

CERTIFICATE COURSE ON YOGA

DEPARTMENT OF PHILOSOPHY

MANGALDAI COLLEGE

(March to June) Session: 2022-2023

Yoga is a self-discipline .It is an excellent spiritual lore of self-therapy and self-realization. The scriptures say that the eight cakras(energy centers) are awakened by yoga , and by the constant practice of prāṇāyāma the sins and evil impressions accumulated over several births get destroyed.

It is extremely essential to be completely healthy to attain the four goals of human endeavors, viz, observance of religious duties, earning money, begetting progeny with pure and noble intention and attaining liberation. There is hardly any hope of happiness , peace and bliss when the body is disease-ridden. No matter one possesses everything- name , fame, wealth, opulence, affluence , near and dear ones, his body is no more than a corpse if there is no proper blood circulation in it, the limbs are not strong and supple, and the sinews have no strength and energy . Ayurveda has emerged to make mankind achieve healthy body and healthy mind and it continues to render this great service. With a view to removing the internal impurities and disorders of the body and attaining complete bliss through samādhi by purifying the inner consciousness.

Prāṇāyāma occupies the pride of place among yogic procedures. The sage Patañjali has propounded aṣṭāṅga (eight-limbed) yoga for the benefit of mankind. It comprises abstinences (yama), observances (niyama) and yogic postures (āsana) as external yoga which helps purge and purify the body and mind. Concentration (dhāraṇā), meditation (dhyāna) and transcendental trance (samādhi) fall under internal (antaraṅga) yoga which are the means to attainment of self-elevation and bliss of liberated existence. Prāṇāyāma serves as a bridge between external and internal yoga. If one has to make the body healthy and diseases free or one has to purge the body and purify the soul, it is possible only by doing prāṇāyāma.

Course objectives:

- ✓ To impart the knowledge, skills and values of yoga and meditation to all the learners.
- ✓ To help the learners to understand the traditional knowledge system of India.
- ✓ To help practice yoga and meditation among the learners.
- ✓ To give healthy life to the learners and society as a whole.
- ✓ To create awareness about yoga and its benefits.

Course Outcome:

After completion of this certificate course the participants will -

- Able to do yoga and meditation.
- Live a healthy life.
- Able to understand the values and importance of yoga and meditation.
- Able to teach and guide other people about yoga and meditation.

Who can apply?

Students studying in Mangaldai College from any discipline (B.A/B.Sc/B.VOC/BCA/PGDCA/HS) can apply for this course.

Duration : 30 Contact Hours

Advisors:

Dr. Kamala kanta Borah
Principal , Mangaldai College

Contact No. 7002501577

Dr. Santosh Borkakati
Coordinator, IQAC, Mangaldai College
Contact No:8638493759

Course Convenor:
Mr. Bhupen Haloi
Head , Department of Philosophy
Contact No:9101317859

Course Coordinators:

Mr. Nabajyoti Doley
Assistant Professor ,Department of Philosophy
Contact No:8399054974
Dr. Manju Kalita
Assistant Professor ,Department of Philosophy
Contact No:9101819255

How to Apply

Participants can apply by filling up the Registration Form available in the Department of Philosophy , Mangaldai College.
Last date of registration: 20-03-2023.

Syllabus: Theory

Unit -i : Introduction ; Nature , characteristics, scope and utility.
Unit- ii : Origin and development of yoga.
Unit-iii: Aims and objectives of yoga.

Practice

Unit- i : Surya Namaskar , Prāṇāyāma, Meditation.