

To

Date: 22-01-2022

The Principal

Lakhipur College, Lakhipur

Goalpara, Assam, 783129

Sub : Application for opening certificate course on Yoga

Sir,

With reference to the subject cited above I am pleased to inform you that the History department of Lakhipur College would like to open a one month certificate course on yoga from the upcoming session 1st February, 2022.

Therefore, I kindly request you to grant us the permission for the above mentioned course.

Thanking you for your kindness.

Yours Faithfully



Jayanta Saloi

HoD, Dept of History

Lakhipur College, Lakhipur

HOD, Dept. of History
Lakhipur College, Lakhipur

Approved
Principal
22/01/2022
Lakhipur College
D. Lakhipur, Dt. Goalpara

Notice

It is hereby notified that the Department of History is going to introduce a Certificate Course on Yoga from 1/2/2022. Therefore the students who want to take admission are requested to contact the HoD of History department for the same.



Signature

HoD, Department of History
HoD, Dept. of History
Lakhipur College, Lakhimpur

Department of History

Lakhipur College

Certificate Course on Yoga

Date	Date	Name of the Resource Person
01	01-02-2022	Dr. Kashyap Bishwas
02	02-02-2022	Dr. Kashyap Bishwas
03	03-02-2022	Dr. Kashyap Bishwas
04	04-02-2022	Dr. Kashyap Bishwas
05	06-02-2022	Dr. Kashyap Bishwas
06	07-02-2022	Dr. Kashyap Bishwas
07	08-02-2022	Dr. Kashyap Bishwas
09	09-02-2022	Dr. Kashyap Bishwas
10	10-02-2022	Dr. Kashyap Bishwas
11	11-02-2022	Dr. Kashyap Bishwas
12	13-02-2022	Dr. Kashyap Bishwas
13	14-02-2022	Dr. Kashyap Bishwas
14	15-02-2022	Dr. Kashyap Bishwas
15	17-02-2022	Dr. Kashyap Bishwas
16	18-02-2022	Dr. Kashyap Bishwas
17	20-02-2022	Dr. Kashyap Bishwas
18	21-02-2022	Dr. Kashyap Bishwas
19	22-02-2022	Dr. Kashyap Bishwas
20	23-02-2022	Dr. Kashyap Bishwas
21	24-02-2022	Dr. Kashyap Bishwas
22	25-02-2022	Dr. Kashyap Bishwas
23	27-02-2022	Dr. Kashyap Bishwas
24	28-02-2022	Dr. Kashyap Bishwas
25	02-03-2022	Dr. Kashyap Bishwas
26	03-03-2022	Dr. Kashyap Bishwas
27	04-03-2022	Dr. Kashyap Bishwas
28	06-03-2022	Dr. Kashyap Bishwas
29	07-03-2022	Dr. Kashyap Bishwas
30	08-03-2022	Dr. Kashyap Bishwas

Harak Jyoti Nath
(Course Convenor)

Kashyap Bishwas (B)
Yoga Teacher.

Lakhipur College, Lakhipur, Goalpara

Department of History

Certificate Course in Yoga (w. e. f 2022)

Objectives:

The purpose of the Certificate Course in Yoga is to give a basic knowledge of Indian philosophy. Yoga texts relevant to the yoga theory, human biology, and practice of yoga to help them to gain the basic theoretical and scientific perspective on yoga.

Eligibility

The candidates for Certificate Course in Yoga shall be required a minimum 10th class pass.

Total seats:

Course fee:

Physical fitness:

The selected candidate must be in good physical and mental health.

Courses of study:

Certificate Course in Yoga shall include one theory paper and one practical. The details of theory paper & practical are provided in the syllabus.

Duration and Instruction:

The course duration shall be three months. The classes will be conducted fromThe medium of instruction shall be English/Assamese.


Principal
Lakhipur College
P.O.Lakhipur, Dt. Goalpara

PAPER-II: YOGA PRACTICES

KRIYAS

Kapalabhati, jalānethi, Sutrānethi Jala Dhouti, Trataka.

Meditative Asanas

Sukhasana, Vajrasana, Ardha Padmasana, Padmasana, Siddhasana and Swastikasana

Relaxation Asanas

Makharasana, Nirālambasana, Advāsana, Matsya Kridāsana, and savāsana



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Syllabus

Paper-I: Fundamental of Yoga

Unit-I

Meanings, Definitions and development of Yoga, The aim, objectives and scope of Yoga.

Unit-II

Branches of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Kundalin Yoga

Techniques of Hatha Yoga: Shat Kriyas, Asanas, Pranayamas, Bandhas and Mudras

UNIT-III

Introduction to Yoga Darshan: Structure of Sutras, Definition of Yoga, Chittav ritties, Abhyaasa & Vairagya, concept of Ishwara, Yoga obstacles.

UNIT-IV

Yoga and Physical Exercises, Curative aspects of Yoga techniques, Mental Health and enhancement of human potential, Yoga and Modern life.

UNIT-V

Basic Knowledge of human body: Skeletal, digestive, respiratory, circulatory, excretory, and endocrine, Yogic Anatomy & Physiology, Concept of moderate diet.



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 01/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashraful Islam	2nd sem	Ashraful Islam
2	Sariful Ali	2nd sem	Sariful Ali
3	Arpana Koch	2nd sem	Arpana Koch
4	Mehbuba Ahmed	"	Mehbuba Ahmed
5	Elias Ahmed	B.A 2nd sem	Elias Ahmed
6	Abu Sayed	2nd sem	Abu Sayed
7	Rukia Khatun	2nd sem	Rukia Khatun
8	Wahida Begum	2nd sem	Wahida Begum
9	Nur Alam	2nd sem	Nur Alam
10	Mehbub Mastaba	2nd sem	Mehbub Mastaba
11	Jelena Khatun	2nd sem	Jelena Khatun
12	Masudul Islam	2nd sem	Masudul Islam
13	Akramul Haque	2nd sem	Akramul Haque
14	Amira Khatun	"	Amira Khatun
15	Bobita Begum	B.A 2nd sem	Bobita Begum

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 02/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafat Islam	2nd Sem	Ashrafat Islam
2	Sanidat Ali	2nd sem	Sanidat Ali
3	ELIAS Ahmed	B.A 2nd Sem	ELIAS Ahmed
4	Atc Parna Koeh	2nd sem	Atc Parna Koeh
5	Abu Sayed	2nd Sem	Abu Sayed
6	Nur Atom	B.A 2nd Sem	Nur Atom
7	Telara Khatun	2nd Sem	Telara Khatun
8	Rukia Khatun	2nd Sem	Rukia Khatun
9	Wahida Begum	2nd Sem	Wahida Begum
10	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
11	Shaidat Islam	2nd Sem	Shaidat Islam
12	Akramul. Hossain	2nd Sem	Akramul Hossain
13	Mehbuba Ahmed		Mehbuba Ahmed
14	Amying Khatun	11	AB
15	Bobita begum	2nd Sem	Bobita Begum

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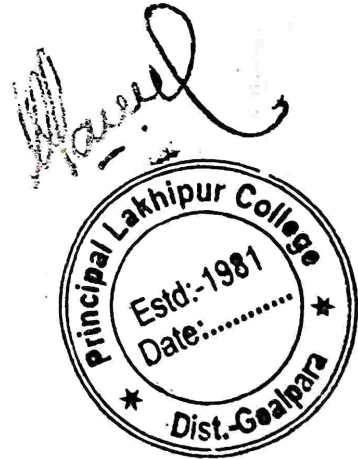


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Certificate Course on Yoga

Date: 03/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafatul Islam	2nd sem	Ashrafatul Islam
2	Sanideel Ali	2nd sem	
3	Ati Parva Koch	2nd	Ati Parva Koch
4	Mehbuba Ahmed		Mehbuba Ahmed
5	Amina Khatun	AB	AB
6	Abu Sayed	2nd sem	Abu Sayed
7	Rukia Khatun	2nd sem	Rukia Khatun
8	Nur Alam	B-2nd	Nur Alam
9	Telesca Khatun	2nd Sem	Telesca Khatun
10	Ali As Ahmed	1	Ali As Ahmed
11	Wahida Begum	2nd sem	Wahida Begum
12	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
13	Shaidat Islam	2nd Sem	Shaidat Islam
14	Akmal Hossain	2nd Sem	Akmal Hossain
15	Bobita Begum	2nd Sem	Bobita Begum



9

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Certificate Course on Yoga

Date: 04/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Jelena Khatur	2nd sem	Jelena Khatur
2	Shahidul Islam	2nd Sem	Shahidul Islam
3	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
4	Ashraful Islam	2nd sem	Ashraful Islam
5	Sanidat Ali	2nd sem	AB
6	Abu Saheed	2nd Sem	Abu Saheed
7	ATC Para Koch	2nd	ATC Para Koch
8	Nur Alam	B.A and Sem	Nur Alam
9	Amina Khatun	BA 2nd Sem	Amina Khatun
10	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
11	Wahida Begum	2nd Sem	Wahida Begum
12	Rukia Khatun	2nd Sem	Rukia Khatun
13	Mehbuba Ahmed	"	Mehbuba Ahmed
14	Babita Begum	2nd Sem	Babita Begum
15	AKRAMUL HOAGUE	2nd Sem	AKRAMUL HOAGUE



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 06/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Telesca Khatun	2nd Sem	Telesca Khatun
2	Shoodul Islam	2nd Sem	Shoodul Islam
3	Ashrafat Islam	2nd Sem	Ashrafat Islam
4	Nur Aloom	B.A 2nd Sem	Nur Aloom
5	Abu Sayeed	2nd Sem	Abu Sayeed
6	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
7	Wahida Begum	2nd Sem	Wahida Begum
8	Rukia Khatun	2nd Sem	Rukia Khatun
9	Amina Khatun	2nd Sem	Amina Khatun
10	Mehbubur Ahmed	2nd Sem	Mehbubur Ahmed
11	Mehbub Mastaba	2nd Sem	Mehbub Mastaba
12	Akramul Haque	2nd Sem	Akramul Haque
13	Sanidul Ali	2nd sem	Sanidul Ali
14	ATC Para Koch	2nd	ATC Para Koch
15	Babita Begum	2nd Sem	Babita Begum

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Principal Lakhimpur College
Estd:-1981
Date:.....
Dist. Goalpara

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Certificate Course on Yoga

Date: 07/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Tejara Khatun	2nd Sem	Tejara Khatun
2	Shaidul Islam	2nd Sem	Shaidul Islam
3	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
4	Ashraful Islam	2nd sem	Ashraful Islam
5	Abu Sayed	2nd Sem	Abu Sayed
6	Akramul Haque	2nd Sem	Akramul Haque
7	Nur Alam	B.A 1st Sem	Nur Alam
8	Aminul Haque	B.A 2nd Sem	Aminul Haque
9	Colias Ahmed	B.A 1st Sem	Colias Ahmed
10	Wahida Begum	2nd Sem	Wahida Begum
11	Rukia Khatun	2nd Sem	Rukia Khatun
12	Shaidul Ali	2nd sem	AB
13	Mehbuba Ahmed	"	Mehbuba Ahmed
14	Atc Para Koch	2nd	Atc Para Koch
15	Bobita Begum	2nd Sem	Bobita Begum

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 08/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafatul Islam	2nd sem	Ashrafatul Islam
2	Mehbub Masabab	2nd sem	Mehbub Masabab
3	Sanidul Ali	2nd sem	Sanidul Ali
4	Mehbuba Ahmed		Mehbuba Ahmed
5	Abu Sayeed	2nd sem	Abu Sayeed
6	Tejara Khatun	2nd sem	Tejara Khatun
7	Elia's Ahmed	B.A 2nd sem	Elia's Ahmed
8	Amine Khatun	B.A 2nd sem	Amine Khatun
9	Nur Alam	B.A 2nd sem	Nur Alam
10	Rukia Khatun	2nd sem	Rukia Khatun
11	Walida Begum	2nd sem	Walida Begum
12	ATC Para Koch	2nd	ATC Para Koch
13	Shaidul Islam	2nd sem	Shaidul Islam
14	Akramul Haque	2nd sem	Akramul Haque
15	Bobita Begum	2nd sem	Bobita Begum



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 09/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafatul Islam	2nd sem	Ashrafatul Islam
2	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
3	Sanidat Ali	2nd sem	Sanidat Ali
4	Nur Atom	B.A 2nd Sem	Nur Atom
5	Abu Sayeed	2nd Sem	Abu Sayeed
6	Mehbuba Ahmed		Mehbuba Ahmed
7	Rukia Khatun	2nd Sem	Rukia Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Amine Khatun	BA 2nd Sem	Amine Khatun
10	Tejara Khatun	2nd Sem	Tejara Khatun
11	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
12	AT Parva Koch	2nd	AT Parva Koch
13	Shaidat Islam	2nd Sem	Shaidat Islam
14	Akromul Haque	2nd Sem	Akromul Haque
15	Bobita Begum	2nd Sem	Bobita Begum



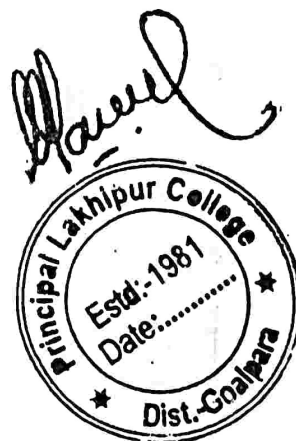
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Certificate Course on Yoga

Date: 10/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashraful Islam	2nd sem	Ashraful Islam
2	Mehbub Mostaba	2nd sem	Mehbub Mostaba
3	Sanidul Ali	2nd sem	Sanidul Ali
4	Mehbuba Ahmed		Mehbuba Ahmed
5	Aminur Rahman	BA 2nd Sem	Aminur Rahman
6	Abu Sayeed	2nd Sem	Abu Sayeed
7	ATC Parva Koch	2nd	ATC Parva Koch
8	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
9	Nur Alam	B.A 2nd Sem	Nur Alam
10	Wahida Begum		AD
11	Rukia Khatun	2nd Sem	Rukia Khatun
12	AKRAMUL HAQUE	2nd Sem	AKRAMUL HAQUE
13	Telesa Khatun	2nd Sem	Telesa Khatun
14	Shaidul Islam	2nd Sem	Shaidul Islam
15	Bobita Begum	2nd sem	Bobita Begum



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Certificate Course on Yoga

Date: 11/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafatul Islam	2nd sem	Ashrafatul Islam
2	Mehbub Mostaba	2nd sem	Mehbub Mostaba
3	Sanidul Ali	2nd sem	Sanidul Ali
4	Az Para Koch	2nd	Az Para Koch
5	Amine Bhakun	BA 2nd sem	Amine Bhakun
6	Abu Sayeed	2nd Sem	Abu Sayeed
7	Mehbuba Ahmed		Mehbuba Ahmed
8	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
9	Nur Atom	B.A 2nd Sem	Nur Atom
10	Wahida Begum	2nd Sem	AP
11	Rukia Khatun	2nd Sem	Rukia Khatun
12	Telexa Khatun	2nd Sem	Telexa Khatun
13	Shaidul Islam	2nd Sem	Shaidul Islam
14	Akramul Haque	2nd Sem	Akramul Haque
15	Bakita Begum	2nd sem	Bakita Begum

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Date:.....
Dist. Gopibara

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Certificate Course on Yoga

Date: 13/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafat Islam	2nd sem	Ashrafat Islam
2	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
3	Sanidat Ali	2nd Sem	AB
4	Azpa na Koch	2nd	Azpa na Koch
5	Abu Sayeed	2nd Sem	Abu Sayeed
6	Alias Ahmed	B.A 2nd sem	Alias Ahmed
7	Amina Khan	BA 2nd Sem	Amina Khan
8	Nur Alam	B.A 2nd Sem	Nur Alam
9	Wahida Begum	2nd Sem	Wahida Begum
10	Rukia Khatun	2nd Sem	Rukia Khatun
11	Telesa Khatun	2nd Sem	Telesa Khatun
12	Shaidat Islam	2nd Sem	Shaidat Islam
13	Akramul Haque	2nd Sem	Akramul Haque
14	Mehbuba Ahmed		Mehbuba Ahmed
15	Bobita Begum	2nd Sem	Bobita Begum



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 14/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafat Islam	2nd sem	Ashrafat Islam
2	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
3	Sonidal Ali	2nd sem	Sonidal Ali
4	Amira Khuram	BA 2nd sem	Amira Khuram
5	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
6	Abu Sayed	2nd sem	Abu Sayed
7	Nur Alam	B.A 2nd sem	Nur Alam
8	Rukia Khatun	2nd sem	Rukia Khatun
9	Wahida Begum	2nd sem	Wahida Begum
10	Tejora Khatun	2nd Sem	Tejora Khatun
11	Shaidul Islam	2nd Sem	Shaidul Islam
12	Akramul Haque	2nd Sem	Akramul Haque
13	Azpara Koch	2nd	Azpara Koch
14	Mehbuba Ahmed		Mehbuba Ahmed
15	Bobita Begum	2nd Sem	Bobita Begum

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 15/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafatul Islam	2nd sem	Ashrafatul Islam
2	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
3	Sanidul Ali	2nd Sem	Sanidul Ali
4	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
5	Abu Sayeed	2nd Sem	Abu Sayeed
6	Nur Afiya	B.A 2nd Sem	Nur Afiya
7	Rukia Khatun	2nd Sem	Rukia Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Amine Khan	BA 2nd Sem	Amine Khan
10	Telesa Khatun	2nd Sem	Telesa Khatun
11	Saidul Islam	2nd Sem	Saidul Islam
12	Akramul Haque	2nd Sem	Akramul Haque
13	Azpara Koch	2nd	Azpara Koch
14	Mehbuba Ahmed		Mehbuba Ahmed
15	Babita Begum	2nd Sem	Babita Begum

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 17/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafat Islam	2nd sem	Ashrafat Islam
2	Mehbub Mastaba	2nd Sem	Mehbub Mastaba
3	Aminu Khatun	BA 2nd sem	Aminu Khatun
4	Sanidat Ali	2nd sem	Sanidat Ali
5	Abu Sayed	2nd Sem	Abu Sayed
6	AZPARA KOCH	2nd	AZPARA KOCH
7	Rukia Khatun	2nd sem	Rukia Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Mehbuba Ahmed		Mehbuba Ahmed
10	Nur Alam	BA 2nd Sem	Nur Alam
11	Telesa Khatun	2nd Sem	Telesa Khatun
12	Elias Ahmed	B. V	Elias Ahmed
13	Bobita Begum	2nd Sem	Bobita Begum
14	Shaidul Islam	2nd Sem	Shaidul Islam
15	Akmalul Haque	2nd Sem	Akmalul Haque

(Signature)



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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 18/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Telara Khatun	2nd Sem	Telara Khatun
2	Sahidul Islam	2nd Sem	Sahidul Islam
3	Mehbub Mastaba	2nd Sem	Mehbub Mastaba
4	Ashraful Islam	2nd sem	Ashraful Islam
5	Abu Sayed	2nd Sem	Abu Sayed
6	Sanidul Ali	2nd sem	Sanidul Ali
7	Rukia Khatun	2nd Sem	Rukia Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Az Darna Koch	2nd	Az Darna Koch
10	Nur Alam	"	Nur Alam
11	Mehbuba Ahmed		Mehbuba Ahmed
12	Alias Ahmed	"	Alias Ahmed
13	Amine Khatun	1st 2nd Sem	Amine Khatun
14	Bobita Begum	2nd Sem	Bobita Begum
15	Akramul Haque	2nd Sem	Akramul Haque



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Certificate Course on Yoga

Date: 20/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Jelena Khatun	2nd Sem	Jelena Khatun
2	Saradul Islam	2nd Sem	Saradul Islam
3	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
4	Ashrafatul Islam	2nd Sem	Ashrafatul Islam
5	Saradul Ali	2nd sem	AB
6	Abu Sayeed	2nd Sem	Abu Sayeed
7	Rukia Khatun	2nd Sem	Rukia Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	ADPARNA ROY	2nd	ADPARNA ROY
10	Nur Alam	"	Nur Alam
11	Ali As Ahmed	"	Ali As Ahmed
12	Amina Khatun	BA 2nd Sem	Amina Khatun
13	Bolita Begum	2nd Sem	Bolita Begum
14	Akramul Haque	2nd Sem	Akramul Haque
15	Mehbuba Ahmed		Mehbuba Ahmed

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 21/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Ashrafatul Islam	2nd sem	Ashrafatul Islam
2	Amina Khatun	BA 2nd Sem	Amina Khatun
3	Sonidul Ali	2nd sem	AB
4	Az Para Khatun	2nd	Az Para Khatun
5	Ahu Sauged	2nd Sem	Ahu Sauged
6	Mehbuba Ahmed		Mehbuba Ahmed
7	Nur Alam	B.A 2nd Sem	Nur Alam
8	Bakita Khatun	2nd Sem	Bakita Khatun
9	Elias Ahmed	B.A 2nd Sem	Elias Ahmed
10	Wahida Begum	2nd Sem	Wahida Begum
11	Rukia Khatun	2nd Sem	Rukia Khatun
12	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
13	Tejeka Khatun	2nd Sem	Tejeka Khatun
14	Shaidul Islam	2nd Sem	Shaidul Islam
15	Akramul Haque	2nd Sem	Akramul Haque

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Estd:-1981
Date:.....
Goalpara

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 22/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Jeelara Khatun	2nd Sem	Jeelara Khatun
2	Shaidul Islam	2nd Sem	Shaidul Islam
3	Elias Ahmeed	B.A 2nd Sem	Elias Ahmeed
4	Nur Alam	B.A 2nd Sem	Nur Alam
5	Abu Sayed	2nd Sem	Abu Sayed
6	Sanidul Ali	2nd sem	Sanidul Ali
7	Rukia Khatun	2nd Sem	Rukia Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Aminu Khatun	BA 2nd Sem	Aminu Khatun
10	Aminu Khatun	2nd Sem	Akramul Haque
11	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
12	Ashraful Islam	2nd sem	Ashraful Islam
13	Akramul Haque	2nd Sem	Akramul Haque
14	Az Para Koch	2nd	Az Para Koch
15	Bobita Begum	2nd Sem	Bobita Begum

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Certificate Course on Yoga

Date: 23/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Telexa Khatun	2nd Sem	Telexa Khatun
2	Samidul Ali	2nd Sem	Samidul Ali
3	Shaidul Islam	2nd Sem	Shaidul Islam
4	Hou Soleyem	2nd Sem	Akar Sayed
5	Rukia Khatun	2nd Sem	Rukia Khatun
6	Wahida Begum	2nd Sem	Wahida Begum
7	Nur Alam	2nd Sem	Nur Alam
8	A. P. Ana Khatun	2nd Sem	A. P. Ana Khatun
9	Alias Ahmed	2nd Sem	Alias Ahmed
10	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
11	Ashraful Islam	2nd Sem	Ashraful Islam
12	Akramul Haque	2nd Sem	Akramul Haque
13	Amin Khatun	2nd Sem	Amin Khatun
14	Mehbuba Ahmed	2nd Sem	Mehbuba Ahmed
15	Bobita Begum	2nd Sem	Bobita Begum

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 24/04/2022

Sl.no	Name of the Student	Semester	Signature
1	Sanidul Ali	2nd sem	Sanidul
2	Jelera Khatun	2nd Sem	Jelera Khatun
3	Shaidul Alam	2nd Sem	Shaidul Alam
4	Ashrafur Islam	2nd sem	Ashrafur Islam
5	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
6	Akramul Haque	2nd Sem	Akramul Haque
7	Amina Khatun	2nd Sem	Amina Khatun
8	Azfarul Haque	2nd Sem	Azfarul Haque
9	Rukia Khatun	2nd Sem	Rukia Khatun
10	Nur Alam	2nd Sem	Nur Alam
11	Mehbuba Ahmed		Mehbuba Ahmed
12	Elias Ahmed	"	Elias Ahmed
13	Wahida Begum	"	Wahida Begum
14	Abu Syed	"	AB
15	Bobita Begum	2nd Sem	Bobita Begum



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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 25/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Shaidul Islam	2nd Sem	Shaidul Islam
2	Telesa Khatun	2nd Sem	Telesa Khatun
3	Ashrafur Aslam	2nd Sem	Ashrafur Aslam
4	Akramul Haque	2nd Sem	Akramul Haque
5	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
6	Amini Khatun	2nd Sem	Amini Khatun
7	Wahida Begum	2nd Sem	Wahida Begum
8	Rukia Khatun	2nd Sem	Rukia Khatun
9	Sanidul Ali	2nd sem	Sanidul Ali
10	Nur Alam	"	Nur Alam
11	Arpana Koley	2nd	Arpana Koley
12	Mehbuba Ahmed		Mehbuba Ahmed
13	Alias Ahmed	"	Alias Ahmed
14	Abu Saeed	"	AB
15	Bobita Begum	2nd sem	Bobita Begum



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 27/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Shaidul Islam	1st Sem	Shaidul Islam
2	Tejara Khatun	2nd Sem	Tejara Khatun
3	Ashraful Islam	2nd Sem	Ashraful Islam
4	Akramul Haque	2nd Sem	Akramul Haque
5	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
6	Amina Khan	2nd Sem	Amina Khan
7	Saidul Ali	2nd Sem	AB
8	Rukia Khatun	2nd Sem	Rukia Khatun
9	Azpara Koch	2nd	Azpara Koch
10	Nur Hossain	"	Nur Hossain
11	Wahida Begum	2nd	Wahida Begum
12	Mehbuba Ahmed	"	Mehbuba Ahmed
13	Aliy Ahmed	"	Aliy Ahmed
14	Abu Sayed	"	AB
15	Bobita Begum	2nd Sem	Bobita Begum



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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 28/02/2022

Sl.no	Name of the Student	Semester	Signature
1	Sanidul Ali	2nd Sem	
2	Telexa Khatun	2nd Sem	Telexa Khatun
3	Ashraf Islam	2nd Sem	Ashraf Islam
4	Ashraf Islam	2nd Sem	Ashraf Islam
5	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
6	Akramul Haque	2nd Sem	Akramul Haque
7	Amir Khatun	2nd Sem	Amir Khatun
8	Alias Ahmed	"	Alias Ahmed
9	Rukia Khatun	2nd Sem	Rukia Khatun
10	Wahida Begum	2nd Sem	Wahida Begum
11	Nur Alam	"	Nur Alam
12	Arpita Khatun	2nd	Arpita Khatun
13	Mehbub Ahmed		Mehbub Ahmed
14	Abu Sayed		AB
15	Bobita Begum	2nd Sem	Bobita Begum

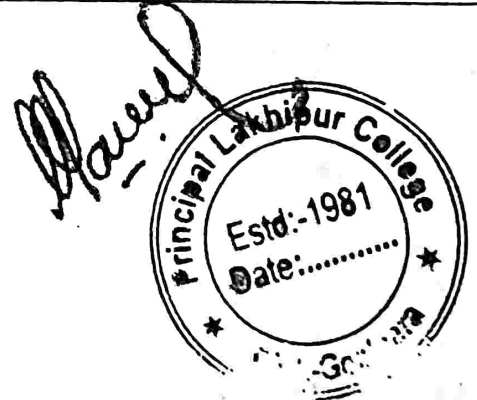


ATTENDANCE SHEET

Certificate Course on Yoga

Date: 02/03/2022

Sl.no	Name of the Student	Semester	Signature
1	Sanidul Ali	2nd Sem	Sanidul Ali
2	Tehera Khatun	2nd Sem	Tehera Khatun
3	Shaidul Islam	2nd Sem	Shaidul Islam
4	Ashraful Islam	2nd Sem	Ashraful Islam
5	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
6	Akramul Haque	2nd Sem	Akramul Haque
7	Amira Khatun	2nd Sem	Amira Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Rukia Khatun	2nd Sem	Rukia Khatun
10	Az Para Koch	2nd	Az Para Koch
11	Nur Alam	"	Nur Alam
12	Mehbuba Ahmed	"	Mehbuba Ahmed
13	Abu Sayed	"	AB
14	Bobita Begum	2nd Sem	Bobita Begum
15	Alias Ahmed	"	Alias Ahmed



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 03/03/2022

Sl.no	Name of the Student	Semester	Signature
1	Sanideel Ali	2nd sem	Sanideel Ali
2	Tejasa Khatur	2nd Sem	Tejasa Khatur
3	Sanideel Islam	2nd Sem	Sanideel Islam
4	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
5	Ashrafat Islam	2nd sem	Ashrafat Islam
6	Akramul Haque	2nd Sem	Akramul Haque
7	Amin Khan	2nd Sem	Amin Khan
8	Wahida Begum	2nd Sem	Wahida Begum
9	Rukia Khatur	2nd Sem	Rukia Khatur
10	Aliy Ahmed	"	Aliy Ahmed
11	Asana Koch	2nd	Asana Koch
12	Mehbuba Ahmed	"	Mehbuba Ahmed
13	Nur Alam	"	Nur Alam
14	Abe Jayed	"	A.B.
15	Bobita Begum	2nd Sem	Bobita Begum



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 04/03/2022

Sl.no	Name of the Student	Semester	Signature
1	Sanidat Ali	2nd sem	
2	Tejra Khetum	2nd Sem	Tejra Khetum
3	Shaidat Islam	2nd Sem	Shaidat Islam
4	Mehbub Mostaba	2nd Sem	Mehbub Mostaba
5	Ashratul Islam	2nd sem	Ashratul Islam
6	Akramul Haque	2nd Sem	Akramul Haque
7	Amina Khatun	2nd Sem	Amina Khatun
8	Wahida Begum	2nd Sem	Wahida Begum
9	Rukia Khatun	2nd Sem	Rukia Khatun
10	Aspara Koch	2nd	Aspara Koch
11	Nur Aton	"	Nur Aton
12	Mehbuba Ahmed		Mehbuba Ahmed
13	Aby Sayed		AB
14	Alias Ahmed	"	Alias Ahmed
15	Bobita Begum	2nd Sem	Bobita Begum



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 06/03/2022

Sl.no	Name of the Student	Semester	Signature
1	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
2	Tejara Khafun	2nd Sem	Tejara Khafun
3	Shaidul Islam	2nd Sem	Shaidul Islam
4	Ashrafatul Islam	2nd sem	Ashrafatul Islam
5	Akramul Haque	2nd Sem	Akramul Haque
6	Amine Khatun	2nd Sem	Amine Khatun
7	Wahida Begum	2nd Sem	Wahida Begum
8	Rukia Khatun	2nd Sem	Rukia Khatun
9	Sanidul Ali	2nd sem	AB
10	Nur Alam	"	Nur Alam
11	Arpana Koch	2nd	Arpana Koch
12	Alias Ahmed	"	Alias Ahmed
13	Mehbuba Ahmed		Mehbuba Ahmed
14	Abu Javed		AB
15	Bobita Begum	2nd Sem	Bobita Begum



ATTENDANCE SHEET

Certificate Course on Yoga

Date: 07/03/2022

Sl.no	Name of the Student	Semester	Signature
1	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
2	Jelena Khatoon	2nd Sem	Jelena Khatoon
3	Sharidul Islam	2nd Sem	Sharidul Islam
4	Ashrafur Islam	2nd sem	Ashrafur Islam
5	Akramul Haque	2nd Sem	Akramul Haque
6	Amina Khatoon	2nd sem	Amina Khatoon
7	Sanidul Ali	2nd sem	Sanidul Ali
8	Rukia Khatoon	2nd sem	Rukia Khatoon
9	Ar Para Koch	2nd	Ar Para Koch
10	Nur Alam	B-A 2nd sem	Nur Alam
11	Wahida Begum	2nd	Wahida Begum
12	Mehbuba Ahmed		Mehbuba Ahmed
13	Elias Ahmed	2nd Sem	Elias Ahmed
14	Abi Sared		AB
15	Bobita Begum	2nd Sem	Bobita Begum

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ATTENDANCE SHEET

Certificate Course on Yoga

Date: 08/03/2022

Sl.no	Name of the Student	Semester	Signature
1	Mehbub Mostafa	2nd Sem	Mehbub Mostafa
2	Telexa Khatun	2nd Sem	Telexa Khatun
3	Shaidul Islam	2nd Sem	Shaidul Islam
4	Ashrafatul Islam	2nd Sem	Ashrafatul Islam
5	Hkramul Hossain	2nd Sem	Hkramul Hossain
6	Aminul Khatun	2nd Sem	Aminul Khatun
7	Wahida Begum	2nd Sem	Wahida Begum
8	Rukia Khatun	2nd Sem	Rukia Khatun
9	Sanidul Ali	2nd Sem	Sanidul Ali
10	Nur Alam	"	Nur Alam
11	Az Para Koch	2nd	Az Para Koch
12	Mehbuba Ahmed		Mehbuba Ahmed
13			
14	Alias Ahmed	"	Alias Ahmed
15	Bobita Begum	2nd Sem	Bobita Begum



Lakhipur College, Lakhipur, Goalpara

Department of History

Certificate Course in Yoga (w. e. f 2022)

Objectives:

The purpose of the Certificate Course in Yoga is to give a basic knowledge of Indian philosophy. Yoga texts relevant to the yoga theory, human biology, and practice of yoga to help them to gain the basic theoretical and scientific perspective on yoga.

Eligibility

The candidates for Certificate Course in Yoga shall be required a minimum 10th class pass.

Total seats: 30

Course fee:

Physical fitness:

The selected candidate must be in good physical and mental health.

Courses of study:

Certificate Course in Yoga shall include one theory paper and one practical. The details of theory paper & practical are provided in the syllabus.

Duration and Instruction:

The course duration shall be three months. The classes will be conducted fromThe medium of instruction shall be English/Assamese.



Syllabus

Paper-I: Fundamental of Yoga

Unit-I

Meanings, Definitions and development of Yoga, The aim, objectives and scope of Yoga.

Unit-II

Branches of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga, Kundalin Yoga

Techniques of Hatha Yoga: Shat Kriyas, Asanas, Pranayamas, Bandhas and Mudras

UNIT-III

Introduction to Yoga Darshan: Structure of Sutras, Definition of Yoga, Chittav ritties, Abhyaasa & Vairagya, concept of Ishwara, Yoga obstacles.

UNIT-IV

Yoga and Physical Exercises, Curative aspects of Yoga techniques, Mental Health and enhancement of human potential, Yoga and Modern life.

UNIT-V

Basic Knowledge of human body: Skeletal, digestive, respiratory, circulatory, excretory, and endocrine, Yogic Anatomy & Physiology, Concept of moderate diet.

Reference books-

1. Bharti Rajesh "Yoga and Meditation", Kailash Pustak Sadan, Bhopal .
2. Dr. Bijaya Devi and Dr. Barnali Rabha, Mentalhealth and Hygiene, Purbayon Publication.



PAPER-II: YOGA PRACTICES

KRIYAS

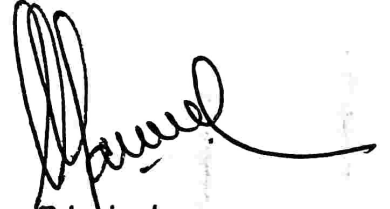
Kapalabhati, jalānethi, Sutrāneti Jala Dhouti, Trataka.

Meditative Asanas

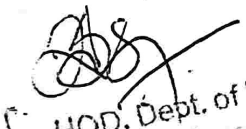
Sukhasana, Vajrasana, Ardha Padmasana, Padmasana, Siddhasana and Swastikasana

Relaxation Asanas

Makharasana, Nirālambasana, Advasana, Matsya Kridasana, and savasana

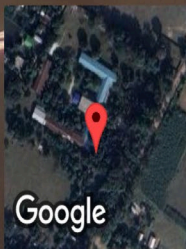
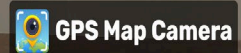


Principal
Lakhipur College
P.O. Lakhipur, Dt. Goalpara



HOD, Dept. of History
Lakhipur College





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Long 90.298516°
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