

REPORT ON

"ADD ON/CERTIFICATE COURSE IN YOGA FOR HEALTH AND WELLNESS" 2022-23

AT

Pandit Raghunath Murmu smriti Mahavidyalaya



Organized by

DEPARTMENT OF SANSKRIT

PANDIT RAGHUNATH MURMU SMRITI MAHAVIDYALAYA,
BANKURA

[Signature]

IQAC CO-ORDINATOR
PRMS MAHAVIDYALAYA



[Signature]

HoD
Deptt. Sanskrit
Mahavidyalaya
P.O.-Jamboni
Bankura

[Signature]

PRINCIPAL
PRMS MAHAVIDYALAYA
BARAGARI, JAMBONI, BANKURA



Ph. No.: (03243) 259236

P. R. M. S. MAHAVIDYALAYA.

Baragari (P. More) :: P.O. : Jamboni :: Dist. : Bankura – 722150.

E-Mail : prmsmahavidyalaya@yahoo.co.in

Ref No:

Date 19/05/2023

NOTICE

It is hereby informed to all the students of the PRMS Mahavidyalaya that a Add on course on “Yoga for health and wellness” will be started in the Department of Sanskrit, PRMS Mahavidyalaya, Baragari from 21 June, 2023. Interested students are therefore requested to submit their names to the HoD on before or 12/06/23.

Certificate will be issued to the participants on completion of the course.

Eligibility

1. The candidate should have passed the 12th standard from recognized board or institute.
2. Enrollment in PRMS MAHAVIDYALA under BANKURA UNIVERSITY.

[Signature] 19/5/23

Course Coordinator

[Signature] 19/05/23

Principal



PRMS MAHAVIDYALAY
Principal
P.R.M.S. Mahavidyalaya
Baragari, P.O.- Jamboni,
Dist.- Bankura

SYLLABUS

Unit: I

❖ Introduction and meaning of Physical Fitness, Definitions and Importance of Physical

Fitness.

❖ Components of Physical Fitness.

❖ Warm-up and its types.

❖ Cooling Down.

Unit: II

❖ Historical background and meaning of yoga, definitions and importance of yoga.

❖ A brief detail of Ashtanga Yoga.

❖ Shatkarma.

❖ Asanas- (Padamasana, Vajrasana, Sukhasana, Tadasana, Trikonasana, Makrasana,

Halasana, Bhujangasana, Sarvangasana, Dhanurasana, Halasana, Shavasana.

❖ Pranayama- Puraka, Kumbhaka, Rechaka and its Types.

S. Sinha
19.5.23
HoD
Deptt. Sanskrit
P.R.M.S. Mahavidyalaya
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Dist.- Bankura



Practical: 40 Marks

(Practical 30 Marks & Viva 10 Marks)

- ❖Physical Fitness Test.
- ❖Yogic practices and Asanas.
- ❖Shatkarmas practices
- ❖Pranayama practices and,
- ❖Viva - voce



Sinha
19.5.23

HoD
Deptt. Sanskrit
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Baragad, P.O.-Jan
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About the Add-on Course

PRMS Mahavidyalaya, Bankura West Bengal is committed to create an environment where students feel empowered to improve upon their learning behaviour for which mere academic inputs is not enough. Going beyond it, they are provided with the course that contributes in their capacity building by motivating them to train their inner self through emotional management, self-understanding and positive thinking. Yoga course can help students to strengthen their potentials.

The department of Sanskrit conducts a value added course in Yoga programme for students in view with making them conscious of the importance of physical and mental well-being.

Purpose of a course:

- To let students to know amazing health benefits of yoga
- To promote good mental health and physical health of students through yoga
- To let students know their rights of good health and healthy life style to completely enjoy the highest standard of physical health
- To make students aware of physical and mental disease and it's solutions through practicing yoga
- To link between protection of health and sustainable health development

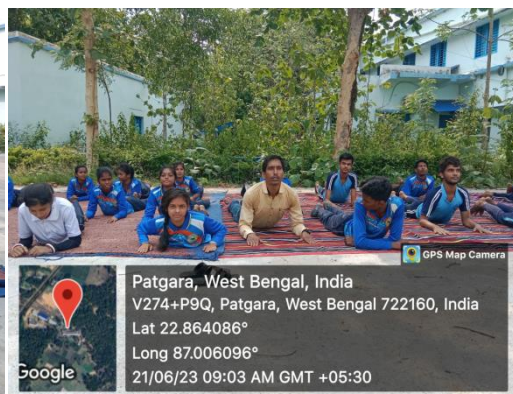
Course duration: 30 hours

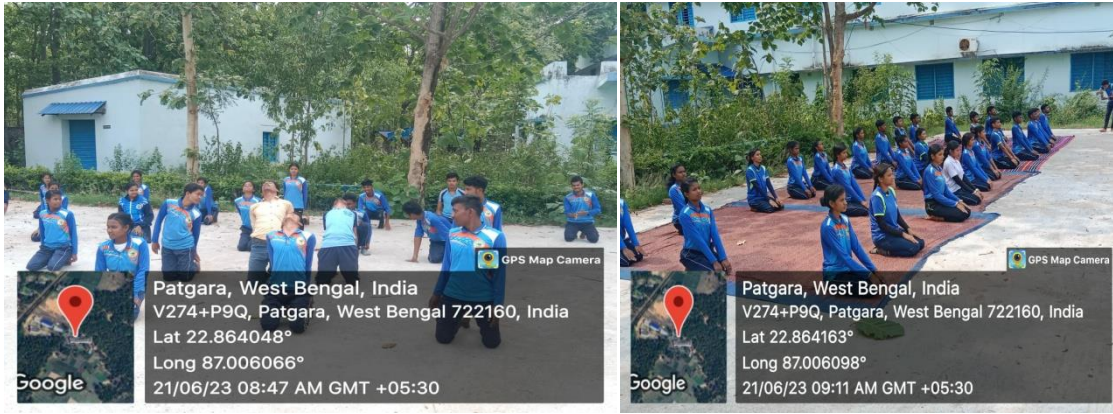
Curriculum for this Addon- course

DATE	CONTENT	DURATION
21/06/23	Inaugural programme	8:00A.M TO 9:00 A:M
	Practical class about Posture	9:00 A.M TO 10: 00 A.M
22/06/23	Theory and practical classes (Asanas of all supine posture)	8:00A.M TO 1:00 A.M
23/06/23	Theory and practical classes(Asanas of all supine Posture)	8:00A.M TO 10:00 A.M
24/06 /23	Theory and practical classes(Asanas of all prone Posture)	8:00A.M TO 10:00 A.M
25/06/23	Theory and practical classes(Asanas of all prone posture)	8:00A.M TO 10:00 A.M
26/06/23	Theory and practical classes(Asanas of all sitting posture)	8:00A.M TO 10:00 A.M
27/06/23	Theory and practical classes(Asanas of all standing posture)	8:00A.M TO 10:00 A.M
28/06/23	Theory and practical classes(Pranayama and Meditation)	8:00A.M TO 10:00 A.M
28/06/23	Theory and practical classes(Pranayama and Meditation)	8:00A.M TO 10:00 A.M
29/06/23	Theory and practical classes (Pranayam and Meditation)	8:00A.M TO 10:00 A.M
30/06/23	kapalvati and Meditation	8:00A.M TO 10:00 A.M
01/07/23	Whole Body exercises	8:00A.M TO 10:00 A.M

02/07/23	Sukshma Vyayama Yoga	8:00 A.M TO 10:30 A.M
03/07/23	Assessment	8.00 A.M TO 10.30 AM

Some glimpse of the :





Assessment/ Examination

1. Step 1- Practical Examination
2. Step 2 - Viva-voce conducted by the college

Certification

The students will be given certificates from PRMS Mahavidyalaya after successful completion of the course.

Name of participants:

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66	22141110042	SHUKUMONI HEMBRAM	9907305959	somnathhembram894@gmail.com	2	HON S
67	22141101040	JHARNA HEMBRAM	8670274366	gurapadahembram@gmail.com	2	HON S

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PRMS MAHAVIDYALAYA

Attendance sheet

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Baragari, F.O.-Jamnoli
Dist. Bapatkoti
UNESCO Bapatkoti

Attendance list of Candidates of Certificate Course on Yoga for Health and wellness

PRMS MAHAVIDYALAYA

Attendance sheet

Sl.No	Name	21.06.2023 8.0am - 9.0am	22.06.2023 8.0am - 9.0am	23.06.2023 8.0am - 10.0am	24.06.2023 8.0am - 10.0am	25.06.2023 8am to 10am	26.06.2023 8am to 10am	27.06.23 8am to 10am	28.06.2023 8am to 10am	29.06.23 8am to 10am	30.06.2023 8am to 10am
	Lipika Mondal	K.Mondal	K.Mondal	L.Mondal	L.Mondal	K.Mondal	L.Mondal	K.Mondal	L.Mondal	K.Mondal	L.Mondal
	Kiya Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal	K.Mondal
	Rupali Das Chakraborty	R.das	R.das	R.das	R.das	R.das	R.das	R.das	R.das	R.das	R.das
	Rakti Pal	R.Pal	R.Pal	R.Pal	R.Pal	R.Pal	R.Pal	R.Pal	R.Pal	R.Pal	R.Pal
	Mandira Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal	M.Mondal
	Taba Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal	J.Mondal
	Pampa Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda	P.Pauda
	Priya Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap	P.Samyap
	Sirina Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal	S.Mondal
	Purvina Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal	P.Mondal

MAHAVIDYALAYA
Estd.-1986
Bankura

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P.R.M.S. Mahavidyalaya
Baragati, P.O.-Jamtani
Dist.-Bankura

Attendance list of Candidates of Certificate Course on Yoga for Health and wellness

PRMS MAHAVIDYALAYA

Attendance sheet

Sl.No	Name	21-06-2023 From to 7pm To 10pm	22-06-2023 From to 10am To 1pm	23-06-2023 From to 10am To 1pm	24-06-2023 From to 10am To 1pm	25-06-2023 From to 10am To 1pm	26-06-2023 From to 10am To 1pm	27-06-2023 From to 10am To 1pm	28-06-2023 From to 10am To 1pm	29-06-2023 From to 10am To 1pm	30-06-2023 From to 10am To 1pm
	Riya Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam	R. Shyam
	Mousumi Patra	M. Patra	M. Patra	M. Patra	M. Patra	M. Patra	M. Patra	M. Patra	M. Patra	M. Patra	M. Patra
	Bishti Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu	B. Kundu
	Prakira Pan	A. Pan	A. Pan	A. Pan	A. Pan	A. Pan	A. Pan	A. Pan	A. Pan	A. Pan	A. Pan
	Chanchal Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar	C. Mumar
	Deba Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu	R. Tudu
	Tarisha Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra
	Sujita Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar	S. Mumar
	Dilika Pan	D. Pan	D. Pan	D. Pan	D. Pan	D. Pan	D. Pan	D. Pan	D. Pan	D. Pan	D. Pan
	Tamira Singh Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra	T. Mahapatra



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Sanku

Outcome of Add-on course

- Sitting down to study for long hours at a time and too much screen time can lead to incorrect posture, practice of various asanas leads to correct posture
- Mindfulness is simply learning to be in the present, Yoga enable students less anxious and relaxed
- To enable the students to have good health
- To possess emotional stability
- To integrate moral values



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Ref no.

Date: 28/08/2023

NOTICE

It is hereby informed to all the students who have taken the Add on course on "Yoga for health and wellness" that the final Practical Examination and Viva-voce of the course will be held on 11th of September 2023 from 12 :30 pm to 2:30 pm

11/09/2023	YOGA: Practical 30 marks + 10 marks Viva-voce	12:30 – 2:30
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Senika 28/8/23
Course Coordinator

[Signature] 28/08/23
Principal



PRMS MAHAVIDYALAY
Principal
P.R.M.S. Mahavidyalaya
Baragari, P.O.- Jamboni,
Dist.- Bankura

PANDIT RAGHUNATH MURMU SMRITI MAHAVIDYALAYA



PRESENT THIS

CERTIFICATE OF PARTICIPATION

MR./MRS *Rita Pal* HAS ACTIVELY PARTICIPATED IN 30 HOURS ADD ON
COURSE IN "YOGA FOR HEALTH AND WELLNESS" HELD ON 21TH JUNE -04TH JULY 2023 ORGANIZED
BY THE DEPARTMENT OF SANSKRIT, PANDIT RAGHUNATH MURMU SMRITI MAHAVIDYALAYA, PIROLGARI MORE,

[Signature]

DR. NEELANGSHU GHOSH
[PRINCIPAL OF PRMSM]
Principal
P.R.M.S. Mahavidyalaya
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Dist.- Bankura



[Signature]
DR. SHANGHAMITRA SINHA
[HOD, DEPT OF SANSKRIT]

[Signature]

MR. ANIRBAN ASH
[IQAC COORDINATOR, PRMSM]