



**CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE**

**चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज**

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662 Mail ID- [crdpgcollege.gkp@gmail.com](mailto:crdpgcollege.gkp@gmail.com)

Address: New Colony, Dewan Bazar Gorakhpur -273001

**Course Code :-CCYN2303**

**Chandrakanti Ramawati Devi Arya Mahila P.G.  
College**

Diwan Bazar , Gorakhpur


Affiliated To D.D.U. Gorakhpur University , Gorakhpur

Date- 22-12-2022 to 22-03-2023

Place-Memorial Hall

**“Yoga And Meditation”**

Organized by B.Ed Department

  
प्रिन्सिपल  
चन्द्रकान्ति रमावती देवी आर्य महिला  
पी० जी० कालेज, गोरखपुर



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Date-12-12-2022

### Permission Letter

Permission is granted to conduct three months certificate Course in 'Yoga and Meditation' by B.Ed. Department of Chandrakanti Ramawati Devi Arya Mahila P. G. College, Gorakhpur, From 22/12/2022 to 22/03/2023.

  
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Principal

  
प्रिन्सिपल  
चन्द्रकान्ति रमावती देवी आर्य महिला  
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To.

The Principal

Chandrakanti Ramawati Devi Arya Mahila P.G. College, Gorakhpur.

Subject:- In Reference to the Approval of Certificate. Course in “Yoga & Meditation”

Respected Madam,


It is requested that the department of B.Ed. of the college wants to conduct a three months (30hrs) certificate Course on the subject of “Yoga & Meditation” from 22/12/2022 to 22/03/2023.

Therefore, you are requested to approved this course.

Thanking you

In charge Dept. of B.Ed.

C.R.D.A.M.P.G. College Gorakhpur

  
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## **SYLLABUS & PROGRAM SCHEDULE**

Name of the Program: Certificate Course on “Yoga & Meditation” of Teaching

Duration of the Programme:- 3 Months

### **INTRODUCTION**

Certificate Course on “Yoga & Meditation” will be for 3 Month and conducted daily for one hour through offline mode. Its aim is to provide proper education to the students

  
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## Faculty Details

Teachers who attended the meeting-

1. Dr. Aparna Mishra
2. Dr. Etendradhar Dubey
3. Dr. Mamta Tiwari
4. Dr. Vikas Kumar Srivastava
5. Shri Anant Kumar Pathak
6. Dr. Sarika Pandey
7. Dr. Shailendra Kumar Rao
8. Smt. Shweta Singh
9. Smt. Richa Dubey
10. Aradhna Srivastava

## Course Objectives

This program aims to develop professional Yoga Instructor with requisite skills in planning, implementation, problem solving, consultancy and entrepreneurship. Through this rigorous program, students are able to teach Meditation and Yoga in all organizations globally, both in the public and the private sectors, thus meeting the demand for quality Yoga Instructor.

  
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## Course Outcome

After completion of the program the students would be able to perform:-

1. To perform some major detoxification techniques as yogic kriya.
2. To perform various important asanas and surya namaskar .
3. To practice various meditation techniques toward mental peace and eradicate unnecessary thoughts.

## Course Structure

Theoretical study and practical practice of yoga

### Unit -1

Introduction, meaning and definition of yoga, objectives of yoga, types of yoga.

### Unit -2


Principles and other aspects of Yoga and Health

Asanas and exercises, precautions in yoga practice, rules of yoga practice.

### Unit -3

Aspects related to Introduction to Asanas

Asanas to be done while standing, asanas to be done while sitting, asanas to be done on the stomach, asanas to be done on the back.

  
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**Unit -4**

**Yoga Prevailing Side**

Introduction to Surya Namaskar, description of conditions of Surya Namaskar, benefits of Surya Namaskar.


**Unit-5**

Hathapradipika Meaning and definition of Pranayam, types of Pranayam, benefits and precautions.

**MINUTES OF MEETING**

**REGARDING CERTIFICATE COURSE APPROVAL**

1. "The Departmental Meeting was held on 12/12/2023 for following Matters to discussed in the meeting.
2. Teachers were introduced to plan various certificate courses in the department of B.Ed.
3. It was decided that the B.Ed Department will be conducting a certificate course on 'Yoga & Meditation '.
4. It was decided that Dr. Aparna mishra, Dr. Etendra Dhar Dubey, Dr. Mamta Tiwari , Dr . Vikas Kumar Srivastava , Shri Anant Kumar Pathak , Smt. Shweta Singh , Smt. Richa Dubey , Dr. Sarika Pandey , Mr. Shailendra Kumar Rao , Aradhana Srivastava and external expert Dr. Rekha Srivastava, Dr. Virendra Kumar Gupta, Smt.Sonu Dubey and others would be the resource person for the certificate course .

  
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**Student / Attendance Record**

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