

Yashoda Girls' Arts & Commerce College, Nagpur



Short Term Course

**Certificate Course in Soft Skills for Personality
Development**

Approved by

Department of Lifelong Learning & Extension,

Rashtrasant Tukadoji Maharaj Nagpur University

Session: 2021-2022




Department of Physical Education

Duration: 35 Days

Co-ordinator: Dr. Lalita Punnaya

BRIEF REPORT of IQAC

BRIEF REPORT of IQAC

Name of Add on Course	Add on Certificate course in Health and yoga	
Academic Year of Course	2021-2022	
Organizing Department/ Committee	Department of Physical Education	
Duration of the course	1 Month (35 days)	
Number of students Completing the course	50 Students	
Brief Report	<p>Certificate course in Soft Skills in Health and Yoga was undertaken by the department of Physical Education for 35 days in which total 50 students were participated. The course was approved by the Department of Lifelong Learning & Extension, Rashtrasant Tukadoji Maharaj Nagpur University. All the students completed the course and also appeared for the examination conducted at the end of the course. They have been given grades. The certificates are also given to them. The course was a grand success and the students were satisfied at the end of the course as they could learn the basics of yoga and its benefits for healthy life.</p>	
Number of Beneficiaries:	Students: 50	
Criterion No: 1	Metric No: 1.2.1 & 1.2.2	
Signature of Course 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 College, Bach: Nagar, Nagpur-46

Letter of permission from the principal

Nagpur, Dt. - 20/02/2022

From,
Dr. Lalita Punnya
Department of Physical Education

To,
The Principal,
Yashoda Girls' Art's & 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 directions given in the IQAC meeting, I wish to introduce short term course for the duration of 35 days entitled " *Health and Yoga* " for the students in collaboration with Development of lifelong learning & Extension Rashtrasant Tukadoji Maharaj Nagpur University Nagpur.

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

Place : Nagpur

Your faithfully

Permitted
[Signature]
Principal
Yashoda Girls Arts & Commerce
College, Seeh Nagar, Nagpur-15

[Signature]

Dr. Lalita Punnya
Department of Physical Education




Notice to the students from the department for course

Purushottam Kohaparde Health & Education Society's
Yashoda Girls' Arts & Commerce College
Sneh Nagar, Wardha Road, Nagpur-440015
Accredited 'B++' with 2.82 CGPA for First Cycle by NMAC


Department of Physical Education Short Term Course in Health and Yoga

Notice

The students of B A Part I are hereby informed that Department of **Physical Education** has initiated the **Short Term Course on Health and Yoga for 35days** with no entry fee. Those who are interested should enrol their names with the subject teacher of English or on or before **February 28, 2022**. The **Short Term Course on Health and Yoga** will be conducted at 7.00 to 8.00 a.m. the time table in detail will be intimated shortly.


(Dr. Lalita Punya)
Course Coordinator




(Dr. Dhanraj Shete)
Principal
Principal
Yashoda Girls Arts & Commerce
College, Sneh Nagar, Nagpur-15

Letter of approval from the affiliating University for introducing the course



RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY
Established by Government of Maharashtra Education Department by Government Order No. 223 dated 17.12.1958
Previously a State University governed by Maharashtra Public Universities Act, 1974 (1969), Act No. 57 of 1974

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

Gururatanak Bhavan, University Campus, Amravati Road, Nagpur - 440 033. Phone : 2530860
E-mail : dolf_rtmnu@gmail.com

To,
The Principal
Yashoda Girls College,
Nagpur.

No.DOLLE/ 296 /22
Dated :17.02. 2022

**Subject : Sanction for Conducting Short Term Online 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, this is to inform you that your proposal has been accepted 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	Name of Course Coordinator	Duration	Credit	No. of Candidates to be admitted	Fees to be Charged per Student	Fees to be Deposited With the Deptt.
1	Certificate Course in Health & Yoga	Dr. Lalita Punya	33 hrs.	2	50	100/-	10%
2	Certificate Course in Corporate Communication & Public Relation	Dr. K.G. Meshram	36 hrs.	2	40	50/-	10%
3	Certificate Course in Agricultural Marketing	Dr. Mahendrakumar D. Katre	35 hrs.	2	35	50/-	10%
4	Certificate Course in Soft Skill for Personality Development	Dr. Govind Rawlekar	35 hrs.	2	35	50/-	10%
5	Certificate Course in Basic English Language Skills	Dr. Amol Raut	35 hrs.	2	35	150/-	10%
6	Certificate Course in Basic Skills Required for Career	Dr. Pramod Futing	35 hrs.	2	40	50/-	10%
7	Certificate Course in Basic Preparation for Competitive Examination	Dr. Suryakant Kapshikar	35 hrs.	2	30	50/-	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.
Please communicate your acceptance within a month and submit the Initial Report
6. 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

Proposal submitted to the university

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. Dharmji Shete)

Principal

Principal

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

Enclosures :

1. Proposal duly filled.
2. Syllabus



Proposal submitted to the university

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 Ishwarn 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 : 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	9960256255
2	Shri. Sachin Mathurkar	Unit V- Introduction to Yogic Suksma Vyam, Sthula Vyam & Surya Namaskar	Suksanti Samadhan Sanstha, Raipur	917757922481
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	7709003453
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

Principal
Yashoda Girls Arts & Commerce College
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
Yashods Girls Arts & Commerce College
Singh Nagar, Kaggpur-15.



Proposal submitted to the university

**RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY
DEPARTMENT OF LIFELONG LEARNING AND EXTENSION
PRAPOSAL 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/ : **Dr Dhanraj V Shete**
University Dept with the full : **Sneh Nagar, Wardha Road, Nagpur**
Postal Address : **440015**
- v) Phone Number/Mobile No. : **9665553451/7972612235**
- vi) Email ID of College & Principal - **ycg.ngp@rediffmail.com**
dhanrajshete1002@gmail.com

2. Details of the Course Proposed :

- i) Name of the course : **Certificate**
Certificate : **A Short Terms Certificate Course in
Health and Yoga**
- 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 Courses **Yes/No**
- ii) Whether the course is prepared by
Experts form related field **Yes/No**



Proposal submitted to the university

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

Name and Address	Qualification	Experience
Dr. Lalita Ishwarn Punya	B.P. Ed, M. P. Ed, SET, Ph.D.	27 Years

(iv) Information of Faculty Members ((T0 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 Syllabus	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 Faculty 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 : 7000/

Details of Expenditure -

Sr. No.	Particular	Amount
1	Honorarium to Teaching Staff	6000/
2	Materials	500/
3	Contingencies	500/



Proposal submitted to the university

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

Name of the course	Number of Hours of Teaching/Training	Number of Credits as per Table A
A Short Terms Certificate Course in Health and Yoga	35 30 Classes & 05 viva/Exam	02 As per Performance CGPA I,II,III & IV

(Dr Dhanraj V. Shete)

Principal

Signature & Seal of the
the Principal Head of Department

Principal

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

(Dr. Lalita I. Punnya)

Course Coordinator

Signature & Seal of
Course Director



Schedule for the completion of course

COURSE SCHEDULE (COURSE OUTLINE)

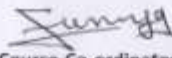
TOTAL DURATION 35 HOURS /35 DAYS

(FROM 1st OF JANUARY 2022 TO 28th FEBRUARY 2022)

NAME OF COURSE : SHORT TERM CERTIFICATE COURSE IN HEALTH & YOGA

TIME TABLE

Unit	Weeks /Hour	Course Content	Required Lectures
	35 Academic Hours	Lesson topic, planned activities and lesson outcomes and evaluation criterion	
I	1 st Week	Basic Yoga	05 Hours
II	2 nd Week	Introduction of Yoga & Yoga Practice	05 Hours
III	3 rd Week	Generals Guidelines for Yoga Practice	05 Hours
IV	4 th Week	Yoga for Health Promotion	05 Hours
V	5 th Week	Introduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar	05 Hours
VI	6 th Week	Introduction to Pranayama, Meditation & Dhyana	05 Hours
ALL UNITS	7 th Week	Exam/Viva	05 Hours


Course-Co-ordinator




Principal
PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-18

List of students admitted to the course

YASHODA GIRLS ARTS & COMMERCIAL COLLEGE, NAGPUR
YEAR - 2021-2022
CLASS - P.A.I.

Sl. No.	Name of the Students as per	Roll No.	Date of Birth	Category	Admission No.	Section	Subject No.	Phone No.	Home Address
1	ANURAG BHANDARI	1	12/01/2004	GEN.	2021001	101	1	9890012345	...
2	ANURAG BHANDARI	2	12/01/2004	GEN.	2021002	101	2	9890012346	...
3	ANURAG BHANDARI	3	12/01/2004	GEN.	2021003	101	3	9890012347	...
4	ANURAG BHANDARI	4	12/01/2004	GEN.	2021004	101	4	9890012348	...
5	ANURAG BHANDARI	5	12/01/2004	GEN.	2021005	101	5	9890012349	...
6	ANURAG BHANDARI	6	12/01/2004	GEN.	2021006	101	6	9890012350	...
7	ANURAG BHANDARI	7	12/01/2004	GEN.	2021007	101	7	9890012351	...
8	ANURAG BHANDARI	8	12/01/2004	GEN.	2021008	101	8	9890012352	...
9	ANURAG BHANDARI	9	12/01/2004	GEN.	2021009	101	9	9890012353	...
10	ANURAG BHANDARI	10	12/01/2004	GEN.	2021010	101	10	9890012354	...
11	ANURAG BHANDARI	11	12/01/2004	GEN.	2021011	101	11	9890012355	...
12	ANURAG BHANDARI	12	12/01/2004	GEN.	2021012	101	12	9890012356	...
13	ANURAG BHANDARI	13	12/01/2004	GEN.	2021013	101	13	9890012357	...
14	ANURAG BHANDARI	14	12/01/2004	GEN.	2021014	101	14	9890012358	...
15	ANURAG BHANDARI	15	12/01/2004	GEN.	2021015	101	15	9890012359	...
16	ANURAG BHANDARI	16	12/01/2004	GEN.	2021016	101	16	9890012360	...
17	ANURAG BHANDARI	17	12/01/2004	GEN.	2021017	101	17	9890012361	...
18	ANURAG BHANDARI	18	12/01/2004	GEN.	2021018	101	18	9890012362	...
19	ANURAG BHANDARI	19	12/01/2004	GEN.	2021019	101	19	9890012363	...
20	ANURAG BHANDARI	20	12/01/2004	GEN.	2021020	101	20	9890012364	...
21	ANURAG BHANDARI	21	12/01/2004	GEN.	2021021	101	21	9890012365	...
22	ANURAG BHANDARI	22	12/01/2004	GEN.	2021022	101	22	9890012366	...
23	ANURAG BHANDARI	23	12/01/2004	GEN.	2021023	101	23	9890012367	...
24	ANURAG BHANDARI	24	12/01/2004	GEN.	2021024	101	24	9890012368	...
25	ANURAG BHANDARI	25	12/01/2004	GEN.	2021025	101	25	9890012369	...
26	ANURAG BHANDARI	26	12/01/2004	GEN.	2021026	101	26	9890012370	...
27	ANURAG BHANDARI	27	12/01/2004	GEN.	2021027	101	27	9890012371	...
28	ANURAG BHANDARI	28	12/01/2004	GEN.	2021028	101	28	9890012372	...
29	ANURAG BHANDARI	29	12/01/2004	GEN.	2021029	101	29	9890012373	...
30	ANURAG BHANDARI	30	12/01/2004	GEN.	2021030	101	30	9890012374	...
31	ANURAG BHANDARI	31	12/01/2004	GEN.	2021031	101	31	9890012375	...
32	ANURAG BHANDARI	32	12/01/2004	GEN.	2021032	101	32	9890012376	...
33	ANURAG BHANDARI	33	12/01/2004	GEN.	2021033	101	33	9890012377	...
34	ANURAG BHANDARI	34	12/01/2004	GEN.	2021034	101	34	9890012378	...
35	ANURAG BHANDARI	35	12/01/2004	GEN.	2021035	101	35	9890012379	...
36	ANURAG BHANDARI	36	12/01/2004	GEN.	2021036	101	36	9890012380	...
37	ANURAG BHANDARI	37	12/01/2004	GEN.	2021037	101	37	9890012381	...
38	ANURAG BHANDARI	38	12/01/2004	GEN.	2021038	101	38	9890012382	...
39	ANURAG BHANDARI	39	12/01/2004	GEN.	2021039	101	39	9890012383	...
40	ANURAG BHANDARI	40	12/01/2004	GEN.	2021040	101	40	9890012384	...
41	ANURAG BHANDARI	41	12/01/2004	GEN.	2021041	101	41	9890012385	...
42	ANURAG BHANDARI	42	12/01/2004	GEN.	2021042	101	42	9890012386	...
43	ANURAG BHANDARI	43	12/01/2004	GEN.	2021043	101	43	9890012387	...
44	ANURAG BHANDARI	44	12/01/2004	GEN.	2021044	101	44	9890012388	...
45	ANURAG BHANDARI	45	12/01/2004	GEN.	2021045	101	45	9890012389	...
46	ANURAG BHANDARI	46	12/01/2004	GEN.	2021046	101	46	9890012390	...
47	ANURAG BHANDARI	47	12/01/2004	GEN.	2021047	101	47	9890012391	...
48	ANURAG BHANDARI	48	12/01/2004	GEN.	2021048	101	48	9890012392	...
49	ANURAG BHANDARI	49	12/01/2004	GEN.	2021049	101	49	9890012393	...
50	ANURAG BHANDARI	50	12/01/2004	GEN.	2021050	101	50	9890012394	...

Signature



Signature
Principal
 Yashoda Girls Arts & Commercial College
 Street Nagar, Nagpur-18.

Syllabus 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-2021-2022

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" 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/ course content

Course Content

Syllabus

Health and Yoga

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. Yogasana - 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 Ishwari Punnya)

Head & Associate Professor
Department of Physical Education



(Dr. Dhanraj Shete)

Principal

Yashoda Girls' College & Commerce College
Brahm Nagar, Nagpur-46

Teaching Plan

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

TEACHING PLAN

Course : SHORT TERM CERTIFICATE COURSE IN HEALTH & YOGA

Teaching Plan Duration 35 Hours (3 Hrs/ Week)

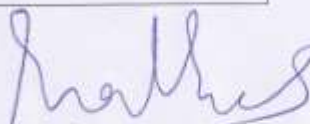
Objectives of the Course : At the end of the course the students will be able to:

- To understand the basic need and importance of fitness and wellness.
- To understand the need to learn Yoga for healthy life.
- To learn the different techniques and skills of Yoga and Pranayam.
- To learn the benefits of Yoga and Pranayam for Health and fitness and also to live a peaceful life.
- To understand the importance of Yoga for all round personality development.

Weeks /Hour	Unit	Lecture Topic/Sub Topic
35 Academic Hours		
1 st Week/ 5 Hours	I	Basic Yoga
2 nd Week/5 Hours	I	Introduction of Yoga & Yoga Practice
3 rd Week/5 Hours	III	Generals Guidelines for Yoga Practice
4 th Week/5 Hours	IV	Yoga for Health Promotion
5 th Week/5 Hours	IV	Introduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar
6 th Week/5 Hours	V	Introduction to Pranayama, Meditation & Dhyana
7 th Week/5 Hours	VI	Exam/Viva


Course-Co-ordinator




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

COURSE SCHEDULE (COURSE OUTLINE)

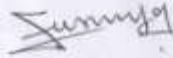
TIME TABLE

7.00 A.M. TO 8.00 A.M.

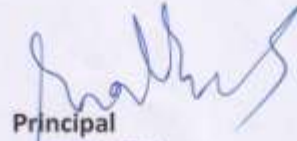
TOTAL DURATION 35 DAYS

(From 1ST of January 2022 to 28 February 2022)

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	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



Course Co-ordinator



Principal

PRINCIPAL

**Yashoda Arts & Commerce College
Sneh Nagar, Nagpur-15**



Attendance Sheet

YASHODA GIRL'S ARTS & COMMERCE COLLEGE, SNEH NAGAR, NAGPUR
SHORT TERM CERTIFICATE COURSE (HEALTH & YOGA)
DURATION (35 DAYS) 01/04/2022 TO 05/05/2022

Sl. No.	NAME OF THE STUDENT	STUDENTS ATTENDANCE SHEET																																				
		APRIL															MAY																					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5		
1	SHRUTI RAJENDRA WADHAWAN	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SURESH DIXIT	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI AVASTHI	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	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	SHRUTI SHAMBAHARJI SHARDA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

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PRINCIPAL
 Yashoda Girls Arts & Commerce College
 Sneh Nagar, Nagpur-18

Attendance Sheet

SR. NO.	NAME OF THE STUDENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	
26	ANANTHAKRISHNAN SURESH																																				
27	ANITA ANAND KISHOR KISHOR																																				
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50	ANITA ANAND KISHOR KISHOR																																				

SIGNATURE OF COURSE CO-ORDINATOR

Seema



PRINCIPAL

Shankar
PRINCIPAL

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

List of students with their signatures

YASHODA GIRL'S ARTS & COMMERCE COLLEGE, SNEH NAGAR, NAGPUR
SHORT TERM CERTIFICATE COURSE (HEALTH & YOGA)
DURATION (35 DAYS) 01/04/2022 TO 05/05/2022

STUDENTS LIST				SIGNATURE OF THE STUDENT
SRL. NO.	NAME OF THE STUDENT	CLASS	GRADE	
1	DURGA RUPCHAND MENDE	B.A.1	A	
2	RUPALI SURESH LIMET	B.A.1	A	
3	KADAL BHAGWANDAS AHIRWAR	B.A.1	A	
4	SHUBHANGI BIPAK KHANDARE	B.A.1	A	
5	RAJANA BANWARILAL JAWRE	B.A.1	A	
6	SANJANA SHRIYAN KORMATE	B.A.1	A	
7	AAKASHI SURESH LOMARKAR	B.A.1	A	
8	SAVITRI BHASKAR BORKAR	B.A.1	A	
9	SONALI ASHOK MANGAM (RE)	B.A.1	A	
10	SNEHA SHRAWAN MOHURJE	B.A.1	A	
11	MAHIMA NARESH KADRE	B.A.1	A	
12	ANISHA DHARMENDU DIXEY	B.A.1	A	
13	TEJASVANI SOMESHWAR RADE	B.A.1	A	
14	KAVITA RAJENDRA SHOBHANE	B.A.1	A	
15	TANUJA BHAGURAD KANNARE	B.A.1	A	
16	PRITA DHANRAJ MESHRAM	B.A.1	A	
17	KHUSHBU KRUSHNABHAI NAGRIKAR	B.A.1	A	
18	AKSHITA BEGUM SHAHID HAFEEZ	B.A.1	A	
19	MASRA PARVEEN SHAHID AZIZ	B.A.1	B	
20	SAEMA KALISAR AHMAD ABBAR	B.A.1	A	
21	KAHWASHAN ABULIM MOHA. ASIF	B.A.1	A	
22	MASRUDH FATEMA ATULLIYAH ANSARI	B.A.1	B	
23	MISBA KALISAR SIRAJ SHEKH	B.A.1	A	
24	NEHA NARSINSINH AITHEAN	B.A.1	A	
25	KAVITA SAND WALIULLAH ANSARI	B.A.1	B	
26	BHAGYASHRI MURLIDHAR BIRAWE	B.A.1	A	
27	KALPIYA ANILSHI IQBAL KHAN	B.A.1	A	
28	MADINA SADAF TALIBUR RAHMAN	B.A.1	A	
29	SALVITA SRA SHEKH ARIF	B.A.1	A	
30	SHWETA DINESH DHURVE	B.A.1	A	
31	IDRIS ANISUM SHAHID KHAN	B.A.1	A	
32	AARATI NANDKUMAR DHURVE	B.A.1	A	
33	KAJAL RAMESH DEHMURKH	B.A.1	A	
34	NOVA RAHIF SHEKH	B.A.1	A	
35	NOORJEEN NAAZ ICHAL AHMED AHMAD	B.A.1	A	
36	PRAJANTA SUNIL SHENDE	B.A.1	A	
37	PALLAVI SANJAY HARSH	B.A.1	A	
38	SARITA RAJAVYTAIR ANGWEL	B.A.1	A	
39	KARUNA JYOTISH VISHWAKARMA	B.A.1	A	
40	DURGA SHAM DONDRE	B.A.1	A	
41	CHETNA DILIP ULMARE	B.A.1	A	
42	SURESHA PRADIP GAWALI (RE)	B.A.1	A	
43	AKATI GOVINDA ROGE (RE)	B.A.1	A	
44	RONIKA SANJAY SULTA	B.A.1	A	
45	NIKITA SANTOSH GEDAM (RE)	B.A.1	A	
46	SAKSHI NARAYAN SAHANE	B.A.1	A	
47	SARSHI BAMESHWAR KANGALE	B.A.1	A	
48	PRANALI RAMESH LOKHANDE	B.A.1	A	
49	SNEHA GOVARDHAN KOSARE	B.A.1	A	
50	ALPIYA ZARIN WAHEED ABHTAR	B.A.1	A	


SIGNATURE OF CO-ORDINATOR

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

Grades obtained by the students

YASHODA GIRL'S ARTS & COMMERCE COLLEGE, SNEH NAGAR, NAGPUR
SHORT TERM CERTIFICATE COURSE (HEALTH & YOGA)
DURATION (35 DAYS) 01/04/2022 TO 05/05/2022
STUDENTS ATTENDANCE SHEET

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4	SHUBHANGI DIPAK KHANDARE	B.A.1	A
5	RANJANA BANWARILAL JAWRE	B.A.1	A
6	SANIANA SHRAVAN KORWATE	B.A.1	A
7	AAKASHA SURESH LOHARKAR	B.A.1	A
8	LAVNYA BHASKAR BORKAR	B.A.1	A
9	SONALI ASHOK MANGAM (RE)	B.A.1	A
10	SNEHA SHRAVAN MOHURLE	B.A.1	A
11	MAHIMA NARESH KAVRE	B.A.1	A
12	ANISHA DHARMRAJ UIKEY	B.A.1	A
13	TEJASVANI SOMESHWAR BAGDE	B.A.1	A
14	KAVITA RAJENDRA SHOBHANE	B.A.1	A
15	TANUJA BHAI/RAO KANNANE	B.A.1	A
16	PRIYA DHANRAJ MESHRAM	B.A.1	A
17	KHUSHABU KRUSHNAKUMAR NAGRIKAR	B.A.1	A
18	ARSHIYA BEGUM SHAIKH HAFEZ	B.A.1	A
19	MASIRA PARVEEN SHAIKH AZIZ	B.A.1	B
20	SAENA KAUSAR AHMAD ABRAR	B.A.1	A
21	KAHKASHAN ANJUM MOHA.ASIF	B.A.1	A
22	MASROOR FATEMA ATAULLAH ANSARI	B.A.1	B
23	MISBA KAUSAR SIRAJ SHEIKH	B.A.1	A
24	NEHA HASANSNAH ASHKAV	B.A.1	B
25	RABIYA BANO WALIJULLAH ANSARI	B.A.1	A
26	BHAGYASHRI MURLIDHAR NINAWA	B.A.1	A
27	AALIYA ANJUM IQBAL KHAN	B.A.1	A
28	MADHA SADAF TALIBUR RAHMAN	B.A.1	A
29	SALEHA SBA SHEIKH ARIF	B.A.1	A
30	DIVYA DINESH DHURVE	B.A.1	A
31	ISHRA ANJUM SHAKIL KHAN	B.A.1	A
32	AAJITI NANDKUMAR DHURVE	B.A.1	A
33	KAJAL RAMESH DESHMUKH	B.A.1	A
34	NIDA RAFIK SHEIKH	B.A.1	A
35	NOOREEN NAAZ iqbal ahmad ansari	B.A.1	A
36	PRAJAKTA SUNIL SHENDE	B.A.1	A
37	PALLAVI SANJAY HARSH	B.A.1	A
38	SARITA RAMAYAR ANGHEL	B.A.1	A
39	KARUNA JAGDISH VISHWAKARMA	B.A.1	A
40	DURGA SHAM DONGRE	B.A.1	A
41	CHETNA DILIP LIDHARE	B.A.1	A
42	SUPRIYA PRADIP GAWALI (RE)	B.A.1	A
43	ARATI GOVINDA ROGE (RE)	B.A.1	A
44	RONIKA SANJAY GUPTA	B.A.1	A
45	NIKITA SANTOSH GEDAM (RE)	B.A.1	A
46	SAKSHI NABAYAN SAHARE	B.A.1	A
47	SAKSHI RAMESHWAR KANGALE	B.A.1	A
48	PRANALI RAMESH LOKHANDE	B.A.1	A
49	SNEHA GOVARDHAN KOSARE	B.A.1	A
50	ALFIYA ZABIN WAHEED ARKHTAR	B.A.1	A


SIGNATURE OF CO-ORDINATOR




PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-462015

Report 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

Tel. 0712 2290637 Fax: 0712 2290368

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

SHORT TERM CERTIFICATE COURSE IN HEALTH AND YOGA

REPORT

Dr. Lalita J. Punnyya

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 आणि योग" या विषयावर कोर्स ची रचना करण्यात आली. या कोर्स करिता ५० विद्यार्थिनींनी निवड करण्यात आली. या सर्टिफिकेट कोर्स करिता ३५ वर्गाचा कालावधी घेण्यात आला. दिनांक ०१/०४/२०२२ ते ०५/०५/२०२२ 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 /ऑफलाईन, मार्गदर्शन /व्याख्यानाकरिता आमंत्रित करण्यात आले. या कोर्स मध्ये विविध योग तज्ञ व्यक्तींनी वेगवेगळ्या विषयावर (विषयाशी संबंधीत) ऑनलाईन मार्गदर्शन / व्याख्यान केले.

उदघाटन :



Report of the course

दिनांक १०/०३/२०२२ सकाळी १२ ३० वाजता शार्ट टर्म सर्टिफिकेट कोर्स चे उद्घाटन करण्यात आले. याप्रसंगी कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. धनराज शेटे विद्यार्थिनी/प्रशिक्षणार्थी उपस्थित होते.

डॉ. ललिता पुन्नय्या शार्ट टर्म सर्टिफिकेट कोर्स चे समनवयक यांनी प्रास्ताविकेत म्हटले की मागील दोन वर्षांपासून कोविड या महामारी मुळे आपण सर्व त्रस्त होतो. स्वताचे व इतरांचे रक्षण करण्याकरिता आपण अंतर ठेवणे, मास्क, सॅनीटाईज या सर्व नियमांन पालन करत होतो. जरी नियम शिथिल झाले असले तरी 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 च आयोजन करण्यात आले असे मत व्यक्त केले. डॉ. धनराज शेटे प्राचार्य व कार्यक्रमाने अध्यक्ष यांनी म्हटले की, कोविड च्या परिस्थितीत योगा व मेडीटेशन हे एकमात्र साधन आहे ज्याने शरीर व मनाचे तणाव दूर होऊ शकते. महाविद्यालयाचे राष्ट्रीय सेवा योजना वार्षिक शिबीर असल्याने उद्घाटन नंतर दिनांक ०१/०४/२०२२ पासून नियमित वस घेण्यात आले.

मा .श्री. सचिन माथुरकर संस्थापक मुख,शांती , समाधान संस्था नागपूर , यांनी शारिरीक व मानसिक स्वास्थ 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 सरांनी विषयाशी संबंधित मार्गदर्शन केले.

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 Sukhma 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 Pranayama, Meditation & Dhyana	05 Days
7	-	Exam/Viva	05 Days

- शार्ट टर्म सर्टिफिकेट कोर्स मध्ये मा .श्री. सचिन माथुरकर संस्थापक मुग्ध , शांती समाधान संस्था नागपूर. यांनी १ ते ६ एप्रिल २०२२ असे सहा दिवस "योगिक व्यायाम व सूर्यनमस्कार "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- डॉ. शुभाष दाढे .सहयोगी प्राध्यापक, धनवटे नॅशनल कॉलेज नागपूर दिनांक यांनी ७ ते १२ एप्रिल २०२२ असे सहा दिवस" **General Guideline for Yoga Practice** "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- डॉ. वंदना इंगळे मेश्राम धनवटे नॅशनल कॉलेज नागपूर यांनी दिनांक १३ ते १८ एप्रिल २०२२ असे सहा दिवस" **Yoga pramotion for Health** "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- डॉ. संजय खडतकर सहायक प्राध्यापक, संताजी महाविद्यालय, नागपूर यांनी दिनांक १९ ते २४ एप्रिल २०२२ असे सहा दिवस" **Introduction Pranayama, Meditation & Dhyana** "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- मा .श्री. संजय खोंडे (इंजिनियर) आंतरराष्ट्रीय योगतज्ञ, वाय .बी.सी. परीक्षकनागपूर. यांनी दिनांक २५ ते ३० एप्रिल २०२२ असे सहा दिवस "**Basic Yoga, Introduction of Yoga & Yoga Practice**"यां विषयावर ऑनलाईन मार्गदर्शन केले.

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

संधी संचलन : संधी, त्रायू, व् मज्जासंस्था यांना कार्यान्वित करणे. डोळे, मान, खांदे, एल्बो, मनगट, वोट, कंबर, गुडघे, पाय ई.

ध्यानात्मक आसन : पदमासन, स्वस्तीकासन,



शरीर संवर्धनात्मक आसन : विश्रांतिकारक आसन : सवासन, मकरासन
उभे आसन : ताडासन, गरुडासन, वृक्षासन, हस्तादासन, कोनासन
बसलेले आसन : पछीमोतानासन, तोलासन, जानुशिरासन
पाठीवर झोपलेले : हलासन, नीकासन, पवनमुक्तासन, सेतुबंदासन, चक्रासन
पोटावर झोपलेले : भूजंगासन, सलभासन, धनुरासन
ओंकार : ओम चे गुंजन

प्राणायाम : अनुलोम-विलोम, भस्त्रिका, उज्जायी, शीतली, शीतकारी, दीपं
श्वसन, कपालभाती, नाडीशोधन, दीर्घ स्वसन, भ्रामरी ई.विषयी माहिती दिनी.
प्रात्यक्षिक करून दाखविले. त्याचे महत्व सांगून विद्यार्थीनींकडून करवून घेतले. सर्व
विषयाची माहिती देण्यात आली.

दिनांक ०४/०५/२०२१ व ०५/०५/२०२१ ला Test चे आयोजन करण्यात आले.
Test मूल्यमापन करून प्रमाणपत्र वितरीत करण्यात आले.

दिनांक ०५/०५/२०२२

कोर्स समन्वयक
डॉ. ललिता पुत्रय्या



प्राचार्य
डॉ. धनराज शेटे
Principal
Yashode Girls Arts & Commerce College,
Sneh Nagar, Nagpur-15.

Certificates



Rashtrasant Tukadoji Maharaj Nagpur University Board of Lifelong Learning & Extension

≡ CERTIFICATE ≡

Awards this certificate to Shri / Smt./Ku. *Susga Rupchand Mendhe*
on satisfactory completion of the **Short Term Certificate Course in 'Health & Yoga' One Month (35 Hours)**
under Jeevan Shikshan Abhiyan run by Department of Lifelong Learning and Extension RTMNU Nagpur in
Collaboration with Department of Economics, Yashoda Girls' Arts & Commerce College, Nagpur From
1st April, 2022 to 5th May, 2022. 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
Department of Lifelong Learning & Extension
Rashtrasant Tukadoji Maharaj Nagpur University

Certificates



Rashtrasant Tukadoji Maharaj Nagpur University Board of Lifelong Learning & Extension

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Awards this certificate to Shri / Smt./Ku. *Rupali Suresh Vikey*
on satisfactory completion of the **Short Term Certificate Course In 'Health & Yoga' One Month (35 Hours)**
under Jeevan Shikshan Abhiyan run by Department of Lifelong Learning and Extension RTMNU Nagpur in
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[Signature]
Dr. Lalita Punnya
Course Co-ordinator
Yashoda Girls'
Arts & Commerce College, Nagpur

[Signature]
Dr. Dhanraj Shete
Principal
Yashoda Girls'
Arts & Commerce College, Nagpur

[Signature]
Dr. Nishkant Raut
Director
Department of Lifelong Learning & Extension
Rashtrasant Tukadoji Maharaj Nagpur University

Certificates



Rashtrasant Tukadoji Maharaj Nagpur University Board of Lifelong Learning & Extension

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Awards this certificate to Shri / Smt./Ku. *Kajal Bhagwandas Ahirwar*
on satisfactory completion of the **Short Term Certificate Course in 'Health & Yoga' One Month (35 Hours)**
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Department of Lifelong Learning & Extension
Rashtrasant Tukadoji Maharaj Nagpur University