

Life Skill Yoga



RAMANANDA COLLEGE

ESTD - 1945

BISHNUPUR * BANKURA

Pin - 722122, West Bengal

UGC Recognized & State Government Aided Constituent College

Under the Bankura University

(Accredited by NAAC at 'B' Level)



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Report of the Event (Yoga Training)

1. Name of the Programme: Yoga Training
2. Collaborating Agency: Mallabhum Yoga Centre.
3. Year of Introduction: 2019
4. Duration: 2019 (February to April)
2020 (March to May)
5. Assessment Procedure:

February to April' 2019	Attendance- 75% Final Exam (50 Marks)- Written Exam-20 Marks, Practical-20 Marks and Viva-10 Marks
March to May' 2020	Attendance- 70% Final Exam (50 Marks) (Through Google Meet)- Practical-30 Marks and Viva-20 Marks

6. Year wise Summary Report (Objective, Focus, Number of participants, Faculty, Classes held, Equipment's, Programme outcome):

Year		Number of participants		Faculty	Classes held (Each of Two Hours)	Equipment's
		Registered	Achieved Certificates			
2019	Boys	64	19	4	16	Airy, neat and clean and spacious classroom, Shatranji, Hand Towel, Table, Chair, Yoga CD's, Effective Sound System, Comfortable clothing
	Girls	80	44			
	Total	144	63			
2020	Boys	29	12	4	2(Offline)+15(Online through Google Meet) +14(Yoga Videos and Notes share through WhatsApp Group)	Airy, neat and clean and spacious classroom, Shatranji, Hand Towel, Table, Chair, Yoga CD's, Effective Sound System, Comfortable clothing, Android Phone, WhatsApp, Google meet app.
	Girls	57	29			
	Total	86	41			



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Objective	Focus	Program
The main Objectives of Yoga Training Program are - (i) To enable the student to have good health (ii) To practice mental hygiene (iii) To possess emotional stability (iv) To integrate moral values (v) To attain higher level of consciousness.	Yoga is a systematic practice of physical exercise, postures (called asanas), breathing techniques (pranayama), relaxation, and meditation. Most people are familiar with the physical poses of some 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.	At the end of the course the students will be able to understand the enormous importance of yoga in daily basis and it provides them a sound knowledge on theory and practical aspects of yoga. Difficult Asanas, Kriyas, Pranayama's 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.



[Signature]
Principal

Ramananda College,
Bishnupur, Bankura

Inauguration Day Picture
2019



Training Period Picture
2019



Ending Day Picture - 2019



Inauguration Day Picture 2020





Online Picture



