

**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 **19 August 2017 to January 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.Brishasana 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 15 students have successfully completed the program

SI No	Name	Address
1	Dilip Kumar Mukhopadhyay	13, Sarkhel Para Lane, PS & PO – Bally, Dist - Howrah – 711201 West Bengal
2	Dulal Chandra Das	34, Harish Chandra Dutta Road, Bye Lane, PO – Sukchar, PS – Khardah – 700115, Dist – North 24 PGS. West Bengal
3	Manas Kumar Chowdhury	1, Hempal Lane, Vivekananda Bhaban, 3rd Floor, Flat No. B, PO – Belur Math – 711202, Howrah West Bengal
4	Nitai Halder	VILL & PO – Chengail (Samuipara), PS – Uluberia, Dist – Howrah – 711308 West Bengal
5	Pabitra Kumar Poddar	Chhayalok Apartment, 2nd Floor, Flat No. A, 42, Central Road, PO – Sodepur, PS – Ghola, North 24 PGS. West Bengal
6	Prabir Parui	Vill – Nityanandapur, PO – Belsingha, PS – Falta, Dist – South 24 PGS – 743504 West Bengal
7	Pramod Gupta	29A, Akrabati Lane, PS & PO – Serapore, Dist – Hooghly – 712201 West Bengal
8	Prantik Kolay	PO & Vill – Deulpur, PS – Panchla, Dist – Howrah – 711411 West Bengal
9	Samiran Maiti	Vill & PO – Purba Dakshin Moyna PS – Moyna, Dist – Purba Medinipur – 721629, West Bengal
10	Somnath Sarkar	North Basudebpur, Paschim Pally, PO – Belghoria, Kolkata – 700056 West Bengal
11	Soumik Sengupta	6, Chandrachur Chowdhury Road, PO – Sukchar, PS Khardaha, Kolkata – 700115 West Bengal
12	Subhash Kumar Das	Vill – Nabadhai (School Para), PO – Duttapukur, PS – Duttapukur, Dist – North 24 PGS – 743248 West Bengal
13	Suvojit Hazra	13/6/1, Kankra Para Lane, PO – Santragachi, PS – Chatterjeehat, Dist – Howrah – 711104 West Bengal
14	Swapan Majumder	Jananagari, Agarpara, North 24 PGS, Khardaha : 700109 West Bengal
15	Barun Bhattacharjee	Raj Chandra Bhatek Road, Ushumpur, PO : Agarpara : 700109, Agarpara, West Bengal



  
 Head of the Department  
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