

Starting College is an important time in all students' life. All newly admitted students are embarking on a new course under CBCS which will be mentally challenging. Yoga is a perfect study in case of every student. The Physical practice is a great relief to lengthy periods of being stationary when you are studying, and there are also many benefits for the mind and relief from stress and anxiety.

- Improves mental health

Studying can be mentally tiring. As well as physical benefits, yoga is beneficial for the mind:

- Improves memory and concentration
- Reduces stress
- Improves mood
- Increases energy levels

- Self-awareness

Yoga allows us to tune into how we are feeling both physically and mentally. This then makes us have a better awareness of what we need to stay happy and healthy.

- Break from study

It is good to take regular breaks from studying. Taking an hour out for a yoga class will mean you go back to work feeling calm, refreshed and you will see improvements in your concentration and focus.

**Balagarh Bijoy Krishna Mahavidyalaya started YOGA CENTRE
IN ITS CAMPUS SINCE 2018**

DETAILS OF COURSE

**Course and duration – 6 months (Yoga Certificate Course
affiliated to Burdwan University)**

**Secession – January to June/ July to December
(Every Year)**

Qualification – H.S

Age - 18-62

(Classes on Saturday & Sunday only)

For Details: Contact College Office

CONTACT PERSON –SMT. MINA GHOSH

(Contact-9679908754)

e-mail- bbkm.hooghly@gmail.com



उच्च शिक्षा आयोग

सचिव

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा विभाग, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236286/23239037

Fax: 011-2323 8858

E-mail: ugc@ugc.ernet.in

D.O.No.14-13/2018(CPP-II)

27th August, 2021

Subject : Yoga Protocol (Y-Break) developed by Ministry of AYUSH

Dear Madam/Sir,

Ministry of AYUSH has come out with a short duration Yoga Protocol (Y-Break) for people at work place with a view to refresh, de-stress and refocus them with enhanced efficiency and productivity. The module was launched in January, 2020 on Pilot Project basis.

Consequent to its success, an android based application Y Break was made available recently on Google Play Store for access by all. A campaign has been launched to make awareness of the Yoga protocol to have access & usage Y-Break Protocol/APP among workforce for all over the country so as to keep them stay fit & healthy with a view to increase productivity. A leaflet describing the Y-Break protocol is also attached.

All the universities and its affiliated colleges / institutions are requested to make aware all stakeholders about this initiative of Ministry of AYUSH.

With kind regards,

Yours sincerely,


(P.K. Thakur)

**The Vice Chancellors of All Universities
The Principals/ Directors of all Colleges / Institutes**

21/Y&N



Yoga Break at Workplace

5 Minutes
Yoga
Protocol

Ministry of AYUSH
Government of India



To get De-stressed,
Refreshed and
Re-focused

S.No	Name of the Yoga practices Total Duration: 5 minutes
01.	Tadasana Urdhva Hastottanasana Tadasana
02.	Skandha Cakra Uttana Mandukasana Kati Cakrasana
03.	Ardha Cakrasana Prasarita Padottanasana Deep breathing (3 rounds)
04.	Nadisodhana Pranayama
05.	Bhramari Pranayama Dhyana

1. Tadasana Urdhva Hastottanasana Tadasana

Caution:

- + Avoid in case of weak leg muscles, varicose veins, migraine and vertigo.
- + Avoid heel raise in case of cardiac illness.

Starting Position: Alert Posture (Samasthiti)

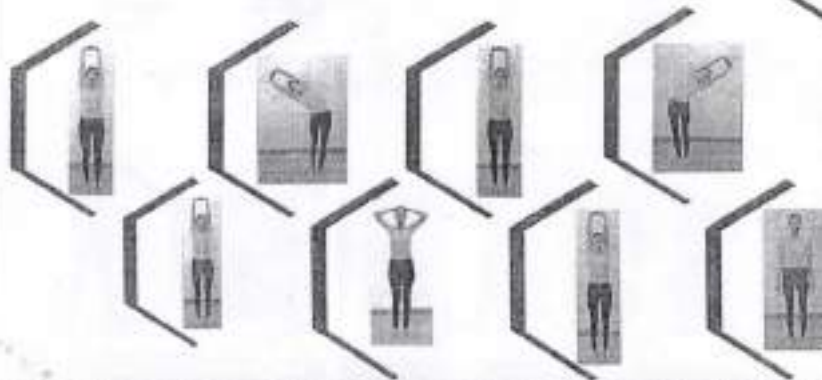
Technique

- + Stand with feet 2 inches apart.
- + Adopt namaskar mudra.
- + Inter lock fingers, inhale and stretch the arms upwards.
- + Maintain the position.
- + Exhale, bend on right side.
- + Inhale, come back.
- + Exhale, bend on left side.
- + Inhale, come back.
- + Exhale, place interlocked palms on the head.
- + Inhale, stretch the arms and heels up, relax and maintain the position.
- + Exhale, bring the heels down and release the interlock of the fingers come back to starting position.



Benefits

- + These asanas help in developing stability in the body, clearing congestion of the spinal nerves and correcting faulty posture.
- + These postures help to bring mind-body coordination.





2. Skandha Cakra Uttana Mandukasana Kati Cakrasana

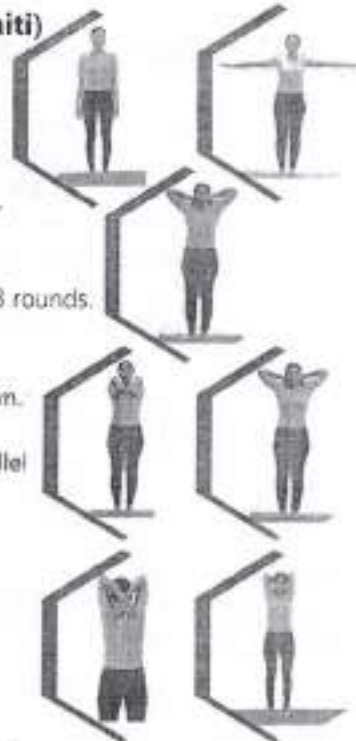
Caution:

- + Avoid in case of vertigo and chronic shoulder pain, slipped disc and hernia

Starting Position: Alert Posture (Samasthiti)

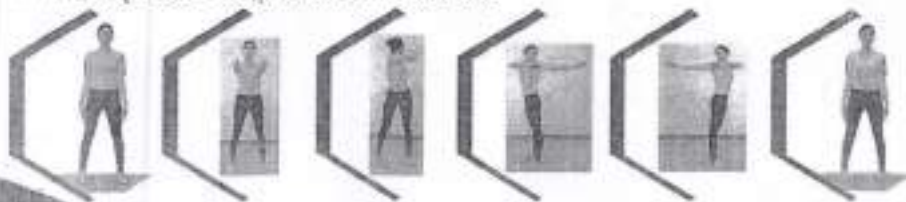
Technique

- + Stand with feet 2 inches apart.
- + Raise the arms by the side, up to the shoulder level.
- + Place the fingers on these respective shoulders.
- + Rotate both elbows in a clockwise direction for 3 rounds.
- + Do the same in an anti-clockwise direction for 3 rounds.
- + Slide and cross both the arms behind the head. Keep the spine straight and relax.
- + Inhale, stretch the arms, exhale bring them down.
- + Spread the legs 2 feet apart.
- + Raise both the arms to the chest level and parallel to each other.
- + Exhale, twist the body towards the right side.
- + Inhale and come back.
- + Exhale, twist the body towards the left side.
- + Inhale and come back.
- + Exhale, bring the arms down
- + Relax.



Benefits

- + These practices help to relieve back pain, cervical spondylitis, frozen shoulder and helps in increasing flexibility of spine and waist.
- + These postures help to overcome stress.



3. Ardha Cakrasana Prasarita Padottanasana Deep Breathing

Caution:

- + Avoid this posture in case of cardiac disorders, spinal disorders, glaucoma, vertigo or a tendency to giddiness.
- + Be gentle with your neck while bending backward.

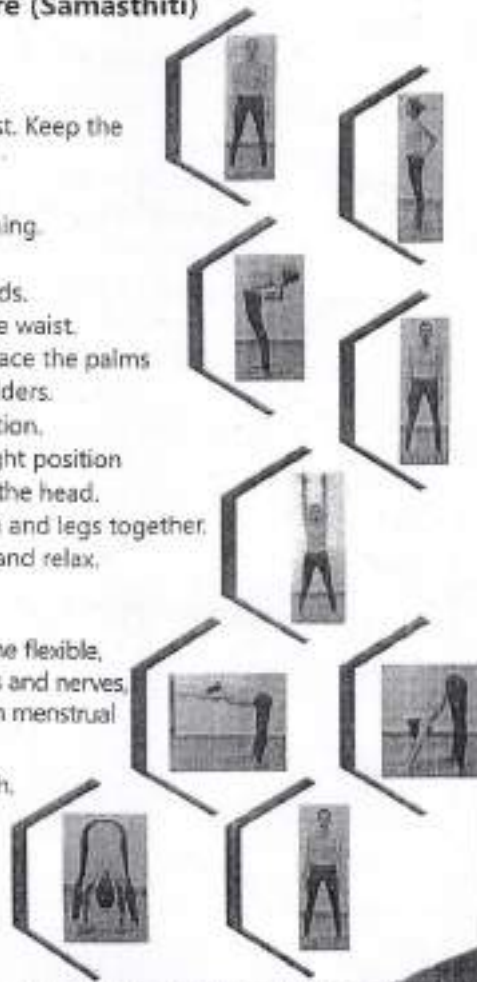
Starting Position: Alert Posture (Samasthiti)

Technique

- + Spread the legs 2 feet apart.
- + Place the fingers on the waist. Keep the arms parallel to each other.
- + Inhale, bend backward.
- + Maintain with normal breathing.
- + Exhale, come back.
- + Inhale, raise the arms upwards.
- + Stretch up the body from the waist.
- + Exhale, bend forward and place the palms on the floor under the shoulders.
- + Relax and maintain the position.
- + Inhale, come up to the upright position and stretch the arms above the head.
- + Exhale, bring the arms down and legs together.
- + Deep breathing for 3 times and relax.

Benefits

- + These practices make the spine flexible, strengthen the spinal muscles and nerves, improve digestion and help in menstrual problems for women.
- + These practices help to refresh.



4. PRANAYAMA

Alternate Nostril Breathing (Nadisodhana Pranayama)

- + Breath should be slow, steady and controlled. It should not be forced or restricted in anyway.

Technique

- + Sit in any comfortable posture.
- + Keep the spine and head straight.
- + Place the left hand in Jnana mudra and the right hand in pranayama mudra.
- + Close the right nostril with the right thumb and inhale through left nostril, close the left nostril and exhale through right nostril again inhale through right nostril and exhale through left nostril.
- + This is one round of Nadisodhana Pranayama
- + Repeat.
- + Bring the right hand down in Jnana mudra.
- + Relax.



Benefits

- + Induces tranquility and helps to improve 'internal awareness' and concentration.
- + Increases vitality and lowers anxiety and stress levels.

The Team

Patron



Shri Shripad Yesso Naik
Hon'ble Minister of State (D.C) for AYUSH
and Minister of State for Defence
Government of India

Concept



Shri. P. N. Ranjit Kumar
Joint Secretary
Ministry of AYUSH, Government of India

Guidance



Vaidya Rajesh Kotecha
Secretary
Ministry of AYUSH, Government of India

Yoga Experts



Dr. Ishwar V. Basavarajidi
Director, (Men's) Desai National Institute of Yoga
Advisor (Yoga & Naturopathy), Ministry of AYUSH
Project Director, WHO-CC for Traditional Medicine (Yoga)
88, Ashok Road, New Delhi-110001



Dr. Mukund Vinayak Bhole
Consultant in Yoga Therapy
& Promoter of Experiential Yoga
Lokmanya Medical Research Centre
Former Joint Director of Research K- Samiti,
16, Badhivichal society
Lonavla-410402



Shri. S. Shridharan
Leading Yoga Expert and Trustee,
Kratnamacharya Yoga Mandiram
Dist No 13, New No 31, Fourth Cross Street,
Tanna Krishna Nagar, Raja Annamalai Puram,
Chennai, Tamil Nadu 600028



Coordinator



Dr. D. Elanchezhian
Project Coordinator, WHO CC (Yoga)
and Desai National Institute of Yoga (MINDY)
88, Ashok Road, New Delhi-110001

Publisher



Board Based National Institute of Yoga (MINDY)
Ministry of AYUSH, Govt of India-88, Ashok Road, New Delhi-110001
Website: www.gendratnaik.com, www.yogabreak.com



5. Bhramari Pranayama Dhyana

Starting Position: Sit in any comfortable posture with closed eyes.

Technique

- + Keep both the feet in Jnana mudra on the respective knees.
- + Inhale deeply, through the nose.
- + While exhaling, make a deep steady humming bee sound.
- + Repeat.
- + Dhyana.
- + Adopt dhyana mudra:
- + Keep back and neck straight and relax.
- + Observe breathing
- + Meditate.



Now join the palms together in Namaskar Mudra, bring the arms down and relax.

Benefits

- + The practice of Bhramari relieves stress and helps in alleviating anxiety, anger and creates a soothing effect on the nervous system.
- + Meditation helps to keep the mind calm and quiet, increases concentration, memory, clarity of thought and rejuvenates the whole body and mind by giving them proper rest.
- + These practices help to re-focus

Do Yoga
To De-stress, refresh and re-focus

Dr. D. Mondal
Director



THE UNIVERSITY OF BURDWAN

DEPARTMENT OF LIFELONG LEARNING
RAJBATI, BURDWAN - 713104
WEST BENGAL, INDIA
Phone- 2533913, 914 Extn.-286
Tel- 0342-2531885

No. BU/DLL/RD17-18/116

Dated Burdwan, the 26.04.18

To
Principal
Balagarh Bijoy Krishna Mahavidyalaya
Balagarh, Hooghly.

Sir,

This is in reference to your letter no. 1711/Reg/BU/2018 dated 24.03.2018 regarding the students of the college admitted in the Certificate Course in Yoga. In this connection I would like to mention that the list of the admitted students along with the affiliation fees and examination fees as per the provisional affiliation letter should be submitted to the University as soon as possible. I would also like to mention that as per the clause of provisional affiliation letter an inspection team will visit your college very soon.

Thanking you,

Yours faithfully,


(Debidas Mondal)

Director
Deptt. of Lifelong Learning
THE UNIVERSITY OF BURDWAN
RAJBATI, BURDWAN- 713 104



BALAGARH BIJOY KRISHNA MAHAVIDYALAYA

P. O. - BALAGARH - DIST. - HOOGHLY - WEST BENGAL - 712 501

NAAC ACCREDITED

No. 56/OK/2018

Date 15-06-2018

Principal / Teacher-in-charge

To
The Registrar & Director (Offg.)
Dept. of Lifelong Learning,
The University of Burdwan,
Rajbati, Burdwan.

Sir,

In pursuant to your letter No. BU/DLL/ 2017-18/ 85(9) dated 20.11.2017.

I submit herewith a cash of Rs. 1000/- (one thousand) which has been deposited in the Cash Counter of the University as Yoga affiliation fees for the year 2018-2019.

Yours faithfully,



(Dr. Pratap Banerjee)

Principal

Principal
Balagarh B. K. Mahavidyalaya
Burdwan, W.B.

Encl:

Cash Receipt No. e/2968

Date e/2968 18/6/18



o/c

Telephone : (03213) 260288
Website : www.bbkrm.in
E-mail : bbkm_hooghly@rediffmail.com

BALAGARH BIJOY KRISHNA MAHAVIDYALAYA

P. O. - BALAGARH • DIST. - HOOGHLY • WEST BENGAL - 712 561

NAAC ACCREDITED

Ref. No. 145/UR/2018

Date

To,
President / Principal / Teacher-in-charge
The Register & Director (Offg.)
Dept. of Lifelong Learning,
The University of Burdwan,
Rajbati, Burdwan

Sir,

In pursuant to your letter No. BU/DLL/2017-2018 (9) Dtd 20.11.2017.

I submit herewith a cash of Rs. 1000/- (One thousand) which has been deposited in the Cash Counter of the University as Yoga affiliation fees for the year 2018-2019.

Encl
Cash Receipt No
Date.

Received Rs. 1000/- (One thousand only)
03/12/18



Yours faithfully

(Signature) 03.12.18

(Dr. Pratap Banerjee)
Principal
Balagarh B. K. Mahavidyalaya
Balagarh, Hooghly, W.B.

BALAGARH BIJOY KRISHNA MAHAVIDYALAYA

P. O. - BALAGARH • DIST. - HOOGHLY • WEST BENGAL • 712 501

NAAC ACCREDITED

Telephone : (03213) 260288

Website : www.bkma.in

E-mail : bkma_hooghly@rediffmail.com

MS No. _____

Date _____

From
Principal / Principal / Teacher-in-charge

To
The Register & Director (Offg.)
Dept. Of Lifelong Learning
The University of Burdwan
Rajbati, Burdwan

Sir,

In pursuant to you letter No. BU/DLL/2017-2018 (9) Date 20.11.2017.

I submit herewith a cash of Rs. 1000/- (One thousand) which has been deposited in the Cash Counter of the University as Yoga Affiliation Fees for the year 2022-2023.

Enclo

Cash Receipt No.

Date-

Yours faithfully

(Dr. Pratap Banerjee)
Principal

Principal
Balagarh B. K. Mahavidyalaya
Balagarh, Hooghly, W.B.

22.3.22

REVENUE GENERATED FROM BBKM-YOGA CENTRE

YOGA Balagarh Bijoy Krishna Mahavidyalaya										
Year	Month	Total Admission	M	F	Total Apper	M	F	Total Amount Received	Sub Group	
2018-2019	January- June	18	13	5	17	12	5	35400/-		
1st Betch										
									Contingency	770
									U. Exam. Fees	1800
									Honorarium	28000
									Total Exp.	30570
									Balance (35400-30570)	+4830
2018-2019	July- December	12	4	8	11	4	7	33330	(4830+28480)=33330	
2nd Betch										
									U. Exam. Fees	1200
									Honorarium	22500
									Other Exp.	5120
									Total Exp.	28820
									Balance (33330-28820)	+4510


 03/15/2024
 Principal
 Balagarh B. K. Mahavidyalaya
 Balagarh, Hooppy, W.P.

Miza Akash
 03/15/2024

2019-2020	July- December	9	4	5	7	3	7	20510	(4510+20000)=20510	
3rd Betch										
									U. Exam. Fees	1400
									Honorarium	18000
									Other Exp.	1300
									Total Exp.	15700
									Balance (20510-15700)	+4810
									Cash-in-hand	1000
									Bank PassBook	3097
									Other Charges	713
									Final Balance	4810

Yoga Course Was Discontinued For Corona 2019
There Was No students in

January	2020
July	2020
January	2021
July	2021
January	2022
July	2022
January	2023
July	2023

No students admitted
 on and from 2020 Jan
 due to Corona
 Miza Akash
 03/15/2024

 Principal
 Balagarh B. K. Mahavidyalaya
 Balagarh, Hooppy, W.P.

Balagarh Bijoy Krishna Mahavidyalaya
YOGA CENTRE

**Course and duration – 6 months (Yoga
Certificate Course affiliated to Burdwan
University)**

**Secession – January to June/ July to
December
(Every Year)**

Qualification – H.S

Age - 18-62

(Classes on Saturday & Sunday only)

For Details: Contact College Office

BIO-DATA of YOGA coordinator

CURRICULUM VITAE

CHAITALI DUTTA (DEY)

PERSONAL DETAILS

Name:	Chaitali Dutta (Dey)
Father's Name:	Sh. Parash Kumar Dutta
Date of Birth:	17-11-1971
Sex:	Female
Caste:	General
Marital Status:	Married
Religion:	Hinduism
Nationality:	Indian
Residential Address:	VII - Sripur Bazar, P.O. - Sripur Bazar P.S. - Balagarh, Dist - Hooghly, W.B. - 712514
Contact:	Ph: 9126143043 L: 03213268645
Email:	spyanalad@gmail.com 10yanalad@gmail.com

EDUCATION HISTORY

1995 Year	The University of Burdwan , M.A. in Bengali with an aggregate of 45% (2 nd Division).
1993 Year	The University of Burdwan , B.A. (Hons.) in Bengali with an aggregate of 47% (2 nd Division).

YOGA COURSES

2009-2010 Year	J.V.B.U., Rajasthan , M.A./M.S.C. Yoga and Science of Living, 1 st Class.
2005 Year	The University of Burdwan , P.G. Diploma in Yoga Therapy, 1 st Class.
2003 Year	The University of Burdwan , Certificate course in Yoga Education, 1 st Class.

OTHERS QUALIFICATION

Inter University Athletic Champion in High Jump and Long Jump.

WORKING EXPERIENCE

1. Yoga instructor of Kains College (NAAC B++) for Seven years.
2. Guest Faculty Yoga instructor in Burdwan University for Five years.
3. Yoga instructor in J.V.B.U. guest faculty for Two years.
4. Attend in national and International Seminar, 3 times.
5. Interested in research programme in Yoga.
6. Interested in arrange camp and seminar.

OTHER SKILLS

Language Skills:

- Bengali - Read, write & Speak.
- English - reading and writing.
- Hindi - Speak only.

Date - 11-16-16 4.7.18

Place - Sripur Bazar, Hooghly

Appointed as Coordinator
(18) 2/07/18
Signature
Chaitali Dutta (Dey)

Telephone: (03213) 260288 | Mobile: 8670273229
Website: www.bikas.in
Email: bbkm_hooghly@rediffmail.com

BALAGARH BIJOY KRISHNA MAHAVIDYALAYA

P. O. - BALAGARH • DIST. - HOOGHLY • WEST BENGAL - 712 501

NAAC ACCREDITED

Ref. No.
From,
President / Principal / Teacher-in-charge

Date


To
Chaitali Dutta(Dey)
SripurBazar
BBKM Yoga Certificate Course
BalagarhBijoy Krishna Mahavidyalaya,
Balagarh, Hooghly-712501

Sub: Appointment as Coordinator

Dear Madam,

I inform you that you have been appointed as **Co-ordinator of Yoga Centre-Balagarh Bijoy Krishna Mahavidyalaya** (Affiliated by the University of Burdwan) for the period from January to July Semester, 2018 and onwards. You are entitled to get a consolidated amount as remuneration for each semester totally depends on the net income of a particular semester, it will be mutually determined by the Principal and other committee members in the presence of you. But, the college will not provide any amount as remuneration from College fund in any case. Your participation and service are highly solicited. It may be renewed for time to time subject to the satisfaction of your service.

Yours truly,


Principal
Principal
Balagarh B.K. Mahavidyalaya
Balagarh, Hooghly - 712 501

BALAGARH BIJOY KRISHNA MAHAVIDYALAYA

P. O. - BALAGARH • DIST. - HOOGHLY • WEST BENGAL - 712 501

NAAC ACCREDITED

Ref. No. _____

Date _____

From,

President / Principal / Teacher-in-charge

To
Mrs. Mina Ghosh
Balagarh BK Mahavidyalaya Yoga Centre,
Balagarh Bijoy Krishna Mahavidyalaya,
Balagarh, Hooghly-712501,

02.8.2018

Madam,

I inform you that you have been appointed as **temporary Office Clerk** of Yoga Centre-Balagarh Bijoy Krishna Mahavidyalaya (Affiliated by the University of Burdwan) for the period from January to July Semester, 2018 and onwards. You are entitled to get a consolidated amount as remuneration for each semester totally depends on the net income of a particular semester, it will be mutually determined by the Principal and other committee members in the presence of you. But, the college will not provide any amount as remuneration from College fund in any case. Your participation and service are highly solicited.

Yours sincerely,

Principal
02/8/2018
Principal
Balagarh B. K. Mahavidyalaya
Balagarh, Hooghly - W.B.