

MUGBERIA GANGADHAR MAHAVIDYALAYA

Career Orientation Course on Yoga Therapy

INTRODUCTION:

In view of enormous advancement of science and technology the life of the individual become more sedentary resulting proneness to hypokinetic diseases. The World Health Organization (WHO) identified four (4) hypokinetic diseases like hyperglycaemia, hypertension, Osteoarthritis and Colon Cancer is life threatening and ultimately death is inevitable. The hypokinetic disease may occur due to sedentary lifestyle. In this cyber culture epoch due to automation in lifestyle people can't exert physical labour which is very much essential for normal life leading. In food habit most of the individuals developed adaptation of fast food and packed which is ready to eat, delicious and vulnerable to normal growth and development; not only that as a result of cyber culture men suffering from different hypokinetic diseases including nausea, iodisation, headache, backache, loss of attention, lack of concentration and so on. Now-a-days it is a prime need to combat with those ailments of every individual of the society.

THE COURSE:

Giving much importance of that need of the society, Mugberia Gangadhar Mahavidyalaya introduced UGC sponsored Career Orientation Course on Yoga Therapy after getting the approval from University Grants Commission on 20/01/2014 vide letter No: F. No. 4 – 415/2013(COC).

Salient features:

The course provides the knowledge to diagnose the ailments originated from the cyber culture and to treat those. The course also impart knowledge about anatomy and physiology of human and occurrences of dis-functioning of the physiological system, overall ideas about Indian Yoga and its system, therapeutic use of different Yogic Poses (Asanas), Pranayama and Kriyas. After completion of this course the participants can help the members of the society to keep away from those ailments and to cure of them. Not only that, the participants can engage themselves as professional and earn for livelihood as self-employed.

The activities may take place on an individual or group basis, and may be face to face or at a distance (including helplines and web-based services). They include career information provision (in print, ICT-based and other forms), assessment and self-assessment tools, counselling interviews, career education programmes (to help individuals develop their self-awareness, opportunity awareness, and career management skills), taster programmes (to sample options before choosing them), work search programmes, and transition services.

In view of those Magbetta Gangadhar Mahavidyalaya intended to offer Career Oriented Programme [COP] to the students with the help of financial support from University Grant Commission, New Delhi, India. And offering four COP programmes viz. (i) Yoga Therapy Course (ii) Income and Goods & Service Tax Practice, (iii) Business Management and (iv) Communicative English (v) Foundation Course on Human Rights (vi) Certificate Course on Uses of Vermicompost in Agriculture.

We hope the students from rural background as well as economically backward will be benefited to place themselves in self employment programme for their lively-hood.

Syllabus for Certificate Course in Yoga Therapy

Total Marks = 200
Theoretical = 75
Practical = 125

Periods = 200
Periods = 75
Periods = 125

THEORY

Paper Content

Marks 75

Paper-I:Yoga – Its meaning and application :

Meaning of the Terms, Aims and objectives of Yoga, Types of Yoga - Anusanga Yoga, Yoga as Therapy, Yoga and Human Values.

Psychological aspects of Yoga :

Yoga and mental Health, Characteristics of mental health, Mental abnormalities, Role of Yoga in promoting mental health.

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Human body (Anatomical & physiological aspect) :
Brief description of the systems of human body; Effect of Yogic practices on various systems of human body; Postural deviations and remedies through Yogic practice.

Diet and components of food :

Principles of diet; Diet and nutrition – balance diet; Role of diet and management of diseases.

Stress and its management through Yoga.

Meaning and science of stress and tension; Psycho - physical aspects of tension; Stress related disease and role of Yogic practices in stress management

PRACTICAL

Paper Content

Marks-50

Paper-II Asanas - Compulsory (Cultural, Meditative & Creative)

Andha Chakrasana	Andha Matsyendrasana
Andha Kurmasana	Bhujangasana
Chakrasana	Dhanurasana
Gomukhasana	Halasana
Janudrasana	Kurmasana
Makarasana	Matsyasana
Padahasthasana	Padasana
Paschimotthasana	Paravrikhasana
Suryasasana	Shasanasana
Shalabhasana	Shasungasana
Shirsasana	Shiyarapashchimotthasana
Supravajrasana	Trikorasana
Urdhasana	Vadrasana
Vajrasana	

Paper-III Asanas-Optional (any two from each group) 25

Groups	A	B	C
Akarnadharasana	Kumbhasana	Kakorasana	
Parvatasana	Sankasana	Urdhvaudharasana	
Shirshasana	Kurmasana	Urdhvakurmasana	

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Paper-III	Panchayama : Anandom - Vilom, Shitali, Shikari, Ujjoy, Dhramani, Bhanan Pranayam and Western Pranayam	5
(A)	Dhaud : Agriana Dhaud, Varnan Dhaud, Banisara Dhaud	5
(B)	Nei : Jala Nei, Sura Nei	5
(C)	Mudra : Ashwini-Mudra, Kalasod-Mudra, Viga-Mudra	5
(D)	Uddhan- Ganoh-Mudra, Viparijakerani-Mudra, Maha- Mudra, Mala-Bandh-Mudra, Shaktichalau-Mudra, Hast- Mudra & Pada-Mudra	5
(E)	Vasti-Krya : Sahaja Vasti Krya, Suan Vidhi & Ujvassa Vaha	5
Paper-IV	Asanas Related to different ailments with special reference to Hypo kinetic Diseases – Workbook.	25

Career Oriented Programme in Income Tax and

Goods & Service Tax Practice

Syllabus on Income Tax

- * Introduction to Income Tax,
- * Residential Status of an Assessee,
- * Various Heads of Income including Salary; Income under the head
House Property, Profit & Gains from Business and Profession,
Income from Capital Gains & other Sources,
- * Income Tax, Set off and carry forward of losses.
- * Return Filing under Income Tax, Filing online Application for PAN,
- * F-Filing of Income Tax return,
- * Introduction to Income Tax portal and credit statements
- * Concept of TDS,
- * Computation and Payment of TDS, Generating TDS Challans and
Filing of TDS Returns.

- * Income Tax computation
- * Training Students how to file Income Tax Return Training Students
how to file E TDS return online
- * Permanent Account No
- * application and its procedure
- * E-TDS Return Filing Practical Training
- * Income Tax return filing techniques
- * How to compute Income Tax on Salary Income.
- * How to prepare Form 16 online and manual How to fill up Form
49A, 49T
- * Preparation of Challan 281 and 280 manual and computerized both
- * Income Tax Assessment procedure and handling Income Tax cases
- * Income Tax notice and Scrutiny Cases under section 143
- * Form 3CD Tax Audit procedure and laws practical training

Syllabus on Goods & Service Tax Practice

- * What is GST: - Goods and Service Tax indirect Tax for the whole
India
- * Overview of Goods & Service Tax, Registration under GST (Regular
and Composition),
- * Meaning & Scope of Supply, Time of Supply, Value of Supply, Tax
Rate structure, Invoicing under GST regime, Input Credit Mechanism
Return under GST (GSTR1, GSTR2, GSTR3 and so on), Payment
of Taxes, Consequences of non – compliance and Compliance
Rating, Transition to GST.
- * E-commerce and ISD, Audit and Appeals in GST, GSTN and GSTP.
- * GST Administration
- * GST Registration Process
- * GST Payment
- * GST Returns

Admission: A candidate is eligible with Higher Secondary Examination Passed from any recognized Board or Council.

A data base of the students enrolled and successfully completed the course is here beneath for last five years:

Academic Year	No. of Students Enrolled	No. of Students Successfully Completed
2014 – 2015	50	50
2015 – 2016	58	55
2016 – 2017	73	70
2017 – 2018	85	80
2018 – 2019	76	70

The Instructions:

The admitted students should have attended at least 75% instruction periods both separately in theory and practical. The instruction periods are from 1pm to 5pm, five days per week, for 2 hours theory and 2 hours practical.

The examination:

After completion of academic tenure the eligible candidate will appear written and practical examinations.

Result:

The successful candidates are awarded with certificate.

Some photographs of practical instruction periods are shown below.







30/30 Media + Apps ▼

