



# DHRUBA CHAND HALDER COLLEGE

(FORMERLY DAKSHIN BARASAT COLLEGE)

ESTD. - 1965

**A NAAC Accredited Degree College Affiliated to University of Calcutta**

P.O. - Dakshin Barasat Dist. - South 24 Parganas West Bengal Pin - 743372

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Ref. No. DCHC/PHIL/A add-on/21-22/002

Date ..... 01.11.2021

## NOTICE

The Department of Philosophy has organized an Add-On Course on 'Astangayoga and their benefits in our life'. The duration of the course is 30 hours. All interested students can enroll their names to Dr. Tusi Bhattacharya on or before 8<sup>th</sup> November, 2021. The course will start from 15<sup>th</sup> November, 2021 in online mode. The meeting link shall be sent to students before the scheduled time.

*M. Mandal.*

Prof. Manas Mandal

Head, Dept. of Philosophy

*[Signature]*  
PRINCIPAL  
Dhruba Chand Halder College  
P.O.- D. Barasat, P.S.- Jaynagar  
South 24 Parganas, Pin- 743372

# DHRUBA CHAND HALDER COLLEGE

## ADD ON COURSE ON 'ASTANGA-YOGA AND THEIR BENEFITS IN OUR LIFE'. ORGANISED BY DEPARTMENT OF PHILOSOPHY

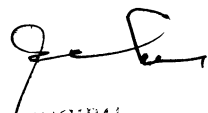
### ATTENDANCE SHEET

DATE: 15<sup>TH</sup> NOVEMBER, 2021


SL	STUDENT NAME	15/11	16/11	17/11	18/11	20/11	22/11	23/11	25/11	26/11	27/11	29/11	30/11	01/12	02/12	03/12	04/12
1.	ASTIK MONDAL	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
2	BIDISHA MONDAL	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
3	BEAUTY SARDAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
4	MOUSUMI SARDAR	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P
5	ARPITA HALDER	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
6	MANAS PRATIM GAYEN	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
7	MD JALAL UDDIN HALDAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
8	SUSMITA PRAMANIK	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P
9	DOLI PRAMANIK	P	A	A	P	A	P	A	P	P	P	P	P	P	A	P	P
10	HASINUR GAZI	P	P	P	P	A	P	P	A	P	P	P	P	P	A	A	P
11	SUSMITA GHOSH	P	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P
12	RUPA BAIRAGI	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
13	ANAMIKA GHOSH	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
14	AJAY NASKAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
15	SUBHRA MAITI	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P
16	SRILEKHA TARAFDAR	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
17	PARNA NASKAR	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
18	BUBAI KARMAKAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
19	TANIA SHAIKH	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P
20	PIYALI HALDER	P	A	A	P	A	P	A	P	P	P	P	P	P	A	P	P
21	TUHIN SUBHRO GAYEN	P	P	P	P	A	P	P	A	P	P	P	P	P	A	A	P
22	DIP NASKAR	P	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P
23	RUKIA GAZI	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
24	BARNALI SARDAR	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
25	SANJU NASKAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
26	ROHIT HALDER	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P
27	SWAPNA MAKHAL	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
28	NASIRUDDIN HALDAR	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
29	SUBHAS MONDAL	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
30	BAPAN DAS	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P
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32	RABISHANKAR SARDAR	P	P	P	P	A	P	P	A	P	P	P	P	P	A	A	P
33	BITHIKA SARDAR	P	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P
34	JOYNUR KHATUN	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P
35	ALI HOSSAIN PAIK	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P

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36	RAHULUDDIN MALICK	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
37	TAPAS MAL	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P
38	SUSHANTA SHIULI	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P
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40	JHARNA NASKAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
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44	AYAN GHOSH	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P
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59	SANGITA TELI	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
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75	JIYARUL SEIKH	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
76	ANIMESH MALI	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
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80	SAGAR SARDAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P

  
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81	ATASI ADHIKARI	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P
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86	LILABATI DAS	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P
87	RINKI PRAMANIK	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
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101	CHIRANTAN PAL	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P
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103	SUBARNA MONDAL	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P
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106	JAYASREE RUI DAS	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P
107	SAHID HOSSAIN MONDAL	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P
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110	SUSMITA MISTRY	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P
111	SAIKAT DAS	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P
112	SANCHITA PAL	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P
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116	SOUVIK HALDER	P	P	P	P	A	P	P	A	P	P	P	P	P	A	A	P
117	SUMAN SAHA	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P
118	AMIRUL GAZI	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P
119	ALPANA SARDAR	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P
120	DEBASISH BAR	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P
121	MAHMUDUL HASAN KAZI	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P
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## **Report: Add on Course 2021-2022**

Dhruba Chand Halder College,  
Dakshin Barasat, South 24 Paraganas.

**Course Name: Astanga yoga and their benefits in our life.**

**Participating Departments:**

❖ **Department of Philosophy**

**Course Duration: 30 hours.**

### **Teachers Involved**

**Department of Philosophy:**

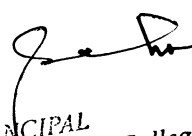
- ❖ Prof. Manas Mandal
- ❖ Dr. Tusi Bhattacharya
- ❖ Prof. Kutubuddin Sheikh
- ❖ Dr. Sukanta Das

Date of Commencement: 15<sup>th</sup> November, 2021

Date of Completion: 2<sup>nd</sup> December, 2021.

**Syllabus:**

- Concept of Yoga
- Definitions of Astanga-yoga
- Different kinds of benefits of Astanga-yoga

  
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## **ADD-ON COURSE ON ASTANGA-YOGA AND THEIR BENEFITS IN OUR LIFE.**

The departments of Philosophy in Dhruba Chand Halder College organized a short term course named add-on course on Astanga-yoga and their benefits in our life for the students to assure their mental, physical and spiritual development by which they can attain success in their every fields of life. All the classes were arranged for 2 hours duration on specified dates with renowned speaker on this field mentioned above. It was online mode. The coordinators of this course were Prof. Manas Mandal and Dr. Sukanta Das. This course was started from 15<sup>th</sup> November, 2021 and ended on 3<sup>rd</sup> December 2021. This course was very interesting to all the participants and was successfully completed within dates.

### **OUTCOME OF THE ADD-ON COURSE**

Many people do yoga for physical benefits. However, yoga is a way of life. It is about the union of body, soul, spirit, and mind. If you want to reap all the benefits and achieve that balance, consider practicing one of the oldest forms of yoga, Ashtanga yoga in Poway or neighboring areas.

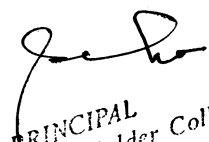
In Sanskrit, ashtanga means “having eight limbs or branches (components)”. According to the Yoga Sutras of Patanjali, there is a practice called the Eightfold Path that leads to self-awakening and liberation. Astanga yoga, as the name says, outlines all eight limbs of yoga and develops both psychological and spiritual health. It focuses on a predefined sequence of poses that are connected through breath and movement. Take a look at a few amazing benefits this yoga style can bring.

#### **❖ Physical strength**

Astanga yoga focuses on muscle training and develops physical strength. Practicing Ahtanga rejuvenates your body, making it stronger, toned, and more flexible and controlled.

The opening series includes lots of contortion-esque poses and many of them require core and arm strength. Your stamina and endurance will gradually improve and you'll have stronger core muscles. Another advantage of Ashtanga is that you can move through the practice at your own pace and level.

❖ **Emotional benefits:** This style of yoga also emphasizes emotional and mental flexibility and strength. Asanas can affect not only your muscles and joints but also your emotions and enable purification.

  
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By practicing Ashtanga, you will find a balance between feelings and emotions. It will help you deal with emotionally difficult situations, work through the pain and suppressed emotions, and overcome them. The equilibrium in your emotions will cause your organs and your whole body to work more efficiently and you will realize how strongly connected your body and mind are.

### ❖ **Mental healing**

Ashtanga yoga will keep your body moving in coordination with the breath. Breath awareness is particularly important in this practice. This sort of moving meditation and constant focus on the breath will purify and still your mind, relieve you of stress and allow you to alter patterns of unwanted behavior.

Ashtanga will bring you back to yourself and keep you centered on a daily basis. This practice teaches us to move beyond our mind, attain inner union and deep realization. Start practicing Ashtanga yoga in Poway and get in a state of being calm, energized, relaxed, and liberated.

### ❖ **Spiritual well-being**

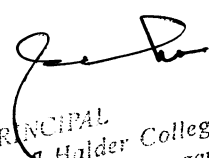
As we already mentioned, there is a set of specific sequences based on the practitioner's skill and experience that every Ashtangi has to follow. Repeating the same poses in the exact order has its purpose and the benefits are not only physical. It awakens your spiritual self.

The first four limbs cleanse your external and teach you how to interact with the world around you. The next four limbs focus on withdrawal, cleansing the internal and how you relate to your mind.

You will face your sore spots and work through your challenges until you reach mental clarity and gain a better understanding of the self. Through the practice of postures, focus points and breathing, you will be able to explore the limitless nature of your inner self.

### ❖ **Ashtanga Yoga Power**

Ashtanga yoga comes with plenty of other benefits, helping you to lead a healthy, happy and fruitful life. If you want to practice this yoga style and you live in San Diego, reach out to Fit Athletic. We are a unique health club and fitness center, a place where you can unwind, work out, rejuvenate and take a break from your busy life.

  
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Enroll in our Ashtanga yoga class and our knowledgeable and attentive yoga teachers will be there every step of the way of your growth in the practice. We will ensure that the class suits your level of experience and guide you through each and every posture. At Fit Athletic, you will experience the best Ashtanga yoga Poway has to offer!


❖ **Patel lists Ashtanga yoga benefits as follows:**

- Improves flexibility over time, as with most forms of yoga.
  - Increases strength.
  - Increases muscle tone.
  - Improves cardiovascular fitness.
  - Reduces body fat.
  - Reduces stress and anxiety.
  - Increases focus and creativity.
  - Lowers blood pressure.
- 
- In Ashtanga yoga, you perform the same set of poses, in the same order, for the same breath count.
  - Benefits of Ashtanga yoga include improved well-being, increased strength, and a calmer mind.
  - Ashtanga yoga poses include forward fold, extended side angle, and extended triangle.

❖ **Benefits of Ashtanga yoga**

Some potential benefits of Ashtanga yoga include:

- **Calms you.** Controlling your movements, breathe patterns, and gaze all at once increases concentration and helps calm your autonomic nervous system, which controls heart rate, respiration, and blood pressure.
- **Improves well-being.** A small 2017 study found people who did Ashtanga twice a week for nine weeks reported improved self-esteem as well as reduced depression and anxiety symptoms.

  
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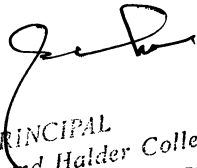


- **Strengthens muscles.** A small 2012 study of healthy premenopausal women found that those who practiced Ashtanga twice a week increased their leg muscle strength after eight months compared to women who didn't do yoga.
- **Promotes healthy eating.** A 2009 study of mostly white women found regular yoga practice was associated with mindful eating. Mindful eating, also known as intuitive eating, is an alternative to dieting where you pay close attention to hunger cues to determine when and what to eat.
- **Eases pain.** In a 2017 study, predominantly low-income people who did yoga once a week for 12 weeks reduced their chronic back pain as much as people who did physical therapy.

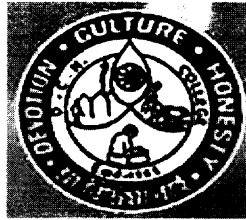
### ❖ Conclusion

Yes, it is true that Ashtanga yoga demands flexibility and strength but it also rewards you with a high level of concentration and overall well-being. Start Ashtanga yoga for beginners right away to experience the results yourself.

Student attendance was satisfactory and at the end of course the concerned teachers were satisfied that the current add-on course was very useful for our day to day life. A certificate of completion of the course was also given to each participant. Total 121 students had participated in this course in starting but five students couldn't complete the course among them. However, it was successfully completed.

  
 PRINCIPAL  
 Dhruva Chand Halder College  
 P.O.- D. Barasat, P.S.- Jaynagar  
 South 24 Parganas, Pin- 743372

# CERTIFICATE OF PARTICIPATION



## DHRUBA CHAND HALDER COLLEGE


This is to certify that Miss/Mr. Beauty Sardar (student name) of the Department of Philosophy has successfully completed a short course on *Astanga-yoga and their benefits in our life* conducted by the Dept. of Philosophy, DCH College, in the academic session 2021-22.

  
Signature, IQAC Coordinator

Co-ordinator  
Internal Quality Assurance Cell  
Dhruba Chand Halder College

  
Signature of Course  
Coordinator

Signature of Principal

  
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