

Department of Sports Science & Yoga
Ramakrishna Mission Vivekananda Educational and Research Institute
Belur Math, Dist Howrah 711202, West Bengal, India

YOGA FOR STUDENTS

15th January to 30th April 2019
7:30 am to 8:30 am (Mon—Friday)

Yoga is for all – Yoga takes a holistic approach to the development and wellbeing of body mind and spirit. The preventive and promotive aspects of yoga are based on modern scientific principles by which a common man who is not ‘Yogi’ per se can accrue the benefits of Yoga at the physical, mental and spiritual plane leading to healthy and happy life. Yoga also helps in the management of various diseases particularly on the ones related to life style.



In order to pass on the benefits of Yoga to the community, in particular to the students of the University, the Department of Sports Science and Yoga has launched a YOGA FOR STUDENTS program in January 2019. It is a total **70 hour program**, conducted 5 days a week in the morning hours 7.30am – 8.30 am. Students are taught three important yogic practices, namely, Yogic-postures (*asanas*) and Yogic-breath-control (*pranayama*, *kriya*) and meditation, spanned across five units.

UNIT -1: ASANA, (YOGA FOR HARMONY & PROMOTION OF POSITIVE HEALTH)

Savasana, Padmasana, Swastikasana, Virasana, Brikshasana.

UNIT -2: ASANA, (YOGA FOR WELLNESS: PREVENTION OF DISEASE)

Bhadrasana, Dhanurasana, Kurmasana, Matsyendrasana, Paschimottanasana.

UNIT -3: PRANAYAMA, (YOGIC BREATHING TECHNIQUE FOR PRANIC BALANCE)

Nadishodhana Pranayama, Suryabhedana Pranayama, Chandrabhedana Pranayama.

UNIT -4: PRANAYAMA, (YOGIC BREATHING TECHNIQUE FOR CONCENTRATION)

Bhramri Pranayama, Shitali pranayama, Bhastrika Pranayama.

UNIT -5: MEDITATIVE PRACTICES FOR IMPROVING CONCENTRATION & MINDFULNESS

Meditation on Guru, Sun, Moon.

VENUE:- Atma Vikas Hall

Dress Code:- Trouser / Tracksuit & T-shirt.

Articles to be kept during classes:- Note Book, Pen, Towel, Water Bottle.

The first batch started on 15th January 2019 with 21 students from the Vijnanananda Bhavan (Science hostel).



Sl. No.	Name
1	Akshay Panda
2	Amit Kumar Bala
3	Ankuj Ghosh
4	Arpal Dalal
5	Aruparna Maity
6	Debarun paul
7	Debu Das
8	Jeetu Kumar Pandey
9	Kuntal Adak
10	Manas Jana
11	Monideep Ghosh
12	Mumtaj Hossain
13	Satish Kumar Keshri
14	Seshadri Mazumder
15	Souparna Dhar
16	Sourabh Kundu
17	Subham Bhattacharjee
18	Subhankar De
19	Subir Das
20	Surajit Chakraborty
21	Tinku Das



Head of the Department

Head of the Department
Department of Sports Science and Yoga
RKMVERI, Belur Math, Howrah-711202, W.B.