



# CERTIFICATE COURSE ON YOGA



## IN THE OCCASION OF INTERNATIONAL YOGA DAY

21th June, 2022

*Organised by*

**DEPARTMENT OF PHYSICAL EDUCATION**

AND

**NATIONAL SERVICE SCHEME (NSS), KHARAGPUR COLLEGE**

**Course Duration 10th June To 21th June, 2022**

**Time- 8 Am To 11 Am (Everyday)-Venue : Kharagpur College**

**COURSE FEE  
Rs.100/-**

**COURSE CO-ORDINATOR : DR. SUKLA MANDAL SAHA, MORNING-IN-CHARGE, KHARAGPUR COLLEGE**

### CONTACT WITH

**Subrata Paria (Associate Prof.) - 9434543367**

**Banashree Rout (SACT-II) - 7586987001**

**Sk Anisur Rahman (Assistant Prof.) - 8944979641**

**Writam Pradhan (SACT-II) - 9775194581**



# VIDYASAGAR UNIVERSITY

CENTRE FOR CONTINUING AND ADULT EDUCATION

P.O.: VIDYASAGAR UNIVERSITY, DIST: PASCHIM MEDINIPUR, PIN 721102, WEST BENGAL.

Phone: 03222- 276554/55/57/58; Fax 03222-275329/297 Cell: 8373861707/8373063961

Ref.No. VU/CCAЕ/ 93 /2022

Date: 09<sup>th</sup> June, 2022

To  
The Principal,  
Kharagpur College  
Inda, Kharagpur  
Paschim Medinipore:721305

Dear Sir,


In reference to your application Ref. No.KC/Certificate Course/Yoga/CCAЕ and Ref. No.KC/Certificate Course/Green Audit/CCAЕ Dated- 09-06-2022, we are glad to offer you the following Certificate courses to run at your institute/campus, only once, within the academic session 2021-22 within the periphery of the Rules and Regulations of Certificate/Diploma under CCAЕ, Vidyasagar University.

I do sincerely hope that you will do your best to run the courses smoothly and efficiently.

SI No	Course	Intake	Duration	Fees
1	YOGA	50	10 Days	Rs 100/- each participant
2	GREEN AUDIT	80	15 Days	Rs 100/- each participant

Thanking You.

Regards,

  
(DR AVIJIT ROYCHOU DHURY)  
DIRECTOR, CCAЕ

Director  
Centre for Continuing and Adult Education  
Vidyasagar University  
Inda, Medinipore- 721102

**KHARAGPUR COLLEGE**

**NOTICE**

Celebrating of **International Yoga Day**, organised by **Department of Physical Education**, Kharagpur College Morning Shift on 21-06-2023 in the H.B Sarkar Hall at 8:00A.M. to 11:00 A.M.

Resource Person : **Smt. Nupur Bhattacharya**, Ex-Student  
**Smt. Banashree Routh** (SACT) and  
**Sri. Writam Pradhan** ( SACT)

Co-coordinator-  
**Dr. Sukla Mandal Saha**,  
( HOD- Physical Education Department)  
Morning In-charge



ATTESTED  
  
Principal  
Kharagpur College

Principal  
Kharagpur College

**Kharagpur College**

**CERTIFICATE COURSE ON YOGA**

ON THE OCCASION OF INTERNATIONAL YOGA DAY, 21 JUNE, 2022 ORGANISED BY DEPARTMENT OF PHYSICAL EDUCATION AND NATIONAL SERVICE SCHEME (NSS), KHARAGPUR COLLEGE A CERTIFICATE COURSE ON YOGA WILL BE CONDUCTED IN THE COLLEGE PREMISES.

**COURSE DURATION – 10<sup>TH</sup> JUNE TO 21<sup>ST</sup> JUNE, 2022 TIME- 8 AM TO 11 AM (EVERYDAY)**

**COURSE FEE – 100/-**

**VENUE – KHARAGPUR COLLEGE**

**COURSE CO-ORDINATOR – DR. SUKLA MANDAL SAHA ,MORNING-IN-CHARGE , KHARAGPUR COLLEGE**

**CONTACT PERSON– PROF. SUBRATA PARIA(ASSOCIATE PROFESSOR) – 9434543367**

**SK ANISUR RAHMAN (ASSISTANT PROFESSOR)- 8944979641**

**BANASHREE ROUT (SACT-II) – 7586987001**

**WRITAM PRADHAN (SACT-II) – 9775194581**

Sd/-

Dr. Sukla Mondal Saha

Morning-in-charge



ATTESTED  
  
Principal  
Kharagpur College

## Kharagpur College

### Proposed Syllabus for the Certificate course on YOGA- 10<sup>th</sup> June to 21<sup>st</sup> June,2022

- Module 1: Concept of YOGA ,Pranayam and Meditation
- Module 2: Importance of the YOGA ,Pranayam and Meditation in our day to day life
- Module 3: Different between YOGA ,Pranayam and Meditation
- Module 4: Suryanamskar : its importance and relevance
- Module 5: Etymological Meaning & Defination of ‘Yoga’.
- Module 6: Yogic Anatomy & Physiology as per Yoga.
- Module 7: Personality theories.
- Module 8: Basic Yoga Texts: Principles Upanishads Bhagavad Gita, Yoga Vasishtha
- Module 9: Allied Sciences: Anatomy and Physiology, Diet and Nutrition, General Psychology, and Counseling.
- Module 10: Practical Yoga: Asana, Pranayama, Dharna Dhyana, Bandha, Mudra & Shatkriya

**Following are some Reference books for Certificate courses on Yoga:**

<b>Books</b>	<b>Author</b>	<b>Publishing House, Year.</b>
Outlines of Indian Philosophy	Hiriyanna	Motilal Banarsidass Publisher, 2014
Indian Philosophy	Dr S. Radhakrishanan	Oxford University Press 1923
Hatha Yoga Pradipika	Yogi Swatmarama	Yogavidya.com, 2002
Yoga Sutras of Patanjali	Sadhana Pada with Exposition of Vyasa	Motilal Banarsidass, 2002
Introduction to Indian Philosophy	Dutta & Chatterji	Rupa & Co, 2015
The Yoga system of Patanjali	James, Hougton, wood.	Forgotten Books, 2018
Science of Yoga	I.K.Taimni	Theosophical Publishing House, 2007

Sd/-

Dr. Sukla Mondal Saha

Morning-in-charge



ATTESTED  
  
Principal  
Kharagpur College