

# V. P. R. P. T. P. Science College, Vallabh Vidyanagar

## Add-on Certificate Courses

**Course Title: SCIENCE AND SPIRITUALITY - 1(Value Added Course)**

**Coordinator : Dr. NAYANA BRAHMBHATT**

**Department: BIOLOGY**

**Duration: 30 Hours(Theory :15, Practical :15 hrs)**

### **COURSES CONTENT :**

1. Scientific importance of "OM" mantra.
2. Scientific importance of Meditation technique.
3. Importance of energy gain from solar power.
4. Importance of seven chakras of body.
5. Spiritual development through positive behavior.
6. Study of spiritual intuition.
7. Chemistry and spiritual science.
8. Physics and spiritual science.
9. Physical science and spirituality.
10. Basic knowledge of body layers and Aura.
11. Basic knowledge of Acupressure technique.
12. The power of word.
13. Signature science, its history and uses.
14. Benefits of Spiritual science study.

### **OUTCOME OF COURSE : Science and spirituality- Add-on 1**

- It helps students in increasing positive change in behaviors, Peace of mind, attitude, concentration, passion, accuracy, co-ordinations with others, Better performance and its gain a sense of self purpose.
- It gives better immunity and self healing power.
- It helps to have control over emotions, thus allowing to see situations with a clear and rational mind.
- The chanting of OM not only benefits the person but also help people around them, wherever its vibrations flow.
- It helps students in increasing knowledge of different alternate therapy & technique

Reference book:

- Mantra meditation by Thomas Ashley
- My journey from science to spirituality by Surendra Pal
- What is Spirituality by Brahm varehas.
- आध्यात्मिक यात्रा माया अर्थात् प्रकृत नृसिंह शर्मा - पराजित -