

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



## **Short Term Course**

**Certificate Course in Soft Health and Yoga**

**Approved by**

**Department of Lifelong Learning & Extension,**

**Rashtrasant Tukadoji Maharaj Nagpur University**

**Session: 2020-2021**

**Department of Physical Education**

**Duration: 35 Days**

**Co-ordinator: Dr. Lalita Punnaya**

# 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 Coll., 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](mailto: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 Pimray)  
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
			
<b>Hon'ble Saroj Khaparde</b> Ex. Member of Parliament, Secretary, Purushtottam Khaparde Health & Education Society, Nagpur	<b>Dr. Dhanraj Shete</b> Principal Yashoda Girls Arts & Commerce College, Nagpur	<b>Mr. Sachin Mathurkar</b> Yoga Expert Founder, Sukha, Shanti, Samadhan Santha, Nagpur	<b>Dr. Lalita Punnya</b> Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College, Nagpur






#### Guest of Honor & Resource Persons






				
<b>Er. Sanjay Khonde</b> International Yoga Expert & Y. C. B. Examiner Nagpur	<b>Dr. Subhash Dadhe</b> Associate Prof. Dept. of Phy Edu. Dhanwate National College, Nagpur	<b>Dr. Vandana Ingle</b> Assitant Prof. Dept. of Phy. Edu. Dhanwate National College, Nagpur	<b>Mrs. Vaidehi Ingle</b> Yoga Expert Nagpur	<b>Dr. Sanjay Khalatkar</b> Assitant Prof. Dept. of Phy. Education Santaji Mahavidyalaya, Nagpur

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






**Contact No. 9850348812**




# BROCHURE

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






	<b>Department of lifelong Learning &amp; Extension (Under Jeevan Shikshan Courses)</b>	
<b>35 Day Online Short Term Certificate Course in Health &amp; Yoga (10/05/2021 to 15/06/2021)</b>		
<i>Organized by</i>		
<b>Department of Physical Education Yashoda Girls Art's &amp; Commerce College, Nagpur</b>		
<b>Date : 16/05/2021 to 21/05/2021</b>		<b>Time : 07.00 – 08.00 am</b>
<b>Topic : Yoga For Health Pramotion</b>		
<b>Chairman</b>	<b>Organizer &amp; Coordinator</b>	<b>Resource Person</b>
		
<b>Dr. Dhanraj Shete</b> Principal Yashoda Girls Arts & Commerce College Nagpur	<b>Dr. Lalita Punnya</b> Associate Prof. & H.O.D. Dept. of Physical Education Yashoda Girls Arts & Commerce College Nagpur	<b>Er. Sanjay Khonde</b> International Yoga Expert & Y. C. B. Examiner Nagpur
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# BROCHURE

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

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

# BROCHURE

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

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



# NOTICE



Purushottam Khaparde Health & Education Society's

## Yashoda Girls' Arts & Commerce College, Nagpur

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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 /Prof. Sahu/01/2020-21

Date 10/02/2021

Academic Session- 2020-2021

### NOTICE

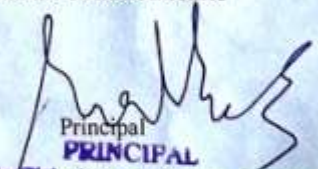
#### Constitution of Committee for Designing Curriculum for Certificate Course in Health & Yoga

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-440015
5. Date Of Starting the Courses : 10<sup>th</sup> 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

*[Handwritten signature]*

*[Handwritten signature]*  
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. Dharmaj 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 :

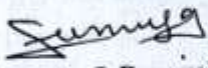
- (i) Class Room : Institutional Class Room /College premises/  
Online platform
- (ii) Library : Institutional Library
- (iii) Equipment's/ Material : LCD Projector/ Yoga Mat, Neti Pot
- (iv) Any Other : Study Material
- (v) Expenditure : 6000/

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

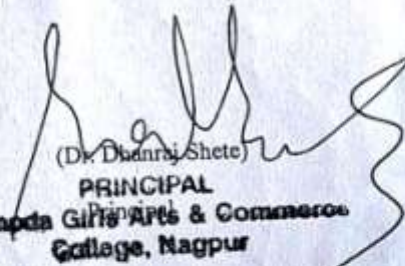
## Syllabus

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

Sl. No	Name of the students in full	Gender	DOB	Place of birth	Home Town	State	Category	Serial No	Roll No	Contd No	Email Id	Full Address
1	Vandire Devidas Parthi	F	13-03-81	Nagpur	Mah	NT	2002009916532	B.A. II	897590348	vandireparthi@gmail.com		Chikhliwada, Wadga Road, Nagpur
2	Lilana Padmalochan Padkar	F	01-07-79	Nagpur	Oriss	OBC	2002009916479	B.A. II	808121891	lilana91@gmail.com		Saug Nagpur NCT Goran, Nagpur
3	Payal Nikhil Dubale	F	02-05-81	Nagpur	Mah	OBC	2002009916486	B.A. II	721839952	payalnikhil71@gmail.com		Kruvel Four Jay Dham Bldg
4	Sejal Rishi Sawaik	F	14-10-81	Nagpur	Mah	SC	2002009916514	B.A. II	888739664	sejalrishi73@gmail.com		Nagpur Nagpur Harnada Bus Road
5	Isha Arun Thakre	F	06-07-83	Nagpur	Mah	OBC	2002009916448	B.A. II	724893843	ishathakre@gmail.com		Corporate School Jaisala Nagpur (I. chand)
6	Isha Bharat Shaha	F	19-06-89	Nagpur	Mah	OBC	2002009916448	B.A. II	842711322	ishashaha00@gmail.com		Banaska Nagpur Nagpur
7	Sapriya Rajeshwar Kamble	F	10/01/98	Nagpur	Mah	SC	2017200791780	B.A. II	962474748	sapriyakamble02@gmail.com		Babal Nagar samarinda nagpur
8	Satyashila Ramesh Nensare	F	22-12-83	Nagpur	Mah	SC	2002009916450	B.A. II	938499823	satyashilans@gmail.com		Yarli, Tamnar, Doo Bandara
9	Ravi Sakharan Meshram	F	14-09-81	Nagpur	Mah	NT	2002009916459	B.A. II	911289742	rameshmsh121@gmail.com		New Purnanama Nagar, Nagpur
10	Rishanki Shankar Saha	F	02-01-82	Nagpur	Mah	OBC	2002009916482	B.A. II	932948191	rishankishankar99@gmail.com		Vishwanath Nagar, Nagpur
11	Pranshi Manohar Chhapekar	F	10-06-99	Nagpur	Mah	NT	2002009916484	B.A. II	888631639	pranshichhapekar95@gmail.com		Durga Mata Mandir,
12	Pooja Rajendra Jilhana	F	28-03-82	Nagpur	Mah	OBC	2002009916497	B.A. II	983154323	poojabajilhana@gmail.com		Ganggan, Nagpur
13	Ashwini Manohar Chhapekar	F	15-11-96	Nagpur	Mah	NT	20171713882	B.A. II	932263899	ashwinichhapekar14@gmail.com		Durga Mata Mandir,
14	Sandhya Vasantlal Rakshak	F	20-01-82	Nagpur	Mah	OBC	2002009916486	B.A. II	918323983	sandhyarakshak11@gmail.com		Ganggan, Bignat, Nagpur
15	Durga Bharat Butare	F	10-12-88	Nagpur	Mah	ST	200928140181	B.A. II	798779782	durgabutare02@gmail.com		22,Abnada Nagpur, Nagpur
16	Gayatri Bharat Butare	F	26-12-88	Nagpur	Mah	ST	200928140181	B.A. II	791789964	gayatributare9@gmail.com		22,Abnada Nagpur, Nagpur
17	Dhruva Bhairabha Bhagose	F	04-09-81	Nagpur	Mah	NT	2002009916481	B.A. II	832947803	dhruvabhagose97@gmail.com		Panjari, Wadga Road
18	Neha Ramesh Chaware	F	19-01-81	Nagpur	Mah	OBC	2002009916480	B.A. II	937364078	nehachaware@gmail.com		Shikangan, C.R.P.F Road, Nagpur
19	Nandini Ajay Gavit	F	28-08-80	Nagpur	Mah	SC	2002009916478	B.A. II	909088786	nandinigavit28@gmail.com		Rakhsagan, Samalwada
20	Priyank Jaydev Kulkarni	F	04-03-82	Nagpur	Mah	NT	2002009916496	B.A. II	876785228	priyankkulkarni@gmail.com		Ganggan, Nagpur
21	Sanjana Arvind Wankhede	F	22-07-82	Nagpur	Mah	OBC	2002009916499	B.A. II	988631319	sanjanawankhede18@gmail.com		New Hanuman Mandir Jaisala
22	Pratiksha Narendraya Karadbhajane	F	07-03-89	Nagpur	Mah	OBC	2002009916487	B.A. II	744788774	pratikshakaradbhajane6@gmail.com		A. S. S. Narayana Nagar, Nagpur
23	Sarabhi Mahesh Shende	F	18-01-82	Nagpur	Mah	NT	2002009916512	B.A. II	862989743	sarabhiashende4@gmail.com		A. S. S. Narayana Nagar, Nagpur
24	Souvan Arvind Halimani	F	22-10-99	Nagpur	Mah	OBC	2002009916529	B.A. II	741073629	souvanhalimani21@gmail.com		Plot No. 50, Rajesh Jay nagar
25	Diva Pradepkumar Tiwari	F	15-03-89	Nagpur	Mah	O.P.S	2002009916484	B.A. II	899980112	divatiwari222@gmail.com		Plot No. 50, Rajesh Jay nagar
26	Arti Babansh Thakur	F	15-07-82	Nagpur	Mah	O.P.S	2002009916496	B.A. II	933885245	artithakur88@gmail.com		Plot No. 50, Rajesh Jay nagar
27	Sangeeta Hariprasad Soni	F	06-01-86	Nagpur	Mah	OBC	2002009916489	B.A. II	831992542	sangeetasoni9@gmail.com		Krishnaram Society, Mananagar
28	Hemant Sitaram Anbhagde	F	26-03-81	Nagpur	Mah	OBC	2002009916478	B.A. II	932317864	hemantbhagde1@gmail.com		Rakhsagan Ph. Matkhori
29	Karantkumar Haranraugh Bawari	F	05-10-98	Nagpur	Mah	NT	2002009916471	B.A. II	967784094	karantkumar07@gmail.com		Jaisala Road, Mahesh chawar
30	Susali Suresh Lonerkar	F	08-07-80	Nagpur	Mah	OBC	2002009916479	B.A. II	996281241	susali lonerkar@gmail.com		Panjari Jaisala Four Dongarag
31	Surbhagvi Chintaman Mangraalkar	F	07-06-81	Nagpur	Mah	OBC	2002009916481	B.A. II	802118714	surbhagvimangraalkar@gmail.com		Souvan Varanprasthad Society
32	Sejal Bhawan Rautkar	F	02/12/2000	Nagpur	Mah	O.P.S	2002009916487	B.A. II	902271898	sejalrautkar@gmail.com		Parvati Nagar, Nagpur
33	Pooja Mahesh Dabre	F	06-03-82	Nagpur	Mah	O.P.S	2002009916484	B.A. II	884774374	poojadabre02@gmail.com		Balwan Society, Parvati
34	Meesa Anandragh Pawar	F	14-05-81	Nagpur	Mah	O.P.S	2002009916496	B.A. II	888899988	meesapawar01@gmail.com		Chikhliwada, Nagpur
35	Chahak Mahesh Gesham	F	13-01-82	Nagpur	Mah	ST	2002009916493	B.A. II	897881843	chahakgesham7@gmail.com		Banaski, Ph. Naha,
36	Tansu Vijay Fulekar	F	22-07-81	Nagpur	Mah	SC	2002009916495	B.A. II	968978189	tansufulekar01@gmail.com		Kanhalgaon, Nagpur, Tarkhori
37	Smiti Divyashankar Nagare	F	17-09-81	Nagpur	Mah	OBC	2002009916492	B.A. II	828845635	smitinagare00@gmail.com		Babal Nagar, Samarwada
38	Pratiksha Rajesh Barwal	F	18-08-99	Nagpur	Mah	SC	2017201182188	B.A. II	937811238	pratikshabarwal00@gmail.com		Babal Nagar, Samarwada
39	Bhawana Vinayak Nansaj	F	27-11-97	Nagpur	Mah	SC	2017201182188	B.A. II	897318647	bhawananansaj7@gmail.com		Jaisala Road, Plot No. 28,
40	Bhawana Vinayak Nansaj	F	08-12-96	Nagpur	Mah	SC	2017201182188	B.A. II	786781947	bhawananansaj201@gmail.com		Jaisala, Nagpur
41	Smitika Mahesh Nansaj	F	20-08-81	Nagpur	Mah	SC	2017201182188	B.A. II	902290288	smitikanansaj00@gmail.com		Babu Panjari, Nagpur
42	Dhanashree Gajendra Kurekhar	F	01-08-87	Nagpur	Mah	OBC	2002009916478	B.A. II	784918337	dhanashreekurekhar@gmail.com		Plot No. 4, Vishalini, Nagpur
43	Monika Vinayakran Nihalkar	F	09-09-81	Nagpur	Mah	SC	2002009916496	B.A. II	788748181	monikanihalkar0@gmail.com		Mahabub Nagar, Baramati
44	Apeksha Rajesh Nagdiv	F	30-01-83	Nagpur	Mah	OBC	2002009916496	B.A. II	782689127	apekshanagdiv@gmail.com		Man The Nagar, Fulekar,
45	Chiralekha Bharatani Verma	F	14-02-80	Nagpur	Mah	OBC	2002009916496	B.A. II	782689127	chiralekha04@gmail.com		Man The Nagar, Fulekar,
46	Pragati Rajkumar Samarth	F	14-02-80	Nagpur	Mah	OBC	2002009916496	B.A. II	782689127	pragatisamarth@gmail.com		Man The Nagar, Fulekar,

  
**Pratiksha Mitra Arts & Commerce**  
**College, Nagpur**

# SANCTION LETTER FOR CONDUCTING S.T.C.



**RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY**  
Established by Government of Maharashtra Education Department by Resolution No. 213 dated the 1<sup>st</sup> of August, 1958 &  
University & State University governed by Maharashtra Public Universities Act, 2018 (Mah. Act No. VI of 2017)  
**DEPARTMENT OF LIFELONG LEARNING AND EXTENSION**  
Gurunariak Bhevari, University Campus, Amravati Road, Nagpur - 440 033. Phone : 2530860  
E-mail : dolle-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%
6	Certificate Course in Agricultural Marketing	1 Month	40	100/-	10%

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

- 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.
- This sanction is valid for this particular Batch only.
- Fees for the course should be charged as per the norms prescribed.
- Expenditure on the course should be incurred as per norms.
- Course should be started within a Month from the date of sanction.
- 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,

*[Signature]*  
Director





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@rediffmai.com

**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) भ्रमरी 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

Jumyee



PRINCIPAL  
 Panchajanya Arts & Commerce  
 College, Nagpur

# Students list with Signature



Purushottam Khaparde Health & Education Society's

## Yashoda Girls' Arts & Commerce College, Nagpur

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

Accredited  
B++  
by NAAC

YGC No./

Date \_\_\_\_\_

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 ATTENDANCE SHEET

SR NO	NAME OF THE STUDENT	CLASS	GRADE	SIGNATURE OF THE STUDENT
1	Arati Balwant Thakur	B.A.II	A	<i>Arati</i>
2	Apeksha Rajesh Nagdive	B.A.II	A	<i>Apeksha</i>
3	Ashwini Mureshwar Chhapekar	B.A.II	A	<i>Ashwini</i>
4	Bhavana Vasudev Nimaje	B.A.II	A	<i>Bhavana Nimaje</i>
5	Chakoli Mahadev Gedam	B.A.II	A	<i>Chakoli</i>
6	Chitralekha Hororan Verma	B.A.II	A	<i>Chitralekha</i>
7	Diya Pradeepkumar Tiwari	B.A.II	A	<i>Diya</i>
8	Divya Duryodhan Hatgare	B.A.II	A	<i>Divya</i>
9	Dhanushree Gajendra Kurjekar	B.A.II	A	<i>Dhanushree</i>
10	Durga Dhaneaj Botare	B.A.II	B	<i>Durga</i>
11	Gayatri Dhaneaj Botare	B.A.II	B	<i>Gayatri</i>
12	Isha Arun Titare	B.A.II	A	<i>Ishita</i>
13	Jasra Bhuvan Shahu	B.A.II	A	<i>Jasra</i>
14	Lalima Padmalochan Pradhan	B.A.II	A	<i>Lalima</i>
15	Meena Amarsingh Pawar	B.A.II	A	<i>Meena Pawar</i>
16	Mounika Vinayakrao Nimbalkar	B.A.II	A	<i>MNimbalkar</i>
17	Nandini Ajay Ganvir	B.A.II	A	<i>Nandini</i>
18	Neta Ramesh Chaware	B.A.II	A	<i>Neta chaware</i>
19	Pavai Rikital Dabake	B.A.II	A	<i>Pavai</i>
20	Pooja Mukesh Dubey	B.A.II	A	<i>Pooja</i>





# Students list with Signature



Purushottam Khaparde Health & Education Society's

## Yashoda Girls'

### Arts & Commerce College, Nagpur

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

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YGC No./

Date \_\_\_\_\_

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 ATTENDANCE SHEET

SR. NO	NAME OF THE STUDENT	CLASS	GRADE	SIGNATURE OF THE STUDENT
32	Sanjana Arvind Wankhede	B.A.II	B	Sanjana
33	Sejal Devani Radake	B.A.II	A	Sejal
34	Sejal Rahul Somale	B.A.II	A	Sejal
35	Satyashila Ramesh Neware	B.A.II	A	S.A. Neware
36	Satwantkaur Ratansingh Bawari	B.A.II	B	S.P. Bawari
37	Samra Arvind Halmare	B.A.II	A	S. Halmare
38	Smitiya Mahesh Nandagave	B.A.II	A	Smitiya
39	Sonali Suresh Lonarkar	B.A.II	A	Sonali
40	Sulbhungi Chintaman Mangrudkar	B.A.II	A	Sulbhungi
41	Supriya Rajeshwar Kambale	B.A.II	A	S.R. Kambale
42	Surabhi Mohan Shende	B.A.II	A	Surabhi
43	Swati Dnyaneshwar Nagpure	B.A.II	A	Swati Nagpure
44	Tanu Vijay Fulzele	B.A.II	A	Tanu
45	Vanshree Devidas Parteki	B.A.II	A	Vanshree

*Sanjana*



  
**PRINCIPAL**  
 Yashoda Girls Arts & Commerce Coll.,  
 Sneh Nagar, Nagpur-14

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**

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

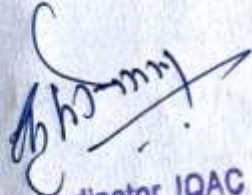
उदघाटन :

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) व्यवस्थित  
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 &  
Commerce College, Nagpur



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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, छाया, 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 विद्यार्थींनी नकडून 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

PRINCIPAL  
Yashoda Girls Arts & Commerce  
College Nagpur

# CERTIFICATE



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

## CERTIFICATE

Awards this certificate to  
Smt./Mr. Pooja Rikital Dahake  
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

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

He/ She passed at the Examination in Grade A  
  
Dr. Dhanraj Shete  
Principal,  
Yashoda Girls Arts &  
Commerce College, Nagpur

  
Dr. Nishikant Raut  
Director  
Deptt. of Lifelong Learning and  
Extension, RTM, Nagpur University

## CERTIFICATE



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

### CERTIFICATE

Awards this certificate to  
Smt./Ku. Sandhya Vasantrao Rakshak  
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

*Lalita Punnya*

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

He/ She passed at the Examination in Grade A

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

*Nishikant Raut*

**Dr. Nishikant Raut**  
Director  
Deptt. of Lifelong Learning and  
Extension, RTM, Nagpur University

## CERTIFICATE



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

### CERTIFICATE

Awards this certificate to

Smt./Ku. ✓

*Priyanka Jaydev Kelusde*

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

He/ She passed at the Examination in Grade *A*

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

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

*Nishikant Raut*  
**Dr. Nishikant Raut**  
Director  
Deptt. of Lifelong Learning and  
Extension, RTM, Nagpur University



Submission of the report to the University Extension dept.

Purushottam Khaparde Health & Education Society's  
**Yashoda Girls' Arts & Commerce College, Nagpur**  
Accredited B++ by NAAC

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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

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SEAL

17/9/21

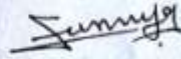
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Yashoda Girls Arts & Commerce College  
Sneh Nagar, Nagpur-45

## STUDENTS GRADE

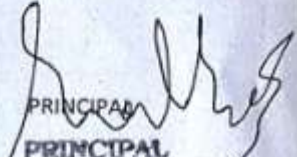
YASHODA GIRL'S ARTS & COMMERCE COLLEGE, SNEH NAGAR, NAGPUR  
SHORT TERM CERTIFICATE COURSE (HEALTH & YOGA)  
DURATION (35 DAYS) 10/05/2021 TO 15/06/2021  
STUDENTS LIST

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



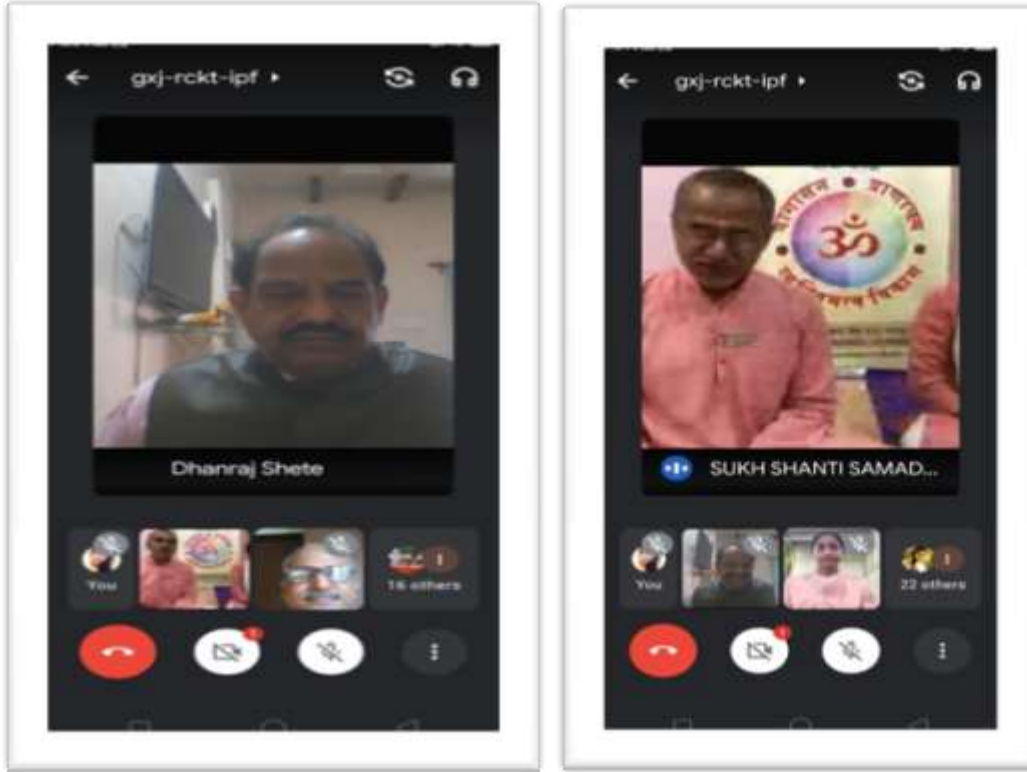
SIGNATURE OF COURSE CO-ORDINATOR



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Yashoda Girls Arts & Commerce College  
Bich Nagar, Nagpur-46

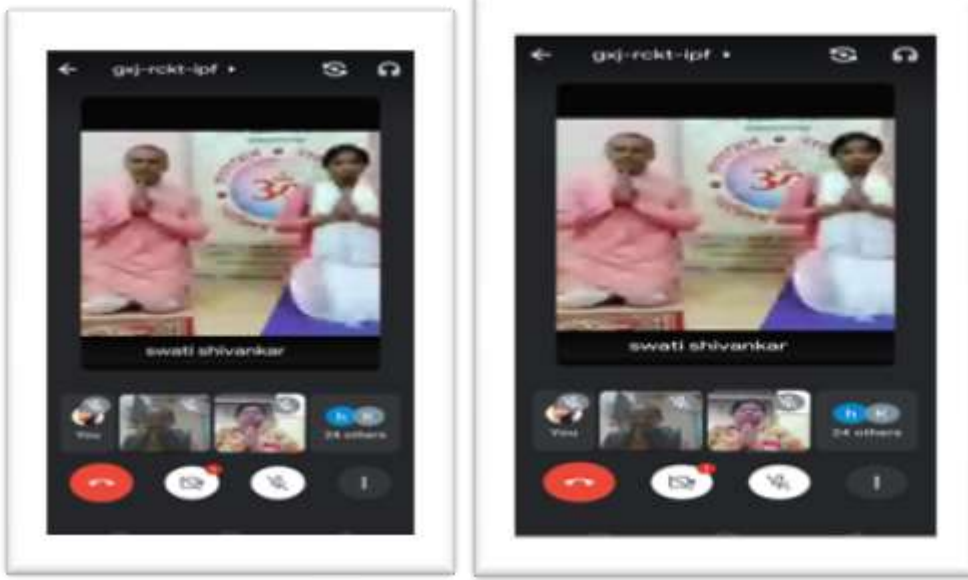
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शार्ट टर्म कोर्स चे उद्घाटन



प्राचार्य डॉ. धनराज शेते व श्री सचिन माथुरकर मार्गदर्शन करतांना

## Photographs of the online course conducted



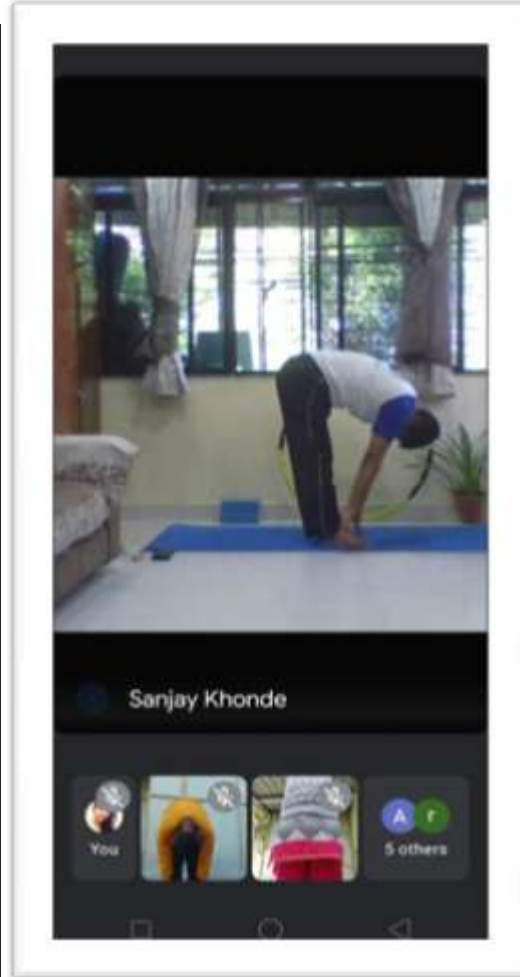
डॉ. वंदना मेश्राम मार्गदर्शन करतांना

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श्री. संजय खोंडे सर् मार्गदर्शन करतांना



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### 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



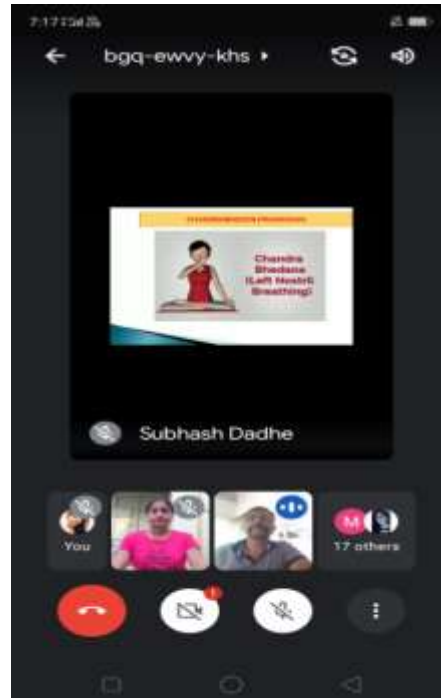
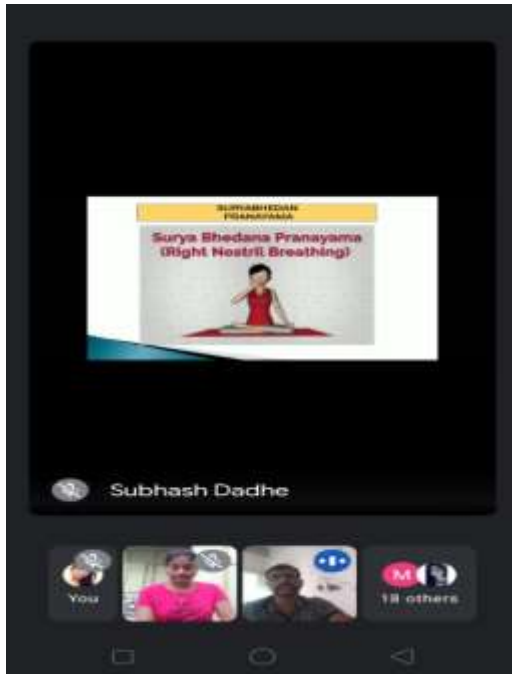
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### • **Types of yoga**

**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



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