

V.P.M.'s K. G. Joshi College of Arts &  
N. G. Bedekar College of Commerce,  
Thane, India  
WELCOMES  
Students From  
Kyoto- Sangyo University, Kyoto, Japan  
Cultural Exchange Programme  
(2013 – 2014)

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[Cultural Exchange Programme 2012-2013](#)

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**Kyoto-Sangyo University, Kyoto, Japan and  
VPM's K. G. Joshi College of Arts & N.G. Bedekar College of Commerce, Thane, India  
Cultural Exchange Programme  
Tentative Schedule of Students' Visit**

Date/Time	08.30-09.30	09.30-10.30	10.30-12.30	12.30-14.00	14.00-16.00	16.00-18.00
Monday 02/09/2013	<a href="#">Yoga and Pranayam 1</a>	Breakfast	<a href="#">Hindi Lessons 1</a>	Lunch	<a href="#">English Lessons 1</a>	<a href="#">Interaction at Arts/Commerce College, Thane</a>
Tuesday 03/09/2013	<a href="#">Yoga and Pranayam 2</a>	Breakfast	<a href="#">Hindi Lessons 2</a>	Lunch	<a href="#">English Lessons 2</a>	<a href="#">Interaction at Science College, Thane</a>
Wednesday 04/09/2013	<a href="#">Yoga and Pranayam 3</a>	Breakfast	<a href="#">Hindi Lessons 3</a>	Lunch	<a href="#">English Lessons 3</a>	<a href="#">Interaction at Law College, Thane</a>
Thursday 05/09/2013	<a href="#">Yoga and Pranayam 4</a>	Breakfast	<a href="#">Hindi Lessons 4</a>	Lunch	<a href="#">English Lessons 4</a>	<a href="#">Interaction at VPM's Polytechnic, Thane</a>
Friday 06/09/2013	<a href="#">Yoga and Pranayam 5</a>	Breakfast	<a href="#">Hindi Lessons 5</a>	Lunch	<a href="#">English Lessons 5</a>	<a href="#">Cultural Programme</a>
Saturday 07/09/2013	Breakfast and journey to Mumbai	<a href="#">Visit to Gateway of India</a>	<a href="#">Visit to Mani Bhavan</a>	Lunch	<a href="#">Visit to Nehru Centre</a>	Return journey from Mumbai to Thane
Sunday 08/09/2013	Breakfast and journey to Lonavala	<a href="#">Visit to Karla caves</a>	<a href="#">Visit to Karla caves</a>	Lunch	Return journey to Thane	<a href="#">Observing preparations to welcome Ganesh</a>
Monday 09/09/2013	<a href="#">Yoga and Pranayam 6</a>	Breakfast	Free for Social interaction	Lunch	<a href="#">Visits to Ganesh mandals</a>	<a href="#">Home Visits</a>
Tuesday 10/09/2013	<a href="#">Yoga and Pranayam 7</a>	Breakfast	<a href="#">Hindi Lessons 6</a>	Lunch	<a href="#">English Lessons 6</a>	<a href="#">Sports Event at Thane College: Basketball</a>
Wednesday 11/09/2013	<a href="#">Yoga and Pranayam 8</a>	Breakfast	<a href="#">Hindi Lessons 7</a>	Lunch	<a href="#">English Lessons 7</a>	<a href="#">Sports Event at Thane College: Cricket</a>
Thursday 12/09/2013	<a href="#">Yoga and Pranayam 9</a>	Breakfast	Lecture on Indian Business	Lunch	Lecture on Japanese Words from India	<a href="#">Shopping at Thane</a>
Friday 13/09/2013	<a href="#">Yoga and Pranayam 10</a>	Breakfast	<a href="#">Hindi Movie followed by Discussion</a>	Lunch	Disbursal of Certificates	Preparation for departure to the airport

# 10 days workshop for Kyoto Sangyo university students

DAY - 1: 02-09-2013(Monday)

8.30 a.m. to 9.30 a.m.

<b>Topic</b>	<b>Description</b>	<b>Time</b>
<a href="#"><u>Prayer</u></a> ( <i>importance</i> )	Beginning of Session with prayer	5 minutes
<a href="#"><u>What is Yoga?</u></a>	Brief introduction of yoga	5 minutes
<a href="#"><u>Vajrasan</u></a>	Basic meditative asana, Demo and practice	10 minutes
<a href="#"><u>Naman Mudra</u></a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs	15 minutes
<a href="#"><u>Deep breathing</u></a>	Practice deep breathing- helps concentration	5 minutes
<a href="#"><u>Bhadrasana</u></a>	Preparation for butterfly	5 minutes
<a href="#"><u>Butterfly</u></a>	Exercise for thighs	5 minutes
<a href="#"><u>Padmasana</u></a> ( <i>lotus pose</i> )	Meditative pose	5 minutes
<a href="#"><u>Kapalbhati</u></a>	Rhythmic Breathing exercise	10 minutes

**DAY – 2: 03-09-2013(Tuesday)****8.30 a.m. to 9.30 a.m.**

<b>Topic</b>	<b>Description</b>	<b>Time</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer	5 minutes
<a href="#">Diet</a>	Generally what one should eat? When to eat ? How and how much to eat ? What should be the state of mind while eating?	10 minutes
<a href="#">Vajrasan</a>	Basic meditative asana, Demo and practice	10 minutes
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs	15 minutes
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration	5 minutes
<a href="#">Bhadrasana</a>	Preparation for butterfly	5 minutes
<a href="#">Butterfly</a>	Exercise for thighs	5 minutes
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose	5 minutes
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise	10 minutes
<a href="#">Paschimottanasan</a>	A sitting posture beneficial in constipation problem and ladies Menstruation	10 minutes

**DAY - 3: 04-09-2013(Wednesday)****8.30 a.m. to 9.30 a.m.**

<b>Topic</b>	<b>Description</b>	<b>Time</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer	5 minutes
<a href="#">Jaldhauti</a>	A cleansing kriya (method) which cleans body inside. We always Clean our outside physical body but not inner body.	10 minutes
<a href="#">Vajrasan</a>	Basic meditative asana, Demo and practice	10 minutes
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs	15 minutes
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration	5 minutes
<a href="#">Bhadrasana</a>	Preparation for butterfly	5 minutes
<a href="#">Butterfly</a>	Exercise for thighs	5 minutes
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose	5 minutes
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise	
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.	
<a href="#">Pawanmuktasan</a>	Practice and rolling	
<a href="#">Ushtrasan</a>	Very effective posture for spine, neck, face, and thighs.	

**DAY - 4: 05-09-2013 (Thursday)****8.30 a.m. to 9.30 a.m.**

<b>Topic</b>	<b>Description</b>	<b>Time</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer	5 minutes
<a href="#">Omkar Meditation</a>	A beautiful meditation which helps in stress management.	10 minutes
<a href="#">Vajrasana</a>	Basic meditative asana, Demo and practice	10 minutes
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs	15 minutes
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration	5 minutes
<a href="#">Bhadrasana</a>	Preparation for butterfly	5 minutes
<a href="#">Butterfly</a>	Exercise for thighs	5 minutes
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose	5 minutes
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise	
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.	
<a href="#">Ardhamatsyendrasana</a>	Sitting posture useful in constipation and diabetes.	
<a href="#">Naukasana</a>	On stomach helps for flexibility of spine.	

**DAY – 5: 06-09-2013 (Friday)****8.30a.m. to 9.30 a.m.**

<b>Topic</b>	<b>Description</b>	<b>Time</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer	5 minutes
<a href="#">Omkar Meditation</a>	A beautiful meditation which helps in stress management.	10 minutes
<a href="#">Vajrasana</a>	Basic meditative asana, Demo and practice	10 minutes
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs	15 minutes
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration	5 minutes
<a href="#">Bhadrasana</a>	Preparation for butterfly	5 minutes
<a href="#">Butterfly</a>	Exercise for thighs	5 minutes
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose	5 minutes
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise	
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.	
<a href="#">Bhramari</a>	Humming Bee breathing	



**DAY - 6: 9-09-2013 (Monday)**

8.30 a.m. to 9.30 a.m.

*Wings of Freedom. (45 min. movie)*

Session starts with prayer

In a quiet spaces of our lives we often wonder, where did we come from? Where do we go after death? Who are we and why are we here? Meditating yogis realized that the answers lay within the depth of one's own consciousness unlocked by the key of breath and science of yoga.

A story of a Yogi, who is a living master of India. He went into meditation from the age of three. At the age of 27 he met BABAJI, the eternal yogi Christ in Himalayas. In Babaji's presence the yogi is transformed.

[http://www.visionmagazine.com/archives/1107/1107\\_feature\\_yogiraj.html](http://www.visionmagazine.com/archives/1107/1107_feature_yogiraj.html)

DAY - 7: 10-09-2013 (Tuesday)8.30 a.m. to 9.30 a.m.

<b>Topic</b>	<b>Description</b>	<b>Time</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer	5 minutes
<a href="#">Omkar Meditation</a>	A beautiful meditation which helps in stress management.	10 minutes
<a href="#">Vajrasan</a>	Basic meditative asana, Demo and practice	10 minutes
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs	15 minutes
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration	5 minutes
<a href="#">Bhadrasana</a>	Preparation for butterfly	5 minutes
<a href="#">Butterfly</a>	Exercise for thighs	5 minutes
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose	5 minutes
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise	
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.	
<a href="#">Bhramari</a>	Humming Bee breathing	
<a href="#">Halasan</a>	A posture sleeping on back. Effective for thyroid gland and for digestive system.	

Day – 8 : 11-09-2013(Wednesday)8.30 a.m. to 9.30 a.m.

<b>Topic</b>	<b>Description</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer
<a href="#">Omkar Meditation</a>	A beautiful meditation which helps in stress management.
<a href="#">Vajrasana</a>	Basic meditative asana, Demo and practice
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration
<a href="#">Bhadrasana</a>	Preparation for butterfly
<a href="#">Butterfly</a>	Exercise for thighs
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.
<a href="#">Bhramari</a>	Humming Bee breathing
<a href="#">Halasan</a>	a posture sleeping on back. Effective for thyroid gland and for digestive system.
<a href="#">Trataka</a>	Eye exercises
<a href="#">Sarvangasana</a>	Posture for whole body.
<a href="#">Bhujangasana and Dhanurasana</a>	Both are sleeping on stomach postures. Which Strengthens back and thigh muscles.

**DAY – 9: 12-09-2013(Thursday)****8.30 a.m. to 9.30 a.m.**

<b>Topic</b>	<b>Description</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer
<a href="#">Omkar Meditation</a>	A beautiful meditation which helps in stress management.
<a href="#">Vajrasan</a>	Basic meditative asana, Demo and practice
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration
<a href="#">Bhadrasana</a>	Preparation for butterfly
<a href="#">Butterfly</a>	Exercise for thighs
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.
<a href="#">Bhramari</a>	Humming Bee breathing
<a href="#">Halasan</a>	a posture sleeping on back. Effective for thyroid gland and for digestive system.
<a href="#">Trataka</a>	Eye exercises
<a href="#">Sarvangasana</a>	Posture for whole body.
Shavasana	Posture is lying like a dead body. A complete physical & mental relaxation which helps in Stress related diseases.

DAY – 10: 13-09-2013 (Friday)8.30 a.m. to 9.30 a.m.

<b>Topic</b>	<b>Description</b>
<a href="#">Prayer</a> ( <i>importance</i> )	Beginning of Session with prayer
<a href="#">Omkar Meditation</a>	A beautiful meditation which helps in stress management.
<a href="#">Vajrasan</a>	Basic meditative asana, Demo and practice
<a href="#">Naman Mudra</a>	Sitting in Vajrasana, ( <i>yoga mudra</i> ) 3 types, which benefits the internal stomach organs
<a href="#">Deep breathing</a>	Practice deep breathing- helps concentration
<a href="#">Bhadrasana</a>	Preparation for butterfly
<a href="#">Butterfly</a>	Exercise for thighs
<a href="#">Padmasana</a> ( <i>lotus pose</i> )	Meditative pose
<a href="#">Kapalbhati</a>	Rhythmic Breathing exercise
<a href="#">Ujjayi</a>	Breathing exercise which cleans our lungs by creating heat in our body. Good for vocal cord.
Revision & Doubts	

## Introduction to yoga

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Each one of us seeks happiness today. Our activities are directed towards happiness. Means we want to lessen the miseries and pain we try to seek happiness through the objects of enjoyment. We like to taste dishes, see movies, and listen to music, means we try to enjoy through our sense objects. But happiness can be gained without sense organs i.e. when we won the award, we get good marks, it is at psychological level. Therefore happiness is inner state of mind.

To seek more and more happiness & comfort human being invented so many great things which were seemed impossible once upon a time. Science and technology has changed our lives tremendously. But at the same time it has brought pollution. Polluted air, water, Vegetables, everything is polluted. Even our minds are polluted today. People have lot of money, but they need sleeping pills, laxatives and pain killers and tonics. Most of the diseases are lifestyle diseases. Science and technology cannot go exterior man. Science can help to produce more food but fail to assist digestion. We don't find solution for that. What is the way out of this vicious circle? We cannot go back to the caves. But our ancestors' have given us the beautiful way that is YOGA. Today Yoga is also polluted, it has not remained pure. Many selfish people are mixing yoga with other things.

### **What is yoga?**

Yoga is a Sanskrit word and derived from the root of Yuj, meaning union. The human or individual soul merges with universal soul through yoga.

Yoga can also described as a system or a technique, for increasing efficiency in our action. That which makes it possible to achieve anything including real needs of man is Yoga.

History says that yoga started with Lord Shiva. Yoga is very ancient. It has mentioned in Vedas and Upanishads, which were in the oral form earlier. Sage Patanjali compiled it and wrote the Yoga sutras. After that Sage Gorakshanath developed it.

Yoga covers all aspect of human life that leads to physical wellbeing , mental harmony and spiritual consciousness, culminating in positive & lasting happiness & peace through the integration of personality.

It is [Ashtang yoga](#), the eightfold path. They are Yam, Niyam, Asana, Pranayam, Pratyahaar, Dharana , Dhyana, Samadhi.

Yam & Niyam: Yoga advocates on daily practice on universal code of conduct.

Asana: It is a discipline of body. Adoption of steady and comfortable postures.

Pranayam : Regulation of breath.

Pratyahaar : Withdrawing the mind front sensory world.

Dharana: Fixing the mind on desired object.

Dhyan: Steady contemplation of the object without break.

Samadhi: mind's absorption in the object of contemplation. Complete absorption of the individual consciousness in the self.

<http://rajayogasutras.com/>

<http://www.ashtangayoga.info/source-texts/yoga-sutra-Pata%C3%B1jali/>

## **Diet (Ahara)**

'Ahara', one of the pillars of Yoga depicts the consumption habits. Food is a biological need for survival. Wherever one lives, one should eat the food that is grown natively. The customs and manners are created according to the food available there. One should always eat just for the objective of survival,. A person should eat a small meal every four hours. In between the meals, if one feels hungry, he/she should eat little otherwise the immunity becomes low. One should try to avoid water with food, can have a sip if needed, as the digestive juices in the mouth go into the stomach where the food loses the value. A person should never eat when disturbed, stressed or worried. If snacks are preferred, one may eat fruits, sprouts, and almond.. In evening, one should take light food so that the stomach gets rest at night. Drinking water before meals helps to lose weight and if one wants to gain weight, he may drink water after food. Food should contain six tastes for balancing of three doshas, according to Ayurveda,

The food is classified into three types, namely Sattvic, Rajasic and Tamasic.

**Sattvic food** is easily digestible. This natural energy giving food includes milk, milk products, fruits, dried fruits, vegetables of the season, cereals, sprouts, pulses, honey, jaggery, sugarcane, natural and unprocessed sugars and oils. Eating *Sattvic* food brings relaxation and a feeling of peace.

Though **Rajasic food** is essential for physically active people and is heavy to digest. This food is difficult to digest and leaves one in a distinguished state of mind. All non-vegetarian food, beans and pulses which are not sprouted hot spices, onions, garlic, unseasonal, vegetables and salt fall in this category. Non vegetarian food includes beans and pulses that are not sprouted, like hot spices, onions, and garlic.

**Tamasic foods** are the nerve stimulating ones. They are usually unnatural in state. Bakery products of refined flour, pastries, chocolates, soft drinks, tea, coffee, wines and liquors, tobacco, canned foods fall under 1 category. This type of food makes a person feel dull, lazy and lethargic.

The quantity of food taken is as important as its quality. Actually the size of our stomach is just a fist size. And how much we eat, most of the times two three fists. Most physical ailments are caused by unhealthy food habits. For example, acidity, migraine. Eat food as a duty, eat as much as will make you feel hungry after four hours. Chew the food well. It is said that one should chew it for 32 times. So the stomach should be half filled with food and  $\frac{1}{4}$  with water. The remaining  $\frac{1}{4}$  should be left empty for the proper movement of food and for the formation of gases. Water should be avoided during meals but must be taken half an hour before meal and one hour after meal

**Eat breakfast like a king:** Our biological rhythm is such that whatever we eat in the morning is absorbed and assimilated to the maximum. So morning should be full of nutrition. Low fat food or sweet food is recommended.

**Lunch like a prince:** Food taken during lunch should be easily digestible and low fat.

**Evening snacks:** Food of any taste whatever one likes can have at this time.

**Dinner like a pauper:** Dinner should be the lightest meal of the day—bland and low fat.

When food is eaten thus with one-pointedness, the assimilation and absorption of food is at its best. This is the ideal way to eat food.



**(Purification of body) Jaldhauti:**

Human body is made up of tridoshas such as gases(vat), acid(pitta), water(cough). They are necessary for our body in a proper proportion. But our wrong habits, pollution, unbalanced environment causes imbalance of these tridoshas. Many people have acidity problem today. Best solution for these problems is Jaldhuti. The washing up of the entire tract starting from the mouth to the digestive path at the beginning of the small intestines, that is mouth, esophagus, stomach etc are included in this process. One can wash one's mouth, but in the daily routine one cannot wash the esophagus or the stomach. The impurities residing there are carried along with the food particles and are mixed in some proportion with the blood. This has adverse effects on the body. This kriya need not be done everyday. It can be done for minimum 3 continuous days and maximum for one month.

**Contra indications:**

Persons having direct disease in the stomach like hernia, appendix, ulcer, pain in stomach, etc. should not do.

Person suffering from thyroid should not do.

One should not do during pregnancy and menses.

Jaldhuti should be done in empty stomach, early morning. Nails should be cut.

Process:

1. Take 2 liter lukewarm drinking water with little salt in it. Sit down and start drinking this water by glass. Keep on drinking water till stomach is full, and you cannot consume any more water. There is a nauseating feeling. You feel like vomiting.
2. Then go fast near to sink or in the bathroom, stand with 1 feet distance in the legs, bend down, insert the index finger and middle finger in the mouth touch the small tongue in the throat, the water in the stomach comes out with gushes.
3. Repeat the process and try to take out the whole water.
4. Then you are tired, so lie down and relax for 10-15 minutes.
5. Can eat any light food after half an hour.

Benefits:

1. Tridoshas are balanced. (According to ayurveda most of our diseases are because of imbalance of tridoshas.)
2. Works very good in piles, fisheries, indigestion, constipation.
3. Loose the weight.
4. Stomach and intestines are cleaned.

**This process should be done under the guidance of instructor strictly.**

See the site. [http://www.fitnessforworld.com/yoga/vaman\\_dhuti.htm](http://www.fitnessforworld.com/yoga/vaman_dhuti.htm)

## Prayer

Yoga is the science of experience. One has to experience this. Only continuous practice can give some experiences to the person. For that we should start with prayer.

The human soul, even though initiated in the spiritual path, cannot love an abstract power; and it is for this reason their physical presence as the Divine manifesting itself in human form. The Guru's physical body is just a receptacle of the mighty Divine, and as such worthy of the utmost devotion and reverence.

**Gurur Brahma Gurur Vishnuhu**

**Guru Devo Maheswaraha**

**Guru Saakshaat Parabrahma**

**Tasmai Sri Gurave Namaha**

गुरुर ब्रह्मा गुरुर विष्णु गुरु देवो महेश्वरः

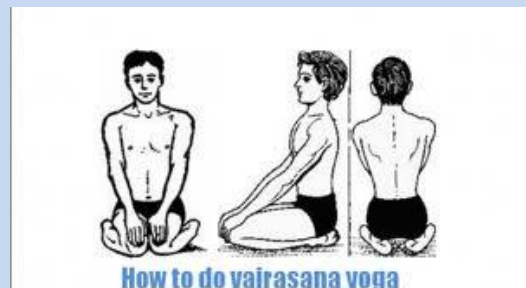
गुरु साक्षात परब्रह्म तस्मै श्री गुरवे नमः

The true meaning of **Guru** is "one who dispels darkness of ignorance". "**Gu**" means "darkness of ignorance" and "**Ru**" means "one who removes". Guru resembles the trinity Brahma, Vishnu and Shiva. Brahma is creator. Guru creates or inculcates knowledge in the minds of the students. Guru is Vishnu. Lord Vishnu maintains the creation. Similarly Guru helps in keeping up the knowledge. Guru is like Shiva. Shiva is the destroyer. Guru destroys or gets rid of the ignorance from the students' minds.

1. **For all the exercises, one has to sit on the clean cotton/woolen carpet.**

**Vajrasan:**

1. Fold the left leg in the knee and place the toe on the floor.
2. Fold the right leg in the knee and place the toe on the floor and join the two toes.
3. Sit on the pit formed by the parted heels.
4. Place the palms on the knees.

**Position**

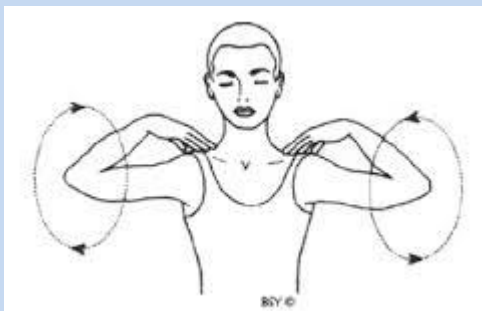
It is important to keep the spine, the neck and the head, upright in one straight line in this Asana. Keep the sight fixed at the level of the height. Don't have any pressure on the hands. The whole weight of the body be set on the spine. Continue smooth breathing, when the final position is attained.

**Benefits**

1. Good for digestion.
2. Upper part of the body gets more blood, which leads to the efficiency of the Internal organs in stomach.
3. Remedy for constipation.
4. Strengthen the leg muscles.

**Neck and shoulder Exercises:**

1. Sit straight in Vajrasan slowly rotate the neck towards right to touch the right shoulder, then leave the neck back and rotate to the left shoulder from back then bend the neck in front that chin touches the chest. These ways make a circle for 5 times from one side and 5 times from other side.
2. Hold neck tight. Chin close to the neck turn slowly to the left and then right. Do for 10 times.
3. keep hands on shoulder and rotate.



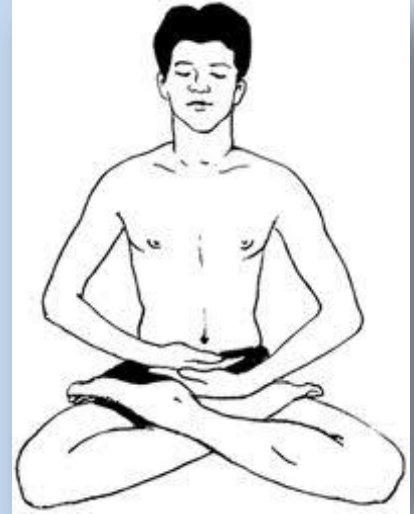
**Benefits:** Strengthens the neck.  
Solve the cervical problems.  
Release the shoulders.  
Neck problems are solved.

## **PADMASANA: (The Lotus Position)**

It is true meditation posture, which gives utmost mental concentration and equilibrium. The index represents the individual soul and the thumb represents the universe.

### Technique

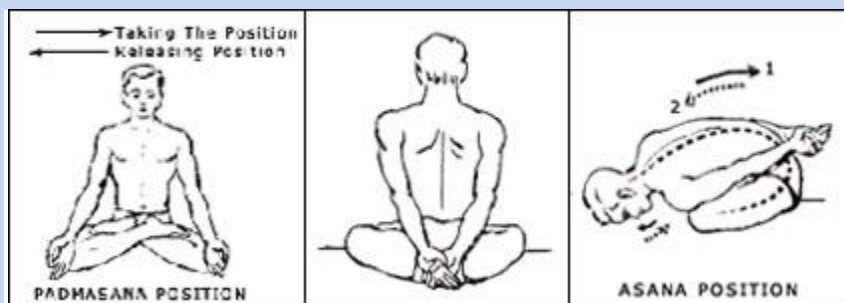
1. Be seated and stretch both the legs in front to ensure that the spine is straight and firm.
2. The left foot is to be placed on the right thigh and right foot on the left thigh. Ensure that the heels are pressed against the lower part of the abdomen. In case of difficulty, try to bring them to the nearest part of the abdomen.
3. Open the eyes slowly and gradually. Loosen the fingers of both the hands. Then slowly lift the right leg with help of hand and place the same on the floor in order to come back to original position.



### Benefits.

1. It helps to cure the stiffness of the knees and joints
2. Helps to reduce fat in the region of thigh.
3. It has good effect on the nervous system of the body.
4. Leg and body pain reduced.

## Naman Mudra



### Posture

This Asana is performed in Padmasana or Vajrasan Position.

1. Inhale and take both the hands back and keep the palms facing outside interlocking the thumbs. Keep both the hands straight.
2. Exhaling bend in the waist and rest the forehead on the floor. Speed of exhaling and going down should be the same. Relax. Keep normal breathing.

### Position

In this Asana one has to sit in Padmasana or Vajrasan and bend in the waist fully. In this process the abdomen gets folded and that is expected, too. Relax and normal breathing..

After some practice, while bending in the waist; keep the back bone straight to experience its nice results. After taking the position, try to relax the body.

### Releasing

1. Exhale and inhaling be straight in the waist.
2. Restore the hands on the knees

### Benefits

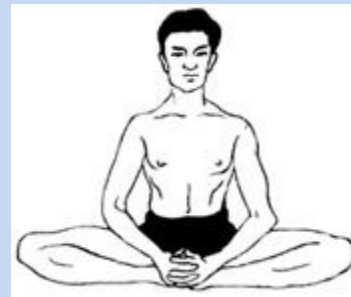
1. Abdomen gets pressed, improves the blood circulation in pelvis area.
2. Stomach walls and muscles are strengthened.
3. Remedy gyneac problems.

### Deep breathing

Can sit in any meditative posture Vajrasan or Padmasana. Close eyes slowly inhale fully into the stomach, stomach comes out. Exhale very slowly till the stomach goes in. Continue doing for 8-10 times.

## **Bhadrasan**

Sit on the mat with legs stretched out. Take legs closer to the body by folding in the knees, keeping the thighs touching the floor. Knees outward and soles of the feet together.



## **Butterfly:**

Move the legs from groin. Sitting in Bhadrasana.

### **Benefits:**

1. The unused or less used muscles of the thigh and the sex organs are exercised.
2. The outward bend of the knees aids extreme stretching of both superficial and deep muscles of the inner side of the thigh.



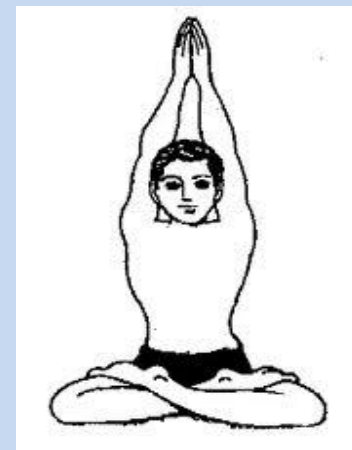
## **Parvatasan**

This is mountain pose. Easy technique of stretching.

Assume the lotus pose or padmasana. Slowly raise hands at full length upwards above the head and keep the palms pressed against each other. Now stretch upwards, keep the arms close to the ears. Head and back erect

### **Benefits:**

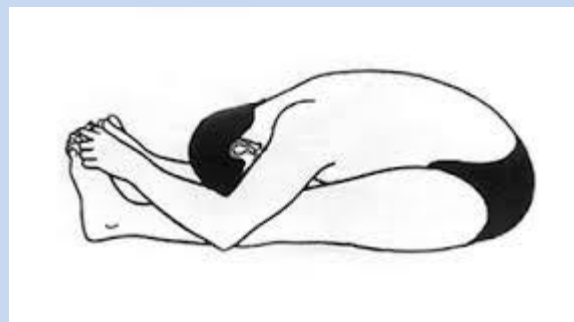
1. This posture helps us to keep our upper body slim.
2. To correct minor postural defects of spine.



## **Paschimottanasan – Forward Bend**

### **Pose**

1. Sit on the mat with the legs stretch. Keeping them firmly pressed against the floor.
2. Now stretch out the palms parallel to the legs, palms downward. Now exhale and reach out to the toes
3. While exhaling grab hold of the big toes of each feet with the corresponding hands.
4. Exhale out completely and fold forward keeping the back straight, try to rest the forehead on the knees. Continue to maintain the asana, breathing normally.
5. While releasing Exhale and while inhaling raise the head.
6. Release the hands and return to sitting position.



### **Benefits:**

1. This pose helps to open the hips, stretch the hamstrings, **calm the mind** and allow one to look within.  
**Relieves constipation**
2. Improving the process of **respiration** and the functions of the intra abdominal glands, especially the secretions.
3. Massages and tones the abdominal and pelvis region including all organs such as the liver, pancreas, kidneys, adrenals, spleen and intestines.
4. Improves the blood circulation in the back region and tones the spinal nerves.
5. Improves alignment of the vertebral column.
6. **Removes the fat** from the hips, the abdomen and thigh region.

### **Benefits for Women**

1. Useful for balancing the menstrual cycle and improving blood circulation and prana to the pelvic region
2. Relieves period pain

## Sleeping on back postures:

### Halasan

1. Lie on back on the floor with the arms resting on the respective sides, palms downward. Then raise both the legs together, slowly taking in the breath till are brought to right angle to the body.
2. Now with slow raise the hips lower the legs towards and beyond the head. As far as possible, legs together and stretched straight.
3. Try to touch the the floor beyond the head. Do Normal breathing. **Do not hold the breath.**
4. Keep toes pointing outward, and slide them away from head.
5. To come out of the posture, lift your feet up to a 45 degree angle, bring your palms flat on the floor and slowly bring your back, hips, legs and feet onto the floor paying attention to keep the head and shoulders on the floor. Relax on your back.



### **Benefits:**

1. Brings fresh blood to the throat and thyroid gland.
2. Locking of the chin massages the thyroid gland.

Extends the cervical section of the spine giving it a powerful stretch. Same to the rest of the spine as well as hamstrings and calves.

1. During the inhalation intense pressure is applied to the abdomen giving a good stimulation to the digestive system.
2. Opens up the shoulder joints.
3. Reduces lethargy, mental sluggishness and laziness.

From Paschimottanasan take your legs straight back, try to touch feet on the floor (halasan). Again come in sitting position repeat this 5 times. This is rolling. It strengthens the back and improves flexibility. **Paschimottanasan Halasan**

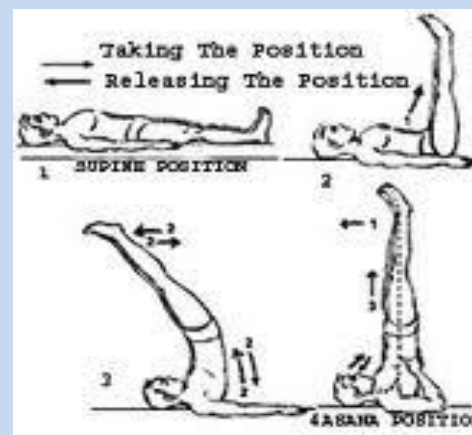
### Rolling



## Sarvangasana:

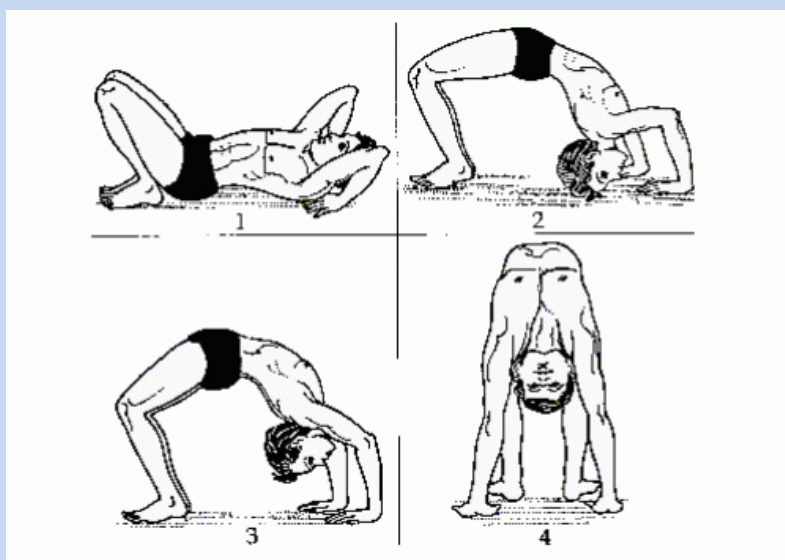
Sarvangasana is one of the best and most important asanas in Yoga. It has a huge amount of benefits which cover all the body systems.

1. Lie on the floor. Raise both the legs to a 90 degree angle from the floor.
2. Raise the waist and the hips from the floor and take the legs backwards over the head.
3. Raise the back and the legs up into a vertical position, placing the hands on the upper back for support. The chin should rest against the chest, creating the chin lock. Fix the eyesight on the toes and maintaining the asana, continue normal breathing.
4. One should concentrate on getting the legs, waist and the back in one straight line and making this line 90 degrees with the ground. In this asana the arms up to the elbows are placed on the floor,
5. To Release the asana position bend in the waist and lower the legs over the head, releasing the hands from the upper back.
6. slowly lower the back to the floor, keeping the legs at a 90 degree angle from the floor. Here lower the back very slowly, Exhaling slowly lower both legs back to the position.



## Benefits:

1. The Chin lock (Jalandhar Bandha) improves the function of the **thyroid, parathyroid and pituitary glands** due to the increase oxygen and blood. All of the other endocrine glands are regulated by the pituitary gland and so the overall function of the endocrine system is improved. This results in the improved functioning of all other systems of the body and the **reduction of emotional and mental stress**
2. Stagnant blood from the lower regions of the body, i.e. legs and abdomen is drained to the heart thereby improving the supply of fresh blood to these parts and the whole circulatory system. **Blood supply to the head area i.e. brain,**



**eyes, ears, nose and throat is improved** thereby improving their functioning. Therefore all of the pelvic and abdominal area circulation, ear, throat and nose ailments are improved.

3. Prevents and cures varicose veins.
4. **Detoxification** of the body due to improved efficiency of the organs of the body which leads to youthfulness and **anti-ageing** effects
5. Due to the increased blood flow to the head the mind is tranquilized, stress and psychological disturbances are removed.
6. It balances the parathyroid glands which ensures regeneration and normal **development of the bones**.
7. The nerves passing through the neck are toned and the neck flexibility is increased.
8. **The digestive system** is greatly improved due to the increase in blood circulation and drainage of stagnant blood.
9. Sarvangasana has all the benefits of Shirshasana but is safer and easier to perform.

### **Chakrasana: Wheel shape**

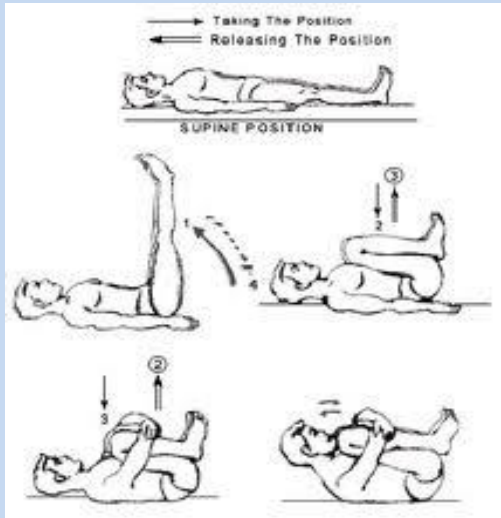
1. First of all lie down comfortably on your back in Shavasana Pose.
2. Now bend your knees completely until feet touches your buttocks.
3. Now bend your arms at elbows over the head and place palms just under the shoulders on floor such that fingers are pointing towards your back.
4. While inhaling gradually raise your hands, chest, stomach, and waist by arching the spine. Continue pressing the ground and by feet and hands.
5. Then try to raise your body high as much as possible.
6. If you feel comfortable with this pose then try to bring your hands and feet as closer as possible to make a wheel type shape.

#### **Benefits:**

1. Spine becomes **flexible**.
2. Tones up muscles and abdomen.
3. Cure constipation and improves **digestion**.

**Pawanmuktasana:**

1. Lie on the floor. Legs together hands by the side of your body.
2. Bend your left leg and grip it with both the hands.



3. Interlock your fingers and press your thigh against the abdomen.
4. Breathe deeply (at least five breaths).
5. Come back to Shavasana.
6. Now repeat the same process on right side Then with both the legs, pressing your thighs hard against the abdomen.
7. Breathe deeply (at least five breaths).
8. Come back, straighten your legs and relax

**Benefits :**

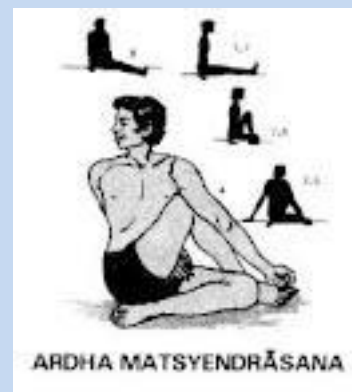
1. Pawanmuktasan relieves chronic **constipation**, increases digestive power, helps in relieving **gaseous** accumulation and also strengthens the lower spine.
2. Removes the fat on stomach and waist.

## Sitting postures

### Ardha Matsyendrasan

#### Technique :-

1. Sit extending both the legs together in front, hands by the side, palms resting on the ground. Fingers should remain together pointing forward.
2. Fold the right leg at knee. Slowly fold the right knee
3. Now folding the left leg, bringing it from above the right knee, places it by its side on the ground. The knee of the left leg should remain towards sky.
4. Now bring the right hand on the left side of the left knee. The left knee should remain at the left side of the right armpit.
5. Now straighten the right hand and hold the toe or ankle of the left leg.
6. Twisting the body to the left side, look backwards, place the left hand bringing it from the back on the right thigh. Gaze should be towards back.
7. While returning to the original position first release the hand from the thigh and turn head forward.
8. Now bring the back to normal position after loosening the right hand.
9. Bring the left leg in original position.
10. Now bring the right leg also original position.
11. Repeat it similarly

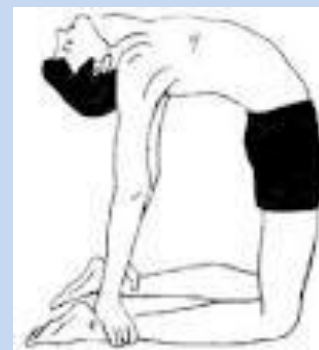


#### Benefits:

1. It is very much useful in **constipation**.
2. This Asana improves liver efficiency and removes debility of **kidney**.
3. It is very useful in **diabetes**.
4. It is very beneficial for the muscles of **shoulder and back**.

## Ushtrasana (camel pose)

1. Sit in vajrasan.
2. Proceed to hold heels with hands and press the heels using your palms.
3. lift your posterior above the heels and get up on knees and toes.
4. Then, pull shoulders back and press your hips forward.
5. lift your chest and slightly bend the head and trunk backwards as far as you can, to curve your spine backwards.
6. While keeping your arms straight, turn your face towards the roof.
7. Turn your feet upside down and keep the toes and upper portion of your feet parallel on the floor.
8. Then hold both ankles with corresponding hands and proceed to bend your back further on arms while making a curvature of body.
9. Remain in this position breathing in rhythmically and deeply till you feel strained.
10. release your hands and get back to the kneeling posture.
11. Then resume the sitting pose between heels after which proceed with the original sitting pose.



### Benefits

This yoga asana is mainly for **toning nerves and muscles** attached to entire spine beside muscles of face, neck, trunk, and thighs.

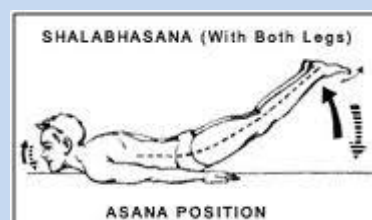
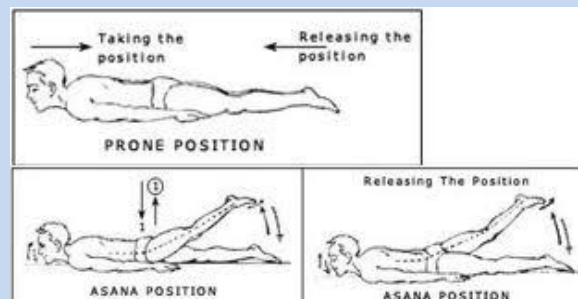
1. Improving the flexibility of **diaphragm**.
2. Expansion of lungs to maximum capacity and **development of ribcage**.
3. Extension of spine makes them more flexible, particularly the lumbar region.
4. Helps activate respiratory system, thereby; Ushtrasana is beneficial for people suffering from **asthma**.
5. Removes the pain in neck and shoulders and spine.

[http://www.youtube.com/watch?v=u\\_GfpqA5-wE](http://www.youtube.com/watch?v=u_GfpqA5-wE)

## Sleeping on stomach

### Shalabhasana:

1. Lie on the stomach with legs together and chin on the floor. Hands beside the body, palms on the floor.
2. Try to lift left leg without bending in the knees as far as possible. Hold it there for 10 counts. Then slowly bring down.
3. Repeat it for right leg.
4. Again repeat it with both the legs together.



***Breathing normal all the time.***

### **Benefits:**

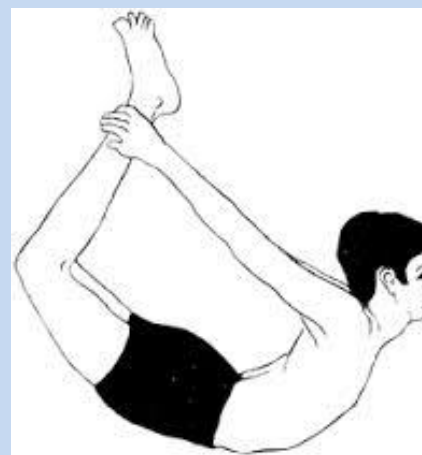
Strengthens the abdominal muscles, thighs and legs.

Tones up abdominal organs.

Improves the digestion

### Dhanurasana

1. Lie down on a mat, on your stomach.
2. Hold your ankles firmly with hands.
3. Exhale & inhaling pull the legs upward with the hands, allow the body to be stretched in a curve, Simultaneously, lift your head, shoulders and chest from the floor. push the neck backwards.
4. Look up.
5. Your body would be in the shape of a bow, with only your stomach and pelvic area resting on the floor. The entire weight of your body would essentially be concentrated on your navel area.



**Advanced** : Rock yourself back and forth gently while holding on to your ankles.

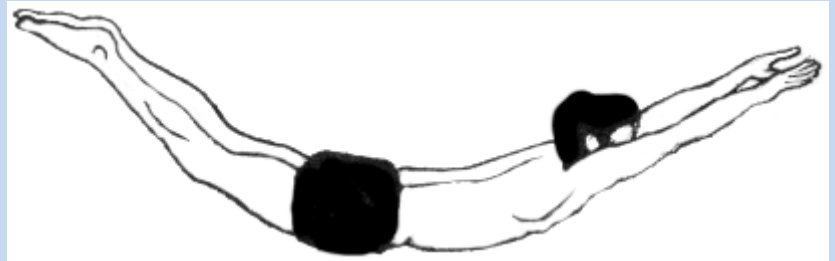
### **Benefits**

This asana has numerous benefits. It is a combination of two asanas (Bhujangasana - the cobra pose, in which only the front of the torso is raised, and the Shalabhasana or the grasshopper asana, in which the legs are raised).

1. Strengthens kidneys
2. Strengthens back muscles
3. Strengthens thigh muscles

## Naukasana: Boat shape

1. Lie on the stomach and chest with forehead resting Naukasana on the mat.
2. Keep the feet together and arms on the sides.
3. Stretch out the arms above the head and keep them parallel, palms down and fingers closed.
4. Inhaling raise the arms, neck, shoulders, chest and legs altogether, without bending knees, elbows and without any jerk.
5. Breath normally. Balance the body.
6. Bring all the body parts down slowly.

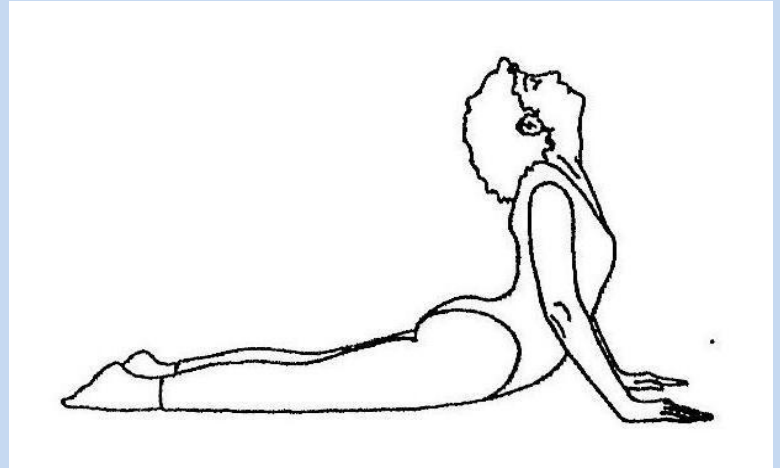


### Benefits:

1. Bends the middle of the spine and makes it flexible.
2. Liver, stomach, pancreas are getting nice stretch.
3. It strengthens the pelvic region, hips, thighs, knees, calves, feet and arms.
4. Beneficial for kidneys and diabetics.

**Bhujangasan:**

1. Lie down on the mat on stomach, keeping hands alongside the body and touching the forehead on the mat.
2. Put hands beside the chest such that palm facing in downward direction and elbows point upwards.
3. Stretch the legs well on the mat keeping the toes and heels touching each other and facing outwards
4. Inhale and raise the upper part of the body steadily from head to navel while pressing down the hands
5. Make sure that the lower part of the body from navel to toes rest on the mat. Do Deep breathing.
6. Now exhale steadily and slowly return to the face down position
7. First trunk, navel area, chest, shoulders, chin and finally forehead
8. Relax and rest for few seconds and repeat the steps

**Benefits**

1. Bhujangasana benefits you for **stimulating endocrine system**.
2. It increases **Spine flexibility**.
3. Practicing Bhujangasana steps makes back muscles fit & fine.
4. It toughens abdominal muscles.
5. Bhujangasana benefits for overcoming **spinal disc problems** including slip disk cervical spondylosis.
6. Very useful for the people who has **sitting jobs**
7. Useful in back pain due to heavy workload, or catch in the back



## Standing postures

### Tadasana:



1. Stand straight with one feet distance in your feet.
2. Try to stand still, hands beside the body.
3. Lift up slowly both the hands, Stretch arms up, they should be close to your ears.
4. At the same time lift the heels and stand on the toes.
5. Hold both the hands above the head. Stretch the whole body up.
6. Now you can walk straight without folding the knees.
7. Breathing is normal.
8. While coming back bring down the heels and hands at the normal position.

#### **Benefits:**

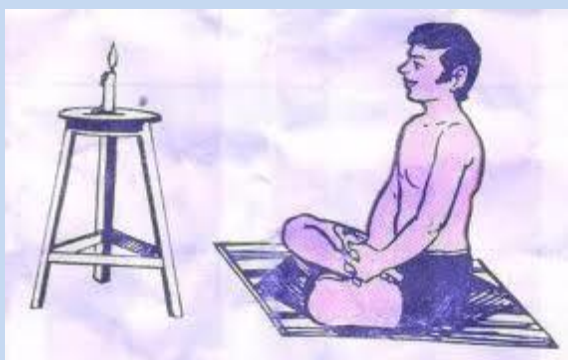
1. Whole body muscles are stretched and become flexible.
2. One feels **energetic**.
3. Improves **blood circulation** of all the joints.
4. Good in **varicose veins** problem.
5. Helps to increase **height**.

***Note: All the above asans should be learned from the instructor. If done wrongly may cause a problem. One can hold the postures from 15 seconds to 3 minutes according to the capacity of the individual. Breath should not be held in any position, normal breathing should always continue.***

## Trataka (Eye Exercises)

Trāṭaka is the practice of staring at some external object. This fixed gazing is a method of [meditation](#) which involves concentrating on a single point such as a small object, black dot or candle flame. It is used in [yoga](#) as a way of developing concentration, strengthening the eyes, and stimulating the ājñā chakra.

Trataka is of two kinds: internal and external. Internal trataka is called dharana or concentration because in this practice the eyes are closed and the mind concentrated upon some subtle element within. External trataka means fixing the eyes on some object outside. Trataka on any object can be performed during the day or night. In this practice one has to take into account the object, the place and the time. What is the object on which the eyes are to be fixed? Where is the object to be placed? At what time should it be practised?



### External :

1. Sit in any meditative pose. Spine erect. Try to gaze the tip of the nose. When tired just close the eyes and relax.
2. In the same pose, try to gaze between the eyebrows.
3. Trataka is gazing anything outside.
4. This can be a candle light also. But one has to be careful while doing trataka on light. Because it has to be followed by JALNETI. Otherwise it will trouble a person.
5. Keep the thumb of the right hand in front of the eyes, approximately one feet away from eyes. Move the hand to your right slowly and observe it. So that your eyeballs are moving right side. Same way has to be followed for the left side.
6. Object or light should be placed at the level of eyes is also important.



### Internal Trataka :

Sit in meditative pose. Close eyes. And try to see the light by the closed eyes.

<http://www.yogamag.net/archives/2005/cmar05/tratak.shtml>

<http://wiselivingyoga.blogspot.in/2010/11/behind-beyond-concentration.html>

K.G.Joshi Colleg of Arts & N.G. Bedekar College of Commerce, Thane

## **KAPALBHATI**

Kapalbhathi is a cleansing exercise. It is a breathing exercise. Therefore has to be done in a meditative posture, preferably in padmasana. Hands rest on the thighs. This is rhythmic breathing and fast breathing. Now close the eyes, exhale forcefully, inhale very little and start the exhale-inhale. In this exhaling is forceful and inhale is natural. Keep doing this till you feel tired and then hold the breath outside, after some time breath in whenever you feel like and then exhale slowly and rest.

This can be done maximum for one minute not more than that at a time. three rounds of one minute can be done. If done wrongly or for a longer time then it may affect adversely. One has to be very careful doing **this kriya. Should not be done by watching videos or reading.**

### **Benefits**

1. Kapalabhati cleanses the lungs and entire respiratory system. So lungs are strengthened.
2. The blood is purified and body gets an increased supply of oxygen to all cells.
3. Digestion is improved.
4. Abdominal muscles are strengthened.
5. Prepare the mind for meditation.
6. Energies the mind for mental work.
7. More oxygen is taken in and carbon di-oxide thrown out.
8. beneficial in sinus, cough, and all **respiratory diseases**

### **Kapalbhathi should not be practice by those**

- a) Suffering from heart disease
- b) High blood pressure
- c) Hernia
- d) Should never be practiced when an asthmatic attack is in progress.
- e) If pain or dizziness is experienced, it is preferable to stop the practice till the sensation has passed. Practiced can be restarted with less force.

## **Ujjayi pranayama**

This is also done in padmasana. Ujjayi is practiced while breathing through the nose but narrowing the throat thus producing a slight hissing sound (it may also be compared to a light snoring sound or the sound of an ocean wave). This sound is a result of friction of the incoming or outgoing air at the base of the throat and not from friction in the nostrils. Let that sound become your teacher. Listen to the tone of that voice as you inhale and exhale, and make that tone as even and smooth as you can, without any catches or wavering and without any change in pitch. The sound should be soft and gentle and only you should be able to hear its sound. Listening to the voice of ujjayi pranayama will give you greater sensitivity and control over breath.

### **Benefits:**

1. Friction in throat generates heat in your body.
2. This practice is used in yoga therapy to soothe the nervous system and calm the mind.
3. It has a profoundly relaxing effect at the psychic level. It helps to relieve insomnia and may be practiced in shavasana just before sleep.
4. The basic form slows down the heart rate and is useful for people with high blood pressure.
5. It reduces the cholesterol level.

[http://www.ehow.com/video\\_2351134\\_ujjayi-breathing-demo.html](http://www.ehow.com/video_2351134_ujjayi-breathing-demo.html)

## OMKAR (AUM)

<http://www.slideshare.net/ulhasw/the-science-of-yoga-omkar-sadhana>

[http://www.divyajivan.org/Yoga\\_Book/chapter\\_1.pdf](http://www.divyajivan.org/Yoga_Book/chapter_1.pdf)

The syllable AUM is made up of three letters: A, U & M. Why is the chanting of AUM considered important for spiritual upliftment? Different people have analysed the importance of this word in different ways. Pantajali has given his own explanation about importance of AUM.

If we look at it scientifically, the utterance of syllable AUM exhausts the entire spectrum of sound waves that can possibly be produced. The sound of the letter A is produced from the throat in which back of the tongue, the palate & the teeth producing a Guttural sound. Sound of the letter U is produced by narrowing the lips rendering the labial sound. And the sound of letter M is the nasal sound...When these sounds are produced all together; they exhaust all the possibilities of the spectrum of phonetic efforts. AUM is the only word which includes the entire spectrum. Hence, the importance of this word.

The word AUM and the chanting of the same can be appreciated without any religious connotation. It is a universal term. In Christianity, the word AMEN is uttered after prayers; similarly Muslims utter the word AAMIN. 'Salaam' in Urdu and SHALOM in Hebrew come very close to AUM. Thus we can see that the importance of AUM phonetically was recognized by almost all the cultures in the world. AUM thus transcends all religions and has gained universal acceptance in different manifestations similar to it.

AUM or the Shabdha is the first sound and forms the source of the whole universe. The Big Bang theory also comes close to this conception when we understand that the world / universe was created with a Bang (shabdha).

The vibration of **A** is associated with [Muladhara](#) & [Swadhishtana](#) chakras, vibration of **U** is associated with Manipura & Anahata chakras and vibration of M is associated with the [Vishuddhi](#) & [Ajna](#) Chakras. Each chakra has certain number of petals. Recognition of this fact helps in chanting of the AUM differently laying emphasis on different syllables.

AUM can be chanted in three different ways:

1. Sound O is produced for the longer time & M is for the short time at the end. The first 2 chakras are activated and one feels energised & charged up. Hence it should be chanted in this manner in the morning before going to work. It helps in one's engagement in the empirical world.
2. When O is produced for short time & M for the longer, it activates the last two chakras & one feels peace & tranquillity. It is for spiritual upliftment. Hence, it should be chanted in this manner before sleeping or before meditational practises.
3. At all other times ideally AUM should be chanted with  $1/3^{\text{rd}}$  of the duration for O &  $2/3^{\text{rd}}$  for M.

The best time for OM chanting is early morning before sunrise, noon, just before sunset & at midnight. This is the time because at this time both our nadis are open & balanced. At other times any one of the nadis is predominantly active.

Modern science is also reaching the conclusion that at the core of so-called concrete substances there is only a wave. A wave is a vibration. Thus, the Sankhyan concept of shabdha or a wave giving rise to all elements is attested by the findings of modern science.

Gayatri is mantra as well as prayer. In prayer we are asking for some grace & mantra is for protection.

<http://www.youtube.com/watch?v=DvYT5a3YzUg>

<https://sites.google.com/site/gayatrimantrameditation/scienceandbenefitsofgayatrimantra>

Japa is not just mechanical repetition, but rotation of consciousness around the syllables. When we do mantra japa, it goes on rotating in your mind for some time even after we stop chanting

**Omkar chanting benefits in problems like Blood pressure, Diabetes, No sleep.**

<http://www.youtube.com/watch?feature=endscreen&NR=1&v=LoposfuFdfU>

<http://www.youtube.com/watch?NR=1&feature=endscreen&v=2vbHJEIut1U>

<http://yoga108.org/pages/show/130-introduction-to-chakras-introduction-to-the-7-main-chakras>

## Bhramari pranayama:

Bhramari (Bee Breath) is a very effective pranayama (breathing exercise) for meditation. Performing this breathing exercise helps to induce a calming effect on the mind almost immediately. Practicing Bhramari pranayama benefits in reducing high blood pressure, fatigue, and mental stress. Also practicing this pranayama for ear, nose, mouth, and eye problems can have a positive effect

<http://www.youtube.com/watch?v=4Nn92rFtW9k>

<http://www.yogawiz.com/articles/83/yoga-breathing-pranayama/brahmari.html#continued>

## Glossary

Guru: Teacher/Mentor

Brahma : God of universe

Purak: Inhale : Breathe in

Rechak :Exhale Breathe out

Spine : Backbone.

Ahara: Diet

Jalandhar Bandh:

Ayurveda: is a system of traditional medicine native to the Indian subcontinent and a form of alternative medicine

Tridoshas : Three impurities of body.

Shbda:word

## Referance books

Patanjali yogasutras

Light on the Yogasutras of Patanjali

Hathayoga pradipika.

<http://www.ndtv.com/video/player/yoga-city/yoga-for-strong-abs/251197>

<http://www.ndtv.com/video/player/yogasutra/yoga-to-cure-obesity/215533>

<http://www.ndtv.com/video/player/news/fromndtv/223789>

Index

**Kyoto-Sangyo University, Kyoto, Japan and  
VPM's K. G. Joshi College of Arts & N.G. Bedekar College of Commerce, Thane, India  
Cultural Exchange Programme**

**Tentative Schedule of Students' Visit**

Date/Time	08.30-09.30	09.30-10.30	10.30-12.30	12.30-14.00	14.00-16.00	16.00-18.00
Monday 02/09/2013	<a href="#">Yoga and Pranayam 1</a>	Breakfast	<a href="#">Hindi Lessons 1</a>	Lunch	<a href="#">English Lessons 1</a>	<a href="#">Interaction at Arts/Commerce College, Thane</a>
Tuesday 03/09/2013	<a href="#">Yoga and Pranayam 2</a>	Breakfast	<a href="#">Hindi Lessons 2</a>	Lunch	<a href="#">English Lessons 2</a>	<a href="#">Interaction at Science College, Thane</a>
Wednesday 04/09/2013	<a href="#">Yoga and Pranayam 3</a>	Breakfast	<a href="#">Hindi Lessons 3</a>	Lunch	<a href="#">English Lessons 3</a>	<a href="#">Interaction at Law College, Thane</a>
Thursday 05/09/2013	<a href="#">Yoga and Pranayam 4</a>	Breakfast	<a href="#">Hindi Lessons 4</a>	Lunch	<a href="#">English Lessons 4</a>	<a href="#">Interaction at VPM's Polytechnic, Thane</a>
Friday 06/09/2013	<a href="#">Yoga and Pranayam 5</a>	Breakfast	<a href="#">Hindi Lessons 5</a>	Lunch	<a href="#">English Lessons 5</a>	<a href="#">Cultural Programme</a>
Saturday 07/09/2013	Breakfast and journey to Mumbai	<a href="#">Visit to Gateway of India</a>	<a href="#">Visit to Mani Bhavan</a>	Lunch	<a href="#">Visit to Nehru Centre</a>	Return journey from Mumbai to Thane
Sunday 08/09/2013	Breakfast and journey to Lonavala	<a href="#">Visit to Karla caves</a>	<a href="#">Visit to Karla caves</a>	Lunch	Return journey to Thane	<a href="#">Observing preparations to welcome Ganesh</a>
Monday 09/09/2013	<a href="#">Yoga and Pranayam 6</a>	Breakfast	Free for Social interaction	Lunch	<a href="#">Visits to Ganesh mandals</a>	<a href="#">Home Visits</a>
Tuesday 10/09/2013	<a href="#">Yoga and Pranayam 7</a>	Breakfast	<a href="#">Hindi Lessons 6</a>	Lunch	<a href="#">English Lessons 6</a>	<a href="#">Sports Event at Thane College: Basketball</a>
Wednesday 11/09/2013	<a href="#">Yoga and Pranayam 8</a>	Breakfast	<a href="#">Hindi Lessons 7</a>	Lunch	<a href="#">English Lessons 7</a>	<a href="#">Sports Event at Thane College: Cricket</a>
Thursday 12/09/2013	<a href="#">Yoga and Pranayam 9</a>	Breakfast	Lecture on Indian Business	Lunch	Lecture on Japanese Words from India	<a href="#">Shopping at Thane</a>
Friday 13/09/2013	<a href="#">Yoga and Pranayam 10</a>	Breakfast	<a href="#">Hindi Movie followed by Discussion</a>	Lunch	Disbursal of Certificates	Preparation for departure to the airport



दिन पहला

सोमवार दि २ सितंबर २०१३

स्थान : रूम नं २८

समय : १०:३० से ११:३०

विषय : वर्ण विचार

समय : ११:३० से १२:३०

विषय : संज्ञा – सर्वनाम

दिन दूसरा

मंगलवार दि ३ सितंबर २०१३

स्थान : रूम नं २८

समय : १०:३० से ११:३०

विषय : स्वर

समय : ११: ३० से १२:३०

विषय : लिंग एवं क्रिया

दिन तीसरा

बुधवार दि ४ सितम्बर २०१३

स्थान : रूम नं २८

समय : १०:३० से ११:३०

विषय : व्यंजन

समय : ११:३० से १२:३०

विषय : संभाषण

दिन चौथा

गुरुवार दि ५ सितम्बर २०१३

स्थान : रूम नं २८

समय : १०:३० से ११:३०

विषय : काल

समय: ११:३० से १२:३०

विषय : तीज त्योहार १

### दिन पाँचवाँ

शुक्रवार दि ६ सितम्बर २०१३

स्थान : रूम नं २८

समय : १०:३० से ११:३०

विषय : साहित्यकारों का परिचय

समय : ११:३० से १२:३०

विषय : तीज त्योहार - २

### दिन छठवाँ

मंगलवार दि १० सितम्बर २०१३

स्थान : रूम नं २८

समय : १०:३० से ११:३०

विषय : वाक्य रचना १

समय : ११:३० से १२:३०

विषय : कबीर -

## दिन सातवाँ

बुधवार दि ११ सितम्बर २०१३

स्थान : रूम नं २८

समय १०:३० से ११:३०

विषय : [वाक्य रचना - २](#)

समय:११:३० से १२:३०

विषय : [पौराणिक कथाएँ](#)

## दिन आठवाँ

शुक्रवार दि १३ सितंबर २०१३

स्थान : पाणिनि

समय १०:३० से १२:३०

हिन्दी फिल्म : [आवारा](#)

राजकपूर द्वारा निर्मित

तिथि – २ सितंबर २०१३, सोमवार	समय – १०:३० से ११:३०
विषय : वर्ण विचार	

### ध्वनि और वर्ण

ध्वनि के बिना भाषा की कल्पना ही नहीं की जा सकती। ध्वनि भाषा की आधारशिला है। ध्वनि जब सार्थक हो जाती है तब भाषा कहलाती है ।

ध्वनि के लिखित रूप को वर्ण, लिपि अथवा ध्वनि चिन्ह कहते हैं । वर्ण को अक्षर भी कहते हैं ।

#### वर्ण का स्वरूप

मूल ध्वनियाँ ही लिखित रूप में अक्षर कहलाती हैं।

‘शब्दानुशासन’ के अनुसार ‘वर्ण वह छोटी सी छोटी ध्वनि है जो कान का विषय है और जिसके टुकड़े नहीं किए जा सकते।

<https://www.youtube.com/watch?v=DiaYDK2QNJ4>

तिथि – २ सितंबर २०१३, सोमवार	समय – ११.३० से १२.३०
विषय: संज्ञा (Noun) सर्वनाम (Pronoun)	

### संज्ञा (Noun)

किसी भी नई भाषा को समझने से पहले उस भाषा के शब्दों को सुनना, जानना और समझना जरूरी है। हम नई भाषा के शब्दों को सुन तो लेते हैं परंतु उसका अर्थज्ञान न होने पर सुने हुए शब्द कोरे शब्द ही रह जाते हैं और जब उन्हीं शब्दों का अर्थ ज्ञान होने लगता है तो उनका उचित प्रयोग करके नई भाषा को आसानी से सीख पाते हैं। किसी भी परिवार का छोटा सा बालक भी माँ, बाबा, पापा, नाना जैसे शब्दों से भाषा को सीखता है। इन्हीं शब्दों को वह आगे चलकर संज्ञा और सर्वनाम के रूप में सीख कर भाषा की नींव को पुख्ता बनाता है। प्रत्येक भाषा की अपनी विशेषता होती है अतः हिन्दी को सीखने के लिए संज्ञा शब्दों के साथ सर्वनामों को भी समझ लेना आवश्यक है।

- संज्ञा – नाम बताने वाले शब्द। जिस शब्द से किसी नाम का बोध होता है, उसे संज्ञा कहते हैं।
- संज्ञा की परिभाषा – “जिस शब्द से किसी वस्तु, व्यक्ति या स्थान के नाम का बोध होता हो उसे संज्ञा कहते हैं।”

#### उदाहरण :-

वस्तु – कुर्सी, मेज, कलम, पुस्तक, कम्प्यूटर, मोबाईल फोन, पंखा, रेलगाडी, रोटी इत्यादि।

भाव – दर्द, थकावट, खुशी, गर्मी, आजादी इत्यादि।

व्यक्ति – दीपक, विजया, कमल, मदन, रमेश इत्यादि।

स्थान – दिल्ली, मुंबई, काशी, इलाहाबाद, कश्मीर, शिमला इत्यादि।

पशु-पक्षी – मोर, मकड़ी, मकखी, अजगर, बकरी, गाय, बिच्छु, साप, शेर, बाघ, हाथी इत्यादि।

• संज्ञा शब्दों के लक्षण :-

प्राणिवाचक संज्ञा शब्द – बच्चा, गाय, चिडिया, आदमी इत्यादि।

अप्राणिवाचक संज्ञा शब्द – किताब, मकान, पर्वत इत्यादि।

जिन संज्ञा शब्दों की गिनती की जा सकती है –

केला, लडके, पुस्तक, कलम इत्यादि।

जिन संज्ञा शब्दों को गिना नहीं जा सकता –

दूध, पानी, हवा, प्रेम, क्रोध इत्यादि।

• संज्ञा के भेद –

१) व्यक्तिवाचक संज्ञा – जिस संज्ञा से किसी विशेष व्यक्ति, प्राणी, वस्तु अथवा स्थान का बोध हो।

उदाहरण – अमिताभ बच्चन (व्यक्ति-विशेष)

कामधेनु (गाय-विशेष)

गंगा (नदी – विशेष)

भारत (देश-विशेष)

२) जातिवाचक संज्ञा – जिस संज्ञा से जाति, वर्ग या समूह का बोध हो।

उदाहरण – मनुष्य, गाय, नदी, पर्वत, देश इत्यादि।

३) भाववाचक संज्ञा – जिस संज्ञा शब्द से गुण, दशा या भावना का बोध हो।

उदाहरण – मित्रता, पढाई, बचपन, सच्चाई, ईमानदारी, प्रेम, शीतलता, इत्यादि।

४) द्रव्यवाचक संज्ञा – जिस संज्ञा से किसी द्रव्य, पदार्थ या राशि का बोध हो।

उदाहरण – सोना, रुपया, अनाज, हवा, दूध इत्यादि।

५) समूहवाचक संज्ञा – जिस संज्ञा से प्राणियों, वस्तुओं या पदार्थों के समूह का बोध हो।

उदाहरण –भीड, सेना, परिवार इत्यादि।

**स्वाध्याय :-**

निम्नलिखित शब्दों में से वस्तु, व्यक्ति एवं स्थान का बोध कराने वाले संज्ञा शब्दों को छाँट कर लिखिए।

**संज्ञा शब्द** – टोकियो, लॅपटॉप, पेन्सिल, सचिन तेंडुलकर, जापान, लंदन, लता मंगेशकर, खुशी, गर्मी, आजादी, मेज, गाय, मुंबई, रमेश, काशी, पुस्तक, रोटी, बाघ, शिमला, पंखा, दर्द, थकावट

वस्तु – \_\_\_\_\_  
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व्यक्ति – \_\_\_\_\_  
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स्थान – \_\_\_\_\_  
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प्राणी – \_\_\_\_\_  
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भाव – \_\_\_\_\_  
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## सर्वनाम (Pronoun)

- सर्वनाम – संज्ञा के स्थान पर जिन शब्द का प्रयोग होता है। उसे सर्वनाम कहते हैं।  
उदाहरण – मैं, तुम, आप, हम, यह, वह, यहाँ, वहाँ।
- सर्वनाम के भेद :-
  - १) पुरुषवाचक सर्वनाम – मैं, तुम आप, हम, मेरा, तुम्हारा, हमारा
  - २) निश्चयवाचक / (संकेतवाचक) सर्वनाम – यह, ये, वे, वह, वो
  - ३) अनिश्चयवाचक सर्वनाम – कुछ, कोई, कुछ भी, सब कुछ, सब लोग
  - ४) संबंधवाचक सर्वनाम – जो, जैसा, जिसकी
  - ५) प्रश्नवाचक सर्वनाम – कौन, क्या, कैसे, किसे
  - ६) निजवाचक सर्वनाम – खुद, अपने आप, स्वयं

स्वाध्याय:-

निम्नलिखित वाक्यों से सर्वनाम शब्द को छाँट कर लिखिए।

वाक्य

सर्वनाम शब्द

- मैं हूँ न। -----
- आप चलेंगे। -----
- हम पढ़ेंगे। -----
- क्या खबर है? -----
- कौन खेलेगा? -----
- कुछ खिलाओगे। -----
- वे खुद चले गए। -----
- यह क्या है? -----
- हम भारत जा रहे हैं। -----

- तुम मेरे साथ आओगे। -----
- आज उसकी परीक्षा है। -----
- वो बाजार गये हैं। -----
- वो उसका घर है। -----
- यह पुस्तक मेरी नहीं है। -----
- वे कल जाएंगे। -----
- ये लोग वहाँ रहते हैं। -----
- कुछ भी चलेगा। -----
- कोई जा रहा है। -----
- कुछ करना होगा। -----
- सब लोग आर्येंगे। -----
- उसके जैसा कोई नहीं। -----
- जो कल आयेगा उसको देना। -----
- क्या बात है ? -----
- कौन आ रहा है ? -----
- किसका नाम है ? -----

**Link –**

<http://www.youtube.com/watch?V=aSx5D6Ao9A>

<http://www.youtube.com/watch?V=C4ApEenqqFO>

<http://www.youtube.com/watch?V=Tir5h9QCiUU>

<http://www.youtube.com/watch?V=tCqYFmaRE1U>

तिथि – ३ सितंबर २०१३, मंगलवार	समय : १०:३० से ११:३०
विषय : स्वर	

वर्णों के भेद : वर्णों के दो भेद हैं

१ स्वर

२ व्यंजन

हिन्दी में ११ स्वर हैं

अ आ इ ई उ ऊ ए ऐ ओ औ

स्वरों का उच्चारण अपने आप होता है व्यंजन के उच्चारण में स्वरों की सहायता होती है।

अ इ उ ए ह्रस्व स्वर हैं ।

आ ई ऊ दीर्घ स्वर हैं।

अभ्यास

सभी स्वरों को दस बार लिखिए:.....

.....

.....

.....

वर्णमाला – वर्णों के क्रमवार उच्चारण समूह को वर्णमाला कहते हैं । हिन्दी वर्णमाला में कुल ५१ वर्ण हैं :

अ आ इ ई उ ऊ ऋ

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### हिन्दी के वर्ण

हिन्दी में वर्ण के दो भेद हैं

१ स्वर

२ व्यंजन

उच्चारण की दृष्टि से

१ स्वर वर्ण

जिन वर्णों का उच्चारण बिना किसी के सहारे से होता है उसे स्वर कहते हैं ।

स्वर वर्णों की कुल संख्या ११ है .....

- क) ह्रस्व स्वर – अ इ उ ऋ
- ख) दीर्घ स्वर आ ई ऊ
- ग) संयुक्त स्वर – ए ए ओ औ

- क) ह्रस्व स्वर – ये स्वर एक मात्रिक भी कहलाते हैं । इस स्वर के उच्चारण में एक मात्र लगती है।
- ख) दीर्घ स्वर – ह्रस्व के साथ ह्रस्व स्वर को मिलने से जो स्वर बनाता है , उसे दीर्घ स्वर कहते हैं।
- ग) संयुक्त स्वर – दो स्वरों के योग से जो स्वर बनाता है उसे संयुक्त स्वर कहते हैं।

<http://www.youtube.com/watch?v=LqynWc9GPtQ>

तिथि – ३ सितंबर २०१३, मंगलवार	समय – ११.३० से १२.३०
विषय : लिंग भेद एवं क्रिया (परिचय)	

लिंग भेद विश्व की प्रत्येक भाषा में एक ही समान है परंतु भेद के आधार पर शब्दों का परिवर्तन हिन्दी भाषा की अपनी विशेषता है। हिन्दी में भी लिंग भेद को संज्ञा सर्वनामों से आसानी से पहचाना जा सकता है परंतु संज्ञा सर्वनामों के अनुरूप क्रिया में होने वाले परिवर्तन को भी समझ लेना आवश्यक है।

उदा. लडका खेलता है।

इस उदाहरण में लडका और लडकी शब्द से उनके लिंग का पता तो चलता है परंतु क्रिया में लडके के लिए खेलता और लडकी के लिए खेलती शब्द के आधार पर क्रिया में होनेवाले परिवर्तन का बोध होता है।

### लिंग(Gender)

लिंग का अर्थ है--चिन्ह। लिंग से स्त्री पुरुष के भेद को जाना जाता है।

लिंग के दो भेद हैं –

१. पुल्लिंग – आदमी, लडका, शेर, पिता, दादा, शिक्षक इत्यादि।

२. स्त्रीलिंग – औरत, लडकी, शेरनी, माता, दादी, शिक्षिका इत्यादि।

### क्रिया (Verb)

“ क्रिया अर्थात जिससे किसी कार्य के होने का बोध हो।“

उदा.--हँसना, रोना, खेलना, पढ़ना, लिखना, आना, जाना, सोना, खाना, पीना, बोलना इत्यादि।

लिंग और क्रिया के प्रयोग से बनने वाले छोटे छोटे वाक्य।

- लडका खेलेगा।
- लडकी खेलेगी।

- आदमी जाता है।
- औरत जाती है।
- रमेश आता है।
- रानी आती है।
- शेर सोयेगा।
- शेरनी सोयेगी।
- दादाजी चाय पियेंगे।
- दादीजी चाय पियेंगी।
- राम लिखेगा।
- कमला लिखेगी।
- जॉन पढेगा।
- जया पढेगी।
- पिताजी हँसेंगे।
- माँ हँसेगी।
- बैल चारा खायेगा।
- गाय चारा खायेगी।

\* उचित शब्द चुन कर रिक्त स्थानों की पूर्ति कीजिए।

१. लडका | (खेलेगा / खेलेगी)

२. सीमा केला | (खायेगा / खायेगी)

३. माँ | (हँसेंगे / हँसेंगी)  
 ४. दादाजी चाय ----- | (पियेंगे / पियेंगी)  
 ५. जॉन | (पढेगा / पढेगी)  
 ६. राजू | (लिखेगा / लिखेगी)  
 ७. शेरनी | (सोयेगा / सोयेगी)  
 ८. रमेश | (आयेगा / आयेगी)  
 ९. औरत | (जाता है / जाती है)  
 १०. बच्चा | (रोता है / रोती है)

\* निम्नलिखित वाक्यों में से क्रियाएँ चुन कर लिखिए।

१. मुझे लिखना है।
२. मैं पढ रहा हूँ। -----
३. माँ खाना पका रही है। -----
४. मैं आम खाऊँगा। -----
५. तुम क्या खाओगे ? -----
६. रमा सितार बजा रही है।-----
७. हम खेलेंगे। -----
८. मुन्ना रो रहा है। -----
९. रामू बोलेगा। -----
१०. वह दौड़ेगा। -----

**Link –**

<http://www.youtube.com/watch?V=zOwKM3caxwA>

[http://www.youtube.com/watch?V=5\\_alozhs12U](http://www.youtube.com/watch?V=5_alozhs12U)-----

[http://www.youtube.com/watch?V=QhkY40\\_03wk](http://www.youtube.com/watch?V=QhkY40_03wk)

<http://www.youtube.com/watch?V=CX1QZxio7XO>



तिथि – ४ सितंबर २०१३, बुधवार	समय १०.३० से ११.३०
विषय :- <u>व्यंजन वर्ण</u>	

स्वरों की सहायता से जिन वर्णों का उच्चारण होता है उसे व्यंजन वर्ण कहते हैं।  
हिन्दी के ३३ व्यंजन वर्णों को तीन श्रेणियों में रखा गया है:.....

१ स्पर्श

२ अंतस्थ

३ ऊष्म

१ स्पर्श व्यंजन – इनका उच्चारण कंठ,तालु ,मूर्धा,दंतोष्ठ्य स्थानों को स्पर्श से होता है। अतः यह स्पर्श व्यंजन कहे जाते हैं। उच्चारण स्थानों के आधार पर इनके वर्ग इस प्रकार हैं ।

१ ) क वर्ग – क ख ग घ ङ ( कंठ से )

२ ) च वर्ग – च छ ज झ ञ ( तालु से )

३ ) ट वर्ग – ट ठ ड ढ ण ( मूर्धा से )

४ ) त वर्ग – त थ द ध न ( दन्त से )

५ ) प वर्ग – प फ ब भ म ( ओष्ठ्य)

स्पर्श व्यंजनों की संख्या कुल २५ है .....

२ अंतस्थ व्यंजनों की संख्या ५ हैं – य र ल व

ऊष्म व्यंजन – इनकी संख्या ४ हैं – श ष स ह

अल्पप्राण – धनियाँ निम्नलिखित हैं .....

क,ग, ङ

च, ज, ञ

ट, ड, ण

त, द, न

□, ब, म

तथा अंतस्थ – य र ल व

व्यंजन वर्ग का दूसरा और चौथा वर्ण महाप्राण हैं उसे ऊष्म वर्ण भी कहते हैं।

वे निम्नलिखित हैं .....

ख घ

च झ

ट ढ

थ ध

फ ब

तथा ऊष्म वर्ण – श स ष स ह

घोष और अघोष

घोष जिन वर्णों के उच्चारण में स्वर तंत्रियाँ आपस में झंकृत होती हैं वे घोष कहलाती हैं ।

हर वर्ग का तीसरा चौथा और पाँचवाँ वर्ण घोष है –

ग घ ङ

ज झ ञ

ड ढ ण

द ध न

ब भ म

इसके अतिरिक्त सभी स्वर वर्ण घोष हैं। ये घोष वर्ण हैं – य र ल व और ह  
अघोष जिनके उच्चारण में सर तंत्रियाँ झंकृत नहीं होती, अघोष कहलाती हैं –

क ख

च छ

ट ठ

त थ

प फ

इनके अतिरिक्त श ष स अघोष ही हैं ।

<http://www.youtube.com/watch?v=z9nMARyWLek>

तिथि – ४ सितंबर २०१३, बुधवार	समय ---११.३० से १२.३०
विषय :- संभाषण (Conversation)	

किसी भी भाषा में बात करने से पहले उस भाषा के प्राथमिक शब्दों को अभिवादन कहा जा सकता है।

उदा. नमस्ते, सुप्रभात, शुभरात्री, फिर मिलेंगे, धन्यवाद, आप का स्वागत है इत्यादि।

इन अभिवादनों के साथ हम किसी के भी साथ हिन्दी में बातचीत की शुरुवात कर सकते हैं। अभिवादन के साथ हम अपना परिचय दे कर लोगों को अपने आप से परिचित करवा सकते हैं। इसी प्रकार उनसे उनका परिचय ले कर जान पहचान बना सकते हैं और छोटे छोटे संवादों से बातचीत की शुरुवात कर सकते हैं।

जब दो या दो से अधिक व्यक्ति आपस में सार्थक शब्दों में बातचीत करते हैं तो उसे संभाषण कहते हैं। संभाषण के लिए उपयोगी प्रारंभिक संवाद :-

नमस्ते !

नमस्कार !

सुप्रभात !

शुभसंध्या !

शुभरात्री !

अलविदा !

फिर मिलेंगे !

धन्यवाद !

बहुत धन्यवाद !

शुक्रिया !

स्वागत है !

माफ किजिए।

कोई बात नहीं।

आप का स्वागत है।

अपना खयाल रखिए।

आप कैसे हैं ?

आप का शुभ नाम क्या है ?

मैं ठीक हूँ।

आप कहाँ रहते हैं ?

आप कहाँ जा रहे हैं ?

आप क्या करते हैं ?

प्रारंभिक परिचय :-

नमस्ते !

मेरा नाम प्रेरणा है।

आप से मिल कर खुशी हुई।

आत्मपरिचय :-

नमस्ते !

मेरा नाम रिया है।

मैं जापान से भारत आयी हूँ।

मैं हिन्दी सीख रही हूँ।

सामान्य बातचीत :-

जॉन – सुप्रभात नेल्सन।

नेल्सन – सुप्रभात जॉन।

जॉन – कैसे हैं आप ?

नेल्सन – मैं ठीक हूँ।

जॉन – कहाँ जा रहे हैं ?

नेल्सन – यही, पास के मॉल में।

जॉन – अच्छा ! अलविदा !

नेल्सन – अलविदा ! दोस्त।

सना – नमस्ते !

नीमा – नमस्ते !

सना – आप यहाँ रहती हैं ?

नीमा – हाँ।

सना – आपका शुभ नाम ?

नीमा – नीमा। और आपका ?

सना – सना ।

नीमा – आप क्या करती हैं ?

सना – मैं पढ़ती हूँ ।

नीमा – आप यहाँ नयी हैं क्या ?

सना – हाँ, मैं यहाँ नयी हूँ।

नीमा – अच्छा, कुछ जरूरत हो तो कहना।

सना – जी धन्यवाद !  
नीमा – आपका स्वागत है !

सना – अच्छा ! शुभरात्री।  
नीमा – शुभरात्री ! अपना खयाल रखिए।

**स्वाध्याय :-**

अपने बारे में लिखिए –

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निम्नलिखित संवाद को पूरा कीजिए :-

जय – नमस्ते ! दीप।

दीप -----

जय – कैसे हैं आप ?

दीप -----

दीप – आप कैसे हैं ?

जय – मैं भी -----

जय – कहाँ जा रहे हैं ?

दीप -----

जय – अच्छा ! -----

दीप -----

वाक्य पूरा कीजिए।

नमस्ते मेरा नाम ----- है।

आप से मिल -----

**Link :-** [http://www.youtube.com/watch?V=6\\_IZRVCBU](http://www.youtube.com/watch?V=6_IZRVCBU)  
<http://www.youtube.com/watch?V=fSnycQZt4KA>  
<http://www.youtube.com/watch?V=WkgdcOSbCc>  
<http://www.youtube.com/watch?V=5cBchfv42ZO>  
<http://www.youtube.com/watch?V=zQIQWjr8VxA>



तिथि – ५ सितंबर २०१३, गुरुवार	समय १०.३० से ११.३०
विषय :- काल	

हिन्दी में तीन काल हैं –

वर्तमान

भूतकाल

भविष्यकाल

वर्तमान काल – क्रिया के उस रूप को वर्तमान काल कहते हैं जिसमें क्रिया के अभी होने का बोध हो उसे वर्तमान काल कहते हैं ।

उदा, हम जा रहे हैं ।

सीता पढ़ रही है।

भूतकाल – क्रिया के उस रूप को भूतकाल कहते हैं जिसमें क्रिया के भूतकाल में सम्पन्न होने का बोध होता है ।

उदा : हम गए थे ।

सीता ने पढ़ा था ।

भविष्यकाल

क्रिया के उस रूप को भविष्यकाल कहते हैं जिसमें क्रिया के कल होने की संभावना हो उसे भविष्यकाल कहते हैं।

उदा : हम जाएंगे ।

सीता पढ़ेगी ।

स्वाध्याय : उपर्युक्त उदाहरणों को पाँच पाँच बार

लिखिए:.....

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<http://www.youtube.com/watch?v=cr6WnNVvNeE>

<http://www.youtube.com/watch?v=meVdE1mYYEg>

तिथि – ५ सितंबर २०१३, गुरुवार	समय — ११.३० से १२.३०
विषय :- तीज त्योहार	

भारत विविधताओं का देश है। यह ऋषियों-मुनियों की पावन तपोभूमि है। इस देश का इतिहास एवं इसकी संस्कृति पुरातन एवं समृद्ध है। भगवान राम, कृष्ण, गौतम बुद्ध एवं साई संग अनेकों आचार्यों एवं संतों ने इसी पावन भूमि पर अवतार धारण किया। कहा जाता है कि हिमालय की ऊँची पर्वत श्रेणियों में कैलाश पर्वत पर आज भी भगवान शंकर-पार्वती विराजमान हैं। अतः इस देश के तीज – त्योहार भी इन्हीं विशेषताओं से जुड़ कर अपनी सांस्कृतिक गरिमा पाते हैं। अतः इन्हीं से जुड़े कुछ प्रमुख त्योहारों की चर्चा यहाँ की जा रही है –

### गणेशोत्सव :-

भगवान गणेश को भगवान शिव – पार्वती का पुत्र माना गया है। उनके गजमुख के पीछे भी एक किवदंती है। भारत में किसी भी शुभ कार्य एवं पूजा पाठ में सर्वोप्रथम गणेश जी की पूजा की जाती है। भाद्रपद मास की शुक्ल चतुर्थी के दिन गणेशजी की प्रतिमा स्थापित की जाती है एवं उनकी पूजा अर्चना की जाती है। अतः पाँच, सात तथा ग्यारह दिनों तक सार्वजनिक रूप में चलने वाले इस उत्सव को गणेशोत्सव कहा जाता है। महाराष्ट्र में गणेशोत्सव प्रमुख उत्सवों में से एक है। माना जाता है कि गणेशजी इस पूजा – अर्चना से प्रसन्न होकर अपने श्रद्धालु भक्तों की मनौतियाँ पूर्ण करते हैं। अंतिम दिन श्रद्धालु बड़े धूम-धाम से गणेशजी की मूर्ति को समुद्र अथवा तालाबों में अगले वर्ष जल्दी लौट आने की मनोकामना के साथ विसर्जित कर देते हैं।

### दुर्गापूजा :-

माता दुर्गा आदिशक्ति का रूप हैं। वे जगत जननी होने के नाते अपने भक्तों पर ममता एवं स्नेह रखती हैं। अश्विन मास के शुक्ल पक्ष में नौ दिनों तक दुर्गा प्रतिमा की स्थापना एवं पूजा की जाती है इस उत्सव को सामूहिक रूप में मनाया जाता है। कलकत्ता, गुजरात एवं पूर्ण उत्तर भारत में दुर्गापूजा का विशेष महत्व है। माता को प्रसन्न करने की इच्छा से भक्त नौ दिन तक व्रत – उपवास रखते हैं। गुजरात एवं मुंबई में नवरात्रियों में सार्वजनिक रूप में गरबा नृत्य का आयोजन भी किया जाता है।

### श्रीकृष्ण जन्माष्टमी :-

माना जाता है कि भगवान विष्णु ने माता देवकी एवं वासुदेव के पुत्र के रूप में धरती पर अवतार धारण किया था। इस अवतार में श्याम वर्ण होने के नाते उनका नाम कृष्ण रखा गया। कहा जाता है कि भगवान श्रीकृष्ण ने जन्म लेते ही अपनी लीलाएँ प्रारंभ कर दी थीं। भाद्रपद मास के कृष्ण पक्ष की अष्टमी को रात बारह बजे कृष्ण का जन्म मथुरा नरेश कंस के कारावास में हुआ था। अतः इसी अष्टमी को पूरे भारत में जन्माष्टमी के रूप में मनाया जाता है। भक्तजन इस दिन व्रत रखकर भगवान के जन्म का उत्सव मनाते हैं। भारत में, विशेषकर मुंबई में इस दिन दही हंडी का उत्सव मनाया जाता है। मुंबई का यह दहीहंडी उत्सव अब विश्वप्रसिद्ध होता जा रहा है। माना जाता है कि कृष्ण ने अपने बाल रूप में मटकी फोड़ कर मखखन चुराया था इसलिए भक्तजन गोपाल के रूप में मानवीय पिरामिड बना कर दहीहंडी फोड़ते हैं।

### स्वाध्याय :-

१) गणेश जी किनके पुत्र हैं ?

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२) गणेश जी का मुख किसके समान है ?

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३) किसी भी शुभ कार्य में सबसे पहले किसकी पूजा की जाती है ?

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४) गणेश प्रतिमा की स्थापना किस दिन की जाती है ?

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५) माँ दुर्गा किसका रूप हैं ?

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६) माँ दुर्गा की पूजा कितने दिन की जाती है ?

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७) भारत में किन स्थानों पर दुर्गा पूजा का विशेष महत्व है ?

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८) नवरात्रियों में कौन सा नृत्य सामूहिक रूप में किया जाता है ?

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९) भगवान कृष्ण के माता – पिता का नाम लिखिए।

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१०) श्री कृष्ण जन्म उत्सव को क्या कहते हैं ?

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११) कृष्ण का जन्म कब हुआ ?

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१२) कृष्ण का जन्म कहाँ हुआ था ?

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१३) मुंबई में कृष्णजन्म उत्सव को और किस नाम से पुकारा जाता है ?

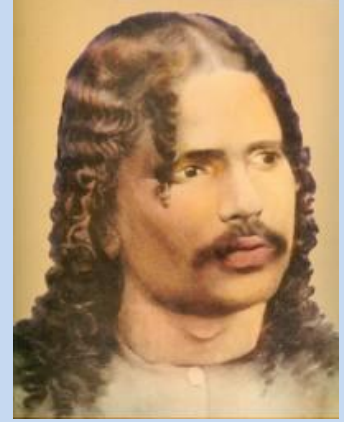
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तिथि – ६ सितंबर २०१३, शुक्रवार	समय – १०.३० से ११.३०
विषय :- साहित्यकारों का परिचय	

### भारतेन्दु हरिश्चंद्र

भारतेन्दु हरिश्चंद्र का जन्म ९ सितंबर १८५० ऋषि पंचमी के दिन हुआ। आपका कार्य क्षेत्र काशी रहा। आपने अनेक रचनाएँ लिखी। वैदिकी हिंसा हिंसा न भवति , अंधेर नागरी चौपट राजा इ ग्रंथो का लेखन किया।



आपकी मृत्यु ६ जनवरी १८८५ में हुई।

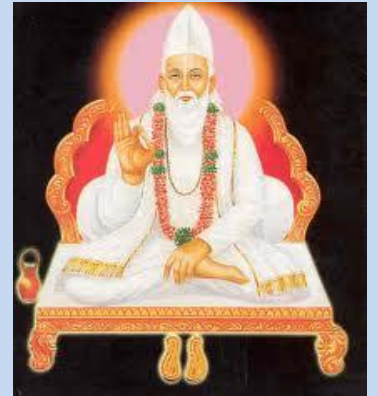


### चंदवरदाई

चंदवरदाई अंतिम हिन्दू राजा सम्राट पृथ्वीराज चौहान का दरबारी कवि था। आपका जन्म संवत् १२०० में हुआ। आपने 'पृथ्वीराज रासो' नामक ग्रंथ लिखा।

### कबीर

कबीर का जन्म १४५५ में हुआ। मृत्यु १५७५ हुई। आपका कार्यक्षेत्र काशी और मगहर रहा। आपने 'बीजक' नामक ग्रंथ लिखा। महान निर्भय संत, संत साहित्य में हिन्दी के सशक्त हस्ताक्षर थे।



## महादेवी वर्मा

महादेवी वर्मा का जन्म सन १९०७ ई में हुआ। आपका कार्य क्षेत्र प्रयाग था। आपको 'यामा' रचना के लिए ज्ञानपीठ प्रदान किया गया। आपको हिन्दी जगत में आधुनिक मीरा भी कहा जाता है। आपकी मृत्यु १९८७ में हुई।



## मैथिलीशरण गुप्त

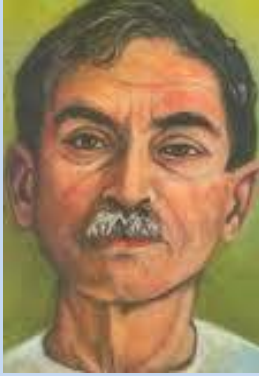
आपका जन्म सन १८८६ में हुआ। आपने 'यशोधरा' 'साकेत' नामक रचनाएँ की। आपके काव्य का केंद्र दुर्बल नारी रहा। जिन पात्रों पर किसी ने नहीं लिखा उसपर आपने खंडकाव्य महाकाव्य लिखे। आपकी मृत्यु १९६४ में हुई।

## मीराबाई

कृष्ण भक्त कवयत्री मीरा का जन्म १५६० में हुई। आपका कार्यक्षेत्र मेवाड़, वृन्दावन रहा। आपको जहर भी पिलाया गया पर आप बच गईं। आपकी भक्ति हिन्दी साहित्य जगत में अमर है। आज भी आपके भजन भारत भर में गए जाते हैं।



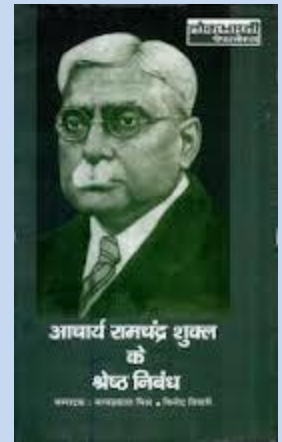
## प्रेमचंद



प्रेमचंद का जन्म १८८० में हुआ। आपने अनेक उपन्यास लिखे और दर्जनो कहानियाँ लिखी। आप आदर्शमुखी यथार्थवादी लेखक हैं, आपके अनेक साहित्य पर फिल्में बनी हैं। कहानियों में 'कफ़न' कालजयी कहानी है। उपन्यास में 'गोदान' का महत्व अत्यधिक है। १९३६ में आपकी मृत्यु होती है। आप हिन्दी जगत के महान लेखक हैं।

## रामचन्द्र शुक्ल

रामचंद्र शुक्ल का जन्म १८८४ में उत्तर प्रदेश में हुआ। आपने पहली बार 'हिन्दी साहित्य का इतिहास' प्रामाणिक रूप में लिखा। आप निबंधकर, और आलीचक भी रहे हैं। 'चिंतामणि' आपकी निबंधो की किताब है। आपने इसमें मनोवैज्ञानिक निबंध लिखे हैं। आपका कार्य क्षेत्र काशी रहा और आपकी मृत्यु काशी में १९४० में हुई।



## रामधारीसिंह दिनकर

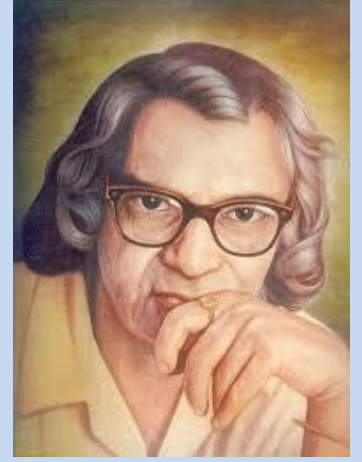


आपका जन्म सन १०८ ईसवी में बिहार में हुआ। आपने अनेक रचनाएँ की। आपका कार्य क्षेत्र बिहार से दिल्ली तक रहा। आपने 'कुरुक्षेत्र', 'संस्कृति के चार अध्याय', 'परशुराम की प्रतीक्षा' जैसी अनेक रचनाएँ की। प्रसाद और गुप्त के बाद सबसे अधिक मानक स्थापित करनेवाले आप ही एकमात्र कवि हैं। सन १९७४ मद्रास में आपका निधन हुआ।

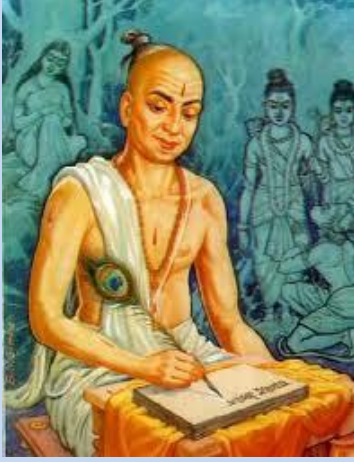


## सुमित्रानंदन पंत

प्रकृति के सुकोमल कवि के रूप में जो कवि जाने जाते हैं वे आप हैं। आपका जन्म अल्मोड़ा में १९०० में हुआ। आपका कार्य क्षेत्र वाराणसी, इलाहाबाद है। आपने ग्रंथि, गुंजन, पल्लव, वीणा लोकायत आदि अनेक ग्रंथों का निर्माण किया। आप अरविंद दर्शन से प्रभावित हो आश्रम में चले गए। सन १९७७ में आपकी मृत्यु हुई।



## तुलसीदास



तुलसीदास का जन्म संवत् १५८९ ई में हुआ। आपका कार्य क्षेत्र काशी रहा। आपने 'रामचरित मानस' की रचना कर सारे उत्तर भारत में भक्ति की लहर चला दी। आप ने जो राम का वर्णन किया है वह हिन्दी जगत की महान धरोहर है। आपकी मृत्यु संवत् १६८० में हुई।

तिथि – ६ सितंबर २०१३, शुक्रवार	समय -- ११.३० से १२.३०
विषय :- तीज त्योहार	

**होली :-**

होली उत्तर भारत का प्रमुख उत्सव है। कहा जाता है कि भक्त प्रल्हाद के क्रूर पिता हिरण्यकश्यप ने अपने पुत्र प्रल्हाद की विष्णु भक्ति से क्रुध होकर अपनी बहन होलिका को उसे आग में जला देने का आदेश दिया। होलिका को आग में जलने का वरदान प्राप्त था परंतु प्रल्हाद को लेकर आग में प्रवेश करने वाली होलिका अपने दुष्कर्म के कारण आग में जल गई और भक्त प्रल्हाद भगवान की कृपा से जीवित बच गये। इसीलिए होलिका दहन उत्सव को होली के रूप में मनाया जाने लगा। होली विशेष रूप से रंगों का त्योहार है। इस दिन सभी एक – दूसरे को विविध रंग लगा कर होली खेलते हैं।

**दीपावली :-**

दीपावली दीपों का त्योहार है। कार्तिक मास की अमावस्या को पूरे भारत में दीप जला कर दीपोत्सव के रूप में मनाया जाता है। कहा जाता है कि इस दिन भगवान श्रीराम सीता एवं अनुज लक्ष्मण के साथ चौदह वर्ष का वनवास भोग कर अपनी नगरी अयोध्या लौटे थे। उनके आने की खुशी में अयोध्यावासियों से पूरी नगरी को दीपों से सजा कर उनका स्वागत किया। दीपावली के दिन धन की देवी लक्ष्मी की पूजा की जाती है। आज भी दीपावली की शाम सभी दीप जलाकर धन की देवी लक्ष्मी का स्वागत करते हैं। लोग रंग-बिरंगे पटाखे फोड़ कर एवं एक-दूसरे को मिठाईयों की भेंट दे कर बड़े धूम – धूम से यह उत्सव मनाते हैं।

देखा जाय तो भारतभर में मनाये जाने वाले ये उत्सव सांस्कृतिक उपासना के साथ – साथ धर्म, जाति, भाषा की विविधताओं वाले इस देश में राष्ट्रीय एकात्मता को बनाए रखने की महत्वपूर्ण भूमिका निभाते हैं।

**स्वाध्याय :-**

उचित जोड़ियाँ मिलाइए।

त्योहार

१) होली

२) दीपावली

३) गणेशोत्सव

४) श्री कृष्ण जन्माष्टमी

५) दुर्गापूजा

उत्सव का रूप

दही हंडी

गरबा नृत्य

रंगों का त्योहार

गणेश पार्थिव पूजन

दीपों का त्योहार

किसी एक त्योहार के विषय में पाँच वाक्य लिखिए।

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निम्नलिखित प्रश्नों के उत्तर लिखिए।

१) होली कैसा त्योहार है ?

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२) भारत में लोग होली कैसे मनाते हैं ?

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३) दीपावली का त्योहार कैसे मनाया जाता है ?

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४) दीपावली के दिन किनकी पूजा की जाती है ?

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५) आपको कौन सा त्योहार सबसे अधिक पसंद आया है ?

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**Link :-** <http://www.youtube.com/watch?v=QKLTxdnyr6s>  
<http://www.youtube.com/watch?v=sMIRqIuawDc>  
<http://www.youtube.com/watch?v=AG5VczBqiTK>

तिथि – १० सितंबर २०१३, मंगलवार	समय --१०:३० से ११: ३०
विषय :- वाक्य रचना १	

परिभाषा : आदमी के भावों और विचारों को पूर्ण रूप से प्रकट करने वाले शब्द समूह को वाक्य कहते हैं।

उदा: मैं किताब पढ़ता हूँ।

तुम्हारा नाम क्या है?

तुम घर कब लौटोगे?

जब भूख लगती है तो बच्चा रोता है।

वाक्य के भेद : रचना के अनुसार वाक्य के तीन भेद हैं –

१ सरल वाक्य

२ मिश्र वाक्य

३ संयुक्त वाक्य

१ सरल वाक्य – सीता पढ़ती है।

पूजा पलंग पर सोती है।

वे ईश्वर की उपासना में लीन थे।

२ मिश्र वाक्य – वह कौन भारतीय है, जिसने सावरकरजी

का नाम नहीं सुना हो।

३ संयुक्त वाक्य – शिक्षक आया और लड़के पढ़ने लगे।

राधा ने कहा कि मैं आऊँगी पर नहीं आ सकी।

अभ्यास : हर वाक्य पाँच पाँच बार लिखिए.....

तिथि – १० सितंबर २०१३, मंगलवार	समय – ११:३० से १२:३०
विषय :- कबीर	

**परिचय :-**

कबीर हिन्दी साहित्य के प्रसिद्ध संत कवि हैं। इनका जन्म ज्येष्ठपूर्णिमा के दिन संवत् १४५५ में काशी में हुआ तथा उनका देहावसान १५७५ में माघ एकादशी के दिन हुआ। अतः वे पूरे १२० वर्ष तक जिवित रहे।

कबीर जाति से जुलाहा थे। एक किवदंती के अनुसार उनका जन्म किसी विधवा के गर्भ से हुआ था उनका लालन नीरु और नीमा नामक पुत्रहीन दंपति ने किया। कबीर अक्खड प्रकृति के थे। वे रामानंद के शिष्य थे।

**रचना (दोहे) :-**

कबीर की रचनाओं के दो मुख्य विषय हैं – भक्ति और हिन्दू मुस्लिम एकता का समर्थन। कबीर ने तीन तरह के छन्दों में कविताएँ लिखी हैं। साखी, सबद, और रमैनी। 'साखी' दोहा छन्द में है। इसमें छोटी-छोटी सूक्तियों में कबीर ने जीवन की गहरी बात कही है। 'सबद' में कबीर ने भक्ति, समाज सुधार और कर्मकाण्डों के विरुद्ध पद लिखे हैं। तथा 'रमैनी' में संसार की रचना की दार्शनिक चर्चा की गई है।

**गुरु महिमा :-**

जिन दिनों कबीरदास का अविर्भाव हुआ था उन दिनों समाज में विभिन्न मत, साधनाएँ एवं धारणाएँ प्रचलित थी परंतु कोई रामनाम में लीन नहीं था। सदगुरु रामानन्द की कृपा से कबीर दास को 'राम' नाम का महामंत्र मिल गया था। अतः उन्होंने गुरु का स्थान ईश्वर से भी सर्वोपरि बताते हुए कहा है कि –

गुरु गोविंद दोऊ खडे, का को लागू पाइ।

बलिहारी गुरु आपकी, जिन गोविंद दियो बताइ।।

### समाज सुधार की भावना :-

संत कबीर एक क्रांतिकारी कवि थे। परंपरा से आनेवाली समस्त मान्यताओं को युग के अनुकूल परिवर्तित करने एवं उसका खंडन-मंडन करने की अंतर्दृष्टि कबीर में नीहित थी। इसलिए उन्होंने जातिभेद एवं कर्मकांडों का विरोध करते हुए ऐसे विश्व धर्म की परिकल्पना की जिससे विविध वर्गों के लोग बिना किसी बाधा के एक पक्ति में बैठ सकें।

### हिन्दुओं को फटकार :-

पाथर पूजै हरि मिले, तो में पूजूँ पहाड।

यातो तो चाकी भली, पिसे खाय संसार॥

### मुस्लिमों को फटकार :-

काकर पाथर जोरि के, मस्जिद लाय चुनाय।

ता पर मुल्ला बाग दे, क्या बहरा भया खुदाय॥

दिन में रोजा रखत हैं, रात हनत हैं गाय।

यह तो खून वह बन्दगी, कैसे खुशी खुदाय॥

स्वाध्याय :-

रिक्त स्थानों की पूर्ति कीजिए।

- १) ----- हिन्दी साहित्य के प्रसिद्ध संत कवि हैं।-----
- २) कबीर का जन्म ज्येष्ठ पूर्णिमा के दिन संवत् \_\_\_\_\_ में हुआ।
- ३) कबीर का देहावसान १५७५ में माघ \_\_\_\_\_ के दिन हुआ।
- ४) कबीर \_\_\_\_\_ वर्षों तक जीवित रहे।
- ५) कबीर जाति से \_\_\_\_\_ थे।
- ६) कबीर का लालन पालन -----और----- नामक दंपति ने किया।-----
- ७) कबीर स्वभाव से \_\_\_\_\_ प्रकृति के थे।
- ८) कबीर \_\_\_\_\_ के शिष्य थे।
- ९) कबीर ने इन तीन छन्दों में कविताएँ लिखीं \_\_\_\_\_ और \_\_\_\_\_ ।
- १०) कबीर ने \_\_\_\_\_ को ईश्वर से भी सर्वोपरि बताया।



तिथि – १० सितंबर २०१३, मंगलवार	समय १०:३० से ११: ३०
विषय :- वाक्य रचना २	

अर्थ के अनुसार वाक्य के भेद

वाक्य के आठ भेद हैं .....

१ विधिवाचक वाक्य – मैंने रोटी खायी।

मैंने स्नान किया।

२ निषेधवाचक वाक्य – मैंने रोटी नहीं खायी।

३ आज्ञावाचक वाक्य – तुम स्कूल जाओ।

४ प्रश्नवाचक वाक्य – तुम्हारा घर कहाँ है?

५ विस्मयवाचक वाक्य – अरे! तुम कह क्या रहे हो?

६ संदेहवाचक वाक्य – वह स्कूल गया होगा ।

७ इच्छावाक्य ईश्वर आपका भला करे।

८ संकेतवाचक वाक्य – बादल छाता तो पानी बरसता।

अभ्यास : सभी वाक्यों को पाँच पाँच बार लिखिए।

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तिथि – ११ सितंबर २०१३, बुधवार	समय --११:३० से १२:३०
विषय :- पौराणिक कथा (श्री रामचरितमानस)	

### श्री राम जन्म :-

कहा जाता है कि त्रेतायुग में भगवान विष्णु ने अयोध्या नरेश दशरथ एवं माता कौशल्या के पुत्र के रूप में पृथ्वी पर अवतार धारण किया। महाराज दशरथ की तीन रानियाँ थी परंतु उन्हें कोई संतान न थी महायज्ञ अनुष्ठान करने पर चैत्र मास के शुक्लपक्ष की नवमी के दिन आयु के चौथे पन में उन्हें तीनों रानियों से चार सन्तानें प्राप्त हुई। जिनका नाम क्रमशः राम, भरत, लक्ष्मण एवं शत्रुघ्न रखा गया।

### जीवन चरित :-

चारों भाईयों ने बाल्यकाल के संस्कारों में ब्रह्मचर्य आश्रम धारण कर शिक्षा-दीक्षा ग्रहण की। राम ने स्वयंवर में सीता का वरण किया। काल के दुष्चक्र ने राम के अभिषेक को वनवास में पलट दिया राम ने चौदह वर्ष पत्नी सीता और अनुज लक्ष्मण के साथ वन में रहकर राक्षसों का उदधार किया। लीलानुरूप तेरहवें वर्ष में लंका नरेश राक्षस राज रावण ने सीता का हरण कर लिया। राम ने सुग्रीव की मित्रता से लंका पर चढ़ाई कर युद्ध में रावण का नाश कर दिया एवं वन में चौदह वर्ष पूर्ण करके वे सीता और लक्ष्मण के साथ अयोध्या लौट आये और अयोध्या नरेश का पद धारण कर लिया।

### आदर्श की स्थापना :-

भगवान श्री राम का यह अवतार मर्यादा पुरुषोत्तम के रूप में माना जाता है। मर्यादा पुरुषोत्तम श्रीराम ने मनुष्य रूप में जन्म लेकर अपने आदर्शों को जन-मन में प्रतिष्ठित कर भारतीय समाज में आदर्श की स्थापना की। मध्ययुगीन कवि महात्मा तुलसीदास ने राम के जीवन चरित्र को 'श्री रामचरितमानस' नामक ग्रंथ में संकलित किया है। यह ग्रंथ समस्त हिन्दुओं का पावन धर्मग्रन्थ है। इसमें विविध संस्कारों के साथ पिता-पुत्र, माता-पुत्र, पति-पत्नी, भाई-भाई, मित्र-शत्रु एवं राजा के धर्मों का उपदेश नीहित है। कहा जाता है कि

विश्वप्रसिद्ध 'श्री रामचरितमानस' का अध्ययन करने हेतु अनेक विदेशी विद्वानों ने हिन्दी भाषा का अध्ययन किया।

स्वाध्याय :-

रिक्त स्थानों का पूर्ति करते हुए वाक्य पूर्ण कीजिए :-

- १) भगवान विष्णु ने त्रेता युग में ----- के रूप में पृथ्वी पर अवतार धारण किया।
- २) दशरथ के चारों पुत्रों का नाम क्रमश ----- रखा गया।
- ३) राम पत्नी सीता और अनुज लक्ष्मण के साथ ----- वर्ष वन में रहे।
- ४) वन में लंका नरेश ----- ने सीता का हरण कर लिया।
- ५) राम ने ----- की मित्रता से लंका पर चढ़ाई की।
- ६) भगवान श्री राम का यह अवतार ----- के रूप में माना जाता है।
- ७) भगवान श्री राम ने भारतीय समाज में ----- की स्थापना की।
- ८) श्री राम का जीवन चरित ----- नामक ग्रंथ में संकलित हैं।

## V.P.M. - Kyoto Sangyo University Training Programme

### English Conversational Skills

Duration: 14 hours

Faculty: *Ms. Tanvi Raut* and *Mrs. Nomita Kolnoorkar*

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**Kyoto-Sangyo University, Kyoto, Japan and  
VPM's K. G. Joshi College of Arts & N.G. Bedekar College of Commerce, Thane, India  
Cultural Exchange Programme  
Tentative Schedule of Students' Visit**

Date/Time	08.30-09.30	09.30-10.30	10.30-12.30	12.30-14.00	14.00-16.00	16.00-18.00
Monday 02/09/2013	<a href="#">Yoga and Pranayam 1</a>	Breakfast	<a href="#">Hindi Lessons 1</a>	Lunch	<a href="#">English Lessons 1</a>	<a href="#">Interaction at Arts/Commerce College, Thane</a>
Tuesday 03/09/2013	<a href="#">Yoga and Pranayam 2</a>	Breakfast	<a href="#">Hindi Lessons 2</a>	Lunch	<a href="#">English Lessons 2</a>	<a href="#">Interaction at Science College, Thane</a>
Wednesday 04/09/2013	<a href="#">Yoga and Pranayam 3</a>	Breakfast	<a href="#">Hindi Lessons 3</a>	Lunch	<a href="#">English Lessons 3</a>	<a href="#">Interaction at Law College, Thane</a>
Thursday 05/09/2013	<a href="#">Yoga and Pranayam 4</a>	Breakfast	<a href="#">Hindi Lessons 4</a>	Lunch	<a href="#">English Lessons 4</a>	<a href="#">Interaction at VPM's Polytechnic, Thane</a>
Friday 06/09/2013	<a href="#">Yoga and Pranayam 5</a>	Breakfast	<a href="#">Hindi Lessons 5</a>	Lunch	<a href="#">English Lessons 5</a>	<a href="#">Cultural Programme</a>
Saturday 07/09/2013	Breakfast and journey to Mumbai	<a href="#">Visit to Gateway of India</a>	<a href="#">Visit to Mani Bhavan</a>	Lunch	<a href="#">Visit to Nehru Centre</a>	Return journey from Mumbai to Thane
Sunday 08/09/2013	Breakfast and journey to Lonavala	<a href="#">Visit to Karla caves</a>	<a href="#">Visit to Karla caves</a>	Lunch	Return journey to Thane	<a href="#">Observing preparations to welcome Ganesh</a>
Monday 09/09/2013	<a href="#">Yoga and Pranayam 6</a>	Breakfast	Free for Social interaction	Lunch	<a href="#">Visits to Ganesh mandals</a>	<a href="#">Home Visits</a>
Tuesday 10/09/2013	<a href="#">Yoga and Pranayam 7</a>	Breakfast	<a href="#">Hindi Lessons 6</a>	Lunch	<a href="#">English Lessons 6</a>	<a href="#">Sports Event at Thane College: Basketball</a>
Wednesday 11/09/2013	<a href="#">Yoga and Pranayam 8</a>	Breakfast	<a href="#">Hindi Lessons 7</a>	Lunch	<a href="#">English Lessons 7</a>	<a href="#">Sports Event at Thane College: Cricket</a>
Thursday 12/09/2013	<a href="#">Yoga and Pranayam 9</a>	Breakfast	Lecture on Indian Business	Lunch	Lecture on Japanese Words from India	<a href="#">Shopping at Thane</a>
Friday 13/09/2013	<a href="#">Yoga and Pranayam 10</a>	Breakfast	<a href="#">Hindi Movie followed by Discussion</a>	Lunch	Disbursal of Certificates	Preparation for departure to the airport

## Day 1

2<sup>nd</sup> September 2013 (Monday) – 14.00-16.00 :

### [English Lesson I](#)

#### **Ice-Breaking Session and Basic English Usage (Grammar):**

14.00 – 15.00

- Ice-Breaking Session – Self-Introduction, Greeting People, Leave Taking and Introducing Yourself and Others
- Pre-Training Evaluation- Few Selected Learners to speak on a given topic (on the spot) for 2 minutes

### [English Lesson II](#)

#### **Basic English Usage (Grammar):**

15.00 – 16.00

- Introduction to English Grammar:
- Parts of Speech (Nouns, Pronouns, Adjectives and Adverbs)
- Revision and Practice Exercises

## Day 2

3<sup>rd</sup> September 2013 (Tuesday) – 14.00-16.00:

### [English Lesson III](#)

#### **Basic English Usage (Grammar):**

14.00 – 15.00

- Parts of Speech (Articles, Prepositions, Conjunctions and Verbs)
- Revision and Practice Exercises

### [English Lesson IV](#)

#### **Basic English Usage (Grammar):**

15.00 – 16.00

- Degrees of Comparison- Positive, Comparative and Superlative
- Revision and Practice Exercises

## Day 3

4<sup>th</sup> September 2013 (Wednesday) - 14.00-16.00:

### [English Lesson V](#)

#### **Basic English Usage:**

14.00 – 15.00

- Vocabulary Building- Homophones and Homonyms
- Vocabulary Building- Synonyms and Antonyms
- Revision and Practice Exercises

### [English Lesson VI](#)

#### **Basic English Usage (Grammar):**

15.00 – 16.00

- Types of Sentences
- Revision and Practice Exercises

## Day 4

5<sup>th</sup> September 2013 (Thursday) - 14.00-16.00:

### [English Lesson VII](#)

#### **Developing English Conversation Skills**

14.00 – 15.00

- Self-Introduction
- Greeting People

### [English Lesson VIII](#)

#### **Developing English Conversation Skills**

15.00 – 16.00

- What's the time?
- Days of the Week, Months of the Year and Vocabulary for Times and Day
- Meeting People
- Shopping in India

## Day 5

6<sup>th</sup> September 2013 (Friday) - 14.00-16.00:

### [English Lesson IX](#)

#### Developing English Comprehension Skills

14.00 – 15.00

- Language Game- Comprehending Passages

## Day 6

10<sup>th</sup> September 2013 (Tuesday) - 14.00-16.00:

### [English Lesson X](#)

#### Learning English through Games

14.00 – 15.00

- Language Game: *Grammathon*

### [English Lesson XI](#)

#### Learning English through Games

15.00 – 16.00

- Language Game: Jigsaw Stories



## Day 7

11<sup>th</sup> September 2013 (Wednesday) - 14.00-16.00:

### [English Lesson XII](#)

#### **Learning English through Games**

14.00 – 15.00

- Language Game: *Role Play*

### [English Lesson XIII](#)

#### **Learning English through Games**

15.00 – 16.00

- Language Game: Collage Activity

## Day 1

### English Lesson I

#### Ice-Breaking Session and Basic English Usage (Grammar):

14.00 – 15.00

- Ice-Breaking Session – Self-Introduction, Greeting People, Leave Taking and Introducing Yourself and Others
- Pre-Training Evaluation- Few Selected Learners to speak on a given topic (on the spot) for 2 minutes

## Day 1

### English Lesson II

#### Basic English Usage (Grammar):

15.00 – 16.00

- Introduction to English Grammar:
- Parts of Speech (Nouns, Pronouns, Adjectives and Adverbs)
- Revision and Practice Exercises

## Noun

**Noun is the name of a person, place, or thing.** Nouns are simply the names we give to everything around us, whether it be a person, an event, a place or an object, etc. Every particular name used to define something is a noun.

## Types of Nouns

**Proper nouns** are the names of specific people and places. Eg. **William Shakespeare** was a great playwright.

**Common nouns** are the nouns that are used to denote a general category of people, places or things. eg. boy, family, town, dog etc.

**Collective nouns** are the name we give to a group of nouns Eg. team of players, bouquet of flowers etc.

**Abstract nouns** cannot be seen or touched in the same way as concrete nouns. They are states, events, concepts, feelings, qualities, etc., that have no physical existence eg. Freedom, happiness, idea etc.

## Practice Session

### A. Underline the nouns in the following sentences:

1. In July, my family visited Washington, D.C.
2. Lord Rama was born in India.
3. My puppy is named Max.
4. Honesty is the best Policy
5. Alexander Graham Bell invented the telephone.
6. Ice cream, cake and cookies were served at the picnic.
7. English is my favorite subject.
8. Courage is a very rare virtue
9. Our family is going for a picnic.
10. A pack of wolves was seen in the forest.
11. We arrived early at the station.
12. There are different species of fish.
13. The man was trying to steal his car.
14. They have gone to the zoo.
15. The baby is crying.

### References:

<http://www.enchantedlearning.com/grammar/partsofs>  
<http://languageartsgames.4you4free.com/nouns.html>

## Pronoun

**A pronoun is a word used instead of a noun to avoid repetition.**

**Types of Pronouns:**

Person	Singular	Plural
First person	I	Me
Second person	You	You
Third person	He/she/it	They

**Exercises**

- I bought a new pen.
- This book is **mine**.
- It is **her** book. It is **hers**.
- **He** is a great soldier.
- **This** is my pen.
- **These** are your pens.
- **Those** are your toys.
- **All** the girls went to work.
- **Everyone** is here.
- This is the boy **that** I told you of.
- The moment, **which** is lost, is lost forever.
- He found **what** he was looking for.
- I met Mary **who** has just returned.

### Practice Session

**Identify the pronouns in the following sentences.**

- You are surely the strangest child I have ever met.
- She earned her living as a coal miner.
- After many years, they returned to their homeland.
- We will meet at the library at 3:30 p.m.
- It is on the counter.
- After a few minutes the jury gave its verdict.
- The committee decided the matter without leaving their seats.
- If the thief is caught, he will be punished.
- Did you ask anybody to come?
- The rivers of America are larger than those of Europe.
- Some people love to talk about themselves.
- The man who is honest is trusted.

**References:**

[http://www.softschools.com/language\\_arts/grammar/p](http://www.softschools.com/language_arts/grammar/p)  
<http://languageartsgames.4you4free.com/pronouns.html>

## Adjective

An adjective is a word that modifies or describes a noun or pronoun. They describe and make our writing more interesting. They can come before a noun or after a **be** verb (is,was,were)



It answers questions like

- o Which?
- o What kind?
- o How many?

Before a noun	After a 'be' verb
A fast car	The car is fast
A new car	The car is new
A red car	The car is red

### Examples:

- beautiful, ugly, easy, fast, interesting
- small, tall, short, big
- young, old, new, historic, ancient
- round, square, rectangular
- red, black, green, purple
- French, Asian, American, Canadian, Japanese
- wooden, metallic, plastic, glass, paper
- foldout sofa, fishing boat, racing car

## Practice Session

Identify the adjectives in the following sentences.

1. She is a nice person.
2. Suman has such a sweet voice.
3. Megha is perhaps the most industrious woman I know.
4. Krishna is cleverer than most boys his age.
5. Amar has won a prestigious award.
6. Ann has a lovely voice

### References:

<http://grammar.ccc.commnet.edu/grammar/adjectives.html>

## Adverbs

An adverb is a word that modifies a verb, an adjective or another adverb.

Eg:

- Mary writes **neatly**.
- Nancy is **very** beautiful.
- You write **quite** well.
- He was **formerly** the boxing champion.
- I am **so** glad.

### Practice Session

#### Identify the Adverbs

1. Brianna arrogantly told her friends that her dad had bought another yacht.
2. Kaitlyn and I nervously gave our oral report about the cause of the American Revolution.
3. Makayla tenderly kissed her baby sister on the cheek.
4. Austin's dad drove home safely all the way from Florida.
5. Thomas brilliantly explained the answer to the challenging math problem.
6. Jacob angrily took the toy from his sister.
7. Jason lazily climbed out of bed.
8. Mr. Higmire affectionately patted his playful Labrador retriever on the head.
9. Hailey sighed dramatically when her mother asked her to wash the dishes.

#### References:

<http://www.bbc.co.uk/skillswise/topic/adverbs>

#### Complete the sentences using suitable adverbs.

1. The journey was \_\_\_\_\_ long .
2. The man always drives \_\_\_\_\_.
3. He tapped his feet \_\_\_\_\_.
4. I was \_\_\_\_\_ surprised when I opened my gift.

## Day 2

3<sup>rd</sup> September 2013 (Tuesday) – 14.00-16.00:

### English Lesson III

#### Basic English Usage (Grammar):

14.00 – 15.00

- Parts of Speech (Articles, Prepositions, Conjunctions and Verbs)
- Revision and Practice Exercises

### Articles

The English Language has two types of articles: definite (*the*) and indefinite (*a, an*.) The use of these articles depends mainly on whether you are referring to any member of a group, or to a specific member of a group:

#### 1. Indefinite Articles: a and an

*A* and *an* signal that the noun modified is indefinite, referring to *any* member of a group. These indefinite articles are used with singular nouns when the noun is general; the corresponding indefinite quantity word *some* is used for plural general nouns. The rule is:

- a + singular noun beginning with a consonant: a boy
- an + singular noun beginning with a vowel: an elephant
- a + singular noun beginning with a consonant sound: a user (sounds like 'yoo-zer,' i.e. begins with a consonant 'y' sound, so 'a' is used)

If the noun is modified by an adjective, the choice between *a* and *an* depends on the initial sound of the adjective that immediately follows the article:

- **a** broken egg
- **an** unusual problem
- **a** European country (sounds like 'yer-o-pi-an,' i.e. begins with consonant 'y' sound)

Note also that in English, the indefinite articles are used to indicate membership in a profession, nation, or religion.

- I am **a** teacher.
- Brian is **an** Irishman.
- Seiko is **a** practicing Buddhist.

## 2. Definite Article: the

	<b>Indefinite (a or an)</b>	<b>Definite (the)</b>
<b>Singular</b>	<b>a</b> dog (any dog) <b>an</b> apple (any apple)	<b>the</b> dog (that specific dog) <b>the</b> apple (that specific apple)
<b>Plural</b>	<b>some</b> dogs (any dogs) <b>some</b> apples (any apples)	<b>the</b> dogs (those specific dogs) <b>the</b> apples (those specific apples)

**The** coffee in my cup is too hot to drink.

**The** Japanese he speaks is often heard in the countryside.

**The** intelligence of animals is variable but undeniable.

### Practice Session

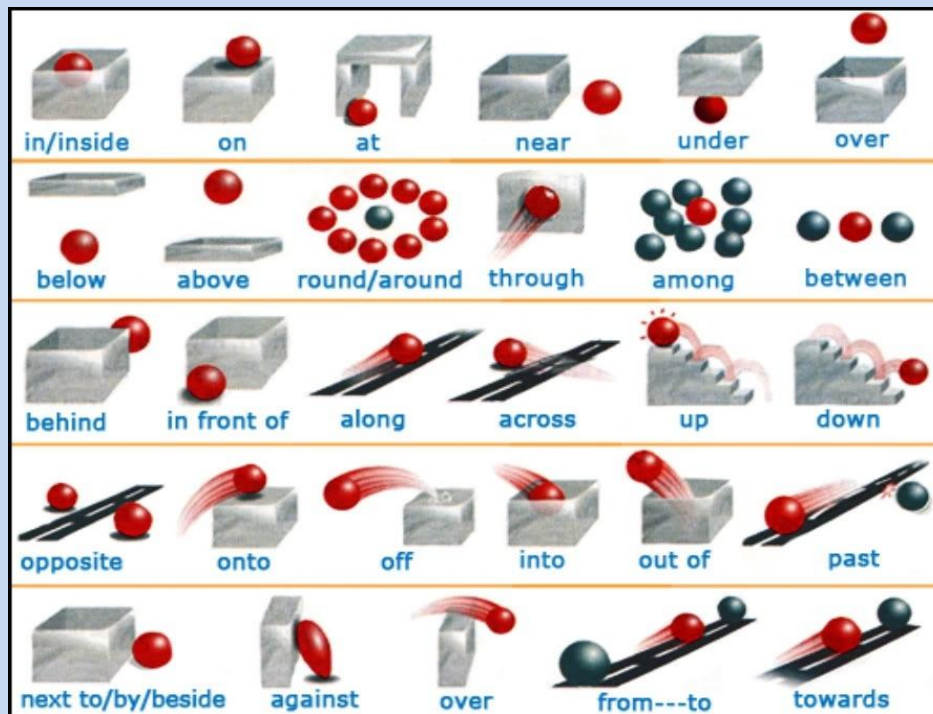
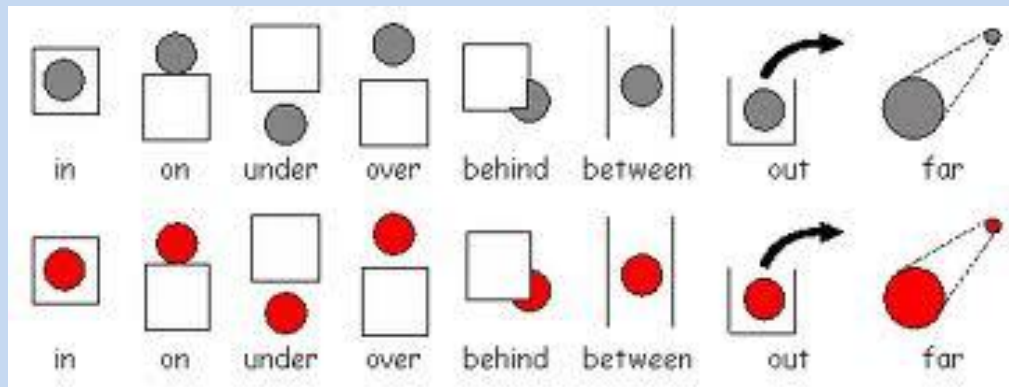
#### 1. Insert 'a', 'an' or 'the' wherever necessary:

1. I want \_\_\_\_ apple from the basket.
2. \_\_\_\_\_ church on the corner is progressive.
3. Miss Lin speaks\_\_\_\_\_ Chinese.
4. I borrowed\_\_\_\_\_ pencil from your pile of pencils and pens.
5. One of the students said, “ \_\_\_\_\_ professor is late today.”
6. I bought \_\_\_\_umbrella to go out in the rain.
7. Please give me \_\_\_\_\_ cake that is on the counter.
8. I lived on\_\_\_\_\_ Main Street when I first came to town.



## Prepositions

A Preposition is a word normally placed before nouns or a pronoun.



**Prepositions** – About, above, across, among, around, at, before, behind, below, beneath, beside, between, by, during, for, from, into, of, off, on, over.

- Tell me *about* your family.
- It was written *by* Shakespeare.
- We went *by* train.
- I was *at* home.
- She came *on* Monday.
- She lives *in* England.
- Come *with* us.
- Where are you *from*?
- I have not seen her *since* two O'clock.
- I have not seen her *for* two Hours.

### Practice Session

**Fill in the blanks with appropriate prepositions.**

- I'm tired \_\_\_\_ waiting for you.
- The police car chased the robbers\_\_\_\_\_ the streets.
- You can look the word \_\_\_\_\_ in the dictionary.
- She had problems \_\_\_\_reading the instructions.
- The song was written\_\_\_\_\_ Madonna.

**In each of the questions below, three of the words given are common prepositions. One is not a preposition. Your job is to kick out the word**

- |                  |           |            |         |
|------------------|-----------|------------|---------|
| 1. over          | on        | race       | through |
| 2. fuzzy         | between   | up         | beside  |
| 3. during        | after     | outside    | school  |
| 4. across        | amazingly | above      | about   |
| 5. near          | of        | screamed   | without |
| 6. camp          | below     | with       | until   |
| 7. against       | there     | inside     | by      |
| 8. underneath at |           | in         | him     |
| 9. everyone      | since     | throughout | across  |
| 10. among        | theirs    | concerning | before  |

**References:**

[http://www.englisch-hilfen.de/en/exercises\\_list/prepositions.html](http://www.englisch-hilfen.de/en/exercises_list/prepositions.html)

## Conjunctions

Conjunctions are words which join two words or sentences.

The most common conjunctions are 'and', but, for, or, nor, also, either....or ,

Neither....nor, after, because, if ,that, though, although, till, before, unless, as, not only....but also

- I like football, **but** I don't like handball.
- I was tired, **so** I went to bed.
- We will go **either** to Singapore **or** to Malaysia this summer.
- **If** you do not listen to me, you must face the consequences.
- **Since** I need you, I like you.

### Fill in the blanks

**The most common conjunctions are: and, but, or**

**Instructions: Fill in the blanks in the sentences below using one of the three**

**common conjunctions: and, but, or**

1. The school marching band practiced hard \_\_\_\_\_ they still did not sound very good.
2. The two brothers went camping \_\_\_\_\_ swimming every summer.
3. Would you like to play cards \_\_\_\_\_ read a book?
4. The race car rounded the track for the last lap \_\_\_\_\_ ran out of gas Before it made it to the finish line.
5. Our mother said we could have either pancakes \_\_\_\_\_ waffles for breakfast on Saturday morning.
6. The book was over 300 pages long \_\_\_\_\_ I read the whole thing.
7. Maria is not allowed to watch television \_\_\_\_\_ play outside until her homework is done.
8. Sarah wants to learn how to knit \_\_\_\_\_ she doesn't have any yarn.
9. The policeman catches criminals \_\_\_\_\_ keeps everyone safe.
10. Would you rather have a banana \_\_\_\_\_ an orange in your lunch today?

### Practice Session

#### References:

<http://www.funenglishgames.com/grammargames/conjunction.html>

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## Verbs

A **Verbs** is a kind of word that usually tells about an action or a state and is the main part of a sentence. Every sentence has a verb.

- The cat **slept**.
- That **is** John.
- She **loves** you.
- They **are running**.
- **Go** there on Monday.
- He **said**, "hello!"
- **Can** you **play** the piano?
- The **sleeping** baby **looks** beautiful.
- She **saw** the girl who **had been bitten** by the dog.

**Circle the verb in each sentence below.**

1. Sal listens to his favorite song.
2. Craig hits the baseball over the fence.
3. The little pig grunts.
4. The roof of the house leaks.
5. The hunter searches for a deer.
6. Dr. Gold examines his patient.
7. The bluebird in the tree sings beautifully.
8. The football team dashes out of the locker room.
9. Paul reads The Adventures of Tom Sawyer.
10. Mrs. Gray buys a roll of paper towels at the store.
11. Judy solves the mystery.
12. Harold finds a purple crayon

**References:**

<http://www.learnenglish.de/grammar/verbtext.html>

## English Lesson IV

### Basic English Usage (Grammar):

15.00 – 16.00

- Degrees of Comparison- Positive, Comparative and Superlative
- Revision and Practice Exercises

#### Degrees of Comparisons

##### The Positive Degree:

It denotes the adjective in its simplest form as some quality that exists without any comparison.

eg; Mohan is a tall person.

##### The Comparative Degree:

The comparative degree is used to compare the same qualities of two things or two sets of things or people.

eg: Sheila is taller than Mohan.

##### The Superlative Degree:

It is the highest degree of the quality denoted by an adjective and is used to indicate the best form of a thing or person.

eg: Raj is the tallest student in his class.

#### Complete the table by filling the missing words.

S.n	Positive Degree	Comparative Degree	Superlative degree
1.	Old		
2.	Happy		
3.	Thin		
4.	Good		
5.	Beautiful		

**Q1. Fill in the blanks with correct degrees of adjectives.**

1. Today is \_\_\_\_\_ than yesterday. (cold)
2. For me, Mathematics is \_\_\_\_\_, English is \_\_\_\_\_ but Science is the \_\_\_\_\_ of all. (difficult)
3. Which is the \_\_\_\_\_ dress in the shop? (expensive)
4. The king wanted to buy a palace, \_\_\_\_\_ than any in the world. (large)

**References:**

<http://www.weblearneng.com/the-degrees-of-comparison>

**Day 3**

4<sup>th</sup> September 2013 (Wednesday) - 14.00-16.00:

**English Lesson V****Basic English Usage:**

14.00 – 15.00

- Vocabulary Building- Homophones and Homographs
- Vocabulary Building- Synonyms and Antonyms
- Revision and Practice Exercises

**Homophones-**

Homophones are similar sounding words having a different meaning.

Homophones are two words that are spelled differently but have the same sound.

One example -of this is the words hare and hair. If you hear them out loud without seeing them written down, you don't know if you are talking about a hare (rabbit), or a hair (growing on your head).

**Complete each sentence by choosing the correct homophones and writing it in the blank.**

1. After he was sick for several days, his face was \_\_\_\_\_(pail/pale).
2. She purchased a beautiful new gown \_\_\_\_\_(for/four) the dance.
3. Walking down the \_\_\_\_\_(I'll/aisle/isle) to get married can be scary.
4. Glass containers have been \_\_\_\_\_(band/banned) on the beach.
5. The baker systematically kneaded the \_\_\_\_\_(doe/dough) for the bread.
6. I'd rather receive my \_\_\_\_\_(male/mail) electronically than on paper.
7. He was considered \_\_\_\_\_(bald/bawled) because he had no hair.
8. We searched everywhere trying to \_\_\_\_\_(fined/find) our lost dog.
9. My favorite stringed instrument is the \_\_\_\_\_(base/bass) because it is so big.
10. The fight \_\_\_\_\_(scene/seen) in the movie was extremely exciting!

## Homographs

**Homographs** are two words that are spelled exactly the same way, but have different meanings and sometimes different pronunciations. One example of this is the word bow. You'd need to hear the word out loud or see it written in a sentence to know whether we were talking about a ribbon or a polite gesture.

Choose the correct meaning for the homograph in bold for each sentence.

1. Joshua says that he **can** go on the field trip next week.  
a. To have permission b. To preserve in a sealed container
2. We had to **back** the car into the driveway so we could unload the trunk.  
a. The rear part of the human body b. To cause to move backwards
3. My mother allowed me to keep the **change** we got when we paid at the store.  
a. To transform or convert something b. Money given back when paying for goods or services
4. The skies look blue and **clear**, so it probably is not going to rain.  
a. Free from darkness or cloudiness b. Easily seen or understood
5. Grandpa Henderson lit a **match** to start the campfire.  
a. A slender piece of wood tipped with flammable chemicals b. To fit together, as two things



## Synonyms

**Synonyms** are two words that mean the same or nearly the same as each other. Choose the correct Following are the commonly used synonyms:

- begin=start,
- below=under
- buy=purchase,
- choose=pick,
- close=shut,
- combine=mix,
- conclusion=ending,
- dad=father,
- find=locate,
- easy=simple,
- equal=same,
- get=receive
- image=picture,
- imitate=copy,
- intelligent=smart,
- mix=stir,
- object=thing,
- quiet=silent,
- right=correct,
- rich=wealthy,
- raise=lift,
- watch=observe
- answer=reply,
- antonym=opposite,
- choose=select,
- collect=gather,
- complete=finish,
- empty=vacant
- estimate=guess,
- faithful=loyal,
- genuine=real,
- hurry=rush,
- illustration=picture,
- job=occupation,
- labor=work,
- last=final,
- many=numerous,
- praise=compliment,
- brief=concise,
- casual=informal,
- country=nation,
- necessary=required,
- previous=former,
- value=worth

Find **Synonym** for each underlined word below by circling your choice.

1. The girls were surprised when they saw the beautiful flowers the delivery boy brought.  
A) frustrating B) pretty C) fast D) orange
2. Watching the movie with all of my friends from school was fun, but it was too long.  
A) sticky B) lengthy C) silly D) short
3. Jennifer's roasted hot dog was ruined when it fell into the fire.  
A) flames B) water C) ground D) refrigerator
4. The librarian asked the children to be silent because everyone was trying to study.  
A) noisy B) boring C) quiet D) early
5. My grandpa made the new doll house, complete with miniature furniture for every room.  
A) pretty B) tiny C) fresh D) tall

Antonyms are words which are meaning wise opposite to each other .Following are commonly used antonyms.

### Antonyms list

- All x none;
- Big x little;
- Day x night;
- Fake x real;
- Up x down;
- Near x far;
- Wet x dry;
- Up x down;
- Good x bad;
- Hot x cold;
- Give x take;
- Pull x push;
- Young x old
- Add x subtract;
- Answer x question;
- Create x destroy;
- More x less;
- First x last;
- real x make-believe;
- left x right;
- easy x difficult;
- remember x forget;
- question x answer;
- hello x goodbye;
- even x odd;
- forward x backward;
- Loud x quiet;
- Best x worst;
- Give x take;
- In x out;
- Stop x go;
- Fast x slow;
- most x least;
- straight x bent;
- loose x tight;
- part x whole;
- north x south;
- tomorrow x yesterday;
- increase x decrease;
- cause x effect;
- fact x fiction;
- similar x different;
- future x past;
- simple x complex;
- certain x doubtful;
- problem x solution;
- multiply x divide;
- common x rare;
- fire x hire;
- lead x follow;
- rise x fall;
- positive x negative;

Choose the correct antonym from the word bank to complete each sentence below.

WORD BANK: stop, young, cold , difficult, bright , dry ,sour ,slow ,lazy ,short ,quiet  
open, rough, new

1. The fire is hot, but the ice is...
2. The race car is fast, but the old truck is...
3. The green light means go, but the red light means...
4. The grandfather is old, but the grandchild is...
5. The giraffe's neck is long, but the dog's neck is...
6. Addition is easy, but division is...
7. The candy is sweet, but the lemon is...
8. His sneakers are old, but his socks are ...
9. The glass is smooth, but the sandpaper is...
10. The window is closed, but the door is ...
11. The children are noisy, but the adults are...
12. The puppies are energetic, but the dogs are...
13. The moon is dim, but the sun is...
14. The rainforest is humid, but the desert is...

**Read each word pair. Write an S next to word pairs that are synonyms.**

**Write an A next to word pairs that are antonyms.**

- sit/stand
- rare/uncommon
- watch/view
- near/distant
- work/play
- miniature/small
- pal/friend
- angry/irate
- car/automobile
- musical/melodious
- wild/tame
- lead/follow
- dull/boring
- protect/defend
- teach/instruct
- buy/sell
- hot/chilled
- jump/leap
- smelly/aromatic
- book/tome
- noisy/quiet
- inside/within
- rapid/fast
- hungry/full

## English Lesson VI

### Basic English Usage (Grammar):

15.00 – 16.00

- Types of Sentences
- Revision and Practice Exercises

#### Types of Sentences

A group of words that makes complete sense is called a **sentence**.

*Example:*

color blue favorite is My. (makes no sense, therefore it is not a sentence)

My favorite color is blue. (makes complete sense, therefore it is a sentence)

*There are four kinds of sentences:*

1. Assertive or declarative sentence (a statement)
2. Imperative sentence (a command)
3. Interrogative sentence (a question)
4. Exclamatory sentence (an exclamation)

**1. An assertive sentence** is a sentence that states a fact. Such sentences are simple statements. They state, assert, or declare something.

*Examples:*

Jan is a student. She lives in a big city.

**2. Imperative sentence** is a sentence which gives a command, makes a request, or express a wish.

*Examples:*

Go to your room. (an order)

Please lend me your book. (a request)

Have a good time at the picnic. (a wish)

**3. Exclamatory sentence** is a sentence that expresses sudden and strong feelings, such as surprise, wonder, pity, sympathy, happiness, or gratitude.

*Example:*

What a shame!

Boy, am I tired!

**4. Interrogative sentence:** A sentence that asks a question is called an interrogative sentence.

*Examples:*

What is your name?

Where do you live?

- Declarative
- Imperative
- Exclamatory
- Interrogative

State the kind of the following sentences:

---

1. I didn't have time to finish my homework last night.
2. What a beautiful painting!
3. Harry, try the other door
4. I love you so much!
5. Why didn't you come to school today?
6. Please pass the salt.
7. Wow! Those fireworks are beautiful!
8. Stay in your seat.

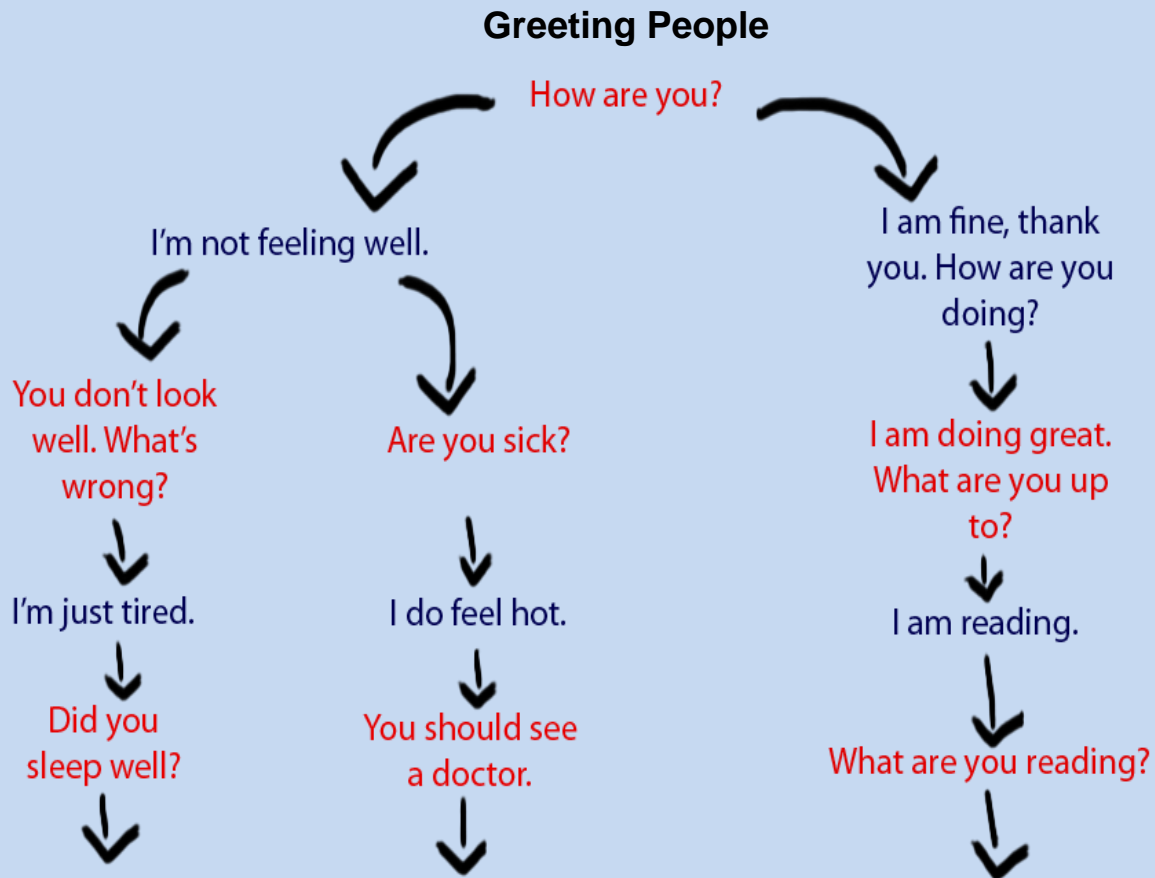
Below you'll find a list of sentences. Test your understanding of the four types of sentences by deciding which kind of sentence is portrayed.

1. Are you ready to go?
2. Atlanta is the capitol of Georgia.
3. I can't believe the Falcons lost the game!
4. Take me out to the ballgame.
5. Where did I leave my wallet?
6. I lost my wallet at the concert.
7. Oh, my gosh, I lost my wallet at the concert!
8. Please leave your boots at the door.
9. Hurray, I past the math test!
10. Do not pass go, do not collect 200 dollars.

**Day 4**5<sup>th</sup> September 2013 (Thursday) - 14.00-16.00:**English Lesson VII****Developing English Conversation Skills**

14.00 – 15.00

- Greeting People



**CONVERSATIONS:**

Angela: Konnichiwa. Watashi no namae wa Angela desu. (Hello. My name is Angela.)

Kenji: Watashi wa Kenji desu. (I'm Kenji.)

Angela: Yoroshiku. (Nice to meet you!)

Kenji: Kochira koso. (Likewise.)

Angela: Watashi wa Amerikajin desu. Dochira kara desu ka. (I'm American. Where are you from?)

Kenji: Shusshin wa Tōkyō desu. Ōsaka de sodachimashita. (I was born in Tokyo. I grew up in Osaka.) Amerika no dochira kara desu ka. (Where in the United States are you from?)

Angela: San Furanshisuko kara desu. (I'm from San Francisco.)

Kenji: San, kochira wa watashi no tomodachi desu. Steven-san desu. (Kenji, this is my friend. This is Steven.)

Kenji: Yoroshiku onegai itashimasu. (It is a pleasure to make your acquaintance.)

Steven: Kochira koso. (Likewise.)

The second conversation takes place on the first day of the University in a Class in Leeds.

A - "Hello, what's your name?"

B - "Hi, I'm Sonita. And you are..?"

A - "I'm Paul. So, where are you from?"

B - "I'm from Sheffield, it's not too far from here. What about you?"

A - "I'm from London, things are a little different here!"

B - "Do you like it so far?"

A - "Yeah, I really like it. It's only been a week but I've met a lot of people. Did you go to the freshers party?"

B - "I did. It was a lot of fun. Are you excited about the new course?"

A - "Very much so. Although I feel it's going to be hard."

## English Lesson VIII

### Developing English Conversation Skills







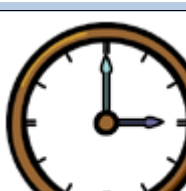
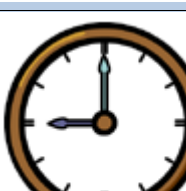


15.00 – 16.00

- What's the time?
- Days of the Week, Months of the Year and Vocabulary for Time and Day
- Shopping in India





### What's the Time?

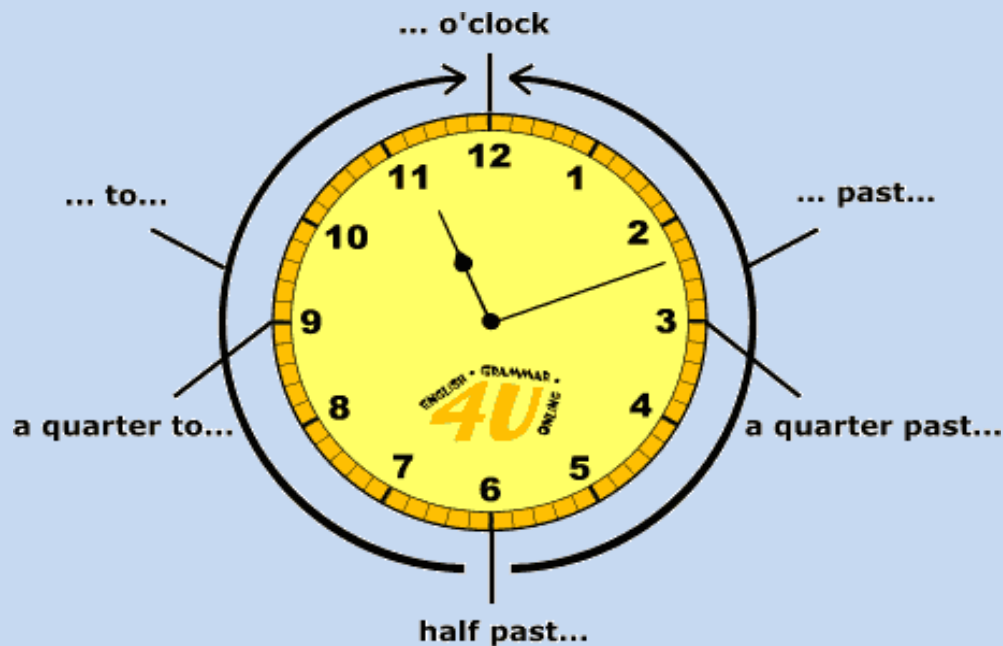
#### Time

When it's "on the hour" we say "o'clock".

	<u>Twelve o'clock</u>		<u>Six o'clock</u>
	<u>One o'clock</u>		<u>Seven o'clock</u>
	<u>Two o'clock</u>		<u>Eight o'clock</u>
	<u>Three o'clock</u>		<u>Nine o'clock</u>
	<u>Four o'clock</u>		<u>Ten o'clock</u>



	Five o'clock		Eleven o'clock
<p>Because it can be difficult to say whether 12 o'clock is during the day or the night, we use two special terms.</p>			
	0:00 and 24:00 = Twelve midnight (or midnight)		12:00 = Twelve noon (or noon)



References:

<http://learnenglishkids.britishcouncil.org/en/fun-games/whats-the-time>

<http://www.englisch-hilfen.de/en/exercises/various/time.htm>

<http://www.englishexercises.org/makeagame/viewgame.asp?id=1648>

<http://esl.about.com/library/beginner/bltime.htm>

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## Days of the Week

Japanese Vocabulary for Months/Year		
January	いちがつ   一月	ichigatsu
February	にがつ   二月	nigatsu
March	さんがつ   三月	sangatsu
April	しがつ   四月	shigatsu
May	ごがつ   五月	gogatsu
June	ろくがつ   六月	rokugatsu
July	しちがつ   七月	shichigatsu
August	はちがつ   八月	hachigatsu
September	くがつ   九月	kugatsu
October	じゅうがつ   十月	juugatsu
November	じゅういちがつ   十一月	juuichigatsu
December	じゅうにがつ   十二月	juunigatsu

- <http://englishmaven.org/HP6/Crossword%20Puzzle%20-%20Months%20of%20the%20Year.htm>

## Vocabulary for Days or Week

Japanese Vocabulary for Days/Week		
Sunday	日曜日	Nichiyōbi
Monday	月曜日	Getsuyōbi
Tuesday	火曜日	Kayōbi
Wednesday	水曜日	Suiyōbi
Thursday	木曜日	Mokuyōbi
Friday	金曜日	Kin'yōbi
Saturday	土曜日	Doyōbi

- <http://learnenglishkids.britishcouncil.org/en/word-games/hangman/days-the-week>
- <http://englishforeveryone.org/PDFs/Intermediate%20Crossword%20Puzzle%20%20Months%20of%20the%20Year.pdf>
- <http://englishmaven.org/HP6/Crossword%20Puzzle%20-%20Days%20of%20the%20Week.htm>
- <http://www.englishexercises.org/exercise.asp?id=393#a>
- <http://www.englishexercises.org/makeagame/viewgame.asp?id=10>
- <http://www.agendaweb.org/vocabulary/days-months-date-exercises.html>

## Vocabulary for Time or Day

Japanese Vocabulary for Times/Day		
Today	今日	Kyō
Tomorrow	明日	Ashita
Yesterday	昨日	Kinō
Tonight	今夜	Kon'ya
Morning	朝	Asa
Afternoon	午後	Gogo

- <http://www.englishexercises.org/makeagame/viewgame.asp?id=6937>
- [http://www.myenglishpages.com/site\\_php\\_files/vocabulary-exercise-months-days.php](http://www.myenglishpages.com/site_php_files/vocabulary-exercise-months-days.php)

## Shopping

### Types of Shops

<b>Pharmacy</b>	<b>a shop or a part of a shop where medicines are prepared and sold</b>
<b>butcher shop</b>	<b>a shop in which you can buy meat, poultry and sometimes fish</b>
<b>florist's</b>	<b>a shop that sells flowers and plants</b>
<b>dry cleaner's</b>	<b>a shop where clothes are cleaned</b>
<b>fishmonger's</b>	<b>a shop that sells fish</b>
<b>bookshop</b>	<b>a shop in which newspapers, magazines, calendars etc. are sold</b>
<b>greengrocer's</b>	<b>a shop that sells fruit and vegetables</b>
<b>gift shop</b>	<b>a shop that sells goods which are suitable for giving as a present</b>
<b>pet shop</b>	<b>a shop where pet animals can be purchased</b>
<b>department store</b>	<b>a large shop divided into several different parts. It sells many different items</b>
<b>grocery shop</b>	<b>a shop in which food is sold</b>
<b>bakery</b>	<b>a place where bread, cookies and other baked food are sold</b>

[http://www.youtube.com/watch?feature=player\\_detailpage&v=eZ\\_waypiyOQ](http://www.youtube.com/watch?feature=player_detailpage&v=eZ_waypiyOQ)

<http://www.tolearnenglish.com/exercises/exercise-english-2/exercise-english-6307.php>

### References:

<http://www.bbc.co.uk/worldservice/learningenglish/multimedia/london/unit4/>

[http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2011/08/110825\\_6min\\_english\\_shopping\\_page.shtml](http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2011/08/110825_6min_english_shopping_page.shtml)

<http://www.tolearnenglish.com/exercises/exercise-english-2/exercise-english-8210.php>

## Day 5

6<sup>th</sup> September 2013 (Friday) - 14.00-16.00:

### English Lesson IX

#### Developing English Comprehension Skills

14.00 – 15.00

- Language Game- Comprehending Passages  
Reading Comprehension Worksheet

### My Family

I love my family. There are five people in my family. I have one brother and one sister. My brother is seven and my sister is two. My mom and dad make the rules for my family. My little sister gets in trouble sometimes. Our favorite thing to do as a family is to play games together.

Now answer the questions about the story.

- 1) How many people are in the family?
- 2) How old is the sister?
- 3) Who gets in trouble sometimes?
- 4) Who makes the rules?
- 5) What does the family like to do best?

## A Happy Visitor

It is Thursday. It is raining today. It is a rainy day. Anna is inside the house. Anna is watching TV. Anna is watching TV inside the house. Anna cannot go outside. It is raining outside. Anna cannot go outside because it is raining outside.

Anna is bored.

Wait!

Anna hears someone at the door. Someone is at the door of her house. Anna opens the door. What does Anna see? Anna sees a dog. The dog is small. Anna sees a small dog. The dog is wet. The dog is wet from the rain.

"Awww! You are all wet!" Anna says to the dog. "You are very cute!"

"Mom!" Anna says.

"Yes, dear?" says Anna's mom.

"There is a dog here! There is a dog at the door!" Anna says.

"What?" says Anna's mom. "A dog?"

Anna's mom comes to the door. Anna's mom sees the wet dog. The wet dog looks cute.

"Can we keep it?" asks Anna.

"Yes, we can," says Anna's mom. The dog is happy.

### Questions:

1) What is at the door of the house?

- A. a man
- B. a cat
- C. a dog
- D. a snake

2) What happens at the end of the story?

- A. Anna keeps the dog.
- B. Anna takes the dog to the hospital.
- C. Anna's mom feeds the dog.
- D. Anna dries the dog with a towel.

3) Is the dog dry or wet?

A. The dog is dry.

B. The dog is wet.

4) How does the wet dog look?

I. strong

II. cute

III. small

A. I only

B. I and II

C. II and III

D. I, II, and III

5) What day of the week is it in the story?

A. Monday

B. Tuesday

C. Wednesday

D. Thursday

6) Do you think Anna should keep the dog? Why or why not?

## Answers and Explanations

- 1) C. In the middle, the story says, “someone is at the door of” Anna’s house. Then, “Anna opens the door. What does Anna see? Anna sees a dog.” We can understand from this that a dog was at Anna’s door. Therefore (C) is correct. The story does not provide information to support choices (A), (B), and (D). Therefore they are incorrect.
- 2) A. At the end of the story, “Anna's mom sees the wet dog.” Then Anna asks, "Can we keep it?" Next, Anna’s mom says, "Yes, we can." We can understand from this that Anna keeps the dog. Therefore (A) is correct. The story does not provide information to support choices (B), (C), and (D). Therefore they are incorrect.
- 3) B. In the middle, the story says, “The dog is wet.” Therefore (B) is correct. The dog is wet, not dry. Therefore (A) is incorrect.
- 4) C. There is no information in the story about how strong the dog is. This eliminates option (I). In the middle of the story, Anna says to the dog, “You are very cute!" This supports option (II). In the middle of the story, it says, “The dog is small.” This supports option (III). Therefore (C) is correct.
- 5) D. At the beginning of the story we learn that “it is Thursday.” Therefore (D) is correct. The story does not provide information to support choices (A), (B), and (C). Therefore they are incorrect.

## Japanese Haiku

Haiku is a short Japanese form of poetry. It became popular in the United States after World War II. Americans living in Japan during the occupation became interested in Japanese art and culture. The word “haiku” means “game-verse.” Haiku, having so

much in common with other forms of Japanese art, is a good introduction to the country's culture.

Because nature plays a large role in Japanese society, it is usually the main subject of a haiku. Even families living in largely populated cities care for and take

joy in their gardens that may only be two or three square feet.

1. Which would be a likely topic for a haiku poem?

- a. ocean waves
- b. city traffic
- c. cooking
- d. gold coins



2. Where did haiku originate?

- a. North America
- b. Europe
- c. Africa
- d. Asia

3. Which fact about haiku is true?

- a. They are always written in Japanese.
- b. They are Japanese games or puzzles.
- c. They are short poems about nature.

## Butterflies

Butterflies are some of the most interesting insects on the planet Earth. There are more than seventeen thousand different kinds of butterflies! Butterflies come in all shapes and sizes.

Butterflies go through four main stages of life. The first stage is the egg stage followed by the larva stage. As a larva, or caterpillar, the future butterfly eats as much as possible. As it grows, it sheds its outer skin, or exoskeleton. This may happen four or five times. After a few weeks, the caterpillar enters the next stage of its life, the chrysalis stage. In the chrysalis, the caterpillar will liquefy into a soup of living cells. Then, it will reorganize into a butterfly and the metamorphosis is complete. In later parts of the chrysalis stage, you can see the forming butterfly through the chrysalis.

When the butterfly emerges from the chrysalis, it pumps its wings to send blood through them so that it can fly. Most butterflies only live a couple of weeks, just enough time to drink flower nectar and to mate. Some, like the Monarch Butterfly, however, may live many months.

1.) How many stages of life does a butterfly go through?

2.) Which of the following is NOT true?

- A. Butterflies must wait until blood drains into their wings before flying.
- B. The butterfly may shed its skin 8 or 9 times
- C. Caterpillars turn into a liquid in the chrysalis
- D. Most butterflies live a short time

3.) In what stage does the metamorphosis happen?

- A. Butterfly
- B. Caterpillar
- C. Chrysalis
- D. Egg

4.) Which is true?

- A. There are about a thousand different kinds of butterflies in the world.
- B. There are more than a thousand different kinds of butterflies in the world.

- C. There are less than a thousand different kinds of butterflies in the world.
- D. There is only one kind of butterfly in the world.

5.) Why does the butterfly shed its skin?

- A. It is hungry
- B. The butterfly is coming
- C. It is growing
- D. To defend itself against predators

6.) What is the second stage of life for a butterfly?

- A. Larva
- B. Chrysalis
- C. Butterfly
- D. Egg

7.) What is the third stage of life for a butterfly?

- A. Larva
- B. Chrysalis
- C. Butterfly
- D. Egg

8.) Circle all of the things a butterfly does.

- A. goes through metamorphosis
- B. lays eggs
- C. mates
- D. drinks nectar from flowers

**References:**

<http://havefunteaching.com/worksheets/reading-worksheets/reading-comprehension-worksheets/>

[http://mrnuusbaum.com/reading\\_comprehension\\_printable/](http://mrnuusbaum.com/reading_comprehension_printable/)

**Day 6**

10<sup>th</sup> September 2013 (Tuesday) - 14.00-16.00:

**English Lesson X****Learning English through Games**

14.00 – 15.00

- Language Game: *Grammathon*

The Teacher-facilitator can bring in both learning and fun with the help of a Game Board. The colourful blocks of the Game Board have nothing written on the squares other than a few simple game-play instructions not related to language; however, the squares are all painted with six colours. Each colour represents a type of task, and I create a stack of cards with the tasks written on them. For example, yellow might indicate “Spell this Word”. Blue squares might ask a student to put a sentence in the present tense into the past, Green Colour may refer to identifying Parts of Speech etc.

The teacher could assign students in groups to come up with a series of tasks or exercises as homework and then have each colour represent a different group’s cards. This activity involves students in grammar learning and also brings in healthy competitive classroom environment.

**English Lesson XI****Learning English through Games**

15.00 – 16.00

- Language Game: Jigsaw Stories

In this activity named Jigsaw Stories, the teacher has to write a story in two to four sections or paragraphs, numbering the sections. She can rewrite a story from history or retell a news item. She has to cut the story into number of sections she has chosen. She has to put the students in groups with one student for each segment. The students are instructed to read their portions silently until they know the material well enough to retell it in their own words. The teacher-facilitator can connect this activity to revise varied grammar topics learnt at school-level and to add advanced version of the grammar topic.

**Day 7**

11<sup>th</sup> September 2013 (Wednesday) - 14.00-16.00:

**English Lesson XII****Learning English through Games**

14.00 – 15.00

- Language Game: *Role Play*

**Role Play****I) At a Pizza Restaurant**

Waiter: Hi! How are you?

Suki: I am Fine, thank you.

Welcome to Pizza Centre. My name is Kawasaki.

Waiter: How can I help you?

Suki: I would like an Extra Large Special Pizza, please.

Waiter: Ok, that would be an Extra Large Special Pizza. Is it to eat here or to go?

Suki: To go, please.

Waiter: Would you like extra ingredients for only 50 rupees more?

Suki: Oh, that would be great.

Waiter: Very well, so it's an Extra Large Special Pizza with extra Cheese and two extra ingredients. Your total is Rs. 350 only, please.

Suki: Oh, and I forgot, please also give me Cheese Bread with Chilli Sauce.

Waiter: Ok...your total would be Rs. 400 only.

Suki: Do you take credit cards?

Waiter: Of course.

Suki: Here it is.

Waiter: Wait a minute please.... Can you please sign here.

K.G.Joshi Colleg of Arts & N.G. Bedekar College of Commerce, Thane

Suki: Ok.

Waiter: Thank you. Here's your order, it's an Extra Large Special Pizza and Cheese Bread with Chilli Sauce.

Suki: Thank you. It smells great.

Waiter: Thank you and come again

## II) Shopping for Clothes - Role Play

Clerk: Good Morning. Can I help you?

Yui: Yes, please. I'm looking for a dress.

Clerk: Certainly. Which Colour?

Yui: Mmmmm.....I would like a pink one.

Clerk: And what size?

Yui: Small, please.

Clerk: We have these beautiful dresses on sale.

Yui: How much are they?

Clerk: 10 Yen each.

Yui: May I try this one?

Clerk: Sure. The dressing room is right there.

Yui: Thanks. I'll be right back.

## III) At the Cinema - Role Play

Clerk: Hello.

You: Hi. Two tickets for the film "Titanic" at 4 o'clock, please.

Clerk: I'm sorry. There are no tickets left for 4 o'clock.

You: Oh, can I have tickets for the 8 o'clock performance then?

Clerk: Yes. What seat do you prefer? In the middle or at the back?

You: In the middle, please.

Clerk: OK. Row 10, seats 5 and 6.

You: Perfect. How much is it?

Clerk: That's \$9.00 dills. please.

You: Here's \$10.00 dills. Keep the change.

Clerk: Thank you. Enjoy the film.

IV) Today **Nancy** calls at a **business office** to see the Manager, Mr. Hobart. But she hasn't got an appointment and his **Secretary** explains that he is too busy to see her without one.

Secretary: Good morning.

Nancy: Good morning. Is this Mr. Hobart's office?

Secretary: Yes, that's right.

Nancy: I wonder whether Mr. Hobart could see me? My name is Nancy Martin.

Secretary: Oh, yes, Miss Nancy. Mr. Hobart had a letter from Mr. Watson. He said you would be writing to make an appointment.

Nancy: I decided to come instead. I was rather hoping that perhaps Mr. Hobart would be able to see me this morning.

Secretary: Oh, I am very sorry, but I am afraid he has got several engagements today. He's in a meeting since morning and he has several other appointments this afternoon.

Nancy: Then I ask you to please make an appointment for me.

Secretary: Yes, certainly. Would Friday at 3:15 suit you?

Nancy: No, I am afraid I won't be in London on Friday.

Secretary: Oh, I see, could you manage Monday, at 11:00?

Nancy: Yes, that will be quite all right.

Secretary: Good. I'm scheduling it for 11 on Monday, then.

Nancy: Thank you very much.

Secretary: You're welcome, Miss Nancy.

### References:

<http://www.kidsinco.com/role-plays/>

## English Lesson XIII

### Learning English through Games

15.00 – 16.00

- Language Game: Collage Activity

For this language activity, the teacher's task as a Language Facilitator is to find an English Magazine or a Newspaper and cut out about 40 words ensuring she has a balance of the parts of speech and stick them onto a sheet of paper in no particular order, for instance:

	Sugar	TRAVELLING	car	<b>however</b>
Russian	<i>The</i>	<i>affectionate</i>	<i>mind</i>	<i>were</i>
	<i>Delicious</i>	is	<b>at</b>	garden
<b>Brave</b>	<b>cate</b>	<b>angrily</b>	pain	<b>water</b>
	<i>Colours</i>	HUNTER	PLASTIC	arrogant
Uses	ANIMATION	<b>is</b>	COTTON	<b>WALK</b>
	<b>Wooden</b>	Top	<i>City</i>	<b>have</b> <b>am</b>
Cut	<b>upcoming</b>	<b>sale</b>	<b>pray</b>	<i>song</i>
	Free	<b>boy</b>	<b>happy</b>	after
Different	<i>shown</i>	soul	<b>A</b>	<i>cried</i>
	<b>Thought</b>	to	<b>skills</b>	Maria
			<b>today</b>	

The teacher has to distribute copies of the sheets to students in groups of four to five. She should print these set of words on sheet. The students have to be given five minutes to frame creative sentences (depending on their level and complexity of task): one sentence with three words, one sentence with four words etc. As per the requirement of the class, this activity can help the teacher to teach grammar topics conceptually, pronunciation, writing skills etc. This Language Activity-cum-Game will, thus encourage creative use of language.



## Cultural Programmes

1. Interaction with V.P.M.'s Colleges
2. Visits to Places
3. Visits for *Ganesh* Festival
4. Sports Events
5. Performing Arts by Joshi-Bedekar College
6. Hindi Movie – *Awaara* by Raj Kapoor
7. Shopping at Thane

## 1. Interaction with V.P.M.'s Colleges

- Interaction at [Arts & Commerce College, Thane](#)
- Interaction at [Science College, Thane](#)
- Interaction at [Law College, Thane](#)
- Interaction at [V.P.M.'s Polytechnic, Thane](#)

[TOP](#)

## Visits to Places

- [Visit to Gateway of India](#)
- [Visit to Mani Bhavan](#)
- [Visit to Nehru Center](#)
- [Visit to Karla Caves](#)

## Visits for [Ganesha Festival](#)

- Observing Preparations to Welcome *Ganesha*
- Visit to [Ganesh Mandals](#)
- [Home Visit](#)

## Sports Events

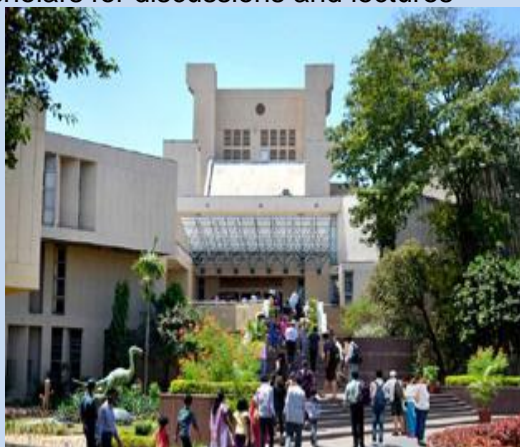
- Sports Events at Thane College : [Basketball](#)
- Sports Events at Thane College : [Cricket](#)

## Nehru Science Centre

**Nehru Centre** was conceived in 1972 in Bombay, India monument of faith in [Jawaharlal Nehru's](#) vision of man, his compassion for humanity, his concern for human beings and his undying passion to lift them to the greatest and highest purpose.

Nehru Science Centre has more than 500 hands-on and interactive science exhibits on energy, sound, kinematics, mechanics, transport, etc. installed in the Science Park & different galleries. The NSC building with its unique architecture houses several permanent science expositions on various themes.

It includes the Nehru Planetarium: A centre for scientific study of astronomy and for meeting of scientists and scholars for discussions and lectures



### Nehru Planetarium

The planetarium was only the first phase of an ambitious memorial that truly reflects the awe inspiring spirit of a man who meant so much to three generations of Indians and which continues to inspire the present generation.

Nehru Planetarium: A centre for scientific study of astronomy and for meeting of scientists and scholars for discussions and lectures.



### References:

<http://www.nehru-centre.org/>

<http://www.nehrusciencecentre.gov.in/?Antispam=gw4TYOnKAES>

[http://en.wikipedia.org/wiki/Nehru\\_Science\\_Centre](http://en.wikipedia.org/wiki/Nehru_Science_Centre)

## *Mani Bhavan*

*Mani Bhavan* is a Museum on Mahatma Gandhi.

It was the focal point of Gandhi's political activities in Mumbai for a long time between 1917 and 1934.

It contains many of his photographs, personal belongings and over 50,000 books and documents, including copies of his letters.

US President Barak Obama after visiting the house of Mahatma Gandhi whom he looked for inspiration, said about the Father of the Nation as a "hero not just to India but to the world."



References:

[http://en.wikipedia.org/wiki/Mani\\_Bhavan](http://en.wikipedia.org/wiki/Mani_Bhavan)

<http://www.gandhi-manibhavan.org/>

<http://www.mumbainet.com/travel/manibhawan.htm>

## The Gateway of India

The **Gateway of India** is a monument built during the British Raj in Mumbai (formerly Bombay), India. It is located on the waterfront in the Apollo Bunder area in South Mumbai and overlooks the Arabian Sea.



Mumbai's most famous monument, this is the starting point for most tourists who want to explore the city. It was built as a triumphal arch to commemorate the visit of King George V. and Queen Mary.

### References:

[http://en.wikipedia.org/wiki/Gateway\\_of\\_India](http://en.wikipedia.org/wiki/Gateway_of_India)

<http://www.mumbai.org.uk/gate-way-of-india.html>

<http://www.gatewayofindia.co.in/>

<http://www.mumbainet.com/travel/gateway.htm>

## Karla Caves

The Karla Caves or Karle Caves or Karla Cells are a complex of ancient Indian Buddhist rock-cutcave shrines located in Karli near Lonavala, Maharashtra. The shrines were developed over two periods – from the 2nd century BC to the 2nd century AD, and from the 5th century AD to the 10th century. The oldest of the cave shrines is believed to date back to 160 BC, having arisen near a major ancient trade route, running eastward from the Arabian Sea into the Deccan. Karli's location in Maharashtra places it in a region that marks the division between North India and South India. Buddhists, having become identified with commerce and manufacturing through their early association with traders, tended to locate their monastic establishments in natural geographic formations close to major trade routes so as to provide lodging houses for travelling traders. Today, the cave complex is a protected monument under the Archaeological Survey of India.



### References:

[http://en.wikipedia.org/wiki/Karla\\_Caves](http://en.wikipedia.org/wiki/Karla_Caves)

[http://asi.nic.in/asi\\_monu\\_tktd\\_maha\\_karlacaves.asp](http://asi.nic.in/asi_monu_tktd_maha_karlacaves.asp)

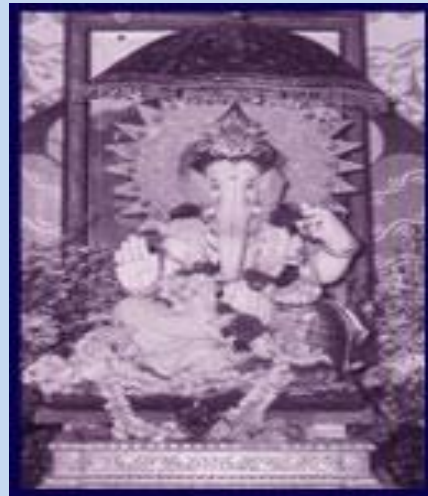
<http://www.maharashtratourism.net/caves/karla-and-bhaja-caves.html>

## **Ganesha Festival**

**Ganesha Chaturthi** (Ganesha Festival) is the Hindu festival celebrated on the birthday (rebirth) of Lord Ganesha, the son of *Shiva* and *Parvati*.

It is the day *Shiva* declared his son *Ganesha* as superior to all the Gods, barring *Vishnu*, *Lakshmi*, *Shiva* and *Parvati*. Ganesha is widely worshipped as the God of wisdom, prosperity and good fortune and traditionally invoked at the beginning of any new venture or at the start of travel. The festival, also known as **Ganeshotsav** ("festival of *Ganesha*") is observed in the Hindu calendar month of *Bhaadrapada*, starting on the *shukla chaturthi* (fourth day of the waxing moon period). The festival lasts for 10 days, ending on *Anant Chaturdashi* (fourteenth day of the waxing moon period).

While celebrated all over India, it is most elaborate in Maharashtra, TamilNadu, Goa, Andhra Pradesh, Karnataka, Odisha and Chhattisgarh. Outside India, it is celebrated widely in Nepal and by Hindus in the United States, Canada, Mauritius, Singapore, Malaysia, Thailand, Cambodia, Burma, Fiji, Trinidad & Tobago, and Guyana.



### The First *Ganesha* Festival:

In 1893, Lokmanya Tilak transformed the annual domestic festival into a large, well-organized public event. Tilak recognized the wide appeal of the deity *Ganesha* as "the god for everybody", and popularized *Ganesh Chaturthi* as a national festival in order "to bridge the gap between Brahmins and 'non-Brahmins' and find a context in which to build a new grassroots unity between them", and generate nationalistic fervour among people in Maharashtra against the British colonial rule.

Under Tilak's encouragement, the festival facilitated community participation and involvement in the form of intellectual discourses, poetry recitals, performances of plays, musical concerts, and folk dances.



### The *Sarvajanik Mandals* in Modern Times:



Every Mandal works hard towards displaying splendid decorations as depicted in the above pictures.

### *Ganesha* at Homes:

A life-like clay model of Lord *Ganesha* is made 2-3 months prior to the day of *Ganesh Chaturthi*. The size of this idol may vary from 3/4th of an inch to over 25 feet.



On the day of the festival, it is placed on raised platforms in homes or in elaborately decorated outdoor tents for people to view and pay their homage. The priest, usually clad in red silk dhoti and shawl, then invokes life into the idol amidst the chanting of *mantras*. This ritual is called '*pranapratishttha*'. After this the '*shhodashopachara*' (16 ways of paying tribute) follows. Coconut, jaggery, 21 '*modakas*' (rice flour preparation), 21 '*durva*' (trefoil) blades and red flowers are offered. The idol is anointed with red unguent or sandal paste (*rakta chandan*). Throughout the ceremony,

Vedic hymns from the Rig Veda and *Ganapati Atharva Shirsha Upanishad*, and *Ganesha stotra* from the *Narada Purana* are chanted.

The festival lasts 10 days. On the last day, which is *Anant Chaturdashi* day, people immerse the idols in a water body, chanting "*Ganpati Bappa Morya, Pudchya Varshi Lavkar Ya.*"



#### References:

[http://en.wikipedia.org/wiki/Ganesh\\_Chaturthi](http://en.wikipedia.org/wiki/Ganesh_Chaturthi)

[http://ekmev.com/z\\_english\\_ganeshhistory\\_tilakbiography.htm](http://ekmev.com/z_english_ganeshhistory_tilakbiography.htm)

<http://www.ashtavinayak.net/ganeshafestival.php>

[http://www.hindupedia.com/en/Ganesh\\_Chaturthi](http://www.hindupedia.com/en/Ganesh_Chaturthi)

## Basketball

Date: 10<sup>th</sup> September 2013

Day: Tuesday

Venue: Basketball Court at Thane College

Time: 16.00 - 18.00

Basketball:

In India, the game of Basketball started its journey in 1930 when it was played for the first time. Nowadays, it is considered as one of the widely played sports in India. **Basketball** is a sport played by two teams of five players on a rectangular court. The objective is to shoot a ball through a hoop 18 inches (46 cms) in diameter and 10 feet (3.0 m) high mounted to a backboard at each end. Basketball is one of the world's most popular and widely viewed sports.

Following are the links explaining information along with the rules and regulations of Basketball game.

References:

<http://en.wikipedia.org/wiki/Basketball>

[http://en.wikipedia.org/wiki/Basketball\\_in\\_India](http://en.wikipedia.org/wiki/Basketball_in_India)

[http://en.wikipedia.org/wiki/Rules\\_of\\_basketball](http://en.wikipedia.org/wiki/Rules_of_basketball)

## Cricket

Date: 11/9/2013

Day: Wednesday

Venue: Cricket Ground

Time: 16.00 -18.00

The most popular sport that has taken India to greater heights is cricket. Cricket is a religion and the Indian society is associated with the sport wherever they are across the world. The sport is played at all levels and ages starting from the grassroots up to a national level. The game has given rise to popular personalities in all aspects of the game. Unlike in other sports such as football, the sport has given rise to the popularity of coaches and even commentators.

India is one of the cricket playing nations, which has vital role in sport cricket around the world. Cricket was introduced in India in the middle of the 18th century. Cricket is the national level and most popular game in India governed by the Board of Control for Cricket in India it includes the member of International Cricket Council and it organizes Test Cricket and One day International Cricket and T20 matches

India has won the World Cup Championship in both ODI and T20 formats. In 1983 India wins it under the Kapil Dev after that India took the World Cup second time in this year under M.S. Dhoni and also India has won T20 world cup with same M.S. Dhoni and team. The other formats of Indian Cricket are *Ranji* Trophy Indian Premier League.

Following are the links explaining information along with rules and regulations regarding the game of Cricket-

References:

[http://en.wikipedia.org/wiki/Cricket\\_in\\_India](http://en.wikipedia.org/wiki/Cricket_in_India).

[http://en.wikipedia.org/wiki/Laws\\_of\\_cricket](http://en.wikipedia.org/wiki/Laws_of_cricket)

<http://kannanwrites.hubpages.com/hub/Rules-and-Regulations-in-Cricket>

Kyoto Sangyo University, Kyoto, Japan and V.P.M.'s K. G. Joshi College of Arts & N. G. Bedekar College of Commerce, Thane, India

## CULTURAL PROGRAMME

On 6<sup>TH</sup> September 2013

### **Music: (Singing and Instrumental)**

- 1) Classical Singing – Ms. Siddhi Shirodkar  
A Classical singing song based on “*Basant*” Raga. It will include two “*Bandish*”  
The song is sung on a specific part of a day.
- 2) Indian Group Song – Ms. Anagha and Group  
It will include two songs:
  - a) Patriotic Song
  - b) Folk Song
- 3) *Basuri* or Flute Performance – Mr. Sagar Arhad  
Individual Performance on Classical Songs
- 4) Mandolina – Ms. Sejal Farro  
Individual performance on Songs
- 5) *Jugalbandi* of Harmonium and Tablas –  
By Ms. Sonali Chakradeo and Mr. Prashant Umap - Duet performance

### **Dance:**

- 1) Indian Classical Dance (Solo)- By Ms. Pallavi Lele
  - a. Individual Kathak Performance.
- 2) Duet Dance Performance – By Ms. Jeevisha and Ms. Priya
  - a. On a song based on Classical Raga
- 3) Folk Dance – By Mr. Rahul Shah and Group
  - a. A performance having fusion of 2-3 different types of dance forms, which are performed during different festivals in India.

#### **Teachers In-Charge**

- 1) Prof. Mrs. Archana Prabhudesai
- 2) Prof. Miss Gayatri Gor

## Hindi Movie *Awaara* by Raj Kapoor

**Raj Kapoor** (14 December 1924 – 2 June 1988), also known as *The Show-Man*, was a noted Indian film actor, producer and director of . He was the winner of two National Film Awards and nine Filmfare Awards in India, and a two-time Hindi cinema nominee for the Palme d'Or grand prize at the Cannes Film Festival for his films *Awaara* (1951) and *Boot Polish* (1954). His performance in *Awaara* was ranked as one of the top ten greatest performances of all time by Time magazine. His films were commercial successes that attracted worldwide audiences, particularly in Asia and Europe. The Government of India honoured him with the Padma Bhushan in 1971 and the Dadasaheb Phalke Award in 1987 for his contributions towards Indian cinema.



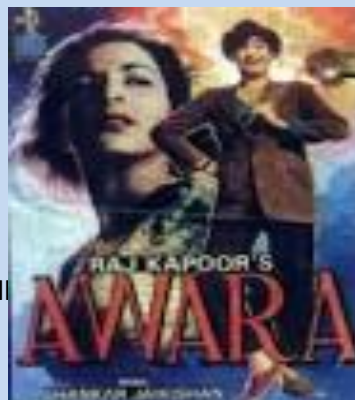
### References:

<http://www.sscnet.ucla.edu/southasia/Culture/Cinema/RajK.html>

<http://www.moma.org/visit/calendar/films/1233>

### ***Awaara*:**

***Awaara*** (Hindi: आवारा *Āvārā*, meaning "Tramp"; also written ***Awāra***) is a 1951 Hindi film directed and produced by Raj Kapoor who also plays the leading role. Music was composed by the team of Shankar Jaikishan. Kapoor's real-life father Prithviraj Kapoor stars as his on-screen father Judge Raghunath. Kapoor's youngest real-life brother Shashi Kapoor plays the younger version of his character. Prithviraj's father Dewan Bashwanath Kapoor also played a cameo role in his only film appearance.



The film centers on the intertwining lives of poor Raj (Kapoor) and privileged Rita (Nargis). In the film, Kapoor's poor, innocent "little tramp" character references Charlie Chaplin and was further developed in other Kapoor films such as Shri 420.

The film became an overnight sensation in South Asia, and found success abroad in the Soviet Union, East Asia, Africa, and the Middle East. In particular, the song "*Awara Hoon*" (I am a Tramp), sung by Mukesh with lyrics by Shailendra, became hugely popular across the Indian subcontinent, as well as in the Soviet Union, China, Turkey, Afghanistan, and Romania. The film was also nominated for the Grand Prize of the Cannes Film Festival in 1953. Owing to its popularity in so many countries, the film is a candidate for most successful film of all time. In 2012, *Awaara* was included in the 20 new entries to All-Time 100 greatest films by TIME.

[Index](#)

[Cultural Programme](#)

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## Shopping at Thane

Shopping at Thane is an exciting experience, which our guest students would definitely cherish. There are various shops and Malls, which would make a range of authentic Indian products available to them. Popular shopping list items include Indian handicrafts, clothes, books, accessories etc.

Following are the details of the Shopping Session:

Date: 12<sup>th</sup> September 2013

Day : Thursday

Time: 16.00 -18.00

References:

<http://blog.cityofthane.com/category/shopping/>

## Other Activities

- ✓ Inaugural Function (Sunday 1<sup>st</sup> Sep 6:00 p.m.)
- ✓ Special Lectures
  - Lecture on Indian Business
  - Lecture on Japanese words from India
- ✓ Valedictory Function
  - Disbursal of certificates



- **Course Facilitators**

1. Prof. Mrs. Vijaya Khare
2. Prof. Mr. Anil Dhawale
3. Prof. Ms. Dr. Jayshree Singh
4. Prof. Mrs. Nomita Kolnoorkar
5. Prof. Ms. Tanvi Raut

## CURRICULUM VITAE

Name : Vijaya Oniel Khare  
 DOB : December 12, 1966  
 Marital Status : Married  
 Address : B-7, Samruddhi CHS, Sane Guruji Nagar,  
 90 Feet Road, Mulund (East), Mumbai – 400 081  
 Cell : 93200 22005  
 Email : vijukhare@yahoo.co.in




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### Qualification :

- Masters in Philosophy (*Specialisation in Yoga*) from Mumbai University in the year 2012
  - *Bachelor of Commerce* from Poddar College of Commerce, Mumbai University in the year 1987.
  - Diploma in Computer programming from Datapro in the year 1989
- 

### YOGA Qualifications :

- **Basic Certificate course** in Yoga from Ambika Yog Kutir in 1988  
Training Undergone:
  - ✓ Basics of Pranayam
  - ✓ Asanas
  - ✓ Breathing exercises
  - ✓ Kriyas
- 2 years **Teachers Training Course** from Ambika Yog Kutir in 1996  
Training Undergone:
  - Pranayam and Mudras
  - Advanced Asanas
  - Consulting yoga therapy for various diseases.
  - Stress management
  - Meditation
- **Yoga therapy Certificate course** from VYASA Institute , **Bangalore.** 2009
- **Diploma in Naturopathy** from Nature cure institute Nashik, in 2010.
- **MA (Philosophy in Yoga) 63.5%** from Mumbai University in 2012
- **Conducting workshops** in public sector

**Name:** Anil Dhawale

**Assistant Professor & HOD**

**Department of Hindi**

**VPM's K.G.Joshi College of Arts &**

**N. G. Bedekar College of Commerce Thane,**

**Maharashtra, India.**

**Cell number: 09969616155**

**E- Mail ID: [anild883@gmail.com](mailto:anild883@gmail.com)**

**Qualification: M.A., B.Ed, NET, SET**

**DOB: 05 June, 1972**

**Nationality: Indian**

**Languages known: Marathi, Hindi, English**

**Hobbies: Reading, writing, Watching movies**



**Dr. Jayshree Singh (M.A., D.Ed. NET, Ph. D.)**

Assistant Professor, Department of Hindi,  
VPM's K.G. Joshi College of Arts  
& N.G. Bedekar College of Commerce,  
Chendani Bunder Road, Thane - 400 601.  
Maharashtra India

**Mobile** : 09757277735

**E-Mail ID** : [jayshreesingh13@gmail.com](mailto:jayshreesingh13@gmail.com)

**Nationality** : Indian

**Language known:** English, Hindi, Marathi

**Hobbies:** Reading, Writing, Dancing

**Educational Qualification :**

- ❖ Awarded the Ph.D. degree for the thesis entitled "Surendra Verma ke Natkon Ka Anusheelan" from University of Mumbai in Jan 2012.
- ❖ M.A. (2004) Gold medalist, University of Mumbai.
- ❖ B.A. (2002), University of Mumbai.
- ❖ D.Ed. (1999), Pune Board.

**Mrs. NOMITA RAHUL KOLNOORKAR**

Date of Birth:	17 <sup>th</sup> July 1978
Languages Known:	English, Marathi & Hindi
Social Interests:	Practising <b>SAHAJA YOGA</b> Meditation, Writing Articles, Dramatics, Dance, Travelling etc.

**ACADEMIC QUALIFICATIONS**

M.A. (English), B.Ed., M.Phil (English)

**EDUCATIONAL ACHIEVEMENTS**

1. Secured **1<sup>st</sup> Rank** in Functional English as Vocational Subject at **B.A. in Mumbai University**.
2. Secured **1<sup>st</sup> Rank in B.A. in Mumbai University** – English Literature & Functional English.
3. Awarded Mumbai University's English Department's **Certificate of Excellence** [Grade A] for the year 1999-2000, for writing two **Research Papers** in optional course 'INDIAN ENGLISH LITERATURE' in M.A. [Part I]

**PROFESSIONAL ACHIEVEMENTS**

- Member of **ELTAI** (English Language Teachers Association of India).
- Presented a Research Paper titled 'Learning in Large Classrooms: the More, the Merrier' at National Conference on 'ELT' by ELTIS, Pune, on 8th and 9th February 2013.
- Presented a Research Paper titled 'Re-thinking Indian Socio-Political Consciousness in the Novels of Nayantara Sahgal' at National Conference on 'Contribution of Women in the Development of Modern India' by Vidya Bharati Mahavidyalaya, Amravati, on 12th October 2012.
- Presented two Papers on '**Relevance of Grammar to the Acquisition of English Language**' and '**Literature – A Journey to Language Skills**' at National Conference on 'English Language Today' organised by the Dept., of English, Rajarshi Shahu Mahavidyalaya, Latur, from 27<sup>th</sup> December to 29<sup>th</sup> December 2010.

**OTHER QUALIFICATIONS**

1. Completed a Certified Course on **Advanced English Conversation** conducted by INDO-AMERICAN SOCIETY.

**Course Facilitator for *Conservational English Programme*****Ms.Tanvi Prakash Raut.**

A-5 Uday Nagar, Gurukul Road,  
Panchpakhadi, Thane (West)

Email [tnvraut@yahoo.co.in](mailto:tnvraut@yahoo.co.in)

Mobile no: 9819162129

**Career Profile**

An experienced and qualified language trainer with experience in teaching Communication skills at College level. Has been involved in varied activities related to language learning and teaching.

**Qualification**

Masters in English Literature from University of Mumbai in 2009.

Bachelor of Education from University of Mumbai in 2010.

Qualified UGC-NET & SET Eligibility Examination for Lecturership.

**Key strengths**

- ✓ Knowledgeable about the subject.
- ✓ Enthusiastic about teaching.
- ✓ Innovative in teaching approach
- ✓ Articulate with language expression

**Training Topics**

- English Language teaching(Spoken and Written)
- Presentation skills
- Soft skill teaching
- Student learning enhancement Programme

## Volunteers

1. Ruta Subhash Vaity
2. Sayli Mukund Deshmukh
3. Akshay Ashok Hegde
4. Prasad Prakash Gawde
5. Asmita Ramesh Sharma
6. Ashwini Ramesh Sharma
7. Neel Sanjay Naik
8. Abhiruchi Hemantkumar Oke

**Name:** Ruta Subhash Vaity.



**Date of Birth:** 03-02-1993

**Education:** Pursuing Graduation in Philosophy (BA- Philosophy)

**Family:** there are 3 members in my family i.e. myself, mother and elder sister. My mother is a housewife. My sister is doing job in an Advertisement Agency.

**Participation in Co-curricular and Extra-curricular activities:** I am the active member of Talent Academy .I have participated in dance and literary events of the University of Mumbai. I am NCC cadet and member of NSS. I have also done Civil Defence course.

**Hobbies:** I like singing , acting, dancing and swimming.

**Contact Number:** 9619540787

**E-mail:** [ruta3feb@gmail.com](mailto:ruta3feb@gmail.com).



[Index](#)[Volunteers](#)

**Name:** Sayli Mukund Deshmukh.

**Date of Birth:** 03-02-1993

**Education:** Pursuing Graduation in Philosophy (BA- Philosophy)

**Family:** There are 4 members in my family i.e. myself, father, mother and elder brother. My parents are teachers. My brother is Computer Engineer.



**Participation in Co-curricular and Extra-curricular activities:** I am the active member of Talent Academy. I have participated in dance and theatre events of the University of Mumbai. I am NCC cadet and member of NSS .

**Hobbies:** I like acting, dancing , teaching and observing behaviour of a person .

**Contact Number:**9768476864

**E-mail :** [sayanjali18@gmail.com](mailto:sayanjali18@gmail.com)

[Index](#)[Volunteers](#)

**Name:** Akshay Ashok Hegde.



**Date of Birth:** 30-05-1992

**Education:** Pursuing Post Graduation in Advance Accountancy. (Mcom-I)

**Family:** There are 4 members in my family i.e. myself, father, mother and grand mother. My father is a businessman. and mother is Lic agent.

**Participation in Co-curricular and Extra-curricular activities:** I am the active member of Talent Academy .I have participated in fine arts and theatre , dance events of the University of Mumbai.

**Hobbies:** I like acting, dancing , drawing , listening music and watching tv.

**Contact Number:** 8097534879

**E-mail :** [akshayhegde420@gmail.com](mailto:akshayhegde420@gmail.com)

**Name:** Prasad Prakash Gawde.



**Date of Birth:** 16-06-1992

**Education:** Pursuing Post Graduation in Banking Finance. (Mcom-I)

**Family:** There are 3 members in my family i.e. myself, father and mother . Both are employee in bank.

**Participation in Co-curricular and Extra-curricular activities:** I am the active member of Talent Academy .I have participated in dance.

**Hobbies:** I like collecting coins, postal stamps, listening music .

**Contact Number:** 8108578717

**E-mail:** [prasad19j@gmail.com](mailto:prasad19j@gmail.com)

**Name:** Asmita Ramesh Sharma.

**Date of Birth:** 07-02-1996

**Education:** Pursuing Under-Graduation in Bachelor in Arts.



**Family:** There are 7 members in my family i.e. myself, father, mother , elder brother and 3 sisters. My father employee in Blue Star Company and mother is housewife. My brother works with ICICI bank. My 2 younger sisters are studying in school and elder sister is pursuing post graduation.

**Participation in Co-curricular and Extra-curricular activities :** I am the active member of Talent Academy I have participated in dance event of the University of Mumbai. I am athletic champion.

**Hobbies:** I like acting, dancing , drawing , listening to music and playing games.

**Contact Number;-** 9619791538

**E-mail :** [ashwiniphilosophy@gmail.com](mailto:ashwiniphilosophy@gmail.com)



**Name:** Ashwini Ramesh Sharma.

**Date of Birth:** 02-01-1993

**Education:** Pursuing Post Graduation in Philosophy (MA-I Philosophy)

**Family:** There are 7 members in my family i.e. myself, father, mother and elder brother 3 younger sisters. My father is an employee in Blue Star company and mother is a housewife. My brother works with ICICI bank. My three younger sisters are studying.

**Participation in Co-curricular and Extra-curricular activities:** I am the active member of Talent Academy .I won the 1st prize in Rangoli competition of Indian National Youth Festival and also participated in International Youth Festival.

**Hobbies:** I like acting, dancing , reading , drawing and listening music.

**Contact Number:** 8879062165

**E-mail :** [ashwiniphilosophy@gmail.com](mailto:ashwiniphilosophy@gmail.com)

**Name:** Neel Sanjay Naik

**Date of Birth:** 27/10/1995

**Education:** Pursuing under Graduation in Arts(BA)



**Family:** There are 4 members in my family i.e me, my father and mother and grandmother .My father is professional photographer

**Participation in Co-curricular and Extra-curricular activities:** I specialize in birds and bird photography. I have been doing this from several years and I wish to continue the same. I am a sports and adventure guy, I love mountaineering and adventure sports, I have explored some parts of 'western ghats' and foothills of Himalayas for the sake of hiking and bird photography. I love to play football I represent my college team for the mentioned sport. I am a huge fan of music and books too.

**Hobbies:** I love to play football

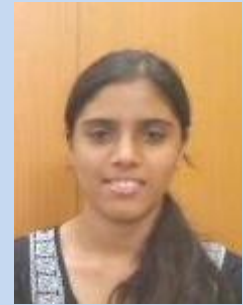
**Contact Number:** 986936681

**E-mail:** neel.shady@gmail.com

**Name:** Abhiruchi Hemantkumar Oke

**Date of Birth:** 20/11/1992

**Education:** Pursuing Graduation in History (BA)



**Family:** There are 3 members in my family i.e me, my father and mother .My father is retired and working for NGO and mother is a Principal in school .

**Participation in Co-curricular and Extra-curricular activities:** I am active member of NSS and worked with Jidnyasa trust, Thane

**Hobbies:** I like play Badminton

**Contact Number:** 9987143125

**E-mail:** abhiruci9320@gmail.com