



GOVERNMENT COLLEGE OF EDUCATION NANDED

Value Added Course
ON

YOGA FOR WELLNESS
Under the Department of IQAC



ACADEMIC YEAR- 2022-2023

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 2022-23

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 meditation (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, meditation & 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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SYLLABUS OF VALUE ADDED COURSE

Course code – GCEN001 YOGA FOR WELLNESS

CREDITS:- 2

UNITS : 4

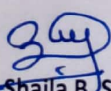
HOURS : 30

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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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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GOVERNMENT COLLEGE OF EDUCATION, NANDED
Value Added Course
Yoga for Wellness
2022-2023
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

Course - GCEN001, Value added course -

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											
				1	2	3	4	5	6	7	8	9	10	11	12
1	BARKAMBE SARASWATI DIGAMBER			Theory											
2	CHALIGAJEWAR SANITA DIWAKAR			P	P	P	A	P	P	P	P	P	A	P	
3	CHINCHORE BALKRUSHNA MANOHAR			P	P	P	P	P	P	P	A	P	A	P	
4	DHA BADGE SANDHYA BHAGWANRAO			P	P	P	A	P	P	P	P	P	P	P	
5	GAVHALE SIDHANT DIGAMBER			P	P	A	P	A	P	P	P	P	P	P	
6	GHONSHETWAD KRUSHNA SAMBHAJI			P	P	P	P	P	P	P	A	P	P	P	
7	GHOTKAR DHANASHREE ABHAY			P	P	P	P	P	P	P	P	P	P	P	
8	GUITE RAMKRISHNA GOVIND			P	A	P	P	P	P	P	P	P	P	P	
9	HANGARGE SHIVANI DATTATRAYA			P	P	P	P	P	P	P	P	P	P	P	
10	JADHAV MONIKA PANDURANG			P	P	P	P	P	P	A	P	P	P	P	
11	JADHAV BHAGYASHRI DATTARAO			P	P	A	P	P	P	A	P	P	P	P	
12	JADHAV CHAKRADHAR GOPINATHRAO			P	P	P	A	P	P	P	P	P	P	P	
13	JARANDE AKASH NARAYANRAO			P	P	A	P	P	P	P	P	P	A	P	

Yoga for Wellness

हजेरी रजिस्टर Attendance Register माहे Month 2022-2023

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 (रजि)	Late Attendance During the month सहिल्या आगाय रिजि	Leave Taken during the month सहिल्या घेतलेली रजा	REMARKS टिप
Practical																						
P	P	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	28			
P	P	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	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	30			
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	30			
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	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			

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Government College of Education
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Value Added Course

Course Code No. GCEN001

YOGA FOR WELLNESS

B.Ed. III Sem. Year 2022-23

Mark Sheet

Sr.No.	Name Of The Candidate	Theory 20 Mark	Practical Asnas 15 Mark	Practical Breathing 15 Mark	Total 50
1	Barkhambe Saraswati Digambar	16	15	13	44
2	Chaliganjewar Savita Diwakar	17	14	14	45
3	Chinchore Balkrushana Manohar	18	14	14	46
4	Dhabadge Sandhya Bhagwanrao	14	14	14	42
5	Gavhale Sidhant Digambar	15	15	15	45
6	Ghoonshetwad Krushna Sambhaji	18	14	13	45
7	Ghotkar Dhanashree Abhay	18	14	14	46
8	Gutte Ramkrushna Govind	17	15	12	44
9	Hangarge Shivani Dattatraya	15	15	14	44
71	Jadhao Monika Pandurang	18	14	14	46
11	Jadhav Bhagyashri Dattarao	17	15	15	47
12	Jadhav Chakradhar Gopinathrao	17	14	14	45
13	Jarande Akash Narayanrao	18	15	14	47
14	Jilkarwar Shweta Sagar	19	13	15	47
15	Jogdand Suchita Kashinath	17	14	13	44
16	Kadam Adit Ajaji	16	13	14	43
17	Kadam Shahaji Suresh	18	14	15	47
18	Kadam Shivam Dilip	17	15	14	46
19	Kadam Tukaram Bajirao	18	13	14	45
20	Kamble Sanjeevani Vyankati	16	14	15	45
21	Kamble Sujata Bhagwan	17	13	13	43
22	Kadale Hrutuja Sanjeev	18	14	15	47
23	Kanthe Saiprasad Prabhakarrao	18	12	14	44

24	Karad Mahesh Govind	16	15	13	44
25	Karale Bhakti Uttam	15	13	15	43
26	Kendrekar Anjali Dipak	18	14	13	45
27	Khan Iram Saba Rafique	16	13	13	42
28	Kharche Rohan Anil	17	14	14	45
29	Khillre Manisha Fulaji	18	14	13	45
30	Khillare Siddhant Bandu	19	14	15	48
31	Magirwad Devanand Gangadhar	17	13	14	44
32	Markad Durga Babanrao	16	14	13	43
33	Maske Sandeep Maroti	17	13	14	44
34	Mendke Shivam Bharatrao	18	14	13	45
35	More Shivkanta Dnyonba	15	15	14	44
36	Mulekar Aishwarya Laxmanrao	16	14	13	43
37	Nikhate Suwarnlata Suresh	18	14	13	45
38	Pandhare Shubhangi Jaywantrao	17	15	14	45
39	Pawar Shrad Govindrao	18	13	14	45
40	Pede Vijaymala Balwantrao	16	14	14	44
41	Rathod Abhijeet Kashirao	16	13	14	43
42	Rothod Pravin Ramdas	18	13	14	45
43	Sammetwar Saujanya Suresha	15	14	13	42
44	Sontakke Prema Madhavrao	16	13	13	42
45	Suryabhan Karuna Uttam	18	12	14	44
46	Suryawanshi Rupesh Ramdas	16	13	13	42
47	Suryawanshi Santosh Anandrao	17	14	13	44
48	Taderaao Devidas Datta	18	13	14	45
49	Vachchhewar Manisha Shankarrao	18	12	14	44
50	Vaidya Sukhanand Govindrao	16	13	13	42
51	Wadje Sangita Balaji	17	14	13	44
52	Watemod Maheshwar Bhagwan	18	13	14	45


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Certificate of completion

This certificate is proudly presented to**Chaliganjewar**.....
.....**Savita Diwakar**.....of B.Ed IInd year of the
Academic year 20..**22**.. To 20..**23**..... for successfully completed the
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... **Balkrushana Manohar** of B.Ed IInd year of the
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This certificate is proudly presented to Dhahadge

..... Sandhya Bhagwanrao of B.Ed IInd year of the

Academic year 20..... 22..... To 20..... 23..... for successfully completed the

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
ON


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.....Sidhant Digambar.....of B.Ed IInd year of the
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