



COURSE DESIGN

COURSE OUTCOME

1. **Improved Concentration and Focus:** Regular practice of yoga enhances concentration and mental clarity, which can be beneficial for students in their academic endeavours.

2. **Stress Reduction:** Yoga can be an effective way to manage stress. Yoga incorporates various relaxation techniques, including deep breathing and meditation, that help students relax and reduce anxiety.

3. **Increased Physical Fitness:** Yoga is a great way to improve flexibility, strength, and balance. This contributes to overall physical fitness and well-being.

4. **Enhanced Emotional Well-being:** Yoga encourages mindfulness and self-awareness, which promote emotional well-being and resilience.

5. **Enhanced Mind-Body Connection:** Yoga encourages a strong mind-body connection, which help students become more aware of their bodies and develop a positive relationship with their physical selves.

6. **Overall Well-being:** The combination of physical exercise, relaxation, and mindfulness contributes to overall well-being and a healthier lifestyle, which is crucial for students as they navigate the challenges of academia and personal growth.

TOTAL NUMBER OF CLASSES
-20 (THEORY) + 10
(PRACTICAL)

UNIT-I: INTRODUCTION TO
YOGA

UNIT-II: INTRODUCTION TO
YOGIC PRACTICES

UNIT-III: ANCIENT SYSTEMS
OF INDIAN PHILOSOPHY AND
YOGA

UNIT-IV: YOGA AND HEALTH

UNIT-V: PRACTICAL

DEPARTMENT OF PHYSICAL EDUCATION

HAZI A. K. KHAN COLLEGE

HARIHARPARA, MURSHIDABAD

OFFERS

YOGA EDUCATION

CERTIFICATE COURSE

Course Duration: 30 Hours

THE CLASSES WILL BE
COMMENCING IN
FEBRUARY 2023

THIS COURSE IS
OPEN TO ALL
STUDENTS OF
HAZI A. K. KHAN
COLLEGE

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COURSE FEE: NIL