



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
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DAYANAND SCIENCE COLLEGE, LATUR

Department of Physical Education and Sports

Ten Days Online Yoga Course

"Yoga at Home and Yoga with Family"

During 11th August to 20th 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 Hirralal 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	nishisadaphule1121984@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 Prabhakarao	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. Shalaja Shrinivas Dhutekar	Teacher/ Faculty member	valsangkaranuja@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	8805037143	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 kailas 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	bane.gajanan@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	rvmail007@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 Rajesahab Vishnu	Non-teaching/ Office staff member	rajupanchaldsc@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. Balasahab 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 Vasantao 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

Shinde

Dr. Rohini Shinde
(Technical coordinator)

Bembde

Dr. Mahesh Bembde
(Academic coordinator)

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

Dr. Jayprakash S. Dargad,
(Principal)

Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 11 August 2021

Day: Wednesday

Time: 6.00 AM to 7:30 AM

Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/11/2021, 5:42:44 AM
2	sarikabdayma	Joined before	8/11/2021, 5:42:44 AM
3	Sangita Jaju (Guest)	Joined	8/11/2021, 5:46:49 AM
4	Brijmohan Dayma	Joined	8/11/2021, 5:47:39 AM
5	NIKITA SHINDE	Joined	8/11/2021, 5:52:56 AM
6	Dr. JayPrakash Dargad	Joined	8/11/2021, 5:55:39 AM
7	Neeta Pardeshi	Joined	8/11/2021, 5:56:05 AM
8	POOJA SONSALE	Joined	8/11/2021, 5:56:19 AM
9	MEGHA PANDIT	Joined	8/11/2021, 5:57:34 AM
10	Yoga(Family module) (Guest)	Joined	8/11/2021, 5:57:42 AM
11	VICE PRINCIPAL	Joined	8/11/2021, 5:57:58 AM
12	Dr. Manisha K Gurme	Joined	8/11/2021, 5:58:21 AM
13	RAVINDRA SOLUNKE	Joined	8/11/2021, 5:58:36 AM
14	MAHESH BEMBADE	Joined	8/11/2021, 5:58:45 AM
15	Durga Sharma (Guest)	Joined	8/11/2021, 5:58:49 AM
16	Hardik Vyas	Joined	8/11/2021, 5:58:58 AM
17	SHITAL PATIL	Joined	8/11/2021, 6:00:16 AM
18	Shweta Madane	Joined	8/11/2021, 6:00:59 AM
19	KALPANA GARAD	Joined	8/11/2021, 6:02:51 AM
20	MANGESH SUGARE	Joined	8/11/2021, 6:04:04 AM
21	KOMAL GOMARE	Joined	8/11/2021, 6:06:31 AM
22	SANKET BANSODE	Joined	8/11/2021, 6:07:56 AM
23	VAIBHAV KULKARNI	Joined	8/11/2021, 6:08:21 AM
24	Rajesaheb Panchal (Guest)	Joined	8/11/2021, 6:19:16 AM
25	Priyanka Hipperkar	Joined	8/11/2021, 6:19:25 AM
26	AMOL SANJEKAR	Joined	8/11/2021, 6:21:58 AM
27	Balasaheb Chavan	Joined	8/11/2021, 6:26:32 AM
28	DILIP JAGTAP	Joined	8/11/2021, 6:28:08 AM
29	Shruti Ambad	Joined	8/11/2021, 6:35:29 AM
30	Shivaji Panchal	Joined	8/11/2021, 6:48:11 AM
31	Ramshetti Shetkar	Joined	8/11/2021, 6:58:40 AM
32	VIJENDRA CHAUDHARI	Joined	8/11/2021, 7:15:18 AM
33	MILIND MANE	Joined	8/11/2021, 7:22:12 AM
34	Balaji (Guest)	Joined	8/11/2021, 7:27:19 AM



Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 12 August 2021
Time: 6.00 AM to 7:30 AM

Day: Thursday
Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/12/2021, 5:43:39 AM
2	Durga Sharma (Guest)	Joined	8/12/2021, 5:52:46 AM
3	sarikabdayma	Joined	8/12/2021, 5:53:31 AM
4	MAHESH BEMBADE	Joined	8/12/2021, 5:56:33 AM
5	Hardik Vyas	Joined	8/12/2021, 5:57:02 AM
6	Kanchan Khire (Guest)	Joined	8/12/2021, 5:58:30 AM
7	NIKITA SHINDE	Joined	8/12/2021, 5:58:59 AM
8	KOMAL GOMARE	Joined	8/12/2021, 5:59:11 AM
9	NISHIKANT SADAPHULE	Joined	8/12/2021, 5:59:23 AM
10	MEGHA PANDIT	Joined	8/12/2021, 5:59:52 AM
11	KALPANA GARAD	Joined	8/12/2021, 5:59:59 AM
12	Sangita Jaju (Guest)	Joined	8/12/2021, 6:00:13 AM
13	sushama sharma (Guest)	Joined	8/12/2021, 6:00:47 AM
14	Dr. Manisha K Gurme	Joined	8/12/2021, 6:02:18 AM
15	Shweta Madane	Joined	8/12/2021, 6:02:19 AM
16	SHAILAJA DUTEKAR	Joined	8/12/2021, 6:02:37 AM
17	Neeta Pardeshi	Joined	8/12/2021, 6:02:44 AM
18	SWARUPA JADHAV	Joined	8/12/2021, 6:03:07 AM
19	Shivaji Panchal	Joined	8/12/2021, 6:03:13 AM
20	VAISHALI PATIL	Joined	8/12/2021, 6:05:51 AM
21	SHITAL PATIL	Joined	8/12/2021, 6:06:19 AM
22	VAIBHAV KULKARNI	Joined	8/12/2021, 6:07:53 AM
23	Dr. Jayprakash Dargad	Joined	8/12/2021, 6:09:04 AM
24	Priyanka Hipperkar	Joined	8/12/2021, 6:10:19 AM
25	KAVITA JADHAV	Joined	8/12/2021, 6:10:25 AM
26	RAVINDRA SOLUNKE	Joined	8/12/2021, 6:11:12 AM
27	YUVARAJ SARNIKAR	Joined	8/12/2021, 6:11:40 AM
28	bhoomi (Guest)	Joined	8/12/2021, 6:14:00 AM
29	MANGESH SUGARE	Joined	8/12/2021, 6:16:02 AM
30	Sunita Nagargoje	Joined	8/12/2021, 6:16:16 AM
31	KARUNA KOMATWAR	Joined	8/12/2021, 6:17:50 AM
32	GAJANAN BANE	Joined	8/12/2021, 6:18:51 AM
33	Balasaheb Chavan	Joined	8/12/2021, 6:19:47 AM
34	Bhise Kiran (Guest)	Joined	8/12/2021, 6:21:09 AM
35	POOJA SONSALE	Joined	8/12/2021, 6:21:23 AM
36	Rajesaheb Panchal (Guest)	Joined	8/12/2021, 6:21:57 AM
37	Balaji H Yampure (Guest)	Joined	8/12/2021, 6:22:27 AM
38	LALIT THAKRE	Joined	8/12/2021, 6:23:54 AM
39	11 NEET E	Joined	8/12/2021, 6:28:39 AM
40	Nivedita Vyas (Guest)	Joined	8/12/2021, 6:36:30 AM
41	RAHUL MORE	Joined	8/12/2021, 6:36:35 AM
42	RATNA KIRTANE	Joined	8/12/2021, 6:47:02 AM



43	MAHESH KARALE	Joined	8/12/2021, 6:56:15 AM
44	Ramshetti Shetkar	Joined	8/12/2021, 7:12:05 AM
45	Nikhil Vyas	Joined	8/12/2021, 7:16:40 AM
46	kshirsagar Balu Tukaram (Guest)	Joined	8/12/2021, 7:25:05 AM

Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 13 August 2021

Day: Friday

Time: 6.00 AM to 7:30 AM

Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/13/2021, 6:08:21 AM
2	sarikabdayma	Joined before	8/13/2021, 6:08:21 AM
3	MEGHA PANDIT	Joined before	8/13/2021, 6:08:21 AM
4	Hardik Vyas	Joined before	8/13/2021, 6:08:21 AM
5	KOMAL GOMARE	Joined before	8/13/2021, 6:08:21 AM
6	NISHIKANT SADAPHULE	Joined before	8/13/2021, 6:08:21 AM
7	NIKITA SHINDE	Joined before	8/13/2021, 6:08:21 AM
8	Neeta Pardeshi	Joined before	8/13/2021, 6:08:21 AM
9	MANGESH SUGARE	Joined before	8/13/2021, 6:08:21 AM
10	Brijmohan Dayma	Joined before	8/13/2021, 6:08:21 AM
11	POOJA SONSALE	Joined before	8/13/2021, 6:08:21 AM
12	RAVINDRA SOLUNKE	Joined before	8/13/2021, 6:08:21 AM
13	SHITAL PATIL	Joined before	8/13/2021, 6:08:21 AM
14	SWARUPA JADHAV	Joined before	8/13/2021, 6:08:21 AM
15	sushama sharma (Guest)	Joined before	8/13/2021, 6:08:21 AM
16	Sangita Jaju	Joined before	8/13/2021, 6:08:21 AM
17	Bhise Kiran	Joined before	8/13/2021, 6:08:21 AM
18	Kanchan Khire	Joined before	8/13/2021, 6:08:21 AM
19	Balaji H Yampure ☺	Joined before	8/13/2021, 6:08:21 AM
20	Nivedita Vyas	Joined before	8/13/2021, 6:08:21 AM
21	Durga Sharma	Joined before	8/13/2021, 6:08:21 AM
22	jaiprakashdargad@dsclatur.org	Joined before	8/13/2021, 6:08:21 AM
23	MAHESH KARALE	Joined	8/13/2021, 6:09:06 AM
24	SHAILAJA DUTEKAR	Joined	8/13/2021, 6:10:05 AM
25	MAHESH BEMBADE	Joined	8/13/2021, 6:10:27 AM
26	Mahesh Vyas (Guest)	Joined	8/13/2021, 6:10:53 AM
27	Dr. Manisha K Gurme	Joined	8/13/2021, 6:11:35 AM
28	Ramshetti Shetkar	Joined	8/13/2021, 6:13:40 AM
29	Sunita Nagargoje	Joined	8/13/2021, 6:15:01 AM
30	Shweta Madane	Joined	8/13/2021, 6:16:03 AM
31	KARUNA KOMATWAR	Joined	8/13/2021, 6:17:40 AM
32	VAIBHAV KULKARNI	Joined	8/13/2021, 6:21:55 AM
33	Priyanka Hipperkar	Joined	8/13/2021, 6:22:13 AM
34	LALIT THAKRE	Joined	8/13/2021, 6:34:53 AM
35	bhoomi (Guest)	Joined	8/13/2021, 6:35:22 AM
36	GAJANAN BANE	Joined	8/13/2021, 6:35:24 AM
37	RATNA KIRTANE	Joined	8/13/2021, 6:39:01 AM
38	YUVARAJ SARNIKAR	Joined	8/13/2021, 6:49:08 AM
39	SANKET BANSODE	Joined	8/13/2021, 6:53:09 AM
40	RAHUL MORE	Joined	8/13/2021, 6:57:27 AM
41	Rajesaheb Panchal	Joined before	8/13/2021, 7:02:18 AM



42	Shivaji Panchal	Joined	8/13/2021, 7:02:24 AM
43	Mahesh Akangire (Guest)	Joined	8/13/2021, 7:03:53 AM
44	kshirsagar Balu (Guest)	Joined	8/13/2021, 7:08:18 AM
45	Kanchan Khire (Guest)	Joined	8/13/2021, 7:09:26 AM
46	Balasaheb Chavan	Joined	8/13/2021, 7:12:46 AM
47	MILIND MANE	Joined	8/13/2021, 7:16:45 AM

Sl. No.	Full Name	User Name	Join Date
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Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 14 August 2021
Time: 6.00 AM to 7:30 AM

Day: Saturday
Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/14/2021, 5:43:44 AM
2	Durga Sharma (Guest)	Joined	8/14/2021, 5:51:54 AM
3	Brijmohan Dayma	Joined	8/14/2021, 5:52:33 AM
4	sarikabdayma	Joined	8/14/2021, 5:52:48 AM
5	Sangita Jaju (Guest)	Joined	8/14/2021, 5:53:11 AM
6	MAHESH BEMBADE	Joined	8/14/2021, 5:54:14 AM
7	NISHIKANT SADAPHULE	Joined	8/14/2021, 5:56:56 AM
8	Kanchan Khire (Guest)	Joined	8/14/2021, 5:57:57 AM
9	SHREYAS MAHURKAR	Joined	8/14/2021, 5:58:00 AM
10	Nivedita Vyas (Guest)	Joined	8/14/2021, 5:58:14 AM
11	sushama sharma (Guest)	Joined	8/14/2021, 5:58:32 AM
12	MEGHA PANDIT	Joined	8/14/2021, 6:00:42 AM
13	Rajesaheb Panchal (Guest)	Joined	8/14/2021, 6:00:54 AM
14	RAVINDRA SOLUNKE	Joined	8/14/2021, 6:01:05 AM
15	Mahesh Vyas (Guest)	Joined	8/14/2021, 6:01:16 AM
16	SHAILAJA DUTEKAR	Joined	8/14/2021, 6:02:07 AM
17	Neeta Pardeshi	Joined	8/14/2021, 6:02:39 AM
18	KOMAL GOMARE	Joined	8/14/2021, 6:02:51 AM
19	SWARUPA JADHAV	Joined	8/14/2021, 6:03:30 AM
20	jaiprakashdargad@dsclatur.org (Guest)	Joined	8/14/2021, 6:03:38 AM
21	NIKITA SHINDE	Joined	8/14/2021, 6:04:24 AM
22	Santosh Shelge	Joined	8/14/2021, 6:04:33 AM
23	SANKET BANSODE	Joined	8/14/2021, 6:04:45 AM
24	Dr. Manisha K Gurme	Joined	8/14/2021, 6:04:47 AM
25	KALPANA GARAD	Joined	8/14/2021, 6:05:12 AM
26	Shivaji Panchal	Joined	8/14/2021, 6:05:23 AM
27	MANGESH SUGARE	Joined	8/14/2021, 6:06:36 AM
28	APARNA KUTWAD	Joined	8/14/2021, 6:09:21 AM
29	Priyanka Hipperkar	Joined	8/14/2021, 6:12:30 AM
30	MAHESH KARALE	Joined	8/14/2021, 6:13:01 AM
31	SHITAL PATIL	Joined	8/14/2021, 6:20:18 AM
32	YUVARAJ SARNIKAR	Joined	8/14/2021, 6:24:33 AM
33	Bhise Kiran (Guest)	Joined	8/14/2021, 6:25:12 AM
34	GAJANAN BANE	Joined	8/14/2021, 6:25:36 AM
35	Mahesh Akangire (Guest)	Joined	8/14/2021, 6:29:53 AM
36	Shweta Madane	Joined	8/14/2021, 6:30:28 AM
37	KARUNA KOMATWAR	Joined	8/14/2021, 6:38:09 AM
38	VAIBHAV KULKARNI	Joined	8/14/2021, 6:43:05 AM
39	Balaji H Yampure ☺ (Guest)	Joined	8/14/2021, 6:45:30 AM
40	Gurudatta Kulkarni	Joined	8/14/2021, 6:45:36 AM
41	LALIT THAKRE	Joined	8/14/2021, 6:47:33 AM
42	Latur@१२३ (Guest)	Joined	8/14/2021, 6:51:49 AM

43	Balasaheb Chavan	Joined	8/14/2021, 6:53:09 AM
44	RAVINDRA SHINDE	Joined	8/14/2021, 7:11:22 AM
45	RAHUL JADHAV	Joined	8/14/2021, 7:11:22 AM
46	Ramshetti Shetkar	Joined	8/14/2021, 7:24:00 AM

Sl. No.	Full Name	Join Date	Join Time
1	MOHINI SHINDE		
2	DURGA SHINDE (JENSE)		
3	SHIMBHA DUBE		
4	SHRUTI DUBE		
5	SHRUTI DUBE (JENSE)		
6	MAHESH SHINDE		
7	ANURAG SHINDE		
8	KAMAL KISHOR SHINDE		
9	ANURAG SHINDE		
10	SHRUTI DUBE		
11	SHRUTI DUBE (JENSE)		
12	SHRUTI DUBE		
13	SHRUTI DUBE (JENSE)		
14	SHRUTI DUBE		
15	SHRUTI DUBE (JENSE)		
16	SHRUTI DUBE		
17	SHRUTI DUBE (JENSE)		
18	SHRUTI DUBE		
19	SHRUTI DUBE (JENSE)		
20	SHRUTI DUBE		
21	SHRUTI DUBE (JENSE)		
22	SHRUTI DUBE		
23	SHRUTI DUBE (JENSE)		
24	SHRUTI DUBE		
25	SHRUTI DUBE (JENSE)		
26	SHRUTI DUBE		
27	SHRUTI DUBE (JENSE)		
28	SHRUTI DUBE		
29	SHRUTI DUBE (JENSE)		
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31	SHRUTI DUBE (JENSE)		
32	SHRUTI DUBE		
33	SHRUTI DUBE (JENSE)		
34	SHRUTI DUBE		
35	SHRUTI DUBE (JENSE)		
36	SHRUTI DUBE		
37	SHRUTI DUBE (JENSE)		
38	SHRUTI DUBE		
39	SHRUTI DUBE (JENSE)		
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41	SHRUTI DUBE (JENSE)		
42	SHRUTI DUBE		
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47	SHRUTI DUBE (JENSE)		
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68	SHRUTI DUBE		
69	SHRUTI DUBE (JENSE)		
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96	SHRUTI DUBE		
97	SHRUTI DUBE (JENSE)		
98	SHRUTI DUBE		
99	SHRUTI DUBE (JENSE)		
100	SHRUTI DUBE		

Dayanand Science College Latur.

Yoga at home Yoga with Family

Yoga Training Program

Date: 15 August 2021

Day: Monday

Time: 6.00 AM to 7:30 AM

Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/15/2011
2	Sangita Jaju (Guest)	Joined	8/15/2012
3	MAHESH BEMBADE	Joined	8/15/2013
4	Durga Sharma (Guest)	Joined	8/15/2014
5	sushama sharma (Guest)	Joined	8/15/2015
6	sarikabdayma	Joined	8/15/2016
7	Brijmohan Dayma	Joined	8/15/2017
8	NISHIKANT SADAPHULE	Joined	8/15/2018
9	Shweta Madane	Joined	8/15/2019
10	NIKITA SHINDE	Joined	8/15/2020
11	Nivedita Vyas (Guest)	Joined	8/15/2021
12	SHAILAJA DUTEKAR	Joined	8/15/2021
13	Neeta Pardeshi	Joined	8/15/2021
14	Kanchan Khire (Guest)	Joined	8/15/2021
15	RAHUL JADHAV	Joined	8/15/2021
16	SWARUPA JADHAV	Joined	8/15/2021
17	YUVARAJ SARNIKAR	Joined	8/15/2021
18	KOMAL GOMARE	Joined	8/15/2021
19	MEGHA PANDIT	Joined	8/15/2021
20	Shivaji Panchal	Joined	8/15/2021
21	KALPANA GARAD	Joined	8/15/2021
22	Dr. J. S. Dargad	Joined	8/15/2021
23	KARUNA KOMATWAR	Joined	8/15/2021
24	SIDHESHWAR BELLALE	Joined	8/15/2021
25	LALIT THAKRE	Joined	8/15/2021
26	RATNA KIRTANE	Joined	8/15/2021
27	RAHUL MORE	Joined	8/15/2021
28	Ramshetti Shetkar	Joined	8/15/2021
29	GAJANAN BANE	Joined	8/15/2021
30	Balaji H Yampure ☺ (Guest)	Joined	8/15/2021
31	MAHESH KARALE	Joined	8/15/2021
32	Hardik Vyas	Joined	8/15/2021
33	Rajesahab Panchal	Joined	8/15/2021
34	anuradha mane (Guest)	Joined	8/15/2021
35	SHREYAS MAHURKAR	Joined	8/15/2021

Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 16 August 2021
Time: 6.00 AM to 7:30 AM

Day: Monday
Practical Session

Sr. No.	Full Name	User Actio	Timestamp
1	ROHINI SHINDE	Joined	8/16/2021, 5:38:30 AM
2	Sangita Jaju (Guest)	Joined	8/16/2021, 5:52:31 AM
3	MAHESH BEMBADE	Joined	8/16/2021, 5:52:34 AM
4	Durga Sharma (Guest)	Joined	8/16/2021, 5:54:40 AM
5	sushama sharma (Guest)	Joined	8/16/2021, 5:55:50 AM
6	sarikabdayma	Joined	8/16/2021, 5:56:08 AM
7	Brijmohan Dayma	Joined	8/16/2021, 5:58:17 AM
8	NISHIKANT SADAPHULE	Joined	8/16/2021, 5:59:18 AM
9	Shweta Madane	Joined	8/16/2021, 6:00:13 AM
10	NIKITA SHINDE	Joined	8/16/2021, 6:00:33 AM
11	Nivedita Vyas (Guest)	Joined	8/16/2021, 6:03:47 AM
12	SHAILAJA DUTEKAR	Joined	8/16/2021, 6:03:47 AM
13	Neeta Pardeshi	Joined	8/16/2021, 6:04:25 AM
14	Kanchan Khire (Guest)	Joined	8/16/2021, 6:06:57 AM
15	RAHUL JADHAV	Joined	8/16/2021, 6:08:40 AM
16	SWARUPA JADHAV	Joined	8/16/2021, 6:14:01 AM
17	YUVARAJ SARNIKAR	Joined	8/16/2021, 6:14:36 AM
18	KOMAL GOMARE	Joined	8/16/2021, 6:17:58 AM
19	MEGHA PANDIT	Joined	8/16/2021, 6:18:19 AM
20	Shivaji Panchal	Joined	8/16/2021, 6:24:32 AM
21	KALPANA GARAD	Joined	8/16/2021, 6:26:19 AM
22	Dr. J. S. Dargad	Joined	8/16/2021, 6:26:46 AM
23	KARUNA KOMATWAR	Joined	8/16/2021, 6:33:30 AM
24	SIDHESHWAR BELLALE	Joined	8/16/2021, 6:37:07 AM
25	LALIT THAKRE	Joined	8/16/2021, 6:37:52 AM
26	RATNA KIRTANE	Joined	8/16/2021, 6:38:02 AM
27	RAHUL MORE	Joined	8/16/2021, 6:42:01 AM
28	Ramshetti Shetkar	Joined	8/16/2021, 6:43:04 AM
29	GAJANAN BANE	Joined	8/16/2021, 6:47:06 AM
30	Balaji H Yampure ☺ (Guest)	Joined	8/16/2021, 6:47:14 AM
31	MAHESH KARALE	Joined	8/16/2021, 6:53:22 AM
32	Hardik Vyas	Joined	8/16/2021, 7:04:35 AM
33	Rajesaheb Panchal	Joined	8/16/2021, 7:06:44 AM
34	anuradha mane (Guest)	Joined	8/16/2021, 7:11:38 AM
35	SHREYAS MAHURKAR	Joined	8/16/2021, 7:17:01 AM



Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 17 August 2021
Time: 6.00 AM to 7:30 AM

Day: Wednesday
Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/17/2021, 5:36:56 AM
2	Rajesaheb Panchal (Guest)	Joined	8/17/2021, 5:40:36 AM
3	sarikabdayma	Joined	8/17/2021, 5:46:47 AM
4	Brijmohan Dayma	Joined	8/17/2021, 5:47:54 AM
5	Sangita Jaju (Guest)	Joined	8/17/2021, 5:54:06 AM
6	Hardik Vyas	Joined	8/17/2021, 5:54:16 AM
7	MAHESH BEMBADE	Joined	8/17/2021, 5:55:45 AM
8	Bhise Kiran (Guest)	Joined	8/17/2021, 5:55:56 AM
9	NISHIKANT SADAPHULE	Joined	8/17/2021, 5:56:21 AM
10	Kanchan Khire (Guest)	Joined	8/17/2021, 5:56:39 AM
11	Nivedita Vyas (Guest)	Joined	8/17/2021, 5:57:12 AM
12	sushama sharma (Guest)	Joined	8/17/2021, 5:58:29 AM
13	MEGHA PANDIT	Joined	8/17/2021, 6:00:03 AM
14	Durga Sharma (Guest)	Joined	8/17/2021, 6:01:15 AM
15	GAJANAN BANE	Joined	8/17/2021, 6:03:56 AM
16	Dr. J. S. Dargad	Joined	8/17/2021, 6:05:54 AM
17	RAVINDRA SOLUNKE	Joined	8/17/2021, 6:06:16 AM
18	Neeta Pardeshi	Joined	8/17/2021, 6:08:34 AM
19	SHAILAJA DUTEKAR	Joined	8/17/2021, 6:12:19 AM
20	KOMAL GOMARE	Joined	8/17/2021, 6:16:12 AM
21	Sunita Nagargoje	Joined	8/17/2021, 6:16:51 AM
22	Balaji H Yampure ☺ (Guest)	Joined	8/17/2021, 6:16:59 AM
23	NIKITA SHINDE	Joined	8/17/2021, 6:18:05 AM
24	Mahesh Akangire (Guest)	Joined	8/17/2021, 6:23:59 AM
25	SWARUPA JADHAV	Joined	8/17/2021, 6:28:45 AM
26	KALPANA GARAD	Joined	8/17/2021, 6:28:52 AM
27	RATNA KIRTANE	Joined	8/17/2021, 6:31:38 AM
28	POOJA SONSALE	Joined	8/17/2021, 6:37:26 AM
29	Ramshetti Shetkar	Joined	8/17/2021, 6:38:42 AM
30	RAHUL MORE	Joined	8/17/2021, 6:39:26 AM
31	KARUNA KOMATWAR	Joined	8/17/2021, 6:52:41 AM
32	Shweta Madane	Joined	8/17/2021, 6:56:33 AM
33	Jyoti Kulkarni	Joined	8/17/2021, 6:57:31 AM
34	MAHESH KARALE	Joined	8/17/2021, 7:08:15 AM
35	CHANDRASHEKHAR SWAMI	Joined	8/17/2021, 7:08:53 AM
36	LALIT THAKRE	Joined	8/17/2021, 7:16:42 AM



Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 18 August 2021

Day: Wednesday

Time: 6.00 AM to 7:30 AM

Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/18/2021, 5:45:18 AM
2	sarikabdayma	Joined before	8/18/2021, 5:45:18 AM
3	RAHUL JADHAV	Joined before	8/18/2021, 5:45:18 AM
4	Hardik Vyas	Joined	8/18/2021, 5:47:00 AM
5	Brijmohan Dayma	Joined	8/18/2021, 5:50:52 AM
6	Nivedita Vyas (Guest)	Joined	8/18/2021, 5:53:03 AM
7	Durga Sharma (Guest)	Joined	8/18/2021, 5:54:19 AM
8	MAHESH BEMBADE	Joined	8/18/2021, 5:55:17 AM
9	sushama sharma (Guest)	Joined	8/18/2021, 5:57:35 AM
10	Bhise Kiran (Guest)	Joined	8/18/2021, 5:58:21 AM
11	jaiprakashdargad@dsclatur.org (Guest)	Joined	8/18/2021, 6:01:35 AM
12	MEGHA PANDIT	Joined	8/18/2021, 6:02:17 AM
13	YUVARAJ SARNIKAR	Joined	8/18/2021, 6:02:29 AM
14	Sangita Jaju (Guest)	Joined	8/18/2021, 6:02:53 AM
15	Kanchan Khire (Guest)	Joined	8/18/2021, 6:03:19 AM
16	CHANDRASHEKHAR SWAMI	Joined	8/18/2021, 6:04:08 AM
17	NIKITA SHINDE	Joined	8/18/2021, 6:07:01 AM
18	NISHIKANT SADAPHULE	Joined	8/18/2021, 6:08:26 AM
19	SANKET BANSODE	Joined	8/18/2021, 6:14:44 AM
20	Neeta Pardeshi	Joined	8/18/2021, 6:15:44 AM
21	Balaji H Yampure ☺ (Guest)	Joined	8/18/2021, 6:17:42 AM
22	Vivakanand Deshpande	Joined	8/18/2021, 6:18:13 AM
23	RATNA KIRTANE	Joined	8/18/2021, 6:18:53 AM
24	SHAILAJA DUTEKAR	Joined	8/18/2021, 6:19:52 AM
25	SWARUPA JADHAV	Joined	8/18/2021, 6:22:42 AM
26	RAVINDRA SOLUNKE	Joined	8/18/2021, 6:22:58 AM
27	GAJANAN BANE	Joined	8/18/2021, 6:26:10 AM
28	Rajesaheb Panchal (Guest)	Joined	8/18/2021, 6:28:05 AM
29	SHITAL PATIL	Joined	8/18/2021, 6:29:36 AM
30	Shweta Madane	Joined	8/18/2021, 6:33:35 AM
31	Balasaheb Chavan	Joined	8/18/2021, 6:34:13 AM
32	Sunita Nagargoje	Joined	8/18/2021, 6:35:20 AM
33	POOJA SONSALE	Joined	8/18/2021, 6:40:06 AM
34	RAHUL MORE	Joined	8/18/2021, 6:47:06 AM
35	KOMAL GOMARE	Joined	8/18/2021, 6:51:59 AM
36	Ramshetti Shetkar	Joined	8/18/2021, 6:52:42 AM
37	MAHESH KARALE	Joined	8/18/2021, 7:04:44 AM
38	LALIT THAKRE	Joined	8/18/2021, 7:08:18 AM
39	Mahesh Akangire (Guest)	Joined	8/18/2021, 7:09:49 AM
40	ANNARAO CHOUGULE	Joined	8/18/2021, 7:15:59 AM
41	kshirsagar Balu (Guest)	Joined	8/18/2021, 7:17:26 AM

Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 19 August 2021
Time: 6.00 AM to 8:00 AM

Day: Thursday
Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/19/2021, 5:46:15 AM
2	SHREYAS MAHURKAR	Joined	8/19/2021, 5:52:45 AM
3	Durga Sharma (Guest)	Joined	8/19/2021, 5:54:00 AM
4	RAVINDRA SOLUNKE	Joined	8/19/2021, 5:56:24 AM
5	sushama sharma (Guest)	Joined	8/19/2021, 5:56:34 AM
6	sarikabdayma	Joined	8/19/2021, 5:57:30 AM
7	SHAILAJA DUTEKAR	Joined	8/19/2021, 5:57:59 AM
8	RAHUL JADHAV	Joined	8/19/2021, 6:01:18 AM
9	Hardik Vyas	Joined	8/19/2021, 6:02:05 AM
10	Kanchan Khire (Guest)	Joined	8/19/2021, 6:02:07 AM
11	Sangita Jaju (Guest)	Joined	8/19/2021, 6:02:22 AM
12	Brijmohan Dayma	Joined	8/19/2021, 6:02:32 AM
13	Bhise Kiran (Guest)	Joined	8/19/2021, 6:02:59 AM
14	Nivedita Vyas (Guest)	Joined	8/19/2021, 6:03:37 AM
15	KOMAL GOMARE	Joined	8/19/2021, 6:03:42 AM
16	MEGHA PANDIT	Joined	8/19/2021, 6:03:43 AM
17	YUVARAJ SARNIKAR	Joined	8/19/2021, 6:03:48 AM
18	Dr. J. S. Dargad	Joined	8/19/2021, 6:03:52 AM
19	Vivakanand Deshpande	Joined	8/19/2021, 6:04:01 AM
20	Balaji H Yampure 😊 (Guest)	Joined	8/19/2021, 6:05:03 AM
21	MAHESH BEMBADE	Joined	8/19/2021, 6:07:34 AM
22	NISHIKANT SADAPHULE	Joined	8/19/2021, 6:09:06 AM
23	SANKET BANSODE	Joined	8/19/2021, 6:11:39 AM
24	NIKITA SHINDE	Joined	8/19/2021, 6:11:55 AM
25	SWARUPA JADHAV	Joined	8/19/2021, 6:13:43 AM
26	SHITAL PATIL	Joined	8/19/2021, 6:18:31 AM
27	Mahesh Akangire (Guest)	Joined	8/19/2021, 6:23:25 AM
28	Neeta Pardeshi	Joined	8/19/2021, 6:24:18 AM
29	KALPANA GARAD	Joined	8/19/2021, 6:30:59 AM
30	Rajesaheb Panchal (Guest)	Joined	8/19/2021, 6:35:31 AM
31	KARUNA KOMATWAR	Joined	8/19/2021, 6:42:21 AM
32	Balasaheb Chavan	Joined	8/19/2021, 6:43:52 AM
33	POOJA SONSALE	Joined	8/19/2021, 6:47:16 AM
34	GAJANAN BANE	Joined	8/19/2021, 6:48:56 AM
35	Shivaji Panchal	Joined	8/19/2021, 6:49:18 AM
36	Ramshetti Shetkar	Joined	8/19/2021, 6:49:44 AM
37	MAHESH KARALE	Joined	8/19/2021, 7:09:03 AM
38	LALIT THAKRE	Joined	8/19/2021, 7:30:54 AM
39	DATTATRYA KULKARNI	Joined	8/19/2021, 7:40:32 AM



Dayanand Science College Latur.
Yoga at home Yoga with Family
Yoga Training Program

Date: 20 August 2021

Day: Monday

Time: 6.00 AM to 7:30 AM

Practical Session

Sr. No.	Full Name	User Action	Timestamp
1	ROHINI SHINDE	Joined	8/20/2011
2	Sangita Jaju (Guest)	Joined	8/20/2012
3	MAHESH BEMBADE	Joined	8/20/2013
4	Durga Sharma (Guest)	Joined	8/20/2014
5	sushama sharma (Guest)	Joined	8/20/2015
6	sarikabdayma	Joined	8/20/2016
7	Brijmohan Dayma	Joined	8/20/2017
8	NISHIKANT SADAPHULE	Joined	8/20/2018
9	Shweta Madane	Joined	8/20/2019
10	NIKITA SHINDE	Joined	8/20/2020
11	Nivedita Vyas (Guest)	Joined	8/20/2021
12	SHAILAJA DUTEKAR	Joined	8/20/2022
13	Neeta Pardeshi	Joined	8/20/2023
14	Kanchan Khire (Guest)	Joined	8/20/2024
15	RAHUL JADHAV	Joined	8/20/2025
16	SWARUPA JADHAV	Joined	8/20/2026
17	YUVARAJ SARNIKAR	Joined	8/20/2027
18	KOMAL GOMARE	Joined	8/20/2028
19	MEGHA PANDIT	Joined	8/20/2029
20	Shivaji Panchal	Joined	8/20/2030
21	KALPANA GARAD	Joined	8/20/2031
22	Dr. J. S. Dargad	Joined	8/20/2032
23	KARUNA KOMATWAR	Joined	8/20/2033
24	SIDHESHWAR BELLALE	Joined	8/20/2034
25	LALIT THAKRE	Joined	8/20/2035
26	RATNA KIRTANE	Joined	8/20/2036
27	RAHUL MORE	Joined	8/20/2037
28	Ramshetti Shetkar	Joined	8/20/2038
29	GAJANAN BANE	Joined	8/20/2039
30	Balaji H Yampure ☺ (Guest)	Joined	8/20/2040
31	MAHESH KARALE	Joined	8/20/2041
32	Hardik Vyas	Joined	8/20/2042
33	Rajesaheb Panchal	Joined	8/20/2043
34	anuradha mane (Guest)	Joined	8/20/2044
35	SHREYAS MAHURKAR	Joined	8/20/2045



Dayanand Education Society's

DAYANAND SCIENCE COLLEGE, LATUR

Department of Physical Education and Sports

Ten Days Online Yoga Course

"Yoga at Home and Yoga with Family"

11th August to 20th 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. RohiniShinde
Technical coordinator

Dr. S. S. Bellale
Vice-Principal

Dr. Jayprakash S. Dargad
Principal







मराठवाडा नेता

दयानंद विज्ञानमध्ये योग प्रशिक्षण 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 अॅन्ड 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 योगाबद्दलची सखोल माहिती १० दिवसात दिली जाणार आहे. या कोर्सकरिता तज्ज्ञ म्हणून डॉ.

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

या योग अभ्यासक्रमाची सुरुवात ऑनलाईन पद्धतीने करण्यात आली. यावेळी उद्घाटनपर मार्गदर्शनामध्ये 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 बेंबडे हे काम पाहत आहेत. या उपक्रमाच्या यशस्वितेसाठी उपप्राचार्य डॉ. सिद्धेश्वर बेल्हाळे, डॉ. कांचन कदम हे परिश्रम घेत आहेत.

शारीरिक व मानसिक आरोग्यासाठी योगा करण्याची आवश्यकता - डॉ.ब्रिजमोहन दायमा व डॉ.सारिका दायमा यांचे प्रतिपादन

लातूर (प्रतिनिधी) - मानसिकस्वास्थ्य सुलभ बनवण्यात योग आणखी महत्वाची भूमिका बजावते. आजच्या वेळी जीवनाचा वेग वाढला आहे. यामुळे मानसिक तणाव वाढला आहे. यामुळे शारीरिक व मानसिक आरोग्यासाठी योगा करण्याची आवश्यकता आहे. डॉ. ब्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. ब्रिजमोहन दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. ब्रिजमोहन दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले.



यावेळी डॉ. ब्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. ब्रिजमोहन दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. ब्रिजमोहन दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. ब्रिजमोहन दायमा यांनी याबाबतचे प्रतिपादन केले. डॉ. सारिका दायमा यांनी याबाबतचे प्रतिपादन केले.

शारीरिक व मानसिक आरोग्यासाठी योगा करण्याची आवश्यकता

डॉ.ब्रिजमोहन दायमा व डॉ.सारिका दायमा यांचे प्रतिपादन

लातूर : आज जागतिकीकरणाच्या युगात माणसाचे जीवन अत्यंत धकाधकीचे झाले आहे. या धकाधकीच्या युगात बहुतांशपणे माणसाचे शारीरिक व मानसिक स्वास्थ्य बिघडत असल्यामुळे अनेकांना अनेक आजार, व्याधी जडत आहेत. त्यामुळेच प्रत्येक माणसाने शारीरिक व मानसिक आरोग्य सुदृढ करण्यासाठी योगा करण्याची नितांत आवश्यकता आहे. योगा हीच उत्तम आरोग्याची खरी गुरुकिल्ली 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 प्रतिपादन लातूर येथील दयानंद वाणिज्य महाविद्यालयातील व पतंजली योगपीठ हरिद्वार कमिटीचे योगा शिक्षक डॉ. ब्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी प्रात्यक्षिकासह केले. येथील दयानंद विज्ञान महाविद्यालयाच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने दिनांक १९ 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. उत्तम आरोग्यासाठी योगा करणे ही काळाची गरज: प्राचार्य डॉ. जयप्रकाश दरगड 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. या मूल्यवर्धित अभ्यासक्रमातून ज्ञान घेऊन सर्वजण भावी काळातही योगा करतील आणि आरोग्य चांगल्या पद्धतीने सांभाळतील, असे अध्यक्षीय समारोप करताना प्राचार्य डॉ. जयप्रकाश दरगड म्हणाले. या दहा दिवसीय योगा कोर्सच्या यशस्वीतेसाठी कोर्स समन्वयक डॉ. महेश बेंबडे, तांत्रिक समन्वयक डॉ. रोहिणी शिंदे, उपप्राचार्य डॉ. सिद्धेश्वर बेड्ढाळे, प्रा. कांचन कदम आदिंनी परिश्रम घेतले. या कोर्समध्ये महाविद्यालयातील प्राध्यापक व शिक्षकेतर कर्मचारी सहभागी होते.

योगा विथ फॅमिली कोर्सची सांगता शारीरिक, मानसिक आरोग्यासाठी योगा आवश्यक

लातूर : प्रतिनिधी

आज जागतिकीकरणाच्या युगात माणसाचे जीवन अत्यंत धकाधकीचे झाले आहे. या धकाधकीच्या 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 गुरुकिल्ली 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.

Dayanand Education Society's

DAYANAND SCIENCE COLLEGE, LATUR

UGC-CPE, DST-FIST, NAAC 'B' Grade, Best College Award-2014

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. Solunke Ravindra Vasantrao

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)
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 :

Dayanand Education Society's

DAYANAND SCIENCE COLLEGE, LATUR

UGC-CPE, DST-FIST, NAAC 'B' Grade, Best College Award-2014

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. 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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Serial Number :

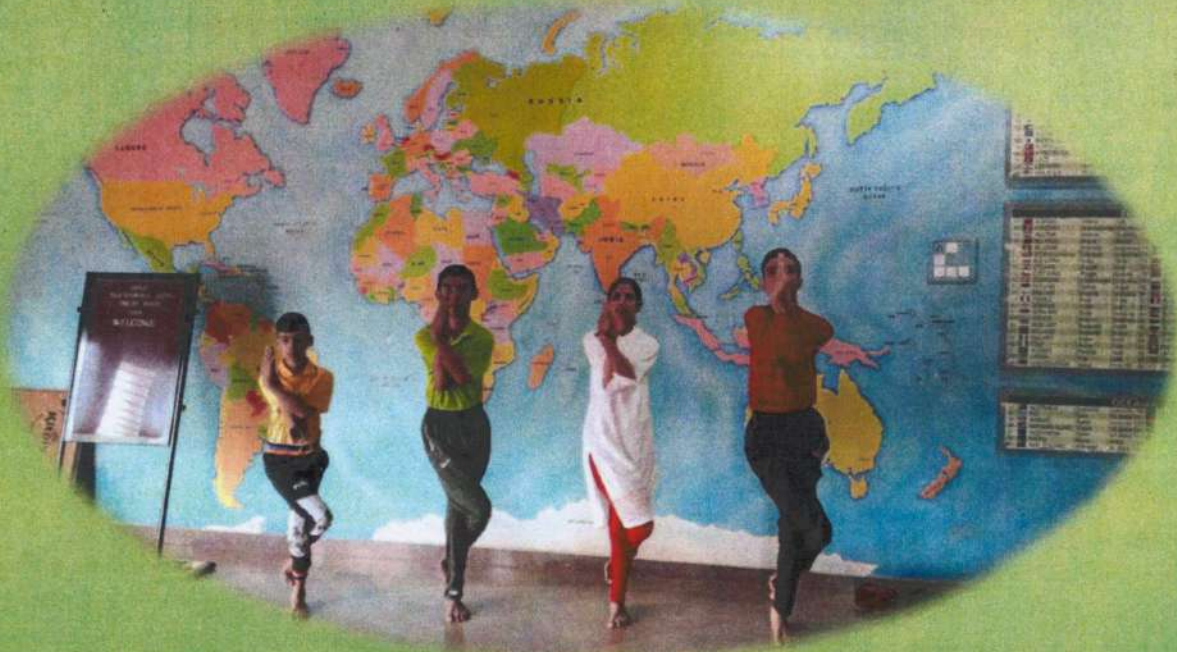


Dayanand Education Society's
DAYANAND SCIENCE COLLEGE, LATUR

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:

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 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 '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 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 Swabhiman, Patanjali yogpeeth, Haridwar (21st February to 17th March 2019),
- ❖ National Yog Teacher Training Camp by Bharat Swabhiman, 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



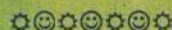
Educational Qualification- M.Com, M.Phil., Ph.D.

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),
- ❖ National Yog Teacher Training Camp by Bharat Swabhiman, Patanjali yogpeeth, Haridwar (23 to 27th August 2019);
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Yoga Demonstators for the course



Hardik Vyas,
Goraj Dayma and Ojas Dayma

