



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:

आ नो भद्राः क्रतवो यन्तु विश्वतः ||
[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 'Shrimadbhagwadgita', 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 16th June 2000- Total 21 years experience
- ❖ Recognised 'Yog Teacher' of Patanjali Yog Peeth, Haridwar (Uttaranchal) since 21st 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 Swabhimani, Patanjali yogpeeth, Haridwar (21st February to 17th March 2019),
- ❖ **National Yog Teacher Training Camp** by Bharat Swabhimani, Patanjali yogpeeth, Haridwar (23 to 27th 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 12th 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 6th International Day of Yoga on 21st June 2020
- ❖ **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



Brief Profile of Dr. Dayma Sarika Brijmohan



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

Designation-

- ❖ Assistant Professor, Dayanand College of Commerce, Latur since 5th December 2005- Total 15 years experience
- ❖ Recognised 'Yog Teacher' of Patanjali Yog Peeth, Haridwar (Uttaranchal) since 27th 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 (21st February to 17th March 2019),
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Yoga Demonstrators for the course

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Goraj Dayma and Ojas Dayma

