



GOVERNMENT COLLEGE OF EDUCATION

NANDED

Value Added Course

ON

YOGA FOR WELLNESS

Under the Department of IQAC



ACADEMIC YEAR- 2023-2024

No Registration Fee

Duration:- 30 Hours

Theory Period: - Every Monday 04 PM To 05: 30 PM

Practical Period :- Every Saturday 08 AM To 10 Am

ORGANIZING COMMITTEE

Dr. Urmila M. Dhoot

Principal / Organizer

Government College of Education

Nanded

Prof. Dr.Shaila B. Sarang

Course / IQAC Coordinator

Government College of Education

Nanded

Government College of Education Nanded

Syllabus for Value Added Course

Course Code No. GCEN001

YOGA FOR WELLNESS


B.Ed. III Sem. Year 2023-24

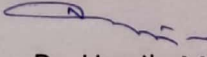
Course Description -

Yoga helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Yoga help improve general wellness by relieving stress, supporting good health habits and improving mental / emotional health sleep and balance yoga is a care all the physical, mental & emotional well-being. The amalgamation of specific movements or postures (asana) & various breathing techniques (pranayama) along with mediation (Dhyana) eases tensed muscles, improves flexibility & enhance strength balance and endurance. Complete package of 30 hours training program with span of 2 month. It includes developing understanding of the concept of Yoga, theoretical and scientific bases for the Yogasans and pranayama and practice sessions for learning these asana and Pranayama. These sessions will be conducted by the trained yoga teachers. Finally the Practical and theory examination will be held. Quantitative assessment will be done and marks will be assigned. Students will be awarded with the certificate endorsed by Government College of Education Nanded.

COURSE-OBJECTIVE :-


- 1) To know about philosophy and history of yoga
- 2) To know about anatomy's physiology of human body
- 3) To understand, importance of yoga & yogic diet and nutrition in maintain holistic health.
- 4) To know about physical postures & tone muscles & its rapid succession can provided cardiovascular conditioning.
- 5) To describe asnas, pranayama, mediation & deep breathing exercise which can reduce stress.
- 6) Understand mind / body awareness can influence mood & self-esteem to improve quality of life.


Prof. Dr. Shaila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded


Dr. Urmila M. Dhoot
Principal
Government College of Education,
Nanded

COURSE LEARNING OUTCOMES:-

- 1) The student teachers will be able to know about the philosophy & life story of yoga.
- 2) Student teachers becomes aware regarding anatomy & physiology of human body.
- 3) Students teachers will be able to know about the concept of yoga & its effect on body.
- 4) Students teachers will be able to describe the importance of yoga in maintaining sound health as well as follow the principle of yoga.
- 5) Students teachers will be able to describe the yoga diet & nutrition in maintaining holistic health.
- 6) Students will be able to learn yoga & practice various asanas & pranayama.
- 7) Students will be able to practice & breathing excises, Pranayama & relaxation techniques.
- 8) Inculcate values of self-love & self-care.
- 9) Develops values of self-control & self-discipline in their day to day life.
- 10) Manage stress effectively.



Prof. Dr. Shaila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded



Dr. Urmila M. Dhoot
Principal
Government College of Education,
Nanded

Government College Of Education Nanded

SYLLABUS OF VALUE ADDED COURSE

YOGA FOR WELLNESS

CREDITS:- 2

UNITS : 4

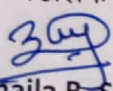
HOURS : 30

MARKS : 20+30

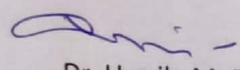
	UNIT	CONTENT	HOURS
I	Introduction of Yoga & Human Body	1. Philosophy & History of Yoga. 2. Anatomy & Physiology of human body 3. Relation between Yoga & various organs system in human body. Respiratory, Cardiovascular, Digestive, Muscular Skeleton, Nervous, Urinary & Reproductive system.	05
II	Role of Yoga & Yogic Diet.	1. Importance of role of yoga. 2. Principle of yoga, 3. Types of yoga. 4. yogic-diet & Nutriment maintain holistic health.	05
III	Theory & Practical of various Asnas.	1. Omkar & Prayer 2. Warm up exercise 3. Suryanamskar 4. Yogaasan a. Standing Position b. Sitting position c. Asana in the laying position d. Asana in the opposite laying position	15
IV	Breathing	1. Bandh 2. Sudhikriya 3. Pranayam 4. Dhasna, Dhyan, Sanadhi	05

Reference Book :-

- 1) Iyenger, B.K.S. (1982). Light of yoga, Great Britain Geroga Allen & Unwin.
- 2) Sharma P.D. (1984), Yogasana & Pranayama for health Ahmadabad: Navneet Publications.
- 3) Chandrasekaram K. (1999), Sound health through yoga, Saidapet: PremKalyan Publications.
- 4) Moorthy D.M. & Alagesan S. (2004) yoga Therapy: Coimbatore: TPH.
- 5) विश्वास मंडलिक (2007) योगप्रवेश, योग विद्या गुरुकुल, नाशिक.
- 6) विश्वास मंडलिक (2007) योग परिचय, योग विद्या गुरुकुल, नाशिक


Prof. Dr. Shaila B. Sarang

Course / IQAC Coordinator
Government College of Education
Nanded


Dr. Urmila M. Dhoot
Principal
Government College of Education,
Nanded

GOVERNMENT COLLEGE OF EDUCATION, NANDED

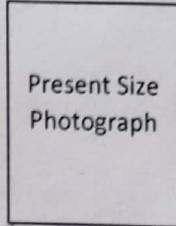
Value Added Course

Yoga for Wellness

2023-2024

Registration Form

- 1) Name of the applicant:-
- 2) Gender:- Male Female Third Gender
- 3) Date of Birth
- 4) Community SC... ST OBC SBC OPEN
- 5) Nationality
- 6) Address For Communication
.....
- 7) Phone No
- 8) Email
- 9) Academic qualification



Degree	Year of Passing	Percentage of Marks	Name of Board/ University	Subject

Certified all the Information provided are true to the best of my knowledge

Place.....

Date

Signature of the Applicant

Value Added course, Course code- GCEN001,
Government College of Education, Nanded.

Serial No. क्रमांक	Name of Employee कर्मचार्याचे नाव	Designation पदा	Grade and Salary ग्रेड आणि पगार	वेळ													
				1	2	3	4	5	6	7	8	9	10	11	12		
1.	AAggaonkar Gopinath Gambhadi			P	P	P	P	P	P	P	P	P	P	P	P	P	P
2.	AMLE Sachin Mahipatras			P	P	P	P	P	P	P	P	P	P	P	P	P	P
3.	ATKore Prithi Bheemras			P	P	P	P	P	P	P	P	P	P	P	P	P	P
4.	Basre Keshav Tukaram			P	P	P	P	P	P	P	P	P	P	P	P	P	P
5.	Bhise Sunita Satebras			P	P	P	P	P	P	P	P	P	P	P	P	P	P
6.	Dakhane Shubhangi Sambha			P	P	P	P	P	P	P	P	P	P	P	P	P	P
7.	Dalame Prithi Subhash			P	P	P	P	P	P	P	P	P	P	P	P	P	P
8.	Deshmukh Gaurav Jamburantras			P	P	P	P	P	P	P	P	P	P	P	P	P	P
9.	Deshmukh Mayuri Dilipras			P	P	P	P	P	P	P	P	P	P	P	P	P	P
10.	Garave Priyanka Subhashras			P	P	P	P	P	P	P	P	P	P	P	P	P	P
11.	HATKAR Aparna Ashok			P	P	P	P	A	P	P	P	P	P	P	P	P	P
12.	Ingle Ganesh Pandharinath			P	P	P	P	A	P	P	P	P	P	P	P	P	P
13.	Ingle Shital Shivajiras			P	P	P	P	A	P	P	P	P	P	P	P	P	P

योगी हजेरी रजिस्टर Attendance Register माहे Month 2023-2024

13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	29
P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	28
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30
P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	28
P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	29
P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	28
P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	29
P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	28
P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	27
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29

30/11/23
IAEC Co-ordinator
Government College of Education
Nanded
Principal
Govt. College of Education
Nanded

Value Added course, course code - GSE/100/2023

कार्यालय
Office of the Government College of Education, Nanded.

Serial No. क्रमांक	Name of Employee कर्मचार्याचे नांव	Designation पदा	Grade and Salary ग्रेड आणि वेतन	दिनांक												
				1	2	3	4	5	6	7	8	9	10	11	12	
27	Lutke lakshman pandhari			4/10/23	P	P	P	A	P	P	A	P	P	P	P	P
28	Mahadate nitin piraji			16/10/23	P	P	P	P	A	P	P	A	P	P	P	P
29	Mategaonkar Hamant Tukaram			23/10/23	P	P	P	P	P	P	P	P	P	P	P	P
30	Mangulkar suchta Madhavrao			30/10/23	P	P	P	P	P	P	P	P	P	P	P	P
31	mumeshwar praj Narayan			6/11/23	P	P	P	P	A	P	P	A	P	P	P	P
32	Nangre manisha Nivrutti			20/11/23	P	P	A	P	P	P	P	P	P	P	A	P
33	Nida mahwish Shaikh kaleem			27/11/23	P	A	P	P	P	A	P	P	P	P	A	P
34	Patil shital dashraathappa			4/12/23	P	P	A	P	A	P	P	P	P	P	P	P
35	Patil Bhagyashree Sahendrao			11/12/23	P	P	P	A	P	P	P	P	A	P	P	P
36	Sarpe vaibhav vijaykumar			18/12/23	P	P	P	A	P	P	P	P	P	P	P	P
37	Shaikh Nilofer Nazeer.			7/10/23	P	P	P	A	P	P	P	P	A	P	P	P
38	Shinde Dipali marotrao			7/10/23	P	P	A	P	P	P	P	A	P	P	P	P
39	shinde Shrinivas vasantrao			7/10/23	P	P	A	P	P	P	P	P	A	P	A	A

Yoga for Wellness

हजेरी रजिस्टर Attendance Register, माहे Month 2023-2024

दिनांक	2023-2024																															Total Attendance During the Month सहिल्यात एक दिवस	Late Attendance During the month सहिल्यात अतिरिक्त दिवस	Leave Taken during the month सहिल्यात घेतलेले दिवस	REMARKS टीप
	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																
14/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
14/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
21/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30			
28/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30			
4/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
4/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
25/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
2/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
2/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
9/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
16/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
16/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
23/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
23/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
30/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
30/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
6/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
13/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
13/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
20/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
20/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
27/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
27/1/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
3/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
3/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
10/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
10/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
17/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
17/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
24/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
24/2/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
3/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
3/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
10/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
10/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
17/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
17/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
24/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
24/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
31/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
31/3/24	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			

IQAC Co-ordinator
Government College of Education
Nanded

Principal
Govt. College of Education
Nanded

Value Added course Course 1000

कार्यालय
Office of the
Government College of Education, Nanded

Serial No. क्रमांक	Name of Employee कर्मचार्याचे नाव	Designation पद	Grade and Salary ग्रेड आणि पगार	वेळा													
				9/10/23	16/10/23	23/10/23	30/10/23	6/11/23	13/11/23	20/11/23	27/11/23	4/12/23	11/12/23	18/12/23	25/12/23		
40	Shipparkar Kamchan Purushottam.			P	P	A	P	P	P	P	P	P	P	P	P	P	P
41	Siddhu Mirmalsingh			P	P	P	P	P	A	P	A	P	P	P	P	P	P
42	Solanke Ramana Laxman			P	P	P	A	P	P	P	P	P	P	P	P	P	P
43	Somwanshi Neha omprakash.			P	P	P	A	P	P	P	P	P	P	P	P	P	P
44	Sonkambhe pottam Shamrao			P	P	P	A	P	P	P	P	P	P	P	P	P	P
45	Sumaya Begum Anwar Khan.			P	P	P	P	A	P	A	P	P	P	P	P	P	P
46	Suryawanshi Misha Namdev			P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Tuade Shivprasad Subhashrao			P	P	P	P	A	P	P	P	P	P	P	P	P	P
48	Thorat Sudati Suresh.			P	P	P	P	P	A	A	P	P	P	P	P	P	P
49	Udgirkar Shubham Gautam.			P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Yellare Padmavati Baburao			P	P	A	P	P	P	P	P	P	P	P	P	P	P
51	Zade Maroti Bhimrao			P	P	P	P	P	P	P	P	P	P	P	P	A	P
52	Pawar Balajirao Baburao			P	P	P	A	P	P	P	P	P	P	P	P	P	P

Yoga for Wellness

हजेरी रजिस्टर Attendance Register माहे Month 2022-2023

Kaifu, MED.

माहे		13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total Attendance During the Month सहिल्यात हजेरी दिवस	Late Attendance During the month सहिल्यात उशीर दिवस	Leave Taken during the month सहिल्यात घेवलेली रजा	REMARKS शेटी
40	9/10/23	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	27			
41	16/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
42	23/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
43	30/10/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
44	6/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
45	13/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
46	20/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30			
47	27/11/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
48	4/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
49	11/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30			
50	18/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
51	25/12/23	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
52	1/1/24	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	27			

IQAC Co-ordinator
Government College of Education
Nanded

Principal
Govt. College of Education
Nanded

Government College of Education, Nanded

Value Added Course

Course Code No. GCEN001

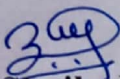
YOGA FOR WELLNESS


B.Ed. III Sem. Year 2023-24

Mark Sheet

Roll no	Name Of The Candidate	Theory 20 Mark	Practical Asnas 15 Mark	Practical Breathing 15 Mark	Total 50
1	AADGAONKAR GOPINATH SAMBHAJI	18	14	14	46
2	AMLE SACHIN MAHIPATRAO	16	13	13	42
3	ATKORE PRITI BHEEMRAO	17	14	13	44
4	BASRE KESHAV TUKARAM	18	15	14	47
5	BHISE SUNITA SAHEBRAO	16	15	13	44
6	DAKHANE SHUBHANGI SAMBHA	17	14	14	45
7	DAWANE PRITI SUBHASH	18	14	14	46
8	DESHMUKH GAURAV JAMBUVANTRAO	16	15	14	45
9	DESHMUKH MAYURI DILIPRAO	15	14	15	44
10	GAVALE PRIYANKA SUBHASHRAO	18	14	13	45
11	HATKAR APARNA ASHOK	17	15	12	44
12	INGLE GANESH PANDHRINATH	18	14	14	46
13	INGOLE SHITAL SHIVAJIRAO	15	15	14	44
14	INGOLE VENKATESH BALAJI	18	14	14	46
15	JADHAV ANUJA JAIRAMRAO	18	12	14	44
16	JADHAV SHRIPAL RAMESH	16	15	13	44
17	JADHAV SWATI MADHAVRAO	15	13	15	43
18	JADHAV VAISHALI SANJAY	18	14	13	45
19	KADAM DHONDIBA ASHOKRAO	16	13	13	42
20	KALE JAYA DILIP	16	14	13	43
21	KALE KRANTI DIGAMBAR	17	13	14	44
22	KAMBLE SHITAL RAMRAO	18	14	13	45
23	KAMBLE UTKARSHA YUVRAJ	15	15	14	44
24	KENDRE MADHAV BHASKAR	16	14	13	43
25	KHANDARE VISHAL PANDURANG	17	15	14	45
26	KHOKLE DNYANESHWAR RAMRAO	18	13	14	45

27	LUTKE LAXMAN PANDHARI	16	14	14	44
28	MAHADALE NITIN PIRAJIRAO	16	13	14	43
29	MALEGAONKAR HANMANT TUKARAM	18	13	14	45
30	MANGULKAR SUCHITA MADHAVRAO	18	14	15	47
31	MUNESHWAR PUJA NARAYAN	16	13	13	42
32	NANGARE MANISHA NIVRUTTI	18	12	14	44
33	NIDA MAHEWISH SHAIKH KALEEM	16	14	13	43
34	PATRE SHITAL DASHRATHAPPA	16	13	13	42
35	PAWADE BHAGYASHREE SAHEBRAO	16	14	14	44
36	SARPE VAIBHAV VIJAYKUMAR	17	13	13	43
37	SHAIKH NILOFER NAZEER	17	15	14	45
38	SHINDE DIPALI MAROTRAO	18	13	14	45
39	SHINDE SHRINIWAS VASANTRAO	16	14	14	44
40	SHIPPARKAR KANCHAN PURUSHOTTAM	16	13	14	43
41	SIDDHU HARJINDERKOUR NIRMALSINGH	18	13	14	45
42	SOLANKE RANJANA LAXMAN	15	14	13	42
43	SOMWANSHI NEHA OMPRAKASH	16	13	13	42
44	SONKAMBLE PRITAM SHAMRAO	18	12	14	44
45	SUMAYYA BEGUM ANWAR KHAN	16	13	13	42
46	SURYAWANSHI NISHA NAMDEV	17	14	13	44
47	TAWDE SHIVPRASAD SUBHASHRAO	18	13	14	45
48	THORAT SWATI SURESH	16	15	13	44
49	UDGIRKAR SHUBHAM GAUTAM	17	14	14	45
50	YELLARE PADMAWATI BABURAO	18	14	14	46
51	ZADE MAROTI BHIMRAO	14	14	14	42
52	PAWAR BALAPRASAD BABURAO	16	14	14	44


Prof. Dr. Shaita B. Sarang
 Course / IQAC Coordinator
 Government College of Education
 Nanded


Dr. Urmila M. Dhoot
 Principal
 Government College of Education,
 Nanded



Government College of Education Nanded

Value Added Course

ON

YOGA FOR WELLNESS

Under the Department of IQAC

Certificate of completion

This certificate is proudly presented to **KHOKLE**

..... **DNYANESHWAR** **RAMRAO** of B.Ed IInd year of the
Academic year 20...**23**... To 20...**24**..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
College of Education Nanded

Prof. Dr. Shila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded

Dr. Urmila M. Dhoot
Principal / Organizer
Government College of Education
Nanded



Government College of Education Nanded

Value Added Course

ON

YOGA FOR WELLNESS

Under the Department of IQAC

Certificate of completion

This certificate is proudly presented to **MANGULKAR**

..... **SUCHITA MADHAVRAO** of B.Ed IInd year of the

Academic year 20.....**23**..... To 20.....**24**..... for successfully completed the

value added course on Yoga for Wellness Organized by Government

College of Education Nanded

Prof. Dr. Shila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded

Dr. Urmila M. Dhoot
Principal / Organizer
Government College of Education
Nanded



Government College of Education Nanded

Value Added Course

ON

YOGA FOR WELLNESS

Under the Department of IQAC

Certificate of completion

This certificate is proudly presented to**MALEGAONKAR**.....
.....**HANMANT TUKARAM**.....of B.Ed IInd year of the
Academic year 20..**23**.. To 20..**24**..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
College of Education Nanded

Prof. Dr. Shila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded

Dr. Urmila M. Dhoot
Principal / Organizer
Government College of Education
Nanded



Government College of Education Nanded

Value Added Course

ON


YOGA FOR WELLNESS


Under the Department of IQAC

Certificate of completion

This certificate is proudly presented to **KALE KRANTI**

..... **DIGAMBAR** of B.Ed IInd year of the
Academic year 20...**23**... To 20...**24**..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
College of Education Nanded


Prof. Dr. Shila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded


Dr. Urmila M. Dhoot
Principal / Organizer
Government College of Education
Nanded



Government College of Education Nanded

Value Added Course

ON

YOGA FOR WELLNESS

Under the Department of IQAC

Certificate of completion

This certificate is proudly presented to **KALE JAYA**

..... **DILIP** of B.Ed IInd year of the
Academic year 20...**23**... To 20...**24**..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
College of Education Nanded

Prof. Dr. Shila B. Sarang
Course / IQAC Coordinator
Government College of Education
Nanded

Dr. Urmila M. Dhoot
Principal / Organizer
Government College of Education
Nanded