



GOVERNMENT OF WEST BENGAL
Office of the Principal
Government General Degree College, Kaliganj
Debagram, Nadia - 741137
Ph: 03474-267514
Website: www.kaliganjgovtcollege.ac.in

Add-on certificate course on 'YOGA'

About the Course

Introduction:

The add-on course explores the fundamental concepts of mainstream yoga and its philosophical foundation. The course deals with both theoretical and practical aspects of yoga. The certificate course in yoga is built for beginners who wish to develop a career in yoga. The course is designed primarily to educate those interested in becoming a yoga instructor. Another goal of yoga is the implementation of the philosophy of yoga in everyday life.

Course Description:

This course is design to give the basic concepts of Yoga health, which is the scientific method for development of personality and increases the physical and mental health. It is the way for healthy leaving of an individual.

Objective of the course:

1. To enhance the capacities of students for physical and mental wellbeing through self help.
2. To develop healthy habits for better health
3. To empower student teachers to create a harmonious classroom at workplace.

Outcome of the course:

On completion of the course, the students will be able to –

1. Develop positive attitude and relief stress from life
2. Develop physical fitness and get health benefits
3. Learn various Asana and Pranayama



GOVERNMENT OF WEST BENGAL
Office of the Principal
Government General Degree College, Kaliganj
Debagram, Nadia - 741137
Ph: 03474-267514
Website: www.kaliganjgovtcollege.ac.in

Summary Report

Report	
Course Conducted by	NSS Unit, GGDC at Kaliganj
Course announcement	04.05.2023
Course offered for	B.A., B.Sc., Honours and Program students
Course duration	30 Hours (May 2023)
Class started	14.05.2023
Teaching mode	Offline
YOGA Instructor assigned for the course	Avijit Ghosh, Secretary, Vivekananda Yoga Anusandhana Samsthana, Tollygunge, Kolkata-700033
Total students participation	35
Announcement of the final practical examination	18.05.2023
Conducted examination of	35 students

Nazia Kausar

Dr. Nazia Kausar
Course Co-Ordinator &
Asst. Prof. in Chemistry
Govt. Gen. Degree College, Kaliganj

Nazia Kausar
Officer-in-charge
Government General Degree
College, Kaliganj
Debagram, Nadia



GOVERNMENT OF WEST BENGAL
Office of the Principal
Government General Degree College, Kaliganj
Debagram, Nadia - 741137
Ph: 03474-267514
Website: www.kaliganjgovtcollege.ac.in

Few Glimpses of the Course



Principal
Officer-in-charge
Government General Degree
College, Kaliganj
Debagram, Nadia