



Government College of Education, Nanded.

**Value Added Course
ON**

YOGA FOR WELLNESS

Under the Department of IQAC



Academic Year 2024 - 2025

**No
Registration
Fees**

Theory Period :

Every Monday 04 PM to 05:30 PM



Practical Period :

Every Saturday 08 AM to 10:00 PM

**Duration
30
Hours**

Organizing Committee

Dr. Urmila M. Dhoot

Principal / Organizer
Govt. College of Education,
Nanded.

Prof. Dr. Shaila B. Sarang

Course/ IQAC Co-ordinator
Govt. College of Education,
Nanded.

Government College of Education Nanded

Syllabus for Value Added Course

Course Code No. GCEN001

YOGA FOR WELLNESS

B.Ed. III Sem. Year 2024-25



Course Description –

Yoga helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Yoga help improve general wellness by relieving stress, supporting good health habits and improving mental / emotional health sleep and balance yoga is a care all the physical, mental & emotional well-being. The amalgamation of specific movements or postures (asana) & various breathing techniques (pranayama) along with meditation (Dhyana) eases tensed muscles, improves flexibility & enhance strength balance and endurance. Complete package of 30 hours training program with span of 2 month. It includes developing understanding of the concept of Yoga, theoretical and scientific bases for the Yogasanas and pranayama and practice sessions for learning these asana and Pranayama. These sessions will be conducted by the trained yoga teachers. Finally the Practical and theory examination will be held. Quantitative assessment will be done and marks will be assigned. Students will be awarded with the certificate endorsed by Government College of Education Nanded.

COURSE-OBJECTIVE :-

- 1) To know about philosophy and history of yoga
- 2) To know about anatomy's physiology of human body
- 3) To understand, importance of yoga & yogic diet and nutrition in maintain holistic health.
- 4) To know about physical postures & tone muscles & its rapid succession can provided cardiovascular conditioning.
- 5) To describe asnas, pranayama, mediation & deep breathing exercise which can reduce stress.
- 6) Understand mind / body awareness can influence mood & self-esteem to improve quality of life.

COURSE LEARNING OUTCOMES:-

- 1) The student teachers will be able to know about the philosophy & life story of yoga.
- 2) Student teachers becomes aware regarding anatomy & physiology of human body.
- 3) Students teachers will be able to know about the concept of yoga & its effect on body.
- 4) Students teachers will be able to describe the importance of yoga in maintaining sound health as well as follow the principle of yoga.
- 5) Students teachers will be able to describe the yoga diet & nutrition in maintaining holistic health.
- 6) Students will be able to learn yoga & practice various asanas & pranayama.
- 7) Students will be able to practice & breathing excises, Pranayama & relaxation techniques.
- 8) Inculcate values of self-love & self-care.
- 9) Develops values of self-control & self-discipline in their day to day life.
- 10) Manage stress effectively.

Government College Of Education, Nanded

SYLLABUS OF VALUE ADDED COURSE YOGA FOR WELLNESS



CREDITS:- 2

UNITS : 4

HOURS : 30

MARKS : 20+30

	UNIT	CONTENT	HOURS
I	Introduction of Yoga & Human Body	1. Philosophy & History of Yoga. 2. Anatomy & Physiology of human body 3. Relation between Yoga & various organs system in human body. Respiratory, Cardiovascular, Digestive, Muscular Skeleton, Nervous, Urinary & Reproductive system.	05
II	Role of Yoga & Yogic Diet.	1. Importance of role of yoga. 2. Principle of yoga. 3. Types of yoga. 4. yogic-diet & Nutriment maintain holistic health.	05
III	Theory & Practical of various Asnas.	1. Omkar & Prayer 2. Warm up exercise 3. Suryanamskar 4. Yogaasan a. Standing Position b. Sitting position c. Asana in the laying position d. Asana in the opposite laying position	15
IV	Breathing	1. Bandh 2. Sudhikriya 3. Pranayam 4. Dhasna, Dhyan, Sanadhi	05

Reference Book :-

- 1) Iyenger, B.K.S. (1982). Light of yoga, Great Britain Geroga Allen & Unwin.
- 2) Sharma P.D. (1984), Yogasana & Pranayama for health Ahmadabad: Navneet Publications.
- 3) Chandrasekaram K. (1999), Sound health through yoga, Saidapet: PremKalyan Publications.
- 4) Moorthy D.M. & Alagesan S. (2004) yoga Therapy: Coimbatore: TPH.
- 5) विश्वास मंडलिक (2007) योगप्रवेश, योग विद्या गुरुकुल, नाशिक.
- 6) विश्वास मंडलिक (2007) योग परिचय, योग विद्या गुरुकुल, नाशिक


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GOVERNMENT COLLEGE OF EDUCATION, NANDED
Value Added Course
Yoga for Wellness
2024-2025
Registration Form

- 1) Name of the applicant:-
 - 2) Gender:- Male Female Third Gender
 - 3) Date of Birth
 - 4) Community SC... ST OBC SBC OPEN
 - 5) Nationality
 - 6) Address For Communication
-
- 7) Phone No
 - 8) Email
 - 9) Academic qualification



Degree	Year of Passing	Percentage of Marks	Name of Board/ University	Subject

Certified all the Information provided are true to the best of my knowledge

Place.....

Date

Signature of the Applicant

GOVERNMENT COLLEGE OF EDUCATION, NANDED
Value Added Course
Yoga for Wellness
2024-2025
Registration Form

- 1) Name of the applicant:- Agose Rohini Marathi
 2) Gender:- Male Female Third Gender
 3) Date of Birth - 03/05/2001
 4) Community SC... ST OBC SBC OPEN
 5) Nationality - Indian
 6) Address For Communication
At Morchardi post-Kosta Tq-Umarkhed Dist. Yavatmal.
 7) Phone No - 7588973821
 8) Email agoserohini@gmail.com
 9) Academic qualification



Degree	Year of Passing	Percentage of Marks	Name of Board/ University	Subject
SSC	2017	71.00%	Amravati	
HSC	2019	53.54%	Amravati	
B.A.	2021	78.00%	S.R.T.M.U.N	Marathi, History Economics
B.ed	2024	72.64%	S.R.T.M.U.N	History Marathi History

Certified all the Information provided are true to the best of my knowledge

Place... Nanded Date 5/8/24 Signature of the Applicant R.M. Agose

Value Added course - Course code- GCEN001

कार्यालय
Office of the

Government College of Education Nanded

Serial No. क्रमांक	Name of Employee कार्यालयचे नाव	Designation हुरा	Grade and Salary ग्रेड आणि पगार	वेळ											
				1	2	3	4	5	6	7	8	9	10	11	12
40	SHINDE RAJ DHONDJI			318124	318124	318124	1018124	1018124	1218124	1718124	1718124	1918124	2418124	2418124	2618124
41	SOMALE SARIKA NANDEV			P	P	P	P	P	P	A	A	P	P	P	P
42	UMALE VISHAKHA KHANDJI			P	P	P	P	P	P	P	P	P	P	P	P
43	VANDANA SENHA			P	P	P	P	P	P	P	P	P	P	P	P
44	WAGHMARE NAGESH MAROTI			P	P	P	P	P	P	P	P	P	P	P	P
45	WATTHORE ASHWINI BHAGWAN			A	A	P	P	P	A	A	P	P	P	P	P
46	ZAMBRE PRATIKSHA TUKARAM			P	P	P	P	P	P	P	P	P	P	P	P

Yoga for Wellness.

हजेरी रजिस्टर

Attendance Register माहे Month

2024 2025

Ka/14.MED.

Serial No.	Name of Employee	Designation	Grade and Salary	Month												REMARKS							
				13	14	15	16	17	18	19	20	21	22	23	24		25	26	27	28	29	30	31
40	SHINDE RAJ			3118124	3118124	219124	919124	1419124	1419124	2119124	2119124	3119124	2819124	2819124	3019124	5-10-24	5110124	7110124	14110124	19110124	19110124	Total.	Total Attendance During the Month महिन्यात हजर दिवस
41	SOMALE SARIKA			P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	Late Attendance During the month महिन्यात उगारा दिवस	
42	UMALE VISHAKHA			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Leave Taken during the month महिन्यात घेतलेली रजा	
43	VANDANA SENHA			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
44	WAGHMARE NAGESH			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
45	WATTHORE ASHWINI			A	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P		
46	ZAMBRE PRATIKSHA			P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		

Principal
Govt. College of Education
Nanded

IQAC-Co-ordinator
Government College of Education
Nanded

Government College of Education, Nanded

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Mark Sheet



Sr.No.	Name Of The Candidate	Theory 20 Mark	Practical Asnas 15 Mark	Practical Breathing 15 Mark	Total 50
1	Agose Rohini Maroti	16	15	13	44
2	Polkat Akansha Shankarrao	17	14	14	45
3	Badvane Muktabai Girish	18	14	14	46
4	Bagle Namrata Digambar	14	14	14	42
5	Bedre Shubham Bhagwan	15	15	15	45
6	Bhise Sumedh Pravin	18	14	13	45
7	Bhoske Shilpa Shankar	17	15	12	44
8	Borkar Komal Shankarrao	18	14	14	46
9	Dawane Shweta Murli	15	15	14	44
10	Gaikwad rohini Bhujang	18	14	14	46
11	Gadegaonkar Smita Namdev	17	15	15	47
12	Holgir Dnyaneswar Laxman	17	14	14	45
13	Honsangde Prafull Chandrakant	18	15	14	47
14	Jadhav Namrata Manohar	19	13	15	47
15	Jadhav Nikita Balaji	17	14	13	44
16	Jadhav Shivani Kushabrao	16	13	14	43
17	Javale Geetanjali laxman	18	14	15	47
18	Suryawanshi Jayashree Prakashrao	17	15	14	46
19	Jondhale Ashwini Vitthalrao	18	13	14	45
20	Jondhale Mayuri Prakash	16	14	15	45
21	Kalam Priti shriram	17	13	13	43

22	Kandhare Aparna Tukaram	18	14	15	47
23	Karle Pranita uttam	18	12	14	44
24	Kokane Manisha Nagorao	16	15	13	44
25	Meshram Ahuti Bapurao	15	13	15	43
26	Mokle Kavita Kondiba	18	14	13	45
27	Patil Ganesh Devidasrao	16	13	13	42
28	Patil Rajshri Devidas	17	14	14	45
29	Rakh Pushpa Sunilrao	18	14	13	45
30	Rathod Ankita Devrao	19	14	15	48
31	Rathod Nitin Uddhav	17	13	14	44
32	Rathod Tanvi Sanjay	16	14	13	43
33	Sarpate Seema Sadashiv	17	13	14	44
34	Sawate Rupali Bhikajirao	18	14	15	47
35	Shaikh Siddhik Rafiq	15	15	14	44
36	Shekh Hamja Jilani	16	14	13	43
37	Shete Ankita Balajirao	18	14	13	45
38	Shinde Apeksha Balaji	17	15	14	45
39	Shinde Pankaj Gautam	18	13	14	45
40	Shinde Raj Dhondji	16	16	16	48
41	Sonale Sarika Namdev	16	13	14	43
42	Umale Vishakha Khanduji	18	13	14	45
43	Vandana Sinha	15	14	13	42
44	Waghamare nagesh Maroti	16	13	13	42
45	Wathore Ashwini Bhagwan	16	12	12	40
46	Zambre Pratiksha Tukaram	16	14	14	44


Prof. Dr. Shaila B. Sarang
 Course / IQAC
 Coordinator


Principal
Govt. College of Education
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Certificate of Completion

This certificate is proudly presented to SHAIKH.....

SIDDHIK RAFIQ..... of B.Ed. IInd Year of the
Academic Year 2024..... To 20 25..... for successfully completed the
value added course on Yoga for Wellness Organized by Government College of
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This certificate is proudly presented to JADHAV NAMRATA

MANOHAR of B.Ed. IInd Year of the
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This certificate is proudly presented to**RATHOD**.....

.....**TANVI SANJAY**..... of B.Ed. IInd Year of the
Academic Year 20**24**..... To 20**25**..... for successfully completed the
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This certificate is proudly presented to **BAGIE NAMRATA**

DIGAMAR

..... of B.Ed. IInd Year of the
Academic Year 20~~24~~..... To 20~~25~~..... for successfully completed the
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