



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

2022-2023





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

CERTIFICATE COURSE: 2022-2023

NOTICE



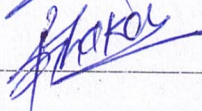
All the students of the B.A. I/II/III are hereby informed that Department Of Physical Education And Sports is going to organize certificate course in YOGA in the college from 16/02/2023 to 06/03/2023. Those students who are interested to join this course should contact Dr. Sagar P. Narkhede, Director of Physical Education and sports before 13/02/2023.

सर्व बी.ए. भाग I / II / III च्या विद्यार्थ्यांना याद्वारे कळविण्यात येते की, शारीरिक शिक्षण आणि क्रीडा विभाग दि. 16/02/2023 ते 06/03/2023 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. 13/02/2023 पूर्वी संपर्क साधावा.


Schedule of Course:

Date of commencement of the course: 16/02/2023,

Time :- 7.00 to 9.00 am.

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

Date: 05/02/2023.


Coordinator
Dr. Sagar P. Narkhede
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. *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

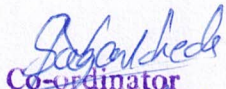
SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA,

TQ. DIST. AKOLA.

Certificate Course in Yoga

Time-Table Academic Year 2022-23

Sr. No.	Date	Time	Unit
1	16/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 1
2	17/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 1
3	20/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 1
4	21/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 2
5	22/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 2
6	23/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 2
7	24/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 3
8	25/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 3
9	27/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 3
10	28/02/2023	7.00 to 8.00 8.00 to 9.00	Unit - 4
11	01/03/2023	7.00 to 8.00 8.00 to 9.00	Unit - 4
12	02/03/2023	7.00 to 8.00 8.00 to 9.00	Unit - 4
13	03/03/2023	7.00 to 8.00 8.00 to 9.00	Unit - 5
14	04/03/2023	7.00 to 8.00 8.00 to 9.00	Unit - 5
15	06/03/2023	7.00 to 8.00 8.00 to 9.00	Unit - 5


Co-ordinator

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

Saraswati Kala Mahavidyalaya,
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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 16/02/2023 to 06/03/2023. Therefore, you are kindly requested to share your valuable knowledge and expertise with our students through above Add on Course.

Thanking You..!

[Signature]
Course Coordinator

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

[Signature]
In-Principal

Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

[Signature]



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To,

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

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Dahihanda, Tq. Dist. Akola

[Signature]
In-Principal
Saraswati Kala Mahavidyalaya,
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,

0/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 16/02/2023 to 06/03/2023 in our college. Our students are really very much benefitted by your throughout knowledge and intelligence.

Thanking You..!

[Signature]
Course Coordinator

Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

[Signature]
Principal

Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola

[Signature]



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Letter of Gratitude

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Saraswati Kala Mahavidyalaya, Dahihanda,
Tq. Dist. Akola

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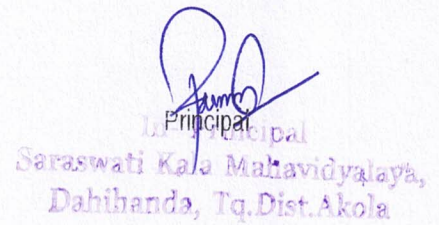
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Course Coordinator

Saraswati Kala Mahavidyalaya,
Dahihanda, Tq. Dist. Akola


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



Certificate Course in Yoga
Question Paper
Year 2022-23

Marks : 40

Time : 1:30 Hrs.

Tip :All Questions Carries 5 Marks Each and All Questions are Compulsory.

सूचना: सर्व प्रश्नांना प्रत्येकी 5 गुण आहेत आणि सर्व प्रश्न अनिवार्य आहेत.

Q.1 Give Definition and Meaning of Yoga.

योगाची व्याख्या आणि अर्थ सांगा.

Q.2 Explain Benefit of Suryanamaskar.

सूर्यनमस्काराचे फायदे सांगा.

Q.3 Write any three Benefit of Yoga and Exercise.

योग आणि व्यायामाचे कोणतेही तीन फायदे लिहा.

Q.4 What is Anulom-Vilom and Kapalabhati?

अनुलोम-विलोम आणि कपालभाती म्हणजे काय?

Q.5 Explain Principles of Meditation and Yoga.

ध्यान आणि योगाची तत्वे स्पष्ट करा.

Q. 6 Write the Name of 8 Asanas.

८ आसनांची नावे लिहा.

Q.7 What is Pranayama? Explain in short.

प्राणायाम म्हणजे काय? थोडक्यात स्पष्ट करा.

Q.8 How Shavasana relax human body? Explain in short.

शवासन मानवी शरीराला कसे आराम देते? थोडक्यात स्पष्ट करा.

Certificate Course in Yoga Attendance Sheet Academic Year 2022-23

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

Certificate Course in Yoga Attendance Sheet Academic Year 2022-23

Sr. No	Name of the student	16/02/2023	17/02/2023	20/02/2023	21/02/2023	22/02/2023	23/02/2023	24/02/2023	25/02/2023	27/02/2023	28/02/2023	01/03/2023	02/03/2023	03/03/2023	04/03/2023	06/03/2023	Signature
13.	Rachna Jamunaprasad Tiwari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	R.J. Tiwari
14.	Radhika Jamunaprasad Tiwari	P	P	P	P	P	P	P	P		P	P	P	P	P	P	R.H. Tiwari
15.	Rakhi Anand Changare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	PC
16.	Rutuja Raju Dinkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Reetimbare
17.	Sakshi Bhaskar Pawar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	S.B. Pawar
18.	Shila Gajanan Wagh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sg. Wagh
19.	Shravani Ananta Warge	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	SABWarge
20.	Ujjwala Santosh Borokar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	USB Borokar
21.	Vaishali Meghnath Sakhare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	V.M. Sakhare
22.	Vaishali suresh Tarole	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	V.T. Tarole
23.	Vaishnavi Avdhut Ingle	P	P	P	P		P	P	P	P	P	P	P	P	P	P	V.A. Ingle
24.	Vaishnavi Vinod Sirsat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	V.V. Sirsat
25.	Varsha Gajanan Sahare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vg. Sahare

(Signature)
Coordinator

Course.....


**Saraswati Kala Mahavidyalaya,
Dahihandra, Tq. Dist. Akola**

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

Certificate Course in Yoga

Academic Year 2022-23

S. N.	Name Of Student
1.	Aanchal Diwakar Gopnarayan
2.	Aanchal Pradip Dhawali
3.	Kavita Baburao Shirkare
4.	Mayuri Ramesh Thakre
5.	Mayuri Vishwas Kathole
6.	Monika Madhukar Dhanwade
7.	Nikita Devidas Gawande
8.	Nikita Vitthal Rokade
9.	Pallavi Raju Damodar
10.	Pooja Shrikrishna Thorat
11.	Pranali Kailash Dhokane
12.	Priti Arun Thorat
13.	Rachna Jamunaprasad Tiwari
14.	Radhika Jamunaprasad Tiwari
15.	Rakhi Anand Changare
16.	Rutuja Raju Dinkar
17.	Sakshi Bhaskar Pawar
18.	Shila Gajanan Wagh
19.	Shravani Ananta Warge
20.	Ujjwala Santosh Borokar
21.	Vaishali Meghnath Sakhare
22.	Vaishali suresh Tarole
23.	Vaishnavi Avdhut Ingle
24.	Vaishnavi Vinod Sirsat
25.	Varsha Gajanan Sahare

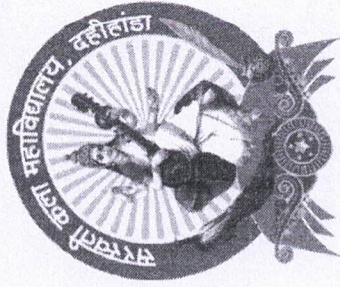

Co-ordinator
Course....Yoga.....
Saraswati Kala Mahavidyalaya,
Dahihanda, Tq.Dist.Akola

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 16/02/2023 TO 06/03/2023 ORGANIZED BY DEPARTMENT OF
PHYSICAL EDUCATION & SPORTS OF SARASWATI KALA MAHAVIDYALAYA,
DAHIHANDA, AKOLA.

COORDINATOR

PRINCIPAL