



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 YOGA FOR HOLISTIC DEVELOPMENT



Organised by: Department of Physical Education

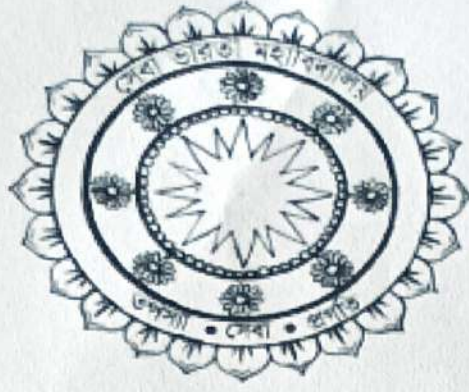
Course Date: 20th Aug,-19th Sep, 2022 Mode: Blended Session: 2022-2023

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
Kaptari, Jhargram



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Certificate Course on Practicing Yoga for Holistic Development

Course Coordinator: Dr. Pradipta Kumar Giri

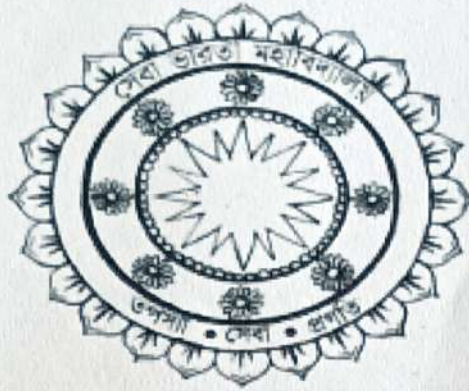
Department of Physical Education

Credit: 3

Hours: 32 Hours



Principal
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Kaggari, Jhargram



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Certificate Course on Yoga for Holistic Development

Course Coordinator: **Dr. Pradipta Kumar Giri**

Department of Physical Education

Credit: 3 Hours: 32 Hours

Syllabus

Practice:20 hours

Theory:10 hours

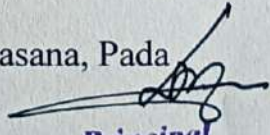
Exam:Two hours

Practicum

1. **Exercises:**sarira sanchalana, Side Bending, Forward bending and Backward bending, Twisting, Jumping's, Bhunamana, Butterfly, Paschimottana and halasana, Dhunrasanastretch, Pavanamukthasana, Both leg Rotation
2. **Breathing Exercises:** Bhujangasana, shasankasana Breathing, Tiger Breathing, sethu Bandha Breathing.
3. **Surya Namaskaras with Breathing.**
4. **Asanas:**

Standing: Ardakati Chakrasana, Arda Chakrasana, Pada




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Hasthasana,
Parsvothanasana, trikonasana, Parivruttrikonasana, veerabh
adrasana, Vrukshasana, ParsvaKonasana

Sitting: Paschimothanasana, Upavista Konasana,
Badda Konasana,
Vakrasana, Gomukhasana, Padmasana, suptha
Vajrasana, Ustrasana, Padangustasana,

Supine: Halasana, Sarvangasana, Matsyasana, Navasana, SupthaPadagust
asana, Chakrasana

Prone: Dhanurasana, Bhujangasana, Shalabhasana, Pranamasana;

5. **Pranayama:** Left Nostril, Right
Nostril, ChandraBheda, SuryaBheda, Nadisuddhi, Bramari
6. **Meditation:** OmMeditation, DRT, Yogagames, EmotionCulturemethods

Theory:

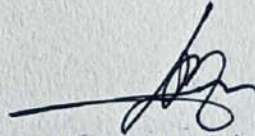
7. Concept of Yoga
8. Karma Yoga
9. Raja Yoga
10. Topic writing: Any Five not
less than 5 pages nor more than 10 pages in the following
Report Presentation: only one for 5 minutes in the following

Will power, Goal setting and planning, Compassion, Fearlessness,
Service,
Character, Communication, Allround Personality, Character, Let go attitude,
Happiness, Peace, Harmony

Examination at the end of the Course

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




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Kapgaon, Jhargram

Lesson Plan and Syllabus Distribution

Unit	Title	Day and Date	Time	Name of the Teacher
1	Exercises	20/08/2022	1:00PM-5:00PM	Dr. P.K.Giri (Offline)
2	Breathing Exercises			Dr. P.K.Giri (Offline)
3	Surya Namaskara with Breathing	21/08/2022	2:00 PM-5:00PM	R.Dutta (Offline)
				Dr. P.K.Giri (Offline)
4	Asana	27/08/2022 28/08/2022	2:00 PM-5:00PM	R.Dutta (Offline)
				R.Dutta (Offline)
5	Pranayama	03/09/2022	2:00 PM-5:00PM	Dr. P.K.Giri (Offline)
				Dr. P.K.Giri (Offline)
6	Meditation	04/09/2022	2:00 PM-5:00PM	Dr. S. Bhowmick (Online)
				Dr. S. Bhowmick (Online)
7	Concept of Yoga	10/09/2022	2:00 PM-5:00PM	Dr. P.K.Giri (Offline)
				Dr. P.K.Giri (Offline)
8	Karma Yoga	11/09/2022	2:00 PM-5:00PM	Dr. S. Bhowmick (Online)
				Dr. S. Bhowmick (Online)
9	Raja Yoga	17/09/2022	2:00 PM-5:00PM	Dr. S. Bhowmick (Online)
				Dr. S. Bhowmick (Online)
10	Project Writting	18/09/2022	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 Yoga for Holistic Development

Organized by

Department of: Physical Education

Academic Session: 2022-2023

Name (Block Letters):..... DHRUBESH MAHATA

Department:..... PHYSICAL EDUCATION

Category (Hons./Gen.):..... Gen

Semester:..... 1st semester

University Registration No. with Year:..... VU211035352 of 2021-22

Address:..... vill-Banksole, P.O-Kanimonuli, P.S-Jamboni, Dist-Jhargram

Contact No:..... 9749972142

Email Id:..... khokonmahata61@gmail.com

Dhrubesh Mahata
Signature of the Applicant

For Department Use Only

Approved/Not Approved



[Signature]
Principal
Seva Bharati Mahavidyalaya
Kagari, Jhargram

[Signature]
Signature of the Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kagari, Jhargram



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10
/ 20

Certificate Course on

Practicing Yoga for Holistic Development

Registration Number... VU211035352 Year of Registration... 2021-22

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

1. What is the goal of yoga?

- (a) To improve physical fitness
- (b) To reduce stress
- (c) To achieve enlightenment
- (d) Both (a) and (b)

9

2. What should you wear to a yoga class?

- (a) Loose-fitting clothing that allows you to move freely.
- (b) Comfortable shoes that you can move around in.
- (c) A yoga mat.
- (d) All of the above

2

3. Oldest text book of yoga _____

- A) Raja yoga
- B) yoga sutra
- C) yogasamhitha
- D) Karma yoga

9

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

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

X

5. Yoga means-----

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

X



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6. The aim of yoga is separation between-----

- A) God and soul
- B) Body and mind
- C) Purusha and prakriti
- D) Purusha and citta

7. Pranayama means -----

- A) Regulation of breath
- B) Posture
- C) Sleep
- D) Dyana

8. Asana means -----

- A) Posture
- B) Sleep
- C) Play
- D) Breath

9. Yama is -----

- A) Physical Preparation
- B) Body
- C) Ethical Preparation
- D) Mind

10. Author of Raja Yoga

- A) Vivekanda Swami
- B) Narayana Swami
- C) Sree Narayana Guru
- D) Kapila



Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram

Course Coordinator
Seva Bharati Mahavidyalaya
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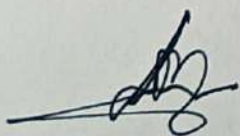
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Certificate Course on Yoga for Holistic Development Department of Physical Education Grade Sheet

Sl. No	Name	Registration Number	Grade
1	DHRUBESH MAHATA	VU211035352	B
2	SUKLAL SAREN	VU211035644	A+
3	AMAL MURMU	VU211035275	A
4	CHITTA GOWALA	VU211035344	A+
5	SANU SAREN	VU211035586	B+
6	PRASENJIT NAYEK	VU211035504	B+
7	PAPIYA DAS	VU211035484	A
8	SABBIR HOSSAIN SHA	VU211035553	B
9	MADHAB ROUTH	VU211035419	B
10	RANI MANDI	VU211035539	A
11	INDIRA BERA	VU211035379	A
12	SAMIR SAHU	VU211035572	A
13	PAYEL MAHATA	VU211035489	B+
14	MUNMUN MAHATA	VU211035460	A
15	MANIKA HANSDA	VU211035435	B
16	SUPARNA MAHATA	VU211035656	A+
17	ALAKA MAHATA	VU211035272	A
18	BANASREE MAHATA	VU211035305	A
19	NILIMA MAHATA	VU211035470	B
20	KAKALI PATAR	VU211035398	B
21	AMRITA MAHATA	VU211035279	A
22	RUMA KARAN	VU211035547	A
23	PUJA MANDAL	VU211035509	B+
24	ANINDITA GHOSH	VU211035285	A+
25	SANGITA BERA	VU211035579	A
26	SK ANWAR ALI	VU211035607	B
27	SAHIL ALI MIRZA	VU211035565	B


Principal

Principal
Seva Bharati Mahavidyalaya
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Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram

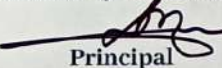
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KAPGARI, JHARGRAM,

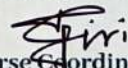


Certificate of Completion

*This is to certify that **DHRUBESH MAHATA**, registration number **VU211035352** has successfully completed the 32 hours duration certificate course titled "Practicing Yoga for Holistic Development" from 20th August 2022 to 19th September 2022, organized by the Department of Physical Education and has been awarded with grade **B**.*


Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram


Course Co-ordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram

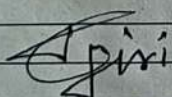


REGISTER OF ATTEND-


For the month

ATTEND -

Sl. No.	Roll No.	NAME OF STUDENTS	Sl. No. & dt. of Adm. in the Adm. Reg.	ATTEND -																		
				20/8	21/8	27/8	28/8	3/9	4/9	10/9	6/11	6/11	17/9	18/9	11	12	13	14	15	16	17	18
1.		DHRUBESH MAHATA		P	P	P	A	P	P	P	P	P										
2.		SUKLAL SAREN		P	P	P	P	P	P	P	P	P										
3.		AMAL MURMU		P	P	P	P	P	P	P	P	P										
4.		CHITTA GOIWALA		P	P	A	P	P	P	P	P	P										
5.		SANU SAREN		P	P	P	P	P	P	P	P	P										
6.		PRASENJIT NAYEK		P	P	P	P	P	P	P	P	P										
7.		PAPIYA DAS		P	P	P	P	A	P	P	P	P										
8.		SABBIR HASSAIN SHA		P	P	P	P	P	P	P	P	P										
9.		MADHAB ROUTH		P	P	P	P	P	P	P	P	P										
10.		RANI MANDI		P	P	P	P	P	P	P	P	P										
11.		INDIRA BERA		P	P	P	P	P	P	P	P	P										
12.		SAHIR SAHUN CIA		P	P	P	P	P	P	P	P	P										
13.		PAYEL MAHATA		P	P	P	P	P	A	P	P	P										
14.		MUNMUN MAHATA		P	P	P	P	P	P	P	P	P										
15.		MANIKA HANSDA		P	P	P	P	P	P	P	P	P										
16.		SUPARNA MAHATA		P	A	P	P	A	P	P	P	P										
17.		ALAKA MAHATA		P	P	P	P	P	P	P	P	P										
18.		BANASREE MAHATA		P	P	P	P	P	P	P	P	P										
19.		NILIMA MAHATA		P	P	P	P	P	P	P	P	P										
20.		KAKALI PATAR		P	P	P	P	P	A	P	P	P										
21.		AMRITA MAHATA		A	P	P	P	P	P	P	P	P										
22.		RUMA KARAN		P	P	P	P	P	P	P	P	P										
23.		PUJA MANDAL		P	P	P	P	P	P	P	P	P										
24.		ANINDITA GHOSH		P	P	P	P	P	P	P	P	P										
25.		SANGITA BERA		P	P	P	P	P	P	P	P	P										
26.		SK. A.		P	P	P	P	P	P	P	P	P										
27.		SAHIL ALI MIRZA		P	P	A	P	P	P	P	P	P										


Course Co-ordinator
 Seva Bharati Mahavidyalaya
 Kappari, Jhargam




Principal
 Seva Bharati Mahavidyalaya
 Kappari, Jhargam

No. Present Daily

No. Absent Daily

TOTAL:

Hindus-

Muslims-

+ Others-

No. of Free Students-

No. of 1/2 Free Students-



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Department of Physical Education
Certificate Course on: Practicing Yoga for Holistic Development
Students' Attendance Sheet

Sl. No.	Name	Registration No	Signature	Mobile No & Email Id
1	DHRUBESH MAHATA	VU211035352	Dhrubesh Mahata	9740982100
2	SUKLAL SAREN	VU211035644	Sukhal Saren	8101968219
3	Amal MURMU	VU211035275	Amal murmu	8372059740
4	Chitta Gowala	VU211035344	Chittagowala	9064899229
5	Sonu Saren	VU211035586	Sonu Saren	8207099593
6	Prasenjit Nayek	VU211035504	Prasenjit Nayek	8945817439
7	Papiya Das	VU211035484	Papiya Das	9883787637
8	Sabbir Hossain Saha	VU211035553	Sabbir Hossain Saha	9635266693
9	Madhab Rout	VU211035419	Madhab Rout	9593143854
10	Rani Mandi	VU211035539	Rani Mandi	9064684573
11	Indira Bera	VU211035379	Indira Bera	8101378962
12	Saurip Sahu	VU211035572	Saurip Sahu	8391054139
13	Payel Mahata	VU211035489	Payel Mahata	7601936407
14	Munmun Mahata	VU211035460	Munmun Mahata	8509841856
15	Manika Hansda	VU211035435	Manika Hansda	7718159031
16	Suparna Mahata	VU211035656	Suparna Mahata	7063407238

Signature of the Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



Signature of the Convener

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



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

Sl. No.	Name	Registration No	Signature	Mobile No & Email Id
17	Alaka Mahata	VU211035272	Alaka Mahata	8509206876
18	Banasree Mahata	VU211035385	Banasree Mahata	839186720
19	Nilima Mahata	VU211035470	Nilima Mahata	8695400895
20	Kakaei Fakar	VU211035398	Kakaei Fakar	964807377
21	Amrita Mahata	VU211035279	Amrita Mahata	834893799
22	RUMA KARAN	VU211035547	Ruma Karan	8927359144
23	Puja Mandal	VU211035509	Puja Mandal	8637083671
24	Anindita Ghosh	VU211035285	Anindita Ghosh	8436219731
25	sangita Bera	VU211035579	sangita Bera	8617318607
26	SK. Anwar. Ali	VU211035607	SK. Anwar. Ali	6298301288
27	Suhil Ali Minza	VU211035565	Suhil Ali Minza	7589024813
28				
29				
30				
31				
32				

Signature of the Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



Signature of the Convener

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



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Certificate Course on Practicing Yoga for Holistic Development Department of Physical Education

Course Outcomes:

1. To understand the difference between yoga and exercise
2. To enhance the physical, mental and social development
3. To understand the spiritual development with holistic approach
4. To develop personality through holistic approach
5. To understand how to control emotion

Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram

Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



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Title of the Course: **Practicing Yoga for Holistic Development**
Organised by: Department of Physical Education

Report

No. of Students Enrolled: 30

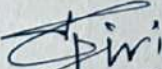
No. Of Students Appeared:27

Aims and Objective of the Course:

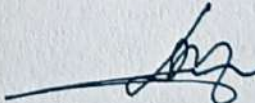
- To understand the difference between yoga and exercise
- To enhance the physical ,mental and social development
- Understand the spiritual development with holistic approach
- To develop personality
- Understand how to control emotion

Course Objectives: Students will achieve holistic development and they will able to teach yoga to the community for good health.




Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram