



Yashoda Girls'
Arts & Commerce College
Sneh Nagar, Wardha Road, Nagpur 440015
NAAC Accreditation B++ with 2.82 CGPA
Rashtrasant Tukadoji Maharaj Nagpur University
Department of Lifelong Learning & Extension

**Certificate course in
Health & Yoga**

Duration 35 Days

(From 10th May 2021 to 15th June 2021)

Coordinator
Dr Lalita Punnaya
Director Physical Education

Principal
Dr Dhanraj Shete

Academic Session
2021-2022



Yashoda Girls' Arts & Commerce College

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur




NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

Brief Report

Brief Report on Short Term Course

Academic Year- 2020-2021

Name of the Course Undertaken under Department of Life Long Learning and Extension, RTM Nagpur University and IQAC of the Institution	Certificate Course in Health and Yoga	
Academic Session	2020-2021	
Duration of the Short Term Course	35 days	
Organizing Department/ Committee	Department of Physical Education	
Total number of students Participated in the Course	50	
Brief Report	The Short Term Certificate course entitled Certificate Course in Health and Yoga by the Department of Physical Education of the institution in collaboration with Department of Life Long Learning and Extension, RTM Nagpur University during the session 2020-2021 under the guidelines of the Internal Quality Assurance Cell of the institution. The duration of the course was 35 days . Total 50 students participated in the short term course and successfully completed the Course. The completion certificates have been given to the students duly signed by the Director, Department of Life Long Learning and Extension, RTM Nagpur University.	
Criterion No. I	Metric No:-1.2.2 & 1.2.3	
Signature of Activity Co-ordinator	Signature and Stamp of IQAC Co-ordinator	Signature & Stamp of Principal
	 Co-ordinator, IQAC Yashoda Girls' Arts & Commerce College, Nagpur	 PRINCIPAL Yashoda Girls Arts & Commerce Colle, Sneh Nagar, Nagpur-15



IQAC NOTICE



Purushottam Khaparde Health & Education Society's

Yashoda Girls' Arts & Commerce College,

Sneh Nagar, Wardha Road, Nagpur-440015

INTERNAL QUALITY ASSURANCE CELL (IQAC)

Dr. Dhanraj Shete

Principal & Chairperson IQAC

Mob. 9665553451

E-Mail: dhanrajshete1002@gmail.com

Dr. K. G. Meshram

IQAC Coordinator

Mob. 9970071236

E-Mail: kgmeshram17@gmail.com

Telephone No: 0712-2490637

E-Mail: ygc.ngp@rediffmail.com

Website: yashodagirlscollege.edu.in

IQAC NOTICE

No. 11/2020-21

Date: 01-02-2021.

To,
Dr. Lalita Punayya,
Department of Physical Education,
Yashoda Girls' Arts & Commerce college,
Sneh Nagar, Nagpur

Dr. Fating,

IQAC of the institution is herewith giving you the responsibility of conducting a **Certificate Course in Yoga and Stress Management** (6 weeks duration) taking due permission from the Lifelong Learning & Extension Department of RTM Nagpur University for the same for the Session 2021-2022. You have to complete the entire process and the course between July 2021 to January 2022. You should submit the file of the course containing the documents as under before the end of February 2022.

1. Application for the course to the Extension department & approval letter.
2. Syllabus of the course.
3. Committee for syllabus framing with course outcomes and the reports of the meeting for the approval of syllabus.
4. Brochure and the notices for the students.
5. Inauguration photographs.
6. News reports (If any)
7. Students Attendance Records.
8. Certificates duly signed by the Principal and the Extension Department.
9. All the papers related to communication for the purpose.
10. Certificate Distribution photographs.
11. Some Photographs of actual teaching of the course
12. Report of Course Completion submitted to the authority.
13. Time Table of the course.
14. Also keep photographs as soft copy with you. (All photographs should be Geo-tagged with date and time).
15. The list of students enrolled. (Enrollment should be done as per Principal's instructions)

Co-ordinator, IQAC
Yashoda Girls' Arts &
Commerce College, Nagpur

PRINCIPAL
Yashoda Girls Arts & Commerce College,
Sneh Nagar, Nagpur-15

Received
14/2/2021

APPLICATION FOR PERMISSION TO S.T.C.

Purushottam Khaparde Health & Education Society's
Yashoda Girls' Arts & Commerce College

Accredited B++ with 2.82 CGPA for first cycle by NAAC
(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

Sneh Nagar, Wardha Road, Nagpur 440015

Tel: 0712 2290637 Fax: 0712 2290368

www.yashodagirlscollege.edu.in ygc.ngp@rediffmail.com

D/Phy. 2020-21

Date 05/01/2021

To,

The Principal,
Yashoda Girls' Arts & Commerce College
Nagpur-15

Subject :- Application for permission to start Short Term Course.

Res.Sir,

I wish to bring to your kind knowledge that as per the directions given in the IOAC meeting, I wish to introduce a short term course for (35 days) entitled " Health & Yoga " for the students in collaboration with Development of lifelong learning & extension R.T.M.Nagpur University.

You are requested to give me permission to introduce the course.

Date:- 05/01/2021

Place :- Nagpur

Your Faithfully

(Dr. Lalita Pirmay)
Dept. of Phy. Education

Permitted

PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15



BROCHURE



INAUGURAL CEREMONY
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING & EXTENSION
(Under Jeevan Shikshan Courses)



35 Day Online Short Term Certificate Course in Health & Yoga
(10/04/2021 to 15/05/2021)



Organized by



Department of Physical Education
Yashoda Girls Art's & Commerce College, Nagpur

Date : 10/05/2021

Time : 07.00 – 08.00 am

Chief Patron

Chairman

**Chief Guest
& Resource Person**

**Organizer
& Co-Ordinator**



Hon'ble Saroj Khaparde
Ex. Member of Parliament,
Secretary, Purushtottam
Khaparde Health &
Education Society, Nagpur



Dr. Dhanraj Shete
Principal
Yashoda Girls Arts &
Commerce College, Nagpur



Mr. Sachin Mathurkar
Yoga Expert
Founder, Sukha, Shanti,
Samadhan Santha, Nagpur



Dr. Lalita Punnya
Associate Prof. & H.O.D.
Dept. of Physical Education
Yashoda Girls Arts &
Commerce College, Nagpur

Guest of Honor & Resource Persons



Er. Sanjay Khonde
International Yoga
Expert &
Y. C. B. Examiner
Nagpur



Dr. Subhash Dadhe
Associate Prof.
Dept. of Phy Edu.
Dhanwate National
College, Nagpur



Dr. Vandana Ingle
Assitant Prof.
Dept. of Phy. Edu.
Dhanwate National
College, Nagpur



Mrs. Vaidehi Ingle
Yoga Expert
Nagpur













Dr. Sanjay Khalatkar
Assitant Prof.
Dept. of Phy. Education
Santaji Mahavidyalaya,
Nagpur

Google meet link : <https://meet.google.com/vre-sadn-mfn>






Contact No. 9850348812





BROCHURE

	Department of lifelong Learning & Extension (Under Jeevan Shikshan Courses)	
35 Day Online Short Term Certificate Course in Health & Yoga (10/05/2021 to 15/06/2021)		
<i>Organized by</i>		
Department of Physical Education Yashoda Girls Art's & Commerce College, Nagpur		
Date : 10/05/2021 to 15/05/2021		Time : 07.00 – 08.00 am
Topic : Introduction to Yogic Vyam & Suryanamskar		
Chairman	Organizer & Coordinator	Resource Person
		
Dr. Dhanraj Shete Principal Yashoda Girls Arts & Commerce College Nagpur	Dr. Lalita Punnya Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur	Mr. Sachin Mathurkar Yoga Expert Founder, Sukha,Shanti, Samadhan Santha, Nagpur
Google meet link : https://meet.google.com/vre-sadn-mfn		Contact No. 9850348812






	Department of lifelong Learning & Extension (Under Jeevan Shikshan Courses)	
35 Day Online Short Term Certificate Course in Health & Yoga (10/05/2021 to 15/06/2021)		
<i>Organized by</i>		
Department of Physical Education Yashoda Girls Art's & Commerce College, Nagpur		
Date : 16/05/2021 to 21/05/2021		Time : 07.00 – 08.00 am
Topic : Yoga For Health Pramotion		
Chairman	Organizer & Coordinator	Resource Person
		
Dr. Dhanraj Shete Principal Yashoda Girls Arts & Commerce College Nagpur	Dr. Lalita Punnya Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur	Er. Sanjay Khonde International Yoga Expert & Y. C. B. Examiner Nagpur
Google meet link : https://meet.google.com/vre-sadn-mfn		Contact No. 9850348812

BROCHURE

		Department of lifelong Learning & Extension (Under Jeevan Shikshan Courses)		
35 Day Online Short Term Certificate Course in Health & Yoga (10/05/2021 to 15/06/2021)				
<i>Organized by</i>				
Department of Physical Education Yashoda Girls Art's & Commerce College, Nagpur				
Date : 22/05/2021 to 27/05/2021			Time : 07.00 – 08.00 am	
Topic : General Guidelines for Yoga Practice				
Chairman		Organizer & Coordinator		Resource Person
				
Dr. Dhanraj Shete Principal Yashoda Girls Arts & Commerce College Nagpur		Dr. Lalita Punnya Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur		Dr. Subhash Dadhe Associate Prof. Dept. of Physical Education Dhanwate National College Nagpur
Google meet link : https://meet.google.com/vre-sadn-mfn			Contact No. 9850348812	

		Department of lifelong Learning & Extension (Under Jeevan Shikshan Courses)		
35 Day Online Short Term Certificate Course in Health & Yoga (10/05/2021 to 15/06/2021)				
<i>Organized by</i>				
Department of Physical Education Yashoda Girls Art's & Commerce College, Nagpur				
Date : 28/05/2021 to 02/06/2021			Time : 07.00 – 08.00 am	
Topic : Yoga For Health Pramotion				
Chairman		Organizer & Coordinator		Resource Person
				
Dr. Dhanraj Shete Principal Yashoda Girls Arts & Commerce College Nagpur		Dr. Lalita Punnya Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur		Dr. Vandana Ingle Assitant Prof. Dept. of Physical Education Dhanwate National College, Nagpur
Google meet link : https://meet.google.com/vre-sadn-mfn			Contact No. 9850348812	

BROCHURE

		Department of lifelong Learning & Extension (Under Jeevan Shikshan Courses)		
35 Day Online Short Term Certificate Course in Health & Yoga (10/05/2021 to 15/06/2021)				
<i>Organized by</i>				
Department of Physical Education Yashoda Girls Art's & Commerce College, Nagpur				
Date : 09/06/2021 to 14/06/2021		Time : 07.00 – 08.00 am		
Topic : Yoga For Health Pramotion				
Chairman		Organizer & Coordinator		Resource Person
				
Dr. Dhanraj Shete Principal Yashoda Girls Arts & Commerce College Nagpur		Dr. Lalita Punnya Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur		Dr. Sanjay Khalatkar Assitant Prof. Dept. of Phy. Education Santaji Mahavidyalaya , Nagpur
Google meet link : https://meet.google.com/vre-sadn-mfn		Contact No. 9850348812		

		Department of lifelong Learning & Extension (Under Jeevan Shikshan Courses)		
35 Day Online Short Term Certificate Course in Health & Yoga (10/05/2021 to 15/06/2021)				
<i>Organized by</i>				
Department of Physical Education Yashoda Girls Art's & Commerce College, Nagpur				
Date : 03/06/2021 to 08/06/2021		Time : 07.00 – 08.00 am		
Topic : Shatkarm / Shatkriya				
Chairman		Organizer & Coordinator		Resource Person
				
Dr. Dhanraj Shete Principal Yashoda Girls Arts & Commerce College Nagpur		Dr. Lalita Punnya Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur		Mrs. Vaidehi Ingle Yoga Expert Nagpur
Google meet link : https://meet.google.com/vre-sadn-mfn		Contact No. 9850348812		

NOTICE



Purushottam Khaparde Health & Education Society's

Yashoda Girls' Arts & Commerce College, Nagpur

Accredited
B++
by NAAC

Recognized by Government of Maharashtra Affiliated to RTM Nagpur University, Nagpur
SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA

Tel.: 0712-2290637 Fax No.: 0712- 2290368 Website: www.yashodagirlscollege.edu.in Email: ygc.ngp@rediffmail.com

YGC No./Stc/Phd/Soln/01/2020-21

Date 10/02/2021

Academic Session- 2020-2021

NOTICE


Constitution of Committee for Designing Curriculum for Certificate Course in Health & Yoga

As per the decision of the Internal Quality Assurance Cell of the Institution to introduce Certificate Course in Health & Yoga for One Month (35 Days) for the students of Arts & Commerce Faculty with the specific purpose of giving training to the students, A committee of faculty members and experts is being constituted for framing the curriculum for the said Add-on-Course. The names of the committee members are as under :-

- | | | |
|----------------------------|---------------------|---|
| 1. Prin.Dr. Dhannraj Shete | Chairman | Principal |
| 2. Er. Sanjay Khonde | Member | Yoga & Naturopathy Expert, Nagpur |
| 3. Shri. Sachin Mathurkar | Member | Yoga Expert, Raipur |
| 4. Dr. Vandana Ingle | Member | Dhanwate National College, Nagpur |
| 5. Dr. Subash Dhadhe | Member | Dhanwate National College, Nagpur |
| 6. Dr. Sanjay Khalatkar | Member | Santaji Mahavidhyalaya, Nagpur. |
| 7. Dr. Lalita Punnya | Course- Coordinator | Yashoda Girls' Art's & Commerce College |

All the committee members are hereby informed that :-

- They should frame the syllabus remaining committed to curriculum standards.
- The duration of the Add-on-Course should be kept in mind while framing the syllabus.
- The syllabus should be framed in an organized, efficient manner taking into proper consideration the specific objectives of the course and the course outcomes (Cos).


Principal
PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15

Note :- Copy forwarded for information and action to all the committee member.

TIME TABLE

**RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
INITIAL REPORT UNDER JEEVAN SHIKSHAN COURSES**

1. Name of the Courses : A Short Term Certificate Course in Health and Yoga
2. Name of the College : Yashoda Girl's Arts & Commerce College, Nagpur
Organizing PH-2290637
3. Name and Address of the : Dr. Lalita Ishwari Punnya
Course Co-ordinator Yashoda Girl's Arts & Commerce College, Nagpur
440015
4. Venue of the Course : Yashoda Girl's Arts & Commerce College.
With full address Sneh Nagar Nagpur Wardha Road, Nagpur.44001
5. Date Of Starting the Courses : 10th May 2021
6. Timing of the Course : 07.00 To 08.00 A.M
(Attach a copy of Time-Table):
7. Duration : 35 Days/30 Sessions
8. Medium of Instruction : Marathi & Hindi
9. No .Of Students Admitted : 45
10. Accommodation available : Institutional Class Room/College Premises/
Online platform

11. Information of Faculty Member

Sr. No.	Name of the Faculty Member	Topic To Be Taught	Full Postal Address	Phone No. If any
1	Er. Sanjay Khonde	Unit I,II- Basic Yoga Yoga Introduction of Yoga & Yoga Practice	Shiv Apartment Ramnagar, Nagpur	9960236255
2	Shri. Sachin Mathurkar	Unit V- Introduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar	Sukhsanti Samadhan Sanstha, Raipur	
3	Dr. Vandana Ingle	Unit IV- Yoga for Health Pramotion	UDhanwate National College,Nagpur	7666742408
4	Dr. Subash Dadhe	Unit III -General Guidelines for Yoga Practice	UDhanwate National College,Nagpur	7709433653
5	Dr. Sanjay Khalatkar	Unit VI- Introduction to Pranayama, Meditation & Dhyana	Santaji Mahavidhyalaya, Nagpur	9850336238

12. Any other matter relating the course : --
13. Total Fees Charges Per Student : Rs 100/- Per Student (Rs.100 X 45=4500/-)
14. Amount of Enrollment Fees to be deposited with the Department : 10%(Rs.450/-)

SIGNATURE & SEAL OF THE
PRINCIPAL
Yashoda Girls Arts & Commerce Colleg
Sneh Nagar, Nagpur-15

SIGNATURE & SEAL OF THE
COURSE CO-ORDINATOR

TIME TABLE

Course Schedule (Course Outline) Time Table 7.00 AM to 8.00 AM

Sr. No.	Unit	Course Contents (Theory / Practical)	35 Days/Lectures
1	I	Basic Yoga	05 Days
2	II	Introduction of Yoga & Yoga Practice	05 Days
3	III	General Guidelines for Yoga Practice	05 Days
4	IV	Yoga For Health Promotion	05 Days
5	V	Introduction to Yogic Sukshma Vyam, Sthula Vyam	05 Days
6	VI	Introduction to Pranamaya, Meditation & Dhyana	05 Days
7	-	Exam/Viva	05 Days

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PRINCIPAL
Yashoda Girls Arts & Commerce College
Anch Nagar, Nagpur-15

PROPOSAL FOR APPROVAL TO CONDUCT S.T.C.



Purushottam Khaparde Health & Education Society's

**Yashoda Girls'
Arts & Commerce College, Nagpur**

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Tel. : 0712-2290637 • Fax No. : 0712- 2290368 • Website : www.yashodagirlscollege.edu.in • Email : ygc.ngp@rediffmail.com

ply. Edw/STC/20-21

Date 19/02/2021

YGC No./

To,
The Director,
Life Long Learning and Extension Department
Rashtrasant, Tukdoji Maharaj Nagpur University
Nagpur

Subject : Proposal for approval to conduct Certificate Course in Yoga and Health


Sir,

Greetings from Yashoda Girls' Arts and Commerce College.

We wish to introduce Certificate Course in Yoga and Health as a Short Term -Course for our college students. The course is designed for the duration of 35 days. The purpose of the course is to empower and motivate the girls to achieve wellness. The Proposal duly filled in appended along with the syllabus designed by the experts and the same is enclosed for your kind perusal. It is requested to kindly consider and grant an approval for the said course.

Thanking you

Regards,


(Dr. Dhara Shew)
PRINCIPAL
Yashoda Girls' Arts & Commerce
College, Nagpur

Enclosures :

1. Proposal duly filled in.
2. Syllabus

18/2/21



PROPOSAL FOR APPROVAL TO CONDUCT S.T.C.

**RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
PROPOSAL FOR CONDUCTING SHORT TERM CERTIFICATE COURSE UNDER
JEEVAN SHIKSHAN ABHIYAN**

1. **Basic information about the Applicant College/ Departments:**
 - i) Name of the College / Department: **Yashoda Girls Arts & Commerce College Nagpur**
 - ii) Complete Postal Address of : **Sneh Nagar, Wardha Road, Nagpur 440015**
 - iii) Phone Number : **0712-2290637/ 2290368**
 - iv) Name of the Principal/University Dept. : **Dr Dhanraj V Shete**
with the full Postal Address : **Sneh Nagar, Nagpur 440015**
 - v) Phone Number/Mobile No. : **9665553451/7972612235**
2. **Details of the Course Proposed :**
 - i) Name of the course :
 - a) Certificate : **A Short Terms Certificate Course in Health and Yoga**
 - b) Diploma :
 - c) Advance Diploma :
 - ii) Target Group : **50**
 - iii) Duration of the Course : **1 Month (35 Days)**
 - iv) Timings : **07.00 To 08.00 A. M.**
 - v) Medium of Instruction : **Marathi & Hindi**
 - vi) No of candidates to be admitted : **50**
 - viii) Fees to be Charge per students : **100/**
3. **Syllabus for the proposed Course : A copy Enclosed**
4. **Details of the Faculty for Course:**
 - i) Whether College/Department has any Degree/ Diploma Course related to the proposed Course **No**
 - ii) Whether the course is prepared by Experts form related field **Yes**

iii) Information of Course Co-ordinator (To be appointed for the course):

Name and Address	Qualification	Experience
Dr. Lalita Ishwarn Punnya	B.P. Ed, M. P. Ed, SET, Ph.D.	26 Years

(iv) Information of Faculty Members ((TO be appointed for the Course)

S.N.	Name of the Faculty Member	Qualification	Topics	Full Postal Address
1	Er. Sanjay Khonde	Diploma in Civil Engineer, M.A. Yogashtra YCB Yoga Teacher Level I,II,III, Yoga & Naturopathy	As Per Syllab us	Shiv Apartment Ramnagar, Nagpur.
2	Shri Sachin Mathurkar	M.A. Yogashtra Yoga Teacher		ShukhSanti, Samadhan Sanstha, Raipur.
3	Dr.Vandana Ingle	B. P. Ed, M.P. Ed, Ph.D. YCB Yoga Teacher, Level I		Dhantwate National College Nagpur.
4	Dr. Subash Dadhe	B. P. Ed, M.P. Ed, NET, Ph.D. YCB Yoga Teacher, Level I, YCB Volunter		Dhantwate National College Nagpur.
5	Dr. Sanjay Khalatkar	B. P. Ed, M.P. Ed, SET, Ph.D.		Santaji Mahavidhyalaya Nagpur

5. Details Of the physical facility to be Provide for the Course :

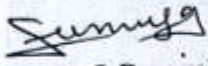
- (i) Class Room : Institutional Class Room /College premises/
Online platform
- (ii) Library : Institutional Library
- (iii) Equipment's/ Material : LCD Projector/ Yoga Mat, Neti Pot
- (iv) Any Other : Study Material
- (v) Expenditure : 6000/

Details of Expenditure -

Sr. No.	Particular	Amount
1	Honorarium to Teaching Staff	5000/
2	Materials	500/
3	Contingencies	500/

6. Initial Report be submitted to this department within one month from the date of sanction of the course : Yes


(Dr. Dhanraj V. Shete)
PRINCIPAL
Yashoda Girls Arts & Commerce
College, Nagpur



(Dr. Lalita L. Punnya)
Course Coordinator

UNDERTAKING

Dr. Dhanraj V. Shete Principal, Yashoda Girls Arts & Commerce College, Sneh Nagar, Nagpur undertaking to state that I shall be abiding by rules & regulation of the Department regarding the organization of course.

Dated :11.02.2021


(Dr. Dhanraj V. Shete)
PRINCIPAL
Yashoda Girls Arts & Commerce
College, Nagpur


PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15

OBJECTIVES OF THE COURSE

Purushottam Khaparde Health & Education Society's
Yashoda Girls' Arts & Commerce College

Accredited B++ with 2.82 CGPA for first cycle by NAAC
(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)
Sneh Nagar, Wardha Road, Nagpur 440015

Certificate Course in Yoga and Health
(Department of Physical Education)

Proposed Curriculum/ Syllabus Academic Session-2020-2021

Aims and Objectives of the Course

Yoga is popular mode of wellness and it can be practiced for self benefit as well as to help others. Yoga is a practice that connects the body, mind and health. It uses physical postures, breathing exercises, and meditation to improve overall health. It is a Short Term Certificate course that can be taken up by students. It will be an additional skill based program for positive self development and may be useful in future for fitness of health and mental peace. As Yoga is being actively promoted by the Government of India through Ministry of AYUSH.

The course offers a perfect merge together of theory and practical hands on instructions for the girls' students of our college. The expertise of the course designer on "Yoga & Health" is in consultation with the college department of Physical Education.

Aims

The practice of Yoga exercise aims at overcoming the limitations of the body.

Objectives

- The course will empower and motivate to achieve wellness.
- It will also give them basic skills in various Yoga techniques that can be practised for their own benefits.
- It will develop their all round personality.
- It will help them to maintain mental peace.

Outcomes : Knowledge of Yogic practices.

Duration - 35 days / 30 Sessions.

Time Duration - 1:00 hours

Session - Everyday excluding holiday.

Methods

- Group Teaching Session
- Group Practice
- Appropriate handouts in soft/hard copy


SYLLABUS

Syllabus

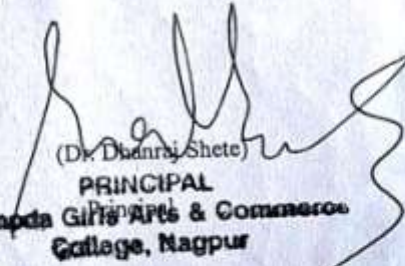
Sr. No.	Unit	Course Contents	Required Lectures
1.	I	Basic Yoga	05 days
2	II	Introduction of Yoga & Yoga Practice	05 days
3	III	Generals Guidelines for Yoga Practice	05 days
4	IV	Yoga for Health Promotion	05 days
5	V	Introduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar	05 days
6	VI	Introduction to Pranayama, Meditation & Dhyana	05 days
7	-	Exam/Viva	05 days

Books Recommended by the Experts -

1. Asan Pravesh -Janardhan Swami Mandal,Nagpur
2. Asan Pravin - Janardhan Swami Mandal,Nagpur
3. Yogasanà - Dr. P.D.Sharma Navanit Publication Ahamadabad
4. Physical Education And Health. - A.K. Uppal G.P. Gautam Friends Publication, New Delhi.
5. Health Education Indu Publication Aurangbad.


(Dr. Lalita Ishwarn Punnya)

Head & Associate Professor
Department of Physical Education


(Dr. Dhanraj Shete)
PRINCIPAL
Yashoda Girls Arts & Commerce
College, Nagpur


PRINCIPAL
Yashoda Girls Arts & Commerce College
Anch Nagar, Nagpur-1C

STUDENTS LIST

Sr. No	Name of the students in full	Gender	DOB	Place of birth	State	Category	Enroll No	Edu. Qual	Contact No.	Email Id	Full Address
1	Vaanshree Devidas Paritaki	F	13-03-01	Nagpur	Mah.	ST	20202009516032	B.A. II	8759036408	vaanshreeparitaki@gmail.com	Chikhawan, Wardeh Road, Nagpur
3	Lilima Padmalochan Pradhan	F	01-07-97	Bargosa	Odisa	OBC	20202009516473	B.A. II	8658120951	Lilimargol@gmail.com	Soyag Nagpur NIT Garden, Nagpur
4	Payal Rikhal Dabhe	F	02-05-02	Nagpur	Mah.	OBC	20202009516486	B.A. II	7218398552	Payalshahar7218@gmail.com	Grossi Four Jay Dharma Besh
5	Sejal Rahul Sosule	F	14-10-01	Nagpur	Mah.	SC	20202009516514	B.A. II	8388756664	Sejalrahal73@gmail.com	Kajal Nagpur Maswada Besh Road
6	Inha Arun Umar	F	05-07-02	Nagpur	Mah.	SC	20202009516609	B.A. II	7248928543	inhabharal@gmail.com	Capriation School Jashu Nagar (U. Phm)
7	Indu Bhuvan Shahu	F	19-06-01	Nagpur	Mah.	OBC	20202009516668	B.A. II	8409313623	indubhuvan50@gmail.com	Ramteke Nagpur
8	Sugriya Rajeshwar Kamble	F	1009/1998	Nagpur	Mah.	SC	20172010791780	B.A. II	9834745748	sugriyakamblar90@gmail.com	Rahul Nagpur somawada nagpur
9	Satyashila Ramesh Neware	F	22-12-93	Nagpur	Mah.	SC	20202009516612	B.A. II	9284499833	Shruti shubh_40@gmail.com	Yerfa, Umar, Dist Bhandara
10	Renu Sakharan Meshram	F	14-09-01	Nagpur	Mah.	NT	20202009516409	B.A. II	9112381942	Ranumeshram121@gmail.com	New Pousavas Kapri, Nagpur
11	Roshini Shankar Sabu	F	02-01-02	Nagpur	Mah.	OBC	20202009516602	B.A. II	8325456191	Roshinisabharanagar01@gmail.com	Vidyanagar Nagpur Inasani
12	Pranali Moreswar Chhapekar	F	10-06-99	Nagpur	Mah.	NT	8896326359	B.A. II	8896326359	Pranalinchhapekar04@gmail.com	Burga Mata Mandir,
13	Pooja Rajendra Jilhare	F	28-03-02	Nagpur	Mah.	OBC	20202009516497	B.A. II	9834154332	poojabhambhani@gmail.com	Gunguns, Nagpur
14	Ashwini Moreswar Chhapekar	F	15-11-96	Nagpur	Mah.	NT	NU/A15/19852	B.A. II	9322628995	Ashwinichhapekar14@gmail.com	Durga Mata Mandir,
15	Sandhya Vasant Rao Baksh	F	20-01-02	Nagpur	Mah.	OBC	20202009516506	B.A. II	9765239043	Sandhyabaksh11@gmail.com	Gunguns, Hingna, Nagpur
16	Durga Dhanraj Botare	F	10-12-98	Nagpur	Mah.	OBC	20192011021011	B.A. II	7587797821	Durgad10709@gmail.com	21, Shrawdi Nagar, Nagpur
17	Gayatri Dhanaoj Botare	F	26-12-00	Nagpur	Mah.	ST	20192011021012	B.A. II	7517839504	gayatribotare95@gmail.com	21, Shrawdi Nagar, Nagpur
18	Diya Duryodhan Hatpore	F	04-09-01	Nagpur	Mah.	NT	20202009516662	B.A. II	8329347603	Diyaahatpore07@gmail.com	Panaji, Wardeh Road
19	Neha Ramesh Chaware	F	01-01-01	Nagpur	Mah.	OBC	20202009516480	B.A. II	9374684120	Nehachaware1@gmail.com	Shivnagar, C.R.P.F Road, Nagpur
20	Nandini Ajay Gaivir	F	28-08-00	Nagpur	Mah.	SC	20202009516478	B.A. II	9850088786	Nandiniagar2@gmail.com	Rahabagar, Somawada
21	Priyanka Jaydev Kelwade	F	04-03-02	Nagpur	Mah.	OBC	20202009516496	B.A. II	8767853528	Priyankakelwade@gmail.com	Gunguns, Hingna, Nagpur
22	Sanjana Arvind Wadhede	F	27-07-02	Nagpur	Mah.	OBC	20202009516509	B.A. II	7089633319	sanjanawadhede13@gmail.com	New Hanuman Mandir Jashu
23	Pratiksha Narendra Karandikajane	F	07-03-99	Nagpur	Mah.	OBC	20182011021472	B.A. II	7447688774	pratikshakarandikajane@gmail.com	Babh, Near Wardeh Besh,
24	Surabhi Mohan Shenoi	F	18-01-02	Nagpur	Mah.	NT	20202009516524	B.A. II	8623099743	surabhisshenoi5@gmail.com	A.C.M. Suryoddy Nagar, Nagpur
25	Simran Arvind Halimare	F	22-10-99	Nagpur	Mah.	OBC	20202009516520	B.A. II	7410755626	simranhalimare21@gmail.com	Conton Market, Inamwada
26	Diya Pradipkumar Tiwari	F	15-03-01	Nagpur	Mah.	OBC	20202009516484	B.A. II	8099940112	DiyaTiwari2225@gmail.com	Plot No. 93, Babesh Lay out-5
27	Arii Babwan Tiakur	F	15-07-01	Nagpur	Mah.	OBC	20202009516450	B.A. II	9356885243	Tyaktiari142@gmail.com	85, Pat. Area, Sarendra Nagar
28	Sangeeta Hariprasad Soti	F	06-01-96	Nagpur	Mah.	OBC	20202009516504	B.A. II	7709515928	Sangeetasoti66@gmail.com	Manoh Nagar, Nagpur 29
29	Rupali Sitaram Ambalgade	F	26-03-01	Nagpur	Mah.	OBC	20202009516504	B.A. II	8010952542	rupaliambalgade@gmail.com	Krushnara Society, Maninagar
30	Satvantiakar Ratnasingh Bawari	F	05-10-98	Nagpur	Mah.	NT	20202009516512	B.A. II	9923117664	satvantiakarbawari@gmail.com	Rukhban Ps. Buthibov,
31	Somali Suresh Janarkar	F	08-02-00	Nagpur	Mah.	OBC	20202009516521	B.A. II	9657844104	somalijankar17@gmail.com	Jantala Road, Railway crossing
32	Subhangi Chintaman Mangrudkar	F	07-06-01	Nagpur	Mah.	OBC	20192011021007	B.A. II	7796283241	subhangimangrudkar@gmail.com	Panaji, Jashu Post Dongargaon
33	Pooja Mukesh Dubey	F	12/12/2000	Nagpur	Mah.	OBC	20202009516514	B.A. II	9021130716	poojadhavmangrudkar@gmail.com	Swaraj Swarnjanana Society
34	Mecna Amarasingh Pawar	F	06-03-02	Nagpur	Mah.	OBC	20202009516458	B.A. II	9022271308	mecna@gmail.com	Parvati Nagar, Near
35	Chakuli Mahadev Godam	F	13-01-02	Nagpur	Mah.	OBC	20202009516458	B.A. II	8847743753	chakulimahadev@gmail.com	Bobini Society, Parsodi
36	Tanu Vijay Fulre	F	22-07-01	Nagpur	Mah.	SC	20202009516528	B.A. II	8009595980	tanufulre23@gmail.com	Chikhawan, Nagpur
37	Swati Dnyaneshwar Nagpure	F	17-09-01	Nagpur	Mah.	OBC	20202009516525	B.A. II	9879816663	swatinagpure23@gmail.com	Inamwada, Ps. Besh,
38	Pratiksha Rajesh Barvool	F	15-08-99	Nagpur	Mah.	OBC	20183010701992	B.A. II	9089702309	pratikshabarvool@gmail.com	Kanabgar Salgaon, Turkant
39	Bhawanisa Vasudev Nimaje	F	27-11-97	Nagpur	Mah.	SC	20183010701992	B.A. II	8208456835	bhawanisavadev@gmail.com	Rahul Nagar, Somawada
40	Simbiha Mahesh Nadgave	F	08-12-99	Nagpur	Mah.	SC	20183007008513	B.A. II	9370312230	simbihanadgave2@gmail.com	Rahul Nagar, Somawada
41	Dhanpreet Gajendra Kurjekar	F	20-05-01	Nagpur	Mah.	SC	20192011021009	B.A. II	8793746487	dhanpreetkurjekar2001@gmail.com	Sarab Zale, Plot No 28,
42	Monika Vinaykumar Nibalkar	F	01-09-97	Nagpur	Mah.	OBC	20202009516476	B.A. II	9879816663	monikanibalkar@gmail.com	Jantala, Nagpur
43	Apksha Rajesh Nagdive	F	30-01-01	Nagpur	Mah.	OBC	20202009516466	B.A. II	7841983367	apksahnagdive@gmail.com	Rethi Panjari, Nagpur
44	Chiranjeevi Horram Verna	F	14-02-00	Nagpur	Mah.	OBC	20202009516460	B.A. II	7887645181	chiranjeevi@gmail.com	Plot No.3 Shantoli Nagar
45	Pragati Rajkumar Samarth	F	14-02-00	Nagpur	Mah.	OBC	20202009516460	B.A. II	782869727	pragatisamarth20@gmail.com	Mohakali Nagar, Belatomb
46											Hari Om Nagar, Takasht,

Nagpur,
Maharashtra State & Government
College, Nagpur

SANCTION FOR CONDUCTING S.T.C.



RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY
Established by Government of Central Provinces Education Department by Notification No. 313 dated the 1st of August, 1928 &
University & State University governed by Maharashtra Public Universities Act, 2018 (1928, Act No. VI of 2017)
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
Gurunariak Bhevan, University Campus, Amravati Road, Nagpur - 440 033. Phone : 2530860
E-mail : dol@rtmnu@gmail.com

To,
The Principal
Yashoda Girls' Arts & Commerce College,
Nagpur.

No.DOLLE/162/21
Dated : 04.02. 2021

**Subject : Sanction for Conducting Short Term Courses under
Jeevan Shikshan Abhiyan on No Grant Basis.**

Sir/Madam,

With reference to your proposal for conducting Short Term courses indicated below under Jeevan Shikshan Abhiyan of this Department, I am to inform you that your proposal have been accepted by the Department and your College has been granted permission to conduct the online course on the following conditions:

Details of the Course

Sr. No.	Name of the Course	Duration	No. of Candidates to be admitted	Fees to be Charged per Student	Fees to be Deposited With the Deptt.
1	Certificate Course in Basic Skills required for Career	1 Month	40	100/-	10%
2	Certificate Course in Corporate Communication & Public Relation	1 Month	40	50/-	10%
3	Certificate Course in Basic Preparation for Competitive Examination	35 days	40	100/-	10%
4	Certificate Course in Health and Yoga	35 days	50	100/-	10%
5	Certificate Course in Soft Skill for Personality	3 Months	40	100/-	10%
	Certificate Course in Agricultural Marketing	1 Month	40	100/-	10%

Rules & Regulations of this Department regarding these courses should be strictly followed.

1. Owing to Covid-19 situations all the norms of Central & State Government and instructions by R.T.M. Nagpur University, Nagpur should be strictly followed.
2. This sanction is valid for this particular Batch only.
3. Fees for the course should be charged as per the norms prescribed.
4. Expenditure on the course should be incurred as per norms.
5. Course should be started within a Month from the date of sanction.
6. Please communicate your acceptance within a month and submit the Initial Report
Submit the List of Students admitted in the excel format attached herewith.
Also send a soft copy in CD/Pen drive.

Your's faithfully,


Director

ATTENDANCE OF STUDENTS

YASHODA GIRL'S ARTS & COMMERCE COLLEGE, SNEH NAGAR, NAGPUR
SHORT TERM CERTIFICATE COURSE (HEALTH & YOGA)
DURATION (35 DAYS) 10/05/2021 TO 15/06/2021

SR. NO.	NAME OF THE STUDENT	STUDENTS ATTENDANCE SHEET																																					
		MAY										JUNE																											
		10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
1	Arati Balwant Thakir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
2	Apeksha Rajesh Nigude	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Ashwini Moreswar Chhapelar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bhawana Vasudev Nimaje	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Chakuli Mahadev Gedam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Chitralekha Hororam Verma	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Diya Pradeepkumar Tiwari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Dhanya Duryodhan Hatigare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Dhanshree Gajendra Kurjekar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Durga Dhanraj Botare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Gayatri Dhanraj Botare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Ichha Arun Titare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Indu Bhuvan Shahu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Lilima Padmalochan Pradhan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Meena Amarsingh Pawar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Monika Vinayakrao Nibalkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Nandini Ajay Ganvir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Neha Ramesh Chaware	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Payal Rikilal Dabhake	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Pooja Mukesh Dubey	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Pooja Rajendra Jilhare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Pragati Rajkumar Samarth	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Pranali Moreswar Chhapelar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Pratiksha Rajesh Bansod	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Pratiksha Narendra Karadbhajane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Priyank Jaydev Kelwade	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Ranu Sakharan Meshram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Roshani Shankar Sahu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Rupali Sitaram Ambagade	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Sandhya Vasant Rao Rukshk	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Sangeeta Hariprasad Soni	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Saojana Arvind Wanthede	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Signature

Purushottam Khaparde Health & Education Society's
Yashoda Girls' Arts & Commerce College

Accredited B++ with 2.82 CGPA for first cycle by NAAC
(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)

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SHORT TERM CERTIFICATE COURSE IN HEALTH AND YOGA

QUIZ

Dr. Lalita I. Punnya

Punnya

१. निम्न में से कौनसी मुद्रा सर्वांगसन के अनुरूप है।
अ) ताटांगी मुद्रा ब) मातंगी मुद्रा क) विपरीत करणी ड) इनमेंसे कोई नहीं
२. निम्न में से कौनसा प्राणायाम शरीर में उष्णता निर्माण करता है।
अ) चन्द्रभेदि ब) उज्जायी क) शीतली ड) सुर्यभेदन
३. योगी के भोजन को कहा जाता है।
अ) स्वल्पहार ब) मितहार क) प्रत्याहार ड) उपयुक्त सभी
४. महर्षी पतंजली के अनुसार कितनी प्रकार की वृत्तियाँ हैं।
अ) ५ ब) ४ क) २ ड) ७
५. योग सूत्र के लेखक हैं।
अ) पतंजली ब) कनाद क) कपिल ड) योगी
६. योग में कितनी मुख्य नाडीयाँ हैं।
अ) २ ब) ४ क) ५ ड) ३
७. योग में कितनी नाडीयाँ की व्याख्या की गई है।
अ) ७२०० ब) ५२०० क) ६२०० ड) ९२००
८. निम्नलिखित में से कौन सा गुण "पवित्रता" दर्शाता है।
अ) सत्व ब) रजस क) तमस ड) इनमेंसे कोई नहीं
९. मानव शरीर में कितने चक्र होते हैं।
अ) ७ ब) ९ क) ११ ड) ५
१०. ईश्वर के प्रति उत्कृष्ट प्रेम कौनसी योग साधना पद्धति में आता है।
अ) मंत्र योग ब) राज योग क) भक्ती योग
११. कर्मयोग के अनुसार किस तरह के कामों को करने के लिये कहा गया है।
अ) निष्काम कर्म ब) पाप कर्म क) पुण्य कर्म ड) सेवा कर्म
१२. भारतीय संस्कृति में परम पुरुषार्थ है।
अ) मोक्ष ब) काम क) भक्ती ड) सेवा
१३. महर्षी पतंजली के अनुसार नियम के कितने प्रकार हैं।
अ) ५ ब) ३ क) ४ ड) २

१४. महर्षी पतंजली के अनुसार यम के कितने प्रकार हैं।
अ) २ ब) ४ क) ३ ड) ५
१५. प्राणायाम में सांस लेने के कितने पहलू हैं।
अ) २ ब) ४ क) ३ ड) ५
१६. कोणसे प्राणायाम से एकाग्रता बढती है।
अ) शीतली ब) भ्रुविका क) धामरी ड) सुर्यभेदन
१७. अनुलोम विलोम कभी भी कर सकते हैं।
अ) सही ब) गलत
१८. पंचकर्म क्या है।
अ) शोधन चिकित्सा ब) शमन चिकित्सा क) मसाज ड) हर्बल चिकित्सा
१९. त्रिदोष क्या कोन से है।
अ) वात -पित्त -कफ ब) कफ- रक्त -पित्त क) रक्त -कफ -पित्त
२०. यम अष्टांग योग का कोनसा चरण है।
अ) १ ब) २ क) ३ ड) ४
२१. नीयम अष्टांग योग का कोनसा चरण है।
अ) १ ब) २ क) ३ ड) ४
२२. इनमें से कौन असंगत है।
अ) सत्य ब) अहिंसा क) अस्तेय ड) यम
२३. योग शब्द का अर्थ है।
अ) मिलन या एकता ब) शांती क) संघर्ष ड) खुशी
२४. प्राणायाम में कितने बंध बताये गये हैं।
अ) १ ब) २ क) ३ ड) ४
२५. मंत्रोच्चारण और प्रार्थना के बीच क्या अंतर है।
अ) एक समान है ब) कोई संबंध नहीं है क) मंत्र व्यवस्थित उच्चारण वर्णक्रम है और प्रार्थना समर्पण

Jumyer



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SHORT TERM CERTIFICATE COURSE IN HEALTH AND YOGA

REPORT

Dr. Lalita I. Punnnya

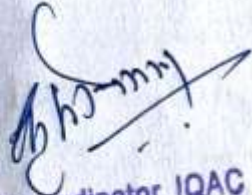
राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ जीवन शिक्षण अभियान अंतर्गत निरंतर शिक्षण व विस्तार विभाग, व शारिरीक शिक्षण विभाग यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज नागपूर यांच्या संयुक्त विद्यमाने शॉर्ट टर्म सर्टिफिकेट कोर्स चे आयोजन करण्यात आले. (*Rashtrasant Tukadoji Maharaj Nagpur University Department of Lifelong Learning and Extension, department of Physical Education Yashoda Girls' Arts And Commerce College Conducting Short Term Certificate Course Under Jeevan ShikshanAbhiyan*) "स्वास्थ्य योग आणि" या विषयावर कोर्स ची रचना करण्यात आली. या कोर्स करिता ४५ विद्यार्थिनींची निवड करण्यात आली. या सर्टिफिकेट कोर्स करिता ३५ वर्गाचा कालावधी घेण्यात आला. दिनांक १०/०५/२०२१ ते १५/०६/२०२१ या दरम्यान "योग आणि स्वास्थ्य" या विषयावर शॉर्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केले होते. या कोर्स मध्ये विविध योग तज्ञ व्यक्तींना वेगवेगळ्या विषयावर ऑनलाईन मार्गदर्शन /व्याख्यानाकरीता आमंत्रित करण्यात आले. विषयाशी संबंधीत माहिती, ऑनलाईन देण्यात आली

उदघाटन :

दिनांक १०/०५/२०२१ सकाळी ७.०० वाजता शॉर्ट टर्म सर्टिफिकेट कोर्स चे उदघाटन करण्यात आले. याप्रसंगी कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. धनराज शेते, उदघाटक व मार्गदर्शक मा.श्री. सचिन माथुरकर संस्थापक सुख,शांती , समाधान संस्था नागपूर ,योग तज्ञ श्री. संजय खोंडे, डॉ. वंदना मेश्राम ईगळे, डॉ.शुभाष दाढे, डॉ. संजय खडतकर, वैदेही ईगळे, महाविद्यालयातील सर्व प्राध्यापक व विद्यार्थिनी/प्रशिक्षणार्थी उपस्थित होते.

डॉ. ललिता पुत्रय्या शार्ट टर्म सर्टिफिकेट कोर्स चे समनवयक यांनी प्रास्ताविके-
म्हटले की मागील एका वर्षापासून कोविड या महामारी मुळे आपण सर्व व्रत
आहोत. स्वताचे व इतरांचे रक्षण करण्याकरिता आपण अंतर ठेवणे, मास्क,
सॅनीटाईज या सर्व नियमांचे पालन करत आहोत. परंतु आपले शारिरीक व
मानसिक आरोग्य स्वस्थ राहण्याकरिता आपली प्रतिकार शक्ती वाढवणे, व शरीर
लवचिक बनवणे गरजेचे आहे. आणि हे योगा मुळे साध्य होऊ शकते. व याच
उद्देशाने या कोर्स चे आयोजन करण्यात आले असे मत व्यक्त केले.
मा .श्री. सचिन माथुरकर कार्यक्रमाचे उद्घाटक यांनी व प्राप्त करण्याकरिता.
शारीरिक (स्वस्थ शरीर) व मानसिक आरोग्य (स्वस्थ मन) व्यवस्थीत
राहण्याकरिता योग हा सर्वोत्तम उपाय आहे निरंतर व नियमित योगा करणे
गरजेचे आहे. असे मत व्यक्त केले

डॉ. धनराज शेते प्राचार्य व कार्यक्रमाचे अध्यक्ष यांनी म्हटले की, कोविड ज्या
परिस्थितीत योगा व मेडीटेशन हे एकमात्र साधन आहे ज्याने शरीर व मनाचे
तणाव दूर होऊ शकते. उदघाटन नंतर लगेच श्री सचिन माथुरकर सरांनी
विषयाशी संबंधित मार्गदर्शन केले. या कोर्स मध्ये विविध योग तज्ञ व्यक्तींनी
वेगवेगळ्या विषयावर ऑनलाईन मार्गदर्शन / व्याख्यान केले.



Co-ordinator, IQAC
Yashoda Girls' Arts &
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GUEST LECTURE

अतिथी व्याख्यानाची माहिती.

Sr. No.	Name of the Faculty Member	Topic To Be Taught
1	Er. Sanjay Khonde	Unit I,II- Basic Yoga Yoga Introduction of Yoga & Yoga Practice
2	Shri. Sachin Mathurkar	Unit V- Introduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar
3	Dr. Vandana Ingle	Unit IV- Yoga for Health Pramotion
4	Dr. Subash Dadhe	Unit III -General Guidelines for Yoga Practice
5	Dr. Sanjay Khalatkar	Unit VI- Introduction to Pranayama, Meditation & Dhyana

Sr. No.	Unit	Course Contents (Theory / Practical)	35 Days/Lectures
1	I	Basic Yoga	05 Days
2	II	Introduction of Yoga & Yoga Practice	05 Days
3	III	General Guidelines for Yoga Practice	05 Days
4	IV	Yoga For Health Promotion	05 Days
5	V	Introduction to Yogic Sukshma Vyam, Sthula Vyam	05 Days
6	Vi	Introduction to Pranamaya,Mediation & Dhyana	05 Days
7	-	Exam/Viva	05 Day

- शार्ट टर्म सर्टिफिकेट कोर्स मध्ये मा .श्री. सचिन माथुरकर संस्थापक सुख,शांती , समाधान संस्था नागपूर. यांनी १० ते १५ मे २०२१ असे सहा दिवस" योगिक व्यायाम व सूर्यनमस्कार "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- मा .श्री. संजय खोंडे (इंजिनियर) आंतरराष्ट्रीय योगतज्ञ, वाय .बी.सी. परीक्षकनागपूर. यांनी दिनांक १६ ते २१ मे २०१२१ असे महा दिवस" **Basic Yoga, Introduction of Yoga & Yoga Practice** "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- डॉ दाढे शुभाष .सहयोगी प्राध्यापक, धनवटे नॅशनल कॉलेज नागपूर दिनांक यांनी २२ ते २७ मे २०१२१ असे सहा दिवस" **General**

Guideline for Yoga Practice "यां विषयावर ऑनलाईन मार्गदर्शन केले.

- डॉ. वंदना इंगळे मेश्राम धनवटे नॅशनल कॉलेज नागपूर यांनी दिनांक २८ मे ते ०२ जून २०२१ असे सहा दिवस" **Yoga pramotion for Health** "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- वैदेही मनोज इंगळे, योगतज्ञ नागपूर यांनी दिनांक ०३ ते ०८ जून २०२१ असे सहा दिवस" **Shatkarma/Shatkriya** "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- डॉ. खडतकर संजय सहायक प्राध्यापक, संताजी महाविद्यालय, नागपूर यांनी दिनांक ०९ ते १४ जून २०२१ असे सहा दिवस "Introduction Pranayama, Meditation & Dhyana "यां विषयावर ऑनलाईन मार्गदर्शन केले.

सर्व योग योग तज्ञ व्यक्तींनी वेगवेगळ्या विषयावर ऑनलाईन मार्गदर्शन केले. ज्यात

प्रार्थना

संधी संचलन : संधी, न्यायू, वृ मज्जासंस्था यांना कार्यान्वित करणे. डोळे, मान, खांदे, एल्बो, मनगट, बोट, कंबर, गुडघे, पाय ई.

ध्यानात्मक आसन : पदमासन, स्वस्तीकासन,

शरीर संवर्धनात्मक आसन : विश्रांतिकारक आसन : सवासन, मकरासन

उभे आसन : ताडासन, गरुडासन, वृक्षासन, हस्तपादासन, कोनासन

बसलेले आसन : पद्मीमोतानासन, तोलासन, जानुशिरासन

पाठीवर झोपलेले : हलासन, नौकासन, पवनमुक्तासन, सेतुबंदासन, चक्रासन

पोटावर झोपलेले : भूजंगासन, सलभासन, धनुरासन

ओंकार : ओम चे गुंजन

प्राणायाम : अनुलोम-विलोम, भस्त्रिका, उज्जायी, शीतली, शीतकारी, दीर्घ

श्वसन, कपालभाती, नाडीशोधन, दीर्घ स्वसन, धामरी, याविषयी माहिती दिली.

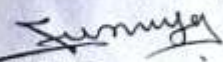
प्रात्यक्षिक करून दाखविले. त्याचे महत्व सांगून विद्यार्थींनीनकडून करवून घेतले.

सर्व विषयाची माहिती देण्यात आली.

दिनांक १५/०६/२०२१ ला Test चे आयोजन करण्यात आले. Test

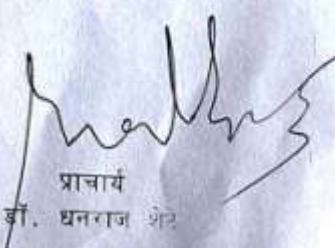
मूल्यमापन करून प्रमाणपत्र वितरीत करण्यात आले.

दिनांक २६/०६/२०२१



कोर्स समन्वयक
डॉ. ललिता पुत्रय्या


Co-ordinator, IQAC
Yashoda Girls' Arts &
Commerce College, Nagpur


प्राचार्य
डॉ. धनराज शेट

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College Nagpur

CERTIFICATE



Rashtrasant Tukadoji Maharaj Nagpur University
BOARD OF LIFE LONG LEARNING AND EXTENSION

CERTIFICATE

Awards this certificate to

Soul/Ku.

Apeksha Rajesh Nagdive

on Satisfactory completion of the " 35 Days Online Short Term Certificate Course in Health & Yoga " under Jeevan Shikshan Abhiyan run by Department of Lifelong Learning and Extension in collaboration with Department of Physical Education

Yashoda Girls' Arts & Commerce College, Sneh Nagar, Nagpur

from 10/05/2021 to 15/09/2021

He/ She passed at the Examination in Grade A

Dr. Lalita Punnya

Course-Co-ordinator

Yashoda Girls Arts &

Commerce College, Nagpur

Dr. Dhanraj Shete

Principal,

Yashoda Girls Arts &

Commerce College, Nagpur

Dr. Nishikant Raut

Director

Dept. of Lifelong Learning and

Extension, KEM, Nagpur University



Rashtrasant Tukadoji Maharaj Nagpur University

BOARD OF LIFE LONG LEARNING AND EXTENSION

CERTIFICATE

Awards this certificate to
Arati Balwant Thakur

Smt. *Ka.*

on Satisfactory completion of the " 35 Days Online Short Term Certificate Course in Health & Yoga" under Jeevan Shikshan Abhiyan run by Department of Lifelong Learning and Extension in collaboration with Department of Physical Education

Yashoda Girls' Arts & Commerce College, Sneh Nagar, Nagpur

from 10/05/2021 to 15/06/2021

Saravali

He/ She passed at the Examination in Grade A

Chitambar

Dr. Lalita Punnya
Course-Co-ordinator
Yashoda Girls Arts &
Commerce College, Nagpur

Dr. Jhanraj Shele
Principal,
Yashoda Girls Arts &
Commerce College, Nagpur

Dr. Nishikant Raut
Director
Dept. of Lifelong Learning and
Extension, U.M. Nagpur University



Rashtrasant Tukadoji Maharaj Nagpur University
BOARD OF LIFE LONG LEARNING AND EXTENSION

CERTIFICATE

Smt./Ku. Ashwini Moreshwar Chhapekar
Awards this certificate to

on Satisfactory completion of the " 35 Days Online Short Term Certificate Course in Health & Yoga" under Jeevan Shikshan Abhiyan run by Department of Lifelong Learning and Extension in collaboration with Department of Physical Education

Yashoda Girls' Arts & Commerce College, Sneh Nagar, Nagpur

from 10/05/2021 to 15/06/2021

Sumanth He/ She passed at the Examination in Grade A *Nishant Raut*
Dr. Lalita Punnya | Dr. Dhanraj Shete | Dr. Nishikant Raut
Course-Co-ordinator | Principal, | Director
Yashoda Girls Arts & | Yashoda Girls Arts & | Deptt. of Lifelong Learning and
Commerce College, Nagpur | Commerce College, Nagpur | Extension, RUM, Nagpur University

Letter to the Resource person

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Yashoda Girls' Arts & Commerce College, Nagpur
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YGC No./ _____ Date _____

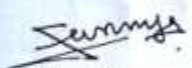
YGC/STCC/01/2021 Date. 05/05/2021


प्रती ,
मा. श्री. सचिन माथुरकर
संस्थापक
सुख, शांती, समाधान संस्था
नागपूर.

विषय : ऑनलाईन अतिथी व्याख्यानाकरीता आमंत्रित करणेबाबत.
महोदय,

आपणास कळविण्यास आनंद होत आहे की, शारीरिक शिक्षण विभाग, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपूर व निरंतर शैक्षण व विस्तार विभाग (जीवन शैक्षण कोर्स) राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, यांच्या संयुक्त विद्यमाने दिनांक १०/०५/२०२१ ते दिनांक १५/६/२०२१ पर्यंत "स्वास्थ्य आणि योग" या विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केलेले आहे. या कोर्स मध्ये दि. १० ते १५ मे २०२१ असे सहा दिवस "योगिक व्यायाम व सूर्यनमस्कार" या विषयावर ऑनलाईन मार्गदर्शन/ व्याख्यानाकरीता आपणास आमंत्रित करित आहेत.

तरी कृपया आपण स्वीकृत करून सहकार्य करावे ही विनंती.
वेळ : सकाळी ७.०० ते ८.००
धन्यवाद


समन्वयक
डॉ. ललिता पुनैच्या
सहयोगी प्राध्यपक आणि विभाग प्रमुख
शारीरिक शिक्षण विभाग


प्राचार्य
PRINCIPAL शेठे
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-14

Letter to the Resource person



Purushottam Khaparde Health & Education Society's

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YGC No./ YGC/STCC/07/2021

Date 15/05/2021

प्रती ,

मा. श्री. सचिन माथुरकर
संस्थापक
सुख, शांती, समाधान संस्था
नागपुर.

विषय : ऑनलाईन अतिथी व्याख्यान दिल्याबद्दल धन्यवाद.

महोदय,

शारीरिक शिक्षण विभाग, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपुर व निरंतर शीक्षण व विस्तार विभाग (जीवन शीक्षण कोर्स) राष्ट्रसंत तुकडोजी महाराज नागपुर विद्यापीठ, यांच्या संयुक्त विद्यमाने दिनांक १०/०५/२०२१ ते दिनांक १५/६/२०२१ पर्यंत "स्वास्थ्य आणि योग" या विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केलेले आहे. या कोर्स मध्ये दिनांक १० ते १५ मे २०१२१ असे सहा दिवस "योगिक व्यायाम व सूर्यनमस्कार" या विषयावर ऑनलाईन मार्गदर्शन/ व्याख्यान देऊन आम्हास सहकार्य केल्याबद्दल आपले आभार व्यक्त करीत आहोत.

धन्यवाद

समन्वयक

डॉ. ललिता पुनेय्या
सहयोगी प्राध्यापक आणि विभाग प्रमुख
शारीरिक शिक्षण विभाग


प्राचार्य
डॉ. धनराज जिरें

PRINCIPAL
Yashoda Girls Arts & Commerce
College, Nagpur

Letter to the Resource person

Purushottam Khaparde Health & Education Society's

Yashoda Girls' Arts & Commerce College, Nagpur

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SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA

Tel. : 0712-2290637 ■ Fax No.: 0712- 2290368 ■ Website : www.yashodagirlscollege.edu.in ■ Email : ygc.ngp@rediffmail.com

YGC No./

Date _____

YGC/STCC/02/2021

Date. 05/05/2021

प्रती ,

मा. श्री. संजय खोंडे (इंजिनियर)
आंतरराष्ट्रीय योगतज्ञ,
वाय.सी.बी. परीक्षक
नागपूर.

विषय : ऑनलाईन अतिथी व्याख्यानाकरीता आमंत्रित करणेबाबत. .

महोदय,

आपणास कळविण्यास आनंद होत आहे की, शारीरिक शिक्षण विभाग, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपूर व निरंतर शैक्षण व विस्तार विभाग (जीवन शैक्षण कोर्स) राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, यांच्या संयुक्त विद्यमाने दिनांक १०/०५/२०२१ ते दिनांक १५/६/२०२१ पर्यंत "स्वास्थ्य आणि योग" यां विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केलेले आहे. या कोर्स मध्ये दि. १६ ते २१ मे २०१२१ असे सहा दिवस "Basic Yoga, Introduction of Yoga & Yoga Practice" यां विषयावर ऑनलाईन मार्गदर्शन/ व्याख्यानाकरीता आपणास आमंत्रित करित आहोत.

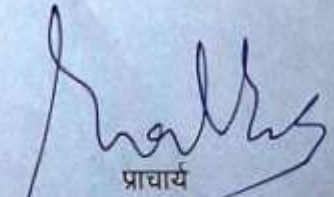
तरी कृपया आपण स्वीकृत करून सहकार्य करावे ही विनंती.

वेळ : सकाळी ७.०० ते ८.००

धन्यवाद


समन्वयक

डॉ. ललिता पुनैय्या
सहयोगी प्राध्यपक आणि विभाग प्रमुख
शारीरिक शिक्षण विभाग


प्राचार्य
डॉ. धनराज शेते

Letter to the Resource person



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■ Tel. : 0712-2290637 ■ Fax No. : 0712-2290368 ■ Website : www.yashodagirlscollege.edu.in ■ Email : ygc.ngp@rediffmail.com

YGC No./ YCC/STCC/08/2021

Date 21/05/2021

प्रती,

मा. श्री. संजय छोडे (इंजिनियर)
आंतरराष्ट्रीय योगतज्ञ,
वाय.सी.बी. परीक्षक
नागपूर.

विषय : ऑनलाईन अतिथी व्याख्यान दिल्याबद्दल धन्यवाद.

महोदय,

शारीरिक शिक्षण विभाग, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपूर व निरंतर शिक्षण व विस्तार विभाग (जीवन शिक्षण कोर्स) राष्ट्रमत तुकडोजी महाराज नागपूर विद्यापीठ, यांच्या संयुक्त विद्यमाने दिनांक १०/०५/२०२१ ते दिनांक १५/६/२०२१ पर्यंत "स्वास्थ्य आणि योग" या विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केलेले आहे. या कोर्स मध्ये दिनांक १६ ते २१ मे २०२१ असे महा दिवस "Basic Yoga, Introduction of Yoga & Yoga Practice" या विषयावर ऑनलाईन मार्गदर्शन/ व्याख्यान देऊन आमहास सहकार्य केल्याबद्दल आपले आभार व्यक्त करीत आहोत.

धन्यवाद

समन्वयक

डॉ. ललिता पुनेय्या
सहयोगी प्राध्यापक आणि विभाग प्रमुख
शारीरिक शिक्षण विभाग

प्राचार्य

डॉ. धनराज शेटे

PRINCIPAL
Yashoda Girls Arts & Commerce
College, Nagpur

Letter to the Resource person

Purushottam Khaparde Health & Education Society's

Accredited B++ by NAAC

Yashoda Girls' Arts & Commerce College, Nagpur

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SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA
Tel. : 0712-2290637 ■ Fax No. : 0712- 2290368 ■ Website : www.yashodagirlscollege.edu.in ■ Email : ygc.ngp@rediffmail.com



YGC No./

Date _____

YGC/STCC/04/2021

Date. 05/05/2021

प्रती ,

डॉ. वंदना मेश्राम, इंगळे
सहाय्यक प्राध्यापक,
धनवटे नॅशनल कॉलेज
नागपूर

विषय : ऑनलाईन अतिथी व्याख्यानाकरीता आमंत्रित करणेबाबत. .


महोदय,

आपणास कळविण्यास आनंद होत आहे की, शारीरिक शिक्षण विभाग, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपूर व निरंतर शैक्षण व विस्तार विभाग (जीवन शैक्षण कोर्स) राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, यांच्या संयुक्त विद्यमाने दिनांक १०/०५/२०२१ ते दिनांक १५/६/२०२१ पर्यंत "स्वास्थ्य आणि योग" या विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केलेले आहे. या कोर्स मध्ये दि. २८ मे ते ०२ जून २०२१ असे सहा दिवस "Yoga pramotion for Health" या विषयावर ऑनलाईन मार्गदर्शन/ व्याख्यानाकरीता आपणास आमंत्रित करित आहोत.

तरी कृपया आपण स्वीकृत करून सहकार्य करावे ही विनंती.

वेळ : सकाळी ७.०० ते ८.००


धन्यवाद


समन्वयक

डॉ. ललिता पुनैय्या
सहयोगी प्राध्यापक आणि विभाग प्रमुख
शारीरिक शिक्षण विभाग


प्राचार्य
डॉ. धनराज शेते

Letter to the Resource person

**Purushottam Khaparde Health & Education Society's**
Yashoda Girls'
Arts & Commerce College, Nagpur
Accredited B++ by NAAC
■ Recognized by Government of Maharashtra ■ Affiliated to RTM Nagpur University, Nagpur
SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA
■ Tel. : 0712-2290637 ■ Fax No.: 0712- 2290368 ■ Website : www.yashodagirlscollege.edu.in ■ Email : ygc.ngp@rediffmail.com

YGC No./ _____ Date _____

YGC/STCC/03/2021 Date. 05/05/2021

प्रती ,
डॉ. शुभाष दाटे
सहयोगी प्राध्यापक,
धनवटे नॅशनल कॉलेज
नागपूर

विषय : ऑनलाईन अतिथी व्याख्यानाकरीता आमंत्रित करणेबाबत. .

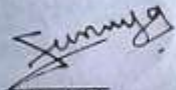
महोदय,

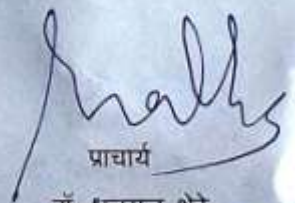
आपणास कळविण्यास आनंद होत आहे की, शारीरिक शिक्षण विभाग, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपूर व निरंतर शीक्षण व विस्तार विभाग (जीवन शीक्षण कोर्स) राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ, यांच्या संयुक्त विद्यमाने दिनांक १०/०५/२०२१ ते दिनांक १५/६/२०२१ पर्यंत "स्वास्थ्य आणि योग" यां विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केलेले आहे. या कोर्स मध्ये दि. २२ ते २७ मे २०१२१ असे सहा दिवस "General Guideline for Yoga Practice" यां विषयावर ऑनलाईन मार्गदर्शन/ व्याख्यानाकरीता आपणास आमंत्रित करित आहोत.

तरी कृपया आपण स्वीकृत करून सहकार्य करावे ही विनंती.

वेळ : सकाळी ७.०० ते ८.००

धन्यवाद


समन्वयक
डॉ. ललिता पुनैय्या
सहयोगी प्राध्यापक आणि विभाग प्रमुख
शारीरिक शिक्षण विभाग


प्राचार्य
डॉ. धनराज शेते

CETIFICATE SIGNATURE



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■ Tel.: 0712-2290637 ■ Fax No.: 0712- 2290368 ■ Website: www.yashodagirlscollege.edu.in ■ Email: ygc.ngp@rediffmail.com

YGC No./ 1639/A/2021

Date 17/09/21

प्रती,
मा. संचालक
निरंतर आणि प्रौढ शिक्षण विभाग
राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ
नागपूर

विषय: प्रमाणपत्रावर स्वाक्षरी करण्याबाबतीत

महोदय
आपण दिलेल्या मान्यतेनुसार निरंतर आणि प्रौढ शिक्षण विभाग, राष्ट्रसंत तुकडोजी महाराज
नागपूर विद्यापीठ द्वारा यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज नागपूर मध्ये Certificate
Course in Health & Yoga हा दिनांक १० मे २०२१ पासून दिनांक १५ जून २०२१ पर्यंत
यशस्वीपणे राबविण्यात आला. या Certificate Course चे प्रमाणपत्र आपणाकडे स्वाक्षरी
करिता पाठवीत आहे.
कृपया आपण त्यावर स्वाक्षरी करावी हि विनंती
धन्यवाद!

सहपत्रे
१ मान्यता पत्र
२ एकूण ४० प्रमाणपत्रे



[Handwritten Signature]

PRINCIPAL

Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-45



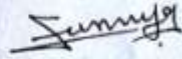
17/9/21

STUDENTS GRADE

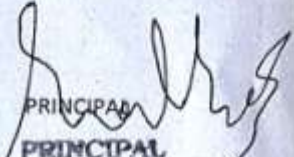
YASHODA GIRL'S ARTS & COMMERCE COLLEGE, SNEH NAGAR, NAGPUR
SHORT TERM CERTIFICATE COURSE (HEALTH & YOGA)
DURATION (35 DAYS) 10/05/2021 TO 15/06/2021
STUDENTS LIST

SR. NO.	NAME OF THE STUDENT	GRADE	CLASS
1	Aarti Balvant Thakur	A	B.A.II
2	Apeksha Rajesh Nagdive	A	B.A.II
3	Ashwini Moreshwar Chhapekar	A	B.A.II
4	Bhawana Vasudev Nimaje	A	B.A.II
5	Chakuli Mahadev Gedam	A	B.A.II
6	Chitralkha Hororam Verma	A	B.A.II
7	Diya Pradeepkumar Tiwari	A	B.A.II
8	Divya Duryodhan Hatgare	A	B.A.II
9	Dhanshree Gajendra Kurjekar	A	B.A.II
10	Durga Dhanraj Botare	B	B.A.II
11	Gayatri Dhanraj Botare	B	B.A.II
12	Isha Arun Titare	A	B.A.II
13	Indu Bhuvan Shahu	A	B.A.II
14	Lilima Padmalochan Prdhan	A	B.A.II
15	Meena Amarsingh Pawar	A	B.A.II
16	Monika Vinayakrao Nibalkar	A	B.A.II
17	Nandini Ajay Ganvir	A	B.A.II
18	Neha Ramesh Chaware	A	B.A.II
19	Payal Rikilal Dabake	A	B.A.II
20	Pooja Mukesh Dubey	A	B.A.II
21	Pooja Rajendra Jilhare	A	B.A.II
22	Pragati RajKumar Samarth	A	B.A.II
23	Pranali Moreshwar Chhapekar	A	B.A.II
24	Pratiksha Rajesh Bansod	A	B.A.II
25	Pratiksha Narendra Karadbhajane	A	B.A.II
26	Priyank Jaydev Kelwade	A	B.A.II
27	Ranu Sakharan Meshram	A	B.A.II
28	Roshani Shankar Sahu	A	B.A.II
29	Rupali Sitaram Ambagade	A	B.A.II
30	Sandhya Vasanttrao Rakshk	A	B.A.II
31	Sangeeta Hariprasad Soni	A	B.A.II
32	Sanjana Arvind Wanlhede	B	B.A.II
33	Sejal Devand Radake	A	B.A.II
34	Sejal Rahul Sonule	A	B.A.II
35	Satyashila Ramesh Neware	A	B.A.II
36	Satwantkaur Ratansingh Bawari	B	B.A.II
37	Simran Arvind Halmare	A	B.A.II
38	Sinthiya Mahesh Nadagave	A	B.A.II
39	Sonali Suresh Lonarkar	A	B.A.II
40	Subhangi Chintaman Mangrudkat	A	B.A.II

41	Supriya Rajeshwar Kamble	A	B.A.II
42	Surabhi Mohan Shende	A	B.A.II
43	Swati Dnyaneshwar Nagpure	A	B.A.II
44	Tanu Vijay Fulzele	A	B.A.II
45	Vanshree Devidas Parteki	A	B.A.II



SIGNATURE OF COURSE CO-ORDINATOR

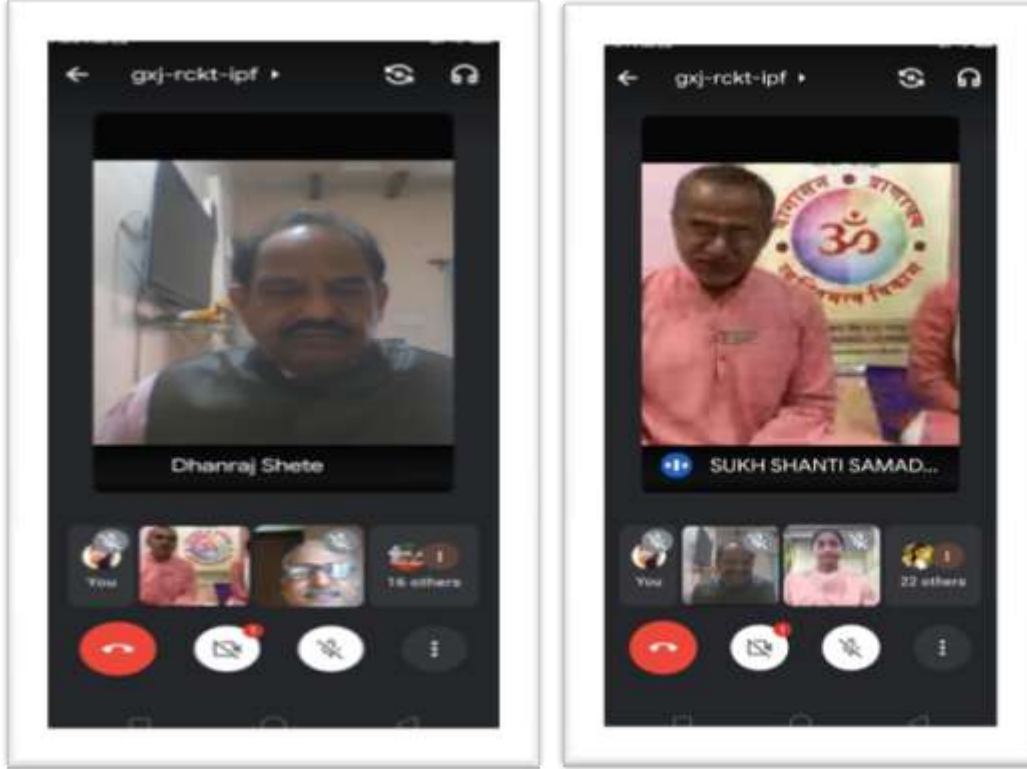


PRINCIPAL

PRINCIPAL

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Bich Nagar, Nagpur-46

ONLINE CLASS



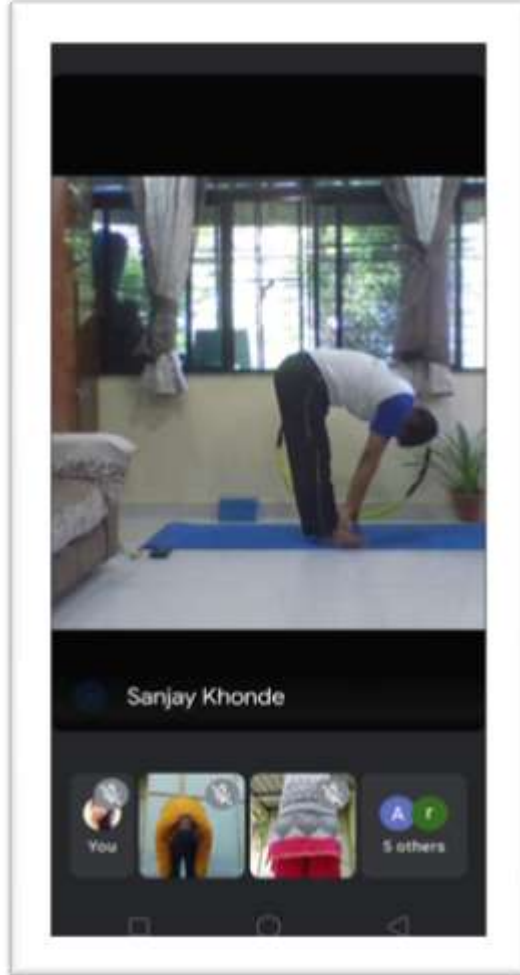
प्राचार्य डॉ. धनराज शेते व श्री सचिन माथुरकर मार्गदर्शन करतांना



डॉ. वंदना मेश्राम मार्गदर्शन करतांना



श्री. संजय खोंडे सर् मार्गदर्शन करतांना



Introduction



Appear more than 2,000 years ago, and yoga was practiced thousands of years before.

Yoga is a philosophy and practice that connects the body, breath, and mind to energize and balance the whole person. This mind-body therapy involves physical postures, breathing exercises, and meditation to improve overall well-being.

As a tree with eight limbs:

1. **Pranayama (breathing)**
2. **Asana (postures)**
3. **Yama (restraint)**
4. **Niyama (healthy observances)**
5. **Pratyahara (sensory withdrawal)**
6. **Dharana (concentration)**
7. **Dhyana (meditation)**
8. **Samadhi (higher consciousness)**

The dimensions of yoga

• Types of yoga

Different branches or paths of yoga developed, including:

- Bhakti Yoga
- Hatha Yoga.
- Jnana Yoga-.
- Karma
- Raja Yoga
- Tantra Yoga

डॉ. सुभाष दाढे सर् मार्गदर्शन करतांना

