



TM

BASUNDHARA TEACHERS' TRAINING COLLEGE (A UNIT OF NORTH BIHAR EDUCATIONAL TRUST)

RECOGNISED BY NCTE-ERC, BHUBANESHWAR
AFFILIATED B.R.A BIHAR UNIVERSITY, MUZAFFARPUR
DR. U.S. ROY KNOWLEDGE PARK, SILOUT (NEAR MARKAN CHOWK) N.H. 28,
MUZAFFARPUR (BIHAR) PIN-843119

Syllabus:

Module -1: Principles of Stress Management with Human Science

Module-II: Basic Meditation with Asan, Pranayam & Mudra

Module-III: Soft Tissue Manipulation for Stress

Module-IV: Chakra Yoga Practical

Module - V. Diseases & Remedial Therapy

Module-VI: Viva - Voce & Project

Attendance Policy:

Attendance is taken every class session. To appear in the certification exam, each student must ensure a minimum 75% attendance.

Coordinator/ Sports officer


Coordinator
Students Skill Development Committee
BTTC, Muzaffarpur