

Report of Fifteen days Impact of Yoga Course

▶ **Organized by**

The Department of Philosophy
▶ **Hooghly Women`s College**
▶ **Pipulpati, Chinsurah , Hooghly**



ADD ON COURSE

Course Title : IMPACT OF YOGA Practice and Relevance in Modern Time .

Objective of the course :

The objective of the course is to understand the participants about Impact of Yoga in modern time and to learn different types of Asana for physical benefit as well .

Duration : 30 hours

Course fee : free

The Course Co-ordinator : Prof. Debesh Mudi

Asst. Co-ordinator: Animesh Sarkar

HOOGHLY WOMEN'S COLLEGE
DEPARTMENT OF PHILOSOPHY

ADD ON COURSE : IMPACT OF YOGA

Course co-ordinator:

Prof. Devesh Mudi

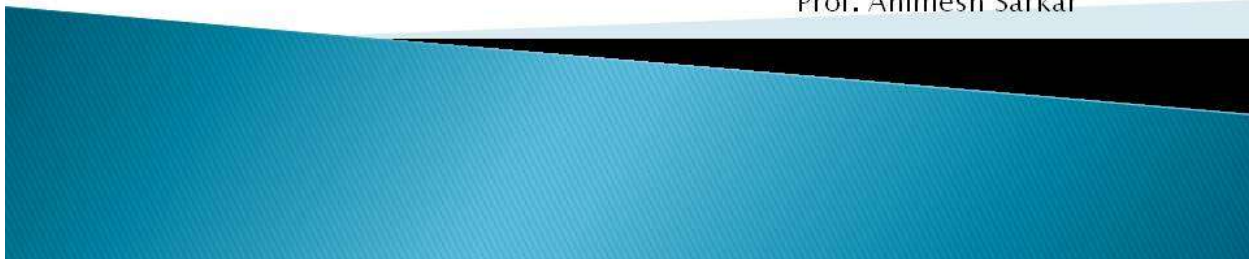
Asst. Co-ordinator Prof. Animesh sarkar

Resources Person:

Dr. Suchismita Ghosh Hazra

Prof. Devesh Mudi

Prof. Animesh Sarkar



NOTICE

This is to notify all the students of the Department of Philosophy , that they are hereby requested to attend the Fifteen Days " IMPACT OF YOGA : practice and relevance in modern time " Course , which will commence from August 2022 and there is no course fee . Anyone joint this course who passed 10+2 . Interest candidates are requested to contact pro. Debesh Mudi and pro. Animesh Sarkar

S.G. Hazra. 12.8.22
HEAD

Philosophy
Hooghly Women's college

Seema Banerjee
12/08/22
PRINCIPAL

Hooghly women's college
Principal
Hooghly Women's College

Course structure with schedule:

Sl no	Topic	Date	Time and Date
1	Introduction to Yoga.	16.08.2022	03:30pm to 05:30pm
2	What is Chitta.	23.08.2022	03:30pm to 05:30 pm
3	What is Chitta Bhumi.	27.08.2022	03:30pm to 05:30 pm
4	What is chitta Britti.	06.09.2022	03:30pm to 05:30 pm
5	Chitta Britti Nirodha.	19.09.2022	03:30pm to 05:30 pm
6	Types of Samadhi.	20.09.2022	03:30pm to 05:30 pm
7	Ashtangik Yoga.	24.09.2022	03:30pm to 05:30 pm
8	Libration .	25.10.2022	03:30pm to 05:30 pm
9	Types of dukkho and Bondage of Purusha.	05.11.2022	03:30pm to 05:30 pm
10	Introduction to Different types of Yoga Asana.	12.11.2022	03:30pm to 05:30 pm
11	Practice of Padma asana and its benefits.	19.11.2022	03:30pm to 05:30 pm
12	Practice of Ardhocakra asana and its benefits.	27.11.2022	03:30pm to 05:30 pm
12	Practice of Setubandho asana and its benefits.	03.12.2022	03:30pm to 05:30 pm
13	Practice of Birbhadra Asana and its benefits.	10.12.2022	03:30pm to 05:30 pm
14	Practice of shirsha asana and its benefits .	17.12.2022	03:30pm to 05:30 pm
15	Practice of hala asan, trikona Asan and its benefits.	19.12.2022	03:30pm to 05:30 pm

Resource Person`s list:

Sl no	Topic	Resource persons
1	1 to 5	Dr. Suchismita Ghosh Hazra Associate professor HWC
2	5 to 10	Debesh Mudi Assistant professor HWC
3	10 to 15	Animesh Sarkar Sact Teacher HWC

Participant List :

Sl no	Name	Contact Number
01	Anwasha Mitra	9674694722
02	Antara Dalui	9163446483
03	Prity Chandra	7029611045
04	Tanisha Pal	8101081092
05	Sumitra Dutta	6289485392
06	Sabiya khatun	8967583402
07	Riya Dutta	9531536466
08	Oindrila Majhi	9907548414
09	Twisha Ger	7908143343
10	Barnali Haldel	7439594211









Course outcome :

Ten Student from the department of philosophy , Hooghly Women`s College participated in the course. All of them successfully completed the course. At the end , they received certificates.

Sample Attendance sheet :

Hooghly Women's College
Department of Philosophy
Attendance sheet of Add On Course

Date : 16.08.27

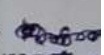
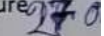
Sl No	Name	Roll No	Signature
1	Priiti Chandra		Priiti Chandra
2	Antara Dalui		Antara Dalui
3	Tanisha Paul		Tanisha Paul
4	Anwesha mitra		Anwesha mitra
5	Oindrila Majhi		Oindrila Majhi
6	Seemita deitta		Seemita deitta
7	Sabiya Khaitan		Sabiya Khaitan
8	Riya Datta		Riya Datta
9	Tulisha Ghos		Tulisha Ghos
10	Mannali Haldar		Mannali Haldar
11			

S.G. Hazra 16.08.27
Teacher's Signature

Hooghly Women's College
Department of Philosophy
Attendance sheet of Add On Course

Date : 27.08.22

Sl No	Name	Roll No	Signature
1	Antara Dalui		Antara Dalui
2	Prithi Chandra		Prithi Chandra
3	Tanisha Paul		Tanisha Paul
4	Anwesha mitra		Anwesha mitra
5	Sabiya Khatun		Sabiya Khatun
6	Samitza datta		Samitza datta
7	Chiranjita Majhi		Chiranjita Majhi
8	Riya Dutta		Riya Dutta
9	Tushita Ghosh		Tushita Ghosh
10	Mamoni Haldy		Mamoni Haldy
11			

S.G. Ghosh - 
Teacher's Signature 

Hooghly Women's College

Department of Philosophy

Attendance sheet of Add On Course

Date : 20.09.22

Sl No	Name	Roll No	Signature
1	Awesha mitra	490	Awesha mitra
2	Ambara Dahi		Ambara Dahi
3	Prithi Chandra		Prithi Chandra
4	Tanisha Paul		Tanisha Paul
5	Samittra Dutta		Samittra dut
6	Sabiya Khatun		Sabiya Khatun
7	Riya Dutta		Riya Dutta
8	Indira Majhi		Indira majhi
9	Tanisha Grew		Tanisha Grew
10	Bannali Halder		Bannali Halder
11			

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Teacher's Signature 20

Hooghly Women's College


Department of Philosophy

Attendance sheet of Add On Course



Date: 19.11.23

No	Name	Roll No	Signature
1	Tanisha Paul		Tanisha Paul
2	Anwesha Mitta		Anwesha Mitta
3	Antara Dalui		Antara Dalui
4	Prithi Chandra		Prithi Chandra
5	Riya Dutta		Riya Dutta
6	Samittra deitta		Samittra deitta
7	Sabiya Khatun		Sabiya Khatun
8	Aindrila Majhi		Aindrila Majhi
9	Tuisha Gera		Tuisha Gera
10	Bannali Halder		Bannali Halder
11			

Teacher's Signature

 19.11.23

Sample Certificate :

	<p>HOOGHLY WOMEN'S COLLEGE CHINSURAH, PIPULPATI, HOOGHLY 712103</p>	
<h3>CERTIFICATE OF PARTICIPATION</h3> <hr/>		
<p>This is to certify that Of semesterhas participated in the ten days Impact of Yoga Course from 16 August to 19 December 2022, organized by The Department of Philosophy , Hooghly Women's College and successfully completed the Course.</p>		
..... Course Coordinator Head of the Department (Philosophy) Principale