

SHRI GANESH ARTS COLLEGE
Shivani-Kumbhari, Tq. Dist. Akola
(Website-www.sgac.ac.in)

2018-2019

(Department of Physical Education)

Add on Courses

SHRI GANESH ARTS COLLEGE

MIDC AREA SHIVANI-KUMBHARI

ADD ON COURSE IN PHYSICAL EDUCATION

SYLLABUS

(CERTIFICATE COURSE IN YOGA & MEDITATION)

SESSION -2018-2019

UNIT –I

1.1 Yoga-meaning concept, Misconceptions about Yoga.

1.1.1 Historical background of Yoga.

1.1.2 Yogic practices.

UNIT –II

2.1 Astanga Yoga with special reference to –

2.1.1 Yamas

2.1.2 Niyams

2.1.3 Asanas

2.1.4 Pranayam

UNIT –III

3.1 Practice of various Pranayams –

3.1.1 Bhasrika

3.1.2 Anulom- Vilom

3.1.3 Kapalbhathi

3.1.4 Ujjai

3.1.5 Bramari



UNIT –IV

4.1 Practice of various Asanas

4.1.1 Padmasana- Omkar

4.1.2 Suryanamskarasana

4.1.3 Sarvangasana

4.1.4 Halasana

4.1.5 Pad pashchimottanasana

4.1.6 Vakrasana

4.1.7 Bhujangasana

4.1.8 Tadasana

4.1.9 Naukasana

4.1.10 Shavasana

UNIT –V

5.1 Study of Meditation

5.1.1 Body relaxation

5.1.2 Practice of Yoga nidra

5.1.3 Trataka



SHRI GANESH ARTS COLLEGE

Add On Course in Yoga & Meditation

Time-Table

2018-2019

Sr.no	Date	Time	Unit
01	15/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -1
02	16/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -1
03	17/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -1
04	18/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -2
05	19/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -2
06	20/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -2
07	21/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -3
08	22/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -3
09	23/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -3
10	24/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -4
11	25/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -4
12	26/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -4
13	27/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -5
14	28/02/2018	6.30 to 7.30 7.30 to 8.30	Unit -5
15	01/03/2018	6.30 to 7.30 7.30 to 8.30	Unit -5





Hanuman Gram Vikas Pratisthan Hingna - Kumbhari's
(Rg.No. 5076 / Akola / 29-02-1996)

Shri Ganesh Arts College

MIDC Area, Shivani-Kumbhari, Ta.Dist.Akola

PRESIDENT Prof. Tukaram Birkad (Ex. MLA) Ex. President Vidarbha Statutory Dev. Board, Nagpur	College Code - 230. visit us : www.hgvp.in email : sgkm230@sgbau.ac.in	PRINCIPAL Dr. K.V. Mehare MA.(Eng.) M.Phil, Ph.D. Cell. 9804791431
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Ref.No. :- SGAC/IGAC/ON/18

Appointment Letter

Date. 13/02/2019

To,

Prof. Sudhakar Manwar

Shri Ganesh Arts College, Shivani-Kumbhari, Tq. Dist-Akola

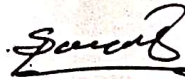
Subject- Regarding the Appointment of Guest Faculty under Add on Course.

Respected Sir/Madam,

We have immense pleasure to inform you that you are appointed as a Guest Faculty/ Expert of subject Physical Education for 30 hours Add on Course of "Certificate Course in Yoga and Meditation" from 15/02/2019 to 01/03/2019. Therefore, you are kindly requested to share your valuable knowledge and expertise with our students through above Add on Course.

Thanking You!

Course Coordinator



(Prof. Dr. S. P. Tayde)

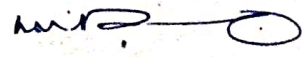
Director of Physical
Education & Sports
Shri Ganesh Arts College
Kumbhari, Tq.Dist.Akola

Copy to:-


- 1) Principal, Shri Ganesh Arts College, Shivani-Kumbhari, Tq. Dist-Akola

Principal


NAAC Co-ordinator,
Shri Ganesh Arts College,
Shivani-Kumbhari, Tq.Dist. Akola


(Dr. K. V. Mehare)
Principal
Shri Ganesh Arts College
Kumbhari, Tq.Dist.Akola

o/c Letter received


Prof. S. B. Manwar



Hanuman Gram Vikas Pratisthan Hingna - Kumbhari's
(Rg.No. 6076 / Akola / 29-02-1996)

Shri Ganesh Arts College

MIDC Area, Shivani-Kumbhari, Ta. Dist. Akola

PRESIDENT Prof. Tukaram Birkud (Ex-MLA) Ex-President, Maharashtra State Board, Nagpur	College Code - 230 Website - www.hgvv.in Email - sgkm230@sgbau.ac.in	PRINCIPAL Dr. K.V. Mehare (Ex-M.P.Harad) Call 9804781431
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Ref.No.: SGAC/TAAC/ON/19/02-03-2019

Date: 02-03-2019

Letter of Gratitude

To,

Prof. Sudhakar Manwar

Shri Ganesh Arts College, Shivani-Kumbhari, Tq. Dist-Akola

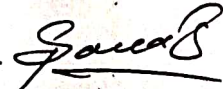
Subject- Regarding the letter of Gratitude to the Guest Faculty under Add on Course.

Respected Sir,


We are sincerely expressing our deepest sense of Gratitude towards your duties and dedication while conducting 30 hours Add on Course in Physical Education "Certificate Course in Yoga and Meditation" from 15/02/2019 to 01/03/2019 in our college. Our students are really very much benefitted by your thorough knowledge and intelligence.

Thanking You!


Course Coordinator


(Prof. Dr. S.P. Tayde)
Director of Physical
Education & Sports
Shri Ganesh Arts College
Kumbhari, Tq. Dist. Akola

IQAC Coordinator


(Prof. M. G. Gadge)
NAAC Co-ordinator,
Shri Ganesh Arts College,
Shivani-Kumbhari, Tq. Dist. Akola


Principal


(Dr. K. V. Mehare)
Principal
Shri Ganesh Arts College
Kumbhari, Tq. Dist. Akola

Copy to:-

- 1) Principal, Shri Ganesh Arts College, Shivani-Kumbhari, Tq. Dist-Akola

o/c

Letter received

Prof. S. B. Manwar



Hanuman Gram Vikas Pratisthan Hingna – Kumbhari's
(Rg.No.5076/Akola/29-02-1996)

Shri Ganesh Kala Mahavidyalaya

MIDC Area, Shivani-Kumbhari, Tq. Dist. Akola 444104

PRESIDENT

Prof. Tukaram Birkad (Ex.MLA)
Ex.President Vidarbha Statutory Dev.Board,Nagpur

College Code - 230

www.sgac.ac.in

Email : sgkm230@sgbau.ac.in

PRINCIPAL

Dr. K. V. Mehare
MA, (Eng.) M.Phil, Ph.D. Cell.9604791431

Ref.No. :

Date.

Appointment Letter

To,

Prof. Dr. Madhusudhan Marwal

Jay Bajrang College of Physical Education, Kumbhari, Tq. Dist-Akola

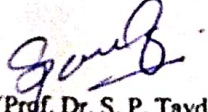
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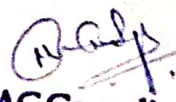
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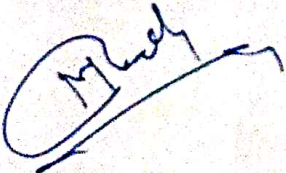

IQAC Co-ordinator
NAAC Cell
Shri Ganesh Arts College
Kumbhari, Tq. Dist. Akola

Principal


Shri Ganesh Kala Mahavidyalaya
Kumbhari, Tq. Dist. Akola
(Dr. K. V. Mehare)

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College Code - 230

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PRINCIPAL

Dr. K. V. Mehare

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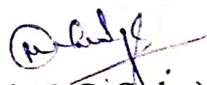
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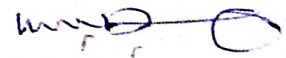
Course Coordinator


(Prof. Dr. S.P. Tayde)

IQAC Coordinator

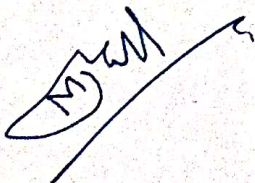

(Prof. M. G. Gadge)
IQAC Co-ordinator
NAAC Cell
Shri Ganesh Arts College
Kumbhari, Tq. Dist. Akola

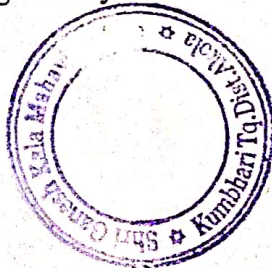
Principal


Shri Ganesh Kala Mahavidyalaya
Kumbhari, Tq. Dist. Akola
(Dr. K. V. Mehare)

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SHRI GANESH ARTS COLLEGE

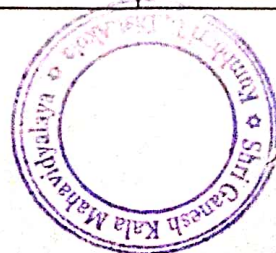
ADD ON COURSE IN PHYSICAL EDUCATION

2018 - 2019

Daily Attendance

Date : / /

Sr.no	Name of Students	Class	Signature
01	Satyashil Subhash Khandare	B.A.I	S. Satyashil K.
02	Ku. Pragati Tejrao Bharsakhale	B.A.I	Pragati Bharsakhale
03	Ku. Sarita Santosh Agale	B.A.I	S. Agale
04	Ku. Reshma Pundlik Agale	B.A.I	R.P. Agale
05	Ingle Mamata Shamrao	B.A.I	M.S. Ingle
06	Kakad Shankar Tulsidas	B.A.I	S.T. Kakad
07	Pandav Shraddha Wasudev	B.A.I	Shraddha
08	Poghe Mayuri Sanjay	B.A.I	M.S. Poghe
09	Ku. Ashwini Madhusudan Taksale	B.A.II	A.M. Taksale
10	Saurabh Mangesh Gopnarayan	B.A.II	S.M. Gopnarayan
11	Nilesh Santosh Patil	B.A.II	N. Patil
12	Shubham Shriram Ingole	B.A.II	S.S. Ingole
13	Shubham Sanjay Naik	B.A.II	Shubham Naik
14	Mehenge Pallavi Vishwas	B.A.II	Pallavi Mehenge
15	Telgote Nilesh Raju	B.A.II	Nilesh B. Telgote
16	Belurkar Sushant Digambar	B.A.III	S.D. Belurkar
17	Dabhade Manish Narendra	B.A.III	M.N. Dabhade
18	Gawai Roshani Manikrao	B.A.III	R.M.G.
19	Gaikwad Gajanan Ramdas	B.A.III	Gajanan Gaikwad
20	Loole Mohan Dipak	B.A.III	M. Loole



HANUMAN GRAM VIKAS PRATISTHAN HINGNA-KUMBHARI'S

SHRI GANESH ARTS COLLEGE

MIDC Area, Shivani-Kumbhari, Tq.Dist-Akola

Add on Course

Admission Form

Academic Year- (2018-2019)

Certificate Course in Yoga & Meditation

- 1) Name of the Student (Full Name):- Satyashil Subhash Kandrae
- 2) Class and Semester:- B. A I
- 3) Date of Birth:-
- 4) Address:- At Post Dohigaon (Crowsade) Ta. Dis - Akola
- 5) Gender:- Male / Female
- 6) Category:- Open/OBC/SC/ST/VJ/NT/SBC/Other
- 7) Blood Group:-
- 8) Email Id:-
- 9) Mobile No:- 9370290574
- 10) Hobbies:-
- 11) Aadhar/(UID) No- 32526780 5072
- 12) Enrollment No-

Date- 15/02/2018



S. Subhash
Signature of Student

Hanuman Gram Vikas Pratishthan Hingana - Kumbhari's

Shri Ganesh Arts College, Kumbhari

Tq. Dist. Akola

Website - www.sgac.ac.in



Certificate

Mr./Mrs. _____

has successfully completed the Add on Course in _____

_____ approved by SGBAU, Amravati during

the Academic Year _____

Course Co-ordinator

Principal

