

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date -27/06/2016

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal for Certificate course in Yoga.


Respected Sir,

With reference to above subject, the department of physical Education wish to organize a Certificate course in **yoga** from August 2016. The course duration is of 30 clock hours spread over 10 weeks (2 days per week) course is specially designed for the UG & PG students & office employees over 30 students will participate in the course. A detailed proposal is enclosed herewith this letter. We request you to kindly sanction the permission and financial support to conduct the course.

Thanking you.

for
for AC
#20

Yours faithfully,


Dr. Wangujare S.A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Administrative Ethics
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
Eligibility	❖ Students can do this course simultaneously with under graduation and post graduation (Any Faculty UG & PG Students) ❖ Office Employees
Fees	Free
Intake Capacity	20 Students

• **Objectives of the course:-**

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

- **Course Content:-**

Unit-I

- **What is Yoga?**

Unit-II

- **Brief history and development of Yoga**

Unit-III

- **The Fundamentals of Yoga**

Unit-IV

- **Traditional Schools of Yoga**

Unit-V

- **Yogic practices for health and wellness**

Unit-VI

- **General Guidelines for Yoga Practice**

Unit-VII

- **Food for thought**

Unit-VIII

- **How Yoga can help?**

Ashti Taluka Shikshan Prasarak Mandal's
Adv. B. D. Hambarde Mahavidyalaya Ashti
Tq. Ashti, Dist. Beed.
Department of Physical Education

Certificate Course Yoga

Time -Table

Year 2016-2017

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)	Subject Basic KnowledgeY YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist Beed

Professors Name


1) Dr.Santosh Arunrao Wanjare (SAW)

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course

YOGA

[Effective from the Academic year 2016- 2021 & onwards]

Certificate Cours Yoga Syllabus

YOGA

30 Hours

Loosing practices

- jogging practices (10- 30 times)
- forward and backward bending (10 -30 times)
- side bending (10-30 times)
- twisting (10- 30 times)
- sit up (10- 30 times)
- chapatti making
- rope pulling
- wood cutting
- vayu nikasana
- udrakarsana
- pascimatasana stretch
- alternate toe touching
- crow walk(10- 30 times)
- frog jump (10- 30 times)
- camel walk (10- 30 time

Books for references

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Certificate Course Yoga

Theory

General Academic component -: Yoga Asana

Unit-1. Asana for meditation

11 Hours

- padmasana
- vajrasana
- sukhasana
- siddhasana
- siddhi yoni asana
- bhadrasana
- swatikasana
- budhyoni asana

Unit-2. Sitting

16 Hours

- pascimatasana (1 mint maintain)
- go mukhasana(1mint)
- bhu naman asana (both side maintain 10 times)
- vakrasana (1 maintain both side)
- aradha matsyendrasana (1 mint)
- vajrasana (1 min)
- ustrasana (1 min)
- mandukasana (1 min)
- veerasana
- shankasana
- marjariasana
- janu sirasana
- matyasana
- yog mudrasana
- lolasana
- tolasana
- garbhasana
- simhasana
- shanka bhujagasana
- supta vajrasana
- pranam asana

Unit-3. Prone

12 Hours

- navasana (10 times)
- bhujanagasana (10 times)
- purna bhujagasana
- triyaka bhujagasana
- sarpasana
- nilambha salbhasana(10-10 times both leg)
- salbhasana (10 times)
- purna salbhasana
- saral dhanurasana
- dhanurasana (1 min)
- purna dhanurasa
- greva asana
- kandrasana

Unit-4. Mudras

14 Hours

- gayan mudra
- chin mudras
- nakarg mudra
- maduki mudra
- bhuchuri mudra
- aakash mudra
- traghi mudra
- kaki mudra
- bhujangi mudra
- aswini mudra

Books for References

1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, Mdnly New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005


Principal

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Ashti, Tal Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education
Course Name - Certificate Course yoga
Students List: B.A S.Y 2016-2017

Sr. No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	ADHAV KRUSHNA SADASHIV	Male	918888112308	SC	Apr 12, 1995
2	ADHAV NANASAHEB ROHIDAS	Male	918308184615	SC	Jul 06, 1994
3	ADHAV SANGRAM VILA	Male	919503898997	Open	Jan 01, 1991
4	AHER BHARAT BHIMRAO	Male	917757952728	NT-1 (NT-B)	Mar 02, 1992
5	AHIWALE POURNIMA KALYAN	Female	919421349020	SC	Feb 08, 1994
6	AJABE HIMMAT DADASAHE	Male	919975361035	Open	Feb 05, 1994
7	AJABE RAJASHRI MARUTI	Female	919423170358	Open	Sep 10, 1996
8	AJABE SANTOSH BAJIRAO	Male	918600716432	Open	Sep 10, 1993
9	AWARE KRISHNA BABAN	Male	919011407524	Open	Jul 23, 1996
10	BAHIRWAL UDDHAV BHAGWAN	Male	919404673151	OBC	Jul 15, 1995
11	BHAGWAT ANIKET RAJENDRA	Male	919403266017	SBC	Oct 10, 1995
12	BHANDARI POOJA SHANTILAL	Female	919730790509	Open	Oct 05, 1996
13	BHAVAR DNYANESHWAR SANJA	Male	915296579874	Open	Oct 20, 1995
14	BHAWAR KANCHANMALA TUKARAM	Female	919823352166	Open	Jul 10, 1995
15	BHAWAR MACHINDRA POPAT	Male	919604241706	Open	Feb 10, 1996
16	BHAWAR SACHIN RAMESHWAR	Male	919921166116	Open	Jul 21, 1996
17	BHISE BANDU MAHADEV	Male	919420657480	NT-2 (NT-C)	Aug 09, 1992
18	BHOGADE VISHVAJIT MUKUND	Male	917350055379	Open	Apr 18, 1996
19	BHOSALE DIPALI RAVI	Female	919049943846	ST	Apr 04, 1993
20	BHOSALE MOHAN PALKUT	Male	919049946914	ST	Mar 31, 1994


Principal

Adv. B. D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Yoga
Question Paper

Time: 30 Minutes

Max. Marks: 20

NB

- 1) All questions are compulsory.
- 2) All questions are equal marks.
- 3) Choose the one answer belong the following option.
- 4) All questions are objectives types.

Q.1 Which day is celebrated as 'International Day of Yoga'?

- (A) June 20 (B) June 21
(C) June 22 (D) June 23

Q.2. Who compied 'Yoga Sutra'

- (A) Patanjali (B) Gheranda
(C) Svatmarama (D) None of the above

Q.3 When did the UN General Assembly announce 21st June as the International Yoga Day?

- (A) 21st June 2013 (B) 11th Dec 2014
(C) 12th Dec 2014 (D) 11th June 2014

Q.4 Name the title of the book released on 17th June'15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch

- (A) Yoga and Islam (B) Islamic Yoga
(C) Yoga for All (D) Karma Yoga

Q.5 Which of the following is one of the Five Principles of Yoga by Sivanandi?

- (A) Savasana (B) Bhakti
(C) Jnana (D) Tantra

Q.6 The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- (A) 30 minutes (B) 60 minutes
(C) 90 minutes (D) 2 hours

Q.7 Every Yoga teacher must start the practice session with

- (A) Pranayama (B) Asana
(C) Kriya (D) Silence

Q.8 The purpose of Yoga as taught by the ancients is to attain:

- (A) Perfect health (B) Peace of mind
(C) Stress relief (D) Enlightenment or Self-realization.

Q.9 Which of the following describes Kali Ray Triyoga?

- A) It puts emphasis on Proper Breath, alignment, coordination of breath and movement and 'honouring the wisdom of the body'
(B) It puts equal emphasis on Pranaya, Meditation and on the Asanas
(C) It brings Posture, Breath and Focus together to create dynamic, intuitive flows
(D) It focuses on the controlled release of the Kundalini energy

Q.10 . Who compiled 'Hathayoga pradipika'?

- (A) Patanjali (B) Gheranda
(C) Svamarama (D) None of the above

Q.11 What is the remedy (upāya) for abolition of sufferings according to Patanjali

- (A) Samādhi (B) Dhyāna
(C) Kriya-yoga (D) Viveka-khyāti

Q.12 According to Hatha Pradeepika which of the following are included under Pathya āhāra ?

- A) Shunthi B) Yavaka
C) Patola D). Masha

Q.13 The most important Yoga practices for the management of sinusitis are

- A) Neti Kriya B) Kapāla bhāti
C) Ardha Chakrāsana D) Mayurāsana

Q.14 . How many Shodhan Kriyas are described in Hatha, Ratnāvali?

- (A) 07 (B) 08
(C) 06 (D) 04

Q.15 Which one of the following is not the proved effect of Meditation?

- (A) Decreases Stress (B) Normalies Blood Pressure
(C) Normalises Blood Sugar (D) Increases Cortisol

Q16. Karma yoga is a branch of yoga based on the teaching of which text?

- A. Ashtavakra Samhita B. Bhagavad Gita
C. Hatha Yoga Pradipika D. Vedas

Q17. What is the theme of International Day of Yoga 2021?

- A. Yoga for well-being B. Yoga for all
C. Yoga for People D. None of the above

Q18. What is the theme of International Day of Yoga 2020?

- A. Climate Change B. Yoga for Health-Yoga at Home
C. Connect the Youth D. Yoga for Health

Q19. Which of the following statement is/are correct about Yoga?

- A. Yoga is practiced since ancient India. It is a physical, mental and spiritual practice.
B. The 'yoga' word is derived from Sanskrit.
C. Yoga means to join or unite, represent the union of body and consciousness or alertness.
D. All the above are correct

Q 20.0 What was the theme of International Day of Yoga 2019?

- A. Climate Action
B. Yoga for Heart
C. Yoga remains connected
D. Yoga for All



Principal
Adv. B. D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Answer Key

Question No	Answer
1	B
2	A
3	B
4	A
5	A
6	C
7	B
8	D
9	C
10	C
11	D
12	A
13	B
14	B
15	D
16	B
17	A
18	B
19	D
20	A


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal.Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti

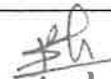
Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name – Certificate course yoga

Result: 2016-2017

Sr. No.	Seat No.	Name of the Student	Obtained Marks
1	PHY01	ADHAV KRUSHNA SADASHIV	16
2	PHY02	ADHAV NANASAHEB ROHIDAS	13
3	PHY03	ADHAV SANGRAM VILA	15
4	PHY04	AHER BHARAT BHIMRAO	17
5	PHY05	AHIWALE POURNIMA KALYAN	16
6	PHY06	AJABE HIMMAT DADASAHE	12
7	PHY07	AJABE RAJASHRI MARUTI	13
8	PHY08	AJABE SANTOSH BAJIRAO	15
9	PHY09	AWARE KRISHNA BABAN	16
10	PHY010	BAHIRWAL UDDHAV BHAGWAN	14
11	PHY011	BHAGWAT ANIKET RAJENDRA	17
12	PHY012	BHANDARI POOJA SHANTILAL	16
13	PHY013	BHAVAR DNYANESHWAR SANJA	15
14	PHY014	BHAWAR KANCHANMALA TUKARAM	17
15	PHY015	BHAWAR MACHINDRA POPAT	16
16	PHY016	BHAWAR SACHIN RAMESHWAR	15
17	PHY017	BHISE BANDU MAHADEV	18
18	PHY018	BHOGADE VISHVAJIT MUKUND	13
19	PHY019	BHOSALE DIPALI RAVI	14
20	PHY020	BHOSALE MOHAN PALKUT	12


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI

Tal. Ashti Dist. Beed.- 414 203

Reaccredited by NAAC at B++ Grade

Year: 2016-2017

Certificate course Yoga

Certificate

This is to certify that _____ student of _____ has

enrolled and successfully completed the Certificate course in YOGA organized by the department of Physical Education.
During December 2016 to January 2017.

Co-ordinator



Principal

Adv. B. D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

ATSPM's
ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

Feedback on Certificate Course: 2016 -2017

Course Name: Yoga
Students

Subject: *yoga*

Number of the students: *03*

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
01	Current syllabus is good for skill development and employability	<i>100%</i>				
02	It increases social awareness, moral values and ethics		<i>100%</i>			
03	It inculcates thirst for learning and helps in overall personality development	<i>66.66%</i>				
04	It fulfills the demands of higher education	<i>33.33%</i>	<i>33.33%</i>	<i>33.33%</i>		
05	It promotes environmental awareness and cultural harmony	<i>33.33%</i>	<i>33.33%</i>	<i>33.33%</i>		
06	Its objectives are clearly achieved	<i>66.66%</i>		<i>33.33%</i>		
07	It has relevance with present social scenario	<i>33.33%</i>	<i>33.33%</i>	<i>33.33%</i>		
08	It promotes research ability		<i>66.66%</i>	<i>33.33%</i>		


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist Beed

1.2.2 Number of add on/ certificate Programs offered during the last five year.

1.2.3 Students enrolled in add on/ certificate programs as against the total number of students during the last five year.

Name of the professor: Dr. S.A. Wangujare

Department of Physical Education

2016-2017	CERTIFICATE COURSE IN YOGA	PECCY	2016	30hrs	01.08.2016 to 31.10.2016	20	20
2017-2018	CERTIFICATE COURSE IN YOGA	PECCY	2017	30hrs	01.08.2017 to 31.10.2017	20	20
2018-2019	CERTIFICATE COURSE IN YOGA	PECCY	2018	30hrs	01.08.2018 to 31.10.2018	20	20
2019-2020	CERTIFICATE COURSE IN YOGA	PECCY	2019	30hrs	01.08.2019 to 31.10.2020	20	20
2020-2021	CERTIFICATE COURSE IN YOGA	PECCY	2020	30hrs	01.08.2019 to 31.10.2020	20	20
2020-2021	PHYSICAL FITNESS	PEPF	2020	30hrs	01.08.2020 to 31.10.2021	20	20
2020-2021	HEALTH & HYGEINE	PEHH	2020	30hrs	01.08.2020 to 31.10.2021	20	20



Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's Arts, Commerce & Science College, Ashti Dist. Beed

Department of Physical Education

Attendance Sheet: 2016-2017

Name of the Teacher: Dr. Wangujire S. A.

Course Name - Certificate Course in YOGA

Sub. Physical Education

Sr. No.	Name of the Student	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
		01/09	02/09	03/09	04/09	05/09	06/09	07/09	08/09	09/09	10/09	11/09	12/09	13/09	14/09	15/09
1	ADHAV KRUSHNA SADASHIV	P	P	P			P	P	P	P			P	P	P	P
2	ADHAV NANASAHEB ROHIDAS	P	P	P			P	P	P	P			P	P	P	P
3	ADHAV SANGRAM VILA	P	P	P			P	P	P	P			P	P	P	P
4	AHER BHARAT BHIMRAO	P	P	P			P	P	P	P			P	P	P	P
5	AHIWALE POURENIMA KALYAN	P	P	P			P	P	P	P			P	P	P	P
6	AJABE HIMMAT DADASAHE	P	P	P			P	P	P	P			P	P	P	P
7	AJABE RAJASHRI NARUTI	P	P	P			P	P	P	P			P	P	P	P
8	AJABE NANOTOSH BAJIRAO	P	P	P			P	P	P	P			P	P	P	P
9	AWARE KRISHNA BABAN	P	P	P			P	P	P	P			P	P	P	P
10	BAHIRVAL UDDHAV BHAGWAN	P	P	P			P	P	A	P			P	P	P	P
11	BHAGWAT ANIKET RAJENDRA	P	P	P			P	P	P	P			P	P	P	P
12	BHANDARI POOLA SHANTILAL	P	P	P			P	P	P	P			P	P	P	P
13	BHAVAR DNYANESHWAR SANJA	P	P	P			P	P	P	P			P	P	P	P
14	BHAVAR KANCHANNALA TUKARAM	P	P	P			P	P	P	P			P	P	P	P
15	BHAVAR MACHINDRA POPAT	P	P	P			P	P	P	P			P	P	P	P
16	BHAVAR SACHIN RAMESHWAR	P	P	P			P	P	P	P			P	P	P	P
17	BHISE BANDU MAHADEV	P	P	P			P	P	P	P			P	P	P	P
18	BHOGGADE VISHVAJIT MUKUND	P	P	P			P	P	P	P			P	P	P	P
19	BHOSALE DIPALI RAVI	P	P	P			P	P	P	P			P	A	P	P
20	ADHAV KRUSHNA SADASHIV	P	P	P			P	P	P	P			P	P	P	P

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date -28/06/2017

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal for Certificate course in Yoga.

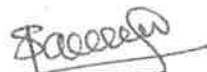
Respected Sir,

With reference to above subject, the department of physical Education wish to organize a Certificate course in **yoga** from August 2017. The course duration is of 30 clock hours spread over 10 weeks (2 days per week) course is specially designed for the UG & PG students & office employees over 30 students will participate in the course. A detailed proposal is enclosed herewith this letter. We request you to kindly sanction the permission and financial support to conduct the course.

Thanking you.

For
DATE
/ /

Yours faithfully,


Dr. Wangujare S.A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Administrative Ethics
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
Eligibility	<ul style="list-style-type: none">❖ Students can do this course simultaneously with under graduation and post graduation (Any Faculty UG & PG Students)❖ Office Employees
Fees	Free
Intake Capacity	20 Students

- **Objectives of the course:-**

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

- **Course Content:-**

Unit-I

- **What is Yoga?**

Unit-II

- **Brief history and development of Yoga**

Unit-III

- **The Fundamentals of Yoga**

Unit-IV

- **Traditional Schools of Yoga**

Unit-V

- **Yogic practices for health and wellness**

Unit-VI

- **General Guidelines for Yoga Practice**

Unit-VII

- **Food for thought**

Unit-VIII

- **How Yoga can help?**

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College Ashti
Tq. Ashti, Dist. Beed.
Department of Physical Education

Certificate Course Yoga

Time -Table

Year 2017-2018

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)	Subject Basic KnowledgeY YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)

Professors Name

2) Dr.Santosh Arunrao Wangujare (SAW)


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course

YOGA

[Effective from the Academic year 2016- 2021 & onwards]


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Certificate Cours Yoga Syllabus

YOGA

30 Hours

Loosing practices

- jogging practices. (10- 30 times)
- forward and backward bending (10 -30 times)
- side bending (10-30 times)
- twisting (10- 30 times)
- sit up (10- 30 times)
- chapatti making
- rope pulling
- wood cutting
- vayu nikasana
- udrakarsana
- pascimatasana stretch
- alternate toe touching
- crow walk(10- 30 times)
- frog jump (10- 30 times)
- camel walk (10- 30 time

Books for references

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Certificate Course Yoga

Theory

General Academic component -: Yoga Asana

Unit-1. Asana for meditation

11 Hours

- padmasana
- vajrasana
- sukhasana
- siddhasana
- siddi yoni asana
- bhadrasana
- swatikasana
- budhyoni asana

Unit-2. Sitting

16 Hours

- pascimatasana (1 mint maintain)
- go mukhasana(1mint)
- bhu naman asana (both side maintain 10 times)
- vakrasana (1 maintain both side)
- aradha matsyendrasana (1 mint)
- vajrasana (1 min)
- ustrasana (1 min)
- mandukasana (1 min)
- veerasana
- shankasana
- marjariasana
- janu sirasana
- matyasana
- yog mudrasana
- lolasana
- tolasana
- garbhasana
- simhasana
- shanka bhujagasana
- supta vajrasana
- pranam asana

Unit-3. Prone

12 Hours

- navasana (10 times)
- bhujanagasana (10 times)
- purna bhujagasana
- triyaka bhujagasana
- sarpasana
- nilambha salbhasana(10-10 times both leg)
- salbhasana (10 times)
- purna salbhasana
- saral dhanurasana
- dhanurasana (1 min)
- purna dhanurasa
- greva asana
- kandrasana

Unit-4. Mudras

14 Hours

- gayan mudra
- chin mudras
- nakarg mudra
- maduki mudra
- bhuchuri mudra
- aakashhi mudra
- traghi mudra
- kaki mudra
- bhujangi mudra
- aswini mudra

Books for References

1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, Mdnly New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name - Certificate Course yoga

Students List: 2017-2018 B.A.F.Y

Sr.No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	ADALE UMESH SAHEBRAO	Male	917038796302	Open	Aug 05, 1999
2	ADHAV AKSHAY BHARAT	Male	919665983938	SC	May 27, 1997
3	ADHAV ANIL BHAGWAN	Male	918857989780	SC	Jul 13, 1989
4	AHIRE SHARAD SHRINIVAS	Male	919702148880	SC	Oct 15, 1991
	AJABE AKSHAY POPAT	Male	919552839251	Open	Aug 18, 1999
6	AJABE ARTI ASHOK	Female	919673485923	Open	Aug 24, 1999
7	AJABE GOVINDRAM DADASAHEB	Male	917756070015	Open	Apr 13, 1998
8	AJABE NIKHIL PRABHAKAR	Male	919049450476	Open	Nov 09, 1999
9	AJABE OMKAR UDDHAV	Male	917218501450	Open	Oct 20, 1998
10	AJABE VISHAL DATTATRY	Male	918888289824	Open	Apr 10, 1998
11	ANBHULE ATUL SURESH	Male	917741980793	Open	May 02, 1995
12	ANDHALE DIPAK BHANUDAS	Male	917066155296	NT-3 (NT-D)	Jul 07, 1997
13	ARJUN MANOHAR PANDURANG	Male	918805420304	NT-2 (NT-C)	Jan 05, 2000
14	ATOLE SWAPNIL BIBHISHA	Male	916999361276	NT-2 (NT-C)	Aug 02, 1998
15	AVHAD ROHIT ASHOK	Male	919604930800	Sc	May 22, 1997
16	AVHAD SURAJ MAHADEV	Male	917888204410	SC	Jan 11, 1999
17	BAN RAHUL LAXMIKANT	Male	919158493228	NT-1 (NT-B)	Jul 15, 1994
18	BAN SUDARSHAN SUNIL	Male	919604409510	NT-1 (NT-B)	Jun 19, 1999
19	BANDGAR SANMANRAJE LAXMAN	Male	919922616004	NT-2 (NT-C)	Apr 08, 1999
20	DEVGUNDE AKSHAY GANPAT	Male	918999361276	NT-2 (NT-C)	May 10, 1999


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Yoga
Question Paper

Time: 30 Minutes

Max. Marks: 20

NB

- 1) All questions are compulsory.
- 2) All questions are equal marks.
- 3) Choose the one answer belong the following option.
- 4) All questions are objectives types.

Q.1 Which day is celebrated as 'International Day of Yoga'?

- (A) June 20 (B) June 21
(C) June 22 (D) June 23

Q.2. Who compied 'Yoga Sutra'

- (A) Patanjali (B) Gheranda
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Q.3 When did the UN General Assembly announce 21st June as the International Yoga Day?

- (A) 21st June 2013 (B) 11th Dec 2014
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Q.4 Name the title of the book released on 17th June'15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch

- (A) Yoga and Islam (B) Islamic Yoga
(C) Yoga for All (D) Karma Yoga

Q.5 Which of the following is one of the Five Principles of Yoga by Sivanandi?

- (A) Savasana (B) Bhakti
(C) Jnana (D) Tantra

Q.6 The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- (A) 30 minutes (B) 60 minutes
(C) 90 minutes (D) 2 hours

Q.7 Every Yoga teacher must start the practice session with

- (A) Pranayama (B) Asana
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- (A) Perfect health (B) Peace of mind
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- (A) It puts emphasis on Proper Breath, alignment, coordination of breath and movement and 'honouring the wisdom of the body'
(B) It puts equal emphasis on Pranaya, Meditation and on the Asanas
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- (A) Samādhi (B) Dhyāna
(C) Kriya-yoga (D) Viveka-khyāti

Q.12 According to Hatha Pradeepika which of the following are included under Pathya āhāra ?

- A) Shunthi B) Yavaka
C) Patola D). Masha

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C) Ardha Chakrāsana D) Mayurāsana

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(C) 06 (D) 04

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(C) Normalises Blood Sugar (D) Increases Cortisol

Q16. Karma yoga is a branch of yoga based on the teaching of which text?

- A. Ashtavakra Samhita B. Bhagavad Gita
C. Hatha Yoga Pradipika D. Vedas

Q17. What is the theme of International Day of Yoga 2021?

- A. Yoga for well-being B. Yoga for all
C. Yoga for People D. None of the above

Q18. What is the theme of International Day of Yoga 2020?

- A. Climate Change B. Yoga for Health-Yoga at Home
C. Connect the Youth D. Yoga for Health

Q19. Which of the following statement is/are correct about Yoga?

- A. Yoga is practiced since ancient India. It is a physical, mental and spiritual practice.
B. The 'yoga' word is derived from Sanskrit.
C. Yoga means to join or unite, represent the union of body and consciousness or alertness.
D. All the above are correct

Q 20. What was the theme of International Day of Yoga 2019?

- A. Climate Action
B. Yoga for Heart
C. Yoga remains connected
D. Yoga for All


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Answer Key

Question No	Answer
1	B
2	A
3	B
4	A
5	A
6	C
7	B
8	D
9	C
10	C
11	D
12	A
13	B
14	B
15	D
16	B
17	A
18	B
19	D
20	A


Principal

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Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name –Certificate course yoga

Result: 2017-2018

Sr. No.	Seat No.	Name of the -Student	Obtained Marks
1	PHY01	ADALE UMESH SAHEBRAO	12
2	PHY02	ADHAV AKSHAY BHARAT	14
3	PHY03	ADHAV ANIL BHAGWAN	17
4	PHY04	AHIRE SHARAD SHRINIVAS	16
5	PHY05	AJABE AKSHAY POPAT	15
6	PHY06	AJABE ARTI ASHOK	14
7	PHY07	AJABE GOVINDRAM DADASAHEB	13
8	PHY08	AJABE NIKHIL PRABHAKAR	17
9	PHY09	AJABE OMKAR UDDHAV	16
10	PHY010	AJABE VISHAL DATTATRY	14
11	PHY011	ANBHULE ATUL SURESH	13
12	PHY012	ANDHALE DIPAK BHANUDAS	12
13	PHY013	ARJUN MANOHAR PANDURANG	15
14	PHY014	ATOLE SWAPNIL BIBHISHA	14
15	PHY015	AVHAD ROHIT ASHOK	13
16	PHY016	AVHAD SURAJ MAHADEV	15
17	PHY017	BAN RAHUL LAXMIKANT	16
18	PHY018	BAN SUDARSHAN SUNIL	13
19	PHY019	BANDGAR SANMANRAJE LAXMAN	14
20	PHY020	DEVGUNDE AKSHAY GANPAT	17


Principal

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Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI

Tal. Ashti Dist. Beed.- 414 203

Reaccredited by NAAC at B++ Grade

Year: 2017-2018

Certificate course Yoga

Certificate

This is to certify that _____ student of _____ has

enrolled and successfully completed the Certificate course in YOGA organized by the department of Physical Education.
During December 2017 to January 2018.

Co-ordinator



Head
Physical Education & Sports
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed



Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

ATSPM's
ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

Feedback on Certificate Course: 2017 -2018

Course Name: Yoga
Students

Subject: *yoga*

Number of the students: *03*

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
01	Current syllabus is good for skill development and employability	100%				
02	It increases social awareness, moral values and ethics		66.66%	33.33%		
03	It inculcates thirst for learning and helps in overall personality development	66.66%		33.33%		
04	It fulfills the demands of higher education	66.66%		33.33%		
05	It promotes environmental awareness and cultural harmony	66.66%	33.33%			
06	Its objectives are clearly achieved		66.66%	33.33%		
07	It has relevance with present social scenario	33.33%	66.66%			
08	It promotes research ability	33.33%		66.66%		


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Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti Dist. Beed

Department of Physical Education

Attendance Sheet: 2017-2018

Name of the Teacher: Dr. Wanguire S. A.

Course Name - Certificate Course in YOGA

Sr. No.	Name of the Student	Sub. Physical Education												
		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date			
1	ADALE UMESH SAHEBRAO	18/09	19/09	20/09	21/09	22/09	23/09	24/09	25/09	26/09	27/09	28/09	29/03	30/09
2	ADHAV AKSHAY BHARAT	P	P	P	P	P	P	P	P	P	P	P	P	P
3	ADHAV ANIL BHAGWAN	P	P	P	P	P	P	P	P	P	P	P	P	P
4	AHIRE SHARAD SHRINIVAS	P	P	P	P	P	P	P	P	P	P	P	P	P
5	AJABE AKSHAY POPAT	P	P	P	P	P	P	P	P	P	P	P	P	P
6	AJABE ARTI ASHOK	P	P	P	P	P	P	P	P	P	P	P	P	P
7	AJABE GOVINDRAM DADASAHEB	P	P	P	P	P	P	P	P	P	P	P	P	P
8	AJABE NIKHIL PRABHAKAR	P	P	P	P	P	P	P	P	P	P	P	P	P
9	AJABE OMKAR UDDHAV	P	P	P	P	P	P	P	P	P	P	P	P	P
10	AJABE VISHAL DATTATRY	P	P	P	P	P	P	P	P	P	P	P	P	P
11	ANBHUJE ATUL SURESH	P	P	P	P	P	P	P	P	P	P	P	P	P
12	ANDHALE DIPAK BHANUDAS	P	P	P	P	P	P	P	P	P	P	P	P	P
13	ARJUN MANOHAR PANDURANG	P	P	P	P	P	P	P	P	P	P	P	P	P
14	ATOLE SWAPNIL BIBHISHA	P	P	P	P	P	P	P	P	P	P	P	P	P
15	AVHAD ROHIT ASHOK	P	P	P	P	P	P	P	P	P	P	P	P	P
16	AVHAD SURAJ MAHADEV	P	P	P	P	P	P	P	P	P	P	P	P	P
17	BAN RAHUL LAXMIKANT	P	P	P	P	P	P	P	P	P	P	P	P	P
18	BAN SUDARSHAN SUNIL	P	P	P	P	P	P	P	P	P	P	P	P	P
19	BANDGAR SANMANRAJE LAXMAN	P	P	P	P	P	P	P	P	P	P	P	P	P
20	DEVGUNDE AKSHAY GANPAT	P	P	P	P	P	P	P	P	P	P	P	P	P

[Signature]
Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist. Beed

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date -25/06/2018

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal for Certificate course in Yoga.

Respected Sir,

With reference to above subject, the department of physical Education wish to organize a Certificate course in **yoga** from August 2018. The course duration is of 30 clock hours spread over 10 weeks (2 days per week) course is specially designed for the UG & PG students & office employees over 30 students will participate in the course. A detailed proposal is enclosed herewith this letter. We request you to kindly sanction the permission and financial support to conduct the course.

Thanking you.

For
IAAE
th

Yours faithfully,


Dr. Wangujare S.A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Administrative Ethics
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
Eligibility	❖ Students can do this course simultaneously with under graduation and post graduation (Any Faculty UG & PG Students) ❖ Office Employees
Fees	Free
Intake Capacity	20 Students

- **Objectives of the course:-**

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

• **Course Content:-**

Unit-I

- **What is Yoga?**

Unit-II

- **Brief history and development of Yoga**

Unit-III

- **The Fundamentals of Yoga**

Unit-IV

- **Traditional Schools of Yoga**

Unit-V

- **Yogic practices for health and wellness**

Unit-VI

- **General Guidelines for Yoga Practice**

Unit-VII

- **Food for thought**

Unit-VIII

- **How Yoga can help?**

Ashti Taluka Shikshan Prasarak Mandal's
Adv. B. D. Hambarde Mahavidyalaya Ashti
Tq. Ashti, Dist. Beed.
Department of Physical Education

Certificate Course Yoga

Time -Table

Year 2018-2019

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)	Subject Basic KnowledgeY YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Professors Name


1) Dr.Santosh Arunrao Wanjare (SAW)

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course

YOGA

[Effective from the Academic year 2016- 2021 & onwards]

Certificate Cours Yoga Syllabus

YOGA

30 Hours

Loosing practices

- jogging practices (10- 30 times)
- forward and backward bending (10 -30 times)
- side bending (10-30 times)
- twisting (10- 30 times)
- sit up (10- 30 times)
- chapatti making
- rope pulling
- wood cutting
- vayu nikasana
- udrakarsana
- pascimatasana stretch
- alternate toe touching
- crow walk(10- 30 times)
- frog jump (10- 30 times)
- camel walk (10- 30 time)

Books for references

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Certificate Course Yoga

Theory

General Academic component -: Yoga Asana

Unit-1. Asana for meditation

11 Hours

- padmasana
- vajrasana
- sukhasana
- siddhasana
- siddi yoni asana
- bhadrasana
- swatikasana
- budhyoni asana

Unit-2. Sitting

16 Hours

- pascimatasana (1 mint maintain)
- go mukhasana(1mint)
- bhu naman asana (both side maintain 10 times)
- vakrasana (1 maintain both side)
- aradha matsyendrasana (1 mint)
- vajrasana (1 min)
- ustrasana (1 min)
- mandukasana (1 min)
- veerasana
- shankasana
- marjariasana
- janu sirasana
- matyasana
- yog mudrasana
- lolasana
- tolasana
- garbhasana
- simhasana
- shanka bhujagasana
- supta vajrasana
- pranam asana

Unit-3. Prone

12 Hours

- navasana (10 times)
- bhujanagasana (10 times)
- purna bhujagasana
- triyaka bhujagasana
- sarpasana
- nilambha salbhasana(10-10 times both leg)
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- dhanurasana (1 min)
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- greva asana
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Unit-4. Mudras

14 Hours

- gayan mudra
- chin mudras
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Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Course Name - - Certificate Course yoga
Students List:2018-2019-B.A F.Y-

Sr. No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	Nikalje Pravin Garakh	M	9049944274	S.C	16/08/95
2	Shinde Sagar Madhukar,	M	9011336010	Open	16/06/99
3	Bhopale Sonum Sanjay	F	9075737760	O.B.C	15/06/2000
4	Lokhande Laxman Yallpa	M	9689991806	N.T	24/01/97
5	Madane Arti Payndeo	F	7028131414	N.T-C	17/10/99
6	Sapte Yogesh Kailas	M	9096936762	Open	26/11/95
7	Walekar Rushikesh Babasaheb	M	7030747245	S.C	07/09/2000
8	Jadhav Shubham Jalindar	M	9657437141	N.T-A	05/06/2000
9	Jagatap Nitin Dattray	M	7030263683	Open	26/06/98
10	Manmod punam Bharat	F	8317252418	Open	16/05/2000
11	Shaikh Arbaj Farukh	M	7038536230	Open	06/01/98
12	Devmande Harsha Kalyam	F	9765686440	N.T-C	01/09/2000
13	Gaikwad pramod suresh	M	7709124115	sc	12/05/1998
14	Karche Rajaram Somnath	M	9637101137	NT-C	14/12/1999
15	Karche Ranjit Khasaba	M	9850224578	NT-C	15/11/1998
16	Sabale Kajal Suresh	F	9822145824	SC	08/05/2000
17	Shipkule Sandesh Devba	M	8175224568	NT-C	19/09/2000
18	Sonwane Mansi Arun	F	9422030604	SC	02/07/1999
19	Tavare Amol pandurang	M	9422234578	Open	21/03/2000
20	Nikalje Pravin Garakh	M	7704221325	SC	22/4/2001


Principal,
 Adv. B. D. Hambardde Mahavidyalaya
 Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Yoga
Question Paper

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- A. Ashtavakra Samhita B. Bhagavad Gita
C. Hatha Yoga Pradipika D. Vedas

Q17. What is the theme of International Day of Yoga 2021?

- A. Yoga for well-being B. Yoga for all
C. Yoga for People D. None of the above

Q18. What is the theme of International Day of Yoga 2020?

- A. Climate Change B. Yoga for Health-Yoga at Home
C. Connect the Youth D. Yoga for Health

Q19. Which of the following statement is/are correct about Yoga?

- A. Yoga is practiced since ancient India. It is a physical, mental and spiritual practice.
B. The 'yoga' word is derived from Sanskrit.
C. Yoga means to join or unite, represent the union of body and consciousness or alertness.
D. All the above are correct

What was the theme of International Day of Yoga 2019?

- A. Climate Action
B. Yoga for Heart
C. Yoga remains connected
D. Yoga for All


Principal
Adv. B. D. Hambarde Mahavidyalaya
Ashti Tal. Ashti, Dist. Beed

Answer Key

Question No	Answer
1	B
2	A
3	B
4	A
5	A
6	C
7	B
8	D
9	C
10	C
11	D
12	A
13	B
14	B
15	D
16	B
17	A
18	B
19	D
20	A



Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti

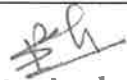
Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name – Certificate course yoga

Result: 2018-2019

Sr. No.	Seat No.	Name of the -Student	Obtained Marks
1	PHY01	Nikalje Pravin Garakh	17
2	PHY02	Shinde Sagar Madhukar	14
3	PHY03	Bhopale Sonum Sanjay	13
4	PHY04	Lokhande Laxman Yallpa	15
5	PHY05	Madane Arti Payndeo	18
6	PHY06	Sapte Yogesh Kailas	15
7	PHY07	Walekar Rushikesh Babasaheb	14
8	PHY08	Jadhav Shubham Jalindar	13
9	PHY09	Jagatap Nitin Dattray	12
10	PHY010	Manmod punam Bharat	16
11	PHY011	Shaikh Arbaj Farukh	13
12	PHY012	Devmande Harsha Kalyam	15
13	PHY013	Gaikwad pramod suresh	14
14	PHY014	Karche Rajaram Somnath	13
15	PHY015	Karche Ranjit Khasaba	15
16	PHY016	Sabale Kajal Suresh	14
17	PHY017	Shipkule Sandesh Devba	14
18	PHY018	Sonwane Mansi Arun	12
19	PHY019	Tavare Amol pandurang	15
20	PHY020	Nikalje Pravin Garakh	14


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI

Tal. Ashti Dist. Beed.- 414 203

Reaccredited by NAAC at B++ Grade

Year: 2018-2019


Certificate course Yoga

Certificate

This is to certify that _____ student of _____ has

enrolled and successfully completed the Certificate course in YOGA organized by the department of Physical Education.
During December 2018 to January 2019.

Co-ordinator


Head
Physical Education & Sports
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal.Ashti, Dist.Beed


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal.Ashti, Dist.Beed

ATSPM's
ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

Feedback on Certificate Course: 2018 -2019

Course Name: Yoga
Students

Subject: yoga

Number of the students: 03

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
01	Current syllabus is good for skill development and employability	100 %				
02	It increases social awareness, moral values and ethics		100 %			
03	It inculcates thirst for learning and helps in overall personality development		66.66 %	33.33 %		
04	It fulfills the demands of higher education	100 %				
05	It promotes environmental awareness and cultural harmony		100 %			
06	Its objectives are clearly achieved	66.66 %	33.33 %			
07	It has relevance with present social scenario		66.66 %	33.33 %		
08	It promotes research ability	33.33 %		66.66 %		



Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti Dist. Beed

Department of Physical Education

Name of the Teacher: Dr. Wangujire S. A.

Attendance Sheet: 2018-2019

Course Name - Certificate Course in YOGA

Sr. No.	Name of the Student	Date										Sub. Physical Education					
		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date		
1	Nikajje Pravin Garakh	17/09	18/09	19/09	20/09	21/09	22/09	23/09	24/09	25/09	26/09	27/09	28/09	29/09	30/09		
2	Shinde Sagar Madhukar	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
3	Bhopale Sonum Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
4	Lokhande Laxman Yallpa	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
5	Madane Arti Payndeo	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
6	Sapte Yogesh Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
7	Walekar Rushikesh Babasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
8	Jadhav Shubham Jalindar	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
9	Jagatap Nitin Dattay	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
10	Mannod punam Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
11	Shaikh Arbaj Farukh	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
12	Devimande Harsha Kalyan	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
13	Gaikwad pramod suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
14	Karcho Rajaram Somnath	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
15	Karcho Ranjit Khasaba	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
16	Sabale Kajal Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
17	Shipkule Sandesh Devba	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
18	Sonwane Mansi Arun	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
19	Tavare Amol pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
20	BAN RAHUL LAXMIKANT	P	P	P	P	P	P	P	P	P	P	P	P	P	P		


Principal

Adv. B. D. Hambarde Mahav. Dyalaya
Ashti, Tal. Ashti, Dist. Beed

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date -26 /06 /2019

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal for Certificate course in Yoga.

Respected Sir,

With reference to above subject, the department of physical Education wish to organize a Certificate course in **yoga** from August 2019. The course duration is of 30 clock hours spread over 10 weeks (2 days per week) course is specially designed for the UG & PG students & office employees over 30 students will participate in the course. A detailed proposal is enclosed herewith this letter. We request you to kindly sanction the permission and financial support to conduct the course.

Thanking you.

For
IAC
#h

Yours faithfully,



Dr. Wangujare S.A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Administrative Ethics
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
Eligibility	❖ Students can do this course simultaneously with under graduation and post graduation (Any Faculty UG & PG Students) ❖ Office Employees
Fees	Free
Intake Capacity	20 Students

- **Objectives of the course:-**

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

- **Course Content:-**

Unit-I

- **What is Yoga?**

Unit-II

- **Brief history and development of Yoga**

Unit-III

- **The Fundamentals of Yoga**

Unit-IV

- **Traditional Schools of Yoga**

Unit-V

- **Yogic practices for health and wellness**

Unit-VI

- **General Guidelines for Yoga Practice**

Unit-VII

- **Food for thought**

Unit-VIII

- **How Yoga can help?**

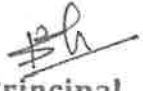
Ashti Taluka Shikshan Prasarak Mandal's
Adv. B. D. Hambarde Mahavidyalaya Ashti
Tq. Ashti, Dist. Beed.
Department of Physical Education

Certificate Course Yoga

Time -Table

Year 2019-2020

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)	Subject Basic KnowledgeY YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist Beed

Professors Name



1) Dr.Santosh Arunrao Wangujare (SAW)

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course

YOGA

[Effective from the Academic year 2016- 2021 & onwards]

Certificate Cours Yoga Syllabus

YOGA

30 Hours

Loosing practices

- jogging practices (10- 30 times)
- forward and backward bending (10 -30 times)
- side bending (10-30 times)
- twisting (10- 30 times)
- sit up (10- 30 times)
- chapatti making
- rope pulling
- wood cutting
- vayu nikasana
- udrakarsana
- pascimatasana stretch
- alternate toe touching
- crow walk(10- 30 times)
- frog jump (10- 30 times)
- camel walk (10- 30 time

Books for references

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Certificate Course Yoga

Theory

General Academic component -: Yoga Asana

Unit-1. Asana for meditation

11 Hours

- padmasana
- vajrasana
- sukhasana
- siddhasana
- siddhi yoni asana
- bhadrasana
- swatikasana
- budhyoni asana

Unit-2. Sitting

16 Hours

- pascimatasana (1 mint maintain)
- go mukhasana(1mint)
- bhu naman asana (both side maintain 10 times)
- vakrasana (1 maintain both side)
- aradha matsyendrasana (1 mint)
- vajrasana (1 min)
- ustrasana (1 min)
- mandukasana (1 min)
- veerasana
- shankasana
- marjariasana
- janu sirasana
- matyasana
- yog mudrasana
- lolasana
- tolasana
- garbhasana
- simhasana
- shanka bhujagasana
- supta vajrasana
- pranam asana

Unit-3. Prone

12 Hours

- navasana (10 times)
- bhujanagasana (10 times)
- purna bhujagasana
- triyaka bhujagasana
- sarpasana
- nilambha salbhasana(10-10 times both leg)
- salbhasana (10 times)
- purna salbhasana
- saral dhanurasana
- dhanurasana (1 min)
- purna dhanurasa
- greva asana
- kandrasana

Unit-4. Mudras

14 Hours

- gayan mudra
- chin mudras
- nakarg mudra
- maduki mudra
- bhuchuri mudra
- aakashhi mudra
- traghi mudra
- kaki mudra
- bhujangi mudra
- aswini mudra

Books for References


1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, Mdniy New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
 Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Course Name - Certificate Course yoga
Students List: 2019-2020

Sr. No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	Sapte Rani Balasaheb	Female	8999700744	Open	27.06.1996
2	Hambarde Tushar Laxman	Male	8766431683	Open	05'05.1999
3	Kahndve Akanksha Somnath	Female	8975857785	Open	08.07.1999
4	Diwate Sohel Ramesh	Male	8999456551	OBC	29.10.1997
5	Lohar Akshay Dilip	Male	9604281623	NT-B	07.04.1999
6	Murkute Avinash Anil	Male	8928344141	NT-2 (NT-C)	29.02.2000
7	Nikalje Sanket Ashok	Male	7744026239	SC	04.07.2000
8	Gavane Akash bhasaheb	Male	9284154478	Open	20.03.1999
9	Satpute Sachin Namdev	Male	8788118251	Open	12.03.2001
10	Poman Ashwini Babu	Female	7796145050	Open	15.03.1998
11	Walhekar Bharti Namdev	Female	9404600197	SC	11.06.1998
12	Sakunde Sushila Shivaji	Female	9049386733	Open	20.07.1998
13	Kulwade Pallavi dattatray	Female	7820805100	OBC	05.09.1998
14	Pawar Sanjay Yuvraj	Male	7030241710	Open	09.09.2000
15	Kokate SurajRajkumar	Male	915809006	Open	08.10.1998
16	Mutkule Pooja Laxman	Female	9112261464	Open	08.06.2000
17	Kakade Saurabh Sopan	Male	9158841181	Open	01.05.2000
18	Raut Rashika Kishor	Female	9156089779	SC	10.05.2001
19	Dhokate Pallavi Balasaheb	Female	9975905342	Open	03.06.1998
20	Sanap Swati Baban	Female	9689982606	Open	28.02.2000


Principal

Adv. B.D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Yoga
Question Paper

Time: 30 Minutes

Max. Marks: 20

NB

- 1) All questions are compulsory.
- 2) All questions are equal marks.
- 3) Choose the one answer belong the following option.
- 4) All questions are objectives types.

Q.1 Which day is celebrated as 'International Day of Yoga'?

- A) June 20 (B) June 21
(C) June 22 (D) June 23

Q.2. Who compied 'Yoga Sutra'

- (A) Patanjali (B) Gheranda
(C) Svatmarama (D) None of the above

Q.3 When did the UN General Assembly announce 21st June as the International Yoga Day?

- (A) 21st June 2013 (B) 11th Dec 2014
(C) 12th Dec 2014 (D) 11th June 2014

Q.4 Name the title of the book released on 17th June'15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch

- (A) Yoga and Islam (B) Islamic YogA
(C) Yoga for All (D) Karma Yoga

Q.5 Which of the following is one of the Five Principles of Yoga by Sivanandi?

- (A) Savasana (B) Bhakti
(C) Jnana (D) Tantra

Q.6 The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- (A) 30 minutes (B) 60 minutes
(C) 90 minutes (D) 2 hours

Q. 7 Every Yoga teacher must start the practice session with

- (A) Pranayama (B) Asana
(C) Kriya (D) Silence

Q.8 The purpose of Yoga as taught by the ancients is to attain:

- (A) Perfect health (B) Peace of mind
(C) Stress relief (D) Enlightenment or Self-realization.

Q.9 Which of the following describes Kali Ray Triyoga?

A) It puts emphasis on Proper Breath, alignment, coordination of breath and movement and 'honouring the wisdom of the body'

(B) It puts equal emphasis on Pranaya, Meditation and on the Asanas

(C) It brings Posture, Breath and Focus together to create dynamic, intuitive flows

(D) It focuses on the controlled release of the Kundalini energy

Q.10 . Who compiled 'Hathayoga pradipika'?

- (A) Patanjali (B) Gheranda
(C) Svatmarama (D) None of the above

Q.11 What is the remedy (upāya) for abolition of sufferings according to Patanjali

- (A) Samādhi (B) Dhyāna
(C) Kriya-yoga (D) Viveka-khyāti

Q.12 According to Hatha Pradeepika which of the following are included under Pathya āhāra ?

- A) Shunthi B) Yavaka
C) Patola D). Masha

Q.13 The most important Yoga practices for the management of sinusitis are

- A) Neti Kriya B) Kapāla bhāti
C) Ardha Chakrāsana D) Mayurāsana

Q.14 . How many Shodhan Kriyas are described in Hatha, Ratnāvali?

- (A) 07 (B) 08
(C) 06 (D) 04

Q.15 Which one of the following is not the proved effect of Meditation?

- (A) Decreases Stress (B) Normalies Blood Pressure
(C) Normalises Blood Sugar (D) Increases Cortisol

Q16. Karma yoga is a branch of yoga based on the teaching of which text?

A. Ashtavakra Samhita B. Bhagavad Gita

C. Hatha Yoga Pradipika D. Vedas

Q17. What is the theme of International Day of Yoga 2021?

A. Yoga for well-being B. Yoga for all

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What was the theme of International Day of Yoga 2019?

A. Climate Action

B. Yoga for Heart

C. Yoga remains connected

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Principal

Adv. B.D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Answer Key

Question No	Answer
1	B
2	A
3	B
4	A
5	A
6	C
7	B
8	D
9	C
10	C
11	D
12	A
13	B
14	B
15	D
16	B
17	A
18	B
19	D
20	A


Principal

Adv. B. D. Hambarde Mahavidyalaya
Ashiti, Tal. Ashiti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name – Certificate course yoga

Result: 2019-2020

Sr. No.	Seat No.	Name of the Student	Obtained Marks
1	PHY01	Sapte Rani Balasaheb	15
2	PHY02	Hambarde Tushar Laxman	12
3	PHY03	Kahndve Akanksha Somnath	14
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19	PHY019	Dhokate Pallavi Balasaheb	12
20	PHY020	Sanap Swati Baban	16


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI

Tal. Ashti Dist. Beed.- 414 203

Reaccredited by NAAC at B++ Grade

Year: 2019-2020

Certificate course Yoga

Certificate

This is to certify that _____ student of _____ has

enrolled and successfully completed the Certificate course in YOGA organized by the department of Physical Education.
During December 2019 to January 2020

Co-ordinator



Head

Physical Education & Sports
Adv.B.D.Hambarde Mahavidyalaya

Ashti, Tal. Ashti, Dist. Beed



Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

ATSPM's
ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

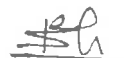
Feedback on Certificate Course: 2019-2020

Course Name: Yoga
Students

Subject: *yoga*

Number of the students: *03*

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
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Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date -23/06/2020

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal for Certificate course in Yoga.

Respected Sir,

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Thanking you.

For
JAAS
[Signature]

Yours faithfully,

[Signature]

Dr. Wangujare S. A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Administrative Ethics
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
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Fees	Free
Intake Capacity	20 Students

- **Objectives of the course:-**

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

• **Course Content:-**

Unit-I

- **What is Yoga?**

Unit-II

- **Brief history and development of Yoga**

Unit-III

- **The Fundamentals of Yoga**

Unit-IV

- **Traditional Schools of Yoga**

Unit-V

- **Yogic practices for health and wellness**

Unit-VI

- **General Guidelines for Yoga Practice**

Unit-VII

- **Food for thought**

Unit-VIII

- **How Yoga can help?**

Ashti Taluka Shikshan Prasarak Mandal's
Adv. B. D. Hambarde Mahavidyalaya Ashti
Tq. Ashti, Dist. Beed.
Department of Physical Education

Certificate Course Yoga

Time -Table

Year 2020-2021

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)	Subject Basic KnowledgeY YOGA (SAW)		Subject Basic Knowledge YOGA (SAW)


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti Tal Ashti, Dist Beed

Professors Name


1) Dr.Santosh Arunrao Wangujare (SAW)

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course

YOGA

[Effective from the Academic year 2016- 2021 & onwards]

Certificate Cours Yoga Syllabus

YOGA

30 Hours

Loosing practices

- jogging practices (10- 30 times)
- forward and backward bending (10 -30 times)
- side bending (10-30 times)
- twisting (10- 30 times)
- sit up (10- 30 times)
- chapatti making
- rope pulling
- wood cutting
- vayu nikasana
- udrakarsana
- pascimatasana stretch
- alternate toe touching
- crow walk(10- 30 times)
- frog jump (10- 30 times)
- camel walk (10- 30 time

Books for references

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993
2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006
3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.
4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

Certificate Course Yoga

Theory

General Academic component -: Yoga Asana

Unit-1. Asana for meditation

11 Hours

- padmasana
- vajrasana
- sukhasana
- siddhasana
- siddi yoni asana
- bhadrasana
- swatikasana
- budhyoni asana

Unit-2. Sitting

16 Hours

- pascimatasana (1 mint maintain)
- go mukhasana(1mint)
- bhū naman asana (both side maintain 10 times)
- vakrasana (1 maintain both side)
- aradha matsyendrasana (1 mint)
- vajrasana (1 min)
- ustrasana (1 min)
- mandukasana (1 min)
- veerasana
- shankasana
- marjariasana
- janu sirasana
- matyasana
- yog mudrasana
- lolasana
- tolasana
- garbhasana
- simhasana
- shanka bhujagasana
- supta vajrasana
- pranam asana

Unit-3. Prone

12 Hours

- navasana (10 times)
- bhujanagasana (10 times)
- purna bhujagasana
- triyaka bhujagasana
- sarpasana
- nilambha salbhasana(10-10 times both leg)
- salbhasana (10 times)
- purna salbhasana
- saral dhanurasana
- dhanurasana (1 min)
- purna dhanurasa
- greva asana
- kandrasana

Unit-4. Mudras

14 Hours

- gayan mudra
- chin mudras
- nakarg mudra
- maduki mudra
- bhuchuri mudra
- aakash mudra
- traghi mudra
- kaki mudra
- bhujangi mudra
- aswini mudra

Books for References

1. Basavaraddi, I.V. & others : SHATKARMA: A Comprehensive description about Cleansing Process, Mdnly New Delhi, 2009
2. Joshi, K.S. : Yogic Pranayama, Oriental Paperback, New Delhi, 2009
3. Swami Kuvalyananda : Pranayama, Kaivalyadhama, Lonavla, 2010
4. Swami Rama: Science of Breath, A Practical Guide, The Himalayan International Institute, Pennselvenia, 1998.
5. Swami Niranjananand Saraswati: Prana, Pranayama & Pranvidya, Yoga Publications Trust, Munger, Bihar, 2005


Principal

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Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
 Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Course Name - Certificate Course yoga
Students List: B.A T.Y 2020-2021

Sr. No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	ANDHALE JAYASHRI AJINATH	Male	919637861666	NT-3 (NT-D)	6 Agust 1999
2	ANPAT BAJIRAO SAMPAT	Male	919359804872	SEBC	Sep 05, 1999
3	AWARE SHUBHAM LAHAN	Male	9890141850	Open	Apr 26, 2000
4	BARSKAR POOJA APPA	Female	919011127172	SEBC	Jul 15, 2001
5	BHAGAT SOMNATH RAOSAHEB	Male	917350560651	SEBC	Mar 03, 1998
6	BHALERAO PRADNYA GORAKH	Female	919604568967	SC	Aug 29, 1995
7	BHALERAO SWAPNIL RAMDAS	Male	917741855225	SC	May 18, 2001
8	CHAKHALE JAYA GAUTAM	Female	919657125848	SC	Jul 22, 1989
9	CHAKHALE SUMIT SATYAWAN	Male	919767675334	SC	Sep 01, 2001
10	CHAVAN AKASH BHIMRAO	Male	916398013703	NT-1 (NT-B)	Apr 23, 2001
11	CHAVAN GOVIND DASHARATH	Male	919130489472	SEBC	Feb 23, 2001
12	DALVI VAIBHAV ARJUN	Male	919763646903	OBC	Jul 01, 1998
13	DINDE AKSHAY BHIVAJI	Male	919561686386	NT-2 (NT-C)	Apr 01, 2001
14	DIWATE SOHAL RAMESH	Male	8805910431	OBC	Oct 20, 1997
15	GAIKWAD RAVINDRA ASHOK	Male	919881659300	SC	May 12, 1998
16	GANAGE AJAY ASHOK	Male	917709820918	OBC	Nov 27, 1997
17	GAYKWAD VAJJINATH SURYABHAN	Male	918698870700	ST	Dec 24, 1996
18	HAJARE SANKET BAPURAO	Male	8805910431	SC	Oct 10, 1999
19	HIWARE MANJULA SHAMRAO	Female	919359287410	SEBC	Jan 22, 2001
20	NIKALJE AKASH RAMES	Male	919503342526	SC	May 17, 2000


Principal

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Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Yoga
Question Paper

Time: 30 Minutes

Max. Marks: 20

NB

- 1) All questions are compulsory.
- 2) All questions are equal marks.
- 3) Choose the one answer belong the following option.
- 4) All questions are objectives types.

Q.1 Which day is celebrated as 'International Day of Yoga'?

- A) June 20 (B) June 21
(C) June 22 (D) June 23

Q.2. Who compied 'Yoga Sutra'

- (A) Patanjali (B) Gheranda
(C) Svatmarama (D) None of the above

Q.3 When did the UN General Assembly announce 21st June as the International Yoga Day?

- (A) 21st June 2013 (B) 11th Dec 2014
(C) 12th Dec 2014 (D) 11th June 2014

Q.4 Name the title of the book released on 17th June'15 that has been compiled by Dr. Imran Chaudhary and Abhijeet Singh published by Muslim Rashtriya Manch

- (A) Yoga and Islam (B) Islamic YogA
(C) Yoga for All (D) Karma Yoga

Q.5 Which of the following is one of the Five Principles of Yoga by Sivanandi?

- (A) Savasana (B) Bhakti
(C) Jnana (D) Tantra

Q.6 The appropriate amount of time to wait after a meal before beginning a yoga practice is:

- (A) 30 minutes (B) 60 minutes
(C) 90 minutes (D) 2 hours

Q.7 Every Yoga teacher must start the practice session with

- (A) Pranayama (B) Asana
(C) Kriya (D) Silence

Q.8 The purpose of Yoga as taught by the ancients is to attain:

- (A) Perfect health (B) Peace of mind
(C) Stress relief (D) Enlightenment or Self-realization.

Q.9 Which of the following describes Kali Ray Triyoga?

- A) It puts emphasis on Proper Breath, alignment, coordination of breath and movement and 'honouring the wisdom of the body'
(B) It puts equal emphasis on Pranaya, Meditation and on the Asanas
(C) It brings Posture, Breath and Focus together to create dynamic, intuitive flows
(D) It focuses on the controlled release of the Kundalini energy

Q.10 . Who compiled 'Hathayoga pradipika'?

- (A) Patanjali (B) Gheranda
(C) Svatmarama (D) None of the above

Q.11 What is the remedy (upāya) for abolition of sufferings according to Patanjali

- (A) Samādhi (B) Dhyāna
(C) Kriya-yoga (D) Viveka-khyāti

Q.12 According to Hatha Pradeepika which of the following are included under Pathya āhāra ?

- A) Shunthi B) Yavaka
C) Patola D) Masha

Q.13 The most important Yoga practices for the management of sinusitis are

- A) Neti Kriya B) Kapāla bhāti
C) Ardha Chakrāsana D) Mayurāsana

Q.14 . How many Shodhan Kriyas are described in Hatha, Ratnāvali?

- (A) 07 (B) 08
(C) 06 (D) 04

Q.15 Which one of the following is not the proved effect of Meditation?

- (A) Decreases Stress (B) Normalises Blood Pressure
(C) Normalises Blood Sugar (D) Increases Cortisol

Q16. Karma yoga is a branch of yoga based on the teaching of which text?

- A. Ashtavakra Samhita B. Bhagavad Gita
C. Hatha Yoga Pradipika D. Vedas

Q17. What is the theme of International Day of Yoga 2021?

- A. Yoga for well-being B. Yoga for all
C. Yoga for People D. None of the above

Q18. What is the theme of International Day of Yoga 2020?

- A. Climate Change B. Yoga for Health-Yoga at Home
C. Connect the Youth D. Yoga for Health

Q19. Which of the following statement is/are correct about Yoga?

- A. Yoga is practiced since ancient India. It is a physical, mental and spiritual practice.
B. The 'yoga' word is derived from Sanskrit.
C. Yoga means to join or unite, represent the union of body and consciousness or alertness.
D. All the above are correct

What was the theme of International Day of Yoga 2019?

- A. Climate Action
B. Yoga for Heart
C. Yoga remains connected
D. Yoga for All


Principal

Adv. B. D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Answer Key

Question No	Answer
1	B
2	A
3	B
4	A
5	A
6	C
7	B
8	D
9	C
10	C
11	D
12	A
13	B
14	B
15	D
16	B
17	A
18	B
19	D
20	A


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Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name – Certificate course yoga

Result: 2020-2021

Sr. No.	Seat No.	Name of the -Student	Obtained Marks
1	PHY01	ANDHALE JAYASHRI AJINATH	14
2	PHY02	ANPAT BAJIRAO SAMPAT	15
3	PHY03	AWARE SHUBHAM LAHAN	17
4	PHY04	BARSKAR POOJA APPA	18
5	PHY05	BHAGAT SOMNATH RAOSAHEB	16
6	PHY06	BHALERAO PRADNYA GORAKH	15
7	PHY07	BHALERAO SWAPNIL RAMDAS	16
8	PHY08	CHAKHALE JAYA GAUTAM	15
9	PHY09	CHAKHALE SUMIT SATYAWAN	17
10	PHY010	CHAVAN AKASH BHIMRAO	18
11	PHY011	CHAVAN GOVIND DASHARATH	16
12	PHY012	DALVI VAIBHAV ARJUN	16
13	PHY013	DINDE AKSHAY BHIVAJI	14
14	PHY014	DIWATE SOHAL RAMESH	15
15	PHY015	GAIKWAD RAVINDRA ASHOK	18
16	PHY016	GANAGE AJAY ASHOK	15
17	PHY017	GAYKWAD VAJJINATH SURYABHAN	14
18	PHY018	HAJARE SANKET BAPURAO	13
19	PHY019	HIWARE MANJULA SHAMRAO	16
20	PHY020	NIKALJE AKASH RAMES	14


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI

Tal. Ashti Dist. Beed.- 414 203

Reaccredited by NAAC at B++ Grade

Year: 2020-2021

Certificate course Yoga

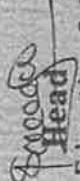
Certificate

This is to certify that _____ student of _____ has

enrolled and successfully completed the Certificate course in YOGA organized by the department of Physical Education.

During December 2020 to January 2021

Co-ordinator


Head
Physical Education & Sports
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal.Ashti, Dist.Beed


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal.Ashti, Dist.Beed

ATSPM's
ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

Feedback on Certificate Course: 2020-2021

Course Name: Yoga
Students

Subject: *yoga*

Number of the students: 03

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
01	Current syllabus is good for skill development and employability	66.66%		33.33%		
02	It increases social awareness, moral values and ethics	33.33%	33.33%	33.33%		
03	It inculcates thirst for learning and helps in overall personality development	33.33%	66.66%			
04	It fulfills the demands of higher education	66.66%		33.33%		
05	It promotes environmental awareness and cultural harmony	66.66%	33.33%			
06	Its objectives are clearly achieved	66.66%		33.33%		
07	It has relevance with present social scenario	33.33%	33.33%	33.33%		
08	It promotes research ability	66.66%	33.33%			


Principal

Dr. B.D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date -21/06/2020

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal Certificate course in Physical fitness.

Respected Sir,

With reference to above subject, the department of physical Education wish to organize a Certificate course in **Physical fitness** from August 2020. The course duration is of 30 clock hours spread over 10 weeks (2 days per week) course is specially designed for the UG & PG students & office employees over 20 students will participate in the course. A detailed proposal is enclosed herewith this letter. We request you to kindly sanction the permission and financial support to conduct the course.

Thanking you.

For
J.A.A.E
PH

Yours faithfully,



Dr. Wanjare S.A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Physical fitness
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
Eligibility	❖ Students can do this course simultaneously with under graduation and post graduation (Any Faculty UG & PG Students) ❖ Office Employees
Fees	Free
Intake Capacity	20 Students

- **Objectives of the course:-**
- Identify and apply the benefits of maintaining a healthy, active lifestyle.
- Identify basic anatomy and physiology of the cardiovascular, respiratory, musculoskeletal systems.
- Analyze their physical fitness levels
- Describe how to improve the basic components of physical fitness: cardiovascular condition, muscle flexibility, muscle strength and endurance, and body composition.
- Recognize the importance of the different phases of exercise and how to perform them in order to maximize outcome and reduce injury.
- Demonstrate instructional techniques and preparation of curricula within the field of physical education including development and implementation of unit and individual lesson plans.
- Demonstrate physical fitness techniques.
- Critique peer teaching performance.
- Analyze basic skill performance in physical fitness and implement ideas and concepts to improve skill level.

- **Course Content:-**

- 1. Physical fitness and wellness
- 2. Behavior Modification
- 3. Nutrition for wellness
- 4. Weight Management
- 5. Cardiorespiratory endurance
- 6. Muscular Fitness: strength and endurance
- 7. Muscular Flexibility
- 8. Comprehensive Fitness
- 9. Preventing Cardiovascular disease

Ashti Taluka Shikshan Prasarak Mandal's
Adv. B. D. Hambarde Mahavidyalaya Ashti

Tq. Ashti, Dist. Beed.

Department of Physical Education

Certificate Course physical Fitness

Time - Table


Year 2020-2021

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge physical fitness (SAW)		Subject Basic Knowledge physical fitness (SAW)	Subject Basic Knowledge physical fitness (SAW)		Subject Basic Knowledge physical fitness (SAW)


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Professors Name


1) Dr.Santosh Arunrao Wangujare (SAW)

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course

PHYSICAL FITNESS

[Effective from the Academic year 2020- 2021 & onwards]

Certificate Cours Syllabus

Physical Fitness

40 Hours

- **Meaning and Definition of Test,**
- **Measurement and Evaluation.**
- **Need and Importance of Measurement and Evaluation.**
- **Criteria for Test Selection – Scientific Authenticity.**
- **Meaning, definition and establishing Validity, Reliability, Objectivity.**
- **Norms – Administrative Considerations. Motor Fitness Tests Meaning and Definition of Motor Fitness.**
- **Test for Motor Fitness; Indiana Motor Fitness Test(for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - JCR test. Motor Ability; Barrow Motor Ability Test –Newton Motor Ability Test – Muscular Fitness – Kraus Weber Minimum Muscular Fitness Test.**
- **Physical Fitness Tests Physical Fitness Test: AAHPERD Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Roger’s physical fitness Index.**

- **Cardio vascular test; Harvard step test, 12 minutes run / walk test, Multistage fitness test (Beep test) Anthropometric and Aerobic- Anaerobic Tests Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females. Anaerobic Capacity: Margaria**
- **Kalamen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height: Standing Height, Sitting Height.**
- **Method of measuring Circumference: Arm, Waist, Hip, Thigh. Method of Measuring Skin folds: Triceps, Sub scapular, Suprailiac. Skill Tests Specific Spots Skill Test: Badminton: Miller Wall Volley Test.**
- **Basketball: Johnson Basketball Test, Harrison Basketball Ability Test. Cricket: Sutcliff Cricket test. Hockey: Friendel Field Hockey Test, Harban's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test. Football: MorChristian General Soccer Ability Skill Test Battery, Johnson Soccer Test, McDonald Volley Soccer Test.**



Principal

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Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Physical fitness
Question Paper

Time: 30 Minutes

Max. Marks: 20

NB

- 1) All questions are compulsory.
- 2) All questions are equal marks.
- 3) Choose the one answer belong the following option.
- 4) All questions are objectives types.

Q.1 How many major Salivary glands are there in the human body?

- (A) Two (B) Four
(C) Six (D) Eight

Q.2 Which of the following factors is considered to be most important in the construction of an indoor gymnasium ?

- (A) Direction (B) Light
(C) Ventilation (D) Floor

Q.3. Ultra Microscopic viruses are the main cause of-

- (A) Malaria (B) Measles
(C) Mumps (D) Cholera

Q.4 Which of the following is a two Joint muscle?

- A) Bicep brachii (B) Deltoid
(C) Iliopsoas (D) Sartorius

Q.5 The back thigh muscles are also known as-

- (A) Hamstring (B) Gluteal
(C) Gastrocnemius (D) Quadriceps

Q.6 The blood vessel which brings blood to the heart from the lower part of the body is known as-

- A) Inferior vena cava (B) Superior vena cava
(C) Pulmonary vein (D) Pulmonary artery

Q.7 Which of the following activities measures dynamic strength ?

- (A) Vertical Jump (B) Short distance run
(C) Forward Roll (D) Rope climbing

Q.8 Physical activity is basically a-

- (A) Social attribute (B) Psychological tendency
(C) Biological necessity (D) Philosophical concept

Q.9 In the technical terms, muscle pull is known as

- (A) Sprain (B) Strain
(C) Abrasion (D) Contusion

Q.10 . One of the following is an excellent example of Condyloid Joint–

- (A) Shoulder Joint (B) Hip Joint
(C) Wrist Joint (D) Neck Joint

Q.11 In which activity Lactic acid system activated?

- (A) 100 mts (B) 400 mts
(C) 10,000 mts (D) 20 km walk

Q.12 One deformity may lead to the development of another, knock knees may be caused as a result of

- (A) Flat foot (B) Bow Legs
(C) Genu Legs (D) Scoliosis

Q.13 Which is not a Primary Motive?

- (A) Affection (B) Hunger
(C) Sex (D) Love

Q.14 . Which is the smallest bone in the human body?

- A) Pisiform (B) Scaphoid
(C) Stapes (D) Malleus

Q.15 The amount of blood pumped by heart in one beat is called

- (A) Tidal volume (B) Stroke volume
(C) Blood volume (D) Residual volume

Q16. The blood vessel which brings blood to the heart from the lower part of the body is known as—

- (A) Inferior vena cava (B) Superior vena cava
(C) Pulmonary vein (D) Pulmonary artery

Q17. Physical activity is basically a—

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Q19. One of the following is an excellent example of Condyloid Joint—

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(C) Wrist Joint (D) Neck Joint


Q20. Which is the smallest bone in the human body?

- (A) Pisiform (B) Scaphoid
(C) Stapes (D) Malleus


Principal
Adv. B. D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) - 414203
Department of Physical Education
Course Name - Certificate Course physical fitness
Students List:2020-2021-B.A.T.Y.

Sr. No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	Sainde Ashok Bhausahab	M	9145151062	Open	20/06/98
2	Gaikwad Vinod Laxman	M	8421358836	Sc	30/11/98
3	Lashkar Chandnakant Sudham	M	9970970140	N. T. A	18/10/98
4	Gaikwad Archana Arjun	F	9527022961	Open	26/05/94
5	Devmunde Tuishiram Appa	M	9923731102	N.T.C	03/07/98
6	Shinde Krushna Laxman	M	7743904498	S c	24/12/97
7	Gadade Lalita Bhausahab	F	9763033345	O B C	29/08/85
8	Sanap Randas Zumbar	M	7066069370	N T D	14/06/97
9	Hajare Shubham Baban	M	7507284154	S.T	18/03/99
10	Kekan Shital Aajinath	F	7378540700	N.T.D	14/08/98
11	Phatake Pratik Abasaheb	M	9923592069	N.T.D	09/11/98
12	Yadav Atul Ashok	M	9730845420	Open	01/07/97
13	Dhotre yogesh Balu	M	8308512321	N.T.A	18/10/97
14	Sayyad Raju Ansar	M	9145212889	Open	09/04/98
15	Kanade Sunita Harishchandra	F	7757073212	S.c	16/07/95
16	Bandal Dipali Parivant	F	9960058933	Open	19/09/97
17	Ukale Vilas Lahu	M	8007227763	N.T.C	14/12/95
18	Mande Babu Barku	M	8805397834	Open	10/05/98
19	Walhekar Akash Raju	M	8421426008	S.c	09/09/94
20	Jane Kishor Vikas	M	9011553470	Open	07/01/97


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name – Certificate course physical fitness

Result: 2019-2020

Sr. No.	Seat No.	Name of the Student	Obtained Marks
1	PHY01	Sainde Ashok Bhausahab	15
2	PHY02	Gaikwad Vinod Laxman	12
3	PHY03	Lashkar Chandnakant Sudham	14
4	PHY04	Gaikwad Archana Arjun	16
5	PHY05	Devmunde Tuishiram Appa	17
6	PHY06	Shinde Krushna Laxman	14
7	PHY07	Gadade Lalita Bhausahab	11
8	PHY08	Sanap Randas Zumber	16
9	PHY09	Hajare Shubham Baban	18
10	PHY010	Kekan Shital Aajinath	12
11	PHY011	Phatake Pratik Abasaheb	14
12	PHY012	Yadav Atul Ashok	18
13	PHY013	Dhotre yogesh Balu	17
14	PHY014	Sayyad Raju Ansar	15
15	PHY015	Kanade Sunita Harishchandra	16
16	PHY016	Bandal Dipali Parivant	18
17	PHY017	Ukale Vilas Lahu	12
18	PHY018	Mande Babu Barku	14
19	PHY019	Walhekar Akash Raju	12
20	PHY020	Jane Kishor Vikas	16



Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist Beed

Answer Key

Question No	Answer
1	C
2	C
3	C
4	D
5	A
6	A
7	D
8	C
9	B
10	C
11	A
12	B
13	C
14	C
15	B
16	A
17	C
18	B
19	C
20	C



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Ashti Taluka Shikshan Prasarak Mandal's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI

(Affiliated to Dr.Babasaheb Ambedkar Marathwada University)

Reaccredited by NAAC at 'B⁺⁺' Grade

Tal Ashti Dist Beed 414203




CERTIFICATE




This is certify that _____ Student of
physical Fitness has participated in Certificate Cours organized by the
Department of Physical Education during academic year -----

Coordinator

Head of the Department


Head

Physical Education & Sports
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

ATSPM's

ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

Feedback on Certificate Course: 2020-2021

Course Name: Physical Fitness
Students

Subject: *Physical fitness*

Number of the students: *03*

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
01	Current syllabus is good for skill development and employability	66.66%	33.33%			
02	It increases social awareness, moral values and ethics	33.33%	66.66%			
03	It inculcates thirst for learning and helps in overall personality development	66.66%		33.33%		
04	It fulfills the demands of higher education	33.33%	66.66%			
05	It promotes environmental awareness and cultural harmony	66.66%	33.33%			
06	Its objectives are clearly achieved		66.66%	33.33%		
07	It has relevance with present social scenario	66.66%		33.33%		
08	It promotes research ability		66.66%	33.33%		


Principal
Address: Hambanda Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti Dist. Beed


Department of Physical Education

Name of the Teacher: Dr. Wangujre S. A.

Attendance Sheet: 2020-2021

Course Name -- Certificate Course Physical Fitness

Sr. No.	Name of the Student	Physical Fitness					Sub. Physical Education							
		Date	Date	Date	Date	Date	Date	Date	Date	Date	Date			
1	Saunde Asnek Bhausaheb	17/09	18/09	19/09	20/09	21/09	22/09	23/09	24/09	25/09	26/09	27/09	28/09	29/09
2	Gaikwad Vinod Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Lashkar Chandrakant Sudham	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Gaikwad Archana Arjun	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Devkunde Tulshiram Appa	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Shinde Krushna Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Gadade Lalita Rhausaheb	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Sanap Randas Zumber	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Hajare Shubham Baban	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Kekan Shital Ajinath	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Phatake Pratik Anesaheb	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Yadav Anil Ashok	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Dhotre Yogesh Balu	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Saywad Raju Ansar	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Kanade Sunita Harishchandra	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Bandal Dipali Parivant	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Ukale Vilas Lahu	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Mande Babu Barku	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Walhekar Akash Raju	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Jane Kishor Vikas	P	P	P	P	P	P	P	P	P	P	P	P	P


Principal

Adv. B. D. Hambarde Mahavidyalya
Ashti, Tal. Ashti, Dist. Beed

Dept. of Physical Education
ATSPM'S, Adv.B. D. HambardeMahavidyalaya
Ashti, Dist. Beed- 414203
Date - 24/06/2020

To,

Hon. Principal
ATSPM'S, Adv.B. D. Hambarde Mahavidyalaya
Ashti, Dist:-Beed- 414203

Sub:-Proposal for Certificate course in Health Hygiene

Respected Sir,

With reference to above subject, the department of physical Education wish to organize a Certificate course in **Health Hygiene** from August 2020. The course duration is of 30 clock hours spread over 10 weeks (2 days per week) course is specially designed for the UG & PG students & office employees over 20 students will participate in the course. A detailed proposal is enclosed herewith this letter. We request you to kindly sanction the permission and financial support to conduct the course.

Thanking you.

For
J.A.C.
S.A.

Yours faithfully,


Dr. Wangujare S.A.

Head

Dept. of Physical Education

Course Proposal

Name of the Course	Certificate Course in Health Hygiene
Course Coordinator	Dr. Wangujare S.A.
Duration	10Weeks (Total 30 clock hours. 2 hours per Week)
Eligibility	<ul style="list-style-type: none">❖ Students can do this course simultaneously with under graduation and post graduation (Any Faculty UG & PG Students)❖ Office Employees
Fees	Free
Intake Capacity	20 Students

• **Objectives of the course:-**

- . Understand issues related to the present day healthcare system
- Acquire basic understanding of other healthcare systems
- Apply the principles of health administration, education and promotion of healthcare
- Analyze delivery of healthcare services, management, and human resources
- Understand principles of economics, marketing, planning and legal considerations within the healthcare system and organization
- Prepare for information processing and statistical analysis to generate data for the contextual needs of the healthcare planning
- Cultivate effective communication skills with adequate emphasis on the effective writing
- Impart medical expertise essential to assist medical treatm


Ashti Taluka Shikshan Prasarak Mandal's
Adv. B. D. Hambarde Mahavidyalaya Ashti
Tq. Ashti, Dist. Beed.
Department of Physical Education

Certificate Course Health & Hygiene

Time -Table

Year 2020-2021

SR. NO.	TIME	MON	TUE	WED	THU	FRI	SAT
1	02:00 to 03.:00	Subject Basic Knowledge Health & Hygine (SAW)		Subject Basic Knowledge Health & Hygine (SAW)	Subject Basic Knowledge Health &Hygine (SAW)		Subject Basic Knowledge Health & hygine (SAW)


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Professors Name



1) Dr.Santosh Arunrao Wangujare (SAW)

Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Syllabus: -Certificate Course Health & Hygiene

HEALTH HYGIENE

[Effective from the Academic year 2020- 2021 & onwards]

Certificate Cours Syllabus

Health Hygine

40 Hours

- **Unit One** – A Healthy Foundation
- **Unit Two-**
 - Mental and Emotional Health Understanding Health and Wellness
Achieving Mental and Emotional Health Taking Charge of your
health Managing Stress and Coping with Loss Mental and
Emotional Problems
- **Unit Three** –
 - Healthy and Safe Relationships
- **Unit Four** –
 - Nutrition and Physical Activity Skills for Healthy Relationships
Nutrition for Health Family Relationships Managing Weight and
Eating Behaviors Peer Relationships Physical Activity and Fitness
- **Unit Five** – Personal Care and Body Systems

- **Unit Six –**
- Growth and Development Personal Health Care The Beginning of the Life Cycle Skeletal, Muscular, and Nervous Systems The Life Cycle Continues Cardiovascular, Respiratory, and Digestive Systems Endocrine and Reproductive Health

- **Unit Seven –**
- Drugs

- **Unit 8 –**
- Diseases and Disorders Medicines and Drugs Communicable Diseases Tobacco Sexually Transmitted Diseases/HIV/AIDS Alcohol Non-communicable Diseases and Disabilities Illegal Drugs Unit Nine – Safety and Environmental Health Safety and Injury Prevention First Aid and Emergencies Community and Environmental Health


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Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
 Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Course Name - Certificate Course Health & Hygiene
Students List: 2020-2021

Sr. No.	Student Name	Gender	Contact No.	Category	Date of Birth
1	AALAT SAGAR SURESH	Ma	917507103669	SC	Jan 20, 2000
2	ANDHALE PARMESHWAR RAOSAHEB	Male	917875094644	NT-3 (NT-D)	Dec 20, 2001
3	ATAR SOHEL YUNNUS	Male	919518731135	Open	Dec 23, 2001
4	BADE VIJAY DADABHAU	Male	919112049973	NT-3 (NT-D)	May 01, 2000
5	BAHIR ARUN AJINATH	Male	918180822978	SEBC	Jul 28, 2002
6	BAHIR RUSHIKESH SHIVAJI	Male	919421751907	SEBC	Dec 07, 2001
7	BAIG ARBAJ SHABBIR	Male	918668621890	Open	Dec 10, 2000
8	BAN ASHWINI NANDU	Female	918767800599	NT-1 (NT-B)	May 10, 2002
9	BANATE NITIN NAMDEV	Male	919552351945	ST	Jun 15, 2002
10	BARAVKAR ANIKET DNYANDEO	Male	919112761818	OBC	Apr 06, 2000
11	BHAIR DATTATRAY GAUTAM	Male	917888161010	SEBC	Jul 18, 1998
12	BHALERAO AMOL KHANDU	Male	917066249363	SC	Jun 04, 1997
13	BHANDARI PRATHAM YOGESH	Male	918805420304	Open	Apr 19, 2002
14	BHARATE SHREYASH KAKASAHEB	Male	919975972034	Open	Feb 21, 2002
15	BHAWAR DNYANESHWAR ANKUSH	Male	919465331256	SEBC	Dec 15, 1986
16	BHOGADE AKASH BANDU	Male	919923392354	SEBC	Feb 01, 2002
17	BHOGADE AKSHATA BALU	Female	917249420741	SEBC	Jul 23, 2000
18	BHOGADE AKSHAY PARAJI	Male	919021642342	SEBC	Dec 05, 2001
19	BHOITE KOMAL MOHAN	Female	917498356443	SEBC	Jul 25, 2002
20	BHORE AMOL DATTATRAY	Male	917977651322	Open	Dec 31, 2000


Principal
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 Ashti, Tal Ashti, Dist Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti
Tal.-Ashti, Dist.-Beed. (MS) -414203
Department of Physical Education
Certificate Course Health & Hygiene
Question Paper

Time: 30 Minutes

Max. Marks: 20

NB

- 1) All questions are compulsory.
- 2) All questions are equal marks.
- 3) Choose the one answer belong the following option.
- 4) All questions are objectives types.

[1] Which is the tank on the back of a toilet?

- A. Soap tank B. Septic tank
C. Flush tank D. None

[2] Which stream animal is an indicator of poor water quality?

- A. a black fly larva B. a caddis fly larva
C. a May fly larva D. a riffle beetle

[3] What is the most common kind of litter, by number, found in waterways?

- A. plastic bags B. plastic bottles
C. aluminium cans D. cigarette butts
E. All of these

[4] How many people in the world do not have access to toilets?

- A. about 10 million B. about 1 million
C. about 100 million D. about 1 billion

[5] What is wastewater?

- A. Water after it's been used in the toilet, tub or sink B. Poo water
C. Both of the above D. None

[6] Wastewater released by houses is called _____

- A. Sewage B. Sludge
C. Both of them D. None

[7] Dried _____ is used as manure.

- A. Sewage
- B. Sludge
- C. Both of them
- D. None

[8] Sewage is mainly generated from which of these?

- A. Houses
- B. Factories
- C. Offices
- D. Hospitals

[9] Effluent is mainly generated from which of these?

- A. Houses
- B. Factories
- C. Offices
- D. Hospitals

[10] Which process is used to remove dirt and sand from wastewater?

- A. Aeration
- B. Chlorination
- C. Sedimentation
- D. Flocculation

[11] Aeration of water during wastewater treatment removes which of these?

- A. Insoluble things
- B. Human waste
- C. Bacteria
- D. Germs

[12] Which process during wastewater treatment helps in killing germs?

- A. Aeration
- B. Chlorination
- C. Sedimentation
- D. Flocculation

[13] Which of these diseases can happen from drinking contaminated water?

- A. Pneumonia
- B. Small pox
- C. Malaria
- D. Cholera

[14] Which organ does Jaundice affect?

- A. Lungs
- B. Heart
- C. Liver
- D. Stomach

[15] Which of the following is not a type of waste water?

- A. Sullage
- B. Sewage
- C. Grey water
- D. Black water

[16] Sanitation is the _____ means of promoting health through prevention of human contact with the hazards of waste.

- A. Hygienic
- B. Proper
- C. Better
- D. Perfect

[17] Which is the cleanest city of India?

- A. Mysore B. Surat
C. Delhi D. Chandigarh

[18] Which is the cleanest village of India?

- A. Mawlynnong B. Punsari
C. Dharnai D. Ballia

[19] Which is the cleanest Country in the world?

- A. Singapore B. Cuba
C. Austria D. France

[20] The main objective of a _____ is to protect and promote human health by providing a clean environment and breaking the cycle of disease.

- A. Drainage System B. Flush System
C. Toilet System D. Sanitary System


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Ashti, Tal Ashti, Dist Beed

. Ashti Taluka Shikshan Prasarak Mandal's

Arts, Commerce & Science College, Ashti

Tal.-Ashti, Dist.-Beed. (MS) -414203

Department of Physical Education

Course Name – Certificate course Health & Hygiene

Result: 2020-2021

Sr. No.	Seat No.	Name of the Student	Obtained Marks
1	PHY01	AALAT SAGAR SURESH	15
2	PHY02	ANDHALE PARMESHWAR RAOSAHEB	12
3	PHY03	ATAR SOHEL YUNNUS	14
4	PHY04	BADE VIJAY DADABHAU	16
5	PHY05	BAHIR ARUN AJINATH	17
6	PHY06	BAHIR RUSHIKESH SHIVAJI	14
7	PHY07	BAIG ARBAJ SHABBIR	11
8	PHY08	BAN ASHWINI NANDU	16
9	PHY09	BANATE NITIN NAMDEV	18
10	PHY010	BARAVKAR ANIKET DNYANDEO	12
11	PHY011	BHAIR DATTATRAY GAUTAM	14
12	PHY012	BHALERAO AMOL KHANDU	18
13	PHY013	BHANDARI PRATHAM YOGESH	17
14	PHY014	BHARATE SHREYASH KAKASAHEB	15
15	PHY015	BHAWAR DNYANESHWAR ANKUSH	16
16	PHY016	BHOGADE AKASH BANDU	18
17	PHY017	BHOGADE AKSHATA BALU	12
18	PHY018	BHOGADE AKSHAY PARAJI	14
19	PHY019	BHOITE KOMAL MOHAN	12
20	PHY020	BHORE AMOL DATTATRAY	16


Principal

Adv. B. D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Answer Key

Question No	Answer
1	C
2	A
3	E
4	D
5	C
6	A
7	B
8	A
9	B
10	C
11	B
12	B
13	D
14	C
15	C
16	A
17	D
18	A
19	A
20	D


Principal
Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal Ashti, Dist Beed

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ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI
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Tal Ashti Dist Beed 414203



CERTIFICATE



This is certify that _____ Student of
Health & Hygiene has participated in Certificate Cours organized by the
Department of Physical Education during academic year -----


Coordinator
Head

Physical Education & Sports
Adv. B.D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Head of the Department


Principal
Adv. B.D. Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

ATSPM's
ARTS, COMMERCE AND SCIENCE COLLEGE ASHTI, DIST. BEED

Analysis Report

Feedback on Certificate Course: 2020-2021

Course Name: Health & Hygiene
Students

Subject: Health & Hygiene.

Number of the students: 03

Sr. No	Index	Strongly agree	Agree	Partially agree	Disagree	Strongly disagree
01	Current syllabus is good for skill development and employability	66.66%	33.33%			
02	It increases social awareness, moral values and ethics		66.66%	33.33%		
03	It inculcates thirst for learning and helps in overall personality development	100%				
04	It fulfills the demands of higher education	33.33%	66.66%			
05	It promotes environmental awareness and cultural harmony	33.33%	33.33%	33.33%		
06	Its objectives are clearly achieved	33.33%	33.33%	33.33%		
07	It has relevance with present social scenario		66.66%	33.33%		
08	It promotes research ability	33.33%	33.33%	33.33%		


Principal

Adv.B.D.Hambarde Mahavidyalaya
Ashti, Tal. Ashti, Dist. Beed

Ashti Taluka Shikshan Prasarak Mandal's
Arts, Commerce & Science College, Ashti Dist. Beed
 Department of Physical Education
 Name of the Teacher: Dr. Wangujre S. A.

Attendance Sheet: 2020-2021
 Course Name - Certificate Course Health & Hygiene

Sr. No.	Name of the Student	Date										Sub. Physical Education					
		17/09	18/09	19/09	20/09	21/09	22/09	23/09	24/09	25/09	26/09	27/09	28/09	29/09	30/09	Date	Date
1	AALAT SAGAR SURESH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	ANDHALE PARMESHWAR RAOSAHEB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	ATAR SOHEL YUNUS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	BADE VIJAY DADABHAU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	BAHIR ARUN AJINATH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	BAHIR RUSHIKESH SHIVAJI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	BAIGARBAJ SHABHIR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	BAN ASHWINI NANDU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	BANATENI HIN NANDEV	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	BARAVKAR ANIKET DNYANDEO	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	BHAIKAR DATATRAY GAUTAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	BHALERAO AMOL KHANDE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	BHANDARI PRATHAM YOGESH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	BHARATE SHREYASH KAKASAHEB	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	BHAWAR DNYANESHWAR ANKUSH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	BHOGADE AKASH BANDU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	BHOGADE AKSHATA BALU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	BHOGADE AKSHAY PARAJI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	BHOITE KOMAL MOHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	BHORE AMOL DATATRAY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Principal
Principal
 Adv.B.D.Hambarde Mahavidyalaya
 Ashti, Tal Ashti, Dist Beed