

YOGA PROGRAMS



To,

The Principal

Mahila Mahavidyalaya, Godda

Sub:- Report on Yoga Training Classes from 2Feb 2023 to 13 March 2023

Dear Sir,

With due respect, I have to say that I, Amit Kumar Roy, Yoga Trainer want to bring your kind attention that Yoga Training Programme has successfully conducted from 02.02.2023 to 13.03.2023. A total no. of ~~Forty~~ classes has been carried out where the enrolled students have been yoga training on Asanas and Pranayam. They have been given both theoretical and practical in the above mentioned areas.

The students were encouraged to practice yoga and make it a daily part of their lifestyle. The students gave a test on 15.03.2023, where they were asked to show various Yoga Asanas and do Pranayams and 85% of them were able to do it correctly which shows that the outcome of this training programme was positive.

I am grateful to you for appointing me as a Yoga Trainer which also has been a learning experience for me.



Thanking You,

Yoga Trainer

SYLLABUS FOR YOGA TRAINING PROGRAM
MAHILA MAHAVIDYALAYA, GODDA

UNIT 1

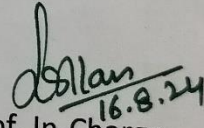
Benefits of Yoga, Proper diet, Meditation, Physical fitness

UNIT 2

Pranayam (Kapalbhati, Anuloma - Viloma) and Asanas (Surya Namaskar, Basic yoga Postures, postural alignment, Release of blocked energy)

UNIT 3

Physical and Mental Meditations, Mantras


16.8.24

Prof. In-Charge

Mahila Mahavidyalaya, Godda

Pro-In-Charge

Mahila Mahavidyalaya Godda





CERTIFICATE

THE IQAC OF MAHILA
MAHAVIDYALAYA, GODDA



ISO 9001:2015 Certified Institution
YOGA TRAINING PROGRAM

This certificate is presented to:

NAME *Sushila Hansda*
has completed forty hours Yoga Training on
ASAN AND PRANAYAM

She has obtained *A* grade

Ramita
IQAC COORDINATOR

Asha
COURSE COORDINATOR



CERTIFICATE

THE IQAC OF MAHILA
MAHAVIDYALAYA, GODDA



ISO 9001:2015 Certified Institution
YOGA TRAINING PROGRAM

This certificate is presented to:

NAME *Teresa Kisku*
has completed forty hours Yoga Training on
ASAN AND PRANAYAM

She has obtained *A* grade

Ramita
IQAC COORDINATOR

Asha
COURSE COORDINATOR