

## **Report on Yoga Certificate Course**

Gushkara Mahavidyalaya has been offering the 'Certificate Course in Yoga' since 2017. This course is affiliated with the prestigious University of Burdwan, aims to provide individuals with a comprehensive understanding of Yoga and its benefits. The course has a duration of six months and is open to individuals below the age of 65 who have successfully cleared their class 12 board examination.

The 'Certificate Course in Yoga' is a self-financed program that seeks to increase awareness about Yoga and promote positive health among individuals. It is designed to equip students with the necessary knowledge and skills to become proficient in traditional Indian Yoga systems. By delving into the philosophy behind Yoga and exploring the current trends in the Yoga movement in the country, students gain a holistic understanding of this ancient practice.

One of the key aspects of the course is the development of a basic understanding of human anatomy, physiology, and the various human systems. This knowledge is crucial for students to comprehend the impact of Yoga on the body and mind. By understanding the intricate workings of the human body, students can tailor their Yoga practice to suit individual needs and goals.

The course also introduces students to the principles of 'Hatha Yoga', a popular form of Yoga that focuses on physical postures and breathing techniques. Students learn about the concept of a yogic lifestyle, which encompasses not only physical exercise but also ethical and moral principles. They gain insights into the benefits and contraindications of Yoga practice for physical and mental wellness, enabling them to guide others in their Yoga journey.

Furthermore, the course delves into the concept of the five sheaths of human existence, known as 'Panchakosa'. Students explore these layers of existence, which include the physical body, energy body, mental body, wisdom body, and bliss body. This understanding helps students develop a deeper connection with themselves and others, fostering personal growth and self-awareness.

Through regular practice and training, students are prepared to become disciplined and knowledgeable Yoga instructors. The course initially started with 13 students, primarily women above the age of 40, who were eager to enhance their understanding of Yoga. However, due to the course's success and positive reputation, enrollment has steadily increased, attracting individuals from diverse backgrounds and age groups.

To ensure the smooth functioning of the course, the 'Committee for the Certificate Course in Yoga' oversees its operations. Every year, the committee celebrates International Day of Yoga

by hosting invited lectures, quiz and essay competitions. Distinguished speakers such as Dr. Sumanta Kumar Mondal of Visva-Bharati, Dr.SanibMridha of Jadavpur University, Dr. ChintaharanBetal of Garhwal University, Dr. Kuntal Thakur of Khejuri College, Dr. PintulalMondal of South Bihar University and Dr. Kuntal Ghosh from Manipur University have delivered their lectures at the seminars held to commemorate International Day of Yoga.



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