

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

2019-2020

(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 -2019-2020

UNIT -I

1.1 Yoga-meaning concept , Mis-conceptions 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

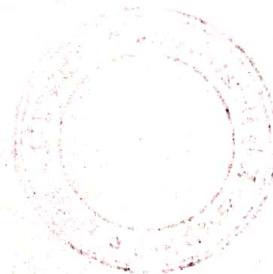
3.1 Practice of various Pranayams –

3.1.1 Bhasrika

3.1.2 Anulom- Vilom

3.1.3 Kapalbhati

3.1.4 Ujjai



3.1.5 Bramari

UNIT -IV

4.1 Practice of various Asanas

4.1.1 Padmasana- Omkar

4.1.2 Surynamskarasana

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
2019-2020

Sr.no	Date	Time	Unit
01	10/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -1
02	11/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -1
03	12/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -1
04	13/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -2
05	14/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -2
06	15/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -2
07	16/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -3
08	17/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -3
09	18/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -3
10	19/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -4
11	20/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -4
12	21/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -4
13	22/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -5
14	23/02/2019	6.30 to 7.30 7.30 to 8.30	Unit -5
15	24/02/2019	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. Call: 9804781431
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Ref.No.: SGAC/38AC/011/18

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 10/02/2020 to 24/02/2020. 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

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

Letter received

Prof. S. B. Manwar

c/c



Hanuman Gram Vikas Pratishthan Hingna - Kumbhari
(Reg.No. 6070 / Akola / 20-02-1000)

Shri Ganesh Arts College

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

Ref.No.: SGAC/IQAC/19/10-19 Letter of Gratitude

Date: 13-11-19

To,

Prof. Sudhakar Manwar

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

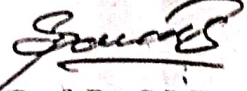
Subject-Regarding the letter of Gratitude to the Guest Faculty under Add on Course.

Respected Sir,

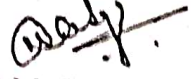
We are sincerely expressing our deepest sense of Gratitude towards your duties and dedication while conducting 30 hours Add on Course in Physical Education "Certificate Course in Yoga and Meditation" from 10/02/2020 to 24/02/2020 in our college. Our students are really very much benefitted by your thorough knowledge and intelligence.

Thanking You!


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Director of Physical
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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

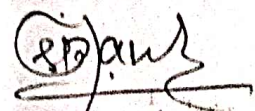
Principal


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

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

Letter received

d/c

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

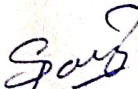
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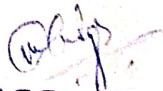
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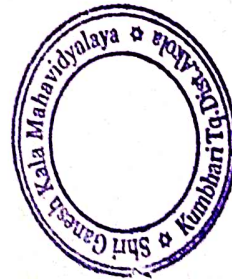

(Prof. Dr. S. P. Tayde)



IQAC Co-ordinator
NAAC Cell

Shri Ganesh Arts College
Kumbhari, Tq. Dist. Akola

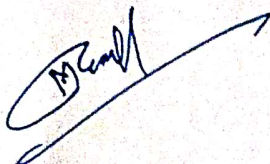
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Principal

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





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Kumbhari, Tq.Dist.Akola

Principal


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

Copy to:-

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





SHRI GANESH ARTS COLLEGE

ADD ON COURSE IN PHYSICAL EDUCATION

2019 - 2020

Daily Attendance

Date : / /

Sr.no	Name of Students	Class	Signature
01	Kartik Pandurang Undage	B.A.I	Kartik Undage
02	Sandipkumar Ravindra Singh	B.A.I	Sandip Singh.
03	Shailesh Santosh Patil	B.A.I	Shailesh Patil.
04	Vivek Gulabrao Nishanrao	B.A.I	V.G.Nishanrao.
05	Ku.Shreya Narayan Dhanagare	B.A.I	Shreya Dhanagare.
06	Ku. Pragati Tejrao Bharsakhale	B.A.II	Pragati Bharsakhale.
07	Ku. Gayatri Onkar Bhatkar	B.A.I	G. Bhatkar
08	Nilesh Santosh Patil	B.A.I	N. Patil.
09	Sopan Ganeshrao Girhe	B.A.I	Sopan Girhe
10	Suraj Santosh Wathore	B.A.I	Suraj Wathore.
11	Ku. Gayatri Onkar Bhatkar	B.A.II	Bhatkar.
12	Ku. Reshma Pundlik Agale	B.A.II	R.P. Agale.
13	Ku. Sarita Santosh Agale	B.A.II	S. Agale.
14	Satyashil Subhash Khandare	B.A.II	S. Khandare.
15	Ku.Ashwini Madhusudan Taksale	B.A.III	A.M. Taksale.
16	Saurabh Mangesh Gopnarayan	B.A.III	S.M. Gopnarayan.
17	Shubham Shriram Ingole	B.A.III	S.S. Ingole.
18	Shirsat Nikhil Prabhu	B.A.III	N.P. Shirsat
19	Wadekar Bharti Dnyaneshwar	B.A.III	B.D.W.
20	Kshirsagar Shubhangi Janardhan	B.A.III	S.S.Kshirsagar.



HANUMAN GRAM VIKAS PRATISTHAN HINGNA-KUMBHARI'S

SHRI GANESH ARTS COLLEGE

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

Add on Course

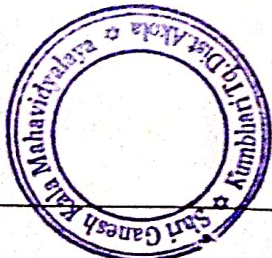
Admission Form

Academic Year- (2019-2020)

Certificate Course in Yoga & Meditation

- 1) Name of the Student (Full Name):- Kaetik Pardurang Undage
- 2) Class and Semester:- B. A I (sem 1)
- 3) Date of Birth:- 27/11/2000
- 4) Address:- Ram Nagar Shivani Akola
- 5) Gender:- Male / Female
- 6) Category:- Open/OBC/SC/ST/VJ/NT/SBC/Other
- 7) Blood Group:-
- 8) Email Id:-
- 9) Mobile No:- 9208760013
- 10) Hobbies:-
- 11) Aadhar/(UID) No- 5036 9918 2839
- 12) Enrollment No-

Date- 8/2/19



K. P. Undage
Signature of Student

Hanuman Gram Vikas Pratishthan Hingana - Kumbhari's

Shri Ganesh Arts College, Kumbhari

Tq. Dist. Akola

Website - www.sgac.ac.in



Mr./Mrs. _____

has successfully completed the Add on Course in _____

_____ approved by SGBAU, Amravati during

the Academic Year _____

Course Co-ordinator

Principal

