

On line Refresher course on  
**Science and Technology of Yoga and Meditation**  
(24 August-06 September 2020)

Joining Link: <https://meet.google.com/fzx-oeei-tho>

**Instructions for Participants:**

1. All participants are welcome to the E refresher course on **Science and Technology of Yoga and Meditation**.
2. Attendance in all the sessions is mandatory in this on line refresher course. Join the each session before 10 minutes as per schedule on the given link.
3. Participants are required to be present with note book and pen in every session.
4. Medium of language for all the sessions will be Hindi/English/Mixed.
5. Because Yoga is a practical science, the practical training is an essential part of the refresher course.
6. One practical session will be held in the morning from 6.00AM to 8.00AM daily along with the three theoretical session from 9.00AM to 1.30 PM.
7. Take a comfortable position in front of your mobile/computer with proper light during all session so that your picture is visible in every session.
8. You should be in comfortable dress (**preferably white T shirt and dark blue lower**) to perform yoga practices in the 1<sup>st</sup> session.
9. Confirm that your internet connection is O.K. before joining. You are yourself responsible for joining the on line refresher course with regard to connectivity
10. Maintain the decorum of the Refresher course with respect to discipline, sitting and clothing.
11. Learn and listen the Practical sessions as well as all sessions of Invited speakers. Submit your question/quarries/suggestions if any in the chat box during the sessions.
12. Keep your audio in mute/off mode during the proceedings.
13. Keep your video in on/un-mute during the 6.00 AM to 7.00AM in the practical session and whenever asked for.
14. Participation/Grading certificate will be given on the following basis

Holistic response 25	Project/survey/ others 20	Seminars/participant presentation 15	Micro- teaching /participation 10	Multiple-choice objective tests 30	Total 100 Marks
(To be submitted in Google Feedback form )	(A Project of about 20 pages A 4 size will have to be submitted by email on the last day) <a href="mailto:hodyoga@gmail.com">hodyoga@gmail.com</a>	(Daily feedback of each session in Google Feedback form)	(Summarizing the every session by participants as given in schedule)	Yoga Practical & Prayers	

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