

## **YOGA TRAINING**

BETHUADAHARI COLLEGE  
BETHUADAHARI, NADIA

Six months is the schedule time for Yoga Training:

We have taken twenty two classes in six months(26 weeks)to teach yoga among our students .We have taken two exams for the students.

**TOTAL MARKS: 50**

**THEORY: 20**

**PRACTICAL: 30**

The syllabus for yoga training is given below:

1. To give a fair idea about yoga and its benefits.
2. To teach why it is so necessary for maintain good health and mind.
3. Introducing Yogic Anatomy and Physiology among students.
4. To teach how to practice yogic Asanas and Mudras.
5. To teach how to practice different types of Prayanamas and Meditation.

- **Resolutions taken by Board of Studies:**

For six months training period, we have made a contract with Yoga specialist Sri.Jitendranath Sarkar to make students efficient on yoga. We must take at least four classes in one month during the six months schedule time for student's training. We must distribute training certificate among the students of Bethuadahari College after completing the training period and the examination procedure. We are applying that after completing the six months training, we will evaluate the students correctly and distribute the certificates on the basis of the student's results.