



# CERTIFICATE COURSE ON: YOGA FOR HEALTH & FITNESS

Offered BY

**INTERNAL QUALITY ASSURANCE CELL**  
**Prasanta Chandra Mahalanobis Mahavidyalaya**

Affiliated to the WEST BENGAL STATE UNIVERSITY, Barasat

In association with

**Yogacharya B.B. Ghosh Yoga & Naturopathy Centre**

(Govt. Registered. 87A/1A Cassipore Road, Kolkata 700002)

## COURSE OBJECTIVE

The Certificate course on “Yoga for Fitness” is designed to improve the physical and mental health of our students. It will be helpful to release the stresses and mental pressure and also to improve the life style. The Yoga course is designed to cover in **36 hours** in 15 modules.

**Date of Starting:** 30.05.2022

**Time:** Monday 9.30-10.30 a.m &

Wednesday: 9.30-10.30 a.m

**Programme Coordinator:**

**Ms.Sutapa Ghosh** (Physical Instructor,  
PCMM)

**Contact number:** 9832311592

**Prerequisites:** ALL Semester Hons & Programme Course (Any Stream) are eligible to apply.

**REGISTRATION FORM LINK:**

<https://forms.gle/hAxzcJLRN1fQ4v6N9>

**WHATSAPP GROUP LINK:**

<https://chat.whatsapp.com/BxWmXyhwB9K0VwjQ16vWwM>

**REGISTRATION FEE:** RS 50/COURSE



# Prasanta Chandra Mahalanobis Mahavidyalaya



[Formerly known as Bon-Hooghly College of Commerce]

111/3, B. T. Road (Bonhooghly), Kolkata - 700 108

PHONE :8697169513

E-mail : pcmm.principal@gmail.com Website : www.PCMM.EDU.IN

ACCREDITED BY NAAC

## ADD ON /CERTIFICATE COURSE: YOGA FOR HEALTH & FITNESS

BY

INTERNAL QUALITY ASSURANCE CELL, Prasanta Chandra Mahalanobis Mahavidyalaya & YOGA & NATUROPATHY CENTRE (87A/1A Cassipore Road , Kolkata 700002)

### INFORMATION BROCHURE

SL NO	MODULE	TIME DURATION	COURSE DETAILS
1	CONCEPTS OF YOGA	2 HOURS	Meanings and definition of the term Yoga, types, objectives and importance of Yoga: Benefits of Padmasana Benefits of Bajrasana <b>Practical Padmasana &amp; Bajrasana</b>
2	HISTORY OF YOGA	2 HOURS	History of Yoga Practica : <b>Vujangasana &amp; Salvasana</b>
3	YOGA THERAPY	2 HOURS	Meanings and definition of Yoga Therapy: The role of Yoga in the Treatment of Disease; Contribution of Yoga to treatment <b>Practical: Dhanurasan Chakarasan</b>
4	PHYSIOLOGICAL CHANGES OF YOGA	2 HOURS	PHYSIOLOGICAL Mental and Bio chemical effects of Yoga in daily life <b>Practical: Padahastasan Paschimottanasan</b>
5	ASTANGA YOGA	2 HOURS	Steps of ASTANGA YOGA <b>Practical: Ardhakurmasan Pabanmuktasana</b>
6	EFFECTS OF YOGA IN OUR DAILY LIFE	2 HOURS	PHYSIOLOGICAL changes of Yoga <b>Practical: Brikhasana Janushirasan</b>
7	PSYCHOLOGICAL EFFECTS OF YOGA	2 HOURS	Definition; principles, problems & importance of Psychological effects of Yoga <b>Practical: Bhadrasan</b>
8	CONCEPT AND CONTRIBUTION OF EXERCISE	2 HOURS	Meanings, definition and principles of exercise <b>Practical: Parshajanushirasan Bhujangasan</b>
9	YOGIC DIET & NUTRITION	2 HOURS	Role of Yogic Diet in our Life <b>Practical: Makarasan</b>

			<b>Mayurasan</b>
10	<b>PRANAYAMA</b>	2 HOURS	Meanings, definition types and Importance of Pranayama Practical: <b>Tuladandasan &amp; Surya Namaskar</b>
11	<b>YOGA &amp; PHYSICAL EXERCISE</b>	2 HOURS	Differences between Yoga and Exercise Practical: <b>Birbhadrasan &amp; Baddhakonasana</b>
12	<b>UTILITY OF PRACTISE OF YOGA</b>	2 HOURS	Practical: <b>Suptabajrasana &amp; Setubandhyanasana</b>
13	<b>PHILOSOPHY OF YOGA</b>	2 HOURS	Philosophy of Yoga and its Utility Practical: <b>Sayanasukhasana &amp; Utthitapadmasana</b>
14	<b>REMEDIAL THERAPY OF DISEASES</b>	2 HOURS	The Role of Yoga in Spondylosis, Indigestion, and Blood Pressure Control Practical: <b>Akrnadhaurasana</b> (sitting Position) <b>Utthanpadasana</b> (lying Position)
15	<b>FIRST AID OF YOGA</b>	2 HOURS	Sprain Dislocation & Fracture Practical: <b>Pabanmuktasana</b>
16	<b>EXAMINATION</b>	2 HOURS	THEORY EXAMINATION By External examiner
17	<b>EXAMINATION</b>	2 HOURS	PRACTICAL EXAMINATION BY THE EXTERNAL
18	<b>CLOSING CEREMONY</b>	2 HOURS	CERTIFICATE DISTRIBUTION
	<b>TOTAL</b>	36 HOURS	

**Date of Starting: 25th April, 2022 . Monday 9.30-10.30 a.m & Wednesday: 9.30-10.30 a.m**

**Prerequisites: ALL Semester Hons & Programme Course (Any Stream)**

To obtain final Certificates 80-85% percentage attendance required

**REGISTRATION FEE: RS 50/COURSE**


**Programme Coordinator: Ms. Sutapa Ghosh (Physical Instructor, PCMM)**

**REGISTRATION FORM**

<https://forms.gle/hAxzcJLRN1fQ4v6N9>

**WHATSAPP GROUP**

<https://chat.whatsapp.com/BxWmXyhwB9K0VwjQ16vWwM>



Teacher-in – Charge  
P.C.M. Mahavidyalaya  
Kolkata-700 108