

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

111/3, B.T. Road (Bon-Hooghly), Kolkata – 70018

Phone : 8697169513

E-mail : pcmm.principal@gmail.com

Website: www.pcmm.edu.in

Report on Yoga Education, Add-on Course

Through practice comes Yoga, through Yoga comes knowledge,
through knowledge, love, and through love bliss.

Swami Vivekananda

Our institution has always been interested in ensuring holistic development of its learners, and with this objective in mind we have introduced a CERTIFICATE COURSE ON: YOGA FOR HEALTH & FITNESS from 30th May onwards. The Internal Quality Assurance Cell (IQAC) in association with Yogacharya B.B. Ghosh Yoga & Naturopathy Centre (Govt. Registered. 87A/1A Cossipore Road, Kolkata 700002) launched this course to help the learners not only to have theoretical knowledge on the subject but also to equip them with necessary skills required for possible employment. The necessary permission was duly accorded to the course by the affiliating university, namely West Bengal State University (WBSU). This yoga course is designed to be covered in 36 hours in 15 modules. The course was conducted on every Monday 9.30-10.30 a.m & Wednesday: 9.30-10.30 a.m just before the commencement of the college hours. Ms. Sutapa Ghosh (Physical Instructor, PCMM) instructed the pupils during this course. The students of all semesters Hons & Programme Course (Any Stream) could enrol for the course. Total number of 25 students registered their names in this course. All the enrolled students also completed the course.

The course was so designed as to offer a comprehensive view of Yoga and help the learners obtain necessary practical skill and theoretical knowledge.

Students are evaluated by an external examiner in theory and practical papers. All participants got a certificate. On 17/12/22 in the presence of the Principal Dr. Arnab Ghosh the certificates were distributed. Few Snapshots are attached here



Our students with Yoga Instructor

Agsh
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108



CERTIFICATE COURSE ON: YOGA FOR HEALTH & FITNESS

Offered BY

INTERNAL QUALITY ASSURANCE CELL Prasanta Chandra Mahalanobis Mahavidyalaya

Affiliated to the WEST BENGAL STATE UNIVERSITY, Barasat

In association with

Yogacharya B.B. Ghosh Yoga & Naturopathy Centre

(Govt. Registered. 87A/1A Cassipore Road, Kolkata 700002)

COURSE OBJECTIVE

The Certificate course on “Yoga for Fitness” is designed to improve the physical and mental health of our students. It will be helpful to release the stresses and mental pressure and also to improve the life style. The Yoga course is designed to cover in **36 hours** in 15 modules.

Date of Starting: 30.05.2022

Time: Monday 9.30-10.30 a.m &

Wednesday: 9.30-10.30 a.m

Programme Coordinator:

Ms.Sutapa Ghosh (Physical Instructor,
PCMM)

Contact number: 9832311592

Prerequisites: ALL Semester Hons & Programme Course (Any Stream) are eligible to apply.

REGISTRATION FORM LINK:

<https://forms.gle/hAxzcjLRN1fQ4v6N9>

WHATSAPP GROUP LINK:

<https://chat.whatsapp.com/BxWmXyhwB9K0VwjQ16vWwM>

REGISTRATION FEE: RS 50/COURSE



Prasanta Chandra Mahalanobis Mahavidyalaya



[Formerly known as Bon-Hooghly College of Commerce]

111/3, B. T. Road (Bonhooghly), Kolkata - 700 108

PHONE :8697169513

E-mail : pcmm.principal@gmail.com Website : www.PCMM.EDU.IN

ACCREDITED BY NAAC

ADD ON /CERTIFICATE COURSE: YOGA FOR HEALTH & FITNESS

BY

INTERNAL QUALITY ASSURANCE CELL, Prasanta Chandra Mahalanobis Mahavidyalaya &
YOGA & NATUROPATHY CENTRE (87A/1A Cassipore Road , Kolkata 700002)

INFORMATION BROCHURE

SL NO	MODULE	TIME DURATION	COURSE DETAILS
1	CONCEPTS OF YOGA	2 HOURS	Meanings and definition of the term Yoga, types, objectives and importance of Yoga: Benefits of Padmasana Benefits of Bajrasana Practical Padmasana & Bajrasana
2	HISTORY OF YOGA	2 HOURS	History of Yoga Practica : Vujangasana & Salvasana
3	YOGA THERAPY	2 HOURS	Meanings and definition of Yoga Therapy: The role of Yoga in the Treatment of Disease; Contribution of Yoga to treatment Practical: Dhanurasan Chakarasan
4	PHYSIOLOGICAL CHANGES OF YOGA	2 HOURS	PHYSIOLOGICAL Mental and Bio chemical effects of Yoga in daily life Practical: Padahastasan Paschimottanasan
5	ASTANGA YOGA	2 HOURS	Steps of ASTANGA YOGA Practical: Ardhakurmasan Pabanmuktasana
6	EFFECTS OF YOGA IN OUR DAILY LIFE	2 HOURS	PHYSIOLOGICAL changes of Yoga Practical: Brikhasana Janushirasan
7	PSYCHOLOGICAL EFFECTS OF YOGA	2 HOURS	Definition; principles, problems & importance of Psychological effects of Yoga Practical: Bhadrasan
8	CONCEPT AND CONTRIBUTION OF EXERCISE	2 HOURS	Meanings, definition and principles of exercise Practical: Parshajanushirasan Bhujangasan
9	YOGIC DIET & NUTRITION	2 HOURS	Role of Yogic Diet in our Life Practical: Makarasan

			Mayurasan
10	PRANAYAMA	2 HOURS	Meanings, definition types and Importance of Pranayama Practical: Tuladandasan & Surya Namaskar
11	YOGA & PHYSICAL EXERCISE	2 HOURS	Differences between Yoga and Exercise Practical: Birbhadrasan & Baddhakonasana
12	UTILITY OF PRACTISE OF YOGA	2 HOURS	Practical: Suptabajrasana & Setubandhyanasana
13	PHILOSOPHY OF YOGA	2 HOURS	Philosophy of Yoga and its Utility Practical: Sayanasukhasana & Utthitapadmasana
14	REMEDIAL THERAPY OF DISEASES	2 HOURS	The Role of Yoga in Spondylosis, Indigestion, and Blood Pressure Control Practical: Akrnadhyanurasana (sitting Position) Utthanpadasana (lying Position)
15	FIRST AID OF YOGA	2 HOURS	Sprain Dislocation & Fracture Practical: Pabanmuktasana
16	EXAMINATION	2 HOURS	THEORY EXAMINATION By External examiner
17	EXAMINATION	2 HOURS	PRACTICAL EXAMINATION BY THE EXTERNAL
18	CLOSING CEREMONY	2 HOURS	CERTIFICATE DISTRIBUTION
	TOTAL	36 HOURS	

Date of Starting: 25th April, 2022 . Monday 9.30-10.30 a.m & Wednesday: 9.30-10.30 a.m

Prerequisites: ALL Semester Hons & Programme Course (Any Stream)

To obtain final Certificates 80-85% percentage attendance required

REGISTRATION FEE: RS 50/COURSE


Programme Coordinator: Ms. Sutapa Ghosh (Physical Instructor, PCMM)

REGISTRATION FORM

<https://forms.gle/hAxzcJLRN1fQ4v6N9>

WHATSAPP GROUP

<https://chat.whatsapp.com/BxWmXyhwB9K0VwjQ16vWwM>



Teacher-in – Charge
P.C.M. Mahavidyalaya
Kolkata-700 108



Prasanta Chandra Mahalanobis Mahavidyalaya

111/3, B. T. Road, Kolkata - 700 108

CERTIFICATE COURSE ON YOGA FOR HEALTH AND FITNESS

Certificate of Appreciation

Year 2021 - 2022

Certified that *Sayan Dutta*
of *Semester : V* Student of *P.C.M.M.* successfully
completed in the following events in the Addoan Programme on yoga for
Health and Fitness.



Dr. Aghori

IQAC Coordinator

Aghori
Principal

Course Coordinator



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CERTIFICATE COURSE ON YOGA FOR HEALTH AND FITNESS

Certificate of Appreciation

Year 2021 - 2022

Certified that *Subhojit Karar*
of *Semester : V Student of P.C.M.M.* successfully
completed in the following events in the Addoan Programme on yoga for
Health and Fitness.

[Signature]
Course Coordinator

[Signature]
IQAC Coordinator

[Signature]
Principal





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CERTIFICATE COURSE ON YOGA FOR HEALTH AND FITNESS

Certificate of Appreciation

Year 2021 - 2022

Certified that *Limpa Bhattacharjee*
of Semester: III Student of P.C.M.M. successfully

completed in the following events in the Addoan Programme on yoga for
Health and Fitness.



Shoy

Course Coordinator

IQAC Coordinator

A. Ghosh
Principal



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CERTIFICATE COURSE ON YOGA FOR HEALTH AND FITNESS

Certificate of Appreciation

Year 2021 - 2022

Certified that

Lina Dutta

of Semester: III

..... Student of P.C.M.M. successfully

completed in the following events in the Add-on Programme on yoga for Health and Fitness.

Course Coordinator

K. Dasgupta

IQAC Coordinator

A. Ghosal
Principal





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**CERTIFICATE COURSE ON
YOGA FOR HEALTH AND FITNESS**

Certificate of Appreciation

Year 2021 - 2022

Certifies that *Neha Shil*
..... *Semester : III* *Student of P.C.M.M.* successfully
completed in the following events in the ADOen Programme on yoga for
Health and Fitness.

Course Coordinator

Apparekay
IQAC Coordinator

Aghor
Principal





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**CERTIFICATE COURSE ON
YOGA FOR HEALTH AND FITNESS**

Certificate of Appreciation

Year 2021 - 2022

Certified that *Jiyasha Majumder* of *Semester : III* Student of *P.E.M.M.* successfully completed in the following events in the ASoen Programme on yoga for Health and Fitness.

Course Coordinator

Klaaf
IQAC Coordinator

Ashwini
Principal

