



Pimpalner Education Society's
**KARM. A. M. PATIL ARTS, COMMERCE AND
KAI. ANNSAHEB N. K. PATIL SCIENCE SENIOR COLLEGE,
PIMPALNER, TAL. SAKRI, DIST. DHULE.**

e-mail: kamp_sr_college@yahoo.in
Phone: 02561-223010

Web: <http://www.kampsrcollege.org.in>
Offg. Prin. K. D. Kadam

Outward No:

Date: / /202

**A Brief Report on
Two Week Certificate Course in Yoga'**

Nijampur Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh college Nijampur-Jaitane, Department of Physical Education and Sports and Pimpalner Education Society's Karm.A. M. Patil Arts Comm. & Kai. N. K. Patil Science Senior College Pimpalner in Collaboration organized **Two Week Certificate Course in Yoga' on 07 June 2021 to 21 June 2021** between 5.45 AM to 7.00 AM

The whole world is facing an unexpected crisis due to COVID-19 related Health issues. Keeping this in mind, this Certificate Course in Yoga is organized. Trainer of this course Prof. Yogeshwar M. Nandre (Karm. A. M. Patil and Kai. N. K. Patil Senior College Pimpalner) guided to participants about Breathing exercises of Suyunamaskara, including Bijamantra. This is useful for boosting immunity during Corona. Useful for concentration of mind along with mental control. A great exercise that can be done in less time to quickly maintain a health, body weight in a daily buzzy schedule of life.

He also taught yoga practice through various asanas for physical and mental health. Through yoga, the body is supplied with pure breathing air, the impure air is expelled, the body gets pure blood supply and energy, and the body and mind become lively, happy and peaceful. For this he demonstrated various postures. Many Asanas such as Anulom-Vilom, Vajrasana, Mayurasana, Kapalbhathi, Suryanamaskar have been demonstrated.





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Contact Details of Resource Person/Trainer

Name	Dr. Y. M. Nandre
Address	Asst. Professor in Zoology , Pimpalner Education Society's Karm. A. M. Patil Arts, Comm. & Kai. Annasaheb N. K. Patil Science Senior College, Pimpalner
Qualification	M. Sc., M.Phil. Ph. D. - Zoology Diploma in Yoga
Designation	Asst. Professor in Zoology, Certified Yoga Teacher
Experience	30 yrs
Specialization	Entomology
Contact (email) Mob	yogesh.nandre7@gmail.com 9421536308





Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College

Nijampur-Jaitane, Tal.Sakri, Dist- Dhule

NAAC Reaccredited

Department of Physical Education & Sports

&

Pimpalner Education Society's

Karm.A.M.Patil Arts, Commerce & Kai.Annasaheb N.K.Patil Science Senior College

Pimpalner, Tal.Sakri, Dist- Dhule



Two Week Certificate Course in Yoga

07/06/2021 to 21/06/2021

Time – 5.45 a.m to 7.00 a.m

Two Week Certificate Course in Yoga



Organizer

Hon. Dr. Ashok P. Khairnar
Principal, N.J.S.P.M.J.K.S. Adarsh
College, Nijampur-Jaitane



Organizer

Hon. Dr. S.T. Sonawane
Principal, Karm.A.M. Patil Arts, comm. and
Kai.N.K. Patil science Senior College Pimpalner

Inaugural

Hon. Dr. Piyush Jain
National Secretary, PEFI

Valedictory Speaker

Hon. Dr. P.S. Sonawane
Principal, V.U. Patil Arts, Comm. & Sci. College
Sakri



Trainer

Hon. Prof. Yogeshwar M. Nandre
Karm.A.M. Patil Arts, comm. and Kai.N.K. Patil
science Senior College Pimpalner

Coordinator

Dr. Priyanka P. Sulakhe
Director of Physical Education & Sports
, N.J.S.P.M.J.K.S. Adarsh College, Nijampur-Jaitane

If any Query please contact

Dr. Priyanka P. Sulakhe
Mobile No.- 8329586336, 8007983698

The World is facing problem of covid-19.in the light of current situation Physical and Mental fitness plays a vital role in prevention of disease and helps the person to stay active. This course will be boost your immunity as well as stable your mental Health. We are provide basic and Specific Yogasanas practical knowledge. We conduct this course to develop Physical fitness and mental health for society health benefits.

Important Note

- ❖ There is no Registration fees for the Certificate Course**
- ❖ For the Registration Please Click on Below Link.**

- ❖ Webinar will be conducted through Zoom App**
- ❖ Before submission of Registration form Join the Telegram group for further updates and certificate**
- ❖ Every Evening Link will be given on Telegram group .**
- ❖ Last Day of the Certificate Course Feedback link will be provided to the participant on Telegram group.**
- ❖ E-certificate will be issued to only those participants who will be attend the entire Sessions of the Certificate Course and submit Feedback Form.**
- ❖ Attend Every Sessions it is Mandatory to all the Participants.**
- ❖ Everyone Should Keep Mat and Towel ,Wear Proper Uniform .**

Time
5.45 a.m to 7.00 a.m

Two Week Certificate Course in Yoga

Day	Programme	Resource Person	Topic
07 June 2021	Inaugural Ceremony Practical Session	Hon. Prin.Dr.A.P.Khairnar Hon. Prof.Yogeshwar M.Nandre	Introductory Note Yogasana
07 June 2021 to 12 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	General Yogasana
13 June 2021 to 15 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Weight Loss
16 June 2021 to 18 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Blood Pressure Patients
18 June 2021 to 20 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Diabetic Patients
21 June 2021	Valedictory Function Feedback Session		Valedictory Chief Guest Speech



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YOUTUBE Links of Certificate Course in Yoga

<https://youtu.be/VYM0GjUw6hM>

<https://www.youtube.com/live/I1byrWb0Geo?feature=share>

https://www.youtube.com/live/N_kZJmw_k-4?feature=share

<https://www.youtube.com/live/K1fjVT7SqWA?feature=share>

<https://www.youtube.com/live/g9o7ziDAsqw?feature=share>

<https://www.youtube.com/live/1P-mSNXdW-w?feature=share>

<https://www.youtube.com/live/7o8FIPuuc3c?feature=share>

<https://www.youtube.com/live/cK0D14U-TdA?feature=share>

<https://www.youtube.com/live/ACOPU9cLq3M?feature=share>

