

Foreword

Gossaigaon B.Ed. College, a self financed and NAAC accredited with grade B, has set up a Yoga Centre on 7th in the month of August 2023 at the campus of the college itself to be governed by the Governing Body Gossaigaon B.Ed. College. The Yoga centre will provide both short and long term courses on Yoga.

The main purpose of these 3-months Yoga Certificate course is to equip the candidates with the minimum knowledge of how to maintain good health, good mind and good life through the practice of yoga. Yoga is a philosophy which unites body, mind and soul. Our effort is to create a healthy society free from stress and fever.

The Yoga centre has decided to start 3-month Yoga certified course wef August 2023. This course covers both theory and practical. Any citizens of India and the globe irrespective of caste, sex, religion, language and region are provided admission and course. Besides theory and practical Seminar, workshop, discussion, demonstration will be provided to the candidates and the participation for all is compulsory without which no candidate will be declared passed. The certificate will be issued by the Gossaigaon B.Ed. College. Experts, trained teachers are invited for providing training besides regular teacher.

I am thankful to team members of Yoga Certificate course for their active support and cooperation for making the dream comes true the perfect time.

I am also thankful to Alangbar Swargiary, lecturer and program director for giving final shape to the syllabus of this 3-month Yoga course certificate course.

Dr. Ajit Boro, Principal and
Founder Director
Of
Yoga Centre
Gossaigaon B.Ed. College

About the Course:

Yoga is the part of health & physical education. The role of education on health & physical Education has been widely acknowledged but impact of health on education is often not recognized adequately. So, the course unfolds reciprocal relationship between health and education. In order to maintain the health and physical fitness each teacher requires a deeper and overall understanding about the children and children's behavior, especially of their intention children. This course being introductory one towards that end, tries to focus on the issues related to the child development that will equip the elementary student-teachers to understand different perspective.

The course is designed in the form of self writings, workshops, group demonstration to be exclusively monitored and evaluated in the end of external exam.

Mode of transaction:

This course is designed as a practicum and theory based learning. It would be subjected to both the external and internal assessment including demonstration program. Considering the nature of the course, the both theory classes and practical are to be conducted equally.

Objectives:

- To help and develop good health, good mind and good life.
- To develop on understanding the concept of Yoga
- To understand the importance of Yoga in school
- To develop sense of sense and self realization
- To build a holistic understanding for the concept of Yoga
- To understand the mutual linkage between health and Yoga
- To build the knowledge of teaching Yoga
- To Develop spirituality
- To Develop balance relationship between body and mind
- To help holistic development of the learners.

Unit-wise content **5**

1.1 Concept and definition of Yoga

1.2 Scope of Yoga

1.3 Aims and objectives of Yoga

Unit 2: Patanjali Yoga **5**

2.1 Limbs of yoga

2.2 Yama, Nyama, Asana, Pranayama, Dhyana, Dharana

2.3 Hatha Yoga

Unit 3: Physiology and Psychology Yoga **5**

3.1 Meditation, Supplemental exercises, Compensation Exercise

3.2 Benefits of Yoga

3.3 Effects of Yoga on Physiological system

3.4 Importance of Yoga in daily

Unit 4: Types of Yoga for practical

4.1 Asana, Pranayama, Kriya, Mudra, Bandha, Dhyana

4.2 Sukhasana, Padmasana, Tadasana, Vrikhasana, Bhujangasana, Balasana, Dhanurasana

4.3 Adho mukha Savasana, Ustrasana, Trikonasana, Naukasana, Halasana, Sarvangasana

4.4 Matsyasana, Pachimottasana, Parvatasana, Dandasana, Savasana, Gomukhasana

4.5 Vajrasana, Mandukasana, Setubandasana, Bokasana, Chakrasana, Uttanasana, Padangusthasana, Sirsasana

4.6 Steps of Surya Namaskar: **10**

1. Prayer pose (Pranamasana)

2. Raised arms pose (Hasta Uttanasana)

3. Hand to Foot pose (Hasta Padasana)

4. Equestrian pose (Ashwa Sanchalanasana)

5. Mountain pose (Parvatasana)

6. Ashtanga Namaskara

7. Cobra poses (Bhujangasana)

8. Mountain pose (Parvatasana)
9. Equestrian pose (Ashwa Sanchalanasana)
10. Hand to foot pose (Hasta Padasana)
11. Raised Arms pose (Hasta Uttanasana)
12. Standing Mountain pose (Tadasana)

Internal Assessment

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| • Assignment | 5 |
| • Practical of Yoga | 20 |

N.B.: The concern teacher will conduct and practice the practical class six days a week

Guidelines:

1. 3 (three) month Yoga Certificate Course is provided by Gossaigaon B.Ed. College.
2. Only the authorized teacher will provide teaching both theory and practical.
3. The classes will be held six days a week.
4. Participants will put their signature while attending the class everyday.
5. Minimum percentage of class attendance is 75.
6. Students will attend the classes with Yoga mat and dress of their own.
7. The theory and practical examination will be conducted at the end of 3-month.
8. Any citizens of globe irrespective of caste, sex, religion, language, region and community are eligible for admission.
9. Course completion certificate will be issued by the college and signed by Founding Director and Program Director at the completion of the 3-month course.

**Management Committee Yoga Centre
Gossaigaon B.Ed. College**



**Dr. Ajit Boro, Principal, Gossaigaon B.Ed. College
Founding Director**



**Alangbar Swargiary, Lecturer, Gossaigaon B.Ed. College
Program Director
Cum
Demonstrator**



**Prakash Mushahary, Grade IV staff, Gossaigaon B.Ed. College
Attendant**



Jay Kumar Brahma, Grade IV staff, Gossaigaon B.Ed. College
Attendant



Janet Chapar, Vice-Principal, Gossaigaon B.Ed. College
Member



Rimi Narzary, Lecturer, Gossaigaon B.Ed. College
Member



Ricky Basumatary, Lecturer, Gossaigaon B.Ed. College
Member