



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

ACADEMIC SESSION	2022-2023
ORGANIZER	Bhiwapur Mahavidyalaya
NAME OF THE ACTIVITY	Certificate Course in Yoga Shiksha
AREAS COVERED	<ul style="list-style-type: none">• Astanga Yoga• Yoga Sutra• Asanas• Yoga Education• Well-being• Mental Health and Peace• Stress Reliving Activity
PROGRAMME SCHEDULE	From 17 th August, 2022 to 28 th September, 2022.
VENUE	Bhiwapur Mahavidyalaya
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	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)

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

	<ul style="list-style-type: none"> • Classification of Asanas • Influence of Relaxative on Various System of the Body • Types of Bandhas and Mudras <p>UNIT – IV YOGA EDUCATION</p> <ul style="list-style-type: none"> • Difference between Yogic Practices and Physical Exercises • Yoga Education Centre in India • Competitions in Yogasanas.
<p>BRIEF REPORT</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 17th August, 2022 to 28th 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.

PARTICIPATED STUDENTS

S.N.	NAME OF STUDENTS	CLASS
01	Mr. Aditya Sorde	B.Sc. III
02	Miss. Punam Selokar	B.Sc. III
03	Miss. Prachi Gedam	B.Sc. III
04	Mr. Lokesh Bhajbhujje	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>PROGRAMME OBJECTIVES</p>	<ul style="list-style-type: none"> • To motivate our students to participate in the Flagship ‘One Student One Skill Programme’ (OSOSP) of our Institution. • To develop students’ interest in Skill Oriented Programme. • To create talent space among our students. • To give wider exposure to students in exploring their hidden talents. • To ensure the holistic development of our students. • To build confidence among our students. • To develop the overall personality of our students.
<p>PROBLEMS FACED, IF ANY</p>	<p>Scheduling Conflicts: 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>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Motivated our students to participate in the Flagship ‘One Student One Skill Programme’ (OSOSP) of our Institution. • Students became competent to face challenges in the future. • Developed students’ interest in the ‘Certificate Course in Yoga Shiksha’. • Built confidence among our students. • Ensured the holistic development of our students. • Students received Certificates of Appreciations. • Developed the overall personality of our students. • Gave wider exposure to students in exploring their hidden talents.

PHOTO GALLERY WITH CAPTIONS

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



