Syllabus of Add on Course

Fundamentals of Yoga

Expected Course Outcome: On completion of the course, the students will be able to –

- 1. Develop positive attitude and relief stress from life
- 2. Develop physical fitness and get health benefits
- 3. Learn various Asana and Pranayama
- 1.1 Concept of Yoga
 - > Yoga as the scientific method for development of personality
 - ➤ Need of Yoga for physical and mental health
 - ➤ Concept of Yoga health, healing diseases yogic perspective
 - > Yogic principles for healthy leaving
 - ➤ Roles and regulations for practice of Yoga
- 2.1Pranayama and Meditation for promoting mental health
 - > Types of Pranayama
 - Meditation: Meaning, Nature, Methods and Benefits
- 3.1 Asana
 - > Types of Asana, Benefits

Report on Add on course on "Fundamentals of Yoga"

An add on certificate course on fundamentals of Yoga was started for 30 days (one month) from 18th May 2022 to 17th June 2022 by the department of education. The certificate course explores the fundamental concepts of mainstream yoga and its philosophical foundation. The course deals with both theoretical and practical aspects of yoga. The certificate course in yoga is built for beginners who wish to develop a career in yoga. The course is designed primarily to educate those interested in becoming a yoga instructor. Another goal of yoga is the implementation of the philosophy of yoga in everyday life.

In this yoga course Total 54 students are participated from different department of the college. After the completion of the course, theory and practical examination was held on 16th June 2022. Out of 54 students 47 appeared in the examination. Among them "A" grade awarded to 15 students and "B" grade awarded to 32 students.

Few moments of add on yoga course:





NANDA NATH SAIKIA COLLEGE



Titabor || Dist.: Jorhat || Assam-785630

ESTD: 1959

Affiliated to Dibrugarh University

Add-on Course on 'Fundamentals of Yoga'

Certificate of Achievement

This is to certify that

	Shri/Ms
of	Dept
	has participated/passed Add-on Course on 'Fundamentals of
	ducted by Department of Education and Economics from 18th
O	May to 17 th June, 2022.
F	Ie/She passed the course with grade

France 17.6.27

Principal N.N. Saikia College Co-ordinator **Deptt. of Education**

Co-ordinator **Deptt. of Economics**



Add on cousse on fundamental of yoga (18/05/2022 to 17/05/2022

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Student Attendance Register

Frundamentals of Yoga

18th May to 17th June

2022

Slepartment of Education

Norda North Saihia Callege

Register of Daily

Others......Total......CLASSSEC

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No. of Free Students Average daily attendance
No. of Half Free Students Percentage of attendance
Total No. of Working day

Month of May, 22

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Average daily attendance Register of Daily School Register No. IR No. of Free Students No. of Half Free Students Percentage of attendance **Attendance of Students** Total No. of Working day Others.......Total......CLASS.......SEC Month of Thre 22 ATTEN NO. OF DAYS DANCE REMARKS 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Absent Late Leave 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Present Nidarshana Hazarika PPPE 20 Jyotirekha Saikia 416 P. P P P P. P P C Thishora Borah 4# Ankita Haxarika 4+ PPPP pori Saikia. 41 pooman Kachari 41 PPPP Grayatri Saikia 41 16 Eimi Dutta 4+6 Phiyanka Saikia 44 10 Deepshikha Gogoi 4+1 purmiona Saikia 4+ Ip Priya Thorkur Sabara Ahmed 19 Rajashree Saikia Muidusmita Hazariha 41 16 Sumi Beredeloi 4+ Ambisher Sailiea 17 44. Kapita Thapa 18 4+ 10 Thishma Saihia 6+1 20 Priyanka Gogoi 21 Padum Tanti PPPPPP 6+1 22 Bishnuptina Hazarila Pp Debojami Boka Kabyaski Bukagohain PR Antara Sailia 6+4 P Bapan Das 6+4 Ankur Das 27 6+h PPPP Baby Thakur 28 pubali Kachari PP Pakasha Moni Chutin Nomita Dutta PP P Rupantar Saikia PP No. of Student Present.... No. of Students Absent... Signature of Class Teacher