



Autonomous (2016-17)

Malad Kandivli Education Society's

NAGINDAS KHANDWALA COLLEGE

OF COMMERCE, ARTS & MANAGEMENT STUDIES

AND SHANTABEN NAGINDAS KHANDWALA COLLEGE OF SCIENCE

(Re-accredited (3rd cycle) by NAAC with 'A' Grade)

ISO 9001 : 2015 Certified

Educational Excellence Award By Indus Foundation, U.S.A.

IMC Ramkrishna Bajaj National Quality Commendation Certificate

List of Value Added Courses

2016-17 to 2020-21

DR. (MRS.) ANCY JOSE
PRINCIPAL





Nagindas Khandwala College

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Name of the STC – The Basic Course of Brahmavidya

Number of Credits – 2

Students who complete the Course, it will be written as 'Successfully Completed.' There will be no grades awarded.

Certificate course : The Basic Course of BRAHMAVIDYA

Course Objectives:

1. To introduce basic concepts of Brahmavidya.
2. To explain the various components of meditation

Course Outcomes:

CO 1: Learners will be able to explain the Theoretical information on certain aspects of human body and mind.(Level: Comprehension)

CO 2: Learners will be able to apply Pranayam and Spiritual Breathing Exercises which are to be practiced daily, in the morning (Level: Application)

The syllabus:

The Basic Course of BRAHMAVIDYA comprises of twenty-two lessons containing

- a) Pranayam and Spiritual Breathing Exercises which are to be practiced daily, in the morning and
- b) Graduated lessons in Meditation (Dhyana) – to be practiced during night or early morning as may be found convenient.
- c) The laws of life for health and success
- d) Theoretical information on certain aspects of human body and mind

Depending upon the level of interest and availability of time one can devote more time for practicing these techniques, but **minimum requirement is 20 minutes for breathing exercises in the morning and 20 minutes for Meditation.**



PRINCIPAL

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MALAD (W), MUMBAI - 400 064**