

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 YOGIC KRIYAS FOR BODY PURIFICATION



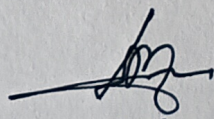
Organised by: Department of Physical Education

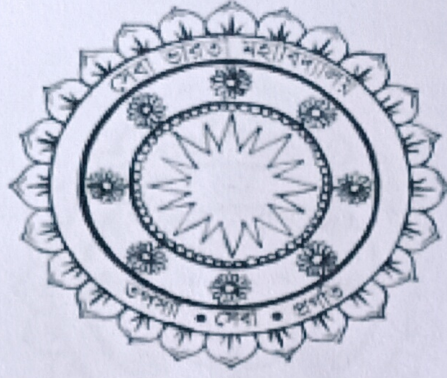
Course Date: 7th Aug,-6th Sept, 2021 Mode: Blended Session: 2021-2022

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

Yogic Kriyas for Body Purification

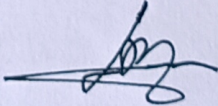
Course Coordinator: Dr. Pradipta Kumar Giri

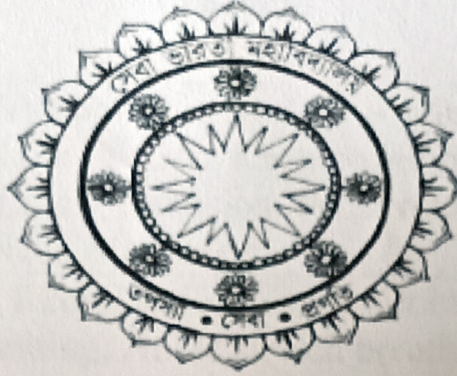
Department of Physical Education

Credit: 3

Hours: 32 Hours




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Certificate Course on Yogic Kriyas for Body Purification Course Coordinator: Dr. Pradipta Kumar Giri Department of Physical Education Credit: 3 Hours: 32 Hours Syllabus

Practice:20 hours

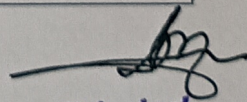
Theory:10 hours

Exam:Two hours

Theory:

Unit	Course Content
1	Concept of Yoga: Meaning and History of Yoga, Aims and Objectives of Yoga, Importance of Yoga in daily life
2	Hatha Yoga: Asana, Pranayama, Mudra, Bandha, Samadhi
3	Chakras: Seven Chakras and its location and activation
4	Kriya: Sathkriya/ Shatkarma




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Practical	
5	Sukshma Vyama: Toe Stretch, Ankle Stretch, Knee Exercise, Knee Flexion, Knee rotation, Half butterfly, Full butterfly, Elbow extension, Wrist rotation, Shoulder Rotation, Neck Movements
6	Breathing Exercises: Hands in-out breathing, Hand stretch breathing, Ankle stretch breathing, Sasankasana breathing, Tiger breathing, Rabbit Breathing, Dog breathing
7	Kriya and Pranayama: Neti, Dhauti, Basti, Nauli, Trataka and Kapalbhatai, Bhastrika, Paban Muktasana Kriya, Biprit Karani Kriya, Surya Anulom Vilom Pranayama, Chandra Anulom Vilom Pranayama, Surya Vedan Pranayama, Chandra Vedan Pranayama, Alternate Nostril Breathing, Nadi sudhi Pranayama, Surya Vedan Pranayama, Ujjayi, Sitkari, Sitali, Bhramari, Bhastrika, Murchcha, Plabini
8	Kumbhak Pranayama: Surya Vedan Pranayama, Ujjayi, Sitkari, Sitali, Bhramari, Bhastrika, Murchcha, Plabini
9	Relaxation Technique and Meditation: QRT, DRT, SMET, OM Meditation, Cyclic Meditation, Surya Dhyana
10	Project Work: Note book

Examination at the end of the Course

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

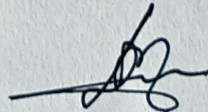


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Lesson Plan and Syllabus Distribution

Unit	Title	Day and Date	Time	Name of the Teacher
1	Concept of Yoga:	07/08/2021	1:00PM-5:00PM	Dr. P.K.Giri (Offline)
2	Hatha Yoga:			Dr. P.K.Giri (Offline)
3	Chakras:	08/08/2021	2:00 PM-5:00PM	Mr. Ajoy Bag (Offline)
				Dr.Mritunjoy Das (Offline)
4	Kriya:	14/08/2021 15/08/2021	2:00 PM-5:00PM	Dr. P.K. Giri (Offline)
				Mr. Ajoy Bag (Offline)
5	Sukshma Vyama:	21/08/2021	2:00 PM-5:00PM	Miss R. Dutta (Offline)
				Dr. P.K.Giri (Offline)
6	Breathing Exercises	22/08/2021	2:00 PM-5:00PM	Dr. P.K. Giri (Offline)
				Dr. P.K. Giri (Offline)
7	Kriya and Pranayama:	28/08/2021	2:00 PM-5:00PM	Dr. P.K.Giri (Offline)
				Mr.Ajoy Bag (Offline)
8	Kumbhak Pranayama:	29/08/2021	2:00 PM-5:00PM	Dr. P.K. Giri (Offline)
				Dr. P.K.Giri (Offline)
9	Relaxation Technique and Meditation:	04/09/2021	2:00 PM-5:00PM	Dr. P.K.Giri (Offline)
				Dr. P.K. Giri (Offline)
10	Project Writting	05/09/2021	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

Yogic Kriyas for Body Purification

Organized by

Department of: Physical Education

Academic Session: 2021-2022

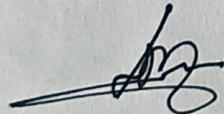
Name (Block Letters): SANDIP KALI
Department: Physical Education
Category (Hons./Gen.): B.P.Ed
Semester: 1st Semester
University Registration No. with Year: SBM/BPED/202190065
Address: Vill-shyampur, PO - paschim naichampur, P.S - moyna, Dist- purba medinipur AN-721642
Contant No.: 9609481088
Email Id: Sandipkali1998@gmail.com

Sandip kali

Signature of the Applicant

For Department Use Only

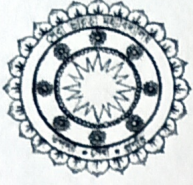
Approved/Not Approved


Principal
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Kapgari, Jhargram




Signature of the Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



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20

Certificate Course on

Yogic Kriyas for Body Purification

Registration Number SBM/BPED/202190065 Year of Registration.....

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

1. Which is not a Pancha Bhuta?

- A) Earth
B) Water
 C) Sunlight
D) Air

2+

2. Who is not an Acharya of 'Hatha Yoga'?

- A) Matsyendra
B) Goraksha
 C) Swatmarama
D) Kapil

X

3. Where does Ajna Chakra located?

- A) Eyebrow centre
B) Chest
C) Tongue
D) Legs

2+

4. How many kinds of Kapalbhata are said in 'Gherandsamhita'?

- A) 01
B) 02
 C) 03
D) 04

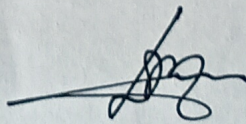
2+

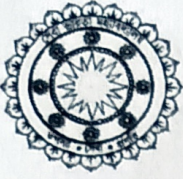
5. How many types of Aahar are there according to Yogic diet?

- A) 8
B) 4
 C) 3
D) 7

2+




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6. Which practice is recommended immediately after the practice of Jalaneti?

- A) Trataka
- B) Kapalbhathi
- C) Nauli
- D) Forceful exhalation

7. Which of the following kriya is good for cleansing the eyes?

- A) Neti
- B) Dhauti
- C) Trataka
- D) Nauli

8. Which of the following Kriya is beneficial for reducing excess fats from the body?

- A) Neti
- B) Trataka
- C) Kapalbhathi
- D) None of the above

9. Arrange the following kriyas in sequential order: 1) Dhauti 2) Basti 3) Neti 4) Nauli 5) Trataka 6) Kapalbhathi

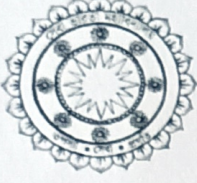
- A) I, III, IV, II, VI, V
- B) III, IV, II, I, V, VI
- C) VI, V, III, I, IV, II
- D) I, II, III, IV, V

10. The other name of Yogic Enema is?

- A) Nauli
- B) Dhouti
- C) Basti
- D) Trataka



[Signature]
Course Co-ordinator
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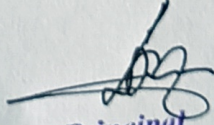
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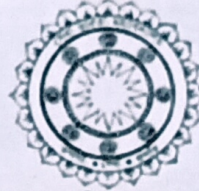
Sl. No.	Name	Registration Number	Grade
1	SANDIP KALI	SBM/BPED/202/190065	B+
2	SANJIB GARAI	SBM/BPED/202/190067	B+
3	SANJOY MAHATO	SBM/BPED/202/190068	B+
4	SANTANU MAITY	SBM/BPED/202/190070	A
5	SANTOSH SAREN	SBM/BPED/202/190071	A
6	SARADA MAHATO	SBM/BPED/202/190072	A
7	SAYAN PATRA	SBM/BPED/202/190074	B+
8	SEMATI TUDU	SBM/BPED/202/190075	B+
9	SHUBHRA DAS PATTANAYAK	SBM/BPED/202/190076	A
10	SITAMONI HEMBRAM	SBM/BPED/202/190077	A
11	SIULI DAS MAHANTA	SBM/BPED/202/190078	A
12	SK MUSTAK	SBM/BPED/202/190080	B
13	SK KAMRUL	SBM/BPED/202/190079	B+
14	SONALI ADAK	SBM/BPED/202/190081	B
15	SONIA BISWAS	SBM/BPED/202/190082	B+
16	SOURAV KALINDI	SBM/BPED/202/190083	B+
17	SUBHRAKANTI HAZRA	SBM/BPED/202/190085	B
18	SUBIT LINDAR	SBM/BPED/202/190086	B+
19	SUDIPTA MAHAKUL	SBM/BPED/202/190087	B+
20	SUJIT KUMAR DAS	SBM/BPED/202/190088	B+
21	SULEKHA MONDAL	SBM/BPED/202/190089	B
22	SUMITA MAJHI	SBM/BPED/202/190090	A
23	SUMITRA DAS	SBM/BPED/202/190091	B+
24	SURASHREE THANDER	SBM/BPED/202/190092	A
25	SURAJ MONI MURMU	SBM/BPED/202/190093	A
26	SUSHMA MAHATO	SBM/BPED/202/190094	B+
27	SUSILA TUDU	SBM/BPED/202/190095	B
28	SUVASISH MAJUMDER	SBM/BPED/202/190096	B+
29	TAPAN HANSDA	SBM/BPED/202/190097	B+
30	TAPAS MANDAL	SBM/BPED/202/190098	B




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Certificate of Completion

*This is to certify that **SANDIP KALI**, registration **SBM/BPED/202/190065** has successfully completed the 32 hours duration certificate course on “Yogic Kriyas for Body Purification” organized by the Department of Physical Education from 7th August 2021 to 6th September 2021 and has been awarded with grade B+.*

Principal

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Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram





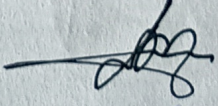
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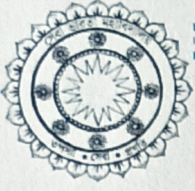
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Contact:9433122259//9883059582 :: Website: sbmahavidyalaya.ac.in

Department of Physical Education
Certificate Course on: Yogic Kriyas for Body Purification
Students' Attendance Sheet

Sl. No.	Name of the Student	Registration Number	Signature
1.	SANDIP KAL	SBM/BPED/202190065	Sandip Kali
2.	SANJIB GARAI	SBM/BPED/202190067	Sanjib Garai
3.	SANJOY MAHATO	SBM/BPED/202190068	Sanjoy Mahato
4.	SANTANU MAITY	SBM/BPED/202190070	Santanu Maity
5.	SANTOSH SAREN	SBM/BPED/202190071	Sambesh Saren
6.	SARADA MAHATO	SBM/BPED/202190072	Sarada Mahato
7.	SAYAN PATRA	SBM/BPED/202190074	Sayan Patra
8.	SEMATI TUDU	SBM/BPED/202190075	Semati Tudu
9.	SHUBHRADAS PATTA YAK	SBM/BPED/202190076	Shubhradas Pattanayak
10.	SITA MONIHEMBRAM	SBM/BPED/202190077	Sitamoni Hembram
11.	SIULI DAS MAHANTA	SBM/BPED/202190078	siulidas mahanta
12.	SK MUSTAK	SBM/B.P.Ed/202190080	SK Mustak
13.	SK KAMRU	SBB/B.P.Ed/202190079	J. K. Kamru.
14.	SONALI ADAK	SBM/BPED/202190081	Sonali Adak
15.	SONIA BISWAS	SBM/BPED/202190082	Sonia Biswas
16.	SOORAV KALINDI	SBM/BPED/202190083	Soorav Kalindi
17.	SUBHAKANTI HAZRA	SBM/BPED/202190085	Subhakanti Hazra
18.	SUBIT LINDAR	SBM/BPED/202190086	Subit Lindar
19.	SUDIPTA MAHAKUL	SBM/BPED/202190087	Sudipta Mahakul
20.	SUJIT KUMAR DAS	SBM/BPED/202190088	Sujit Kumar Das
21.	SULEKHA MANDAL	SBM/BPED/202190089	Sulekha Mandal




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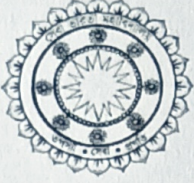
Course Outcomes:

1. To clean the internal organs
2. To remove emotional and mental blockage, hindrances
3. To promote relaxation and mindfulness
4. To create thought process and pathways of embodiment in a positive ways
5. To develop sensory nervous system
6. Helps to control emotion

Course Coordinator

Principal

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Title of the Course: **Yogic Kriyas for Body Purification**
Organised by: Department of Physical Education

Report

No. of Students Enrolled: 32

No. Of Students Appeared: 30

Aims and Objective of the Course:

- ❖ To clean the internal organs
- ❖ To remove emotional and mental blockage, hindrances
- ❖ To promote relaxation and mindfulness
- ❖ To create thought process and pathways of embodiment in a positive ways
- ❖ To develop sensory nervous system
- ❖ Helps to control emotion

Course Objectives: Students will be able to clean the internal organs to purify body and mind and they will able to teach yoga to the community for good health.



[Signature]

Course Coordinator

Principal

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Seva Bharati Mahavidyalaya
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