



# SRIKRISHNA COLLEGE

(Affiliated to University of Kalyani)  
Accredited by NAAC: Grade B+ (3<sup>rd</sup> Cycle)  
Bagula, Nadia, WB, Pin- 741502

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## PROSPECTUS

### CERTIFICATE COURSE IN YOGA

(MAY-JULY 2025)

**Conducted By:**

**Department of Physical Education,  
Skill Enhancement Committee  
In collaboration with IQAC**

#### About the Course:

Yoga is an ancient Indian discipline that promotes a holistic lifestyle through the union of body, mind, and spirit. Recognized globally for its therapeutic and spiritual value, Yoga has become a vital tool for achieving wellness, balance, and inner harmony in our fast-paced lives. The Certificate Course in Yoga is a skill-based, beginner-friendly program aiming to educate and empower students and community members with the principles and practices of Yoga. This programme is conducted by the Department of Physical Education in association with the Internal Quality Assurance Cell (IQAC) of Srikrishna College.

#### Objectives of the Programme

- To promote physical, mental, and emotional well-being through Yogic practices.
- To integrate the Yogic way of life into daily routines.
- To create awareness about Yoga's role in promoting community health and harmony.
- To empower students with foundational knowledge of Yogic philosophy and techniques.

## Key Highlights

- Mode of Delivery: Hybrid (both online and offline sessions)
- Class Days & Time: Fridays & Saturdays, 4:30 PM – 6:00 PM
- Duration: 3 Months (May–July 2025)
- Total Seats: **25**
- Course Fee: **Rs. 1000/-** only

## Eligibility Criteria

Candidates must have passed the 12th standard (Higher Secondary) from any recognized board or institution.

## Curriculum Overview

- Introduction to the Philosophy of Yoga
- Understanding Yogic Anatomy and Physiology
- Practice of Asanas (Postures), Pranayama (Breathing Techniques), and Meditation
- Introduction to Shatkarmas (Yogic Cleansing Techniques like Neti, Dhauti)
- Mudras and Bandhas for inner control and energy balance

## Certification

Upon successful completion of the course, participants will receive a Certificate from Srikrishna College.

## Course Fee Payment Details

- Account Name: Srikrishna College
- Account Number: 11262205102
- IFS Code: SBIN0001302

## How to Apply

Interested candidates must submit the registration form along with the course fee by **12th May 2025**.

**Apply Here:**

[https://docs.google.com/forms/d/e/1FAIpQLSeCdCdxFaNHonh6ClB3DFQgDxp0\\_dEdCWRLa26xnnBRACHBFA/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSeCdCdxFaNHonh6ClB3DFQgDxp0_dEdCWRLa26xnnBRACHBFA/viewform?usp=header)

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