



**Centre for Human Values and Ethics**  
**GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY**  
Sector – 16 C Dwarka, New Delhi – 110078 (India)



**One month Online Certificate Course on Patanjali Yoga Sutras (PYS)**  
**For Research Scholars of USS**

The Centre of Human Values and Ethics will be conducting a One Month Course spread over approximately 4 weeks (12-sessions) on **Patanjali Yogasutra (PYS)** for the Research Scholars of GGSIPU from February 03, 2022 (Thursday), 11.00 am onwards.

The sessions will be conducted online by **Ms. Shweta Arya** who has done her Yoga Training & Certification, some of her qualifications are listed below:

She has qualified the 'Scheme for Voluntary Certification of Yoga Professional (QCI), she has completed the crash course on Understanding Sanskrit and Gita Chanting and has also done the Foundation Course in Yoga Sciences for Wellness from Morarji Desai National Institute of Yoga.

**About the Course:**

**The first session** will be a brief introduction to Indian Philosophy and some authoritative works presenting ethics and value education in different impressions. The background and a prelude to the text of Patanjali Yoga Sutra (PYS) would be then presented to better appreciate the succeeding content.

**Second session onwards** the focus would be on the first chapter of PYS (containing a total of 51 sutras or aphorisms). Hence, around 4-5 sutras would be covered in each of the following 11 sessions.

***Each sutra would be presented in a scientific light to better appreciate the practical message conveyed by them. This would enable the participants to apply them in the real world for an effective interpersonal growth.***

- The course classes will be conducted in online mode and twice a week i.e. on every Tuesday and Thursday
- Atleast 70% attendance is mandatory for the certificate
- There is no registration fee for the course

It is requested that this information may be widely circulated among the research scholars of your school for registration to the course

**For registration google link:** <https://forms.gle/EU6wUwn7c3hq5ghu9>

*Vaishali*  
28/01/2022  
(Prof. Vaishali Singh)

**Incharge- Centre for Human Values & Ethics**

Copy to:

1. All Deans – (with the request to inform all the Research Scholars of their respective School).
2. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor.
3. AR to Registrar for kind information of Registrar
4. Head UITS with the request to please upload on the University website.