



# P. N. DAS COLLEGE

Santinagar, Palta, P.O.: Bengal Enamel, North 24 Parganas, Pin - 743122 (W.B.)  
Phone : (033) 2592 1327, Fax : (033) 2592 1327, e-mail : pndc.principal11@gmail.com  
Website : www.pndacollege.in

NAAC ACCREDITED - 2016

Ref: .....

Date .....

## NOTICE

It is to inform all concerned that classes of ADD-ON course on “YOGA” by the departments of Physical Education on and from 08.07.2022 as per the time table attached herewith. At the end of the course there will be an assessment to evaluate and assess the learning level/course outcome of the students and every successful candidate shall be provided certificate after that. Class Routine, Syllabus and other details are attached herewith. Classes shall be taken as per the modules mentioned against each course.

Name of the Course Co-ordinator ;

1. Dr. Ajit Das, Mob No- 8617267715

  
Principal  
P.N. Das College  
Palta, Bengal Enamel, N. 24 Pgs



# **Department of Physical Education, P.N. Das College**

**In Collaboration with**

**Internal Quality Assurance Cell (IQAC), P.N. Das College**

**Organizes**

**ADD ON COURSE OF**

**YOGA**

**PERIOD: 8th July, 2022 to 3rd September, 2022**

**ELIGIBILITY:**

**P.N. DAS COLLEGE STUDENTS**

**Mode: Offline**

**Venue: P.N. DAS COLLEGE, PALTA, NORTH 24 PGS**

**Registration Fees: FREE**

**(FOR P.N.DAS COLLEGE REGULAR STUDENTS)**

**Chief Patron: Dr. Sharmila De  
Principal**

**Jt. Conveners: Dr. Ajit Das  
Md. Arif Ali**

**Contact Details: Mobile No. - 8617267715**

**E-mail ID: [ajitdas@pndascollege.in](mailto:ajitdas@pndascollege.in)**

**Certificate will be provided after completion of the course**



# 30- hours Add-on Certificate Course on Yoga (2022-23)



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### **Yoga Syllabus**

DURATION: 30 Hrs


Total Marks: 50

#### **Unit - 1: Introduction to Yoga and Human Anatomy (20 Marks)**

Meaning and definition of the term Yoga, types, aim, misconceptions and important of Yoga, History of Yoga, Fundamental Principles of Yoga, Kriyas, Patanjali Yoga Sutra, Astanga Yoga, Hatha Yoga, Need of Yoga for a positive health for the modern people, Utilitarian value of Yoga in modern age. Introduction to human Anatomy and Physiology.

#### **Unit - 2: Practical (30 Marks)**

1. Surya Namaskar
2. Asanas
  - Standing Position (Ardhachandrasana, Brikshasana, Padahasthasana)
  - Sitting Position (Ardhakurmasana, Paschimottanasana, Gomukhasana)
  - Supine Position (Setubandhasana, Halasana, Matsyasana)
  - Prone Position (Bhujangasana, Salvasana, Dhanurasana)
  - Inverted Position (Sarbangasana, Shirsasana, Bhagrasana)
3. Pranayama (Any two)  
Kapalbhati, Bhramri, Anulam, Vilom.
4. Presentation or Demonstration of Skills

  
H.O.D.  
Department of Phy. Edu.  
P.N. Das College, Palta

## P.N. Das College

ADD on course of YOGA (Schedule for Classes)

Class Hours: 2 Hours

Sl	Date & Day	Time	Topic	Name of the Faculty
1	08.07.2022 (Friday)	4.00 pm.	Basic concept and meaning, definition of the term yoga	Dr. Ajit Das
2	09.07.2023 (Saturday)	3.30 pm.	Practical	Dr. Ajit Das
3	15.07.2022 (Friday)	4.00 pm.	Aim, misconception and importance of yoga	Dr. Ajit Das
4	16.07.2022 (Saturday)	3.30 pm.	Practical	Dr. Ajit Das
5	29.07.2022 (Friday)	4.00 pm.	History and fundamental principles of yoga	Md. Arif Ali
6	30.07.2023 (Saturday)	3.30 pm.	Practical	Md. Arif Ali
7	05.08.2022 (Friday)	4.00 pm.	Human anatomy and physiology	Dr. Ajit Das
8	06.08.2022 (Saturday)	3.30 pm.	Practical	Dr. Ajit Das
9	12.08.2022 (Friday)	4.00 pm.	Kriyas, Patanjali yoga sutra, astanga yoga and hatha yoga	Md. Arif Ali
10	13.08.2022 (Saturday)	3.30 pm.	Practical	Md. Arif Ali
11	19.08.2022 (Friday)	4.00 pm.	Need of yoga for a positive health for the modern people	Md. Arif Ali
12	26.08.2022 (Friday)	4.00 pm.	Utilitarian value of yoga in modern age	Dr. Ajit Das
13	27.08.2022 (Saturday)	3.30 pm.	Practical	Md. Arif Ali
14	02.09.2022 (Friday)	4.00 pm.	Practical	Dr. Ajit Das
15	03.09.2022 (Saturday)	3.30 pm.	Practical	Md. Arif Ali