



DEV SANSKRITI COLLEGE OF EDUCATION & TECHNOLOGY

Khapri, Dhamdha Road, Post: Jeora Sirsa, Distt. Durg (C.G.)

Accredited With "B+" Grade by NAAC

Affiliated to Hemchand Yadav Vishwavidyalaya, Durg (C.G.)

Website: www.dsceet.org | Email: sanjay@dsceet.org Mobile: 7974165676, 7000660111

(Founded & Managed by Veda Mata Gayatri Shikshan Samiti, Regd. No. 1558/15/11/2006)

SYLLABUS

Yoga

| Unit No. | Topic of the Unit | Theory Period | Practical Period | Total Period |
|----------|--|---------------|------------------|--------------|
| 1 | Etymology, Meaning and misconception of yoga. 2. Objective/ importance and aims of yoga. 3. Importance of Time, place and season. 4. Helping and disturbing elements of yoga. 5. Ethics of yoga → Yama-s and niyama-s according to Patanjali yoga sutra. | 4 | 4 | 8 |
| 2 | 1. Yoga in Veda's Upanishad – purana-s 2. Yoga in smriti-s – Srimadbhagvadgeeta. 3. Karmayoga, Bhaktiyoga, Jainyoga. 4. Rajayoga, Hathayoga, Astangayoga, Kundaliniyoga. | 4 | 4 | 8 |
| 3 | 1. Patanjali Yogasutr, Shrimad Bhagavadgeeta. 2. Gheranda Samhita, Hathiyoga Pradeepika. 3. Goraksha Paddhati, Siddha Sidhantapaddhati. 4. Hatha Ratnavali, Shiv Samhita. | 4 | 4 | 8 |
| 4 | 1. Matsendranatha, Gorakshanatha. 2. Paramhansa Ramkrishna, Swami Vivekananda. 3. Paramhansa Yogananda, Shri Arvind. 4. Swami Shivanand, Swami Satyanand Saraswati. | 3 | 3 | 6 |
| Total | | 15 | 15 | 30 Hours |



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Soft Skill Yoga




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Certificate Of Completion

Life Skill Yoga Course

This is to certify that Mr./Mrs./Ms. Sadaram Mishra.....

Has successfully completed the life skill yoga course under skill Development programme. This programme was organized at Dev Sanskriti College of Education & Technology from **30/11/2024** to **17/12/2024**.

Director
Director

Dev Sanskriti College of
Edu. & Tech. Khapri, Durg

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Khapri, Dist. Durg (C.G.)

Principal

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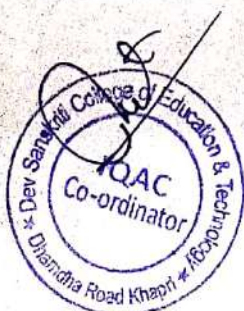
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SYLLABUS

Personality Development

| Unit No. | Topic of the Unit | Theory Period | Practical Period | Total Period |
|--------------|---|---------------|------------------|-----------------|
| 1 | Personality, Personal Grooming & Body Language Definition, elements, determinants, personal hygiene, social effectiveness, business etiquettes (power dressing), non-verbal communication, types of body language, function & role of body language | 5 | 5 | 10 |
| 2 | Art of Good Communication Verbal and non-verbal communication, difference between oral and written communication, importance of effective communication | 5 | 5 | 10 |
| 3 | Team Behavior, Group Discussion & Interview Preparation Types of team, team role and behavior, do's and don'ts, introduction, resume writing, dress code, mock interview, how to be successful in an interview | 5 | 5 | 10 |
| Total | | 15 | 15 | 30 Hours |



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Personality Development



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Certificate Of Completion

Personality Development Course

This is to certify that Mr./Mrs./Ms. Vishal Kumar Deshlahria.....

Has successfully completed the Personality Development Course under skill Development programme. This programme was organized at Dev Sanskriti College of Education & Technology from 05/02/2025 to 20/02/2025.

Director

Director
Dev Sanskriti College of
Edu. & Tech. Khapri, Durg

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Education & Technology

Principal

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SYLLABUS COMMUNICATION SKILL

| Unit No. | Topic of the Unit | Theory Period | Practical Period | Total Period |
|--------------|---|---------------|------------------|-----------------|
| 1 | Weekly Structure – 1. Introduction to the soft skill 2. Introduction to communicative English (speaking skills) 3. Group discussion skills and interview skills 4. Body language and etiquettes Week 04 – Portfolio making | 5 | 5 | 10 |
| 2 | 1. Reading Skills 2. Writing Skills 3. Public Speaking Skills 4. Presentation by the students | 5 | 5 | 10 |
| 3 | 1. Goal setting and getting ready for a job 2. Emotional intelligence skills 3. Life skills 4. Negotiation skills, evaluation 5. Feedback day-wise timeline schedule | 5 | 5 | 10 |
| Total | | 15 | 15 | 30 Hours |




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Language and Communication



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Certificate Of Completion

Language Communication Skill Course

This is to certify that Mr./Mrs./Ms. ...*Tej Prakash Yadav*.....

Has successfully completed the language communication skill course under skill Development programme. This programme was organized at Dev Sanskriti College of Education & Technology from 04/09/2024 to 21/09/2024.

Director
Director

Dev Sanskriti College of
Edu. & Tech. Khapri, Durg

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