

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 living
- Roles and regulations for practice of Yoga

2.1 Pranayama 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.....

Semester has participated/passed Add-on Course on 'Fundamentals of Yoga' conducted by Department of Education and Economics from 18th

May to 17th June, 2022.

He/She passed the course with grade _____

Lisawon
17.6.22

Principal

N.N. Saikia College

Co-ordinator

Deptt. of Education

Co-ordinator

Deptt. of Economics

Add on course on fundamental
of yoga (18/05/2022 to 17/06/2022)



DATE _____

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জন্মদিনের লিষ্ট



DATE _____

- 1) Joy Prakash Das,
- 2) SOMUDRA PHUKON
- 3) Lilool Baruah
- 4) Malakohini Saha
- 5) Bisakha Devi Das -
- 6) Sujinik Saikia
- 7) Monashi Bostanuly
- 8) Preethana Boreah
- 9) Komaki Konwar.
- 10) Pallabi Saikia
- 11) ~~Sunita Das~~
- 12) Arshun Buregabarna
- 13) Jyotanjali Gogoi
- 13) Dipali Barishya
- 14) Sunita Das
- 15) Pubali Kachari
- 16) Prastuti Kachari
- 17) Joyshree Saikia
- 18) Pravati Gogoi
- 19) Sunni Konwar.
- 20) Trishna Saikia
- 21) Deba Jani Bora
- 22) Priyanki Gogoi
- 23) Punam Kachari
- 24) Pome Saikia
- 25) Baby Thakur
- 26) Puspanshree Das.
- 27) Usharani Hazarika.
- 28) Geetana Jasneem
- 29) Puja Gogoi.
- 30) Monashree Shalma

- 31) Ankita Kuwmi
 32) Ankita Pathak.
 33) Sebanti Rai
 34) Pubali Borah
 35) Jyoti Thakur
 36) Kabyasri Buragohain.
 37) Kalyani Saikia.
 38) Bishnurpriya Hazarika.
 39) Ankur Das
 40) Podum Tenti
 41) Rupanta Saikia
 42) Niyajul Ali
 43) Bharat Borah.
 44) Bedanta Tamuli
 45) Kabit Thapa
 46) Gaisuna Bora
 47) Priya Thakur
 48) Nomi Ta Dutta
 49) Priyanka Saikia.
 50) Parashmoni Chetia.
 51) Gayatri Saikia.
 52) Sabana Ahmed
 53) Simi Dutta.
 54) Purnima Saikia.
 55) Mridusmita Hazarika.
 56) Dipshikha Rogoi
 57) Rajashree Saikia.
 58) Jyotirakhe Saikia
 59) Rita Konwar
 60. Priyanka Dutta

Student Attendance Register
Fundamentals of Yoga

18th May to 17th June

2022

Department of Education
Nanda North Sarikim College

Register of Daily

Others.....Total.....CLASS SEC

| Roll No. | NAME | No. of m Admission Registered | ATTEN | | | | | | | | | | | | | | |
|-----------------------------|------------------------|-------------------------------------|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| ✓ 1 | Nidarshana Hazarika | 4th | 33 | | | | | | | | | | | | | | |
| ✓ 2 | Jyotirekha Saikia | 4th | 55 | | | | | | | | | | | | | | |
| ✓ 3 | Shishma Borah | 4th | 39 | | | | | | | | | | | | | | |
| 4 | Ankita Hazarika | 4th | 53 | | | | | | | | | | | | | | |
| 5 | Pori Saikia | 4th | 45 | | | | | | | | | | | | | | |
| 6 | Poomam Kachari | 4th | 49 | | | | | | | | | | | | | | |
| 7 | Gayatri Saikia | 4th | 36 | | | | | | | | | | | | | | |
| 8 | Simi Dutta | 4th | 38 | | | | | | | | | | | | | | |
| 9 | Prityanka Saikia | 4th | 50 | | | | | | | | | | | | | | |
| 10 | Deepshikha Gogoi | 4th | 37 | | | | | | | | | | | | | | |
| 11 | Purnima Saikia | 4th | 43 | | | | | | | | | | | | | | |
| 12 | Pritya Thakur | 4th | 34 | | | | | | | | | | | | | | |
| 13 | Sabana Ahmed | 4th | 54 | | | | | | | | | | | | | | |
| 14 | Rajashree Saikia | 4th | 52 | | | | | | | | | | | | | | |
| 15 | Mridusmita Hazarika | 4th | 44 | | | | | | | | | | | | | | |
| ✓ 16 | Sumi Borah | 4th | | | | | | | | | | | | | | | |
| ✓ 17 | Ambirsha Saikia | 4th | | | | | | | | | | | | | | | |
| 18 | Kabita Thapa | 4th | 47 | | | | | | | | | | | | | | |
| 19 | Shishma Saikia | 6th | 46 | | | | | | | | | | | | | | |
| 20 | Prityanka Gogoi | 6th | 25 | | | | | | | | | | | | | | |
| 21 | Padum Tanti | 6th | 41 | | | | | | | | | | | | | | |
| 22 | Bishnu Pritya Hazarika | 6th | 34 | | | | | | | | | | | | | | |
| 23 | Debojani Bora | 6th | 51 | | | | | | | | | | | | | | |
| 24 | Kabyashi Bhangochaim | 6th | 35 | | | | | | | | | | | | | | |
| 25 | Antara Saikia | 6th | | | | | | | | | | | | | | | |
| 26 | Bapan Das | 6th | 56 | | | | | | | | | | | | | | |
| 27 | Ankur Das | 6th | 28 | | | | | | | | | | | | | | |
| 28 | Baby Thakur | 6th G. | 49 | | | | | | | | | | | | | | |
| 29 | pubali Kachari | 2nd | 26 | | | | | | | | | | | | | | |
| 30 | Pakasha Moni Chutia | 2nd | 29 | | | | | | | | | | | | | | |
| 31 | Nomita Dutta | 2nd | 23 | | | | | | | | | | | | | | |
| 32 | Rupantar Saikia | 2nd | 22 | | | | | | | | | | | | | | |
| No. of Student Present..... | | | | | | | | | | | | | | | | | |
| No. of Students Absent..... | | | | | | | | | | | | | | | | | |
| Total | | | | | | | | | | | | | | | | | |

Attendance of Students

 No. of Free Students Average daily attendance
 No. of Half Free Students Percentage of attendance
 Total No. of Working day
Month of May 22

| DANCE | | | | | | | | | | | | | | | | NO. OF DAYS | | | | REMARKS |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------------|------|-------|--------|---------|
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Present | Late | Leave | Absent | |
| | | P | | P | P | | P | P | P | P | | | | | P | | | | | 20 |
| | | P | P | P | P | | P | P | P | P | | | | | P | | | | | 20 |
| | | P | | P | P | | | P | P | P | | | | | P | | | | | 17 |
| | | P | P | P | P | | P | P | P | P | | | | | P | | | | | 18 |
| | | P | P | P | P | | P | P | P | P | | | | | P | | | | | 17 |
| | | P | P | | P | | P | P | | P | P | | | | P | | | | | 17 |
| | | P | P | P | | | P | P | P | P | | | | | P | | | | | 16 |
| | | P | | P | | | P | P | | P | P | | | | P | | | | | 15 |
| | | P | | P | | | P | | P | | P | | | | P | | | | | 16 |
| | | P | P | | P | | | P | | P | | | | | P | | | | | 17 |
| | | P | P | P | | | P | | P | | P | | | | P | | | | | 15 |
| | | P | P | P | P | | P | P | | P | | | | | P | | | | | 15 |
| | | P | | P | | | P | P | P | | P | | | | P | | | | | 19 |
| | | P | P | P | P | | P | P | | P | | | | | P | | | | | 20 |
| | | P | | P | P | | P | P | P | P | | | | | P | | | | | 19 |
| | | | | | | | | | | | | | | | | | | | | |
| | | P | | P | P | | P | P | | P | P | | | | P | | | | | 10 |
| | | P | P | P | P | | | P | P | | | | | | P | | | | | 15 |
| | | P | | | | | P | | P | P | P | | | | P | | | | | 15 |
| | | P | P | P | P | | P | P | P | P | | | | | P | | | | | 20 |
| | | P | P | P | P | | P | P | P | P | | | | | P | | | | | 18 |
| | | P | | P | P | | | P | P | | | | | | P | | | | | 16 |
| | | P | P | P | P | | P | P | | P | P | | | | P | | | | | 19 |
| | | P | | P | P | | | P | P | P | P | | | | P | | | | | 16 |
| | | P | P | P | P | | | P | P | P | P | | | | P | | | | | 16 |
| | | P | | P | P | | | P | P | P | P | | | | P | | | | | 12 |
| | | P | P | P | P | | | P | P | P | P | | | | P | | | | | 15 |
| | | P | P | P | | | P | | P | P | P | | | | P | | | | | 17 |

Signature of
Class Teacher

Register of Daily

Others.....Total.....CLASS

SEC

[illegible]

Attendance of Students

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

Month of June 22

Month of

| DANCE | | | | | | | | | | | | | | | | NO. OF DAYS | | | | REMARKS |
|-------------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------------|------|-------|--------|---------|
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | Present | Late | Leave | Absent | |
| P | | | | | | | | | | | | | | | | | | | 20 | |
| P | | | | | | | | | | | | | | | | | | | 20 | |
| P | | | | | | | | | | | | | | | | | | | 17 | |
| P | | | | | | | | | | | | | | | | | | | 18 | |
| P | | | | | | | | | | | | | | | | | | | 17 | |
| P | | | | | | | | | | | | | | | | | | | 17 | |
| P | | | | | | | | | | | | | | | | | | | 16 | |
| P | | | | | | | | | | | | | | | | | | | 15 | |
| P | | | | | | | | | | | | | | | | | | | 16 | |
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| P | | | | | | | | | | | | | | | | | | | 10 | |
| P | | | | | | | | | | | | | | | | | | | 15 | |
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| P | | | | | | | | | | | | | | | | | | | 20 | |
| P | | | | | | | | | | | | | | | | | | | 18 | |
| P | | | | | | | | | | | | | | | | | | | 16 | |
| P | | | | | | | | | | | | | | | | | | | 15 | |
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| P | | | | | | | | | | | | | | | | | | | 16 | |
| P | | | | | | | | | | | | | | | | | | | 16 | |
| P | | | | | | | | | | | | | | | | | | | 12 | |
| P | | | | | | | | | | | | | | | | | | | 15 | |
| P | | | | | | | | | | | | | | | | | | | 17 | |
| Signature of Class Teacher | | | | | | | | | | | | | | | | | | | | |