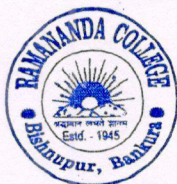


Yoga Training

RAMANANDA COLLEGE



BISHNUPUR * BANKURA

Pin - 722122, West Bengal

Estd.: 1945

Mob:- 6297976619

e-mail : principalramananda@gmail.com

Website : www.ramanandacollege.org

UGC Recognized & State Government Aided Constituent College

Under the Bankura University (dt.-01.01.2017)

(Re-Accredited by NAAC 3rd Cycle at B⁺⁺ Level)

Ref. No.....

Date.....

From : Principal
Secretary, G.B.

Certificate Programs Report:

RAMANANDA COLLEGE



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stability (iv) To integrate moral values (v) To attain higher level of consciousness.	yoga positions but don't know that yoga involves so much more. Yoga produces a union of body, mind and energy (or soul or spirit) to bring about a state of equanimity (calmness). The act of practicing poses encourages students to clear their mind and focus on the effort.	Difficult Asanas, Kriyas, Pranayamas and Meditation will give them better learning and understanding. Yoga training will help them to improve self-discipline, awareness, focus and concentration in their life. They will be able to motivate and teach other people in society about basics of yoga and its importance in day to day life.
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Tel - 6297976619

Tele Fax – (03244) 254427

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Website-www.ramanandacollege.org

Ref. No.

Date- 09-11-2021

বিজ্ঞপ্তি

এতদ্বারা রামানন্দ কলেজের সমস্ত অধ্যাপক-অধ্যাপিকা, শিক্ষাকর্মী ও ছাত্র-ছাত্রীদের জানানো যাচ্ছে যে, আগামী ১৭-১১-২০২১ (বুধবার) তারিখ থেকে রামানন্দ কলেজে মল্লভূম যোগা সেন্টার এর সহায়তায় একটি YOGA প্রশিক্ষনের আয়োজন করা হয়েছে। এই প্রশিক্ষণ শেষে ছাত্র-ছাত্রীদের সার্টিফিকেট প্রদান করা হবে। আত্মহী যে সমস্ত ছাত্র-ছাত্রী YOGA করতে ইচ্ছুক তাদেরকে আগামী ১৫-১১-২০২১ (সোমবার) তারিখের মধ্যে নিম্নের Google Form টি পূরণ করতে বলা হচ্ছে। এই বিষয়ে কোন কিছু জানতে হলে গণিত বিভাগের প্রফেসর ডঃ ভাস্কর চন্দ্র সরকারের সঙ্গে যোগাযোগ করতে বলা হচ্ছে। আত্মহী সমস্ত অধ্যাপক-অধ্যাপিকা ও শিক্ষাকর্মীদের প্রশিক্ষণ শিবিরে অংশ গ্রহণ করার জন্য অনুরোধ করা হচ্ছে

Yoga training program , 2021-22

(A Certificate Course)

(November'2021 to January'2022)

Ramananda College, Bishnupur

In collaboration with

Mallabhum Yoga Centre, Bishnupur

Co-Ordinator- Dr. Bhaskar Chandra Sarkar (Department of Mathematics)

Total No. of Registered	Boys	Girls
	43	32
	Total –75	
Achieved Certificates	Boys	Girls
	06	13
	Total – 19	

Inauguration Day (18.11.21)

Ending Day (11.01.22)

BASIC YOGA ASANAS SYLLABUS

For

Yoga Training Programme, Ramananda College

In Collaboration with
Mallabhum Yoga Centre

:PRACTICAL:

1. WARMUP EXERCISE:-

- I. JOGGING
- II. LIFTUP
- III. TOE ROTATION
- IV. SIDE BENDING
- V. SIDE CROSSING
- VI. WAIST ROTATION
- VII. SHOULDER ROTATION
- VIII. WRIST ROTATION
- IX. NECK ROTATION

2. STANDING ASANAS:-

- I. ARDHA CHANDRASANA ,
- II. ARDHA KATI CHSKRASANA
- III. TADASANA
- IV. VRKSHASANA
- V. PADA HASTASANA
- VI. TRIKONA ASANA

3. SITTING POSTURES:-

- I. BHADRASANA
- II. VAJRASANA
- III. ARDHA USTRASANA
- IV. USTRASANA
- V. SASAKASANA
- VI. UTTANA MANDUKASANA
- VII. VAKRASANA

3. PRONE POSTURES:-

- I. MAKARASANA
- II. BHUJANGASANA
- III. SALABHASANA
- IV. SETUBANDHASANA
- V. UTTANA PADASANA
- VI. ARDHA HALASANA
- VII. PAVANA MUKTASANA

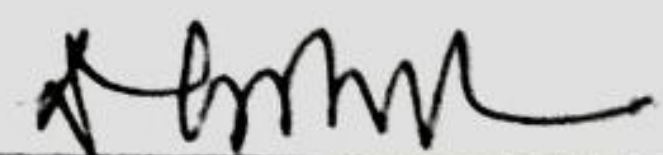
4. PRANAYAMA:-

- i. KAPALABHATI
- ii. ANULOM VILOM PRANAYAMA
- iii. SITALI PRANAYAMA
- iv. BHRAMARI PRANAYAMA
- v. MEDITATION

5. SURYA NAMASKAR

THEORY

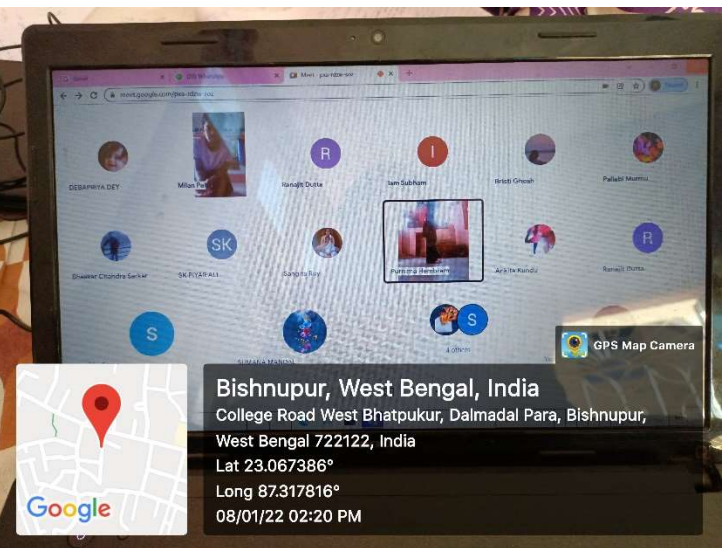
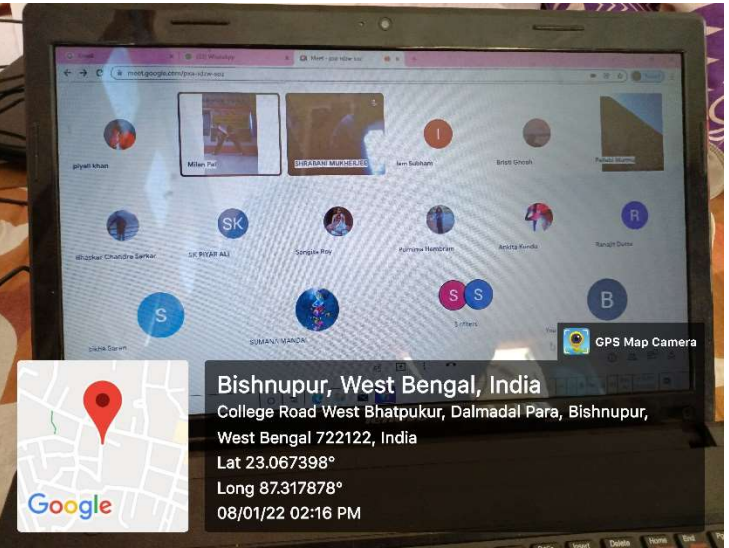
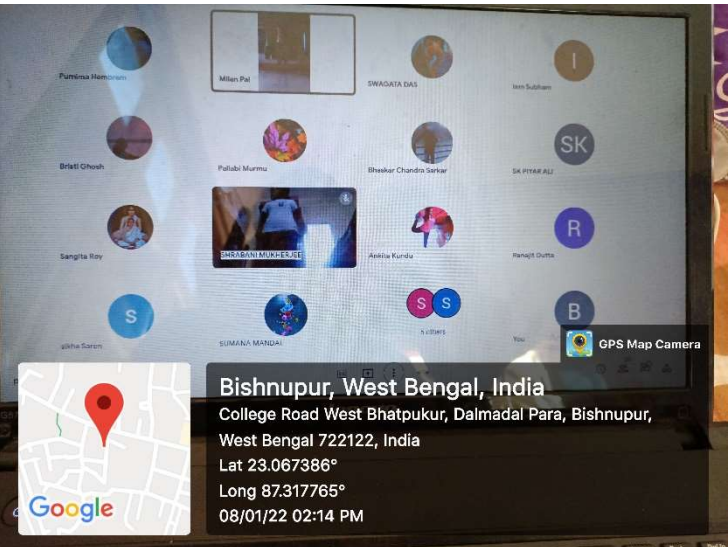
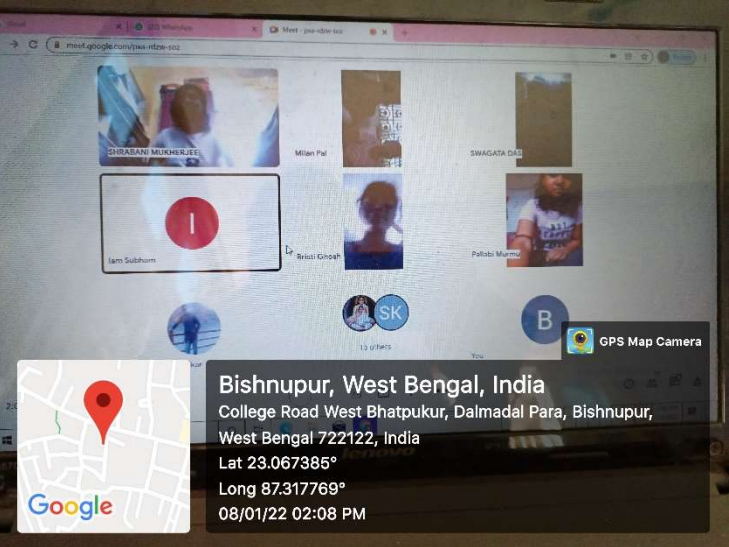
1. BENEFITS OF ARDHA CAKRASANA,
2. BENEFITS OF TADASANA,
3. BENEFITS OF VRKSASANA,
4. BENEFITS OF BHADRASANA,
5. BENEFITS OF PADA HASTASANA,
6. BENEFITS OF TRIKONA ASANA,
7. BENEFITS OF KAPALABHATI,
8. BENEFITS OF ANULOM VILOM PRANAYAMA,
9. BENEFITS OF BHRAMARI PRANAYAMA,
10. BENEFITS OF SURYA NAMASKAR,
11. BENEFITS OF MEDITATION.



President Signature

President
Mallabhum Yoga Centre
Boltola, Bishnupur, Bankura





RAMANANDA COLLEGE

ESTD. : 1945

YOGA TRAINING PROGRAMME

Organised by :

Ramananda College, Bishnupur, Bankura (W.B.)

In Collaboration with

Mallabhum Yoga Centre (Regd. by Govt. of India)

Session : November 2021 to January 2022



Certificate of Participation

RAMANANDA COLLEGE

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