

**Shikshan Prasarak Mandal's
Br. BALASAHEB KHARDEKAR COLLEGE, VENGURLA**

**YOGA TRAINING CERTIFICATE COURSE
REPORT**

In order to enrich the curriculum, the college introduced three months "Yoga Training Certificate Course" during the academic year 2019-2020 for the students.

I) Introduction:

There is no doubt about the importance of Yoga for students as they live in the era of competition. In the academic field, as success is measured in the form of marks or percentage. It has been observed that most of the students are learning under family and peer group pressure, examination stress, long working hours etc. The students, who are unable to cope with this rat race competition and mugging, have become patients of no. of diseases like stress, nervousness, depression, anxiety, stomach related issues, sleeping disorder etc. With today's lifestyle, students tend to forget about their physical and mental health and facing stress and fatigue in the body. Hence, keeping at the centre the view to make the students free from stress and improve their concentration, the three months " Yoga Training Certificate Course" is introduced by the college.

II) Objectives:

1. To enable the student to have good health.
2. To practice mental hygiene.
3. To reduce the stress level of the student.
4. To possess emotional stability.
5. To integrate moral values.
6. To attain higher level of consciousness.
7. To develop the art of balance and control among students.
8. To promote the art of yoga.

III) Action Taken:

Keeping at the centre, the short span of the three months certificate course, the syllabus was designed focusing the basic four aspects of Yoga. They were Omkar, Aasanas, Pranayam and meditation technique. It was decided to conduct one hour class everyday after the classes get over. The students strength was restricted to 15 to 20. It was also decided that the certificates will be given to the students who complete the course successfully.

IV) Practice:

The three months "Yoga Training Certificate Course" started during December 2019 to February 2020. The notice was circulated and 17 students admitted for the "said" course. After all the classes get over, the yoga class was conducted during 11.27 to 12.15 p.m. Everyday the class used to start with Warm Up Exercises followed by Omkar. Then, Aasanas in all the postures and Suryanamaskaras were done. Afterwards, the Pranayam and meditation used to be conducted. The "Yoga Training Certificate Course" was conducted by Dr. M. M. Mujumdar. Mr. Sanjay Parab assisted the course by keeping students' record of registration and attendance.

V) Yoga Trainer's Demonstration:

When the students were introduced the Omkar, Aasanas, Pranayam and Meditation techniques, the two Yoga Experts- Meenakshi Aravandekar and Sakshi Bowlekar-were invited for Yoga demonstration. Both they shared their personal experiences of how Yoga proved beneficial to them. They demonstrate the Yoga and Pranayam techniques. Their demonstration motivated the students for continuing yoga enthusiastically.

VI) Suryanamaskaras:

On the occasion of "Rathasaptami", the students of Yoga class did the practical of "Suryanamaskaras" on 1 February, 2020.

VII) Photo Gallery:



Yoga Trainer, Meenakshi Aravandekar's guidance to Yoga students



Yoga students in Yoga Posture



Meenakshi Aravandekar, the Yoga Trainer and Yoga Students in Yoga Session



**Sakshi Bowlekar, the Yoga Trainer's, Prin. V. A. Dewoolkar, Dr. M. M. Mujumdar and the
Yoga Students**



Guidance from Sakshi Bowlekar, the Yoga Trainer



The presence of Prin. V. A. Dewoolkar at Yoga Class



Yoga Students



Yoga Exercise under the guidance of Yoga Trainer, Sakshi Bowlekar



Suryanamaskaras by Yoga Students



Yoga Students



Yoga Students during one of the steps of Suryanamaskaras

**Coordinator,
Dr. M. M. Mujumdar**

**Principal,
Br. B. K. College, Vengurla**