



Dayanand Education Society's
DAYANAND SCIENCE COLLEGE, LATUR

Department of Physical Education and Sports

Action Plan for

Ten Days Online Yoga Course
"Yoga Connect With Youth"

During 1st September to 10th September 2021

Resource Persons

Dr.Brijmohan Dayma & Dr.Sarika Dayma

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



Organisers

Dr.Jaiprakash S. Dargad, (Principal) **Dr.S.S.Bellale** (Vice-Principal)

Dr.Mahesh Bembde (Academic coordinator) **Dr.Rohini Shinde** (Technical coordinator)

Action Plan

Registration link- <https://forms.gle/qgvCmJMqyc793o1W8>

Total study hours-30;

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

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

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

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

Evaluation Pattern- For 100 marks including 50 marks for continuous evaluation (attendance, family involvement, assignments etc.) and 50 marks end course exam;

Passing criterion- 70% attendance and 40 marks in exam

Theory Module

e-material for reading/ self-study will be provided in whatsapp group
Suggested Readings of 10 hours

Sr.No.	Suggested Readings
1.	Selected Shlokas of ' <i>Yog Darshan</i> ' (11) and ' <i>Shrimadbhagwadgeeta</i> ' (11)
2.	Yoga Protocol for COVID- 19, Page numbers from 10 to 14
3.	Common Yoga Protocol of Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), GoI
4.	Daily Yoga Schedule of Patanjali Yogpeeth Haridwar
5.	Suryanamaskar12 steps
6.	Asan and Pranayam articles of Yogrishi Swami Ramdev