

CERTIFICATE COURSE IN

YOGA



Organised by:

**DEPARTMENT OF PHYSICAL EDUCATION,
GARHBETA COLLEGE,
PASCHIM MEDINIPUR**

Course Coordinator:

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WHAT IS IT ABOUT

Yoga is a way of life that can be applied to one's own life irrespective of age, gender, occupation, society, circumstances, problems and sufferings. It can be part of any human effort-personal, educational, social, family and spiritual. Since it comes under both science and an art, there are theoretical and practical aspects of Yoga which are taught in the course.

- The Certificate Course in Yoga is built for beginners who wish to develop a career in Yoga.
- The emphasis in the course is on having the right perspective through the first-hand experience and learning the science and the practice of yoga.
- The course is designed primarily to educate those interested in becoming a Yoga Instructor.
- It helps the student to understand the types of Yoga and imparts the practical knowledge of Yogasana, Mudras, Yogic Therapy, Pranayama and Meditation.

AIM OF THE COURSE:

The aim of yoga is to control the mind.

1. A man who cannot control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means.
2. The main aim of yoga is to integrate the body, mind, and thoughts so as to work for good ends.
3. By practicing yoga, the mind will get sharpened and concentration and memory power may develop. Thus, minds could be canalized for thinking the right good thoughts. Then the good and healthy thoughts will develop in the right direction.
4. Yoga will pave the way for an individual to do any action peacefully and perfectly.
5. Through systematic and regular Yogic practices, the body may be made healthier and its resistance power to fight against the diseases could be enhanced.

Objectives of Yoga

The main objectives of the Yogic practices are to make one free from

- ☒ Diseases,
- ☒ Miseries
- ☒ Ignorance,
- ☒ Egoism,
- ☒ The afflictions of old age,
- ☒ Fear of death etc.



Course Module

- * Asanas of all supine postures
- * Asanas of all prone posture
- * Asanas of all sitting posture
- * Asanas of all standing posture
- * Different techniques of pranayama and meditation etc.

OUR SERVICES

- Every Saturday from 2.00 p.m. to 5.00 p.m.
- Registration Fees: Rs. 50/-
- Course Duration: 33 Hours
- Course Start: 08.04.2023 at Garhbeta College Gymnasium

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- Certificates will be provided to each student on successful completion of the course.