Shikshana Prasaraka Mandali's
SIR PARASHURAMBHAU COLLEGE
(Established in 1916)
Autonomous since June 2019-2020

AYURVEDA AND YOGA FOR GOOD LIFE
Offered in collaboration with

HOME YOGA GURU

Preamble

The global pandemic has brought the focus of humanity back to the basics of health and wellbeing. In this situation, the role of Yoga and Ayurveda as holistic disciplines, have gained in popularity against the backdrop of western medical practices. In order to integrate these deep-rooted sciences into our life, we need to understand the foundations of these systems, better. This is where the present course: "Yoga and Ayurveda for Good Life" comes in handy.

Why and Who

Yoga and Ayurveda is misunderstood as twisted postures or another "pathy" to treat ailments. In reality, they present a way of life- based on deep metaphysics and a dynamic integration between our environment, body, mind and spirit. "Yoga and Ayurveda for Good Life" is a dynamic, comprehensive exploration of the philosophy, theory, and practices of Yoga and Ayurveda.

This robust program has been thoughtfully designed to provide an understanding of the ancient system of holistic well-being. The curriculum rests upon the ancient texts of classical Yoga and Ayurveda, presented in a modern manner, relevant to contemporary times.

• **Students & Professionals**- From humanities to healthcare will benefit from this course

• **Everyone**- Home-makers, knowledge seekers (young and old) who wish to explore the deeper understanding of Yoga and Ayurveda and how to approach it from the context of 21st century life, will find this a very useful course

Eligibility

The course is open to all irrespective of their academic background.

SP COLLEGE. Tilak Road, Lokamanya Nagar, Sadashiv Peth, Pune, Maharashtra 411030.

Certification

SP College (autonomous) will award the certificate of course completion to students with minimum 75% attendance

Credits

Students of SP College (autonomous) will receive 2 credits for completion of this course

Course outcomes

This course will provide you with an understanding of the key principles of Yoga and Ayurveda and enable you to start your exploration of these disciplines and application in modern context.

- The traditional aspects of Yoga and Ayurveda
- Concept of man and relationship with the universe
- Understanding human being from physical, mental and spiritual perspective
- Social correlations and applicability in modern life

Key Facts

- Registrations close: Monday 10th August 2020
- Course Duration: 12th August 2020 till 2nd October 2020
- Commitment: 7pm to 8pm every Wednesday & Friday
- Platform: Online (Microsoft Teams)
- Medium: English
- Fee: Rs. 3540/- (including taxes)
  (International learners: SAARC nations: US$ equivalent of INR 6000; all other nations: $ equivalent of INR 9000)

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Convenor

Dr. Sanjyot Apte, Vice Principal, SP College. Pune.

Collaboration

This course is offered in collaboration with Home Yoga Guru- a global organization dedicated to the spread of Yoga-Ayurveda and allied practices.

Faculty: Dr. Anuradha Bhonsale Dewan

Dr. Anuradha Bhonsale Dewan holds a PhD in Indian Philosophy and is co-founder of Home Yoga Guru. A scholar-practitioner, Dr. Anuradha is gifted in her ability to present the ancient teachings in an accessible, light-hearted, and inspiring manner-while maintaining a rigor and sensitivity to traditional knowledge.

Enrol NOW:

- **Step 1:** Complete payment of fees for the course by NEFT / RTGS

  Account no: 014230100003262. Account type: Current account. Bank- Janata Sahakari Bank Ltd. Branch: Tilak Road, Pune. IFSC: JSBP0000014

- **Step 2:** Complete the enrolment form (including payment details) HERE.

- **Step 3:** You will receive an automated email and also will be contacted by our team with details of sessions, links and further resources.

- ENDS –

Additional queries: Dr. Anuradha Bhonsale Dewan: +91 99224 30775; abd.tulip@gmail.com

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