

Report On Certificate Course

Course Name: YOGA FOR STRESSMANAGEMENT

Course Code: YSM

Course Duration: 60hrs

Resource Person Name: Swami Prandev from Patanjali, Haridwar

Date of start: 23rd Jan2023

Date of End: 25th March 2023



In our quest to upgrade skills of our students the Institute had decided to conduct as many value added courses. The Institute invited disciple of Swami Ramdev Shree Swami Prandev from Pantajaliyogpith to do 60hrs certificate course.

The course started on 23rd Jan , in the beginning Dr. Roli Dwivedi principal of the college gave speech on the objective of the these certificate courses. Then, she introduce the resource persons.



To start with our Physical Education faculty Mr. Partho Ghosh took the theoretical classes. He started the course by giving definition of What is stress ?Also , classes happened on types of stress. He talked about “5A’s” of stress which are avoiding, altering, adapting, accepting, and being active. Students particularly liked key facts and details of stress.





It was informed that every person reacts differently in stress.

The practical classes started from 1st Feb and conducted by Swami Prandev , he showed yoga for keeping stress out.



He showed different poses for handling stress. He also stressed on doing Pranayama, which is most important Ahsan to handle stress.

At the end of the course a small quiz was conducted to check the efficacy of the course.



A feedback session was done. Certificate was distributed to all participants. Students were very happy and satisfied with the course and resource person.