



JIBANTALA ROKEYA MAHAVIDYALAYA

Affiliated to University of Calcutta | ESTD.: 2007

📍 P.O.- Mallickati, P.S.- Jibantala,
Pin- 743502, Dist.- Sourth 24 Parganas

🌐 www.jibantalarokeyamahavidyalaya.in
@ jmrokeya@gmail.com

Ref. No.

Date:



ADD ON COURSE SESSION 2018-2019

Organize By Jibantala Rokeya Mahadayalaya

TOPIC OF THE COURSE– Yoga For All

DURATION OF THE COURSE– 06.02.2019 – 22.02.2019(30Hours)

CLASS SCHEDULES: Weekly one or two days for one or two hours at 9 a.m. to 10a.m.(The course contents is to be covered on 30 hours)

MODE OF INSTRUCTION– OfflineClasses

VENUE- College premises

EVALUATION– Internal Assessment consisting of one written/Practical examination at the end of the Programme.

TEACHERS NAME–Biva Das Dalal

COURSE CO-ORDINATOR– MahamudulHasanAkhand



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Date: 09/04/2019

NOTICE

It is hereby notified to all the students of our college that our institution Jibantala Rokeya Mahavidyalaya will organise an ADD-ON course on the following topic:

Topic of the Course— Yoga For All

Duration of the Course— 16.04.2019 – 21.08.2019 (30 Hours)

Mode of Instruction— Offline Classes

Venue— College premises

Evaluation— Internal Assessment consisting of one written/Practical examination at the end of the Programme.

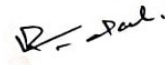
Teachers Name— Biva Das Dalal

The students who are interested in taking part in the above-mentioned course are asked to contact with Mahamudul Hasan Akhand Sir for enrolling their names.

*Timing for the course will be intimated at the time of enrolment.

**Certificate will be provided to all after the completion of the course.

Mahamudul Hasan Akhand .
Course Co-ordinator


Teacher in charge
Teacher-in-Charge
Jibantala Rokeya Mahavidyalaya
P.O.-Mallickati, 24-Pgs. (S)



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Objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Add on course on Yoga for all was launched for the session 2018-2019 by the JibantalaRokeyaMahavidyalaya. The duration of the course is 2 Months. The course structure and syllabus were followed as per the guidance of University of Calcutta.



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ATTENDANCE SHEET

**JIBANTALA ROKEYA MAHAVIDYALAYA**
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Attendance Sheet
Session 2018-19
Add-On Course on Yoga

Sl. No.	Name of Students	CU Reg. No.	Attendance										
			DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	
1	SUDIPTO JAGULIA	524-1112-0043-18	✓	✓	✓	✓	✓	✓	AB	✓	✓	✓	✓
2	RUDRAPRASAD MANDAL	524-1112-0031-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	AKASH GHOSHAL	524-1111-0052-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	ABRARUL BISWAS	524-1111-0006-18	✓	✓	✓	✓	✓	✓	AB	✓	✓	✓	✓
5	SAHAJUL ISLAM SARDAR	524-1111-0301-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	SARIFUDDIN PIYADA	524-1111-0024-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	SANJIB MANDAL	524-1112-0028-18	AB	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	JAYITA MONDAL	524-1212-0301-18	✓	✓	AB	✓	✓	✓	✓	✓	✓	✓	✓
9	AKLIMA MOLLA	524-1211-0201-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	ROKIFA KHAN	524-1214-0174-18	✓	✓	✓	✓	✓	✓	✓	✓	AB	✓	✓
11	DIPA MANDAL	524-1211-0238-18	✓	✓	✓	✓	✓	✓	AB	AB	✓	✓	✓
12													
13													
14													

Biya Das
SIGNATURE OF CLASS TEACHER



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5	SAHAJUL ISLAM SARDAR	524-1111-0001-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	SARIFUDDIN PIYADA	524-1111-0024-18	✓	✓	✓	✓	✓	AB	✓	✓	✓	✓	AB
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5	SAHAJUL ISAM SARDAR	524-1111-0001-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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			REGISTER OF ATTEND- FOR THE MONTH																	ANCE OF PUPILS OF <u>MAR-23</u>																									
			ATTEND -																	ANCE																									
Serial No.	Roll No.	NAME OF PUPILS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days											
																				Present	Leave	Present	Absent	Present	Leave																				
1.	d.	Alif Nasir																																		7	0	7	0						
2.	b.	Sabbir Siddique																																		7	0	7	0						
3.	b.	Samuel Alam Molla																																		7	0	7	0						
4.	a.	Salima Gazi																																		7	0	7	0						
5.	a.	Muska Sinha																																		7	0	7	0						
6.	a.	Muska Gazi																																		7	0	7	0						
7.	a.	Masan Ali Mistri																																		7	0	7	0						
8.	a.	Sabina Khan																																		7	0	7	0						
9.	a.	Sabir Gazi																																		7	0	7	0						
10.	a.	Muska Khan																																		7	0	7	0						
11.	a.	Masan Ali Mistri																																		7	0	7	0						
12.	a.	Muska Shaikh																																		7	0	7	0						

			REGISTER OF ATTEND- FOR THE MONTH																	ANCE OF PUPILS OF <u>APRIL-13</u>																										
			ATTEND -																	ANCE																										
Serial No.	Roll No.	NAME OF PUPILS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days												
																				Present	Leave	Present	Absent	Present	Leave																					
1.	a.	Budieto Jasulia																																		7	0	7	0							
2.	a.	Rudraprasad Mandal																																			7	0	7	0						
3.	a.	Akash Ghoshal																																			7	0	7	0						
4.	a.	Ahmadul Bilal																																			7	0	7	0						
5.	a.	Sabatul Islam Santar																																			7	0	7	0						
6.	a.	Sourajuddin Palita																																			7	0	7	0						
7.	a.	Souraj Mandal																																			7	0	7	0						
8.	a.	Tasita Mandal																																			7	0	7	0						
9.	a.	Belima Molla																																			7	0	7	0						
10.	a.	Roxifa Khan																																			7	0	7	0						
11.	a.	Dipa Mandal																																			7	0	7	0						



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Here is a possible Programme Outcome for the add-on course:

Programme Outcome:

Upon completing the "Yoga for All" add-on course, participants will be able to:

1. Demonstrate understanding of the basic principles and concepts of yoga.
2. Perform basic yoga postures (asanas) and breathing techniques (pranayama) with proper alignment and technique.
3. Apply yoga practices for stress relief, relaxation, and overall well-being.
4. Recognize the benefits of yoga for physical and mental health.
5. Develop a personal yoga practice to maintain overall wellness.

Specific Learning Outcomes:

- Identify the eight limbs of yoga and their significance.
- Explain the importance of breath awareness and control in yoga.
- Demonstrate safe and effective yoga practices for common health issues.
- Design a personal yoga practice plan for continued growth and development.

Assessment Criteria:

- Participation and attendance in all sessions.
- Written feedback and self-assessment.
- Demonstration of yoga postures and breathing techniques.
- Written test on yoga principles and concepts.

Note: This is just a sample Programme Outcome, and the actual outcomes may vary depending on the specific course and requirements.



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HERE ARE SOME MULTIPLE-CHOICE QUESTIONS FOR INTERNAL ASSESSMENT OF A YOGA ADD-ON COURSE:

1. What is the literal meaning of the word "Yoga"?

- a) Union
- b) Exercise
- c) Meditation
- d) Posture

Answer: a) Union

1. Which of the following is a benefit of regular yoga practice?

- a) Increased stress
- b) Improved flexibility
- c) Reduced strength
- d) Decreased balance

Answer: b) Improved flexibility

1. What is the name of the first limb of the eight-limbed path in Ashtanga Yoga?

- a) Yamas
- b) Niyamas
- c) Asanas
- d) Pranayama

Answer: a) Yamas

1. Which yoga pose is also known as "Mountain Pose"?

- a) Downward-Facing Dog
- b) Warrior Pose
- c) Tree Pose
- d) Tadasana

Answer: d) Tadasana

1. What is the term for the life force or energy in the body?

- a) Prana
- b) Chakra
- c) Kundalini
- d) Aura

Answer: a) Prana

Let me know if you need more questions or help with anything else!



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CERTIFICATE

