



**Dayanand Science College, Latur.**  
**Department of - Physical Education & Sports**  
**Events organized during the Academic year 2020-21**

**Value Added Online Yoga 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) : 01 September 2021 to 10 September 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 students as well as giving them scientific information about yoga. Improving the overall health of the college students based on the type of yogic exercise

8. Beneficiaries / participants (Type/number, etc.):

➤ Boys and girls Students of Dayanand Science College, Latur

- No of Participant teams: 69

9. Other major staff / student / Institution involved in the organization of the activity:

➤ Principal, Directors of Physical Education and Teaching staff

➤ 10. Any other information / comment / qualitative remarks:

11. Photographs (with captions) submitted (number) : 10

12. Evidence produced (Certificate, letters, newspaper cuttings etc.)

➤ Brochure of the course, News cuttings, photos, list of participants 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 Connect With Youth"**

During 1st September to 10th September 2021

List of participants successfully completed the course

Sr.No.	Full Name of the participant	Class of the participant	Username	Total score
1	Shaikh Sakib Ismail	B.Sc.	sakibshk238@gmail.com	80
2	Galande kshitija Ramraja	B.Sc.	galandekshitija2@gmail.com	47
3	Gadiwan Sana Shafi	B.Sc.	sanagadiwan16@gmail.com	61
4	Aditi shinde	B.Sc.	aditishinde2407@gmail.com	69
5	Reshma vikram Gore	B.Sc.	ratio1426@gmail.com	73
6	Vishal Tanaji Natu	B.Sc.	vishalnatu022@gmail.com	73
7	Rutuja Bhausaheb Deshmukh	B.Sc.	rdeshmukh770945@gmail.com	57
8	Aarti shivaji Chavan	B.Sc.	aartichavan0903@gmail.com	88
9	Kaldate Rutuja Sunil	B.Sc.	kaldaterutu@gmail.com	78
10	Vyas vaishnavi sanjay	B.Sc.	vyasvaishnavi123@gmail.com	69
11	Swarup Shivraj Gavkare	M.Sc. Biotechnology	swarup.gavkare@gmail.com	98
12	Snehal Subhash Patil	M.Sc. Biotechnology	snehalpatil2162@gmail.com	83
13	Bhosale snehal shesherao	B.Sc.	snehalb935@gmail.com	42
14	Wangasakar Nishigandha shriman	M.Sc. Biotechnology	wangaskarns1999@gmail.com	68
15	Pooja Sanjit Jadhav	B.Sc.	poojasanjitjadhav26@gmail.com	92
16	AKASH VIJAYKUMAR GHULE	B.Sc.	akashghule225@gmail.com	58
17	Rutuja Mahadev Madake	B.Sc.	rutujamadke2002@gmail.com	82
18	JADHAV SUREKHA NARAYAN	B.Sc.	sar061212@gmail.com	74
19	Gore Amruta Rajesh	B.Sc.	amrutagore7361@gmail.com	88
20	Imde Digambar panditrao	B.Sc.	digambarimde@gmail.com	60
21	Rani Rajkumar Surwase	B.Sc.	ranirajkumarsurwase@gmail.com	66
22	Vyas Hardik Mahesh	Any other	vyashardik033@gmail.com	100

23	Kamble smitanjali narayan	B.Sc.	ksmita617@gmail.com	74
24	Shweta Kamalakar Patil Jaiphalkar	B.Sc.	sp9561950259@gmail.com	86
25	Pratiksha Dhananjay kulkarni	M.Sc. Biotechnology	pratikshakulkarni246@gmail.com	52
26	Bhosale Mahesh Suresh	B.Sc.	maheshbhosale5531@gmail.com	92
27	Aniket Laxman Garad	B.Sc.	aniketpatil20680@gmail.com	76
28	Jadhav Mayuri Santaram	M.Sc. Biotechnology	mayurijadhav3933@gmail.com	98
29	Shinde harshada bibishan	B.Sc.	harshadashinde577@gmail.com	43
30	Rutuja Sonerao Deshmukh	B.Sc.	deshmukhrutuja174@gmail.com	100
31	Shivkanya Hanmant Gaikwad	B.Sc.	shivkanyahgaikwad@gmail.com	70
32	Biradar mamta bhagavat	B.Sc.(Computer Science)	biradarmamta85@gmail.com	77
33	Muskawad Vaishnavi Santosh	M.Sc. Computer Science	vaishnavimuskawad930@gmail.com	47
34	Suryawanshi Aatmaja Sheshrao	B.Sc.	suryawanshiaatmaja@gmail.com	38
35	Jadhav Nagesh Hari	M.Sc. Biotechnology	nageshharijadhav2018@gmail.com	92
36	Khodse Rutuja Nilkanth	B.Sc.	rutujakhodse@gmail.com	73
37	Jadhav Monali Ravsaheb	M.Sc. Biotechnology	monalirjadhav611@gmail.com	88
38	Ojas Brijmohan Dayma	Any other	ojasbdayma@gmail.com	100
39	Lakade mahananda shrimant	B.Sc.	lakadenadini@gmail.com	51
40	Ambekar Shubham Sanjay	M.Sc. Biotechnology	shubhampatilambekar@gmail.com	76
41	Waghmare Rutuja Gundu	B.Sc.	rutujaw56@gmail.com	84
42	Garad Vaishnavi Chandrakant	B.Sc.	garadvaishnavi2@gmail.com	86
43	Suryawanshi Akanksha Suryakant	B.Sc.	suryawanshiakankasha@gmail.com	75
44	Pawar Sneha Rajesaheb	M.Sc. Biotechnology	pawarsneha348@gmail.com	42
45	Nivedita Mahesh Vyas	Any other	maheshvyas929@gmail.com	98
46	Goraj Brijmohan Dayma	Any other	gorajdayma@gmail.com	100
47	Ankita Dattatray Dalvi	M.Sc. Biotechnology	ankitadalvi257@gmail.com	58
48	Sude Nikita Vyankat	B.Sc.	sudenikita52@gmail.com	78
49	Santoshi sunil Hasale	B.Sc.	santoshihasale@gmail.com	48
50	Choudhari swaranjali vitthal	M.Sc. Biotechnology	swaranjalichoudhari04@gmail.com	96
51	Kadam Anjali Gunvant	B.Sc.	kadamanjali2906@gmail.com	74
52	Ingle navanath babasaheb	B.Sc.	inglenavanath9890@gmail.com	46

53	Mugale Pawan Balaji	B.Sc.(Computer Science)	pavanmugale284@gmail.com	42
54	SHEVRE SAINATH PARMESHWAR	B.Sc.	shevresainath@gmail.com	74
55	Suhasini Hanmant Gaikwad	B.Sc.	suhasinihgaikwad@gmail.com	70
56	Motegaonkar Pooja bharat	B.Sc.	motegaonkarpooja@gmail.com	63
57	Chetke virbhadr Rameshwar	B.Sc.	chetkevuru9199@gmail.com	72
58	Sharada maharudra gutte	B.Sc.	guttesharda444@gmail.com	84
59	Sabale Priti Shivaji	M.Sc. Biotechnology	pritisabale95@gmail.com	58
60	Kamble vaishnavi bhujang	B.Sc.	kamblevaishvi902@gmail.com	50
61	Adsul Nisha Machindra	B.Sc.	pratikadsul85@gmail.com	68
62	Shaikh saima ishaque	B.Sc.	shaikhsaima9021@gmail.com	78
63	Shaikh Alisha Hanif	M.Sc. Biotechnology	alishashaikh2398@gmail.com	44
64	Dhekane vaishnavi umashankar	B.Sc.	vaishnavidhekane951@gmail.com	83
65	Bhorkar Sakshi Anil	B.Sc.	sakshibhorkar12@gmail.com	48
66	Abhishek Mude	B.Sc.	mudeabhishek@gmail.com	68
67	Yarkalwad Vijay Ramdas	B.Sc.	vijayyarkalwad7020@gmail.com	52
68	Shaikh Salim mahebab	B.Sc.	salimmshaikh0786@gmail.com	90
69	Sabale Sumit Madhav	B.Sc.	sumitsabale2000@gmail.com	90

*Shinde*

Dr.Rohini Shinde  
(Technical coordinator)

*Bembde*

Dr.Mahesh Bembde  
(Academic coordinator)

*Jayprakash*

Dr.Jayprakash S. Dargad  
(Principal)

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

Principal  
Dayanand Science College  
LATUR.

# DAYANAND SCIENCE COLLEGE, LATUR

Department of Physical Education and Sports  
**Ten Days Value added Online Yoga Course**  
**"Yoga Connect with Youth"**  
 During 1 September to 10 September 2021

Dayanand Education Society's  
**DAYANAND SCIENCE COLLEGE, LATUR**  
 Department of Physical Education and Sports

Value Added Course  
**YOGA**  
 Connect with  
**YOUTH**  
 1<sup>st</sup> September to 10<sup>th</sup> September 2021

लातूर  
**भूकंप**

## दयानंद विज्ञान महाविद्यालयात विद्यार्थ्यांसाठी आयोजित केलेल्या दहा दिवसीय योगा कोर्सचे उद्घाटन

लातूर : दयानंद विज्ञान महाविद्यालयच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने दिनांक १ ते १० सप्टेंबर २०२१ या काळात योजविलेले दहा दिवसीय योगा कोर्सचे उद्घाटन वित्त कुप या विद्यार्थ्यांसाठी आयोजित करण्यात आलेल्या दहा दिवसीय ऑनलाइन योगा कोर्सचे उद्घाटन याने दयानंद विज्ञान महाविद्यालयाचे प्राचार्य डॉ. उदयकांत तुण्डप, उपप्राचार्य डॉ. विठ्ठलराव बेडगे, दयानंद शैक्षणिक महाविद्यालयतील व लातूरचे संपन्न शोधन केंद्राचे योगा शिक्षक डॉ. विठ्ठलराव तुण्डप, डॉ. शारदा तुण्डप, शारीरिक शिक्षण व क्रीडा विभाग प्रमुख व कोर्स सल्लागार डॉ. योगेश बेकर, शारीरिक सल्लागार डॉ. शिवाजी शिंदे यांची प्रमुख उपस्थिती होती. योगाच्या फायदांविषयी संक्षेप विचार आणणे ही आधुनिक काळाची गरज आहे, यामुळे युवा पिढीमध्ये स्वस्थेकाय, शारीरिक व मानसिक विकास होईल या कोर्सचा प्रयत्न विविध भाषात होईल, हा या कोर्सचा उद्देश आहे. यानेही योजविलेले विद्यार्थी उपस्थित होते.

शुक्रवार ३ सप्टेंबर २०२१

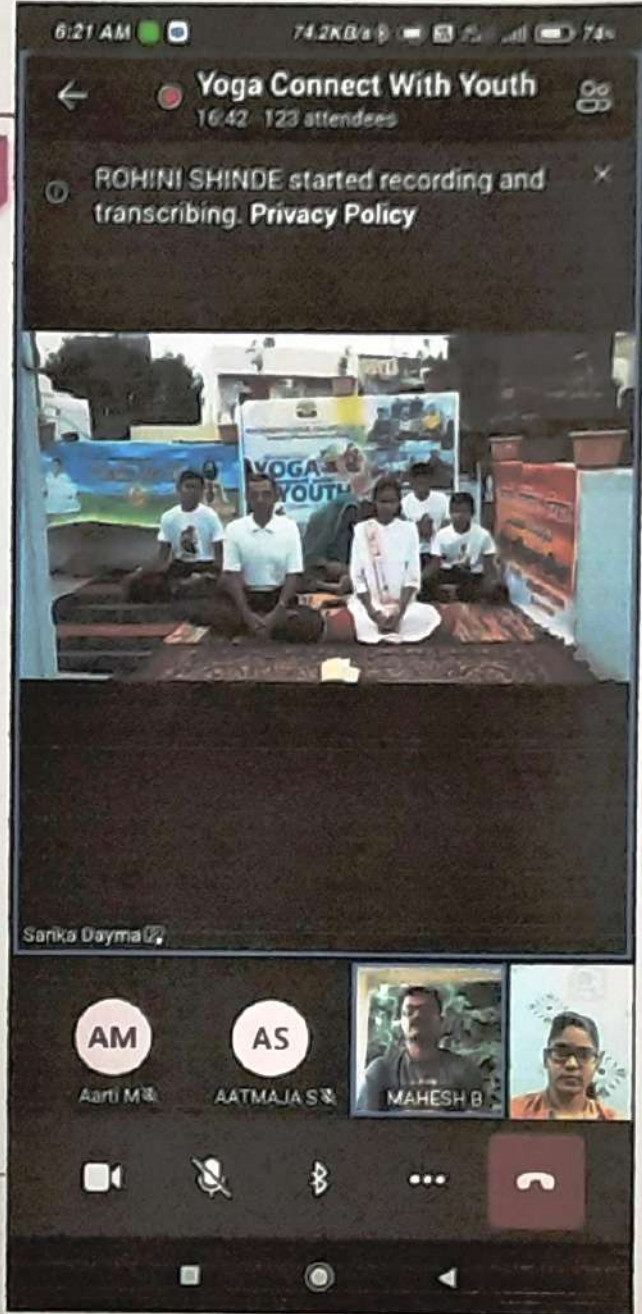
### 'दयानंद विज्ञान' मध्ये योगा प्रशिक्षण

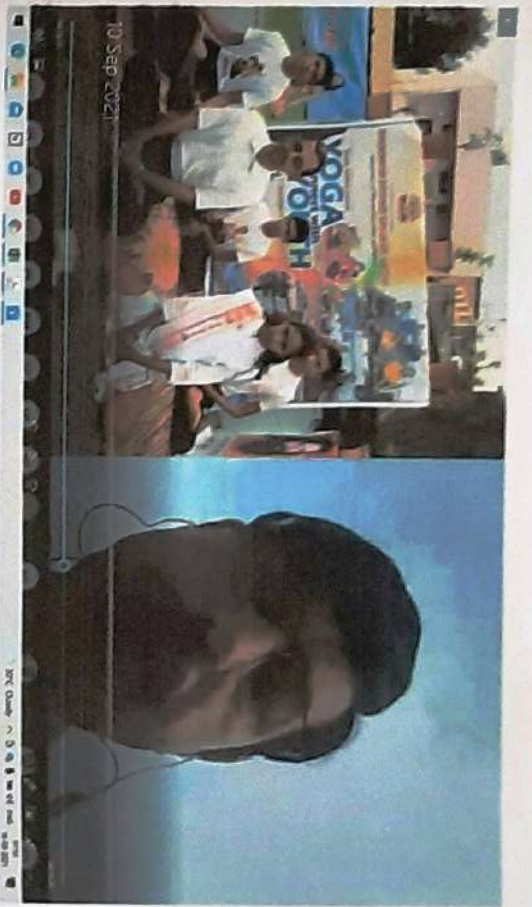
लातूर : दयानंद विज्ञान महाविद्यालयाच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने १ ते १० सप्टेंबर या कालावधीमध्ये योगा कनेक्ट विथ युथ या विद्यार्थ्यांसाठीच्या दहा दिवसीय योगा कोर्सचे उदघाटन झाले. प्राचार्य डॉ. जयप्रकाश दरगड, डॉ. सिद्धेश्वर बेल्लाळे, योगा शिक्षक डॉ. ब्रिजमोहन दायमा, डॉ. सारिका दायमा, डॉ. महेश बेंबडे, तांत्रिक समन्वयक डॉ. रोहिणी शिंदे यांची प्रमुख उपस्थिती होती. योगाचा युवकांशी संबंध निरंतर असणे ही आधुनिक काळाची गरज आहे. या कोर्सचा युवकांना निश्चित फायदा होईल. याप्रसंगी अनेक विद्यार्थी उपस्थित होते.

Hello Latur

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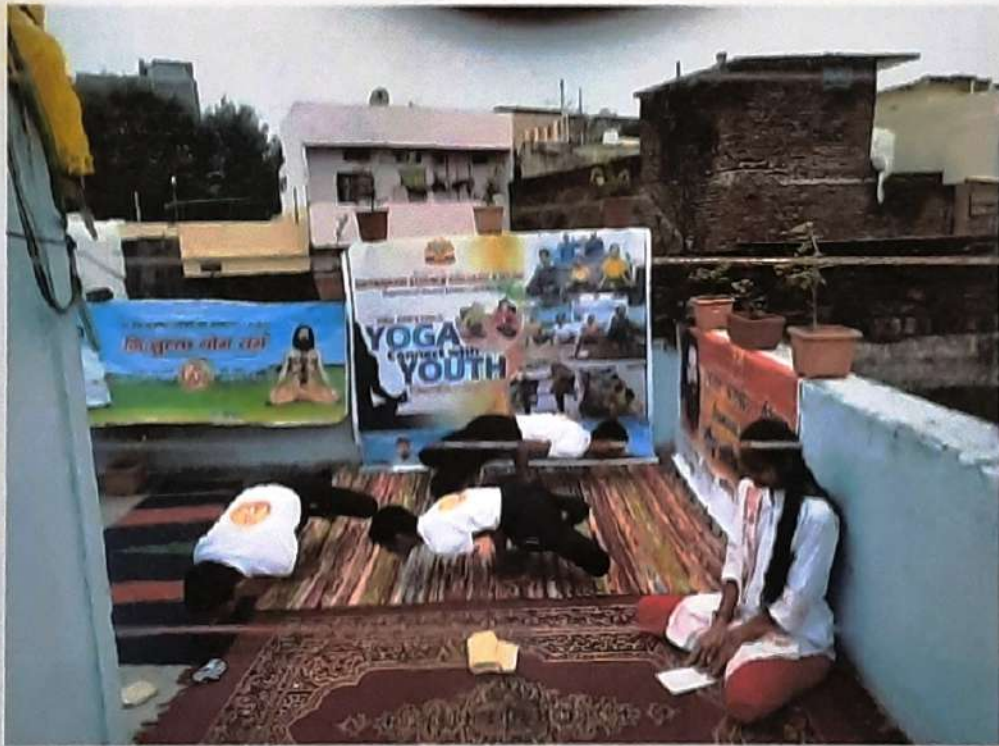
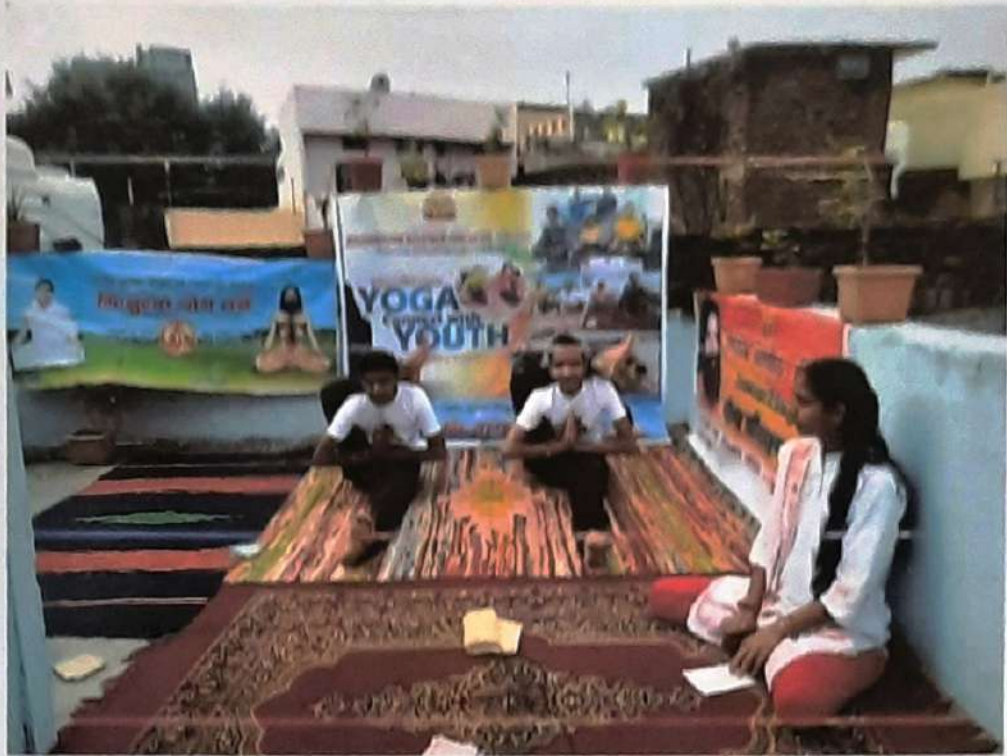
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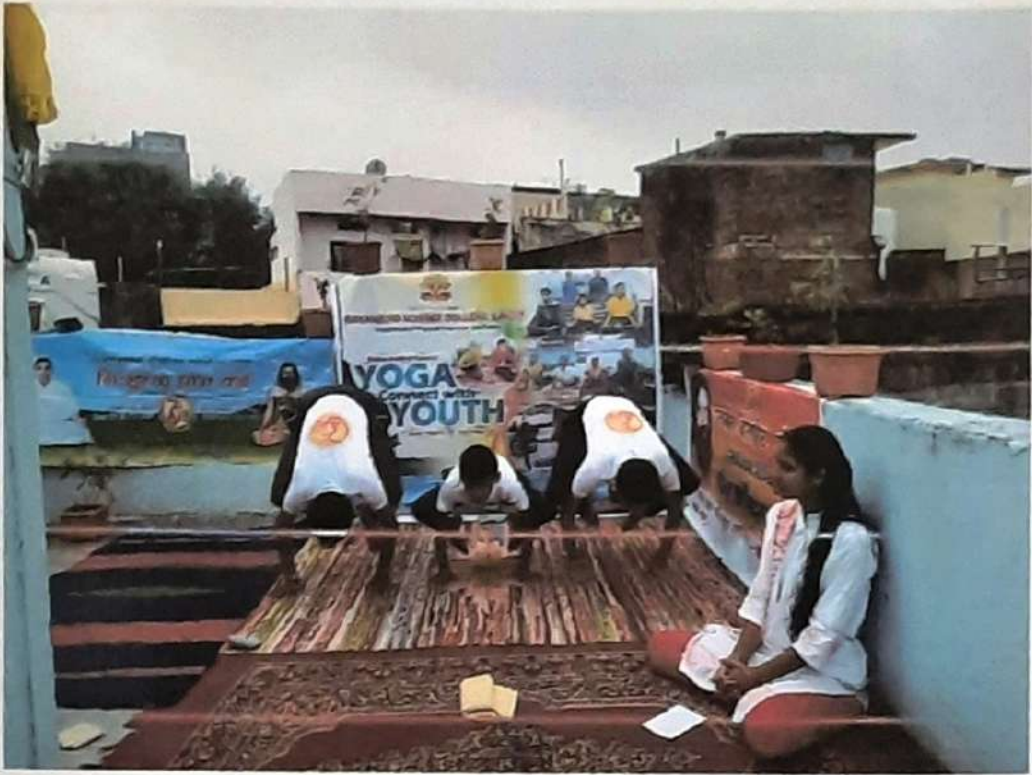












▶ दयानंद विज्ञान महाविद्यालय ▶ 'योगा कनेक्ट विथ युथ' विद्यार्थ्यांच्या योगा शिबिराचा समारोप

## देशातील युवक-तरुणाई हीच राष्ट्राची खरी संपत्ती

लातूर / प्रतिनिधी

देशातील युवक- तरुणाई हीच राष्ट्राची खरी संपत्ती आहे. या युवकांनी दैनंदिन जीवन व प्रत्येकवेळी काळजा निरर्थकपणे योग केल्याचे पाहिजे. योग केल्याने शरीर व मन सुदृढ राहते. आयुष्यात कोणत्याही प्रकारचे आजार-विकार हातात जडत नाहीत. योग केल्याने ऊर्जा मिळते आणि त्या ऊर्जेतूनच भावी जीवनाची वाटचाल सुरळीत, फायदी होते. यामुळेच आयुष्याची वाढते. यतूनच योग म्हणजे फक्त, कायचे प्रकार, प्रणालीच हे सर्व पाहिजे फक्त युवकांनी कोणत्याही व्यसनाचा अधीन न होऊ योग केल्याचे पाहिजे. यामुळे काळजात योग करणे हे अत्यंत महत्त्वाचे आहे. असे प्रतिपादन डॉ. त्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी केले.

दयानंद विज्ञान महाविद्यालयाच्या शारीरिक

शिक्षण व क्रीडा विभागाच्या कार्याचे दि. १ ते १० सप्टेंबर या काळातही विद्यार्थ्यांसाठी आयोजित करण्यात आलेल्या 'योग कनेक्ट विथ युथ' या अंतर्गत अनेक योगा एका दिवसीय योग कार्यक्रमाचे आयोजन झाले. याद्वारेच विद्यार्थ्यांमध्ये जागरण होई. जयप्रकाश दरगड, उपप्राचार्य डॉ. एस. एस. बेल्लाळे, डॉ. महेश बेंबडे, शक्ति समन्वयक डॉ. रोहिणी शिंदे, ओजस दायमा, गोरज दायमा, हार्दिक वायस यांचे प्रमुख उद्बोधनाचे होते.

यावेळी प्राचार्य डॉ. परमेश अजयकर यांच्या मार्गदर्शने योग कनेक्ट विथ युथ हा एक दिवसीय अंतर्गत अनेक योगा कार्यक्रमांचा आयोजन झाले. हा कार्यक्रमात, योग कनेक्ट विद्यार्थ्यांच्या कार्यक्रमात आणि भावी काळातही निरंतर योगा कार्यक्रमांचे आयोजन होणे, यतूनच योगा कार्यक्रमांचे योग्य वेळी व प्रसिध्दीनेच येणे हे ज्ञान मिळवले आहे. त्याच जीवनातून



शिबिरात उपस्थित झालेले विद्यार्थ्यांचे प्रमुख उद्बोधन योग केल्याने शरीर, मन व मंगुल सुदृढ होते. याद्वारेच विद्यार्थ्यांमध्ये जागरण होई. जयप्रकाश दरगड, उपप्राचार्य डॉ. एस. एस. बेल्लाळे, डॉ. महेश बेंबडे, शक्ति समन्वयक डॉ. रोहिणी शिंदे, ओजस दायमा, गोरज दायमा, हार्दिक वायस यांचे प्रमुख उद्बोधनाचे होते.

### पुण्य नगरी

## दयानंद महाविद्यालयातील योग शिबिराचा समारोप

लातूर / प्रतिनिधी

येथील दयानंद विज्ञान महाविद्यालयाच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने दिनांक दि. १ ते १० सप्टेंबर या कालावधीत विद्यार्थ्यांसाठी आयोजित करण्यात आलेल्या 'योगा कनेक्ट विथ युथ' या दहा दिवसीय योगा शिबिराचा शुक्रवारी समारोप झाला.

यावेळी महाविद्यालयाचे प्राचार्य डॉ. जयप्रकाश दरगड, उपप्राचार्य डॉ. एस. एस. बेल्लाळे, दयानंद वाणिज्य महाविद्यालयातील व पतंजली योगपीठ हरिद्वार कमिटीचे योगा शिक्षक डॉ. त्रिजमोहन दायमा, डॉ. सारिका

दायमा, शारीरिक शिक्षण व क्रीडा विभाग प्रमुख व कोर्स समन्वयक डॉ. महेश बेंबडे, तांत्रिक समन्वयक डॉ. रोहिणी शिंदे, ओजस दायमा, गोरज दायमा, हार्दिक वायस आदींची प्रमुख उपस्थिती होती.

यावेळी योगा शिक्षक डॉ. त्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी योगाचे थैअरी आणि प्रॅक्टिकली महत्त्व सांगितले. ते म्हणाले की, तरुणाई हीच राष्ट्राची खरी संपत्ती आहे. या युवकांनी दैनंदिन जीवनात व धकाधकाच्या काळात नित्यनियमाने योगा केलाच पाहिजे. योगा केल्याने शरीर व मन सुदृढ राहते. माणसाला

कोणत्याही प्रकारचे आजार-विकार सहसा जडत नाहीत. योगा केल्याने ऊर्जा मिळते आणि त्या ऊर्जेतूनच भावी जीवनाची वाटचाल सुरळीत होत असल्याचे त्यांनी सांगितले.

अध्यक्षीय समारोपातून प्राचार्य डॉ. जयप्रकाश दरगड यांनी जीवनातील योगाचे महत्त्व सांगितले. सूत्रसंचालन व आभार शिबीर समन्वयक डॉ. महेश बेंबडे यांनी मानले. यावेळी, महाविद्यालयातील सर्व विभाग प्रमुख, प्राध्यापक व योगा कोर्समधील योगा साधक विद्यार्थी असे एकूण १८७ जणांची उपस्थिती होती.

Certificate 1



Dayanand Education Society's

## DAYANAND SCIENCE COLLEGE, LATUR

Affiliated to Swami Ramanand Teerth Marathwada University, Nashik  
UGC-CPE, DST-FIST, NAAC Re-Accredited "A" Grade College

**Department of Physical Education and Sports**

Ten Days Value Added Online Yoga Course

### "Yoga Connect with Youth"

During 1<sup>st</sup> September to 10<sup>th</sup> September 2021

# Certificate

This is to certify that,

**SHAIKH SAKIB ISMAIL**

---

has successfully completed the Ten Days Value added Online  
Yoga Course, "Yoga Connect With Youth" organised by Department of  
Physical Education & Sports, Dayanand Science College, Latur  
during 1<sup>st</sup> September to 10<sup>th</sup> September 2021



**Total Study hours - 30**

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

**Module 2 (Practical) - Daily**  
8:00am to 7:30am (15 hours)

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

  
**Dr. Sarika Dayma**  
Resource Person

  
**Dr. Brijeshan Dayma**  
Resource Person

  
**Dr. Mahesh Bembade**  
HOD, Phy. Edu. & Sports

  
**Dr. Jalprakash Dargad**  
Principal

Certificate 2



Dayanand Education Society's

## DAYANAND SCIENCE COLLEGE, LATUR

Affiliated to Swami Ramanand Teerth Marathwada University, Nashik  
UGC-CPE, DST-FIST, NAAC Re-Accredited "A" Grade College

**Department of Physical Education and Sports**

Ten Days Value Added Online Yoga Course

### "Yoga Connect with Youth"

During 1<sup>st</sup> September to 10<sup>th</sup> September 2021

# Certificate

This is to certify that,

**GALANDE KSHITIJA RAMRAJA**

---

has successfully completed the Ten Days Value added Online  
Yoga Course, "Yoga Connect With Youth" organised by Department of  
Physical Education & Sports, Dayanand Science College, Latur  
during 1<sup>st</sup> September to 10<sup>th</sup> September 2021



**Total Study hours - 30**

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

**Module 2 (Practical) - Daily**  
8:00am to 7:30am (15 hours)

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

  
**Dr. Sarika Dayma**  
Resource Person

  
**Dr. Brijeshan Dayma**  
Resource Person

  
**Dr. Mahesh Bembade**  
HOD, Phy. Edu. & Sports

  
**Dr. Jalprakash Dargad**  
Principal



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

Name of the Programme: **Yoga Connect With Youth**  
Programme Code: **Yoga (Student 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 भद्रा क्रतवो यन्तु विश्वता ... . . . . .||

[Aa No Bhadraha Kratavo 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 second International Day of Yoga (IDY-2016) was held around the theme, 'Connect with Youth' to engage and seek participation from the younger audience. 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 students 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-** Students 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 'Shrimadbhagwadgeeta', 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.



## Resource Persons for the course:

### Brief Profile of Dr. Dayma Brijmohan Ramprasad

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

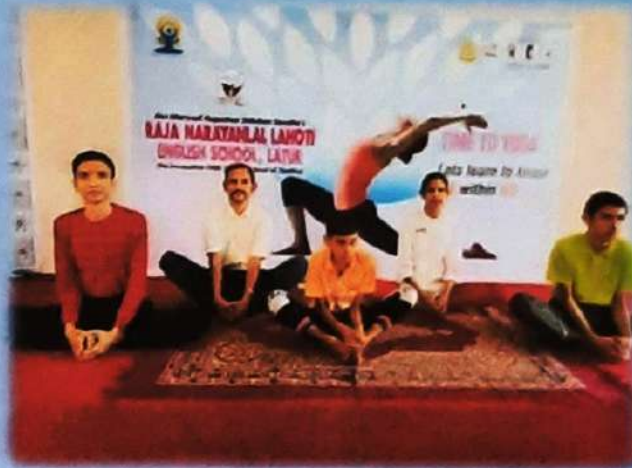
**Designation and experience:**

- ❖ 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, Gol (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, Gol 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



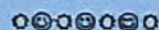
**Educational Qualification-** M.Com, M.Phil., Ph.D.

### 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 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
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- ❖ Online CYP (Common Yoga Protocol) Appreciation course by Kaivalyadharm, 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**

