



# **ONDA THANA MAHAVIDYALAYA**

Value Added Course

## **Yoga and Meditation**

Link For registration

<https://forms.gle/t9atRnHXvrQLhh6u8>

**Offered by**

**Department of Bengali**

21/10/2021 to 03/11/2021

**Course Title:** Yoga and Meditation.

**Course Duration:** 34 hours.

**Course Outcome:** This course could offer a holistic approach to yoga and meditation, combining physical practice with philosophical teachings and practical applications for mental and emotional well-being. Guest speakers, workshops, and field trips to yoga studios or meditation centers could further enrich the learning experience. Additionally, students might be encouraged to keep a reflective journal to track their progress and insights throughout the course.

**Course Content:**

### **Introducing to Yoga and Meditation (3 hours)**

- 1) History and origins of yoga.
- 2) Philosophy of yoga and its relevance to modern life.
- 3) Benefits of yoga and meditation for physical, mental, and emotional well-being.

**Resource Persons:** Dr. SK Jahir Abbas (Course Coordinator and Internal Resource Persons)

### **Foundations of Yoga Practice (3 hours)**

- 1) Basic yoga postures (*asanas*) and their alignment.
- 2) Importance of breath (pranayama) in yoga practice.
- 3) Introduction to meditation techniques.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal)

### **Yoga Philosophy and Ethics (4 hours)**

- 1) The Eight Limbs of Yoga according to Patanjali's Yoga Sutras.
- 2) Ethical principles (Yamas and Niyamas) in yoga philosophy.
- 3) Application of yogic principles in daily life.

**Resource Persons:** Radharanjan Saha & Arindam Ganguly (Internal)

### **Mindfulness Meditation (4 hours)**

- 1) Understanding mindfulness and its benefits.
- 2) Techniques for cultivating present-moment awareness.
- 3) Mindfulness practices for stress reduction and emotional regulation.

**Resource Persons:** Joymalya Paramanik & Basudev Dey (Internal)

### **Health Yoga Practice (4 hours)**

- 1) Detailed exploration of Hatha yoga postures and sequences.

- 2) Incorporating breath awareness into Hatha yoga practice.
- 3) Modifications and variations for different body types and abilities.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal)

#### **Meditation Practice (4 hours)**

- 1) Different styles of meditation (e.g., loving-kindness, body scan, visualization).
- 2) Guided meditation sessions focusing on relaxation, clarity, and insight.
- 3) Developing a personal meditation practice routine.

**Resource Persons:** Sri Sibram Dey (Internal) & Atanu Ghar (External)

#### **Advanced Yoga Practice (4 hours)**

- 1) Exploration of advanced yoga postures and transitions.
- 2) Pranayama techniques for advanced practitioners.
- 3) Incorporating meditation into dynamic yoga sequences.

**Resource Persons:** Goutam Pal & Arnab Kundu (External)

#### **Yoga Philosophy and Spirituality (4 hours)**

- 1) Exploring the spiritual dimensions of yoga.
- 2) Studying ancient texts such as the Bhagavad Gita and Upanishads.
- 3) Finding meaning and purpose through yoga practice.

**Resource Persons:** Asim Kumar Betal (Internal) & Arnab Kundu (External)

#### **Yoga and Meditation in Daily Life (4 hours)**

- 1) Integrating yoga and meditation into everyday routines.
- 2) Maintaining a balanced lifestyle through mindfulness practices.
- 3) Cultivating compassion and gratitude through yoga philosophy.

**Resource Persons:** Sri Tusarkanti Sannigrahi (Internal) & Goutam Pal (External)