



GOVERNMENT COLLEGE OF EDUCATION

NANDED

Value Added Course
ON

YOGA FOR WELLNESS Under the Department of IQAC



ACADEMIC YEAR- 2021-2022

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 - GCEN001 YOGA FOR WELLNESS


B.Ed. III Sem. Year 2021-22

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.

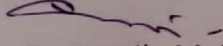
COURSE-OBJECTIVE :-

- 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
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Dr. Urmila M. Dhoot

Principal

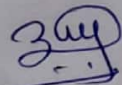
Government College of Education,

Nanded
Principal

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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.



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

Government College Of Education Nanded

SYLLABUS OF VALUE ADDED COURSE

Course code – GCEN001 YOGA FOR WELLNESS

CREDITS:- 2

UNITS : 4

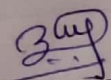
HOURS : 30

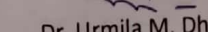
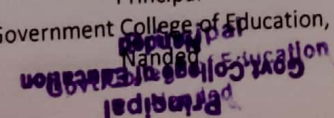
MARKS : 20+30

	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


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GOVERNMENT COLLEGE OF EDUCATION, NANDED

Value Added Course

Yoga for Wellness

2021-2022

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

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

Place.....

Date

.....
Signature of the Applicant

कार्यालय
Office of the
Government college of Education, Nanded

Serial No. क्र.सं.	Name of Employee कर्मचार्याचे नाव	Designation पदा	Grade and Salary ग्रेड आणि वेतन	दिनांक												
				1	2	3	4	5	6	7	8	9	10	11	12	
14.	Gaikwad Shikha balaji			P	P	P	P	P	P	P	P	P	P	P	P	A
15.	Gavale Pramod Tanaji			P	P	P	P	P	P	P	P	P	P	P	P	A
16.	Ghodke Neha Rajabhai			P	P	P	P	P	P	P	P	P	P	P	A	P
17.	Holge Jyoti Baburao			P	P	P	P	P	P	P	P	P	P	P	A	P
18.	Ingale manisha haridas			P	P	P	P	P	P	P	P	P	P	P	P	P
19.	Jamge mohini Haridas			P	P	P	P	P	A	P	P	P	P	P	P	P
20.	Joshi surbhi Sudhir			P	P	P	P	P	P	P	P	P	P	P	P	P
21.	Kalwade vishal Bharat			P	P	P	P	P	P	A	P	P	P	P	P	P
22.	Kamble archana govind			P	P	P	P	P	P	P	P	P	P	P	P	P
23.	Khude Tejesh Maroti			P	P	P	P	P	P	P	P	P	P	P	P	P
24.	Lokare Manjusha Ramrao			P	P	P	P	P	P	P	P	P	P	P	A	P
25.	Lone Rohit premnath			P	P	P	A	P	P	P	P	P	P	P	P	P
26.	Magare pratik prakash.			P	P	P	P	P	P	P	P	P	P	P	A	P

हजेरी रजिस्टर Attendance Register माहे Month **2021-2022**

दिनांक		दिनांक												Total Attendance During the Month सहिल्यात इतर दिवस	Late Attendance During the month सहिल्यात अंतरा दिवस	Leave Taken during the month सहिल्यात घातलेली रजा	REMARKS जंमत					
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	P	29			
P	P	P	P	A	P	P	P	P	P	P	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	P	28			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			

(Signature)
IQAC-Co-ordinator
Government College of Education
Nanded

(Signature)
Principal
Govt. College of Education
Nanded

कार्यालय
Office of the
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				1	2	3	4	5	6	7	8	9	10	11	12																				
40.	SHIKARE Shripura Dnyanoba.			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	P	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
41.	Shinde Chakradhar Sahebrao.			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
42.	Shinde hamant maelharao			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
43.	Shinde Vijaykumar Ashokrao			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
44.	Shingire priyanka shivaji			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	P	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
45.	Sonkamble manisha Sunil			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
46.	suryavanshi Supriya subodhpatel			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
47.	Sueda Saba parveen sued umer.			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
48.	Tatelote Balaji Kishan			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
49.	Tawde Rutuja Balwantrao			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
50.	Thorat madhuri Baburao			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	A	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	
51.	VinaYate pradnya devidas			16/09/21	P	17/09/21	P	18/09/21	P	19/09/21	P	20/09/21	P	21/09/21	P	22/09/21	P	23/09/21	P	24/09/21	P	25/09/21	P	26/09/21	P	27/09/21	P	28/09/21	P	29/09/21	P	30/09/21	P	31/09/21	

हजेरी रजिस्टर Attendance Register माहे Month **2021-2022**

13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total Attendance During the Month सहिल्या हजेरी दिवस	Late Attendance During the month सहिल्या अतिरिक्त दिवस	Leave Taken during the month सहिल्या घेतलेली रजा	REMARKS शेरा
P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	28			
P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	27			
P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	28			
P	P	P	P	P	P	P	P	A	P	P	P	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	P	29			
P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	27			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	A	P	P	P	P	P	P	P	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	P	29			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29			

B. J.
IOAC-Coordinator
Government College of Education
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[Signature]
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 2021-22

Mark Sheet

Sr. No.	Name Of The Candidate	Theory 20 Mark	Practical Asnas 15 Mark	Practical Breathing 15 Mark	Total 50
1	Alewad Avinash Parasram	16	14	14	44
2	Alewad Ravikant Anandrao	17	13	13	43
3	Asama Juhee Firdos MD Jafar	17	15	14	45
4	Awatirak Padmin Nagorao	18	13	14	45
5	Borkar Ramprasad Uttam	16	14	14	44
6	Chavhan Nagorao Tukaram	16	13	14	43
7	Choure Rajat sunil	18	13	14	45
8	Daregave Pravin Keshavrao	15	14	13	42
9	Devshette Vivek Dilip	16	13	13	42
10	Deoraye Madalasa Suresh	18	12	14	44
11	Dhade Mahadevi Mohan	16	13	13	42
12	Dixit Ashwini Arvind	17	14	13	44
13	Gaikwad Chitra Gangaram	18	13	14	45
14	Gaikwad Shital Balaji	16	15	13	44
15	Gavale Pramod Tanaji	17	14	14	45
16	Ghodke Neha Rajabhau	18	14	14	46
17	Holge Jyoti Baburao	14	14	14	42
18	Ingale Manisha Haridas	15	15	15	45
19	Jamge Mohini Bhimrao	18	14	13	45
20	Joshi Surbhi Sudhir	17	15	12	44
21	Kalwale Vishal Bharat	18	14	14	46
22	Kamble Archana Govind	15	15	14	44
23	Khude Tejesh Maroti	18	14	14	46
24	Lokare Manjusha Ramrao	18	12	14	44
25	Lone Rohit Premnath	16	15	13	44
26	Magare Pratik Prakash	15	13	15	43
27	Mandade Shradha Shankar	18	14	13	45
28	Mantre Tukaram Hanmantrao	16	13	13	42

29	Padmukh Ruchita Ramkrushna	17	14	14	45
30	Parde Ritesh Shriram	18	14	13	45
31	Parve Shweta Anandrao	19	14	15	48
32	Patange Rashmi Ramesh Rao	17	13	14	44
33	Pawar Vikas Ganesh	16	14	13	43
34	Pimpaldare Nitin Kishnrao	17	13	14	44
35	Pohare Amrapali Bhimrao	18	14	13	45
36	Pupulwad Sushma Kailas	15	15	14	44
37	Rahulwad Shivani Vijay	16	14	13	43
38	Ramdinwar Ankush Sanjay	17	15	14	45
39	Sangewar Ravikiran Shankarrao	18	13	14	45
40	Shikare Shivpuja Dnyanoba	16	14	14	44
41	Shinde Chakradhar Sahebrao	16	13	14	43
42	Shinde Hanmant Madhavrao	18	13	14	45
43	Shinde Vijaykumar Ashokrao	15	14	13	42
44	Shirgire Priyanka Shivaji	16	13	13	42
45	Sonkamble Manisha Sunil	18	12	14	44
46	Suryavanshi Supriya Subashpatel	16	13	13	42
47	Syeda Saba Parveen Syed Umar	17	14	13	44
48	Tatelote Balaji Kishan	18	13	14	45
49	Tawde Rutuja Balvantrao	17	13	14	44
50	Thorat Madhuri Baburao	16	14	13	43
51	Vinayate Pradnya Devidas	17	13	14	44


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Principal
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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*Patange Rashmi*.....

.....*Ramesh Rao*.....of B.Ed IInd year of the
Academic year 2021..... To 2022..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
College of Education Nanded

Prof. Dr. Shila B. Sarang
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..... Hanmantrao of B.Ed IInd year of the
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.....*Bhimrao*.....of B.Ed IInd year of the
Academic year 20.21.... To 20.22..... for successfully completed the
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YOGA FOR WELLNESS

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Keshavrao.....of B.Ed IInd year of the
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.....of B.Ed IInd year of the
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