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

	-	The second secon	
Name of Add on Course	Add on	Certificate course in Hea	th and yoga
Academic Year of Coruse	2021-2	022	
Organizing Department/	Depart	ment of Physical Education	
Duration of the course	1 Mon	th (35 days)	
Number of students Completing the course	50 Stu	dents	*
Brief Report	the de studen Depar Maha also a They The c	partment of Physical Educts were participated. It tment of Lifelong Learnin raj Nagpur University. All ppeared for the examination have been given grades. To	n Health and Yoga was undertaken by teation for 35 days in which total 50. The course was approved by the g & Extension, Rashtrasant Tukadoji the students completed the course and on conducted at the end of the course, he certificates are also given to them, and the students were satisfied at the earn the basics of yoga and its benefits
Number of Beneficiaries:	Stude	nts: 50	(SEAL)
Criterion No: 1	Metri	ic No: 1.2.1 & 1.2.2	100
Signature of Course Co-or	dinator	Signature and Stamp of IQAC Co-ordinator	Signature & Stamp of Principal
- Lumpol		(Hount	PHINCIPAL Yashoda Chris Arta & Commerce Code

Letter of permission from the principal

Nagpur, Dt. - 20/02/2022

Dr. Lalita Punnya Department of Physical Education

To, The Principal. Yashoda Girls' Art's & commerce College

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.

Your faithfully

Principal

cashoda Girls Arts & Commerce

College, Such Hagar, Hagpur-15

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
According 91++ with 2.02 CGRA for First Cycle by 2004C

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 Punnya) Course Coordinator

(Dr. Dhanraj Shete) Principal

Principal
Cashoda Girls Arts & Commerce
College, Such Nagar, Nagyur-15

Letter of approval from the affiliating University for introducing the course





RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

Gurunanak Bhavan, University Campus, Amrayati Road, Nagpur - 440 033, Phone : 2530860 E-mail : doll 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 Abbiyan 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

Sc. No.	Name of the Course	Name of Coarse Coordinator	Dorution	Credit	Nu. of Candidates to its admitted	Fers to be Charged per Student	Fore to be Deposited With the Deptt.
N.	Certificate Caurse in Heath & Yoga	Dr. Lailta Pennya	35.hrs.	2	30	100/-	10%
2	Certificate Course in Corporate Communication & Public Relation	Dr. K.G. Meshram	36 hrs.	2	40	500+	10%
2	Certificate Course in Agricultural Marketing	Dr. Mahandrakumar D. Katre	35 hrs.	2	35	500-	10%
4	Certificate Course in Soft Skill for Personality Development	Dr. Govind Rawlekar	35 hrs.	2	35	50/-	10%
5	Cortificate Course in Basic English Language Skills	Dr. Amel Raut	35 hrs.	2	.35	150/-	10%
6	Curtificate Course in Basic Skills Required for Career	Or, Pramod Fating	35 lirs.	2	40	504	10%
7	Certificate Course in Basic Preparation for Competitive Executation	Dr. Suryakant Kapshikar	35 hrs.	2:	30	50/-	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.
- 2. 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.
- 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
- Submit the List of Students admitted in the excel format attached herewith.
 Also send a soft copy in CD/Pen drive.

Your's faithfully,

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. Dhanrai Shete)

Yashoda Gifls Arts & Commerce College Seeb Magair, Magair-15.

Enclosures :

1. Proposal duly filled.

2. Syllabus



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

Name of the Courses
 A Short Term Certificate Course in Health and Yoga
 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

Venue of the Course
 Yashoda Girl's Arts & Commerce College.
 With full address
 Sneh Nagar Nagpur Wardha Road, Nagpur 440015

Date Of Starting the Courses : 10th May 2021
 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 : 4:

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. II
1	Er. Sanjay Khonde	Unit I,II- Basic Yoga Yoga Introduction of Yoga & Yoga Practice	Shiv Appartment Ramnagar, Nagpur	9960256255
2	Shri, Sachin Mathurkar	Unit V- Introduction to Yogic Suksma Vyam, Sthula Vyam & Surya Namaskar	Sukhsanti 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	770900/653
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

Yasheda Girts Arts & Commerce College Srieh 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/Lecture
1	1	Basic Yoga	05 Days
2	П	Introduction of Yoga & Yoga Practice	05 Days
3	ш	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	+	ExamIViva	05 Days

Sumy?

Principal
Yashods Gris Arts & Conunerce College
Snith Nagar, Nagpur-15.

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

Basic information about the Applicant College/ Departments:

i) Name of the College / Department: Yashoda Girls Arts & Commerce

College Nagpur

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 - ygc.ngp@rediffmail.com

dhanrajshete 1002@gmail.com

2. Details of the Course Proposed

Name of the course

Certificate : A Short Terms Certificate Course in

Health and Yoga

ii) Target Group : 50

 iii)
 Duration of the Course
 : I 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

Details of the Faculty for Course:

 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



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

Name and Address	Qualification	
	Qualification	Experience
Dr. Lalita Ishwarn	D D P A M D P A	
Punnya	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,
3	Dr.Vandana Ingle	B. P. Ed, M.P. Ed, Ph.D. YCB Yoga Teacher, Level I		Raipur. 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:

Class Room : Institutional Class Room /College premises/

Online platform

(ii)

Library : Institutional Library

(iii) Equipment's/ Material : LCD Projector/ Yoga Mat, Neti Pot

Any Other

(v) Expenditure : Study Material

: 7000/

Details of Expenditure -

Sr. No.	Particular	Amount
1	Honorarium to Teaching Staff	6000/
2	Materials	2000
3	Contingencies	500/
		500/



- 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. Sheth)

Frincipal

Signature & Seal of Department the Principal West of Department

Principal
Yashoda Girls Arts & Commerce College
Sneh Negar, 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 JUNUARY 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	
1	1 st Week	Basic Yoga	05 Hours
11	2 nd Week	Introduction of Yoga & Yoga Practice	05 Hours
1111	3 rd Week	Generals Guidelines for Yoga Practice	05 Hours
IV	4 th Week	Yoga for Health Promotion	05 Hours
V	5 th Week	I ntroduction to Yogic Sukshma Vyam, Sthula Vyam & Surya Namaskar	05 Hours
VI	6 th Week	Introduction to Pranayama, Meditation & Dhyana	05 Hours
ALL	7 th Week	Exam/Viva	05 Hours

Course-Co-ordinator

SEAL

Yashoda Oirls Arts & Commerce Colleg Sneh Nagar, Nagpur-18

List of students admitted to the course

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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 Rashtraum Tukadaji Mahuruj 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.	1	Basic Yoga	05 days
2	п	Introduction of Yoga & Yoga Practice	05 days
3	Ш	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
- Physical Education And Health. A.K. Uppal G.P. Gautam Friends Publication. New Delhi.
- 5. Health Education Indu Publication Aurangbad.

(Dr.Lalita Ishwam Punnya)

Head & Associate Professor Department of Physical Education

rashqda Girls Aug a commerce College

Teaching Plan

Purushottam Khaparde Health & Education Society's

Yashoda Girls' Arts & Commerce College

Accredited 8++ 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.yashodagiriscollege.edu.in.ygc.ngp@rediffmai.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	1	Basic Yoga
2 nd Week/5 Hours	1	Introduction of Yoga & Yoga Practice
3 rd Week/5 Hours	Ш	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

Frincipal

Yashqda Girts Arts & Commerce Cellage Sneh Nagar, Nagpur-15.

COURSE SCHEDULE (COURSSE 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.	1	Basic Yoga	05 days
2	H	Introduction of Yoga & Yoga Practice	05 days
3	Ш	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

Vashoda Otris Arts & Commerce Colleg
Sneh Nager, Magpur-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

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Yashoda Cirls Arts & Commerce Colleg Ser is Wager, Namour 18

Attendance Sheet

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DIGNATURE OF COURSE CO-DEGRAPOR

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Yanhody Otris Arts & Commerce Golleg Such Nagar Nagpur-15

Junyer

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List of students with their signatures

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

	STUDENT	IS LIST	-	SIGNATURE OF THE STUDENT
		CLASS .	GRADE	
NO.	NAME OF THE STUDENT	8.4.1	A	Toput Suresh Vikey
	EGA RUPCHAND MENDHE	B.A.1	A	
2 806	FALL SURESH CHEET	H.A.I	A	Shuthary Rhandare
2 804	DAL BHAGWANDAS AHRWAR	B.A.I	A	Richard CV James C
4 300	USHANCI BIPAK KHANDARE	B.A.I	A	Rahlana (17 ilaulare
5 RA	ADAMA BANKKARLAG JAWEE	BAI	A	Secretary S. Makingthe
6 58	MIANA SHREVAN KORWATE	B.5.1	A	Agrinage aherret
7 44	AKANSHA SURESH LOMARKAN	BAT	A	OF CENTRAL
B. GA	WHYS SHASKAR SCHKAR	BALL	A	S. Mangam
0 50	ONAU KUROE MARGAM (RE)	SLA.I	A	aneho
10 50	NEWA SWILAWAN MICHURUS	BAL	A	Chima N. Kayse
15 5	CAHDIA NARESH KAVRE	HA1	A	Anisha west
17 8	INCOME DISERSANCE VIOLEY	BA3	A	
52 1	SUBSVANI SOMESHWAR SAGDE	BA1		KOWILL WINDS
14 1	LAVITA BAJENDRA SWORNANE	-	A	
15 1	TANUTA EHADRAD KANNAKE	B.A.1	A	Calso a me Shrain
2.0	MESTA TRIBUTAL MESTIRAM	B.A.L	A	khushby nageikar
16	ENLISHABU KRUSHNAKUMAR YAGINKAR	H.A.I	A	a redeed
17	ANSHITA BEGLINA SHAREH MAFEEZ	16.A.I	- Commence	Marian della
18	MASIRA PARVYER SHARN AZZ	BAI	A	0.4.0004
	SACMA NAUSAR AHWAD ABRAR	BAI	8	saerahowan asi
and the same of	SAEMA KAUSAN APPAND ASS	BA3	A	A Para
21	KAHRASHAN ANUM MOHALASH	ILA.I	A	MIGRA STANKS
22	MASRICOR FATEMA ATMINIAN ANSARI	H.A.I	0	Minth of the
23	MISBA KAUSAR SIRAI SHEKH	B.A.1	A	NeHa
24	NESA SASANSHAN ASHKAN	8.5.1		Robbe Ausori Robert Blad Ny Nave
25	WARN'S BAND WAITIGLAN ANSARI	8.5.5	A	post stri wines
26	BHAGFASHRI MURLIDHAR NINAWE	B.A.1	A	Banja
27	ARCHY AND IN TORAL SPAN	0.53	A	Mattha Raterian
28	MADINE SADAF SALIBUR RAHBUR	8.5.1	A	Scure
29	SALENA SAA SHEKK ARIF	6.4.1	A	Hillymore
30	DIVYS DOJESH DHURVE	BAI	A	A. J. Klipp
31	ISHRA ARIUM SHAKE, KIMA	BAL	A	This phusue
32	AARTI NANDKUNGAK DHURVE	and the second	A	K. Desmouth
33	KAURE RAMESH DESHMURH	RAJ RAJ		W. Sheikh
34	NOTA BAFIE SHEWH	- Anna Carlotte	-	Negree
35	NOOREEN NAAZ Ichal shmad arsari	H.A.I	-	DDay
	PRAINCIA SUNK SHENDS	B.A.I	-	Dallow
36	PALLASI SANLAY HARSH	BAL		AND TOO RE LOS
37	SARITA RAMAYTAR ANGHEL	B.A.		Koruna
38	KARUPIA JAGORIA VISUWAKARMA	B.A.		Deed Inter
39	Except and overest	11.4.		Chetra Dilhase
40	DURGA SHAM DONORE	H.A.		Cristina Library
41	CHETRIA DILIP ULIMARE	B.A.		(Abolt)
4.7	SUPERA PRACIP GAWAU (NC)	BA		CATON IVA CON ON
43		BA	.s A	Rahika Crupto
44	RONIES SANIAY GUPTA	H.A	1 A	The state of the s
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47	SAKSID BASHSHWAR KANGAGE	0.4		Brand La Harde
46	PRANALI RAMESH LIJEHARDE	10.0	percent in the second second	WACCI IAF

SIGNITURE OF CO-DRIDINATOR

SAIGHE GOVARDHAN KOSERE REFINA ZARIN WARRED ARREAS

Principal reshods Girls Arts & Commerce College, Such Hagar, 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 ATTENDENCE SHEET

415	NAME OF THE STUDENT	CLASS	GRADE
L NO.	DURGA RUPCHAND MENDHE	BA.I	A
1		B.A.I	A
2	RUPALI SURESH UIKEY EAJAL BRAGWANDAS AHRWAR	B.A.I	A
3	SHUBHANGI DIPAK KHANDANE	BA.I	A
4	RANIANA EANWARILAL JAWRE	BAI	A
5	SANIANA SHRAVAN KORWATE	B.A.1	A
6	AANANSA SURESH LONARKAR	B.A.I	A
7	LAVNYA BHASKAR BORKAR	B.A.I	A
8	SONALI ASHOK MANGAAR (RE)	BA3	A
9	SNEHA SHRAWAN MOHURUE	BAA	A
10		B.A.I.	A
11	MAHIMA NARESH KAVRE ANISHA DHARMRAI LIKEY	B.A.I	A
12		B.A.J	A
13	TEJASVANI SOMESHWAR BAGDE	BA.I	A
14	KAVITA RAJENDRA SHOBHANE	B.A.I	A
15	TANUJA BHAURAG KANNAKE	BA.I	A
16	PRIYA DHANRAI MESHRAM	8.A.1	A
17	KHUSHABU KRUSHNAKUMAR NAGRIKAR	B.A.1	A
18	ARSHIYA BEGUM SKARNI HAFEEZ	BAJ	A
19	MASIRA PARVEEN SHAIRH AZIZ	B.A.I	В
20	SAEMA KAUSAR AHMAD ABRAR	B.A.I	A
2.1	KAHKASHAN ANIUM MORA ASIF	B.A.1	A.
22	MASROOR FATEMA ATAULLAN ANSARI	BAJ	- 8
23	ANSBA KAUSAR SIRAJ SHEKH	BA.I	A
24	NEHA HASANSHAH ASHKAN	BAI	В
25	RABIYA BANO WALIULLAH ANSARI	B.A.I	A
26	BHAGYASHRI MURLIDHAR NINAWE	B.A.1	A
27	AALIYA ARIUM KISAL KHAR	H.A.I	A
28	MADINA SADAF TALIBUR RAHMAN	BAJ	A
29	SALEHA SBA SHEIKH ARIF	B.A.I	A
30	DIVYA DINESH DHURVE	BAJ	A
31	ISHRA ANIUM SHAKIL KHAN	8.4.1	A
32	AARTI KANDKUMAR DHUHVE	B.A.I	A
33	KAJAL RAMESH DESHMUKH	BA.I	A
34	NIDA BANK SHERH	B.A.I	A
35	NOOREEN: NAAZ ighal ahmad ancart	BA.I	A
36	PRAJAKTA SUNIL SHENDE	BAJ	A
37	PALLAVI SANIAY HARSH	BAI	A
38	SARITA RAMAVYAR ANGHEL	B.A.I	A
39	KARUNA JAGDISH VISHWAKARNA	B.A.I	A
40	DURGA SHAM DONGRE	B.A.I	A
41	CHETNA DILIP LILHARE	8.4.1	A
42	SUPRIYA PRADIP GAWALI (RE)	R.A.I	A
43	ARATI GOVINDA ROGE (HE)	BAJ	A
44	RONIKA SANIAY GUPTA	BAL	A
45	NIKITA SANTOSH GEDAM (RE.)	B.A.I	A
46	The state of the s	B.A.I	A
47	SAKSHI RAMESHWAR KANGALE	B.A.I	A
48	PRANALI RAMESH LONHANDE	B.A.I	A
45	The second secon	BAI.	A

GIGINATURE OF CO-ORDINATOR

PRINCIPAL, Vashodu Oiris Arts & Content College

Report of the course

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

Accredited 8++ 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: yashodagiriscollege.edu.in ygc.ngp@rediffmai.com

SHORT TERM CERTIFICATE COURSE IN HEALTH AND YOGA

REPORT

Dr. Lalita I. Punnnya

राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ जीवन शिक्षण अभियान अंतर्गत

निरंतर शिक्षण व् विस्तार विभाग, व शारिरीक शिक्षण विभाग यशोदा गर्ल्स आहमें अंच कॉमर्स कॉलेज नागपूर यांच्या संयुक्त विद्यमाने शाँठ टर्म सर्टिफिकेट कोर्स वे 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) "स्वास्थ आणि योग" या विषयावर कोर्स ची रचना करण्यात आली. या कोर्स करिता ५० विद्यार्थिनींची निवड करण्यात आली. या सर्टिफिकेट कोर्स करिता ३५ वर्गाचा कालावधी घेण्यान आला. दिनांक ०१/०४/२०२२२ ते ०५/०५/२०२२२ या दरम्यान "योग आणि स्वास्थ्य" या विषयावर शार्ट टर्म सर्टिफिकेट कोर्स चे ऑनलाईन आयोजन केले होते. या कोर्स मध्ये विविध योग तज्ञ व्यक्तींना वेगवगळ्या विषयावर ऑनलाईन /ऑफलाइन मार्गदर्शन /व्याख्यानाकरीता आमंत्रित करण्यात आले. या कोर्स मध्ये विविध योग तज्ञ व्यक्तींनी वेगवगळ्या 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 महाविध्यालयाचे प्राचार्य डॉ. धनराज शेट विध्यार्थिनी/प्रशिक्षणार्थी उपस्थित होते.

डाँ. लिलता पुन्नस्या शार्ट टर्म सर्टिफिकेट कोर्स चे समनवयक यांनी प्रास्ताविकेत म्हटलं की मागील दोन वर्षापासून कोविड या महामारी मुळे आपण सर्व त्रस्त होतो. स्वताच व इतरांचे रक्षण करण्याकरिता आपण अंतर ठेवणे, मास्क, सँनीटाईज या सर्व नियमांच पालन करत होतो. जरी नियम शिथिल झाले असले तरी आपले शारिरीक व मानिस आरोग्य स्वस्थ राहण्याकरिता आपली प्रतिकार शक्ती वाढवणे, व शरीर लबचिक बनवण गरजेचे आहे. आणि हे योगा मुळे साध्य होऊ शकते. व याच उद्देशाने या कोम च आयोजन करण्यात आले असे मत व्यक्त केले. डाँ. धनराज शेटे प्राचार्य व् कार्यक्रमांच 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 शिवीर असल्याने उद्घाटन नंतर दिनांक ०१/०४/२०२२ पासून नियमित वर्ग घेण्यात आले.

मा .श्री. सचिन माथुरकर संस्थापक सुख,शांती , समाधान संस्था नागपूर , याती शारिरीक व मानसिक स्वास्थ प्राप्त करण्याकरिता. शारीरिक (स्वस्थ शरीर) व मानसिक आरोग्य (स्वस्थ मन) व्यवस्थ्तीत राहण्याकरिता योग हा सर्वोत्तम उपाय आहे निरंतर व नियमित योगा करणे गरजेचे आहे. असे मत व्यक्त केले सरांनी विषयाशी संबधित 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 Suksma 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	1	Basic Yoga	05 Days
2	11	Introduction of Yoga & Yoga Practice	05 Days
3	111	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 Days

- शार्ट टर्म सर्टिफिकेट कोर्स मध्ये मा .श्री. सचिन माथुरकर संस्थापक मुख , ,शांती समाधान संस्था नागपूर. यांनी १ ते ६ एप्रिल २०२२ असे सहा दिवन "योगिक व्यायाम व सूर्यनमस्कार "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- इॉ शुभाष दाढे .सहयोगी प्राध्यापक, धनवटे नैशनल कॉलेज नागपूर दिनांक यांनी ७ ते १२ एप्रिल २०२२ असे सहा दिवस" General Guideline for Yoga Practice "यां विषयावर ऑनलाईन मार्गदर्शन केले.
- हॉ. बंदना इंगळे मेश्वाम धनवटे नैशनल 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, नागपर 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 .वी.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 वेगवगळ्या विषयावर ऑनलाईन मार्गदर्शन केले. ज्यात

संधी संचलन : संधी, स्नायू, व् मज्जासंस्था यांना कार्यान्वित करणे. डोळे, मान, खांदे, एल्बो, मनगट, बोट, कंबर, गृहथे, पाय ई.

ध्यानात्म्क आसन : पदमासन, स्वस्तीकासन,



शरीर संवर्धनात्म्क आसन : विश्वांतिकारक आसन : सवासन, मकरासन उभे आसन : ताडासन, गरुडासन, वृक्षासन, हस्त्पादासन, कोनासन

बसलेले आसन : पछीमोतानासन, तोलासन, जानुशिरासन

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

पोटावर झोपलेले : भूजंगासन, सलभासन, धनुरासन

ओंकार : ओम चे ग्ंजन

प्राणायाम : अनुलोम-विलोम, भिक्षका, उज्जायी, शीतली, शीतकारी, दीघं श्वसन, कपालभाती, नाडीशोधन, दीर्घ स्वसन, भ्रामरी ई.विषयी माहिती दिली. प्रात्यक्षिक करून दाखविले. त्याचे महत्व सांगून विद्यार्थीनीकडून करवून घेतले. सर्व विषयाची माहिती देण्यात आली.

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

दिनांक ०५/०५/२०२२

कोर्स समन्वयक डॉ. ननिता पुश्रस्या

प्राचार्य

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. Purga Rupchand Mendhe

Dr. Lalita Punnya Course Co-ordinator Yashoda Gris

Arts & Commerce College, Nagpur

Principal Yashoda Girls

Arts & Commerce College, Nagpur

Dr. Nishikant Raut Director

Department of Lifefong Learning & Extension Rashtrasant Tukadoji Maharaj Nagpur University

Certificates



Rashtrasant Tukadoji Maharaj Nagpur University **Board of Lifelong Learning & Extension**

=== CERTIFICATE ===

Awards this certificate to Shri / Smt./Ku Rupuli 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 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

Dr. Lalita Punnya Course Co-ordinator

Yashoda Girls' Arts & Commerce College, Nagpur

/ Principal

Arts & Commerce College, Nagpur

Director

Department of Lifelong Learning & Extension Rashtrasant Tukadoji Maharaj Nagpur University

Certificates



Rashtrasant Tukadoji Maharaj Nagpur University Board of Lifelong Learning & Extension

== CERTIFICATE ===

Awards this certificate to Shri / Smt / Ku Rajal Bhagwandas Ahirwas

Dr. Lalita Punnya Course Co-ordinator

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

Yashoda Girls' Arts & Commerce College, Naggur Dr. Nishikant Rau

Director
Department of Lifelong Learning & Extension
Rashtmaant Tukadoji Maharaj Nagpur University