Website: https://buniadpurmahavidyalaya.org/ Email: bmncc2018@gmail.com Contact No.: (+91) 9474104184



NCC COY.- 7 BENGAL BN. NCC BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Banshihari, Dakshin Dinajpur, West Bengal, India- 733 121. (*Affiliated to the University of Gour Banga*)

To, The Chairman IQAC Buniadpur Mahavidyalaya Buniadpur Dakshin Dinajpur-733121

Dated: Buniadpur 6 February 2023

Through, The IQAC Coordinator Buniadpur Mahavidyalaya Buniadpur Dakshin Dinajpur-733121 Subject: Request to introduce the implementation of Three Months' (100 Hours) "Yoga Training Certificate Course" as an Add-on Programme

Sir,

This is for your kind information that the undersigned have come to a unanimous decision after a meeting held today that a Three months' Yoga Certificate Course as an add-on programme of Buniadpur Mahavidyalaya may be introduced as an extra-curricular activity for the holistic development of the students' health and mind. If permitted, it will be organised by the NCC Coy. and NSS Unit of the institution, in collaboration with Buniadpur Yoga Centre, under the terms of signed MoU. Given permission, the course may be introduced from the 1st week of April, 2023. We strongly believe that introducing a yoga training course within our institution would offer numerous advantages to our student community. Certainly, this course would be well-received by the students and contribute positively to the institution's academic offerings.

We kindly request you this proposal seriously and explore the possibilities of introducing an add on course on "Yoga" as a life skill. We are eager to discuss this further and also open to any necessary steps and requirements to make this initiative a reality.

Yours truly

(Dr. Tanima Dutta) CTO NCC Coy. Buniadpur Mahavidyalaya, Buniadpur 7 Bengal Bn NCC &

Rabi Tigga

(Prof. Rabi Tigga) Programme Officer NSS Unit Buniadpur Mahavidyalaya Buniadpur. Fincipal Buniadpur Mahavidyalaya D/Dinajpur



Email: bmncc2018@gmail.com Contact No.: (+91) 9474104184 NCC COY.- 7 BENGAL BN. NCC BUNIADPUR MAHAVIDYALAYA

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NOTICE

3 Months' (100 Hours) Yoga Training Certificate Course as an Add-on Programme

Date: 6th March, 2023

Buniadpur Mahavidyalaya is pleased to announce the commencement of an Add on Programme on 'Three Months' Yoga Training Certificate Course', starting on 1st April 2023 and jointly organized by the NCC Coy. and NSS Unit of Buniadpur Mahavidyalaya, in collaboration with Buniadpur Yoga Centre, under the terms of signed MoU. The Course curriculum will be shared by the trainers/instructors during the Yoga sessions, both theory and practical. **Course Details:**

Duration: 3 Months (100 Hours) Date of Commencement: 1st April 2023 Organised by: NCC Coy. & NSS Unit of Buniadpur Mahavidyalaya, in collaboration with Buniadpur Yoga Centre Course Trainers: Ram Kumar Mandal & Ujjwal Sarkar Seats available: 100

Enrollment Deadline:

Interested students are requested to enroll positively by 22nd March 2023. Forms are available at the NCC Office. Please submit your enrollment forms to the Care Taker Officer (CTO) of the NCC Coy. of Buniadpur Mahavidyalaya, Dr. Tanima Dutta.

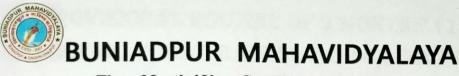
Contact Information:

Care Taker Officer (CTO) of the NCC Coy. of Buniadpur Mahavidyalaya, Dr. Tanima Dutta: 9474104184 & Prof. Rabi Tigga, Programme Officer, NSS Unit, Buniadpur Mahavidyalaya: 9609700159

This course aims to promote physical and mental well-being through the practice of yoga. Participants will receive comprehensive training, and upon successful completion, they will be awarded certificates. Students are advised not to miss this opportunity to embark on a journey to holistic health and wellness.

(Dr. Tanima Dutta) CTO NCC Coy. Buniadpur Mahavidyalaya, Buniadpur 7 Bengal Bn NCC

SAMPLE FORM



Three Months' Yoga Certificate Add on Course Organised by NCC Coy and NSS Unit Buniadpur Mahavidyalaya

Date of Admission: 22 03 2023

Students' Name:

NILKAMAL ROY

Fathers' Name:

SHYAMAL ROY

Name of the Department:

HISTORY (HOMOURS)

Year & Roll Number :

Sem-vi 129

Contact Number (Whatsapp no.):

8927279804

Signature of the Applicant

Milkamel Roy

Verified & digitally signed (DSC) by Principal, Buniadpur Mahavidyalaya

BROCHURE





To be Organised by: NCC Coy. & NSS of Buniadpur Mahavidyalaya Course Coordinators: Dr. Tanima Dutta & Prof. Rabi Tigga Course Instructors: Sri. Ram Kumar Mandal & Sri. Ujjwal Sarkar

Objective:

The primary objective of introducing the "Yoga Training Certificate Course" as an Add-on course at Buniadpur Mahavidyalaya is to provide students with a holistic understanding of yoga as a practical life skill. The course is aimed to teach students the physical, mental, and emotional benefits of yoga, and equip them with tools for stress management, mindfulness, and overall well-being.

Course Details:

The "Yoga Training Certificate Course" as an Add-on course was designed as a noncredit, extracurricular programme open to students of all disciplines. It was structured as a three months' (100 Hours) course, with classes held 10 hours a week for 2.5 hours each session.

Curriculum and Content:

The course curriculum included the following key components like Yoga fundamentals that include introduction to the philosophy, history, and various branches of yoga, Asanas (Postures), Pranayama (Breath Control), Meditation and Mindfulness, Stress Management skills and strategies for using yoga techniques to manage stress, anxiety, and improve overall mental health.

Provisional Routine for 3 Months' (100 Hours) Yoga Training Certificate Add-on Course:

Classes will start from 01st April 2023 and is likely to end on 21st June 2023, on the International Yoga Day.

DAY	NAME OF THE INSTRUCTOR	3PM-4M	4PM-5.30 PM
MONDAY	RKM	THEORY	PRACTICAL
WEDNESDAY	US	THEORY	PRACTICAL
THURSDAY	RKM	THEORY	PRACTICAL
SATURDAY	US	THEORY	PRACTICAL

Classes will be held 10 hours a week (4 days a week) for 2.5 hours per session.

RKS= Sri. Ram Kumar Mandal

US- Sri. Ujjwal Sarkar

 For enrolment, please contact Dr. Tanima Dutta &/or Prof. Rabi Tigga, Course Coordinators at Buniadpur Mahavidyalaya, on working days, by 22nd March, 2023.

SYLLABUS

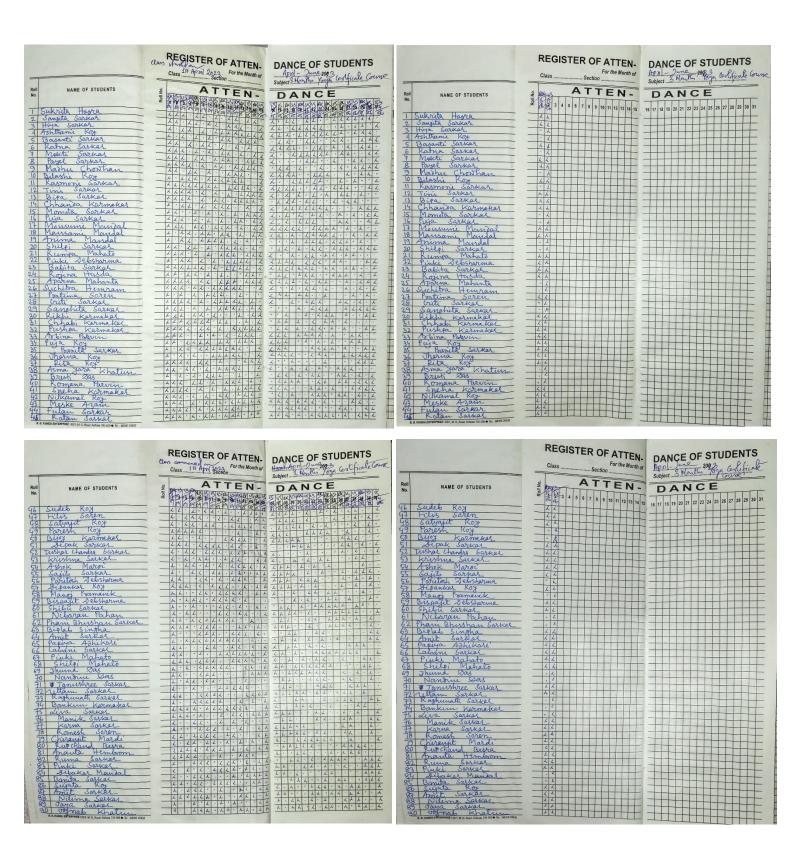
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SL.		NAME OF ASANA	s	DURA	TION	TIME	RESPIRATION (BREATHING)
NO.	· · · · · · · · · · · · · · · · · · ·		iladiallati del que del que toto Al que toto del al del del del del del del del del del de	10 S	FC	1-2	NORMAL
1.		BAJRASANA	14	10 SEC.		1-2	NORMAL
2.	9.92-92	ARDHA KURMASA		10 SEC.		1-2	NORMAL
3.	PADMASANA		Contraction of the second	10 SEC.		1-2	NORMAL
4.	YOGA MUDRA		10 SEC.		1-2	NORMAL	
5.	BHUJANGASANA SALABHASANA(EKAPADA/DWIPADASANA		10 5		1-2	NORMAL	
6. 7.	SALABHASANA(EKAPADA/DWIPADASANA PABAN MUKTASANA(EKAPADA/DWIPADA)		10 5		1-2	NORMAL	
7. 8.	VEKASANA		10 5	EC.	1-2	NORMAL	
a. 9.	USTRASANA		10 5	EC.	1-2	NORMAL	
9. 10.	SUPTA BAJRASANA		10 5		1-2	NORMAL	
11.	DHANURASANA		10 S	EC.	1-2	NORMAL	
12.	PASCHIMOTTANASANA		10 5	EC.	1-2	NORMAL	
13.	ARDHA MATSYENDRASANAS /BAKRASANA		10 5		1-2	NORMAL	
14.	JANUSIRASANA		10 SEC.		1-2	NORMAL	
15.	BIPARITKARANI MUDRA		10 5	EC.	1-2	NORMAL	
16.	SARBANGASANA		10 SEC.		1-2	NORMAL	
17.	MATSYASANA		10 S	EC.	1-2	NORMAL	
18.	TELANGULASANAARDHA		10 SEC.		1-2	NORMAL	
19.	ARDHA CHAKRASANA		10 SEC.		1-2	NORMAL	
20	PADAHASTASANA		10 5	EC.	1-2	NORMAL	
21.	TRIKONASANA		10 SEC.		1-2	NORMAL	
22.	GOMUKHASANA		10 5	EC.	1-2	NORMAL	
23.	BHADRASANA		10 5	SEC.	1-2	NORMAL	
24.	BRIKSHASANA		10 5	SEC.	1-2	NORMAL	
25.		UTKATASANA	·····································	10 5	SEC.	1-2	NORMAL
26	1.11	BIRBHADRASAN	-	10 5	SEC.	1-2	NORMAL
27.		AKARNA DHANURAS	ANA	10 5	SEC.	1-2	NORMAL
28.		MAYURASANA		10 5	FC	1-2	NORMAL

SL. NO.	NAME OF ASANAS	DURATION	TIME	RESPIRATIO
29.	SABASANA	1 MINUTE	1	NORMAL
30.	SIRSHASANA	1-20 SECONDS	1	NORMAL
31.	UTHITA PADMASANA	10 SECONDS	1	NORMAL
32.	BAKSANA/ASTABAKRSANA	10 SECONDS	1	NORMAL
33.	EKAPADASANA	10 SECONDS	1	NORMAL
34.	PARSHA TRIKONASANA	10 SECONDS	1	NORMAL
35.	DANDAYAMAN PABAN MUKTASANAS	10 SECONDS	1	NORMAL

LIST OF PRANAYAMS

SL. NO.	NAME OF PRANAYAMS	DURATION	TIME	MEDITATION
1.	BHASTRIKA	1-3 MINUTES	A. 1	
2.	KAPALBHATI	5-10 MINUTES	1	5-10 MINUTES
3.	ANULOM-VILOMA	5-10 MINUTES	1	
4.	BHRAMARI	AS PER CAPACITY	. 5-10	
5.	KARNA ROGANTAK	AS PER CPACITY	5-10	

PARTICIPANTS

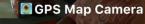


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> Verified & digitally signed (DSC) by Principal, Buniadpur Mahavidyalaya

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CERTIFICATE



Sangita Sarkar This is to certify that Sri/Smt._ Buniadpur Mahavidyalaya

of

has successfully completed three months/100 hours'

yoga training course, Organized by NCC & NSS of Buniadpur Mahavidyalaya (From 1st April 2023 to

30th June 2023). We wish him/her good health and a successful future ahead.

DR. JITESH CHANDRA CHAKI Hon'ble Principal Buniadpur Mahavidyalaya

Ram Kinas Mandal

SRI RAM KUMAR MANDAL Yoga Instructor Buniadpur Yoga Centre

Website: https://buniadpurmahavidyalaya.ac.in/ Email: bmncc2018@gmail.com Contact No.: (+91) 6294014703



NCC COY.- 7 BENGAL BN. NCC BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Banshihari, Dakshin Dinajpur, West Bengal, India- 733 121. (*Affiliated to the University of Gour Banga*)

Title: Report on Three Months' (100 Hours) "Yoga Training Certificate Course" as an Add-on Programme at Buniadpur Mahavidyalaya

Course duration: Three Months-100 Hours (01/04/2023-21/06/2023); 10 hours per week.

Organised by: NCC Coy. & NSS Unit of Buniadpur Mahavidyalaya

Course Coordinators: Dr. Tanima Dutta & Prof. Rabi Tigga

Course instructors: Ram Kumar Mandal & Ujjwal Sarkar

No. of students participated: 90

No. of students completed the Course: 90

Objective:

The primary objective of introducing the "Yoga Training Certificate Course" as an Add-on course at Buniadpur Mahavidyalaya was to provide students with a holistic understanding of yoga as a practical life skill. The course aimed to teach students the physical, mental, and emotional benefits of yoga, and equip them with tools for stress management, mindfulness, and overall well-being.

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Outcome: Towards the end of the course a total of 90 students appeared for practical as well as theoretical exams and all of them completed the course with distinctions. Students, as reported, improved physical health, reduced stress levels, and enhanced mental clarity. They developed mindfulness skills, which positively impacted their academic performance and personal lives. The course thus encouraged a holistic view of health, promoting both physical and mental well-being. Students expressed high satisfaction with the course content and teaching methods. As an extension part of the course, the students participated in the International Yoga Day observation on 21st June 2023, which was organized by the NCC Coy, NSS Unit and the Department of Philosophy of the College in collaboration with Buniadpur Yoga Centre. Students were also awarded with the certificates of completion on the same day.

Conclusion:

The Three Months' Yoga Certificate Course at Buniadpur Mahavidyalaya has concluded with resounding success. Participants demonstrated commendable dedication, enhancing their physical and mental well-being through the practice of yoga. The course not only imparted valuable skills but also fostered a holistic approach to health and wellness.

Tanima Alitta

(Dr. Tanima Dutta) Coordinator and Former CTO, NCC Coy Buniadpur Mahavidyalaya, Buniadpur 7 Bengal Bn NCC

Rabi Tigga

(Prof. Rabi Tigga) Programme Officer NSS Unit Buniadpur Mahavidyalaya Buniadpur.