

GOUR MAHAVIDYALAYA

ACCREDITED BY NAAC(2nd Cycle) B+

Dr. Ashim Kumar Sarkar
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E-mail.: gour_maha@yahoo.co.in
www.gourmaha.org

5.1.3. Capacity building and skills enhancement initiatives taken by the institution :

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following : 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

ADDITIONAL INFORMATION

GE -2 (GENERIC ELECTIVE -2)
Yoga Education

Course Objectives: To enable the Students to:

- > correlate Yoga and Education;
- > transact different determinants of Yoga Education and Yoga Practices;
- > determine the scientific bases of yoga practices;

Unit -1: Basics of Yoga and Yoga Education Credit 2

- 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 -2: Scientific Base of Yoga and their Practices Credit 4

- Introduction to Human Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Yoga –Types of various systems in the Human Body.
- 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.
- Kriyas & Dhayana (Meditation) – Types of kriya - Methods of practicing & Benefits of: Kapalabhati & Neti. - Meditation: Meaning – Types of Meditation – Breath awareness – Body Awareness- Transcendental Meditation.

Suggested Readings

1. Swami Satyananda Saraswati, A systematic course in the ancient tantric techniques of yoga and kriya, Bihar school of yoga, Bihar, 1981.
2. Swami kavalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune. Dr. P. Mariayyah: Asanas, Sports Publications, Raja Street, Coimbatore-1.
3. Dr. K. Chandrasekaran, Sound Health Through Yoga, PremKalyan Publications, Sedapatti, Tamilnadu 1999.
4. Sri. O.P. Tiwari: Asanas why? And How? Kaivalyadhama, Lonavla.

Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.
10/03/2021

CBCS : SYLLABUS :YOGA

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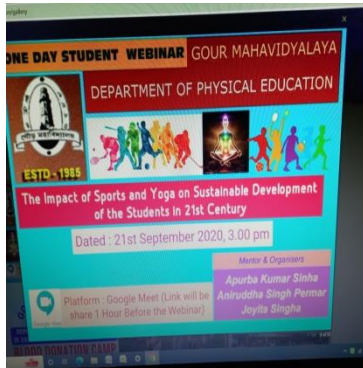


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YOGA PRACTICE

30.08.2019



STUDENT WEBINAR:21.10.2020



12.02.2021: Yoga Practice

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(Yoga practice:30.08.2019)



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(Yoga Practice: 19.01.2021)



(Yoga Practice:19.01.2021)

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**(Bratachari training camp:Venue: GourMahavidyalaya:
Date:07.03.2020 to 15.03.2020)**

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PHYSICAL FITNESS



PHYSICAL FITNESS: SPORTS

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ONE DAY STUDENT WEBINAR GOUR MAHAVIDYALAYA



DEPARTMENT OF PHYSICAL EDUCATION



The Impact of Sports and Yoga on Sustainable Development of the Students in 21st Century

Dated : 21st September 2020, 3.00 pm



Platform : Google Meet (Link will be share 1 Hour Before the Webinar)

Mentor & Organisers

Apurba Kumar Sinha
Aniruddha Singh Permar
Joyita Singha



ONE DAY STUDENT WEBINAR DEPARTMENT OF PHYSICAL EDUCATION GOUR MAHAVIDYALAYA

Role of Management on Physical Education and Sports

Organized by,
Department Of
Physical Education

Dated : 25th September 2020, 3.00 pm

Patron : Dr.Ashim Kumar Sarkar,Principal,Gour Mahavidyalaya

Speaker :Dr. Alauddin Shaikh, Assist Professor in Physical Education Dr. Meghnad Saha College,Itahar, Uttar Dinajpur

Convenor: Apurba Kumar Sinha, Joint Convenor Aniruddha Singh Permar & Joyita Singha

State Aided College Teacher



Platform : Google Meet (Link will be share 1 Hour Before the Webinar)

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