

**Department of Sports Science and Yoga**  
 Ramakrishna Mission Vivekananda Educational and Research Institute  
 (Declared by Govt of India as Deemed University u/s 3 of UGC Act, 1956)  
 Belur Math, Howrah 711202, West Bengal

**Supporting Document for Criteria 7.1.11**  
 (Number of initiatives taken to engage with and contribute to local community during the last 5 years)

**Yoga for Healthy Living**



The Department has successfully run a six months program “Yoga for Healthy Living” during the period **November 2017 to May 2018**. This programme has been designed to provide training on yogic practices to interested persons in the community with a view to increase their health and wellness and improve their lifestyle. Classes are held for 3 days per week for a period of 6 months.


The content of the program is given below

Topic	Details			
Asanas	<b>Group A</b> 1.Garbhasana 2.Bhadrasana 3.Makarasana 4.Noukasana 5.Matsyasana 6.Srabangasana 7.Halasaana 8.Dhanurasana 9.Tolangulasana 10.Simhasana	<b>Group B</b> 1.Trikonasan 2.Shalavasana 3.Supta bajrasana 4.Uthkatasana 5.Utthita padmasana 6.Baddha padmasana 7.Ustrasana 8.Shashangasana 9.Ardha chandrasana 10.Akarna dhanurasana	<b>Group C</b> 1.Ardha kurmasana 2.Utthan padasana 3.Brishhasana 4.Janusirasana 5.Sarpasana 6.Bhujangasana 7.Brikhasana 8.Tadasana 9.Vekasana 10.Ardha salvasana	<b>Group D</b> 1.Shabasana 2.Siddhasana 3.Samasana 4.Swastikasana 5.Birasana 6.Padmasana 7.Bajrasana 8.Gomukhasana 9.Yogamudrasana 10.Pawanmuktasana
Pranayama	Ten types breathing exercise (sahaj pranayama)			
Mudra	Mula bandha, Maha mudra, Sakti chalani mudra ,Aswini mudra			

The following 8 students have successfully completed the program

Sl No	Name	Address
1	Anirban Chatterjee	Vill – Barborisha, P.O. + P.S. - Kolaghat, Dist – Purba Medinipur, Pin – 721134
2	Krishanu Bhattacharya	13, Fakir Pathak Lane, Bally, Howrah, Pin – 711201
3	Mintu Biswas	171/1, Ashoknagar, North 24Pgs. Pin – 743222
4	MrinmayKumar Chanda	21, Guitendal Lane, PO + PS Howah, 711101
5	Ranjan Kumar Das	Vill – Masamchak, P.O. - Dakshin Moyna, P.S. - Moyna, Dist – Purba Medinipur, Pin – 721629
6	Sandip Kumar Seth	100 Bazal Para Lane, Salkia, Bandhaghat, Howrah – 711106. “Tirupati Apartment” 2nd Floor, P.O. - Salkia, P.S. - Malipanchghara.
7	Umanath Das	27, Satkari Mitra Lane, P.O. - Kankurgachi, P.S. - Manicktalla, Dist – Kolkata, Pin – 700054
8	Satyajit Das	Vill + PO Joynagar Dist – South 24 Pgs, Pin 743372



  
Head of the Department  
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