



# Dayanand Science College, Latur.

Department of - Physical Education & Sports

Events organized during the Academic year 2020-21


## "VALUE ADDED COURSE"

1. Name of the Department : Department of Physical Education & Sports
2. Complete name/ title of the Activity : 10 days Value Added Online Yoga Course
3. Dates or Duration (from-----to) : 11 Aug. 2021 to 20 Aug. 2021
4. Venue of the Event : Dayanand Science College, Latur
5. Sponsor/Collaborations (if any) : S R T M University, Nanded
6. Level of the event (encircle) : **College**  
International / National / State / University / (District / College / Department etc.)
7. Purpose / aim / objective and outcome of the event:  
Improving the physical and intellectual health of the college staff as well as giving them scientific information about yoga. Improving the overall health of the college staff based on the type of yogic exercise
8. Beneficiaries / participants (Type/number, etc.):
  - Teaching and non-teaching staff and family members of staff.
  - No of Participant teams: 52
9. Other major staff / student / Institution involved in the organization of the activity:
  - Principal, Directors of Physical Education, Teaching and non-teaching staff
  - 10. Any other information / comment / qualitative remarks:
11. Photographs (with captions) submitted (number) : 09
12. Evidence produced (Certificate, letters, newspaper cuttings etc.)
  - Brochure of the course, News cuttings, photos, list of participants, result of course and certificates.
13. Name and Signature of Coordinator: **Dr Mahesh A. Bembade**  
Director of Physical Education & Sports, Dayanand Science College, Latur



Head of Department,

Director of Phy. Edu. & Sports  
Dayanand Science College, Latur



IQAC-Coordinator  
IQAC - Coordinator  
Dayanand Science College  
Latur, M.S. (INDIA)



Principal  
PRINCIPAL  
Dayanand Science College  
LATUR

## DAYANAND SCIENCE COLLEGE, LATUR

Department of Physical Education and Sports

Ten Days Online Yoga Course

"Yoga at Home and Yoga with Family"

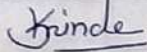
During 11<sup>th</sup> August to 20<sup>th</sup> August 2021

List of participants successfully completed the course

Sr. No.	Full Name of the participant	Category	Username	Mobile No.	Total score
1	Solunke Ravindra vasantrao	Teacher/ Faculty member	rsolunke1972@gmail.com	9518351193	98.00 / 100
2	Nita Hiralal pardeshi	Teacher/ Faculty member	nitapardeshi18@gmail.com	8180864080	98.00 / 100
3	Prof. Sangita Ashok Jaju	Teacher/ Faculty member	jaju.sangita@gmail.com	9423775514	90.00 / 100
4	Pooja A. Sonsale	Teacher/ Faculty member	poojasonsale@dsclatur.org	7387069795	98.00 / 100
5	Dr Lalit Venkatrao Thakre	Teacher/ Faculty member	thakrelalit@yahoo.com	9284112879	75.00 / 100
6	Dr Swarupa balasaheb Jadhav	Teacher/ Faculty member	swarupaspatil.123@gmail.com	8668685577	74.00 / 100
7	Jayant Mahesh Bembade	Family of staff member	jayantbembade0203@gmail.com	8208415001	84.00 / 100
8	Dr. Komal Sudhakar Gomare	Teacher/ Faculty member	komalgomare2007@gmail.com	9284238413	94.00 / 100
9	Nishikant Maroti Sadaphule	Teacher/ Faculty member	nishisadaphule11121984@gmail.com	9096359568	90.00 / 100
10	Dr Mahesh Anantrao Bembade	Teacher/ Faculty member	bmahesh2121@gmail.com	9422471414	86.00 / 100
11	Kanchan Khire	Teacher/ Faculty member	kdeshpande911@gmail.com	9860758777	90.00 / 100
12	Mrs Durga Nandkishore Sharma	Family of staff member	sdurga496@gmail.com	9028838005	82.00 / 100
13	Sarnikar Yuvaraj Prabhakarrrao	Teacher/ Faculty member	sarnikaryp@gmail.com	9423345365	88.00 / 100
14	Ms. Shweta Vijay Madane	Teacher/ Faculty member	shwetamadane476@gmail.com	8983923942	94.00 / 100
15	Asst.Prof. Shailaja Shrinivas Dhutekar	Teacher/ Faculty member	valsangkaraju@gmail.com	9922836877	88.00 / 100
16	Panchal Shivaji Dnyanoba	Non-teaching/ Office staff member	shivajipachal8@gmail.com	9766240126	85.00 / 100
17	Yampure Balaji Harishchandra	Non-teaching/ Office staff member	yampurebalaji@gmail.com	9404270042	72.00 / 100
18	Sushma Sharma	Any Other	242713ss@gmail.com	8308615968	98.00 / 100
19	Vyas Hardik Mahesh	Family of staff member	vyashardik033@gmail.com	8805037141	96.00 / 100
20	Nivedita Mahesh Vyas	Family of staff member	maheshvyas929@gmail.com	9766487000	94.00 / 100
21	Mahesh Bembade	Family of staff member	tejasvi160209@gmail.com	8208415001	84.00 / 100

Sr.No.	Full Name of the participant	Category	Username	Mobile No.	Total score
22	Mr.Nehal Ahemad Khan	Teacher/ Faculty member	khannehal@rediffmail.com	9421500591	82.00 / 100
23	Dr.Gopal Laxmikant Moghe	Teacher/ Faculty member	gopalmoghe90@gmail.com	9822299013	88.00 / 100
24	Pandit Megha Marotirao	Teacher/ Faculty member	megha.pandit2014@gmail.com	9730738877	90.00 / 100
25	Shraddha kallas Dayma	Any Other	sdayma3011@gmail.com	7558454436	82.00 / 100
26	Govind Biharilal Asopa	Any Other	asopagovind.14@gmail.com	7774856221	96.00 / 100
27	Dr.Gajanan Hariram Bane	Teacher/ Faculty member	banegajanan@gmail.com	9763747193	86.00 / 100
28	Patil Shital D.	Teacher/ Faculty member	sdpatil145@rediffmail.com	9552723278	88.00 / 100
29	Dr.Shetkar Ramshetti Rajendra	Teacher/ Faculty member	ramshetkar011@gmail.com	9922191805	82.00 / 100
30	Mahesh Dnyanoba Akangire	Non-teaching/ Office staff member	mahireddy.s69@gmail.com	9960090193	66.00 / 100
31	Niddhi kailash Dayma	Any Other	asopag4@gmail.com	8379961868	79.00 / 100
32	Goraj Brijmohan Dayma	Family of staff member	gorajdayma@gmail.com	9860594966	96.00 / 100
33	Revati Vijay Mali	Family of staff member	malireva365@gmail.com	7447797930	94.00 / 100
34	Dr.Rohini Bhujangrao Shinde	Teacher/ Faculty member	rvmali007@gmail.com	9822797930	94.00 / 100
35	Vedshri Vijay Mali	Family of staff member	vijay.latur@gmail.com	9371797930	94.00 / 100
36	Dr. Mahesh Karale	Teacher/ Faculty member	karale.mahesh@gmail.com	9579702954	88.00 / 100
37	Panchal Rajesaheb Vishnu	Non-teaching/ Office staff member	rajupanchaldscl@gmail.com	9960549608	72.00 / 100
38	Dr. Aditya Chandrakant Mane	Teacher/ Faculty member	adityamane1133@gmail.com	9975821133	80.00 / 100
39	Ojas Brijmohan Dayma	Family of staff member	ojasbdayma@gmail.com	9860594966	98.00 / 100
40	Minanath Gomchale	Teacher/ Faculty member	minanath.gomchale@gmail.com	9422113944	53.00 / 100
41	Dr Manoj Narendra Reddy	Teacher/ Faculty member	basketballmnr@gmail.com	9850031155	86.00 / 100
42	Mr.Ganesh Prakash Mangire	Teacher/ Faculty member	mangireganesh@gmail.com	9405678272	83.00 / 100
43	Dr.Bhaskarreddy Satyanarayanreddy Nalla	Teacher/ Faculty member	nbreddy1@gmail.com	9075748308	81.00 / 100
44	Deshpande Vivekanand Rajabhau	Non-teaching/ Office staff member	vrdeshpande999@gmail.com	9881297382	50.00 / 100
45	Dr. Balasaheb Tukaram Chavan	Teacher/ Faculty member	chavan.balaji@gmail.com	9923715080	78.00 / 100
46	Dr. Rahul Ashokrao More	Teacher/ Faculty member	rahulakmore@gmail.com	7620966090	85.00 / 100
47	Dr.Abhijit More	Teacher/ Faculty member	abhijitsports@gmail.com	9422186517	75.00 / 100
48	Sujata vijay kale	Teacher/ Faculty member	sujata1010@gmail.com	7507512164	75.00 / 100
49	Miss. Nikita R Shinde	Teacher/ Faculty member	nikitarshinde55@gmail.com	9665856242	75.00 / 100

Sr.No.	Full Name of the participant	Category	Username	Mobile No.	Total score
50	Priyanka Ramrao Hipparkar	Non-teaching/ Office staff member	phipparkar275@gmail.com	749806061	68.00 / 100
51	Kanchan Vasanttrao Kadam	Teacher/ Faculty member	kanchanvkadam@gmail.com	7387959300	70.00 / 100
52	Mr. Sugare Mangesh Baburao	Teacher/ Faculty member	mangesh.sugare@gmail.com	9890493539	71.00 / 100



**Dr. Rohini Shinde**  
(Technical coordinator)



**Dr. Mahesh Bembde**  
(Academic coordinator)

**Dr. Jayprakash S. Dargad,**  
(Principal)

**Director of Phy. Edu. & Sports**  
Dayanand Science College, Latur



Dayanand Education Society's

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Department of Physical Education and Sports

Ten Days Online Yoga Course

### "Yoga at Home and Yoga with Family"

11<sup>th</sup> August to 20<sup>th</sup> August 2021

• Resource Persons •

**Dr. Brijmohan Dayma & Dr. Sarika Dayma**

(Certified Yoga Teachers, Patanjali Yogpeeth Haridwar, Latur Committee)



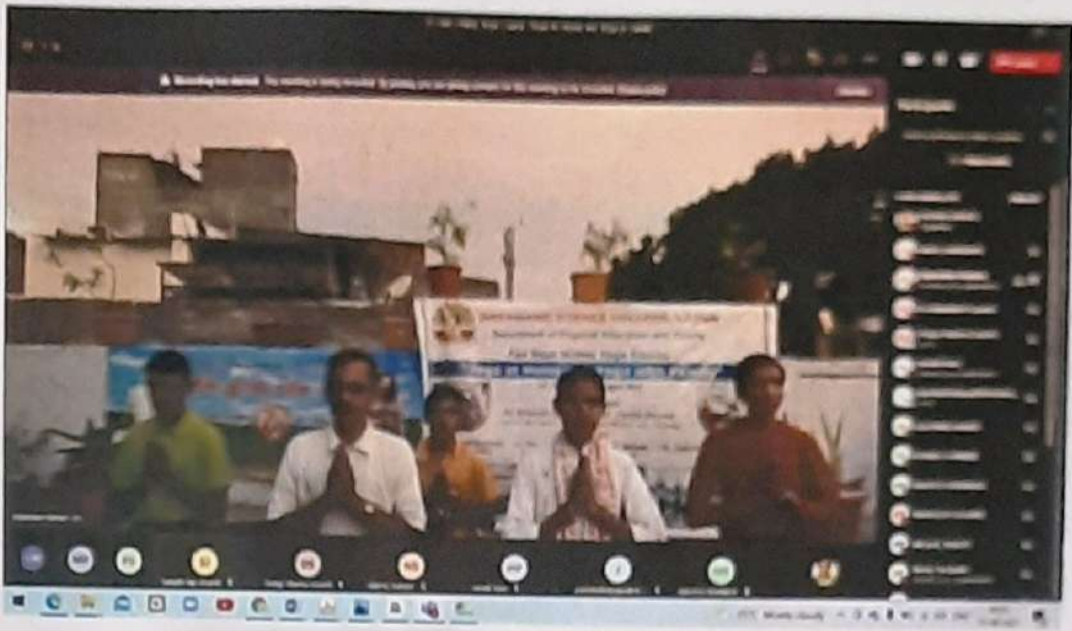
• Organisers •

**Dr. Mahesh Bembde**  
Academic coordinator

**Dr. Rohini Shinde**  
Technical coordinator

**Dr. S. S. Bellale**  
Vice-Principal

**Dr. Jayprakash S. Dargad**  
Principal







## मराठवाडा नेता

# दयानंद विज्ञानमध्ये योग प्राशिक्षण अभ्यासक्रम

लातूर, दि. ११ :....  
दयानंद विज्ञान महाविद्यालयाच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने दिनांक ११ ऑगस्ट २०२१ ते २० ऑगस्ट २०२१ या कालावधीमध्ये योगा टू होम अँड योगा विथ फॅमिली, या योग प्रशिक्षण अभ्यासक्रमाचे महाविद्यालयातील सर्व शिक्षक व शिक्षकेत्तर कर्मचाऱ्यांसाठी आयोजन करण्यात आले आहे. या अभ्यासक्रमाद्वारे प्रशिक्षणार्थींना शारीरिक योगा, व्यायामाचे प्रकार, तसेच योगावद्दलची सखोल माहिती १० दिवसात दिली जाणार आहे. या कोर्सकारिता तज्ज्ञ म्हणून डॉ.

त्रिजमोहन दायमा तसेच डॉ. सारिका दायमा ह्या तज्ज्ञ योग शिक्षकांचे मार्गदर्शन लाभत आहे.

या योग अभ्यासक्रमाची सुरुवात ऑनलाईन पद्धतीने करण्यात आली. यावेळी उद्घाटनपर मार्गदर्शनमध्ये सध्याच्या धावपळीच्या आयुष्यामध्ये व सध्याच्या जागतिक महामारीच्या काळात योगाचे महत्त्व प्रशिक्षणार्थींना पटवून दिले. योग ही एक निरंतर क्रिया आहे, यामध्ये सातत्य असले पाहिजे असे महाविद्यालयाचे प्राचार्य डॉ. जयप्रकाश दरगड उद्घाटन कार्यक्रमाप्रसंगी नमूद केले. महाविद्यालयीन कामकाज

करत असताना शिक्षक व शिक्षकेत्तर कर्मचाऱ्यांसाठी नेहमीच नावीन्यपूर्ण उपक्रम दयानंद विज्ञान महाविद्यालयामध्ये घेण्यात येत असतात. याशिवाय प्रा. मेघा पंडित यांनी योगा करणे हीच उत्तम आरोग्याची गुरुकिल्ली आहे हे आपल्या मनोगतातून व्यक्त केले. या योग अभ्यासक्रम घेण्याकरिता तांत्रिक समन्वयक म्हणून डॉ. रोहिणी शिंदे तसेच कोर्स समन्वयक म्हणून डॉ. महेश वेंबडे हे काम पाहत आहेत. या उपक्रमाच्या यशस्वितेसाठी उपप्राचार्य डॉ. सिद्धेश्वर बेल्हाळे, डॉ. कांचन कदम हे परिश्रम घेत आहेत.





## योगा विथ फॅमिली कोर्सची सांगता शारीरिक, मानसिक आरोग्यासाठी योगा आवश्यक

लातूर : प्रतिनिधी

आज जागतिकीकरणाच्या युगात माणसाचे जीवन अत्यंत घकाघकीचे झाले आहे. या घकाघकीच्या युगात बहुतांशपणे माणसाचे शारीरिक व मानसिक स्वास्थ्य विघडत असल्यामुळे अनेकांना अनेक आजार, व्याधी



जडत आहेत. त्यामुळेच प्रत्येक माणसाने शारीरिक व मानसिक आरोग्य सुदृढ करण्यासाठी योगा करण्याची नितांत आवश्यकता असल्याचे प्रतिपादन दयानंद वाणिज्य महाविद्यालयातील



व पतंजली योगपीठ हरिद्वार कमिटीचे योगा शिक्षक डॉ. ब्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी प्रात्यक्षिकासह केले.

दयानंद विज्ञान महाविद्यालयाच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने दि. ११ ते २० ऑगस्ट या कालावधीमध्ये 'योगा अँट होम अँड योगा विथ फॅमिली' या योग प्रशिक्षण अभ्यासक्रमाचे महाविद्यालयातील सर्व शिक्षक व शिक्षकेतर कर्मचाऱ्यांसाठी आयोजन करण्यात आलेल्या दहा दिवसीय योगा कोर्सची सांगता झाली. त्यावेळी ते बोलत होते. महाविद्यालयाचे प्राचार्य डॉ. जयप्रकाश दरगड कार्यक्रमाच्या अध्यक्षस्थानी होते.

योगा हीच उत्तम आरोग्याची खरी गुरुकिद्धी आहे. चांगले आरोग्य हीच आपली संपत्ती आहे. आपण आणि आपल्या कुटुंबातील सर्व सदस्यांनी नित्यनियमाने सकाळ-संध्याकाळ योगा करण्याची सवय लावून घेतली पाहिजे. योगासने, प्राणायाम, ध्यानधारणा केल्याने ताणतणाव नष्ट होतात. मन व शरीर प्रसन्न राहते. आपले आयुर्मानही वाढते. म्हणूनच तुमची जीवनशैली उत्कृष्ट ठेवायची असेल तर आपल्या आयुष्यात योगा केलाच पाहिजे, असे डॉ. दायमा यांनी सांगितले.

शरीर, मन आणि उत्तम आरोग्य राखण्यासाठी योगा करणे ही आधुनिक काळाची गरज आहे. योगा केल्याने अनेक आजारांवर मात करता येते. आरोग्य व जीवनशैली उत्तम राहते. म्हणूनच या योगा कोर्सच्या माध्यमातून योगा करण्याच्या सवयी सर्व प्राध्यापक, शिक्षकेतर कर्मचारी आणि त्यांच्या कुटुंबीयांना लागतील. हा कोर्स निश्चितच समाज उपयोगी आहे. यातून योगाचे ज्ञान सर्वांना निश्चितच मिळालेले आहे.

Department of Physical Education and Sports  
**DAYANAND SCIENCE COLLEGE, LATUR**  
(Established in 1977, Awarded by State Government in 2007)  
 Department of Physical Education and Sports  
 10 Days Value Added Online Yoga Course  
**Yoga at Home and Yoga With Family**

## Certificate

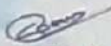
This is to certify that,  
 Prof./Dr./Mr./Mrs. Sofunke Ravindra Vasantryo  
 from Teaching / Non Teaching Staff / Family Member has  
 successfully completed the 10 Days Value Added Online Yoga Course,  
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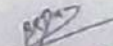
**Total study hours-30**


**Module 1 (Theory)** - e-material for reading; self-study provided in whatsapp group (10 hours)


**Module 2 (Practical)** - Daily 6.00 am to 7.30 am (15 hours)

**Module 3 (Assignments)** - Details shared in daily online sessions (05 hours)

  
**Dr. Sarika Dayma**  
Resource Person



  
**Dr. Brijmohan Dayma**  
Resource Person

  
**Dr. Mahesh Bembade**  
HoD, Phy Edu. & SPORTS

  
**Dr. J. S. Dargad**  
Principal

Serial Number :

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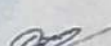
This is to certify that,  
 Prof./Dr./Mr./Mrs. Nita Hiralal Pardeshi  
 from Teaching / Non Teaching Staff / Family Member has  
 successfully completed the 10 Days Value Added Online Yoga Course,  
 "Yoga at Home and Yoga with Family"  
 during 11th August to 20th August 2021.

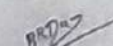
**Total study hours-30**

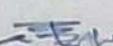
**Module 1 (Theory)** - e-material for reading; self-study provided in whatsapp group (10 hours)

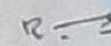
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**Dr. Sarika Dayma**  
Resource Person

  
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Resource Person

  
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HoD, Phy Edu. & SPORTS

  
**Dr. J. S. Dargad**  
Principal

Serial Number :

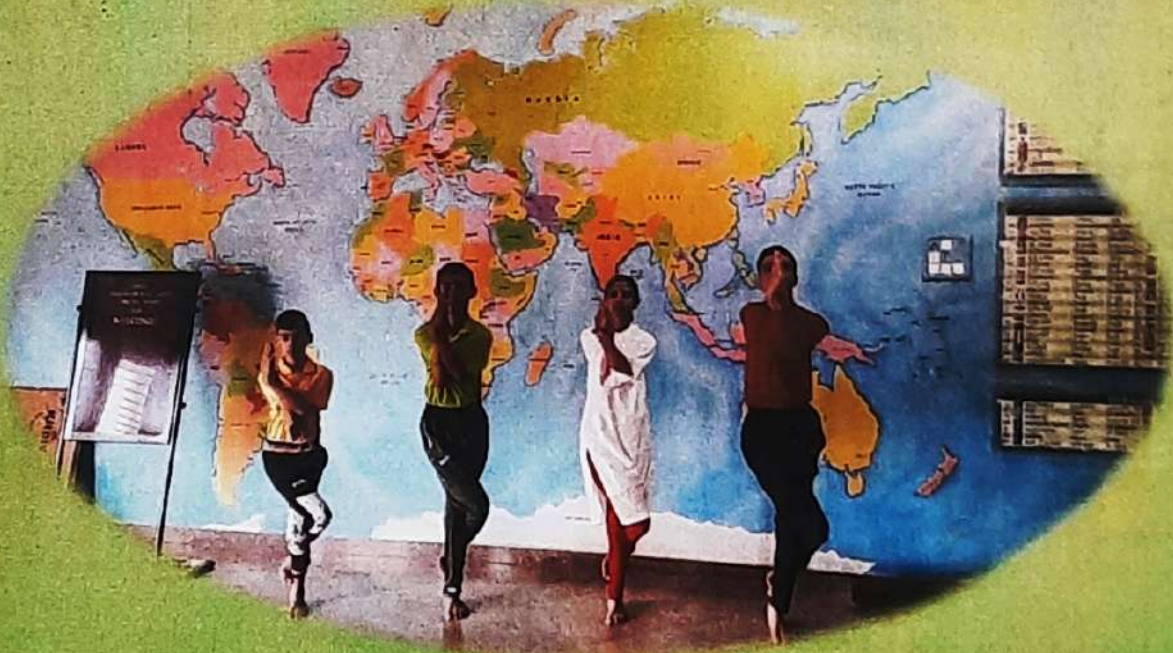


Dayanand Education Society's  
**DAYANAND SCIENCE COLLEGE, LATUR**

Name of the Programme: **Yoga at Home and Yoga with Family**  
Programme Code: **Yoga (Family module)**  
Curriculum of the Programme w.e.f. **2020-21**



**"Let all the noble, divine thoughts come to us from all directions of the universe."**



## Background of the course:

अ नो भद्राः क्रतावो यन्तु विश्वतः ... . . . . . ||

[Aa No Bhadraha Krataavo Yantu Vishvata]

- The vision of our institution has been taken from the Rigveda, Indian Ancient Vedic Literature. The meaning in brief is, "Let all the noble, divine thoughts come to us from all directions of the universe."
- Today it is very significant to be thirsty of infinite knowledge and aspire to gain noble and divine thoughts, wherever may be originated, from all over the world. Our teacher's and student's knowledge horizon will be expanded without any narrow compartmentation limits. Definitely it can be accomplished by such divine vision.
- The theme of International Day of Yoga (IDY- 2020) was 'Ghar Ghar me Yog' which signifies the importance of staying at home and practice Yoga with family while observing social distancing. Staying at home would keep you away from contagious Corona virus and Yoga would help keep you and your family in good health.

## Objectives of the course:

- To keep staff members and their families physically and mentally healthy while doing Yoga at home on account of COVID-19
- To create awareness about physical, mental health and practice daily yogic exercises

## Participants-

Minimum 20 and maximum 100 per batch

## Mode of delivery-

Daily Live online web sessions through Zoom/MS team video conferencing, Q&A the end of each session, Daily Assignments, e-material for reading/self study

## Total study hours-30;

Theory- 10 hours, Practical-15 hours, Assignments-05 hours

**Frequency-** Course and exam Conducted once in a year

**Target group-** Teaching, Non-teaching/Office staff and their family members

**Language of instruction-** Hindi and English

**Resource Persons:** Dr.Brijmohan Dayma and Dr.Sarika Dayma, Certified Yoga Teachers from Patanjali Yogpeeth Haridwar

**Yoga Demonstrators:** Hardik Vyas, Goraj Dayma and Ojas Dayma

## Programme Organisers and Coordinators:

**Organisers-** Dr.Jaiprakash S. Dargad, (Principal) and Dr.S.S.Bellale (Vice-Principal), Dayanand Science College, Latur

**Academic coordinator-** Dr.Mahesh Anantrao Bembde, Director, Department of Physical Education and Sports, Dayanand Science College, Latur

**Technical coordinator-** Dr.Rohini Bhujangrao Shinde, Head, Department of Computer Science, Dayanand Science College, Latur

## Contents of the course:

- 1. Introduction to yoga and basic terminology-** Meaning and definitions of Yoga, Selected Shlokas of 'Yog Darshan' and 'Shrimadbhagwadgeta', Ashtanga Yoga, Major benefits, International Yoga Day
- 2. Yogic practice-** Common Yoga Protocol of Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), GoI- Prayer, Standing and seating loosening practices, Yogasans- Standing and sitting postures, Pranayama-the breathing exercises, Dhyāna- meditation etc.
- 3. Surya Namaskar (Sun Salutation)-** Benefits, Surya Namaskar mantra lyrics, Surya Namaskar 12 steps, Dos and don'ts, Limitations/preventions
- 4. Daily practice schedule-** Prayer, Loosening practices, Suryanamaskar (12 steps), Yogic Jogging (12 steps), Asans (12 types), Pranayams (8 types), Meditation, Concluding remarks
- 5. Assignments-** The evaluation of participants will be done on the basis of Daily online attendance, active participation, Oral and written Feedbacks, Images/ videos of yogic practice etc.



3 | Yoga at Home and Yoga with Family

## Resource Persons for the course:

### Brief Profile of Dr. Dayma Brijmohan Ramprasad

**Educational Qualification:** M.Com, SET, NET, GDC&A, Ph.D.

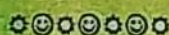
**Designation and experience:**

- ❖ IQAC Coordinator, Associate Professor & Head, Dept of Business Eco, Dayanand College of Commerce, Latur- Teaching experience since 16<sup>th</sup> June 2000- Total 21 years experience
- ❖ Recognised 'Yog Teacher' of Patanjali Yog Peeth, Haridwar (Uttaranchal) since 21<sup>st</sup> September 2006
- ❖ Resource Person of Securities and Exchange Board of India (SEBI) since August 2011
- ❖ National Institute of Securities Market (NISM) Academic Counselor since Feb.2017
- ❖ Active SPOC of SWAYAM-NPTEL Local Chapter funded by MHRD, GoI (Id 1402) since Nov.2017



### **Yoga Training Programmes**

- ❖ National Yog Training Programme (12.09.2006 to 20.09.2006) and Recognised 'Yoga Teacher' of Patanjali Yog Peeth, Haridwar (Uttaranchal),
- ❖ Assistant Yog Teacher Training Camp of 25 days by Latur branch of Bharat Swabhiman, Patanjali yogpeeth, Haridwar (21<sup>st</sup> February to 17<sup>th</sup> March 2019),
- ❖ National Yog Teacher Training Camp by Bharat Swabhiman, Patanjali yogpeeth, Haridwar (23 to 27<sup>th</sup> August 2019),
- ❖ Trained and Certified Yoga Instructor of NSQF Level-4 under Skill India by Beauty and Wellness Sector Skill Council of NSDC, PMKVY, GoI since 12<sup>th</sup> February 2019
- ❖ Trained and Certified Yoga Protocol Instructor By Yoga Certification Board, established by Ministry of AYUSH, Government of India since 2020
- ❖ Certificate of Appreciation from Yoga Certification Board, established by Ministry of AYUSH, Government of India for conducting online Yoga classes on Common Yoga Protocol with the theme 'Yoga at Home' and 'Yoga with family' on 6<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2020
- ❖ Online CYP (Common Yoga Protocol) Appreciation course by Kaivalyadham, Lonavala and B.K.Birla College of Arts, Science and Commerce, Kalyan during 10<sup>th</sup> to 23<sup>rd</sup> August 2020



## Brief Profile of Dr. Dayma Sarika Brijmohan



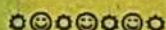
**Educational Qualification-** M.Com, M.Phil., Ph.D.

### Designation-

- ◆ Assistant Professor, Dayanand College of Commerce, Latur since 5<sup>th</sup> December 2005- Total 15 years experience
- ◆ Recognised 'Yog Teacher' of Patanjali Yog Peeth, Haridwar (Uttaranchal) since 27<sup>th</sup> August 2019
- ◆ Resource Person of SEBI (Securities & Exchange Board of India) Mumbai since August 2011
- ◆ NISM Academic Counsellor since Feb.2017
- ◆ CMA Foundation Course Coordinator since July 2018

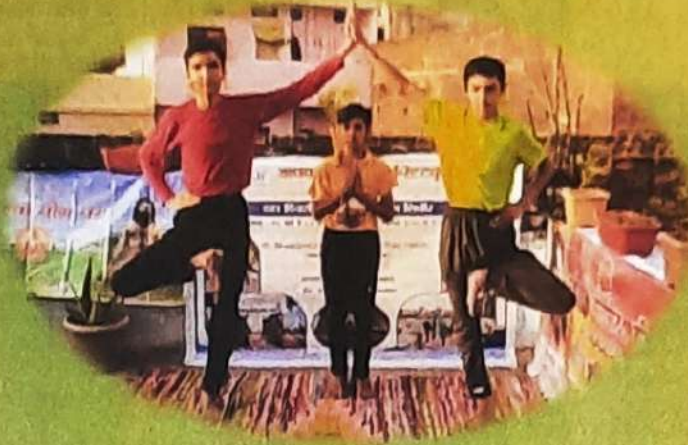
### Yoga Training Programmes

- ◆ Assistant Yog Teacher Training Camp of 25 days by Latur branch of Bharat Swabhimani, Patanjali yogpeeth, Haridwar (21<sup>st</sup> February to 17<sup>th</sup> March 2019),
- ◆ National Yog Teacher Training Camp by Bharat Swabhimani, Patanjali yogpeeth, Haridwar (23 to 27<sup>th</sup> August 2019);
- ◆ Trained and Certified Yoga Instructor of NSQF Level-4 under Skill India by Beauty and Wellness Sector Skill Council of NSDC, PMKVY, GOI since 12<sup>th</sup> February 2019
- ◆ Trained and Certified Yoga Protocol Instructor By Yoga Certification Board, established by Ministry of AYUSH, Government of India since 2020
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- ◆ Online CYP (Common Yoga Protocol) Appreciation course by Kaivalyadham, Lonavala and B.K.Birla College of Arts, Science and Commerce, Kalyan during 10th to 23rd August 2020





Yoga Demonstrators for the course



Hardik Vyas,  
Goraj Dayma and Ojas Dayma

