



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](mailto:skm232@sgbau.ac.in)

Website: [www.skmdahihanda.edu.in](http://www.skmdahihanda.edu.in)

*Department of Physical Education and sports*

**Certificate Course**

**in Yoga**

**2019 - 2020**







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*Department of Physical Education and sports*

*2019-20*

**Certificate Course**

**in Yoga**





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

**CERTIFICATE COURSE:2019-2020**

**NOTICE**

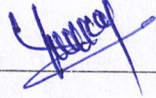
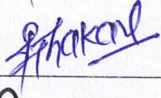
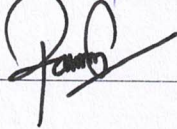
All the students of the B.A. I/II/III are hereby informed that Department Of Physical Education And Sports is going to organize certificate course in YOGA in the college from 03/02/2020 to 19/02/2020. Those students who are interested to join this course should contact Dr. Sagar P. Narkhede, Director of Physical Education and sports before 27/01/2020.

सर्व बी.ए. भाग I/II/III च्या विद्यार्थ्यांना याद्वारे कळविण्यात येते की, शारीरिक शिक्षण आणि क्रीडा विभाग दि. 03/02/2020 ते 19/02/2020 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. 27/01/2020 पूर्वी संपर्क साधावा.

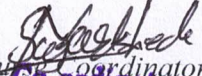
*Schedule of Course:*

*Date of commencement of the course: 03/02/2020.*

*Time :- 7.00 to 9.00 am.*

SR. NO.	CLASS	SIGN
1	BA. - I	
2	BA. -II	
3	BA. -III	

*Date: 14/01/2020.*

  
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 Kapalbhati
- 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. *Hatha Yoga Pradeepika – Yogi Swatmarama*, Yogavidya.com, 2002.
4. *Science of Yoga* by I. K. Taimini, Theosophical Publishing House, 2007
5. *The Yoga Sutra of Patanjali* M.R.Yardi, Bhandarkar Oriental Research Institute, Pune, 1979
6. *The Yoga system of Patanjali*, James, Houghton , wood., Forgotten Books, 2018

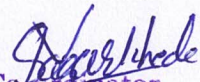


**SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,  
TQ. DIST. AKOLA.**

*Certificate Course in Yoga*

*Time-Table Academic Year 2019-20*

<b>Sr. No.</b>	<b>Date</b>	<b>Time</b>	<b>Unit</b>
1	3/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 1
2	4/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 1
3	5/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 1
4	6/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 2
5	7/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 2
6	8/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 2
7	10/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 3
8	11/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 3
9	12/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 3
10	13/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 4
11	14/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 4
12	15/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 4
13	17/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 5
14	18/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 5
15	19/02/2020	7.00 to 8.00 8.00 to 9.00	Unit - 5

  
Co-ordinator  
Course.....Yoga.....

Saraswati Kala Mahavidyalaya,  
Dahihanda, Tq. Dist. Akola





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

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College code : 232

Email id :- skm232@sgbau.ac.in

Website: www.skmdahihanda.edu.in

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,

*o/c*  
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 03/02/2020 to 19/02/2020. Therefore, you are kindly requested to share your valuable knowledge and expertise with our students through above Add on Course.

Thanking You..!

*Dr. Nasir Khan*  
Course Coordinator

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

*Principal*  
Principal

Saraswati Arts College  
Dahihanda, Tq. Dist. Akola

*Dr. Nasir Khan*





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

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Date: / /

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To,

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

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*S. S. S. S.*  
Course Coordinator

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

*P. S. S.*  
Principal  
Saraswati Arts College  
Dahihanda, Tq. Dist. Akola

*S. S. S.*





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Date: / /

### 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,

*O/c*  
We are sincerely expressing our deepest sense of Gratitude towards your duties and dedication while conducting 30 hours of "Certificate Course in Yoga" from 03/02/2020 to 19/02/2020 in our college. Our students are really very much benefitted by your throughout knowledge and intelligence.

Thanking You..!

*[Signature]*  
Course Coordinator

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

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

*[Signature]*





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

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Coordinator

Course.....

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Dahihanda, Tq. Dist. Akola

  
Principal  
Saraswati Arts College  
Dahihanda, Tq. Dist. Akola





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

***Certificate Course Annual Report 2019-2020***

*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:* **2019-2020**


*Duration of Course:* **30 hours**

*Period of Course:* **03/02/2020 to 19/02/2020**

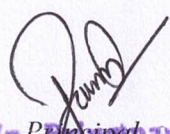
*No. of Students Enrolled in the year:* **25**

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

*Remark if any:*

  
Course Coordinator  
Course.....

Saraswati Kala Mahavidyalaya,  
Dahihanda, Tq. Dist. Akola

  
Principal  
In-charge  
Saraswati Arts College  
Dahihanda, Tq. Dist. Akola



## Certificate Course in Yoga Attendance Sheet Academic Year 2019-20

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

*Certificate Course in Yoga Attendance Sheet Academic Year 2019-20*

Sr. No	Name of the student	03/02/2020	04/02/2020	05/02/2020	06/02/2020	07/02/2020	08/02/2020	10/02/2020	11/02/2020	12/02/2020	13/02/2020	14/02/2020	15/02/2020	17/02/2020	18/02/2020	19/02/2020	Signature
13.	Nayana Pramod Sahare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	N.P. Sahare
14.	Nisha Manohar Charhate	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P.N. Ghe
15.	Pradhya Arvind Ohe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Charhate
16.	Pragati Dnyandeve Pawar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P.D. Pawar
17.	Pranjali Anil Thorat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Pranjali Thorat
18.	Pranjali Rajesh Sirsat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P.R. Sirsat
19.	Pratiksha Prakash Ghangale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P. Ghangale
20.	Priyanka Ganesh Shrinath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shrinath
21.	Priyanka Raju Lad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P.R. Lad
22.	Rajnandini Rajesh Dhavali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Dhavali
23.	Rupali Bhaurao Sirsat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rupali
24.	Sneha Nilkanth Bache	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sneha Bache
25.	Sukeshani Balasaheb Palaspagar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.b. Palaspagar

*S. B. Palaspagar*

Co-ordinator

Course

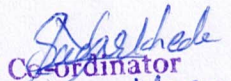
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**SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,  
TQ. DIST. AKOLA**

*Certificate Course in Yoga Academic Year 2019-20*

S. N.	Name Of Student
1.	Aakansha Arvind Ohe
2.	Apeksha Madhukar Charhate
3.	Aprna Prakash Sahare
4.	Diksha Ramkishan Maliye
5.	Diksha Vilas Wankhade
6.	Divya Balakrishna Wankhade
7.	Divya Rajpal Bhatakar
8.	Jaya Gajanan Dhande
9.	Kiran Bharat Dalu
10.	Kiran Sanjay Dod
11.	Mayuri Shripad Sirsat
12.	Mohini Gajanan Magar
13.	Nayana Pramod Sahare
14.	Nisha Manohar Charhate
15.	Pradhya Arvind Ohe
16.	Pragati Dnyandev Pawar
17.	Pranjali Anil Thorat
18.	Pranjali Rajesh Sirsat
19.	Pratiksha Prakash Ghangale
20.	Priyanka Ganesh Shrinath
21.	Priyanka Raju Lad
22.	Rajnandini Rajesh Dhavali
23.	Rupali Bhaurao Sirsat
24.	Sneha Nilkanth Bache
25.	Sukeshani Balasaheb Palaspagar

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



Karmyogi Appasaheb Pratishthan (Sangawa Mel), Murtijapur's

# **SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, AKOLA**

In Collaboration With

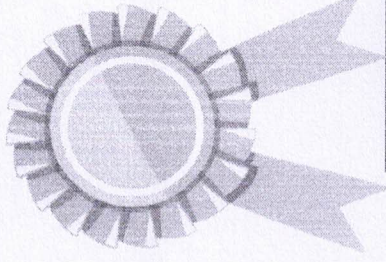
## **DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**



### **CERTIFICATE**

THIS IS TO CERTIFIED THAT MR./MS.

HAS SUCCESSFULLY COMPLETED "CERTIFIATE COURSE IN YOGA"  
FROM 03/02/2020 TO 19/02/2020 ORGANIZED BY DEPARTMENT OF PHYSICAL  
EDUCATION & SPORTS OF SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,  
AKOLA.



COORDINATOR

PRINCIPAL