

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

### Value Added Online Yoga Course (Student Module)

1. Name of the Department : Department of Physical Education & Sports
2. Complete name/ title of the Activity : 10 days Value Added Online Yoga Course –  
**Yoga connect with Youth (Student Module)**
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) : Patanjali Yogpeeth, Haridwar, **Latur Branch**
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  
Dayanand Science College  
LATUR



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

शुक्रवार ३ सप्टेंबर २०२१

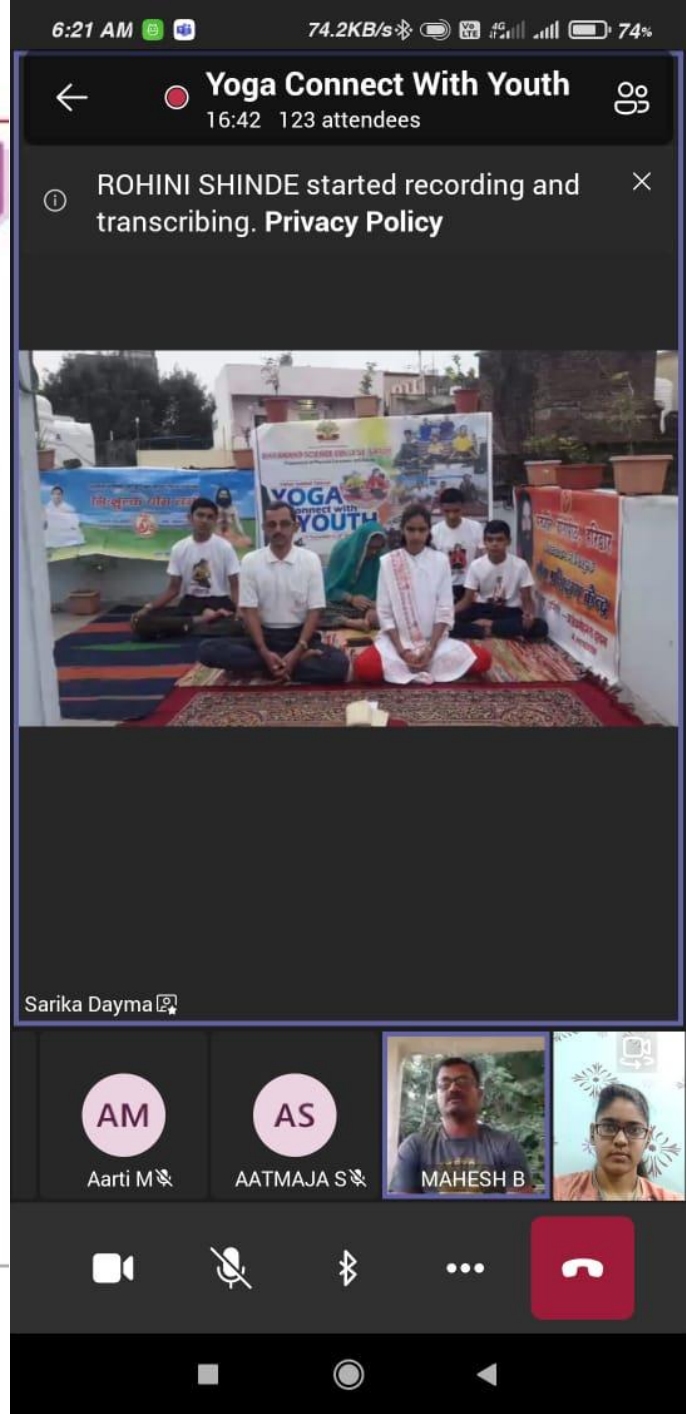
## दयानंद विज्ञान महाविद्यालयात विद्यार्थ्यांसाठी आयोजित केलेल्या दहा दिवसीय योगा कोर्सचे उद्घाटन

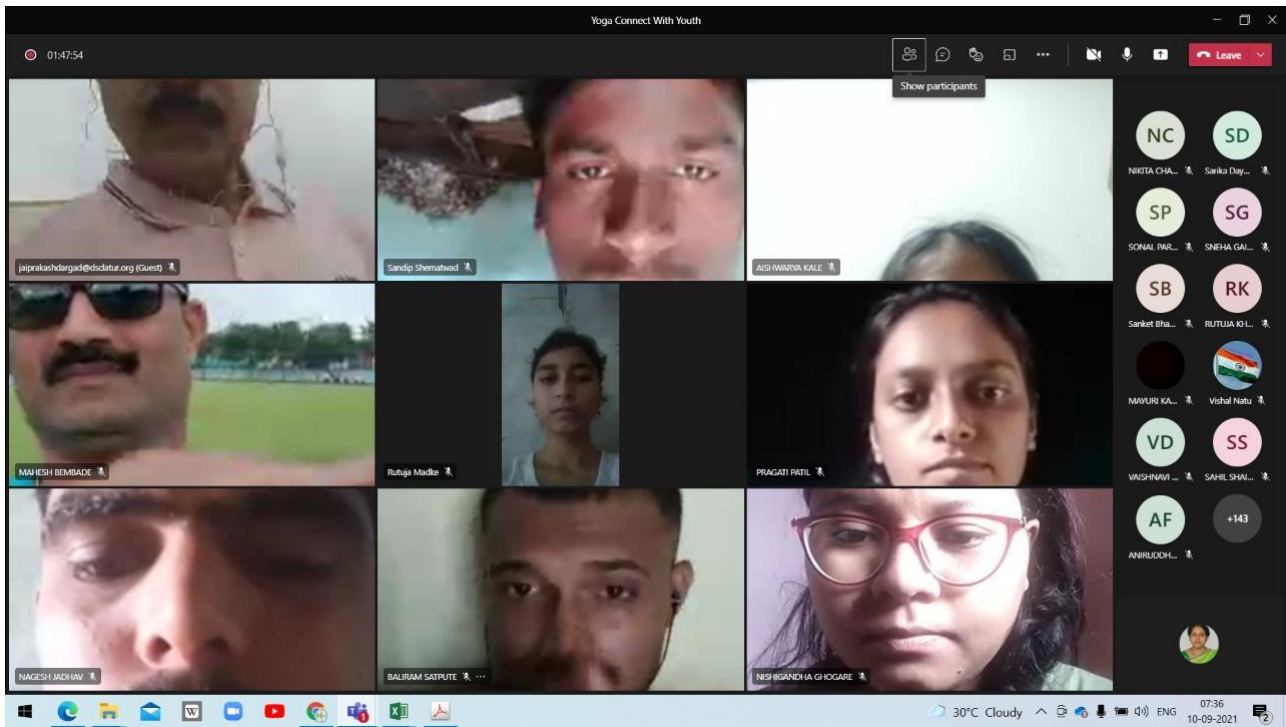
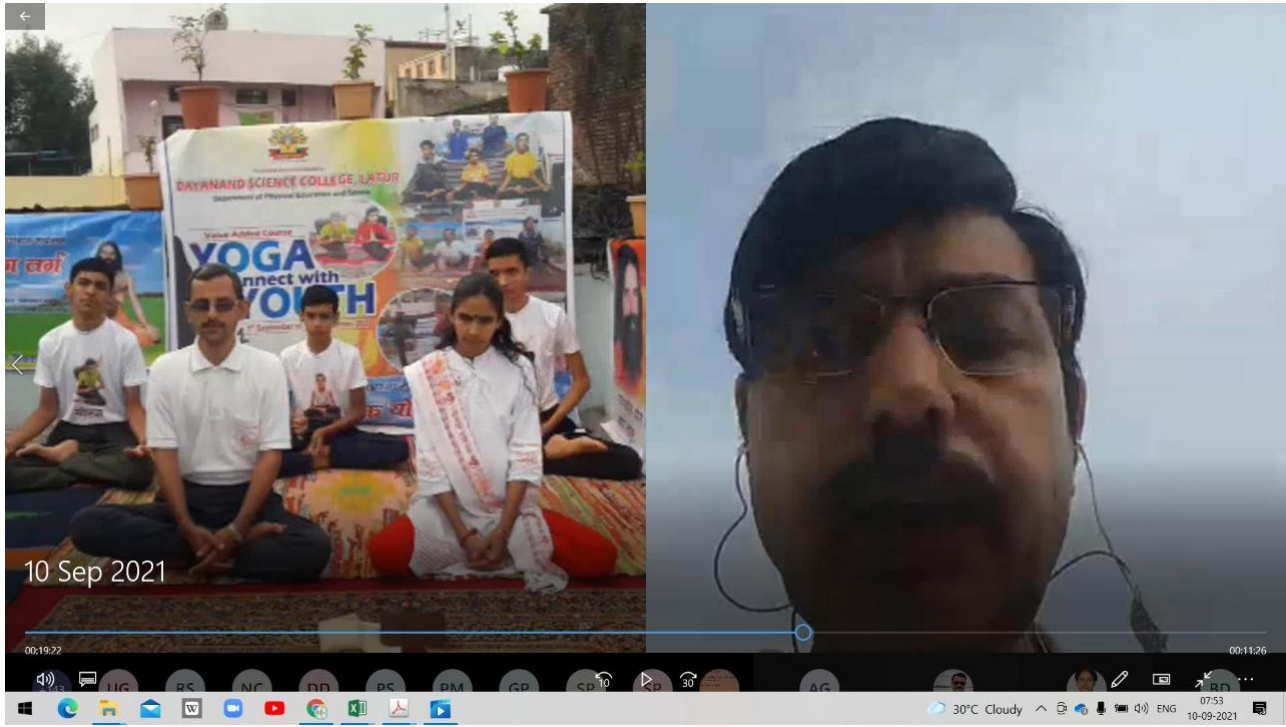
लातूर : दयानंद विज्ञान महाविद्यालयच्या शारीरिक शिक्षण व क्रीडा विभागाच्या वतीने दिनांक १ ते १० सप्टेंबर २०२१ या काळात योजिल्या योगा कोर्सचे उद्घाटन झाले. याप्रसंगी महाविद्यालयाचे प्राचार्य डॉ. जयकाश दाराड, उपप्राचार्य डॉ. विठ्ठल चव्हाण, दयानंद वाणिज्य महाविद्यालयातील व परंतली योगपीठ हरिद्वार कार्यपीठचे योगा शिक्षक डॉ. विजयेंद्र दासगा, डॉ. सारिका दासगा, शारीरिक शिक्षण व क्रीडा विभाग प्रमुख व कोर्स सल्लागार डॉ. प्रमोद चव्हाण, तांत्रिक सल्लागार डॉ. रोहिणी शिंदे यांची प्रमुख उपस्थिती होती. योगाचा युवकांशी संबंध निरंतर असणे ही आधुनिक काळाची गरज आहे, यामुळे युवा पिढीमध्ये नववैतन्य, शारीरिक व मानसिक विकास होईल. या कोर्सचा युवकांना निश्चित फायदा होईल, हा या कोर्सचा उद्देश आहे. याप्रसंगी बहुरसंख्येने विद्यार्थी उपस्थित होते.

### ‘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 उद्घाटन झाले. प्राचार्य डॉ. जयप्रकाश दरगड, डॉ. सिद्धेश्वर बेल्लाले, 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  
Page No. 2 Sep 04, 2021  
Powered by: erelego.com





Yoga Connect With Youth

01:47:25

Participants:

- NC (NIKITA CHA...)
- RM (Rutuja Mad...)
- SD (Sanku Day...)
- MAHESH B...
- SP (SONAL PAR...)
- SG (SNEHA GAL...)
- SB (Sanket eha...)
- RK (RUTUJA KH...)
- VD (VISHAL NATU...)
- +143
- WISHNVI ...

30°C Cloudy 07:36 10-09-2021

Yoga Connect With Youth

45:07

Recording and transcription have started. Let everyone know they're being recorded and transcribed. Privacy policy

Meeting chat

Meeting Recorded by: GO... 6m 52s

06:12 Recording has stopped. Saving recording to OneDrive...

06:14 Recording has started

Meeting Recorded by: SA... 4m 43s

06:19 Recording has stopped. Saving recording to OneDrive...

06:19 Recording has started

Meeting Recorded by: RO... 5m 38s

Last read

jai prakash dargad@dsdclatur.org (Guest) 06:25  
All the participants of this course are requested to switch ON your videos

Dr Jaiprakash Dargad Principal

Type a new message

Participants:

- RS (Ranchetti S...)
- J (Sandip She...)
- SS (Sanku Day...)
- P (On hold)
- RM (Rutuja Mad...)
- ME (MANVI EKIL...)
- PM (PRASAD M...)
- DK (DISHA KL...)
- SG (Swarnp Gov...)
- SD (+175)
- SAKSHI DES...

30°C Cloudy 06:33 10-09-2021





► 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 जीवनात व धकाधकीच्या 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, यशस्वी होते. माणसाचे आयुर्मानही वाढते. म्हणूनच योगा म्हणजे काय, योगाचे प्रकार, प्राणायाम हे सर्व माहिती करून युवकांनी कोणत्याही व्यसनाच्या अधीन न होता योगा केलाच पाहिजे. करोना काळात योगा करणे हे अत्यंत महत्त्वाचे आहे, असे प्रतिपादन डॉ. ब्रिजमोहन दायमा व डॉ. सारिका दायमा यांनी केले.

दयानंद विज्ञान महाविद्यालयाच्या शारीरिक

शिक्षण व क्रीडा विभागाच्या वतीने दि. १ ते १० सप्टेंबर या कालावधीत विद्यार्थ्यांसाठी आयोजित करण्यात आलेल्या 'योगा कनेक्ट विथ युथ' या अँड ऑन योगा दहा दिवसीय योगा कोर्सचा समारोप झाला. याप्रसंगी महाविद्यालयाचे प्राचार्य डॉ. जयप्रकाश दरगड, उपप्राचार्य डॉ. एस. एस. बेळगाळे, डॉ. महेश बेंबडे, तांत्रिक समन्वयक डॉ. रोहिणी शिंदे, ओजस दायमा, गोरज दायमा, हार्दिक वायस यांची प्रमुख उपस्थिती होती.

यावेळी प्राचार्य डॉ. दरगड अध्यक्षीय समारोपात म्हणाले की, योगा कनेक्ट विथ युथ हा दहा दिवसीय अँड ऑन योगा कोर्स मूल्यवर्धित कोर्स आहे. हा कोर्स युवकांना, योगा साधक विद्यार्थ्यांना वर्तमान आणि भावी काळासाठी निश्चित मार्गदर्शक व प्रेरणादायी आहे. म्हणूनच या कोर्समधील योगाचे थैअरी व प्रॅक्टिकली जे ज्ञान मिळवले आहे. त्याचा जीवनामध्ये



निरंतर उपयोग करावा. विद्यार्थ्यांसाठी योगा केल्याने शरीर, मन व मेंदू बळकट होते. त्यातूनच काम करण्याची ऊर्जा मिळते. म्हणूनच आपल्या आयुष्यात दररोज योगा करावा, असे सांगितले.



या योगा कोर्सचे सूत्रसंचालन व आभार कोर्स समन्वयक डॉ. महेश बेंबडे यांनी मानले. याप्रसंगी महाविद्यालयातील सर्व विभाग प्रमुख, प्राध्यापक व योगा कोर्समधील योगा साधक विद्यार्थी असे १८७ जण उपस्थित 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. बेळगाळे, दयानंद वाणिज्य महाविद्यालयातील व पतंजली योगपीठ हरिद्वार कमिटीचे योगा शिक्षक डॉ. ब्रिजमोहन 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. ब्रिजमोहन 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 धकाधकीच्या 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 जिवनातील योगाचे महत्त्व सांगितले. सूत्रसंचालन व आभार शिबिर समन्वयक डॉ. महेश बेंबडे यांनी मानले. यावेळी, महाविद्यालयातील सर्व विभाग प्रमुख, प्राध्यापक व योगा कोर्समधील योगा साधक विद्यार्थी असे एकूण १८७ जणांची उपस्थिती होती.



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

**Dr. Sarika Dayma**  
Resource Person

**Dr. Brijmohan Dayma**  
Resource Person

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

**Dr. Jaiprakash Dargad**  
Principal

**Total Study hours - 30**  
Module 1 (Theory)-e-material  
for reading/self-study provided  
in whatsapp group (10 hours)  
Module 2 (Practical) - Daily  
6.00am to 7.30am (15 hours)  
Module 3 (Assignments)-  
Details shared in daily  
online sessions (05 hours)







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**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

**Dr. Sarika Dayma**  
Resource Person

**Dr. Brijmohan Dayma**  
Resource Person

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

**Dr. Jaiprakash Dargad**  
Principal

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## 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

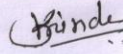
Sr.No.	Full Name of the participant	Class of the participant	Username	Total score
1	Shaikh Sakib Ismail	B.Sc.	sakibshk238@gmail.com	80
2	Galande kshitija Ramraja	B.Sc.	galandekshitija2@gmail.com	47
3	Gadiwan Sana Shafi	B.Sc.	sanagadiwan16@gmail.com	61
4	Aditi shinde	B.Sc.	aditishinde2407@gmail.com	69
5	Reshma vikram Gore	B.Sc.	ratio1426@gmail.com	73
6	Vishal Tanaji Natu	B.Sc.	vishalnatu022@gmail.com	73
7	Rutuja Bhausahab 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 sheshrao	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.	rutujamadake2002@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

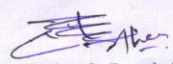
3

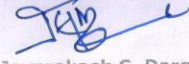
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Dr. Rohini Shinde  
(Technical coordinator)

  
Dr. Mahesh Bembde  
(Academic coordinator)

  
Dr. Jayprakash S. Dargad  
(Principal)

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

Principal  
Dayanand Science College  
LATUR.



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

## 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

Course and exam Conducted once in a year

Target group- Students and their family members

**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.JaiprakashS. 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.



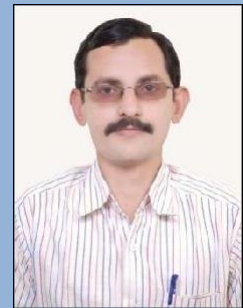
## Resource Persons for the course:

### Brief Profile of Dr. Dayma Briimohan 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 Swabhimam, Patanjali yogpeeth, Haridwar (21<sup>st</sup> February to 17<sup>th</sup> March 2019),
- ❖ **National Yog Teacher Training Camp** by Bharat Swabhimam, 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 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);
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## Yoga Demonstrators for the course

**Hardik Vyas,**  
Goraj Dayma and Ojas Dayma

