



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

REPORT ON

THE UGC SPONSORED YOGA CERTIFICATE COURSE

Recognised By

*Mugberia Gangadhar Mahavidyalaya
Bhupatinagar, Purba Medinipur, West Bengal, 721425*

Organised by

*Department of Physical Education
Mugberia Gangadhar Mahavidyalaya
Bhupatinagar, Purba Medinipur, West Bengal, 721425*

4th February, 2022

Members Presents

1.Principal	:	Dr. Swapan Kumar Misra
2.TCS	:	Dr. Bidhan Samanta
3.IQAC Coordinator	:	Dr. Prasenjit Ghosh
4.NAAC Coordinator	:	Dr. Kalipada Maity
5.Course Coordinator	:	Dr. Biswajit Garai
6.Co-Coordinator	:	Mrs. Anindita Si Bera
7.Co-Coordinator	:	Mr. Jisu Krishna Jana

A short meeting was held on 20th November, 2019 at 3 pm at Principal chamber regarding the implementation of a certificate course on “The UGC sponsored Yoga certificate course” in the Department of Physical Education. All the teachers of the department and the Principal of the college were present in the said meeting. It was chaired by the Principal of the college.

Following decisions were taken in the meeting:

- ❖ It is decided that Dr. Biswajit Garai will be the coordinator of this course.
- ❖ It is decided that Mrs. Anindita Si Bera and Sri. Jisu Krishna Jana will be co-coordinator of this course.
- ❖ The course will be scheduled from 6th December, 20219
- ❖ Course Duration: 30+ hrs
- ❖ Delivery Mode: Offline
- ❖ Registration Fees Rs. 100/-

The meeting was ended by comes to an end with a vote of thanks

NOTICE



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.mugberiangangadharMahavidyalaya.ac.in

Ref. No.: MGM/Cer./65/2019-2020

Date: 25/11/2019

NOTICE

This is to notify that UGC sponsored Yoga (Men & Women) certificate course is scheduled to be held on and from 6th December, 2019 at 1.00 p.m. at college campus. Interested students are requested to register their name at the Department of Physical Education on or before 3rd December, 2019.



S. Singh 25.11.2019
Principal

Mugberia Gangadhar Mahavidyalaya

Principal
Mugberia Gangadhar Mahavidyalaya

INTRODUCTION

Yoga studies are an insight of practices of mind and body through different kinds of body postures also known as Asanas in Yoga, meditation and breathing techniques. Yoga has become an important part of almost everyone's daily schedule to maintain good physical as well as mental health, flexibility, endurance, and peace of mind.

- Yoga Courses are a study of Asanas, their benefits, mindfulness, meditation, introspection, healthcare, proper nutrition, etc.
- In Yoga courses, students are introduced to various aspects of Yoga such as Diet and Nutrition, Yoga for different age groups, Yoga for maternity, Asanas, spiritual energy and the list goes on.
- Students can pursue Yoga courses at Certification, Bachelor's, Master's, Ph.D., and Diploma levels of study.
- Some popular Yoga courses are, namely, Certificate in Yoga Education (CYEd), BA in Yoga, MA in Yoga, Diploma in Yoga, etc.

Objectives of the Course

Yoga is a meditative process of self-discovery and liberation. It is a diverse collection of practices that aims to control the mind, recognize a detached witness consciousness, and free oneself from the cycle of birth and death. It teaches us to see ourselves clearly, to understand what is true about whom we are, and to let go of anything that does not serve us. It helps us to become aware of our thoughts, feelings, and beliefs, and to change them when they no longer serve us. It gives us the tools to make better choices in life, and to live more fully.

Yoga is a practice that allows us to transform and purify our bodies, minds, and souls. It expands our consciousness to help us connect with nature and the universe around us. It also gives us greater access to inner resources to teach us about self-awareness, acceptance, compassion, patience, gratitude, forgiveness, humility, love, peace, and joy.

🚩 **NUMBER OF PARTICIPANTS: 26**

🚩 **NUMBER OF MALE PARTICIPANTS: 07**

🚩 **NUMBER OF FEMALE PARTICIPANTS: 19**

🚩 **NAME OF THE YOGA TEACHER: MRS. UMA BHUNIA**

SYLLABUS

Paper-III	Pranayama : Anulom - Vilom, Shitali, Shitkari,	5
(A)	Ujjayi, Bhramari, Bhraman Pranayam and Western Pranayam	
(B)	Dhauli : Agnisara Dhauti, Vaman Dhauti, Barisara Dhauti	5
(C)	Neti : Jala Neti, Sutra Neti	5
(D)	Mudras : Ashwini-Mudra, Mahaved-Mudra, Yoga-Mudra Uddian-Bandh-Mudra, Viparitarani-Mudra, Maha- Mudra, Mula-Bandh-Mudra, Shaktichalani-Mudra, Hasta- Mudra & Pada-Mudra	5
(E)	Vasti-Kriya : Sahaja Vasti Kriya, Snan Vidhi & Upavasa Vilhi	5
Paper-IV	Asanas Related to different ailments with special reference to Hypo kinetic Diseases – Workbook.	25

Career Oriented Programme in Income Tax and Goods & Service Tax Practice

Syllabus on Income Tax

- * Introduction to Income Tax,
- * Residential Status of an Assessee,
- * Various Heads of Income including Salary, Income under the head House Property, Profit & Gains from Business and Profession, Income from Capital Gains & other Sources,
- * Income Tax, Set off and carry forward of losses,
- * Return Filing under Income Tax, Filing online Application for PAN,
- * E-Filing of Income Tax return,
- * Introduction to Income Tax portal and credit statements
- * Concept of TDS,
- * Computation and Payment of TDS, Generating TDS Challans and Filing of TDS Returns.

4

- * Income Tax computation
- * Training Students how to file Income Tax Return Training Students how to file E TDS return online
- * Permanent Account No
- * application and its procedure
- * E TDS Return filing Practical Training
- * Income Tax return filing techniques
- * How to compute Income Tax on Salary Income.
- * How to prepare Form 16 online and manual How to fill up Form 49A, 49B
- * Preparation of Challan 281 and 280 manual and computerized both
- * Income Tax Assessment procedure and handling Income Tax cases
- * Income Tax notice and Scrutiny Cases under section 143
- * Form 3CD Tax Audit procedure and laws practical training

Syllabus on Goods & Service Tax Practice

- What is GST: - Goods and Service Tax indirect Tax for the whole India
- Overview of Goods & Service Tax, Registration under GST (Regular and Composition),
- Meaning & Scope of Supply, Time of Supply, Value of Supply, Tax Rate structure, invoicing under GST regime, Input Credit Mechanism Return under GST (GSTRI, GSTR2, GSTR3 and so on), Payment of Taxes, Consequences of non – compliance and Compliance Rating, Transition to GST,
- E-commerce and ISD, Audit and Appeals in GST, GSTIN and GSP.
- GST Administration
- GST Registration Process
- GST Payment
- GST Returns

5

The activities may take place on an individual or group basis, and may be face to face or at a distance (including helpline and web-based services). They include career information provision (in print, ICT-based and other forms), assessment and self-assessment tools, counsellings interviews, career education programmes (to help individuals develop their self-awareness, opportunity awareness, and career management skills), taster programmes (to sample options before choosing them), work search programmes, and transition services.

In view of those Mugberia Gangadhar Mahavidyalaya intended to offer Career Oriented Programme [COP] to the students with the help of financial support from University Grant Commission, New Delhi, India. And offering four COP programmes viz. (i) Yoga Therapy Course (ii) Income and Goods & Service Tax Practice, (iii) Business Management and (iv) Communicative English (v) Foundation Course on Human Rights (vi) Certificate Course on Uses of Vermi Compost in Agriculture.

We hope the students from rural background as well as economically backward will be benefited to place themselves in self employment programme for their lively-hood.

Syllabus for Certificate Course in Yoga Therapy

Total Marks = 200	Periods = 200
Theoretical = 75	Periods = 75
Practical = 125	Periods = 125

THEORY

Paper	Content	Marks
Paper-I	Yoga – Its maning and application : Meaning of the Terms, Aims and objectives of Yoga. Types of Yoga - Austanga Yoga, Yoga as Therapy, Yoga and Human Values.	75
	Psychological aspects of Yoga : Yoga and mental Health, Characteristics of mental health, Mental abnormalities, Role of Yoga in promoting mental health.	

2

Human body (Anatomical & physiological aspect) :
Brief description of the systems of human body. Effect of Yogic practices on various systems of human body. Postural deviations and remedies through Yogic practice.

Diet and components of food :
Principles of diet. Diet and nutrition – balance diet. Role of diet and management of diseases.

Stress and its management through Yoga.
Meaning and science of stress and tension. Psycho - physical aspects of tension. Stress related disease and role of Yogic practices in stress management.

PRACTICAL

Paper	Content	Marks-50
Paper-II	Asanas - Compulsory (Cultural, Meditative & Curative)	
	Ardha Chakrasana	Ardha Matsyendrasana
	Ardha Kurmasana	Bhujangasana
	Chakrasana	Dhanurasana
	Gomukhasana	Halasana
	Janushirasana	Kurmasana
	Makarasana	Matsyasana
	Padahasthasana	Padmasana
	Paschimotthanasana	Pawanmuktasana
	Sarvangasana	Shasngasana
	Shalabhasana	Shasngasana
	Shirasana	Shyanpaschimotthanasana
	Supravajrasana	Trikonasana
	Ustrasana	Vadrasana
	Vajrasana	

Paper-II	Asanas-Optional (any two from each group)	25
Groups	A	B
	Akarnadharunasana	Kumbhirsana
	Parvatasana	Sankatasana
	Singhasana	Kurmasana
		C
		Kukutasana
		Uthitpadmasana
		Uthitakurmasana

3

ATTENDANCE SHEET SAMPLE COPY

REGISTER OF ATTEND- FOR THE MONTH			ANCE OF PUPILS OF February 2020																							
Serial No.	Roll No.	NAME OF PUPILS	ATTEND -																			ANCE		No. of days		
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	Present	Late	Present	Late	
1.	1027	Submita Pramanik		1	2					3	4							5			6		7			
2.	1025	Piyali Chandra			1						5							6			7		8			
3.	974	Sulekha Maity			1						2	3									5		4			
4.	1013	Sangita Bar			1		2											3	4		4		5			
5.	683	Sreeta Bhunia		1		2					3	4						5			6		7			
6.	157	Pratyncha Giri			1						2							3			4		5			
7.	904	Pratiba Giri			1						2	3						4			5		6			
8.	711	Saumya Dalai			1		2				3							4			6		5			
9.	773	Saakani Dhal			1						2							3			4		5			
10.	946	BodhaRani Ghosh			1						2	3									5		4			
11.	369	Sudhitra Maity			1						2										6		3			
12.	951	Nida Jana			1						2							3			4		4			
13.	949	Paranmita Sahoo			1	2					3										5		5			
14.	855	Subhankar Barik			1						2	3						4			6		5			
15.	700	Subhankar Barik			1		2											3	4		5		6			
16.	457	Kamalakanta Maity			1	2	3														4		5			
17.	1004	Ramkish Barik			1						2							3			4		5			
18.	973	Pravat Barua			1		2				3	4						5			6		7			
19.	853	Rangan Mondal			1		2				3							4			5		5			
20.	701	Gopal Barik			1						2										6		4			
21.	1041	Sudoxon Chandra			1		3											2	3		4		5			
22.	1109	Sonal Mondal			1						2							3	4		5		6			
23.	695	Rumla Jana			1	2					3	4						5			6		7			
24.	777	Shilpa Sahoo			1						2							3			4		5			
25.	938	Jharna Maity			1		2				3	4						5			6		7			
26.	398	Mina Maity			1																					

No. Present daily ...

No. Absent daily ...

TOTAL ...

Hindus - Muslims - Others -

No. of Free Students - No. of % Free Students -

No. of working days during the Month -

Average Daily Attendance -

Percentage of Attendance during the Month -

ANCE OF PUP
OF December

ANCE										
20	21	22	23	24	25	26	27	28	29	30
			7							
			.							
			6							
			6							
			.							
			7							
			2							
			.							
			5							
			5							
			6							
			5							
			6							
			.							
			8							
			6							
			5							
			5							
			.							
			.							
			5							
			.							
			5							
			.							
			6							

Hindus -	Muslims -	+ Others -
No. of Free Students -		No. of $\frac{1}{2}$ Free Students -

No. of working day	Average Daily Attendance	Percentage of Attendance
1	100	100
2	100	100
3	100	100
4	100	100
5	100	100
6	100	100
7	100	100
8	100	100
9	100	100
10	100	100
11	100	100
12	100	100
13	100	100
14	100	100
15	100	100
16	100	100
17	100	100
18	100	100
19	100	100
20	100	100
21	100	100
22	100	100
23	100	100
24	100	100
25	100	100
26	100	100
27	100	100
28	100	100
29	100	100
30	100	100
31	100	100
32	100	100
33	100	100
34	100	100
35	100	100
36	100	100
37	100	100
38	100	100
39	100	100
40	100	100
41	100	100
42	100	100
43	100	100
44	100	100
45	100	100
46	100	100
47	100	100
48	100	100
49	100	100
50	100	100
51	100	100
52	100	100
53	100	100
54	100	100
55	100	100
56	100	100
57	100	100
58	100	100
59	100	100
60	100	100
61	100	100
62	100	100
63	100	100
64	100	100
65	100	100
66	100	100
67	100	100
68	100	100
69	100	100
70	100	100
71	100	100
72	100	100
73	100	100
74	100	100
75	100	100
76	100	100
77	100	100
78	100	100
79	100	100
80	100	100
81	100	100
82	100	100
83	100	100
84	100	100
85	100	100
86	100	100
87	100	100
88	100	100
89	100	100
90	100	100
91	100	100
92	100	100
93	100	100
94	100	100
95	100	100
96	100	100
97	100	100
98	100	100
99	100	100
100	100	100

[illegible]

SREEMA TRADERS, 45, Beniatola Lane-09 Ph. 2241 6838

TOTAL ...

No. of 1/2 Free Students -

ANCE	No. of d
------	----------

No. of working days during the Month -

Average Daily Attendance -
Percentage of Attendance during the Month -

PHOTO GALLERY
SAMPLE COPY





**CERTIFICAT
SAMPLE COPY**



**THE UGC SPONSORED YOGA THERAPY
RECOGNISED BY THE MUGBERIA GANGADHAR MAHAVIDYALAYA**

P.O.- Bhupatinagar :: Dist.- Purba Medinipur :: Pin.-721425
E-mail : mugberia_college@rediffmail.com :: Website : www.mgmahavidyalaya.org



Certificate of Yoga Therapy



Certified that Sulekha Maity a student of 5th
year hon./pass in B.A./B.Sc./B.Com. has attended the 6 months
course and passed the examination held on 2019-2020 with "B"
grade.

Wish him success in life.

PRINCIPAL

Mugberia Gangadhar Mahavidyalaya



COURSE CO-ORDINATOR

**THE UGC SPONSORED YOGA THERAPY
RECOGNISED BY THE MUGBERIA GANGADHAR MAHAVIDYALAYA**

P.O.- Bhupatinagar :: Dist.- Purba Medinipur :: Pin.-721425
E-mail : mugberia_college@rediffmail.com :: Website : www.mgmahavidyalaya.org



Certificate of Yoga Therapy



Certified that Sangita Bori a student of 5th
year hon./pass in B.A./B.Sc./B.Com. has attended the 6 months
course and passed the examination held on 2019-2020 with "B⁺"
grade.

Wish him success in life.

PRINCIPAL

Mugberia Gangadhar Mahavidyalaya



COURSE CO-ORDINATOR



Principal
Mugberia Gangadhar Mahavidyalaya