



GOUR MAHAVIDYALAYA

DEPARTMENT OF EDUCATION

ACCREDITED BY NAAC

P.O.- Mangalbari, Dist.: Malda. Pin-732142

Phone : 03512- 260547; Fax 03512-260547

E-mail: www.gourmaha.org / www.gourmaha.ac.in/ educationz@gmail.com

ADD-ON COURSE ON YOGA EDUCATION

2022-23

Proceedings of the meeting of the Academic Council,
Gour Mahavidyalaya, Mangalbari, Malda held on 01/07/2022
at 4.00 p.m. in the Principal's Chamber.

Members Present:

1. Basak 1.7.22
2. Dipjyoti Singh 1.7.22
3. Neepa Laha Tany 1.7.22
4. A. A. Cav 1.7.22
5. TK 01.07.22
6. Basak 1.7.22
7. Sudu 1.7.22
8. Akor 1.7.22
9. SK Mainuddin 01.07.2022
10. K. Chali 01.07.2022
11. Anu 01/07/2022

Dr. Ashim Kumar Sarker, Principal, Gour Mahavidyalaya,
Malda takes the chair and initiates the discussion.

Agenda-I: To confirm the resolutions of the
previous meeting.

1. Resolved that the resolutions of the previous meeting
are precedent and confirmed.

Agenda-II: Introduction of ADD-ON-COURSE from
the session 2022-23.

2. Resolved that all the heads of the 19 departments
are requested to select Paper concerning introduction
of ADD-ON-COURSE from the Session 2022-23 and
inform the Principal and Convenor of the Academic
Council. Resolved also that classes on ADD-ON-COURSE
from August - September, 2022.

Supriya Biswas
Convenor 1/7/2022

Academic Council

Principal
Dr. Ashim Kumar Sarker
Gour Mahavidyalaya, Malda
GOUR MAHAVIDYALAYA
Mangalbari, Malda

ACADEMIC COUNCIL MEETING RESOLUTION

GOUR MAHAVIDYALAYA
DEPARTMENT OF EDUCATION
MANGALBARI, MALDA

Date: 05-07-2022

To,
The Convenor
Academic Council
Gour Mahavidyalaya

Sub: Proposal for Yoga Education as an Add-On Course in the Department of Education

Respected Sir/ Madam,

As per response to your letter for Add-On Course vide dated 1st July 2022 we, the Department of Education would like to inform you that we have opted for "YOGA EDUCATION" as an Add-On Course at our Department. The Teachers unanimously accepted the above said course as an Add-on Course and the Department will start this Course from 16th of August to 20th of September 2022.

Thanking You,

Deepa Lama Tameng.
Course Coordinator

H.O.D
Department of Education
GOUR MAHAVIDYALAYA
DEPARTMENT OF EDUCATION
Mangalbari, Malda

Received
Supriya Biswas,
05-07-2022

PROPOSAL LETTER FROM THE DEPARTMENT OF EDUCATION TO ACADEMIC COUNCIL

GOUR MAHAVIDYALAYA

ACCREDITED BY NAAC(2nd Cycle) B+

Dr. Ashim Kumar Sarkar
Principal
principalgourcollege@gmail.com



P.O.- Mangalbari, Dist.: Malda. Pin-732142
Phone.. 03512- 260547; Fax 03512-260547
E-mail.. gour_maha@yahoo.co.in
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Ref: IQAC/08/2022

Date:01.08.2022

To

The HODs of the Department of Bengali, English, History, Education, Political Science, Sociology, Sanskrit, Mass Communication and Journalism, Physical Education, Chemistry, Computer Science and BCA, Mathematics, Botany, Geography.
Subject- Approval of Add-On Courses.

Sir/Madam

In response to letters from the following Departments to the Convener, Academic Council, you are hereby informed that your applications for the introduction of the following ADD-ON-COURSES from the academic session 2022-23 is accepted and approved by the IQAC, Gour Mahavidyalaya, Malda

Name of the Departments	Letters from the HODS received on	Name of the ADD-ON-COURSES
1.Bengali	04.07.2022	Maldaher Lokonatto Gambhira
2.English	08.07.2022	Translation Studies: New Frontiers and Job Prospects
3.Education	05.07.2022	Yoga Education
4.Geography	05.07.2022	Basics of Cartographic Techniques and Mapping
5.History	04.07.2022	Indian Heritage
6.Mass Communication and Journalism	09.07.2022	Copy Writing
7.Physical Education	09.07.2022	Administration in Physical Education and Sports Management
8.Sanskrit	20.07.2022	Spoken Sanskrit
9.Sociology	06.07.2022	The Gender and Sexuality; Applications in Society
10.Botany	04.07.2022	Mushroom Culture Technique
11.Chemistry	12.07.2022	Analysis of Soil Testing Report of Old Malda Block
12.Computer Science and BCA	05.07.2022-Two courses	Advance Computer-I and and Microsoft Office Tools
13.Mathematics	08.07.2022	Basic Application of Type Setting Software LATEX
14.Political Science	08.07.2022	Human Rights in India

Please do the needful.

Yours Sincerely,

Dr. Pulak Kumar Kundu,
Co-ordinator,
IQAC,

Dr. Ashim Kumar Sarkar,
Principal,
Gour Mahavidyalaya,

Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

APPROVAL LETTER FROM ACADEMIC COUNCIL TO THE RESPECTIVE DEPARTMENT

**DEPARTMENT OF EDUCATION
GOUR MAHAVIDYALAYA**



ADD -ON COURSE

ON

YOGA EDUCATION



➔ From: 16TH August
To
20TH September 2022

ABOUT THE INSTITUTION:

Established on the 5th day of September 1985, Gour Mahavidyalaya stands proudly on the north side of the majestic Mahananda River, where the National Highway 34 gracefully passes through the picturesque locales of Mangalbari, Old Malda. Our institution embarked on its journey with a noble vision – to cater to the educational needs of the people, primarily focusing on the district and the surrounding locality.

At Gour Mahavidyalaya, we are committed to providing a holistic and enriching educational experience. Situated in a serene and inspiring environment, our institution blends tradition with modernity, creating a conducive atmosphere for learning and personal development. As we traverse through the decades, our commitment to excellence remains unwavering, and we take pride in being an integral part of the educational landscape of this region.

ABOUT THE DEPARTMENT:

The Department of Education laid its foundation in the year 1985 with the capacity of 28 students. The Department initially took immense care in catering its service to the weaker section within the District as well as the students from other Districts. At the initial level in 1985, the subject Education was offered as a General course and later during 1995 the course broadened its program to Honours course. With the introduction of NEP 2020, the additional course such as Major and Minor have been introduced in the Department from 2023-2024 sessions. Our department takes pride in its dedication to offering high-quality education, and our distinguished faculty members are at the heart of our success. We are glad to present you to our team, which includes two committed full-time teachers and three SACT. The Department has its own “Educare” Club which tries to enlighten students by conducting different student centric program. Besides this, the Department, in collaboration with IQAC, organizes different seminar, webinar, educational movie screening and special lecture for the benefit and overall development of the students.

PROGRAM AT A GLANCE:

Embark on a transformative journey of self-discovery and well-being through our Yoga Education program. Designed for individuals of all fitness levels, this program offers a unique blend of physical, mental, and spiritual practices to nurture a harmonious balance in your life. This yoga education focuses only on the theoretical aspect. Join us in the pursuit of well-being, self-discovery, and a healthier lifestyle. Enroll today and embrace the transformative benefits of Yoga Education.

OBJECTIVES OF THE COURSE:

- ❖ To correlate Yoga and Education
- ❖ To transact different determinants of Yoga Education and Yoga Practices
- ❖ To determine the scientific bases of yoga practices
- ❖ To make aware of the basic knowledge about the history of yoga
- ❖ To Explore and develop a deeper understanding of one's spiritual self.
- ❖ To cultivate a sense of inner peace, self-awareness, and connection with a higher consciousness.
- ❖ To encourage ethical and moral values to guide personal conduct. Emphasize the integration of the mind, body, and spirit for overall health.
- ❖ To promote an understanding of the interdependence of physical and mental well-being.

LEARNING OUTCOME:

- ❖ Improved physical flexibility, strength, and balance through yogic postures (asanas).
- ❖ Enhanced mental well-being with reduced stress, anxiety, and improved concentration.
- ❖ Cultivation of a deeper sense of self-awareness, inner peace, and spiritual connection.
- ❖ Adoption of a healthy lifestyle, including mindful eating habits and regular physical activity.
- ❖ Increased emotional resilience and the ability to manage challenging situations.
- ❖ Promotion of ethical behavior, empathy, and positive social interactions.
- ❖ Integration of mind, body, and spirit for overall health and well-being.
- ❖ Proactive approach to long-term health, with tools for managing and preventing chronic conditions.
- ❖ Development of a sense of community and interconnectedness with others.
- ❖ Lifelong commitment to continuous learning and personal growth.

COURSE DURATION:

- ❖ Course period: 16th of August to 20th of September 2022 after college hour.
- ❖ Total class hour: 30 hours.
- ❖ Lecture : 30

SYLLABUS:

Unit – I: Basics of Yoga and Yoga Education

- Yoga – Concept, Streams of Yoga, Patanjali Yogasutra, History of development of Yoga
- Yoga Education – Concept, Importance, Yoga Education as a fundamental base of education
- Eight limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

Unit – II: Basics of Yoga Practices

- Concept of Yogic Practices – Kinds of Yogic Practices: Asana, Pranayama, Kriya, Bandha, Mudra, Dhyana.
- Asana: Meaning - Principles of practicing asanas– Classification of asana.
- Pranayama – Meaning – Stages of Pranayama: Puraka, Rechaka, & Kumbhaka – Breathing regulation – Benefits of Pranayama

REFERENCES:

1. Saraswati, Swami Satyananda (1969). Asana Pranayama & Mudra Bandha. Bihar School of Yoga, Munger.
2. Dr. K. Chandrasekaran (1999). Sound Health Through Yoga. PremKalyan Publications, Sedapatti, Tamilnadu.
3. Gore, M.M. (2007). Anatomy and Physiology of Yogic Practices. New Age Books, New Delhi.
4. Tiwari, O.P. (n.d.). Asana: Why and How?Kaivalyadhama, Lonavla.
5. Jha Vinay Kant (2015). Patanjalis Yoga Sutras: Commentary bySwami Vivekananda. Solar Books, Dariya Ganj, New Delhi
6. Yoga Education – Bachelor of Education Programme (2015). NCTE Publication, St. Joseph Press, New Delhi

USEFUL WEB SOURCES:

<https://yogainternational.com/>

<https://wpastra.com/resources/yoga-websites/>

<https://theyogainstitute.org/>

<https://yogabharati.org/>

<https://www.ekhartyoga.com>

ORGANISING COMMITTEE:

Chief Patron: Dr. Ashim Kumar Sarkar, Principal

Chief Advisor: Dr. Pulak Kumar Kundu, Coordinator, IQAC, Gour Mahavidyalaya.

Course Coordinator: Deepa Lama Tamang

Joint Coordinators: Animesh Chowdhury

Organizing Secretaries: Soumitra Das, Bibek Sarkar, Moumita Das.

Registration Form

Add-on Course

On

Yoga Education

Organized by: Department of Education, Gour Mahavidyalaya

16th August-20th September 2022

Name-

Semester-

Roll No.-

Email Id:

Mobile no.-

Address for communication-

Registration Form

Add-on Course

On

Yoga Education

Organised by: Department of Education, Gour Mahavidyalaya

16 August-20th September 2022

Name- *Baishakhi Ghosh*

Semester- *3rd Semester*

Roll No.- *1924 EDEH0847*

Email Id: *Puchum1d07@gmail.com*

Mobile no.- *7908218093*

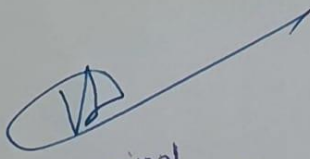
Address for communication- *Stat khala ghose para, Malda.*

Baishakhi Ghosh

LIST OF PARTICIPANTS

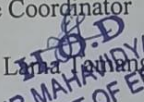
ADD-ON COURSE
YOGA EDUCATION
DEPARTMENT OF EDUCATION

SL. NO.	NAME OF THE STUDENTS	CONTACT NUMBER
1	PROTICK PANDEY	9932198869
2	PRIYANKA PAUL	8942025561
3	SONALI KARMAKAR	6294714701
4	BAISHALI KUNDU	8617846489
5	RAHUL HALDER	7699136423
6	PRITAM SAHA	9749764703
7	DEEP KARMAKAR	8250744576
8	DEB SARKAR	8918900517
9	PRIYA DAS	8768763216
10	SWEETY SARKAR	8967489798
11	SUJATA PAUL	9832864580
12	BAISAKHI GHOSH	7908218093
13	RITTIKA SARKAR	6296987517
14	DEEPANWITA PAUL	7364934663
15	SHREYA DAS	7063359266
16	NEHA DAS	7384250902
17	NEHA HALDAR	7872720590
18	SUPRIYA DAS	7908519530
19	BISHAL MANDAL	7407239773
20	MIHIRENDU ROY CHOWHURY	8101998532


Principal
GOUR MAHAVIDYALAYA
Mangalbāri, Malda

Course Coordinator

Deepa Laha


GOUR MAHAVIDYALAYA
DEPARTMENT OF EDUCATION

CERTIFICATE:






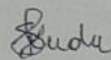
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DEPARTMENT OF EDUCATION



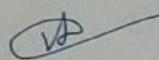
CERTIFICATE

This is to certify that Sri/Smt **DEEP KARMAKAR** has successfully completed 30 hours long Add-on course on '*Yoga Education*' conducted by Department of Education from 16.08.2022 to 20.09.2022.


Deepa Kundu
(Course Coordinator)
GOUR MAHAVIDYALAYA
DEPARTMENT OF EDUCATION


Dr. Pulak Kumar Kundu
(Coordinator IQAC)

Co-ordinator
401
Gour Mahavidyalaya
Mangalbari, Malda


Dr. Asim Kumar Sarkar
(Principal)

Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

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SUMMARY REPORT
ADD-ON COURSE
ON
YOGA EDUCATION
DEPARTMENT OF EDUCATION
GOUR MAHAVIDYALAYA
16TH August TO 20TH September 2022

The Department of Education started its Add-on Course from 16th of August to 20th of September 2022. The Course duration was of 30 hours and the class was scheduled after their regular classes i.e., after 4 p.m. This specialized program aimed at fostering holistic well-being and mindfulness has proven to be a valuable addition to our students' educational experience.

The outcome has been not only improved physical flexibility and strength but also enhanced mental clarity and stress management skills. Students reported a heightened sense of overall well-being and relaxation, attributing it to the incorporation of yoga practices into their daily routines. The success of this add-on course reaffirms our commitment to providing a diverse and enriching educational experience that extends beyond traditional academic subjects, nurturing the holistic development of our students. We appreciate the active participation and enthusiasm demonstrated by the students throughout the program. The positive feedback received underscores the potential for incorporating similar holistic educational initiatives in the future to enhance the overall educational experience at our institution.

Abhinava Sankar
Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

Deepa Lama Tamang

Animesh Chowdhury