

Summary Report of Value Added /Certificate Course – Basic Yoga
2022-23

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**SAHAKAR MAHARSHI LATE BHASKARRAO
SHINGNE ARTS COLLEGE
KHAMGOAN**

Department of physical Education

Value added/ Certificate course

BASIC YOGA

From -22 Sept 22 to 18 Oct 22



सहा. प्राध्यापक

सहकार महर्षि रव. भास्करराव शिंगणे
कला महाविद्यालय, खामगांव. जि. बुलढाणा

Principal

Sahakar Maharshi
Late Bhaskarrao Shingne Arts
College, Khamgaon Dist. Buldana

SAHAKAR MAHARSHI LATE BHASKARRAO SHINGNE ARTS COLLAGE,

KHAMGOAN, DIST- BHULDANA

Department of Physical Education

Value Added / Certificate Course

{Session – 2022-2023}

Title of course : Basic Yoga
Duration of course : 30 hours [15 Days]
Standard of Passing : Minimum 40 % Marks

SYLLABUS

Unit 1: - Basic Exercise

- Neck Movement
- Shoulder Movement
- Trunk Movement
- Knee Movement
- Ankle Movement

Unit: -2 Yogic Surya Namaskar

Unit 3 : -Yogasana (Standing Poses)

- Tadasana (Mountain Pose)
- Vrikshasana (Tree Pose)
- Trikonasana (Triangle Pose)
- Ardha Chakrasana (Half wheel Pose)
- Padahastasana (Standing Forward Bend Pose)

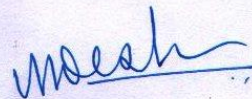
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Unit 4 :- Yogasana (Seating Pose)

- Shukhasana (Seating pose)
- Vajrasana (Seating pose)
- Baddhakonasana (Butterfly pose)
- Paschimottanasan (Forward pose)
- Balasana (Child pose)

Unit: -5 Pranayama

- Anulmoa Viloma/ Nadi Shodhana
- Kapalbhati
- Bhramari



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Sahakar Maharshi Late Bhaskarrao Shingne Smruti Arogya & Shikshan Prasarak Mandal, Khamgaon

**Sahakar Maharshi Late Bhaskarrao Shingne Arts College,
Khamgaon, Dist- Buldana (M.S.)**

Affiliated to Sant Gadge Baba Amravati University, Amravati
12(B) Dated 11 June 2012
2 (f) Dated 20 Oct 2011
Permanent Affiliation – L.NoSGBAU/8/C-300/2012
Dated 22 Feb 2012,

College Code:-334
Website:-www.smbcoll.edu.in
email: - smlbsac334@sgbau.ac.in
Mobile No.9552619216
ISO 9001: 2015, Certified

Ref.No

Date:- 21.08.2022

True Copy Of The Resolution No.03 Of The College Development Committee Meeting

Dated 21.08.2022

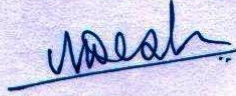
Subject No.03 : Regarding Approval for Add on / Certificate Course / Value Added
Course Resolution No 03 : The Subject of granting permission for the applications
recovered for starting Add on / Certificate Course / Value Added Courses and the attested
syllabus was discussed by the members of the committee. The application forms received
on 21th August 2022 were discussed in the meeting and the committee unanimously
decided to grant approval to the following Add on / Certificate Course / Value Added
Courses for the benefit of the students.

1) Basic Yoga

Resolution passed unanimously

Proposed by – Dr.N.D.Deshmukh

Seconded by – Dr.H.P.Yeole



Secretary

महाविद्यालय विकास समिती
सहकार महर्षी स्व.भास्करराव शिंगणे
कला महाविद्यालय, खामगांव



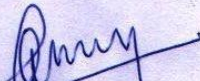
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Khamgoan, Dist – Buldhana


Value Added Course – Basic Yoga

Session – 2022-2023

List of Students

Sr. No	Students Name	Class	Signature
1	Bhagwan Madhurkar Yeutkar	B.Voc II	B.M. Yeutkar
2	Mohan Eknath Nemane	B.VOC II	M. E. Nemane
3	Roshan Dinesh Ikhare	B.VOC II	R. D. Ikhare
4	Shubham Samadhan Wankhade	B.VOC II	S. S. Wankhade
5	Vikas Chandrabhan Katone	B.VOC II	V. C. Katone
6	Yasin Khan Salim Khan Pathan	B.VOC II	Y. Khan Pathan
7	Abhay Tayade	B.A II	A. B. Tayade
8	Abhijit Shandshiv	B.A II	A. B. Shandshiv
9	Akshay Rathod	B.A II	A. K. Rathod
10	Dhammapal Sadanshiv	B.A II	A. B. Sadanshiv
11	Ashwini Mahale	B.A II	A. M. Mahale
12	Darshan Chavan	B.A II	D. Chavan
13	Monika Ingle	B.A II	M. P. Ingle
14	Madhuri Kalamkar	B.A II	M. B. Kalamkar
15	Gayatri Belokar	B.A II	G. S. Belokar
16	Abhishek Sanjay Mahajan	B.Voc	A. B. Mahajan
17	Aman Sahebrao Ikhare	B.Voc	A. M. Ikhare
18	Ashish Bhikaji Ikhare	B.Voc	A. S. Ikhare
19	Avinash Narayan Mundale	B.Voc	A. N. Mundale
20	Ganesh Shatrughan Ghanokar	B.Voc	G. S. Ghanokar
21	Om Prakash Satav	B.Voc	O. P. Satav
22	Prashik Ulhas Dabhade	B.Voc	P. U. Dabhade
23	Rahul More	B.A II	R. G. More
24	Premraj Bhojane	B.A II	P. B. Bhojane
25	Sakshi Tamar	B.A II	S. C. Tamar


Convener


Principal
Principal
Sahakar Maharshi
Late Bhaskarrao Shingne Arts
College, Khamgaon Dist. Buldana

SAHAKAR MAHARSHI LATE BHASKARRAO SHINGNE ARTS COLLAGE, KHAMGOAN

Certificate Course

BASIC YOGA

Session 2022-2023

Attendance Sheet

Sr No	Name of Students	22	23	24	26	27	4	6	7	8	10	11	12	13	14	15
		22	22	22	22	22	22	22	22	22	22	22	22	22	22	22
1	Bhagwan Madhurkar Yeutkar	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P
2	Mohan Eknath Nemane	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A
3	Roshan Dinesh Ikhare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Shubham Samadhan Wankhade	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Vikas Chandrabhan Katone	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Yasin Khan Salim Khan Pathan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Abhay Tayade	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
8	Abhijit shdandshiv	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
9	Akshay Rathod	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
10	Dhammapal Sadandshiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Ashwin iMahale	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P
12	Darshan Chavan	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
13	Monika Ingle	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
14	Madhuri Kalamkar	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
15	Gayatri Belokar	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P



Principal

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[Signature]
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SAHAKAR MAHARSHI LATE BHASKARRAO SHINGNE ARTS COLLAGE, KHAMGOAN

Certificate Course

BASIC YOGA

Session 2022-2023

Attendance Sheet

Sr No	Name of Students	22/09	23/09	24/09	26/09	27/09	28/09	29/09	30/09	01/10	02/10	03/10	04/10	05/10	06/10	07/10	08/10	09/10	10/10	11/10	12/10	13/10	14/10	15/10
16	Abhishek Sanjay Mahajan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Aman Sahebraol khare	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Ashish Bhikajilkhare	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Avinash Narayan Mundale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Ganesh Shatrughan Ghanokar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Om Prakash Satav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Prashik Ulhas Dabhade	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Rahul More	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Premraj Bhojane	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Sakshi Tamar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



[Signature]

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कला महाविद्यालय, खामगांव, जि. बुलडाणा

[Signature]

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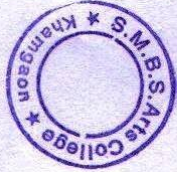
Certificate Course

Basic Yoga

Session 2022-2023

Mark Sheet

Sr No	Students Name	Total marks	Mark Obtain
1	Bhagwan Madhurkar Yeutkar	100	92
2	Mohan Eknath Nemane	100	82
3	Roshan Dinesh Ikhare	100	92
4	Shubham Samadhan Wankhade	100	90
5	Vikas Chandrabhan Katone	100	86
6	Yasin Khan Salim Khan Pathan	100	90
7	Abhay Tayade	100	86
8	Abhijit shdandshiv	100	88
9	Akshay Rathod	100	82
10	Dhammapal Sadandshiv	100	92
11	Ashwin iMahale	100	90
12	Darshan Chavan	100	86
13	Monika Ingle	100	90
14	Madhuri Kalamkar	100	90
15	Gayatr iBelokar	100	90
16	Abhishek Sanjay Mahajan	100	92
17	Aman Sahebraol khare	100	86
18	Ashish Bhikajilkhare	100	92
19	Avinash Narayan Mundale	100	90
20	Ganesh Shatrughan Ghanokar	100	80
21	Om Prakash Satav	100	90
22	Prashik Ulhas Dabhade	100	80
23	Rahul More	100	78
24	Premraj Bhojane	100	90
25	Sakshi Tamar	100	90



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Sahakar Maharshi Late Bhaskarrao Shingne Arts College, Khamgaon, Dist. Buldhana.

CERTIFICATE

This certificate declares that **Bhagwan Mudhukar Yeutkar** student has completed Certificate Course in Basic Yoga (Duration 30 Hrs) organized by Department of Physical Education that started from 22 September to 18 October 2022.

Principal

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Sahakar Maharshi
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Convener