MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA NAAC Re-Accredited B Level Govt, aided College CPE (Under UGC XII Plan) & NCTE Approved Institutions DBT Star College Scheme Award Recipient

E-mail: mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Ref. No.-M.G.M. / From-The Principal / Secretary,

Date	

Report of

CERTIFICATE COURSE

"YOGA AND MEDI"

19th February, 2022 to 13th August, 2022

Organized by-**Dept. of Nutrition** Mugberia Gangadhar Mahaviayalaya Bhupatinagar, Purba Medinipur

Minutes of the Departmental meeting held on 11.02.2022

Memberspresent:

- 1. **Dr. Swapan Kumar Misra**, Principal, Mugberia Gangadhar Mahavidyalaya.
- 2. **Dr. Apurba Giri,** HOD, Assistant Professor and Head, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 3. Mrs. Sucheta Sahoo, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 4. **Monalisa Roy,** Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 5. Sruti Mandal, Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 6. Mr. **Tanmoy Kr. Giri,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 7. Mr. Prabir Jana, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 8. **Ms.Moumita Samanta,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 9. **Ms. Keya Dash,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 10. Ms. Pranati Bera, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 11. Ms. Rikta Jana, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 12. **Mr. Khokan Ch. Gayen,** Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 13. Mr. Ayan Mondal, Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya

A short meeting was arranged at3pm regarding the implementation of certificate course on "YOGA AND MEDITATION" in our Department. All teachers of the department joined in the meeting in time. Dr. Swapan Kumar Misra, Principal Chaired the meeting.

Decisiontakeninthemeetingis:

It is decided that **Dr. Apurba Giri, HOD ,Dept of Nutrition** willbeCourse Director of this course. It is decided that **Ms. Moumita Samanta, SACT, Dept of Nutrition** will be coordinator of this course.

The course period will be scheduled from 19th February, 2022 to 13th August, 2022, in every week.

Course Name: Yoga and Meditation

Programe Coordinator, Yoga and Meditation: Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, e-mail: apurbandri@gmail.com

In-charge, Certificate Course: Ms. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya; e-mail: 89samantanut@gmail.com

Course Objectives

- To create awareness amongst students to have good health.
- To practice mental health and hygiene.

• To imbibe moral values.

Course Outcomes: On completion of this course, student will be able to:

- Equip themselves with basic knowledge about their personality.
- To learn to handle themselves well in all life situations,
- To learn techniques of gaining good health.

Requirement/ Eligibility: 10+2 pass

Duration: 30 hours. (19th February, 2022 to 13th August, 2022)

Delivery Mode: Offline



-PURBA MEDINIFUR, PIN,—721425, WEST BENGAL, INDIA NAAC Re-Accredited B Level Govt. aided College CPE (Under UGC XII Plan) & NCTE Approved Institutions DBT Star College Scheme Award Recipient

E-mail: mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.org

Ref. No.-M.G.M. / From-The Principal / Secretary,

Date: 14.02.2022

Notice

This is to hereby notify all the students that the Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya is going to start a certificate course in "Yoga and Meditation (Jeevan Koushal)" from 19.02.2022 to 13.08.2022 through offline mode. The course will be delivered by lecture, assignment, interaction, along with an examination.

All the students of B.Voc (Food Processing) 3rd year, Nutrition (Hons) 2nd sem, 4th sem, 6th sem students are informed to enroll their name to Ms. Moumita Samanta, Incharge of Certificate Course, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidylaya with in 18.02.2022.

Principal 14.62.2022

Mugberia Gangadhar Mahvidyalaya

Principal Mugbeira Gangadhar Mahavidyalaya

SYLLABUS Certificate Course in Yoga and Meditation

THEORY

SUBJECT 1: Foundation of Yoga

04 Hour

- 1.1 Yoga: Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyan, Samadhi)
- 1.4 Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga
- 1.5 Introduction of Yogic Text (Hatha Yoga Pradeepka, GherandSamhita, Patanjali Yoga Sutra)
- 1.6 Principles of Hatha Yoga

SUBJECT 2: Introduction to Human Body

02 Hour

- 2.1 Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
- 2.2 Basic Knowledge of Anatomy and Physiology of the following systems Musculoskeletal system Digestive system; Respiratory System Cardio vascular system Excretory system; Endocrine system. Nervous system

SUBJECT 3: Yoga Therapy

05 Hour

- 3.1 Yoga Therapy: Meaning and Definition, Principles and Discipline, Area and Limitation, Role Of Lifestyle and Diet in Yoga Therapy, Yoga For Holistic Health, Panchkosha
- 3.2 Yoga Management: Arthritis, Cervical Spondylosis, Back Pain, Sciatica Pain, Hernia, Gynecology
- 3.3 Kidney Disease, Thyroid, Obesity, Liver Related Problem, Diabetes, Constipation, Asthma,
- 3.4 Hypertension, Heart Disease, Vision Defects, Insomnia, Headace, Mental Stress, Depression, Anxiety

SUBJECT 4: Yoga and Allied Science

04 Hour

- 4.1 Knowledge of Yogic Principles -Ahara, Vihar, Achar- Vichar.
- 4.2 Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- 4.4 Yogic concept of healthy living: Tridosha.
- 4.5 Therapeutic importance of Dincharya and Ritucarya,
- 4.6 Importance of Diet (Aahara).
- 4.7 Yoga as preventive and promotive health care.

SYLLABUS Certificate Course in Yoga and Meditation (Practical)) 15 Hours

PRACTICAL-1

1. Yogic SukshmaVyayama, SthulaVyayama and Surya Namaskar

- 1.1 Yogic Sukshmavyayma
- 1.2 Yogic SthulaVyayama
- 1.3 Surya Namaskara

2 Yogasana

2.1 Standing Asana: Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhchakrasna, Padhastanasana, Ashwasthasana

- **2.2 SittingAsana:** Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, ShasankasanaGomukhasana, Mandukasana, Bhadrasana, Singhasana
- 2.3 Prone Lying Asana: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- **2.4 Supine Lying Asana:** Pawanmuktasana and its variation ,setubandhasana,, sarvangasana, Ardhahalasana, Uttanpadasana, Halasana, Naukasana , Cakrasana ,Markatasana, Shavasana.

3.Practices leading to Meditation

3.1 Pranav and SohamJapa 3.4 Ajapa Dharana 3.2 Yoga Nidra 3.5 Om Meditation

3.3 Chakra Meditation

Practical II

Shatkarma: Knowledge and ability to perform the following Practices:
1.1 Neti (Jal and sutra)
1.2 Dhauti(Vaman+ Vastra)
1.3 Nauli
1.6 Kapalbhati

Pranayama

4.1 Breath Awareness4.6 Shitali4.2 Yogic Breathing4.7 Sitkari4.3 Nadishodhan Pranayama4.8 Bhastrika4.4 Suryabhedi4.9 Bhramari

4.5 Ujjayi

Bandha and Mudra

- 5.1 JalandharaBandha, UddiyanaBandha, MulaBandha, Tri Bandha
- 5.2 Yoga Mudra, Shanmukhi Mudra, shambhavi mudra, VipareetKarni Mudra Practices leading to

Meditation

- 6.1 Pranav and SohamJapa
- 6.2 Yoga Nidra
- 6.3 Chakra Meditation
- 6.4 AjapaDhara

Some photos of Yoga and Meditation Certificate course

(19th February, 2022 to 13th August, 2022)



























Attendance Sheet

MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN – 721425

Department of Nutrition

Attendance sheet for Skill Development Certificate on "Yoga and Meditation"

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Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Principal 17/6/23
Mugbeira Gangadhar Mahavidyalaya

MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN – 721425

Department of Nutrition

Attendance sheet for Skill Development Certificate on "Yoga and Meditation"



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43	Shamya Hazra	NUTH III som	2001 16	Skepan	Shyun	Styama Hazna	Shyan	CV.	Shyana	Shyane	Shama Hazma	Slayana	Shycana	Skyam	Shyon	Shyama	Shuma	Stycena	Shyam	Styano	Shorano	Shrana	Shama	Shyama	Syrama	Shema	Shum	Shyama	Hazn	Shyama	Harry	Styana	Museumer 401240
44	Sanghamitra Jana	NUTH III sem	2001 17	5. Jano	35000	Jan	Joro	Jone	S.Jon	30m		5.3000	Sovo	2.5000	4. Jorg	6.7 ans	Sans		4.780	4,5000	3000	C. Jana	Jana	5.30m	Sw	5.200	5. John	c.Joro	G Jowe	52000	4. Jens	Jans	2. Jan
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Department of Nutrition

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Ms. Moumita Samanta Incharge of Certificate Course SACT, Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya

Assistant Professor and Head Dept. of Nutrition
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Mugberia Gangadhar Mahavidyalaya Dr. Apurba Giri

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Some photos of Certificate Distribution Ceremony



Students receiving certificates form Principal

Twitter link: https://x.com/MugberiaM/status/1/12803022/45/61291?t=G7L0lapxS-FiOpHftb8SRw&s=08

Feedback of some students regarding the course

Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur - 721425

Skill Development Certificate Course on Yoga and Meditation

19th February, 2022 to 13th August, 2022

Organized By

Feedback form

(Tike the appropriate option)

1. Has you acquire sound & sufficient knowledge of the course taught?

Excellent	Good	Average	Poor
V			

2. Do you think the course helped to benefit your health and mind?

Excellent	Good	Average	Poor

3. Is the course improve your thinking ability?

Excellent	Good	Average	Poor	
~				

7. Rate the arrangement of course is well.

Excellent	Good	Average	Poor	
~				

8. Any other opinion / suggestion for future

Meditation to be conducted once before starred of classes in the callage.

Asima Maity

Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur – 721425

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~			4.5

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7. Rate the arrangement of course is well.

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~				

8. Any other opinion / suggestion for future

There should be yoga and meditation class once in aweek-for the all students of the college.

Shinli Bera.

Photos of some certificates

UGC approve	ed skill development cert	ificate course
	on	
"Yoga a	ind Meditation (Jeevan K	oushal)"
19th F	ebruary ,2022 - 13th Augus	st, 2022
Organ	wzed by: Department of Nu	trition
Mugberi	a Gangadhar Maha	vidvalava
PO-Bhupatinagar, Dis	st Purba Medinipur, West Ben	gal, India, Pin- 721425
<u>~</u>	CERTIFICATE OF PARTICIPATION	
^ -	7	
This is to certify that S.O.M.	a Pahari	a student of the Department of
Nutrition, Mugberia Gangadhar 9	Mahavidyalaya has successfully partic	ipated and completed 30 hours for
	certificate course on "Yoga and M	
	to 700/ District to less than are much to 540/ District	W
TELLS	to 79%, B:50% to less than or equal to 64%, C:35	oto less than or equal to 49%, D:34% and below
Ms. Moumita Samanta	Compaction	Santon
In charge of certificate course	Dr. Aburba Giri Assistant Professor & Head	Dr. Swapan Kr. Misra
SACT, Dept of Nutrition	Dept. of Nutrition	Principal, Mugberia Gangadhar Mahavidyalaya
Mugberia Gangadhar Mahavidyalaya	Mugberia Gangadhar Mahavidyalaya	Beering Carrot Manageraja



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P21425 Department of the day of <u>QKOKQKOKQKOKQKOKQKQKQKQKQKQKQKQK</u> 派 见 派 UGC approved skill development certificate course "Yoga and Meditation (Jeevan Koushal)" 19th February ,2022 - 13th August, 2022 Organized by: Department of Nutrition 次回苏四次回苏四次回苏四次回苏四次 Mugberia Gangadhar Mahavidyalaya PO-Bhupatinagar, Dist. - Purba Medinipur, West Bengal, India, Pin- 721425 CERTIFICATE OF PARTICIPATION This is to certify that Shiele Bena a student of the Department of Nutrition, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development UGC approved certificate course on "Yoga and Meditation (Jeevan Koushal)" and obtained gradeA.* A+:80% and above, A:65% to less than or equal to 79%, B:50% to less than or equal to 64%, C:35% to less than or equal to 49%, D:34% and below. Dr. Swapan Kr. Misra Dr. Apurba Giri Ms. Moumita Samanta In-charge of certificate course Assistant Professor & Head Principal. SACT, Dept of Nutrition Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya

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