



GOVERNMENT COLLEGE OF EDUCATION NANDED

Value Added Course
ON

YOGA FOR WELLNESS
Under the Department of IQAC



ACADEMIC YEAR- 2020-2021

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. Sunanda G. Rodge

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

YOGA FOR WELLNESS

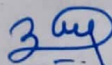
B.Ed. III Sem. Year 2020-21

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 :-

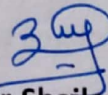
- 1) To know about philosophy and history of yoga
- 2) To know about anatomy's physiology of human body
- 3) To understand, importance of yoga & yogic diet and nutrition in maintain holistic health.
- 4) To know about physical postures & tone muscles & its rapid succession can provided cardiovascular 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.


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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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SYLLABUS OF VALUE ADDED COURSE YOGA FOR WELLNESS

CREDITS:- 2

UNITS : 4

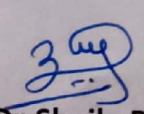
HOURS : 30

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
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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

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**

हजेरी रजिस्टर Attendance Register माहे Month **20-21**

Kafile.NED.

Serial No. क्रमांक	Name of Employee कर्मचार्याचे नाव	Designation पदा	Grade and Salary ग्रेड आणि वेतन	Theory												
				1	2	3	4	5	6	7	8	9	10	11	12	
14.	Jadhav Sahebrao Pandurang			P	P	A	P	P	P	P	P	P	P	P	P	P
15.	Jankar Krishna Sitaram			P	P	P	P	P	A	P	P	P	P	P	P	P
16.	Kadam Mahesh Shiraji			P	P	P	P	P	P	P	A	P	P	P	P	P
17.	Kadam Umesh Madhavrao			P	P	P	P	P	P	A	P	P	P	P	P	P
18.	Kale Pratiksha Madhavrao			P	P	P	P	P	P	A	P	P	P	P	P	P
19.	Kapse Ankita Sammathappa			P	P	P	P	P	A	P	P	P	P	P	P	P
20.	Khurse Sachin Sambhaji			P	P	P	P	P	P	P	P	P	P	P	P	P
21.	Komatwar Nimbal Rohidas			P	P	P	P	P	A	P	P	P	P	P	P	P
22.	Kopnar Parshu Ram Masnaji			P	P	P	P	P	P	P	P	P	P	P	P	P
23.	Kordewad Ramki Sham Bhupatti			P	P	P	P	P	A	P	P	P	P	P	P	P
24.	Kure Hammarat Namdevrao			P	P	P	P	P	P	P	P	P	P	P	P	P
25.	Kusumwar Radhe Shyam Sudam			P	P	P	P	A	P	P	P	P	P	P	P	P
26.	Lathkar Shudhadhan Milindrao			P	P	P	P	P	P	A	P	P	P	P	P	P

Practical												Total Attendance During the Month माहिनात हजेरी दिवस	Late Attendance During the month माहिनात उशीरा दिवस	Leave Taken during the month माहिनात घेतलेली रजा	REMARKS टीप	
13	14	15	16	17	18	19	20	21	22	23	24					
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	A	P	P	P	P	28
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29
P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	28
P	P	P	P	P	P	P	A	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	29
P	P	P	P	P	P	A	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	29
P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	28
P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29
P	P	P	P	P	P	A	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	29

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

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	वेळ	4/1/21	11/1/21	18/1/21	25/1/21	1/2/21	8/2/21	15/2/21	22/2/21	1/3/21	8/3/21	9/1/21
40.	Somtaka Anita Subhash			Theory	P	P	P	A	P	P	P	P	P	P	P
41.	Somtaka Shradha Onkar				P	P	P	P	A	P	P	P	P	P	P
42.	Surokhtawar Monika Venkar				P	P	P	P	P	P	P	A	P	P	P
43.	Suryawamshi Ganesh Baburao				P	P	P	P	P	A	P	P	P	P	P
44.	Tarun Ratan Madharao				P	P	P	P	P	A	P	P	P	P	P
45.	Thakore Sharadh Vishwamath				P	P	P	P	P	P	P	P	P	P	P
46.	Tiwari Pranita Balkishan				P	P	P	P	P	P	P	P	A	P	P
47.	Wathore Somali Samir				P	P	P	P	A	P	P	P	P	P	P
48.	Wadhane Ravi Shankar Datta				P	P	P	P	P	A	P	P	P	P	P
					P	P									
					P	P									

हजेरी रजिस्टर Attendance Register माहे Month 2020-2021

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

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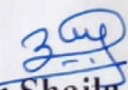
B.Ed. III Sem. Year 2020-21

Mark Sheet

Sr.No.	Name Of The Candidate	Theory 20 Mark	Practical Asnas 15 Mark	Practical Breathing 15 Mark	Total 50
1	Annapurve Sunil Purbhaji	16	15	13	44
2	Barse Rupesh Yeshwantrao	17	14	14	45
3	Bhusewad Yogeshwar Suresh	18	14	14	46
4	Boiwar Gangadhar Saybu	14	14	14	42
5	Chamnar Anuradha Panditrao	15	15	15	45
6	Chavan Shilpa Rohidas	18	14	13	45
7	Deshmukh Mahesh Kishanrao	17	15	12	44
8	Dharmadhikari Vishal Prakashrao	18	14	14	46
9	Gitte Ravi Vyankatrao	15	15	14	44
71	Gopatwad Satish Parmeshwar	18	14	14	46
11	Harne Manisha Ramdas	17	15	15	47
12	Ingewad Subhash Bhagwanrao	17	14	14	45
13	Jadhav Swati Pandurang	18	15	14	47
14	Jadhav Sahebrao Pandurang	19	13	15	47
15	Jamkar Krishna Sitaram	17	14	13	44
16	Kadam Mahsh Shivaji	16	13	14	43
17	Kadam Umesh Madhavrao	18	14	15	47
18	Kale Pratiksha Madhavrao	17	15	14	46
19	Kapse Ankita Somnathappa	18	13	14	45
20	Khupse Sachin Sambhaji	16	14	15	45
21	Komatwar Nirmala Rohidas	17	13	13	43
22	Kopnar Parshuram Masnaji	18	14	15	47


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23	Kordewad Ramkishan Bhupatti	18	12	14	44
24	Kure Hanmant Namdevrao	16	15	13	44
25	Kusungwar Radheshyam Sudam	15	13	15	43
26	Lathkar Shuddhodhan Milindrao	18	14	13	45
27	Londhe Mohini Nagorao	16	13	13	42
28	Najemabi Wahidoddin Shaikh	17	14	14	45
29	Navghare Shraddha Subhash	18	14	13	45
30	Nishant Fatima Aijaz Ali Khan	19	14	15	48
31	Poul Balaji Sakharam	17	13	14	44
32	Ruikar Tukaram Bhagwan	16	14	13	43
33	Sable Santoshi Shyam	17	13	14	44
34	Sapnar Ramesh Dhananjay	18	14	13	45
35	Sarkate Shyam Pandit	15	15	14	44
36	Shaik Faraha Tasnim Jalil	16	14	13	43
37	Shaikh Mohin Hakim	18	14	13	45
38	Shalke Anurag Bhimrao	17	15	14	45
39	Shinde Padmin Madhavrao	18	13	14	45
40	Sontake Anita Subhash	16	14	14	44
41	Sontake Shraddhar Onkar	16	13	14	43
42	Surkutlawar Monika Venkar	18	13	14	45
43	Suryawanshi Ganesh Baburao	15	14	13	42
44	Taru Ratan Madhavrao	16	13	13	42
45	Thakre Sharadh Vishwanath	18	12	14	44
46	Tiwari Pranita Balkishan	16	13	13	42
47	Wathore Sonali Sanjiv	17	14	13	44
48	Wawdhane Ravishankar Datta	18	13	14	45


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ON

YOGA FOR WELLNESS

Under the Department of IQAC

Certificate of completion

This certificate is proudly presented to **Kure**

..... **Hanmant Namdevrao** of B.Ed IInd year of the
Academic year 20..... **20**..... To 20..... **21**..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
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Certificate of completion

This certificate is proudly presented to**Sable**.....
.....**Santoshi Shyam**.....of B.Ed IInd year of the
Academic year 20.**20**.. To 20.**21**..... for successfully completed the
value added course on Yoga for Wellness Organized by Government
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Certificate of completion

This certificate is proudly presented to**Ingewad**.....

.....**Subhash Bhagwanrao**.....of B.Ed IInd year of the
Academic year 20.**20**... To 20.**21**..... for successfully completed the
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This certificate is proudly presented to **Gopatwad**
..... **Satish Parmeshwar** of B.Ed IInd year of the
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This certificate is proudly presented to **Chavan Shilpa**

..... **Rohidas** of B.Ed IInd year of the
Academic year 20.. **20** ... To 20.. **21** for successfully completed the
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