

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

Add-on Certificate Courses

Course Title: SCIENCE AND SPIRITUALITY - 2(Value Added Course)

Coordinator : Dr. NAYANA BRAHMBHATT

Department: BIOLOGY

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

COURSES CONTENT :

1. Science and Spirituality add-on 1 topics are continuous.
2. Importance of "OM" mantra and its continuous chanting.
3. "OM" mantra in different mantras effects on body.
4. How to develop positive way of thinking.
5. Details of Yoga, Dhyan, Pranayam, Acupressure, Mudra vigyan technique.
6. Human body and Universal realities.
7. Different holistic Scriptures.
8. Geeta with Kuran, Bible & other holistic Dharam granths.
9. Different Geeta Adhyay- with its importance.
10. Positive Attitudes, Aura and its effects.
11. Silence is strength.
12. Work shop on Science & Spirituality.

OUTCOME OF COURSE: Science and spirituality- Add-on 2

- **Add-on 1** It leads to profound enlightenment of the students
- The massive level of internal positive energy and a cleansed aura that comes from changing will be reflected externally with a sunny glow on your face and body.
- It helps students, When the OM mantra is chanted, the frequency of the vibrations is said to be 432Hz which happens to be the vibrational frequency of everything in the universe. This scientific finding is the justification of the saying 'in harmony with the being'.
- It helps students knowledge about our different holistic scriptures and its importance.
- It also benefits- by relaxing mind and body.

Reference book:

- Healing Mantra meditation by Thomas Ashley
- વાવત્ર ગુથાનુ તત્વદશન -પ્રા.સૂત્રકાન્ત વણ્ણવ (ડા).
- ગાતા પારચયર -
- ગાતાજાલરવાન્નનાથ ઢાગાર -
- ગાતા ભજવજીમહાષ અરાવઢ -