

Syllabus for short term course on Yoga

INTRODUCTION:

Yoga was first developed in the Indus-Saraswati civilization and was included in the oldest Veda, the Rig Veda. As the word spread, Yoga started receiving greater attention throughout the globe and several prominent personalities arose in this field who promoted Yoga for its inherent potential.

The importance of Yoga can be found in its ability to better the mental functioning of an individual. Students who practice Yoga have better control over their emotions and impulses and therefore are pragmatic and take meaningful decisions in life. The syllabus for short term course on Yoga is designed in such a way that the following topics can be covered.

TOPIC:

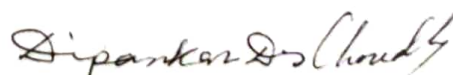
- (i) *Meaning and Definition of Yoga.*
- (ii) *Different types of Asanas.*
- (iii) *Explanation and Practice of Asanas.*
- (iv) *Subtle exercises*
- (v) *Meaning of Pranayama.*
- (vi) *Explanation and practice of Pranayama.*
- (vii) *Benefits and precautions during Pranayama.*
- (viii) *Explanation of Mudra and Bandh*
- (ix) *Effect of Mudra and Bandha on human body.*
- (x) *Definition Shat-Kriya*
- (xi) *Types of Shat-kriya.*
- (xii) *Cleaning of human body with Shat-kriya.*



Dr. Nibedita Nath
Principal i/c
Rabindrasadan Girls' College
Karimganj



Ashutosh Das
Principal
Rabindrasadan Girls' College
Karimganj



Dr. Dipankar Das Choudhury
Co-ordinator, IQAC
R.S. Girls' College
Karimganj

Syllabus for short term Course on Communication Skill (English)

English language communication increases your chances of earning better as every job skills require English communication. It gives you the power to do things your way. If you are well versed with the English language, then it can actively help you to learn about new things. As it's one of the most influential languages, it's great to tool to understand. English language communication can help you make many friends throughout the world. For developing active communication skills, it's important to learn sentences and not only words. The more you use bigger sentences, the better it is for your communication skills. English language communication increases your confidence level. You can learn the language through different mediums like books, podcasts, and internet. Communicating in English is indispensable in today's times, so develop your skills to excel in life. The following topics will be covered in this short term course.

Unit 1 : Communication definition, Utilisation

Unit 2: Types of communication. Their limitation.

Unit 3: Dialogue and Monologue

Unit 4: Group discussion, process and Types.

Unit 5: Interviews, Different forms.

Unit 6: Class Room Communication

Unit 7: Business Communication

Attested
Principal
Principal
Rabindrasadan Girls' College
Karimganj

Dr. Nibedita Nath
Dr. Nibedita Nath
Principal i/c
R.S.Girls' College
Karimganj