

Report

Yoga and Nutrition Certificate Course at RKMV Shimla

Introduction: The Yoga and Nutrition Certificate Course conducted at RKMV (Rashtriya Kanya Mahavidyalaya) in Shimla by the Department of Physical Education has reached its successful conclusion, marking a significant milestone in the journey of promoting holistic well-being through the integration of yoga and nutrition. Under the guidance of Programme Coordinator **Dr. Jitender Thakur** and Resource Person **Mr. Chander Kant** from the HPU Department of Yoga, the course has provided participants with comprehensive knowledge and practical skills to lead healthier lives. This report outlines the key aspects and outcomes of the course.



Duration and Structure: The course spanned a period of 30 hours, beginning on March 11, 2024 and concluding on March 28, 2024. It was meticulously structured to cover a diverse range of topics, blending theoretical insights with practical applications. The curriculum encompassed modules on yoga philosophy, asanas, pranayama, meditation techniques, nutrition science, and dietary principles, all aimed at fostering holistic well-being.

Participants: The course attracted a diverse cohort of participants from 1st year, 2nd year and 3rd year students. Their enthusiasm and dedication contributed to a vibrant learning atmosphere, fostering collaboration and exchange of ideas throughout the duration of the course.

Faculty and Instruction: The course was led by esteemed faculty members, including Programme Coordinator **Dr. Jitender Thakur** and Resource Person **Mr. Chander Kant**. Their guidance, expertise, and passion for imparting knowledge enriched the learning experience for participants. Through a combination of lectures, practical demonstrations, and interactive sessions, the faculty ensured that participants gained a comprehensive understanding of the course material.



Curriculum Highlights:

- **Yoga Philosophy and Principles:** Participants delved into the philosophical underpinnings of yoga, exploring its historical evolution and relevance in modern-day life.
- **Asanas and Pranayama:** Practical sessions focused on mastering various yoga postures (asanas) and breathing techniques (pranayama) to enhance physical, mental, and emotional well-being.
- **Meditation and Mindfulness:** Techniques for cultivating mindfulness and meditation were introduced to promote inner peace and mental clarity.
- **Nutrition Science:** Participants gained insights into the fundamentals of nutrition, including macronutrients, micronutrients, and dietary guidelines for optimal health.

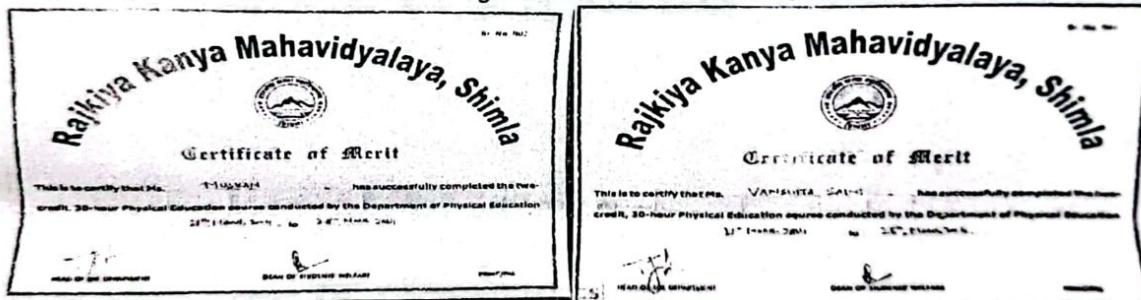
Diet Planning and Management: Practical guidance was provided on designing personalized diet plans tailored to individual needs and goals.

Integrative Approach: The course emphasized the integration of yoga and nutrition principles to achieve holistic well-being, addressing both physical and mental dimensions of health.

Practical Application: Throughout the course, participants had the opportunity to apply their learning through practical exercises, case studies, and real-life scenarios. They engaged in yoga practice sessions, conducted dietary assessments, and developed customized wellness plans under the guidance of experienced mentors.

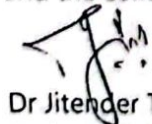


Assessment and Certification: Participants underwent periodic assessments to evaluate their understanding and proficiency in the course material. Upon successful completion of all requirements, including practical and attendance, participants were awarded certificates recognizing their achievement in the Yoga and Nutrition Certificate Course from RKMV Shimla.



Conclusion: The completion of the Yoga and Nutrition Certificate Course at RKMV Shimla, under the leadership of Programme Coordinator **Dr. Jitender Thakur** and Resource Person **Mr. Chander Kant**, signifies a significant step towards promoting holistic well-being in the community. The course has equipped participants with valuable knowledge, skills, and tools to lead healthier and more fulfilling lives. It is anticipated that the insights gained and practices imbibed during the course will continue to inspire positive transformations in the lives of participants and their communities.

This report encapsulates the successful culmination of the course, reflecting on its impact and the collective journey of growth and learning undertaken by all involved.



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DETAIL OF LANGUAGE LAB FOR THE SESSION 2023-24

We have a Language Lab in which 31 computers updated with the latest software available. The lab is providing facilities to students to listen to model pronunciation repeat and record the same. This helps in self-assessment. Students of DSC Courses are taken in groups twice in a week for the self-learning language skills.

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