



# Rajasthan Shikshak Prashikshan Vidyapeeth

A Unit of B.Ed., B.A.B.Ed. & Shikshashastri College



NAAC ACCREDITED

Affiliated to UOR & JRRSU - JPR and Recognized By : NRC-NCTE

SHAHPURA BAGH, AMER ROAD, JPR (RAJ.) 02.

Tel : 0141- 2671967, Fax : 2670724, Email : info@rspv.org, www.rspv.org

Ref. : -----

Dt. 20/9/23

Date: - 20.09.2023

## Notice

This is to inform all the faculty members and students that the college will be organizing **Sanskrit Sambhashan Shivir** from **22<sup>nd</sup> September to 22<sup>nd</sup> October 2023**.

We look forward to the presence and participation of all the students and faculty members in the Shivir.

*Manish*  
Principal  
**PRINCIPAL**

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

Copy to:-

1. Secretary
2. IQAC
3. All Departments



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## Report on Sanskrit conversation certificate course 2023

|                          |  |
|--------------------------|--|
| <b>Name of Activity</b>  | Sanskrit conversation certificate course 2023  |
| <b>Type of Activity</b>  | Co-Curricular Acitvity   |
| <b>Date</b>              | 22-9-2023 to 21-10-2023  |
| <b>Activity Incharge</b> | Mr. Sanjy Goswami  |
| <b>Report</b>            | <p>A 1 month Sanskrit conversation certificate course was organized from 22-9-2023 to 21-10-2023 at Rajasthan Shikshan Prashikshan Vidyapeeth, Shahpura Bagh, Amer Road, Jaipur. The session was inaugurated by the institution secretary Shri Rajkumar Joshi with Saraswati Puja. During this, the institution's principal Dr. Manisha Sharma and Dr. Subhadra Joshi were also present. The secretary sir explained the importance of Sanskrit language and the importance of its promotion. Dr. Manisha Sharma told that Sanskrit language is called Dev Vani. It is considered to be the ancient and best language of the country. During this, the students were given the practice of pure pronunciation of Sanskrit. The practice of speaking small sentences used in daily life was also done in a very interesting way. During the session, Niranjana Sahu gave a special lecture and said that Sanskrit is the language of our culture. Our Vedas, Puranas and scriptures etc. are written in Sanskrit language. Historical and spiritual knowledge is gained by studying them. Therefore, everyone should adopt Sanskrit language in daily life. He explained the meaning of many Suktas and made the students recite them. During the session, the students were also taught Sanskrit grammar. Knowledge of</p> |



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Sanskrit inflections and cases and their correct usage were also taught to the students. Knowledge of masculine, feminine and neuter gender, various word forms and their correct usage were taught. The students participated in the session with great enthusiasm. They learnt Sanskrit language through play method by participating in various activities. Rhythmic pronunciation of Sanskrit songs was also taught to the students. Along with this, information about various prefixes and suffixes was given. This session was very informative for the students. Speaking as a special guest on the occasion of the closing of the session, the chief guest said that just as Gangotri is not the only place of Ganga and it flows throughout India, similarly Sanskrit is the basis of all languages and is relevant even today. He said that Sanskrit is the mother tongue of all languages. Sanskrit can also be used in computers. Therefore, it is completely a scientific language. Sanskrit has a very long history. Sanskrit is taught in 162 countries even today. A Sanskrit student can earn his livelihood with his knowledge and can also serve people. Today there is a need to revive our culture and Sanskrit. At the end of the program, the institution's principal Manisha Sharma thanked all the respected guests. The program ended with the national anthem. At the end, certificates were distributed to all the students.

*Manisha*  
PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bagh, Amer Road, JAIPUR



# Rajasthan Shikshak Prashikshan Vidyaapeeth

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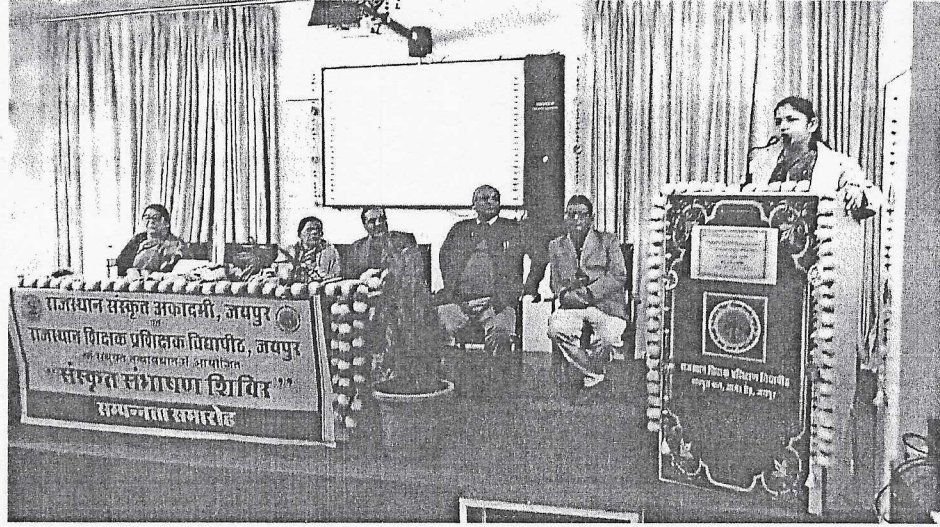
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Ref. : -----

Dt. -----

Date :- 22.09.2023-21.10.2023

Activity:- Sanskrit Sambhashan Certification Course



Dr. Manisha Sharma is telling the importance of Sanskrit in Sanskrit Sambhashan Certification Course held from 22<sup>nd</sup> September 2023 to 21<sup>st</sup> October 2023



Trainees are participating in Sanskrit Sambhashan Certification Course held from 22<sup>nd</sup> September 2023 to 21<sup>st</sup> October 2023

*Manisha*

PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyaapeeth  
Shahpura Bagh, Amer Road, JPR (RAJ.) 02



# Rajasthan Shikshak Prashikshan Vidyalaya

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Ref. : -----

Dt. -----

Date :- 22.09.2023-21.10.2023

Activity:- Sanskrit Sambhashan Certification Course



Dr. Rajkumar Joshi is telling the importance of Sanskrit in Sanskrit Sambhashan Certification Course held from 22<sup>nd</sup> September to 21<sup>st</sup> October 2023



Certificates are distributed to the participants of Sanskrit Sambhashan Certification Course held from 22<sup>nd</sup> September 2023 to 21<sup>st</sup> October 2023

*Rajkumar Joshi*  
PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyalaya  
Shahpura Bagh, Amer Road, JPR



RAJASTHAN SHIKSHAK PRASHIKSHAN VIDYAPEETH  
SHAHPURA BAGH, AMER ROAD JAIPUR 302002  
2023-24



**Certificate of Participation**



*This is to Certify that -----*

*has actively participated in Certification Course on "Sanskrit Sambhashan"  
organised by Rajasthan Shikshak Prashikshan Vidyapeeth,  
Jaipur From 22.09.2023 to 21.10.2023.*

*[Signature]*  
Secretary

*[Signature]*  
Convener

*[Signature]*  
PRINCIPAL  
Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

*[Signature]*  
Principal



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Ref. : -----

Dt. -----

Date: - 02.02.2024

## Notice

This is to inform all the faculty members and students that the college will be organizing **Yoga & Mental Health Certification Course** from **05<sup>th</sup> February to 05<sup>th</sup> March 2024**.

We look forward to the presence and participation of all the students and faculty members in the course.

*Pravishka*  
Principal

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

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Ref. : -----

Dt. -----

## Report on Yoga and Mental Health Certification Course

|                          |   |
|--------------------------|---|
| <b>Name of Activity</b>  | Yoga and Mental Health Certification Course   |
| <b>Type of Activity</b>  | Value Based Course  |
| <b>Date</b>              | 05 <sup>th</sup> February 2024 to 05 <sup>th</sup> March 2024   |
| <b>Activity Incharge</b> | Mr. Satish Tomar  |
| <b>Report</b>            | <p>Yoga and Mental Health Certification Course was conducted by the coordinator Shri Satish Tomar at Rajasthan Shikshak Prashikshan Vidhyapeeth, Shahpura baag, Jaipur was a comprehensive initiative aimed at integrating yoga practices with mental health principles. The program spanned from February 5, 2024 to March 5, 2024, encompassing theoretical sessions, practical demonstrations, and interactive workshops. Participants engaged in hands-on learning through yoga asanas, pranayama techniques, and meditation practices. These sessions were designed to deepen their understanding of how specific practices can alleviate mental stress and enhance overall mental health. All staff members and trainees enthusiastically ensured their participation in this program. Shri Satish Tomar expressed gratitude to all participants for their enthusiastic participation and looks forward to continuing to support initiatives that promote holistic health practices in education and mental health sectors.</p> |

*Satish Tomar*  
PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

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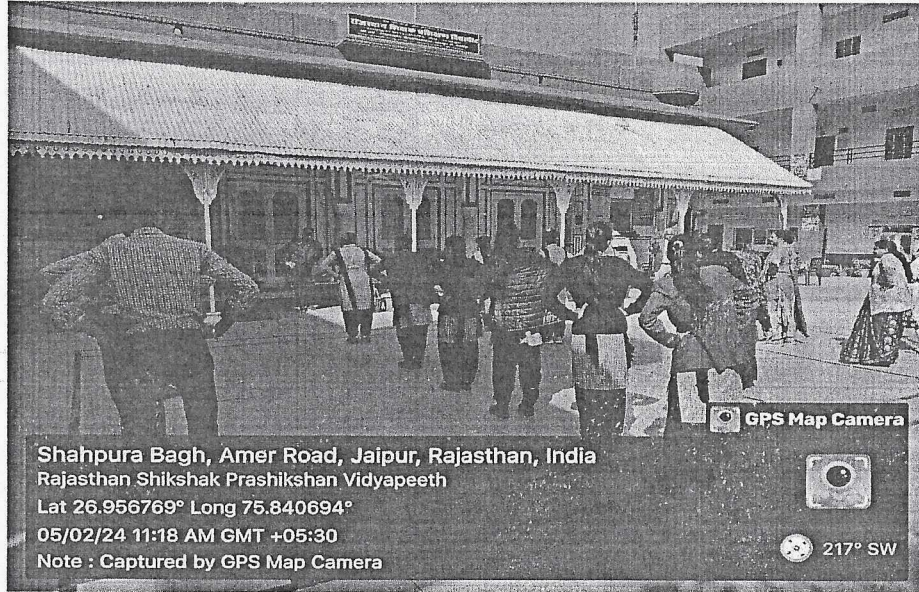
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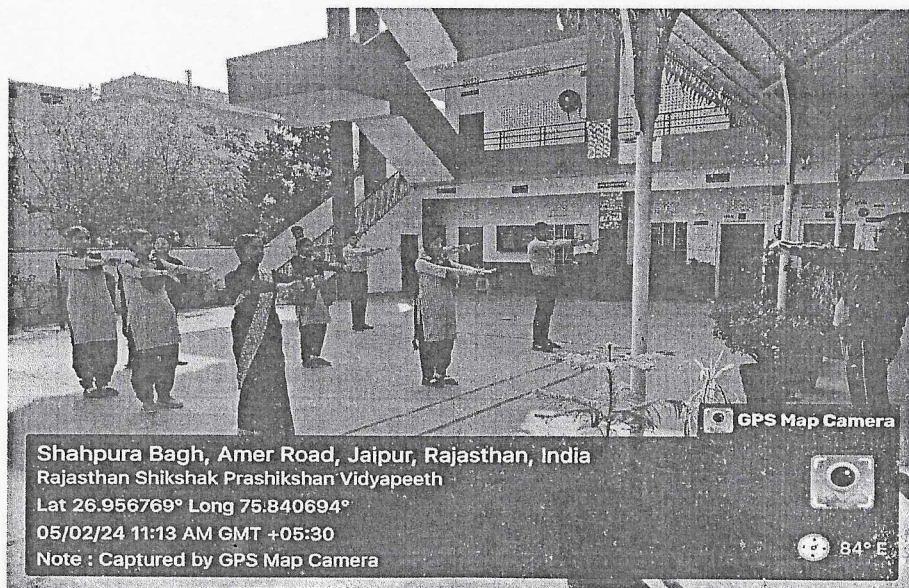
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Date:- 05<sup>th</sup> February 2024 to 05<sup>th</sup> March 2024

Activity:- Yoga and Mental Health Certification Course



Students are doing exercises during the Yoga and Mental Health Certification Course held from 05<sup>th</sup> February 2024 to 05<sup>th</sup> March 2024



Students are doing exercises during the Yoga and Mental Health Certification Course held from 05<sup>th</sup> February 2024 to 05<sup>th</sup> March 2024

*Jamsho*  
PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

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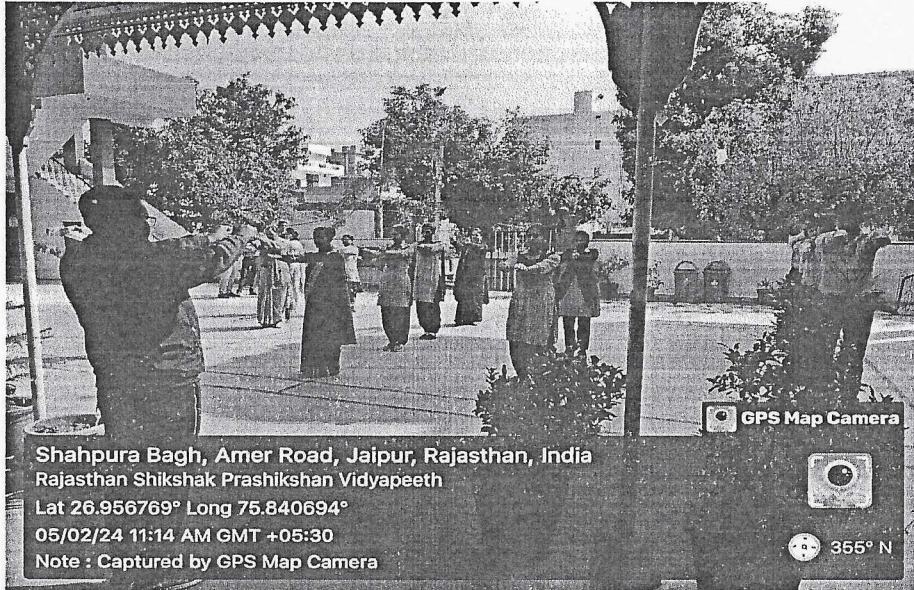
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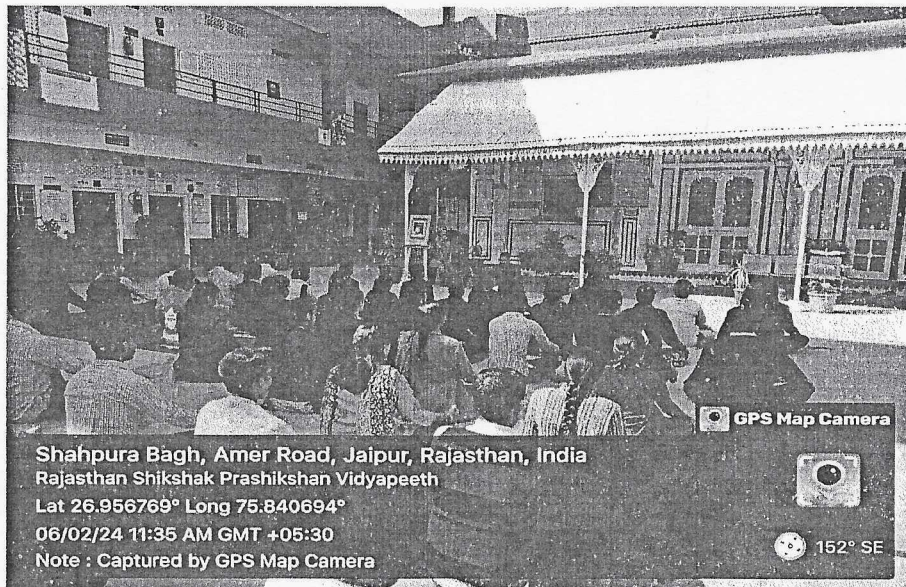
Dt. -----

Date:- 05<sup>th</sup> February 2024 to 05<sup>th</sup> March 2024

Activity:- Yoga and Mental Health Certification Course



Mr.Sateesh Tomar is taking a session of physical exercise during the Yoga and Mental Health Certification Course held from 05<sup>th</sup> February 2024 to 05<sup>th</sup> March 2024



Mr.Sateesh Tomar is taking a session of Yoga Sadhna during the Yoga and Mental Health Certification Course held from 05<sup>th</sup> February 2024 to 05<sup>th</sup> March 2024

*Sateesh Tomar*

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR

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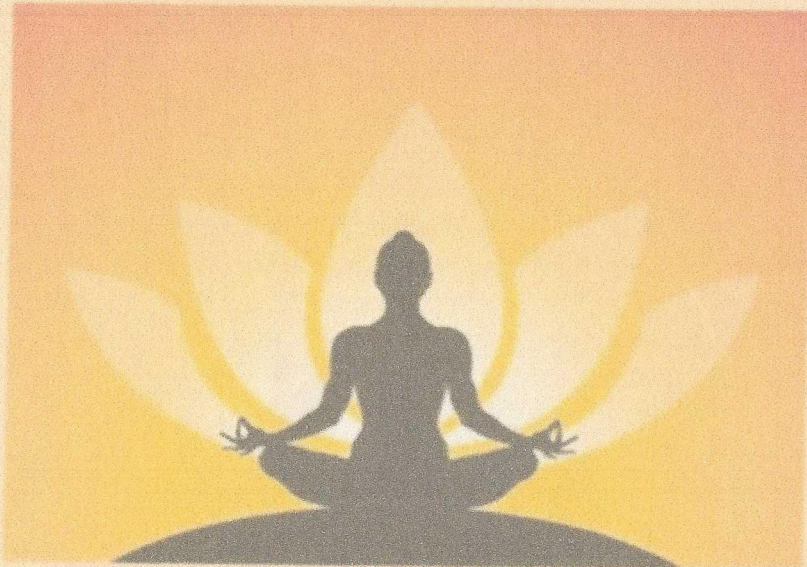
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SHAHPURA BAGH, AMER ROAD, JAIPUR



2023-24

# Yoga and Mental Health Certification Course

05-02-2024 to 05-03-2024



Organised By

RAJASTHAN SHIKSHAK PRASHIKSHAN VIDYAPEETH

## YOGA & MENTAL HEALTH CERTIFICATION COURSE

The Yoga & Mental Health Certification Course is an intensive certificate course providing in-depth knowledge of yoga practices and pedagogy of Yoga. The programme is open to all those who are interested to become 'Yoga instructors' and it is open for both boys and girls. Yoga has an important place in Indian culture and heritage. It has been incorporated in our lifestyles since ancient times. Yoga is an art of living for healthy life which establishes the relationship between mind and body. Yoga is the science of discipline that creates personality by making the all-round development of body, mind and self-power. Today, Yoga is attracting everyone for being healthy and staying fit. Therefore, yoga education is so much in demand now-a-days.

### Objectives

The aim of the Programme is to train the 'Yoga Learners' in sectors of Health and Education.

After completion of this Programme, a student would have -

- \*Basic knowledge on Human Anatomy and Physiology;
- \*Understanding of Principles and Philosophy of Yoga;
- \*Good knowledge of Preparations and Precautions for Yogic practices;
- \*Understanding of Concepts of Health, Hygiene, Diet and Yogic Culture;
- \*Learning of Applications of Integrated approach of Yoga;
- \*Ability to conduct yoga classes and
- \*Ability to train the learners.

### Eligibility Criteria

Any student who got admission in our institution in B.Ed, B.A.B.Ed. & Shiksha Shastrri course.

| Duration of the Course | Scheme of Study  | Instructional Strategy   |
|------------------------|--|--|
| • One Month            | • Theory - 30%<br>• Practical Training - 50 %<br>• Learners Portfolio - 20 % | • Face to face classes<br>• Hands on Experience<br>• Practical-Training Facilities<br>• Audio and video supported Material |

### Medium of Instruction

The medium of instruction will be both in English and Hindi.

### Scheme for Certification

Certificates will be provided to the learners completing the programme successfully.

Convener

Satish Kumar Tomar

*Principal*  
PRINCIPAL

Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, Jaipur



Rajasthan Shikshak  
Prashikshan Vidyapeeth

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Shahpura Bag, Amer  
Road Jaipur, Rajasthan




**RAJASTHAN SHIKSHAK PRASHIKSHAN VIDYAPEETH**  
SHAHPURA BAGH, AMER ROAD, JAIPUR-302002




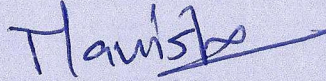
## Yoga and Mental Health Certification Course 2023-2024


### Certificate of Participation

This is to Certified that .....  
has successfully completed the thirty days *Yoga and Mental Health certification course*  
organised from *5<sup>th</sup> February to 5<sup>th</sup> March 2024* by Rajasthan Shikshak Prashikshan  
Vidyapeeth, Jaipur.

  
Dr. Rajkumar Joshi  
Secretary

  
Satish Kumar  
Convener

  
Dr. Manisha Sharma  
Principal

  
PRINCIPAL  
Rajasthan Shikshak Prashikshan Vidyapeeth  
Shahpura Bag, Amer Road, JAIPUR