

**GOBINDA PRASAD MAHAVIDYALAYA
(NAAC ACCREDITED 'B+' COLLEGE)
PO-AMARKANAN, BANKURA**

COURSE OUTLINE

Six Month Certificate Course on Yoga and Lifestyle Activities

Conducted by the Departments of Philosophy & Physical Education, Gobinda Prasad Mahavidyalaya in
collaboration with Bankura University

MODULE I: Understanding Yoga

- Definition of Yoga
- History of development of yoga
- Different schools of Yoga: Raja Yoga, Hatha Yoga etc.
- Understanding Astanga Yoga of Patanjali

MODULE II : Yoga and Health

- Need of Yoga for positive health
- Yogic principles for healthy living
- Stress management through yoga and dietary considerations
- Role of meditation and yogic practices

MODULE III: General guidelines for performance of Yoga

- Kriyas
 - Asanas
 - Pranayamas
 - Mudras
 - Bandhas
 - Meditation techniques
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