



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*

*2021 - 2022*





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*Department of Physical Education and sports*

*Certificate Course in Yoga*

*2021-2022*





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

**CERTIFICATE COURSE:2021-2022**

**NOTICE**

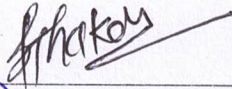
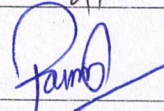
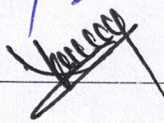
*All the students of the B.A. I/II/III are hereby informed that Department Of Physical Education And Sports is going to organize certificate course in YOGA in the college from 01/02/2022 to 18/02/2022. Those students who are interested to join this course should contact Dr. Sagar P. Narkhede, Director of Physical Education and sports before 28/01/2022.*

सर्व बी.ए. भाग I/II/III च्या विद्यार्थ्यांना याद्वारे कळविण्यात येते की, शारीरिक शिक्षण आणि क्रीडा विभाग दि. 01/02/2022 ते 18/02/2022 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. २८/०१/२०२२ पूर्वी संपर्क साधावा.

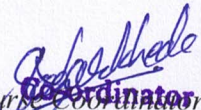
*Schedule of Course:*

*Date of commencement of the course: 01/02/2022.*

*Time :- 7.00 to 9.00 am.*

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

*Date: 15/01/2022.*

  
Course Coordinator  
Dr. Sagar P. Narkhede,.....  
Saraswati Kala Mahavidyalaya,  
Dahihanda, Tq. Dist. Akola  
Sports



## ***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*  
*Short Term Course*  
*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. *Light of Yoga (on Yama – Niyama)* by B.K.S. Iyenger, Thorsons, 2006
2. *Hatha Yoga Pradeepika – Yogi Swatmarama*, Yogavidya.com, 2002.
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. *Yoga sutras of Patanjali – Sadhanapada with Exposition of Vyasa*, Motilal Banarsidass, 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 2021-22

Sr. No.	Date	Time	Unit
1	1/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 1
2	2/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 1
3	3/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 1
4	4/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 2
5	5/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 2
6	8/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 2
7	9/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 3
8	10/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 3
9	11/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 3
10	12/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 4
11	14/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 4
12	15/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 4
13	16/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 5
14	17/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 5
15	18/02/2022	7.00 to 8.00 8.00 to 9.00	Unit - 5

  
Co-ordinator

Course.....Yoga.....

Saraswati Kala Mahavidyalaya,  
Dahihanda, Tq.Dist.Akola





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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.

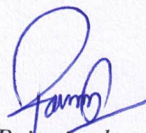
Respected Sir/Madam,

0/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 01/02/2022 to 18/02/2022. Therefore, you are kindly requested to share your valuable knowledge and expertise with our students through above Add on Course.

Thanking You..!

  
Course Coordinator

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

  
Principal  
Saraswati Arts College  
Dahihanda, Tq. Dist. Akola







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To,

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

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

Respected Sir/Madam,

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*[Signature]*  
Course Coordinator

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

*[Signature]*  
Principal

Saraswati Arts College  
Dahihanda, Tq. Dist. Akola

*[Signature]*





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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.

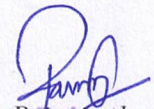
Respected Sir/Madam,

We are sincerely expressing our deepest sense of Gratitude towards your duties and dedication while conducting 30 hours of "Certificate Course in Yoga" from 01/02/2022 to 18/02/2022 in our college. Our students are really very much benefitted by your throughout knowledge and intelligence.

Thanking You..!

  
Course Coordinator

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

  
Principal  
Saraswati Arts College  
Dahihanda, Tq. Dist. Akola







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Course Coordinator

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 2021-2022***

*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:* ***2021-2022***


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

*Period of Course:* ***01/02/2022 to 18/02/2022***

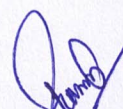
*No. of Students Enrolled in the year:* ***25***

*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



## Certificate Course in Yoga Attendance Sheet Academic Year 2021-22

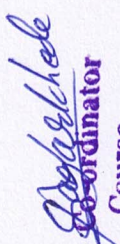
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**SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, TQ. DIST. AKOLA.**

**Certificate Course in Yoga Attendance Sheet Academic Year 2021-22**

Sr. No	Name of the student	01/02 /2022	02/02 /2022	03/02 /2022	04/02 /2022	05/02 /2022	08/02 /2022	09/02 /2022	10/02 /2022	11/02 /2022	12/02 /2022	14/02 /2022	15/02 /2022	16/02 /2022	17/02 /2022	18/02 /2022	Signature
13.	Sakshi Ashok Bhande	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.A. Bhande
14.	Sakshi Ganesh Rangbhal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.G. Rangbhal
15.	Sakshi Narendra Fate	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sakshi Fate
16.	Sakshi Sanjay Divnale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.S.D.
17.	Sakshi Vasant Athawale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	SVATHAWALE
18.	Sakshi Vilas Gawande	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.V. Gawande
19.	Shital Gopal Gawande	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	GAWANDE
20.	Shivani Sanjay Gawande	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.S. Gawande
21.	Sneha Sanjay Athawale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.S. Athawale
22.	Sneha Vinod Athavle	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.V. Athavle
23.	Vaishnavi Vinod Tarole	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	V.V. Tarole
24.	Vishakha Dilip Sardar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	V.D. Sardar
25.	Yogita Kiran Savang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Y.K. Savang

  
**Coordinator**  
 Course.....  
 Saraswati Kala Mahavidyalaya,  
 Dahianda, Tq. Dist. Akola

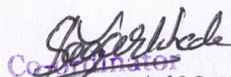


**SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, TQ. DIST.  
AKOLA.**

*Certificate Course in Yoga*

*Academic Year 2021-22*

S. N.	Name Of Student
1.	Aakansha Anil Athawale
2.	Anju Sanjay Ingle
3.	Anuradha Punjab Oimbe
4.	Aprna Madhukar Ingale
5.	Kajal Dadarao Phuket
6.	Kiran Rajendra Bhonde
7.	Megha Jivan Wankhade
8.	Nikita Ashok Ghodake
9.	Pranali Sanjay Gawande
10.	Pranalil Mohan Mehare
11.	Puja Suresh Palaspagar
12.	Punam Sahdev Palspagar
13.	Sakshi Ashok Bhande
14.	Sakshi Ganesh Rangbhal
15.	Sakshi Narendra Fate
16.	Sakshi Sanjay Diwnale
17.	Sakshi Vasant Athawale
18.	Sakshi Vilas Gawande
19.	Shital Gopal Gawande
20.	Shivani Sanjay Gawande
21.	Sneha Sanjay Athawale
22.	Sneha Vinod Aathavle
23.	Vaishnavi Vinod Tarole
24.	Vishakha Dilip Sardar
25.	Yogita Kiran Sawang

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

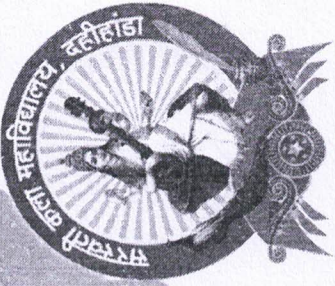


Karmyogi Appasaheb Pratishthan (Sangawa Mel), Murtijapur's

# **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 01/02/2022 TO 18/02/2022 ORGANIZED BY DEPARTMENT OF  
PHYSICAL EDUCATION & SPORTS OF SARASWATI KALA MAHAVIDYALAYA,  
DAHIHANDA, AKOLA.

COORDINATOR

PRINCIPAL