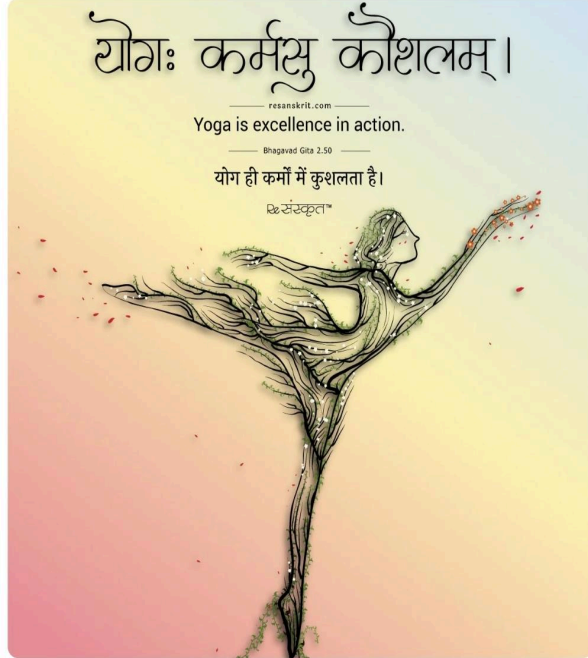


योगश्चित्तवृत्तिनिरोधः
Yoga is the restraint of the modifications of the mind.

BHAGAWAT GITA

Chapter 2, verse 50



30 - Hours Yoga Training Program

organized by

Indian Knowledge System Cell

Netaji Nagar College for Women

170/13/1 N S C Bose Road, Kolkata-92

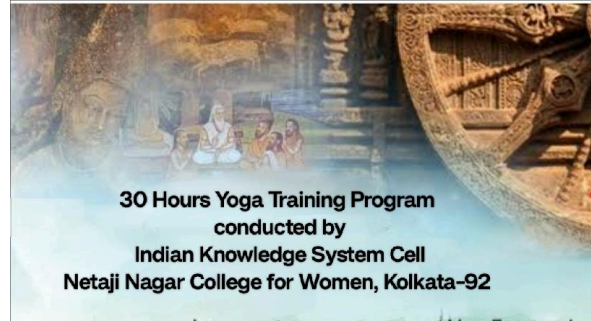
Patron : Dr. Tapan Kumar Ghosh, Principal

Program Convenor : Dr. Bipul De, Coordinator, IKSC

Program Instructor : Smt. Paulami Chakraborty, SACT

& Other Eminent Experts from West Bengal Yoga Association





A Comprehensive Program Outline

<i>Module - 1 : 10 hours</i>	<i>Module - 2 : 10 hours</i>	<i>Module - 3 : 10 hours</i>
<ol style="list-style-type: none"> 1. What is yoga? 2. What is the role of Asanas in Yoga? 3. What do we seek to achieve through yoga ? 4. Safety measures of Yoga 5. History of yoga. 6. Types of yoga 7. Benefits of yoga 8. Myths about yoga 	<ol style="list-style-type: none"> 1. Yoga postures 2. Yoga accessories 3. Asanas 4. Hatha yoga 5. Meditations 6. Benefits of meditation 7. Science of meditation 8. Stress relief 	<ol style="list-style-type: none"> 1. Spirituality 2. Music therapy 3. Yoga philosophy 4. Influence of yoga philosophy on education 5. Yoga sutras 6. Practical sessions with all aspects 7. Pranayams and it's benefit 8. How can one follow the path of yoga?
<i>Contact no : 8902183615</i>		

- *Completion Certificate for candidates will be awarded.*
- *80% attendance is mandatory for the certificate.*



Netaji Nagar College for Women
170/13/1 N. S. C. Bose Road, Regent Estate, Kolkata-92
Re-accredited by NAAC with Grade B+

Inauguration of
30 - Hours Yoga Training Program

Date : 25.04.2024 Time : 12.30 PM onwards Venue : College Auditorium
All are cordially invited

Indian Knowledge System Cell, NNCW