



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

# BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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## ACTIVITY REPORT

<b>ACADEMIC SESSION</b>	2022-2023
<b>ORGANIZER</b>	Bhiwapur Mahavidyalaya
<b>NAME OF THE ACTIVITY</b>	Certificate Course in Yoga Shiksha
<b>AREAS COVERED</b>	<ul style="list-style-type: none"><li>• Astanga Yoga</li><li>• Yoga Sutra</li><li>• Asanas</li><li>• Yoga Education</li><li>• Well-being</li><li>• Mental Health and Peace</li><li>• Stress Reliving Activity</li></ul>
<b>PROGRAMME SCHEDULE</b>	From 17 <sup>th</sup> August, 2022 to 28 <sup>th</sup> September, 2022.
<b>VENUE</b>	Bhiwapur Mahavidyalaya
<b>MODE OF ACTIVITY</b>	Offline
<b>ORGANIZING COMMITTEE</b>	COMMITTEE FOR RUNNING B. VOC. DEGREE PROGRAMMES (Bachelor of Vocation), COMMUNITY COLLEGES, CAREER ORIENTED PROGRAMMES, ADVANCED DIPLOMA PROGRAMMES AND ONE STUDENT ONE SKILL PROGRAMME (OSOSP)

<b>PROGRAMME COORDINATOR</b>	Asst. Prof. Dr. Anita Mahawadiwar
<b>COMMITTEE MEMBERS</b>	<ol style="list-style-type: none"> <li>1. Asst. Prof. Dr. Raheel Quraishi</li> <li>2. Asst. Prof. Dr. Ashwini Kadu</li> <li>3. Asst. Prof. Amit Thakare</li> <li>4. Asst. Prof. Sachin Kubde</li> <li>5. Asst. Prof. Ravikant Mishra</li> </ol>
<b>KEYNOTE SPEAKER/RESOURCE PERSON</b>	Asst. Prof. Dr. Aditya Kishor Sarwe, Director, Physical Education and Sports, Bhiwapur Mahavidyalaya, Bhiwapur
<b>TARGET GROUP</b>	Entire students of the College
<b>NUMBER OF STUDENTS / BENEFICIARIES</b>	25
<b>SYLLABUS AS PER THE MODULE</b>	<p style="text-align: center;"><b>Certificate Course in Yoga Shiksha</b> <b>Under One Student One Skill Programme (OSOSP)</b> <b>Syllabus of the Certificate Course</b> <b>2022-2023</b></p> <p>UNIT - I : INTRODUCTION</p> <ul style="list-style-type: none"> <li>• Meaning and Definition of Yoga</li> <li>• Aims and Objectives of Yoga</li> <li>• Need and Importance of Yoga</li> </ul> <p>UNIT – II : FOUNDATION OF YOGA</p> <ul style="list-style-type: none"> <li>• The Astang Yoga: Yam, Niyam, Asan, Pranayam, Pratyahar, Dharana, Dhyaan, Samadhi</li> </ul> <p>UNIT - III: ASANNA</p> <ul style="list-style-type: none"> <li>• Effect of Asanas and Pranayama's on Body</li> </ul>

	<ul style="list-style-type: none"> <li>• Classification of Asanas</li> <li>• Influence of Relaxative on Various System of the Body</li> <li>• Types of Bandhas and Mudras</li> </ul> <p>UNIT – IV                      YOGA EDUCATION</p> <ul style="list-style-type: none"> <li>• Difference between Yogic Practices and Physical Exercises</li> <li>• Yoga Education Centre in India</li> <li>• Competitions in Yogasanas.</li> </ul>
<p><b>BRIEF REPORT</b></p>	<p>The Department of Physical Education and Sports, under the banner of ‘COMMITTEE FOR RUNNING B. VOC. DEGREE PROGRAMMES (Bachelor of Vocation), COMMUNITY COLLEGES, CAREER ORIENTED PROGRAMMES,                      ADVANCED                      DIPLOMA PROGRAMMES AND ONE STUDENT ONE SKILL PROGRAMME (OSOSP)’, conducted ‘Certificate Course in Yoga Shiksha’ during the Academic Session 2022-2023. The ‘Certificate Course in Yoga Shiksha’ was conducted in our Institution from 17<sup>th</sup> August, 2022 to 28<sup>th</sup> September, 2022.</p> <p>Dr. Jobi George, the Principal of our College, Associate Prof. Dr. Sunil Shinde, Asst. Prof. Dr. Mangesh Kadu, Asst. Prof. Dr. Vinita Virgandham, IQAC Coordinator, Asst. Prof. Dr. Anita Mahawadiwar, the Coordinator of the ‘One Student One Skill Programme’ and Asst. Prof. Dr. A.K. Sarwe appreciated the students for their active participation in the Course. In all, twenty-six students of our College registered their names and took active participation in the ‘Certificate Course in Yoga Shiksha’</p>

	programme. Upon completion of the Course, Certificates had been issued to all the participants.		
<b>PARTICIPATED STUDENTS</b>	<b>S.N.</b>	<b>NAME OF STUDENTS</b>	<b>CLASS</b>
	01	Mr. Aditya Sorde	B.Sc. III
	02	Miss. Punam Selokar	B.Sc. III
	03	Miss. Prachi Gedam	B.Sc. III
	04	Mr. Lokesh Bhajbhuj	B.Sc. III
	05	Mr. Amit Gupta	B.Sc. III
	06	Miss. Kajal Dongarwar	B.Sc. III
	07	Mr. Ghanshyam Madne	B.Sc. III
	08	Mr. Mahesh Khonde	B.Sc. III
	09	Mr. Gaurav Nandardhane	B.Voc. II
	10	Mr. Himanshu Waghmare	B.Voc. II
	11	Mr. Sagar Rokde	B.Voc. II
	12	Mr. Abhay Kale	B.Voc. III
	13	Mr. Ajit Rohankar	B.Voc. III
	14	Miss. Rina Fulbandhe	B.Voc. III
	15	Mr. Rohan Nagoshe	B.Voc. III
	16	Miss. Ketnya Taskar	B.Com. III
	17	Miss. Manisha Gongal	B.Com. III
	18	Mr. Nilesh Nimje	B.Com. III
	19	Miss. Achal Bhoyar	B.Com. III
	20	Mr. Shubham Mire	B.Com. III
	21	Mr. Ayush Naik	B.Com. III
	22	Miss. Punam Bhoyar	B.Com. III
	23	Miss. Sakshi Devhare	B.Com. II
	24	Mr. Ganesh Bokade	B.Com. II
25	Miss. Laxmi Fofse	B.A. I	

<p><b>PROGRAMME OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>● To motivate our students to participate in the Flagship ‘One Student One Skill Programme’ (OSOSP) of our Institution.</li> <li>● To develop students’ interest in Skill Oriented Programme.</li> <li>● To create talent space among our students.</li> <li>● To give wider exposure to students in exploring their hidden talents.</li> <li>● To ensure the holistic development of our students.</li> <li>● To build confidence among our students.</li> <li>● To develop the overall personality of our students.</li> </ul>
<p><b>PROBLEMS FACED, IF ANY</b></p>	<p><b>Scheduling Conflicts:</b> Students and faculty members had conflicting schedules, which made it challenging for them to attend the course consistently.</p> <p>However, the Committee addressed these challenges through effective planning, communication and flexibility.</p>
<p><b>PROGRAMME OUTCOMES</b></p>	<ul style="list-style-type: none"> <li>● Motivated our students to participate in the Flagship ‘One Student One Skill Programme’ (OSOSP) of our Institution.</li> <li>● Students became competent to face challenges in the future.</li> <li>● Developed students’ interest in the ‘Certificate Course in Yoga Shiksha’.</li> <li>● Built confidence among our students.</li> <li>● Ensured the holistic development of our students.</li> <li>● Students received Certificates of Appreciations.</li> <li>● Developed the overall personality of our students.</li> <li>● Gave wider exposure to students in exploring their hidden talents.</li> </ul>

**PHOTO GALLERY WITH CAPTIONS**

**Snapshots of students participating in the Yoga Training Sessions as part of the ‘Certificate Course in Yoga Shiksha’.**



# SCANNED COPY OF STUDENTS' ATTENDANCE SHEET

**Certificate Course in Yoga Shiksha**  
**Under One Student One Skill Programme**  
**Syllabus of the Certificate Course**  
**2022-23**

SN	Name of Trainee	17/8	18/8	19/8	20/8	22/8	23/8	24/8	25/8	26/8	27/8	28/8	30/8	1/9	2/9	3/9	5/9	6/9	7/9
1	Mr. Aditya Sorde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Miss. Punam Selokar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Miss. Prachi Gedam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Mr. Lokesh Bhajbhujie	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Mr. Amit Gupta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Miss. Kajal Dongarwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Mr. Ghanshyam Madne	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Mr. Mahesh Khonde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Mr. Gaurav Nandardhane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Mr. Himanshu Waghmare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Mr. Sagar Rokde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Mr. Abhay Kale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Mr. Ajit Rohankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Miss. Rina Fulbandhe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Mr. Rohan Nagoshe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Miss. Ketnya Taskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Miss. Manisha Gongal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Mr. Nilesh Nimje	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Miss. Achal Bhoiyar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Mr. Shubham Mire	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Mr. Ayush Naik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Miss. Punam Bhoiyar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Miss. Sakshi Devhare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Mr. Ganesh Bokade	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Miss. Laxmi Fofse	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

**Certificate Course in Yoga Shiksha**  
**Under One Student One Skill Programme**  
**Syllabus of the Certificate Course**  
**2022-23**

SN	Name of Trainee	8/9	9/9	11/9	12/9	13/9	14/9	15/9	16/9	17/9	19/9	20/9	21/9	22/9	23/9	24/9	26/9	27/9	28/9
1	Mr. Aditya Sorde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Miss. Punam Selokar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Miss. Prachi Gedam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Mr. Lokesh Bhajbhujie	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Mr. Amit Gupta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Miss. Kajal Dongarwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Mr. Ghanshyam Madne	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Mr. Mahesh Khonde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Mr. Gaurav Nandardhane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Mr. Himanshu Waghmare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Mr. Sagar Rokde	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Mr. Abhay Kale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Mr. Ajit Rohankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Miss. Rina Fulbandhe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Mr. Rohan Nagoshe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Miss. Ketnya Taskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Miss. Manisha Gongal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Mr. Nilesh Nimje	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Miss. Achal Bhoiyar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Mr. Shubham Mire	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Mr. Ayush Naik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Miss. Punam Bhoiyar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Miss. Sakshi Devhare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Mr. Ganesh Bokade	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Miss. Laxmi Fofse	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Principal  
Bhiwapur Mahavidyalaya