



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. Tanimia Dutta)
CTO
NCC Coy.
Buniadpur Mahavidyalaya, Buniadpur
7 Bengal Bn NCC
&

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

Approved
by
J. Laha

Principal
Buniadpur Mahavidyalaya
D / Dinajpur

Website: <https://buniadpurmahavidyalaya.org/>

Email: bmnc2018@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.

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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

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

SAMPLE FORM



BUNIADPUR MAHAVIDYALAYA

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 (HONOURS)

Year & Roll Number :

Sem - vi 129

Contact Number (Whatsapp no.):

8927279804

Signature of the Applicant

Nilkamal Roy

BROCHURE

Brochure for 3 Months' (100 Hours)

Yoga Training Certificate Course

(Add-on Course)

Duration: 1st April 2023 to 21st June 2023



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 non-credit, 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.

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

SYLLABUS

YOGA SYLLABUS FOR 3 MONTHS' YOGA TRAINING COURSE' 2023

ORGANIZED BY – NCCCOY & NSS UNIT

BUNIADPUR MAHAVIDYALAYA

FROM 1ST APRIL'2023

SUBJECTS TO BE TAUGHT

PRAYER	WARMING UP EXERCISES	SURYA NAMASKAR	YOGASANA	MEDITATION
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LIST OF THE ASANAS

SL. NO.	NAME OF ASANAS	DURATION	TIME	RESPIRATION (BREATHING)
1.	BAJRASANA	10 SEC.	1-2	NORMAL
2.	ARDHA KURMASANA	10 SEC.	1-2	NORMAL
3.	PADMASANA	10 SEC.	1-2	NORMAL
4.	YOGA MUDRA	10 SEC.	1-2	NORMAL
5.	BHUJANGASANA	10 SEC.	1-2	NORMAL
6.	SALABHASANA(EKAPADA/DWIPADASANA)	10 SEC.	1-2	NORMAL
7.	PABAN MUKTASANA(EKAPADA/DWIPADA)	10 SEC.	1-2	NORMAL
8.	VEKASANA	10 SEC.	1-2	NORMAL
9.	USTRASANA	10 SEC.	1-2	NORMAL
10.	SUPTA BAJRASANA	10 SEC.	1-2	NORMAL
11.	DHANURASANA	10 SEC.	1-2	NORMAL
12.	PASCHIMOTTANASANA	10 SEC.	1-2	NORMAL
13.	ARDHA MATSYENDRASANAS /BAKRASANA	10 SEC.	1-2	NORMAL
14.	JANUSIRASANA	10 SEC.	1-2	NORMAL
15.	BIPARITKARANI MUDRA	10 SEC.	1-2	NORMAL
16.	SARBANGASANA	10 SEC.	1-2	NORMAL
17.	MATSYASANA	10 SEC.	1-2	NORMAL
18.	TELANGULASANAARDHA	10 SEC.	1-2	NORMAL
19.	ARDHA CHAKRASANA	10 SEC.	1-2	NORMAL
20.	PADAHASTASANA	10 SEC.	1-2	NORMAL
21.	TRIKONASANA	10 SEC.	1-2	NORMAL
22.	GOMUKHASANA	10 SEC.	1-2	NORMAL
23.	BHADRASANA	10 SEC.	1-2	NORMAL
24.	BRIKSHASANA	10 SEC.	1-2	NORMAL
25.	UTKATASANA	10 SEC.	1-2	NORMAL
26.	BIRBHADRASANA	10 SEC.	1-2	NORMAL
27.	AKARNA DHANURASANA	10 SEC.	1-2	NORMAL
28.	MAYURASANA	10 SEC.	1-2	NORMAL

SL. NO.	NAME OF ASANAS	DURATION	TIME	RESPIRATION (BREATHING)
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	1	5-10 MINUTES
2.	KAPALBHATI	5-10 MINUTES	1	
3.	ANULOM-VILOMA	5-10 MINUTES	1	
4.	BHRAMARI	AS PER CAPACITY	5-10	
5.	KARNA ROGANTAK	AS PER CPACITY	5-10	

PARTICIPANTS

REGISTER OF ATTEN-		DANCE OF STUDENTS	
Class 11 April 2023 For the Month of		April - June 2023	
Roll No.	NAME OF STUDENTS	ATTEN-	DANCE
1	Sukrita Hasra		
2	Janita Sarkar		
3	Hira Sarkar		
4	Ashthami Roy		
5	Basanti Sarkar		
6	Katna Sarkar		
7	Mukti Sarkar		
8	Payel Sarkar		
9	Madhu Christhans		
10	Bilashi Roy		
11	Kasmeri Sarkar		
12	Tina Sarkar		
13	Bipa Sarkar		
14	Chhanda Karmakar		
15	Mamata Sarkar		
16	Puja Sarkar		
17	Mausumi Mandal		
18	Mausumi Mandal		
19	Anoma Mandal		
20	Shilpi Sarkar		
21	Rumpa Mahato		
22	Pinki Debsharma		
23	Babita Sarkar		
24	Rajana Huda		
25	Aparna Mahanta		
26	Suchitra Hembram		
27	Pantima Soren		
28	Orti Sarkar		
29	Sanehita Sarkar		
30	Rikhi Karmakar		
31	Shikha Karmakar		
32	Puspha Karmakar		
33	Arbina Parvin		
34	Puja Roy		
35	Parvita Sarkar		
36	Tharna Roy		
37	Beta Roy		
38	Asma Jara Khatun		
39	Buzub Das		
40	Romana Parvin		
41	Speha Karmakar		
42	Nilkamal Roy		
43	Muske Azam		
44	Fulana Sarkar		
45	Katna Sarkar		

REGISTER OF ATTEN-		DANCE OF STUDENTS	
Class Section For the Month of		April - June 2023	
Roll No.	NAME OF STUDENTS	ATTEN-	DANCE
1	Sukrita Hasra		
2	Janita Sarkar		
3	Hira Sarkar		
4	Ashthami Roy		
5	Basanti Sarkar		
6	Katna Sarkar		
7	Mukti Sarkar		
8	Payel Sarkar		
9	Madhu Christhans		
10	Bilashi Roy		
11	Kasmeri Sarkar		
12	Tina Sarkar		
13	Bipa Sarkar		
14	Chhanda Karmakar		
15	Mamata Sarkar		
16	Puja Sarkar		
17	Mausumi Mandal		
18	Mausumi Mandal		
19	Anoma Mandal		
20	Shilpi Sarkar		
21	Rumpa Mahato		
22	Pinki Debsharma		
23	Babita Sarkar		
24	Rajana Huda		
25	Aparna Mahanta		
26	Suchitra Hembram		
27	Pantima Soren		
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29	Sanehita Sarkar		
30	Rikhi Karmakar		
31	Shikha Karmakar		
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46	Sudeb Roy		
47	Felix Soren		
48	Sabyast Roy		
49	Parish Roy		
50	Bijoy Karmakar		
51	Alpak Sarkar		
52	Nishal Chandu Sarkar		
53	Krishna Sarkar		
54	Ashok Mahoi		
55	Sajib Sarkar		
56	Poolesh Debsharma		
57	Prapanak Roy		
58	Manoj Parnanick		
59	Biswajit Debsharma		
60	Shilpi Sarkar		
61	Nilbaran Pahan		
62	Phani Bhushan Sarkar		
63	Bislab Sinha		
64	Anit Sarkar		
65	Parvya Ashikari		
66	Lakshmi Sarkar		
67	Pinki Mahato		
68	Shilpi Mahato		
69	Thund Das		
70	Nandini Das		
71	Janishree Sarkar		
72	Uttam Sarkar		
73	Kashumath Sarkar		
74	Banikam Karmakar		
75	Alva Sarkar		
76	Manik Sarkar		
77	Karna Sarkar		
78	Ramesh Soren		
79	Chiranjit Mardi		
80	Rupchand Bebra		
81	Ananta Hembram		
82	Ruma Sarkar		
83	Pinki Sarkar		
84	Satabar Mandal		
85	Banita Sarkar		
86	Sujata Roy		
87	Anit Sarkar		
88	Nilema Sarkar		
89	Jaya Sarkar		
90	Pranab Khatun		

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Roll No.	NAME OF STUDENTS	ATTEN-	DANCE
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60	Shilpi Sarkar		
61	Nilbaran Pahan		
62	Phani Bhushan Sarkar		
63	Bislab Sinha		
64	Anit Sarkar		
65	Parvya Ashikari		
66	Lakshmi Sarkar		
67	Pinki Mahato		
68	Shilpi Mahato		
69	Thund Das		
70	Nandini Das		
71	Janishree Sarkar		
72	Uttam Sarkar		
73	Kashumath Sarkar		
74	Banikam Karmakar		
75	Alva Sarkar		
76	Manik Sarkar		
77	Karna Sarkar		
78	Ramesh Soren		
79	Chiranjit Mardi		
80	Rupchand Bebra		
81	Ananta Hembram		
82	Ruma Sarkar		
83	Pinki Sarkar		
84	Satabar Mandal		
85	Banita Sarkar		
86	Sujata Roy		
87	Anit Sarkar		
88	Nilema Sarkar		
89	Jaya Sarkar		
90	Pranab Khatun		

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

PHOTOGRAPHS



Buniadpur, West Bengal, India
 C93X+8PC, SH 10A, Narayanpur Govt Colony, Buniadpur,
 West Bengal 733121, India
 Lat 25.403306°
 Long 88.399607°
 01/04/23 01:32 PM GMT +05:30



Buniadpur, West Bengal, India
 C93X+8PC, SH 10A, Narayanpur Govt Colony, Buniadpur,
 West Bengal 733121, India
 Lat 25.403293°
 Long 88.399614°
 01/04/23 01:58 PM GMT +05:30



Buniadpur, West Bengal, India
 C93X+8PC, SH 10A, Narayanpur Govt Colony, Buniadpur,
 West Bengal 733121, India
 Lat 25.403306°
 Long 88.399607°
 01/04/23 01:32 PM GMT +05:30



Buniadpur, West Bengal, India
 C93X+8PC, SH 10A, Narayanpur Govt Colony,
 Buniadpur, West Bengal 733121, India
 Lat 25.403276°
 Long 88.399611°
 01/04/23 01:43 PM GMT +05:30



Buniadpur, West Bengal, India
 C93X+8PC, SH 10A, Narayanpur Govt Colony, Buniadpur,
 West Bengal 733121, India
 Lat 25.403305°
 Long 88.399613°
 17/05/23 04:29 PM GMT +05:30



Buniadpur, West Bengal, India
 C93X+8PC, SH 10A, Narayanpur Govt Colony, Buniadpur,
 West Bengal 733121, India
 Lat 25.403288°
 Long 88.399591°
 17/05/23 04:30 PM GMT +05:30



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

CERTIFICATE



CERTIFICATE OF ACHIEVEMENT



Sangita Sarkar

This is to certify that Sri/Smt. _____
of _____ Buniadpur Mahavidyalaya _____ 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

SRI RAM KUMAR MANDAL
Yoga Instructor
Buniadpur Yoga Centre



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.

Course Details:

The "Yoga Training Certificate Course" as an Add-on course was designed as a non-credit, 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.

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.



(Dr. Tanimma Dutta)

Coordinator

and Former CTO, NCC Coy

Buniadpur Mahavidyalaya, Buniadpur

7 Bengal Bn NCC



(Prof. Rabi Tigga)

Programme Officer

NSS Unit

Buniadpur Mahavidyalaya

Buniadpur.