

SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

Vill. & P.O.-Kapgari: P.S.-Jamboni: Dist.-Jhargram (W.B.): Pin.-721505

Email: principal.sbm.dps@gmail.com / sevabharati.mahavidyalaya@sbmahavidyalaya.in

Contact:9433122259/9883059582 :: Website: sbmahavidyalaya.in

CERTIFICATE COURSE ON PRACTICING PRANAYAMA FOR PRANIC ENERGY




Organised by: Department of Physical Education

Course Date: 12th Feb,-13th March, 2022 Mode: Blended Session: 2021-2022

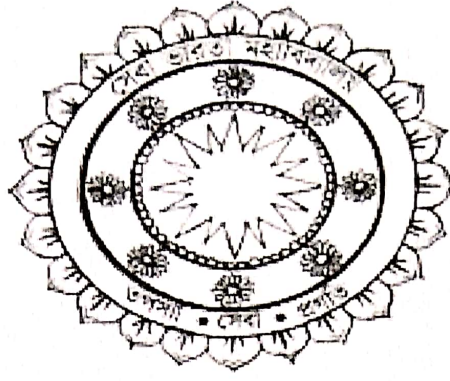
Registration Form: College Office (From 11:00 AM-3:00 PM)

**Course Coordinator:
Dr. Pradipta Kumar Giri
Assistant Professor
Department of Physical Education
Seva Bharati Mahavidyalaya**




Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram





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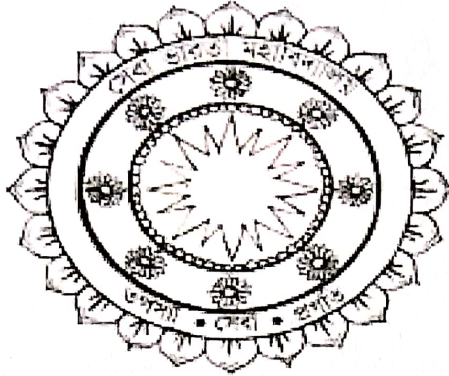
Certificate Course on Practicing Pranayama for Pranic Energy Course Coordinator: Dr. Pradipta Kumar Giri Department of Physical Education

Credit: 3

Hours: 32 Hours



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Certificate Course on Practicing Pranayama for Pranic Energy Course Coordinator: Dr. Pradipta Kumar Giri Department of Physical Education Credit: 3 Hours: 32 Hours Syllabus

Practice:20 hours

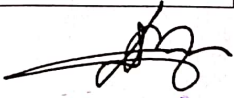
Theory:10 hours

Exam:Two hours

Practicum

Unit	Course Content
1	Breathing Exercises: Hands in-out breathing, Hand stretch breathing, Ankle stretch breathing, Sasankasana breathing, Tiger breathing, Rabbit Breathing, Dog breathing




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2	Kriya: Kapalbhathi, Bhastrika, Paban Muktasana Kriya, Biprit Karani Kriya
3	Sahaj Pranayama: Surya Anulom Vilom Pranayama, Chandra Anulom Vilom Pranayama, Surya Vedan Pranayama, Chandra Vedan Pranayama, Alternate Nostril Breathing, Nadi sudhi Pranayama
4	Kumbhak Pranayama: Surya Vedan Pranayama, Ujjayi, Sitkari, Sitali, Bhramari, Bhastrika, Murchcha, Plabini
5	Relaxation Technique: QRT, DRT, SMET
6	Meditation: OM, Cyclic Meditation
Theory:	
7	Introduction of Yoga: Patanjali Yoga Sutra
8	Hatha Yoga: Astha Kumbhaka
9	Chakras: Seven Chakras and its location and activation
10	Project Work: Note book

Examination at the end of the Course

1. Theory-20 Marks
2. Practicum-30 Marks




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Lesson Plan and Syllabus Distribution

Unit	Title	Day and Date	Time	Name of the Teacher
1	Breathing Exercises	12/02/2022	1:00PM-5:00PM	Dr. S.Barman (Offline)
2	Kriya:			Dr. P.K.Giri (Offline)
3	Sahaj Pranayama:	13/02/2022	2:00 PM-5:00PM	Mr. Ajoy Bag (Offline)
				Dr. P.K.Giri (Offline)
4	Kumbhak Pranayama:	19/02/2022 20/02/2022	2:00 PM-5:00PM	Dr. P.K. Giri (Offline)
				Dr. P.K.Giri (Offline)
5	Relaxation Technique	26/02/2022	2:00 PM-5:00PM	Dr. P.K.Giri (Offline)
				Dr. P.K.Giri (Offline)
6	Meditation:	27/02/2022	2:00 PM-5:00PM	Dr. S. Bhowmick (Online)
				Dr. S. Bhowmick (Online)
7	Introduction of Yoga:	05/03/2022	2:00 PM-5:00PM	Dr. S. Bhowmick (Online)
				Dr. S. Bhowmick (Online)
8	Hatha Yoga:	06/03/2022	2:00 PM-5:00PM	Dr. P.K. Giri (Offline)
				Dr. P.K.Giri (Offline)
9	Chakras:	12/03/2022	2:00 PM-5:00PM	Dr. S. Bhowmick (Online)
				Dr. S. Bhowmick (Online)
10	Project Writing	13/03/2022	1:00PM-5:00PM	Dr. P.K.Giri (Offline)
				Dr. P.K.Giri (Offline)




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Website: sbmahavidyalaya.ac.in

Student Enrollment Form

Value-Added Course / Certificate Course

On

Practicing Pranayama for Pranic Energy

Organized by

Department of: Physical Education

Academic Session: 2022-2023

Name (Block Letters): PARTHA SARATHI MANDAL

Department:

Category (Hons./Gen.): Hons

Semester: 3rd

University Registration No. with Year: VU211035112

Address: Vill+P.O- Kapgari, P.S-Jamboni . Dist - Jhargraka

Contact No.: 8927852084

Email Id.: parthasarthimandal721505@gmail.com

Partha Sarathi Mandal

Signature of the Applicant

For Department Use Only

Approved/Not Approved



[Signature]
Principal

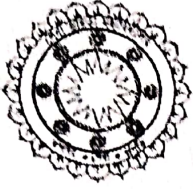
Seva Bharati Mahavidyalaya
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[Signature]
Signature of the Course Coordinator

Signature of the Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram





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14
20

Certificate Course on

Practicing Pranayama for Pranic Energy

Registration Number.. VU211035112 Year of Registration... 2021-22

Answer any ten questions each questions carry two marks. 2*10=20 (FM 20, Time: 30min)

1. What does the word Prana means?

- A) Air
- B) Breathing
- C) Vital Energy
- D) Root

2. What is pranayama?

- A) Controlling Breath
- B) Balance Ida and Pingala
- C) Activate vital energy
- D) All the above

3. Which Prana passes through the hole body

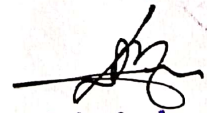
- A) Prana
- B) Apana
- C) Udana
- D) Vyana

4. The founder of yoga system-----

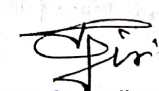
- A) Kapila
- B) Jaimini
- C) Patanjali
- D) Yogacharya

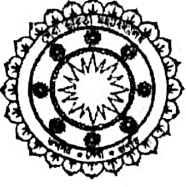
5. Yoga means-----

- A) Relationship
- B) Union
- C) Attachment
- D) none the above


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6. What is Anandamaya Kosha

- A) Material Body
- B) Bliss Body
- C) Mental Body
- D) Psychic Body

7. Which type of breathing is considered as yogic breathing--

- A) Abdominal Breathing
- B) Thoracic Breathing
- C) Clavicular Breathing
- D) All the above

8. Parts of Pranayama are

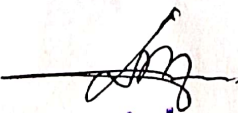
- A) Purak
- B) Rechak
- C) Kumbhak
- D) All the above

9. According to Astanga Yoga Pranayama is


- A) 1st Anga
- B) 2nd Anga
- C) 3rd Anga
- D) 4th Anga

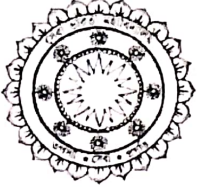
10. Number of Kosha in our body is

- A) 4
- B) 5
- C) 6
- D) 7


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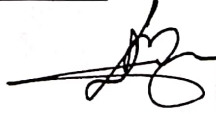
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Sl. No	Name	Registration Number	Grade
1	PARTRHA SARATHI MANDAL	VU211035112	B+
2	PRADIP PAL	VU211035120	B+
3	KAMALESH MAHATA	VU211035047	B
4	MITHUN SHABAR	VU211035087	A
5	JAGAT MAHATA	VU211035033	A
6	AVIRUP SHIT	VU211034971	B+
7	SOUMEN ROY	VU211035217	A+
8	JOYDEB SING	VU211035039	A
9	RABINDRA MAHALI	VU211035146	B+
10	MONIMALA MAHATA	VU211035091	B+
11	SNEHA HALDER	VU211035215	A
12	MOUSUMI GARAI	VU211035092	A
13	DIPALI SAREN	VU211035012	B+
14	MOUSUMI AHIR	VU211035093	B
15	SANGITA MANDAL	VU211035177	B+
16	SATHI HATUI	VU211035195	B+
17	MAMANI HATUI	VU211035072	B
18	JABAMONI SAREN	VU211035032	B
19	JAMUNA HANSDA	VU211035034	B
20	PRATIMA HEMBRAM	VU211035127	B+
21	PANMONI HANSDA	VU211035108	B+
22	SARMILA HEMBRAM	VU211035194	A
23	PAMPA PAL	VU211035107	B+
24	PUJA MAHATA	VU211035139	A
25	NIKITA MAITY	VU211035097	A
26	GANESH PRATI HAR	VU211035018	A+
27	SUJOY PATRA	VU211035233	B
28	DEBKUMAR MANDAL	VU211035006	B
29	SUBHAM SAHOO	VU211035223	A
30	SARASWATI MURMU	VU211035191	B+
31	SUMITA MANDI	VU211035238	A
32	BIRMOLI SAREN	VU211034988	A+
33	SANGITA MURMU	VU211035178	A




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Certificate of Completion

This is to certify that PARTRHA SARATHI MANDAL , registration number VU211035112 has successfully completed the 32 hours duration certificate course on “Practicing Pranayama for Pranic Energy” organised by the Department of Physical Education from 12th February 2022 to 13th March 2022 and has been awarded with grade B+ .

A handwritten signature in blue ink, appearing to be 'S. K. Singh'.

Principal.....

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram

A handwritten signature in blue ink, appearing to be 'S. K. Singh'.

Course

Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



REGISTER OF ATTENDANCE
For the month

ANCE OF STUDENTS
of February & March 2022

Sl. No.	Roll No.	NAME OF STUDENTS	Sl. No. & dt. of Adm. in the Adm. Reg.	ATTEND -																	
				12/2	13/2	19/2	20/2	26/2	27/2	5/3	6/3	12/3	13/3	11	12	13	14	15	16	17	18
1.		PARTHA SARATHI MANDAL		P	P	P	P	P	P	P	P	P									
2.		PRADIP ROY		P	P	P	P	P	P	P	P	P									
3.		KAMALESH MAHATA		P	P	P	P	P	P	P	P	P									
4.		MITHUN SHABAR		A	P	P	P	P	P	P	P	P	P								
5.		JAGAT MAHATA		P	P	P	P	P	P	P	P	P									
6.		AVIRUP SHIT		P	P	P	P	P	P	P	P	P									
7.		SOU MEN ROY		P	P	P	P	P	P	P	P	P									
8.		JOYDEB SING		P	P	P	P	P	P	P	P	P									
9.		RABINDRA MAHALI		P	P	P	P	P	P	P	P	P									
10.		MONIMALA MAHATA		P	P	P	P	P	P	P	P	P									
11.		SNEHA HALDER		P	P	P	P	P	P	P	P	P									
12.		MOUSUME GARAI		P	P	P	P	P	P	P	P	P									
13.		DIPALI SAREN		P	P	P	P	P	P	P	P	P									
14.		MOUSUMI AHIR		P	P	P	P	P	P	P	P	P									
15.		SANGITA MANDAL		P	P	P	P	P	P	P	P	P									
16.		SATHI HATUI		P	P	P	P	P	P	P	P	P									
17.		MAMONI HATUI		P	P	P	P	P	P	P	P	P									
18.		JABAMONI SAREN		P	P	P	P	P	P	P	P	P									
19.		JAMUNA HANSDA		P	P	P	P	P	P	P	P	P									
20.		PRATIMA HEMBRAM		P	P	P	P	P	P	P	P	P									
21.		PANMONI HANSDA		P	P	P	P	P	P	P	P	P									
22.		SARMILA HEMBRAM		P	P	P	P	P	P	P	P	P									
23.		PAMPA PAL		P	P	P	P	P	P	P	P	P									
24.		PUJA MAHATA		P	P	P	P	P	P	P	P	P									
25.		NIKITA MAITY		P	P	P	P	P	P	P	P	P									
26.		GANESH PRATI HAR		P	P	P	P	P	P	P	P	P									
27.		SUJOY PATRA		P	P	P	P	P	P	P	P	P									
28.		DEBKUMUR MANDAL		P	P	P	P	P	P	P	P	P									
29.		SUBHAM SAHOO		P	P	P	P	P	P	P	P	P									
30.		SARASWATI MURMU		P	P	P	P	P	P	P	P	P									
31.		SUMITA MANDI		P	P	P	P	P	P	P	P	P									
32.		BIRMOLI SAREN		P	P	P	P	P	P	P	P	P									
33.		SANGITA MURMU		P	P	P	P	P	P	P	P	P									
TOTAL:																					

ANCE														No. of days		
19	20	21	22	23	24	25	26	27	28	29	30	31	Present	Absent on Leave	Late present	

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram

Principal
Seva Bharati Mahavidyalaya
Kaggari, Jhargram

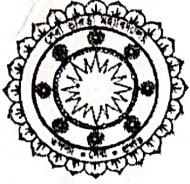


No. of Present Daily _____
No. of Absent Daily _____

Hindus- _____ Muslims- _____ + Others- _____

No. of Free Students- _____ No. of 1/2 Free Students- _____

No. of Working days during the month _____
Average Daily Attendance _____
Percentage of Attendance during the Month _____



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Department of Physical Education
Certificate Course on: Practicing Pranayama for Pranic Energy
Students' Attendance Sheet

Sl. No.	Name	Registration No	Signature	Mobile No & Email Id
1	Partha Sarathi Mandal	VU211035412	Partha Sarathi Mandal	8927852084
2	Pradip Pal	VU211035120	Pradip Pal	989641409148
3	Kamlesh Mahata	VU211035047	Kamlesh Mahata	9564094534
4	Mithun Ghosh	VU211035087	Mithun Ghosh	6296522081
5	Jagat Mahata	VU211035033	Jagat Mahata	7501430149
6	Avinup Smit	VU211034971	Avinup Smit	7865024314
7	Soumen Roy	VU211035217	Soumen Roy	8972077251
8	Jaydeb Sing	VU211035039	Jaydeb Sing	9547827613
9	Rabintra Mahali	VU211035146	Rabintra Mahali	9382062356
10	Monimala Mahata	VU211035091	Monimala Mahata	8653421301
11	Sheha Halder	VU211035215	Sheha Halder	9749046878
12	Mousume Garai	VU211035092	Mousume Garai	9641057428
13	Dipali Saren	VU211035012	Dipali Saren	8927467935
14	MOUSUMI AHOJ	VU211035093	MOUSUMI AHOJ	8617840622
15	Sangita Mandal	VU211035177	Sangita Mandal	9564123082
16	Sathi Hatui	VU211035195	Sathi Hatui	8509023803

Signature of the Principal

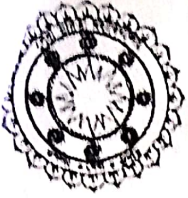
Principal
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Kagari, Jhargram



Signature of the Convener

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kagari, Jhargram





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Contact: 9433122259 // 9883059582 :: Website: sbmahavidyalaya.ac.in

Sl. No.	Name	Registration No	Signature	Mobile No & Email Id
17	Mamoni Hatui	VU211035072	Mamoni Hatui	9339017620
18	Jabamoni Saren	VU211035032	Jabamoni Saren	6294932088
19	Jamuna Hansda	VU211035034	Jamuna Hansda	9339155608
20	Pratima Hembrom	VU211035127	Pratima Hembrom	7501795507
21	Panmoni Hansda	VU211035108	Panmoni Hansda	9339325304
22	Sarmila Hembrom	VU211035194	Sarmila Hembrom	7908723156
23	Pampa Pal	VU211035107	Pampa Pal	9883628664
24	Puja Mahata	VU211035139	Puja Mahata	6295622600
25	Nikita Maity	VU211035097	Nikita Maity	7029377437
26	Ganesh Pratihar	VU211035018	Ganesh Pratihar	6295952558
27	Sujoy Patra	VU211035233	Sujoy Patra	8170967191
28	Debkumar Mandal	VU211035006	Debkumar Mandal	7319230164
29	Subham Sahoo	VU211035223	Subham Sahoo	6297632732
30	Sanaswati Murmu	VU211035191	Sanaswati Murmu	9339250943
31	Sumita Mandi	VU211035238	Sumita Mandi	7863981760
32	Birmoli Saren	VU211034088	Birmoli Saren	9064149856
33	Sangita Murmu	VU211035178	Sangita Murmu	7501796045

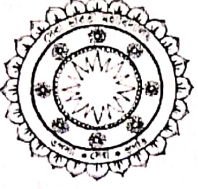
Signature of the Principal

Principal
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Kagari, Jhargram



Signature of the Convener

Course Co-ordinator
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Certificate Course on Practicing Pranayama for Pranic Energy

Department of Physical Education

Course Outcomes:

1. To strengthen the connection between body and mind
2. To promote relaxation and mindfulness
3. To understand the spiritual development with holistic approach
4. To support multiple aspects of physical health, including lung function, blood pressure and brain function
5. To improve emotional control

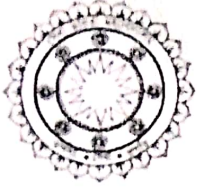
Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram

Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram





SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

Vill. & P.O.-Kapgari: P.S.-Jamboni: Dist.-Jhargram (W.B.): Pin.-721505

Email: principal.sbm.dps@gmail.com / sevabharati.mahavidyalaya@sbmahavidyalaya.in

Contact:9433122259//9883059582 :: Website: sbmahavidyalaya.in

Title of the Course: **Practicing Pranayama for Pranic Energy**

Organised by: Department of Physical Education

Report

No. of Students Enrolled: 35

No. Of Students Appeared: 33


Aims and Objective of the Course:

- ✚ To strengthen the connection between body and mind
- ✚ To promote relaxation and mindfulness
- ✚ To understand the spiritual development with holistic approach
- ✚ To support multiple aspects of physical health, including lung function, blood pressure and brain function
- ✚ To improve emotional control

Course Objectives: Students will be able to strengthen the connection between body and mind and they will able to teach yoga to the community for good health.




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