	Expected Outcome
7	Course Outcome
8	Syllabus and Assessments
9	Time Table/Schedule & Lesson Plan of the Classes
10	Application Form
11	List of students Enrolled
12	Sample Certificate
13	Attendance
14	Report on Value Added Course



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Ref. No.

Date: 03/11/2023

## NOTICE

It is to inform all the members of Program Academic Advisory Cell (PAAC) that there will be a meeting on 03/11/2023 at 12.00 PM in Seminar Room to discuss about the various academic activities for the upcoming session. All concerned are requested to attend the meeting on time and be prepared to contribute to the discussion.

**Principal**



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Ref. No.

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## Circular

It is to inform all the members of Program Academic Advisory Cell (PAAC) that there will be a meeting on 03/11/2023 at 12.00 PM in Seminar Room to discuss about the various academic activities for the upcoming session. All concerned are requested to attend the meeting on time and be prepared to contribute to the discussion.

**Principal**

## Minutes of Meeting

Date: 04/11/2023

Time: 12:00 PM

Place: Seminar Room



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## Attendees:

S.No.	Name	Designation	Signature
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

## Agenda:

1. To organize Alumni, meet and farewell for the final year students.
2. To conduct student exit survey.
3. To discuss important questions for Mumbai University examination.
4. Soft skills training for placement and internship.
5. Analysis of slow learner and their mentoring.
6. To discuss about the conduction of Mumbai University practical examination.
7. Submission of dissertation and projects by students.
8. To organize seminars by final year students.
9. To conduct remedial classes for weak learners on difficult topics on Saturdays.
10. To organize science exhibition, Panache, departmental quizzes, Industrial trips, surveys etc.
11. To organize Value added courses for Semester 2<sup>nd</sup> Students

## Minutes:

The meeting was called to order by Principal at 12.PM in Seminar Room. The attendees were welcomed, and the agenda for the meeting was presented.

1. **To organize Alumni, meet and farewell for the final year students:** The Principal proposed organizing an Alumni meet to facilitate interactions between current students and successful graduates. The event will serve as an opportunity for networking, mentorship, and sharing experiences. Additionally, a farewell program will be arranged to bid farewell to the final year students and celebrate their achievements. The specific dates and details of these events will be decided in consultation with the concerned faculty members and student representatives.
2. **To conduct student exit survey:** The Principal suggested conducting a student exit survey to gather feedback from graduating students. The survey will focus on their overall college experience, including academic programs, infrastructure, faculty support,



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extracurricular activities, and placement opportunities. The feedback received will help in assessing the college's strengths and areas for improvement.

3. **To discuss important questions for Mumbai University examination:** The Principal highlighted the need to discuss and finalize the important questions for the upcoming University examination. Faculty members were encouraged to collaborate and share their expertise in determining the key topics and questions that students should focus on during their exam preparation. This will ensure that students are well-prepared for the examination.
4. **Soft skills training for placement and internship:** To enhance students' employability and prepare them for the professional world, the Principal proposed conducting soft skills Training programs. These programs will focus on improving students' communication skills, teamwork abilities, time management, and overall personality development.
5. The Training will specifically target placement and internship opportunities, equipping students with the necessary skills to succeed in their future careers.
6. **Analysis of slow learners and their mentoring:** The Principal emphasized the importance of identifying and addressing the needs of slow learners. It was suggested to analyze the performance and progress of such students and provide them with personalized mentoring and support. Faculty members were requested to closely monitor the academic progress of slow learners and implement strategies to help them overcome their challenges.
7. **To discuss the conduction of Mumbai University practical examination:** The Principal proposed a discussion on the conduction of practical examinations. The logistics, evaluation criteria, and assessment procedures for the practical exams will be determined and communicated to the faculty members. It was emphasized that the practical examinations should provide a fair and comprehensive assessment of students' practical knowledge and skills.
8. **Submission of dissertations and projects by students:** The Principal reminded the faculty members about the submission deadline for dissertations and projects by the students. Clear instructions and guidelines regarding the format, content, and submission process should be provided to the students to ensure a smooth submission process.
9. **To organize seminars by final year students:** To showcase the research and academic achievements of the final year students, the Principal suggested organizing seminars where they can present their findings and share their knowledge with the college community. This will provide a platform for intellectual exchange and foster a culture of academic engagement.
10. **To conduct remedial classes for weak learners on difficult topics on Saturdays:** The Principal recommended organizing remedial classes on Saturdays to provide additional support to weak learners. These classes will focus on addressing difficult topics and



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concepts, helping students overcome their challenges and improve their understanding. Faculty members were encouraged to volunteer and contribute to these remedial classes.

**11. To organize science exhibition, Panache, departmental quizzes, industrial trips, surveys, etc.:** The Principal proposed organizing various extracurricular activities and events, such as science exhibitions, cultural events like Panache, departmental quizzes, industrial trips, and surveys. These activities will provide students with opportunities for practical learning, creative expression, and holistic development.

**12. To organize Value added courses for Semester 2<sup>nd</sup> Students**

The Principal elaborated on the importance of providing value-added courses to enhance the academic experience and skill set of students. Various suggestions were put forth regarding the types of value-added courses that could be beneficial for Semester 2<sup>nd</sup> students. Suggestions included courses related to communication skills, coding, financial literacy, and career development.

### Action Items:

1. The Principal will coordinate with faculty members and student representatives to finalize the dates and details of the Alumni meet and farewell program.
2. Faculty members will develop and conduct the student exit survey, ensuring comprehensive feedback is collected.
3. Faculty members will collaborate to finalize important questions for the upcoming MUMBAI UNIVERSITY examination.
4. The administration will organize soft skills training programs, focusing on placement and internship opportunities.
5. Faculty members will identify slow learners, provide personalized mentoring, and monitor their progress.
6. Faculty members will discuss and plan the conduction of MUMBAI UNIVERSITY practical examinations, ensuring fairness and thorough assessment.
7. The administration will remind students about the submission deadline for dissertations and projects, providing clear guidelines.
8. The administration will facilitate the organization of seminars by final year students, allowing them to showcase their research and knowledge.
9. Faculty members will schedule remedial classes for weak learners on Saturdays, focusing on difficult topics.
10. The administration will coordinate the organization of science exhibitions, Panache, departmental quizzes, industrial trips, surveys, and other extracurricular activities.
11. The Academic Committee will compile a list of potential value-added courses based on the suggestions provided during the meeting.

These action items will be followed up on in subsequent meetings to track progress and ensure the successful implementation of the proposed agendas.

### Closing:

Principal expressed gratitude to the staff members for their active participation and valuable input during the meeting. It was emphasized that their collaboration and dedication are essential in implementing the discussed agendas successfully. The staff members were encouraged to



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further develop and refine these proposals and work collectively towards the holistic development of the students.

The meeting concluded at 02.00 PM. The next meeting will be scheduled and communicated to the committee members accordingly.



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Date-06/11/2023

## Notice

We are pleased to inform all the students that the Value Added Course (VAC)-  
**Yoga for Human Excellence Course** classes will commence from **10 November, 2023**. This course is designed to provide additional skills and knowledge beyond the regular curriculum, enhancing your learning experience and improving your career prospects.

### Details of the VAC Classes:

Start Date: 2 September, 2023

Timings: 3:00 PM to 4:00 PM (Monday to Saturday)

Faculty Coordinator- Dr. Mohan Galande

**Principal**

CC-

IQAC Head

HOD of all departments



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Date-06/11/2023

## Circular

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This course is designed to provide additional skills and knowledge beyond the regular curriculum, enhancing your learning experience and improving your career prospects.

### Details of the VAC Classes:

Start Date: 10 November, 2023

Timings: 3:00 PM to 4:00 PM (Monday to Saturday)

Faculty Coordinator- Dr. Mohan Galande

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## Value Added Course Yoga for Human Excellence Program Expected Outcomes

On completion of the course on "Yoga for Human Excellence," students will be equipped with a diverse range of skills and knowledge that promote holistic well-being.

- **Physical Competencies**

Students will demonstrate enhanced flexibility, strength, and posture, reducing injury risks and promoting physical health. They will master various asanas (postures) and pranayama (breathing exercises), leading to improved respiratory function and increased energy levels.

- **Mental Competencies**

The course will foster improved concentration and mental clarity, enabling students to perform better academically and in daily tasks. They will achieve greater emotional stability, reducing symptoms of anxiety and depression through mindfulness practices. Enhanced self-awareness and present-moment focus will become integral to their routines.

- **Emotional Competencies**

Students will develop heightened emotional intelligence, understanding and managing their emotions more effectively. This will lead to improved relationships through better communication and empathy. They will cultivate a greater sense of compassion, both towards themselves and others, fostering a supportive community environment.

- **Spiritual Competencies**

A significant outcome will be the experience of inner peace and calm through meditation and relaxation techniques. Students will embark on a journey of self-realization, deepening their understanding of personal values and purpose. This connection with the inner self will promote spiritual growth and personal development.

- **Holistic Competencies**

Students will achieve a balanced and harmonious life by integrating the physical, mental, emotional, and spiritual aspects of yoga. This holistic approach will enhance their overall quality of life, promoting continuous personal growth and development towards human excellence.

- **Social Competencies**

Improved social skills and community involvement will be evident, as students apply the principles of yoga in their interactions. Enhanced leadership and teamwork abilities will benefit their academic, professional, and personal lives.



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## Value Added Course: Yoga for Human Excellence Program COURSE OUTCOME

Subject	Yoga for Human Excellence
CO1	Students will experience improved physical health through the practice of yoga asanas, leading to enhanced flexibility, strength, and overall vitality.
CO2	Through introspective practices, students will deepen their self-awareness, gaining insights into their thoughts, emotions, and behaviors.
CO3	The course will emphasize the integration of physical, mental, emotional, and spiritual dimensions, promoting a balanced and harmonious approach to life.



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## Value Added Course Yoga for Human Excellence

(November 10, 2023 to 2 January 2, 2024)

### Syllabus

Topic	Week Days
<ul style="list-style-type: none"><li>• Introduction to the philosophy and principles of yoga.</li><li>• Basic yoga asanas for strength, flexibility, and alignment.</li><li>• Introduction to pranayama and its benefits for physical and mental well-being.</li></ul>	Monday-Saturday
<ul style="list-style-type: none"><li>• Understanding the role of mindfulness in stress reduction and emotional regulation.</li><li>• Practice of mindfulness meditation techniques for enhanced focus and mental clarity.</li></ul>	Monday-Saturday
<ul style="list-style-type: none"><li>• Exploring the connection between emotions, thoughts, and behaviors.</li><li>• Techniques for managing stress, anxiety, and other emotional challenges.</li></ul>	Monday-Saturday
<ul style="list-style-type: none"><li>• Enhancing communication skills, empathy, and active listening.</li><li>• Cultivating healthy relationships and resolving conflicts mindfully.</li></ul>	Monday-Saturday
<ul style="list-style-type: none"><li>• Exploring the concept of self-awareness, purpose, and inner fulfillment.</li><li>• Practices for connecting with the inner self and experiencing inner peace.</li></ul>	



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## Syllabus: Yoga for Human Excellence

### Unit-I

- Introduction to the philosophy and principles of yoga.
- Basic yoga asanas for strength, flexibility, and alignment.
- Introduction to pranayama and its benefits for physical and mental well-being.

### Unit -II

- Understanding the role of mindfulness in stress reduction and emotional regulation.
- Practice of mindfulness meditation techniques for enhanced focus and mental clarity.

### Unit- III

- Exploring the connection between emotions, thoughts, and behaviors
- Techniques for managing stress, anxiety, and other emotional challenges.

### Unit-IV

- Enhancing communication skills, empathy, and active listening.
- Cultivating healthy relationships and resolving conflicts mindfully.

### Unit-V

- Exploring the concept of self-awareness, purpose, and inner fulfillment.
- Practices for connecting with the inner self and experiencing inner peace.



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## Time Table Yoga for Human Excellence

W.e.f.: 10/11/2023

Days	Subject	Time
Monday	Yoga for Human Excellence	03:00-04:00PM
Tuesday	Yoga for Human Excellence	03:00-04:00PM
Wednesday	Yoga for Human Excellence	03:00-04:00PM
Thursday	Yoga for Human Excellence	03:00-04:00PM
Friday	Yoga for Human Excellence	03:00-04:00PM
Saturday	Yoga for Human Excellence	03:00-04:00PM

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**Copy to:**

- Vice Principal
- IQAC Head
- HOD's of all Departments



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## Lesson Plan Yoga for Human Excellence

Unit	Topic	Weekdays	Allotment
Unit-I	An overview of the specialization area Its importance, relevance, and applications in various industries.	Monday-Saturday	03:00-04:00PM
Unit-I	Basic yoga asanas for strength, flexibility, and alignment. Introduction to pranayama and its benefits for physical and mental well-being.	Monday-Saturday	03:00-04:00PM
Unit-II	Understanding the role of mindfulness in stress reduction and emotional regulation	Monday-Saturday	03:00-04:00PM
Unit-II	Practice of mindfulness meditation techniques for enhanced focus and mental clarity	Monday-Saturday	03:00-04:00PM
Unit-III	Exploring the connection between emotions, thoughts, and behaviors	Monday-Saturday	03:00-04:00PM
Unit-III	Techniques for managing stress, anxiety, and other emotional challenges..	Monday-Saturday	03:00-04:00PM
Unit-IV	Enhancing communication skills, empathy, and active listening.	Monday-Saturday	03:00-04:00PM
Unit-IV	Cultivating healthy relationships and resolving conflicts mindfully	Monday-Saturday	03:00-04:00PM
Unit-V	Exploring the concept of self-awareness, purpose, and inner fulfillment.	Monday-Saturday	03:00-04:00PM
Unit-V	Practices for connecting with the inner self and experiencing inner peace.	Monday-Saturday	03:00-04:00PM

**APPLICATION FORM**



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*Where the mind is without fear! where the head is held high!*





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## Add On Course-"Yoga for Human Excellence"

Student's Name : .....

Father's Name : .....

Class : .....

Percentage of Marks obtained in Last Qualifying Examination: .....

Date of Admission in this Institution: .....

Phone No. : .....

Mobile : .....

### DETAILS OF ADD ON COURSES

Parent's Signature: .....Student's Signature: .....

Date:

Date:

Reference

Signature of Counsellor: .....

Name of Counsellor : .....

Remarks of Counsellor : .....

Remarks of Principal : .....



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## “Yoga for Human Excellence”

November 10, 2023 to December 30, 2024

### Enrolled List:-

S. No.	Class	Name
1.	M.Sc. Chemistry	MalusareAadeshKashinath
2.	M.Sc. Chemistry	PatilAbhishekYashwant
3.	M.Sc. Chemistry	MhatreAkshayHanumant
4.	M.Sc. Chemistry	Anugya
5.	M.Sc. Chemistry	LahaneJagruti Ramesh
6.	M.Sc. Chemistry	Singh KumaripoojaGumansingh
7.	M.Sc. Physics	AhamadNilofarTejAhamad
8.	M.Sc. Physics	Pardhi Twinkle Nilkantha
9.	M.Sc. Physics	Tharkude Nikhil Sadashiv
10.	B.M.S	ShaikhMohdJunedMohdNaseem
11.	B.M.S	KhatibNamiraSuleman
12.	B.M.S	PrarthanaAmarsingh Rajput
13.	B.Sc. CS	Mali IshwariPundalik
14.	B.Sc. CS	ChakravortyPritamParitosh
15.	B.Sc. CS	KhopadeSandeshSantosh
16.	B.Sc. CS	SnehalBhuwad
17.	B.Sc. CS	YadavSumeet Ramesh
18.	B.Sc. IT	KasbeAakashPrakash
19.	B.Sc. IT	ShindeAbhijeet Vishnu
20.	B.Sc. IT	Abhishek Raj
21.	B.Sc.	Ansari ArqamShafiq
22.	B.Sc.	BhusariSahilSubhash
23.	B.Sc.	BurkulParesh Mohan
24.	B.Sc.	ChauguleTanviDashrath
25.	B.Sc.	JaiswalSumit Anil
26.	B.Sc.	KambleDhananjayMadan
27.	B.Sc.	KondilkarVaibhavi Ashok
28.	B.Com.	ThombareHarshalDhanajee
29.	B.Com.	ThombareSakshiBhagavan
30.	B.Com.	Us PurviRajendra
31.	B.A.	JadhavNikarshRavindra
32.	B.A.	JamadarIfraMehboob
33.	B.A.	KurangaleMehul Deepak
34.	B.A.	ManiarAkshayPrashant
35.	B.A.	Sharma Aaron Ravi
36.	B.A.	Singh Arpit Ashok
37.	B.A.	Singh SahilDharmendra Singh
38.	B.A.	Solomon Faustina Stanislaus
39.	B.A.	TanwarManishaRamjiLal
40.	B.A.	VardhamaneAbhishekRaju



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## “Yoga for Human Excellence”

**November 10, 2023 to December 30, 2024**

### Attendance Sheet

S. No.	Class	Name	Signature	November/December																			
1.	M.Sc. Chemistry	MalusareAadeshKashinath																					
2.	M.Sc. Chemistry	PatilAbhishekYashwant																					
3.	M.Sc. Chemistry	MhatreAkshayHanumant																					
4.	M.Sc. Chemistry	Anugya																					
5.	M.Sc. Chemistry	LahaneJagruti Ramesh																					
6.	M.Sc. Chemistry	Singh KumaripoojaGumansingh																					
7.	M.Sc. Physics	AhamadNilofarTejAhamad																					
8.	M.Sc. Physics	Pardhi Twinkle Nilkantha																					
9.	M.Sc. Physics	Tharkude Nikhil Sadashiv																					
10.	B.M.S	ShaikhMohdJunedMohd																					
11.	B.M.S	KhatibNamiraSuleman																					
12.	B.M.S	PrarthanaAmarsingh Rajput																					
13.	B.Sc. CS	Mali IshwariPundalik																					
14.	B.Sc. CS	ChakravortyPritamParitosh																					
15.	B.Sc. CS	KhopadeSandeshSantosh																					
16.	B.Sc. CS	SnehalBhuwad																					
17.	B.Sc. CS	YadavSumeet Ramesh																					
18.	B.Sc. IT	KasbeAakashPrakash																					
19.	B.Sc. IT	ShindeAbhijeet Vishnu																					
20.	B.Sc. IT	Abhishek Raj																					
21.	B.Sc.	Ansari ArqamShafiq																					
22.	B.Sc.	BhusariSahilSubhash																					
23.	B.Sc.	BurkulParesh Mohan																					
24.	B.Sc.	ChauguleTanviDashrath																					
25.	B.Sc.	JaiswalSumit Anil																					
26.	B.Sc.	KambleDhananjayMadan																					
27.	B.Sc.	KondilkarVaibhavi Ashok																					
28.	B.Com.	ThombareHarshalDhanajee																					
29.	B.Com.	ThombareSakshiBhagavan																					
30.	B.Com.	Us PurviRajendra																					
31.	B.A.	JadhavNikarshRavindra																					
32.	B.A.	JamadarIfraMehboob																					
33.	B.A.	KurangaleMehul Deepak																					
34.	B.A.	ManiarAkshayPrashant																					
35.	B.A.	Sharma Aaron Ravi																					
36.	B.A.	Singh Arpit Ashok																					
37.	B.A.	Singh SahilDharmendra																					
38.	B.A.	Solomon Faustina Stanislaus																					
39.	B.A.	TanwarManishaRamjiLal																					
40.	B.A.	VardhamaneAbhishekRaju																					



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Teacher's Signature



# ST. WILFRED'S COLLEGE OF ARTS, COMMERCE & SCIENCE

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*Where the mind is without fear! where the head is held high!*