



Karmyogi Appasaheb Pratishthan Sangwa (Mel), Tq. Murtijapur, Dist. Akola

Saraswati Kala Mahavidyalaya

Dahihanda, Tq. Dist. Akola

(Affiliated to Sant Gadge Baba Amravati University, Amravati)

College code : 232

Email id :- skm232@sgbau.ac.in

Website: www.skmdahihanda.edu.in

Department of Physical Education and sports

Certificate Course in Yoga

2018 - 2019





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**SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,
TQ. DIST. AKOLA**

CERTIFICATE COURSE: 2018-2019

NOTICE

All the students of the B.A. I/II/III are hereby informed that Department Of Physical Education And Sports is going to organize certificate course in YOGA in the college from 14/01/2019 to 31/01/2019. Those students who are interested to join this course should contact Dr. Sagar P. Narkhede, Director of Physical Education and sports before 10/01/2019.

सर्व बी.ए. भाग I/II/III च्या विद्यार्थ्यांना याद्वारे कळविण्यात येते की, शारीरिक शिक्षण आणि क्रीडा विभाग दि. 14/01/2019 ते 31/01/2019 या कालावधीत महाविद्यालयात योगाचा प्रमाणपत्र अभ्यासक्रम आयोजित करणार आहे. या अभ्यासक्रमात सहभागी होण्यास इच्छुक असलेल्या विद्यार्थ्यांनी डॉ. सागर पी. नारखेडे, संचालक शारीरिक शिक्षण व क्रीडा यांच्याशी दि. 10/01/2019 पूर्वी संपर्क साधावा.

Schedule of Course:

Date of commencement of the course: 14/01/2019.

Time :- 7.00 to 9.00 am.

SR. NO.	CLASS	SIGN
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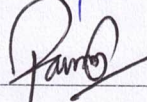
1

BA. - I



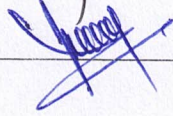
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BA. - II

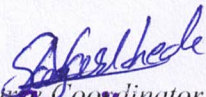


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BA. - III



Date: 02/01/2019.


Co-ordinator
Dr. Sagar P. Narkhede,
Director of Physical Education and Sports
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

Certificate course in Yoga

Aims and Objectives:

Physical Education is to educate students through physical activities. It aims to develop students physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy, Physically fit lifestyle.

Learning Outcomes

This course motivates the Students to undertake advanced and detailed study of health fitness through yoga and Exercise. The Students will be able to assimilate deeper philosophical aspects of ideas advanced in the texts and the traditions. In this context, Students will be able to engage with Aerobic Exercise, Meditation and Yoga in a holistic, practical and an academically rigorous manner.

Title of the Course:

Certificate course in Yoga

Eligibility:

College regular admitted students of BA. PART – I , II and III.

Duration:

The course for the Certificate course in health fitness and lifestyle shall be College Level course and its duration shall be 30 Hrs.

Scheme of Papers:

Paper I- Theory (40 Marks)

Paper II - Practical (10 Marks)

Examination:

A candidate for being eligible for admission to the examination shall satisfy the following requirements: -

He/She shall have attended the course of instruction for at least three-fourths of the total number of hours of instruction during Course.

Theory Paper :- There is a theory paper for which examination of 40 marks will be conducted.

Practical :- There is a practical paper for which an examination of 10 marks will be conducted.

There will be 120 minutes of lectures for per day. The total number of lectures for courses will be 15 days.

Department of Physical Education and sports
Certificate course in Yoga
Syllabus

UNIT-I :

- 1.1 Yoga- meaning, concept, Misconceptions about Yoga
- 1.1.1 Historical background of Yoga.
- 1.1.2 Yogic practices

UNIT-II :

- 2.1 Ashtanga Yoga with special reference to -
- 2.1.1 Yamas
- 2.1.2 Niyams
- 2.1.3 Asanas
- 2.1.4 Pranayam

UNIT-III :

- 3.1 Practice of various Pranayams-
- 3.1.1 Bhastrika
- 3.1.2 Anulom-Vilom
- 3.1.3 Kapalbhathi
- 3.1.4 Ujjayi
- 3.1.5 Bhramari

UNIT-IV :

- 4.1 Practice of various Asanas-
- 4.1.1 Padmasana- Omkar
- 4.1.2 Suryanamaskar Asan
- 4.1.3 Sarvangasana
- 4.1.4 Halasana
- 4.1.5 Pad Pashcimottanasana
- 4.1.6 Vakrasana
- 4.1.7 Bhujangasana
- 4.1.8 Tadasana
- 4.1.9 Naukasana
- 4.1.10 Shavasana

UNIT-V:

5.1 Study of Meditation

5.1.1 Body relaxation

5.1.2 Practice of Yoga nidra

5.1.3 Trataka

References:

- 1. Yoga sutras of Patanjali – Sadhanapada with Exposition of Vyasa, Motilal Banarsidass, 2002*
- 2. Light of Yoga (on Yama – Niyama) by B.K.S. Iyenger, Thorsons, 2006*
- 3. The Yoga Sutra of Patanjali M.R.Yardi, Bhandarkar Oriental Research Institute, Pune, 1979*
- 4. The Yoga system of Patanjali, James, Houghton , wood., Forgotten Books, 2018*
- 5. Hatha Yoga Pradeepika – Yogi Swatmarama, Yogavidya.com, 2002.*
- 6. Science of Yoga by I. K. Taimini, Theosophical Publishing House, 2007*

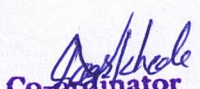
SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,

TQ. DIST. AKOLA.

Certificate Course in Yoga

Time-Table Academic Year 2018-19

Sr. No.	Date	Time	Unit
1	14/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 1
2	15/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 1
3	16/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 1
4	17/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 2
5	18/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 2
6	19/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 2
7	21/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 3
8	22/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 3
9	23/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 3
10	24/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 4
11	25/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 4
12	28/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 4
13	29/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 5
14	30/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 5
15	31/01/2019	7.00 to 8.00 8.00 to 9.00	Unit - 5


Coordinator
Course..Yoga.....
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq.Dist.Akola



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Date: / /

Appointment Letter

To,

Dr. Nasir Khan
Medical Officer
Dahihanda, Tq. Dist. Akola

Subject :- Regarding the Appointment of Guest Faculty under Certificate course.

Respected Sir/Madam,

We have immense pleasure to inform you that you are appointed as a Subject Expert in Yoga for 30 hours Course of "Certificate Course in Yoga" from 14/01/2019 to 31/01/2019. Therefore, you are kindly requested to share your valuable knowledge and expertise with our students through above Add on Course.

Thanking You..!

[Signature]
Coordinator
Course.....

Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

[Signature]
Principal
Saraswati Arts College
Dahihanda, Tq. Dist. Akola

[Signature]



Karmyogi Appasaheb Pratishthan Sangwa (Mel), Tq. Murtijapur, Dist. Akola

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Date: / /

Appointment Letter

To,

Dr. G. A. Pote,
Saraswati Kala Mahavidyalaya, Dahihanda,
Tq. Dist. Akola

Subject :- Regarding the Appointment of Guest Faculty under Certificate course.

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Course Co-ordinator

Course.....

Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola


Principal

Saraswati Arts College
Dahihanda, Tq. Dist. Akola





Karmyogi Appasaheb Pratishthan Sangwa (Mel), Tq. Murtijapur, Dist. Akola

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Letter of Gratitude

To,
Dr. Nasir Khan
Medical Officer
Dahihanda, Tq. Dist. Akola

Subject :- Regarding the Letter of Gratitude to the Guest Faculty under Certificate course.


Respected Sir/Madam,

We are sincerely expressing our deepest sense of Gratitude towards your duties and dedication while conducting 30 hours of "Certificate Course in Yoga" from 14/01/2019 to 31/01/2019 in our college. Our students are really very much benefitted by your throughout knowledge and intelligence.

Thanking You..!


Course Coordinator
Co-ordinator

Course.....
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola


Principal
Saraswati Arts College
Dahihanda, Tq. Dist. Akola





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Letter of Gratitude

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Dr. G. A. Pote,
Saraswati Kala Mahavidyalaya, Dahihanda,
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Thanking You..!

[Signature]
Co-ordinator

Course.....
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

[Signature]
Principal
Saraswati Arts College
Dahihanda, Tq. Dist. Akola

[Signature]

**SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,
TQ. DIST. AKOLA**

Certificate Course Annual Report 2018-2019

Name of Certificate Course: **Certificate Course In Yoga**

Name of Department: **Department of Physical Education and Sports**

Name of Course Coordinator: **Dr. Sagar P. Narkhede**

Fee charged: **NIL**

Year of Offering: **2018-2019**

Duration of Course: **30 hours**

Period of Course: **14/01/2019 to 31/01/2019**


No. of Students Enrolled in the year: **25**

No. of Students completing the course in the year: **25**

Remark if any:


Course Coordinator

Course.....
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola


Principal
Saraswati Arts College
Dahihanda, Tq. Dist. Akola

SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, TQ. DIST. AKOLA.

Certificate Course in Yoga Attendance Sheet Academic Year 2018-19

Sr. No	Name of the student	14/01/2019	15/01/2019	16/01/2019	17/01/2019	18/01/2019	19/01/2019	21/01/2019	22/01/2019	23/01/2019	24/01/2019	25/01/2019	28/01/2019	29/01/2019	30/01/2019	31/01/2019	Signature
1.	Aarti Govinda Sugandhi	P	P	P	P	P	P	P		P	P	P	P	P	P	P	A.G. Sugandhi
2.	Ashwini Sadashiv Gase	P		P	P	P	P	P	P	P	P	P	P	P	P	P	A.S. Gase
3.	Bhavna Mugtrao Bhorde	P	P	P	P	P	P	P	P	P	P		P	P	P	P	Bhavna m. Bhorde
4.	Ganga Shantaram Tayde	P	P	P	P	P	P	P	P	P	P	P	P		P	P	G.S. Tayde
5.	Harshali Laxman Gase	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Hgase
6.	Jaya Kishanro Bawne	P	P	P	P	P	P		P	P	P	P	P	P	P	P	J.K. Bawne
7.	Jayshri Devidas Sirsat	P	P		P	P	P	P	P	P	P	P	P	P	P	P	J.D. Sirsat
8.	Jayshri Subhash Charhate	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	G
9.	Kavita Pramod Ingle	P	P	P	P	P	P	P	P	P	P	P	P	P		P	K.P. Ingle.
10.	Komal Babarao Charhate	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	K.D. Charhate
11.	Komal Deepakrao Abruik	P	P	P	P	P	P	P	P	P	P	P		P	P	P	K.D. Abruik
12.	Maya Vinod Sirsat	P	P	P	P	P	P	P	P	P		P	P	P	P	P	Mysrat

SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, TQ. DIST. AKOLA.

Certificate Course in Yoga Attendance Sheet Academic Year 2018-19

Sr. No	Name of the student	14/01/2019	15/01/2019	16/01/2019	17/01/2019	18/01/2019	19/01/2019	21/01/2019	22/01/2019	23/01/2019	24/01/2019	25/01/2019	28/01/2019	29/01/2019	30/01/2019	31/01/2019	Signature
13.	Muktabai Ramesh Turale	P	P	P	P	P	P	P	P		P	P	P	P	P	P	M. Turale
14.	Pooja Prakash Dafade	P	P	P	P	P	P	P	P	P	P		P	P	P	P	P. Dafade
15.	Pratiksha Dilip Gawali	P	P	P	P	P	P		P	P	P	P	P	P	P	P	P. Gawali
16.	Priya Najukrat Oimbe	P	P	P	P	P	P	P	P	P	P	P	P		P	P	P. N. Oimbe
17.	Priya Premdas Sirsat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P. P. Oimbe
18.	Priya Vinayak Mankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P. Mankar
19.	Radha Ashok Bhande	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	R. A. Bhande
20.	Samiksha Dipak Dhole	P		P	P	P	P	P	P	P	P	P	P	P	P	P	S. D. Dhole
21.	Shilpa Ramdas Dongre	P	P	P		P	P	P	P	P	P	P	P	P	P	P	S. S. Dongre
22.	Shital Shivdas Ghawat	P		P	P	P	P	P	P	P	P	P	P	P	P	P	S. S. Ghawat
23.	Sukeshani Ajabrao Athavle	P	P	P	P	P	P	P	P	P	P	P	P	P		P	S. H. Athavle
24.	Supriya Punjab Athavle	P	P	P	P	P	P	P	P	P	P	P		P	P	P	S. Athavle
25.	Swati Vijay Gawande	P	P	P	P	P	P	P	P	P		P	P	P	P	P	S. Gawande

Pratiksha
Principator

Course.....
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,

TQ. DIST. AKOLA

Certificate Course in Yoga

Academic Year 2018-19

S. N.	Name Of Student
1.	Aarti Govinda Sugandhi
2.	Ashwini Sadashiv Gase
3.	Bhavna Mugutrao Bhonde
4.	Ganga Shantaram Tayde
5.	Harshali Laxman Gase
6.	Jaya Kishanro Bawne
7.	Jayshri Devidas Sirsat
8.	Jayshri Subhash Charhate
9.	Kavita Pramod Ingle
10.	Komal Babarao Charahate
11.	Komal Deepakrao Abruk
12.	Maya Vinod Sirsat
13.	Muktabai Ramesh Tarole
14.	Pooja Prakash Dafade
15.	Pratiksha Dilip Gawali
16.	Priya Najukrao Oimbe
17.	Priya Premdas Sirsat
18.	Priya Vinayak Mankar
19.	Radha Ashok Bhande
20.	Samiksha Dipak Dhore
21.	Shilpa Ramdas Dongre
22.	Shital Shivdas Ghawat
23.	Sukeshani Ajabrao Aathavle
24.	Supriya Punjab Aathavle
25.	Swati Vijay Gawande

S. S. Bhande
Co-ordinator

Course...*Yoga*.....

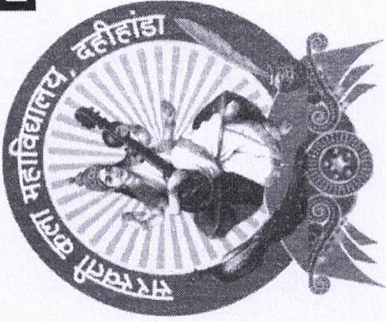
Saraswati Kala Mahavidyalaya,
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Karmyogi Appasaheb Pratishthan (Sangawa Mel), Murtijapur's

SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, AKOLA

In Collaboration With

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS



CERTIFICATE

THIS IS TO CERTIFIED THAT MR./MS.

HAS SUCCESSFULLY COMPLETED "CERTIFIATE COURSE IN
YOGA" FROM 14/01/2019 TO 31/01/2019 ORGANIZED BY DEPARTMENT OF
PHYSICAL EDUCATION & SPORTS OF SARASWATI KALA MAHAVIDYALAYA,
DAHIHANDA, AKOLA.

COORDINATOR

PRINCIPAL