

Certificate Course in Yoga for Community Wellness

One Week Certificate Course in Yoga for Women Wellness

One Week Certificate Course in Yoga for Women Wellness

Organized by

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

Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule

NAAC Reaccredited

In collaboration with

Maharashtra Yoga Association, Mumbai

20 October 2021 to 26 October 2021



President and Yoga Trainer, Maharashtra Yoga Association, Mumbai

Dr.Priyanka P.Sulakhe
Coordinator
J.K.Shah Adarsh College
Nijampur-Jaitane

Dr.Ashok P.Khairnar
Principal & Chief Organizer
J.K.Shah Adarsh College
Nijampur-Jaitane

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NAAC Reaccredited

Department of Physical Education & Sports

Maharashtra State Yoga Association

&

Olympic Awareness Committee

Jointly Organized

Celebration of 75 Years of India's Independence

"Azadi ka Amrit Mahotsav"



One Week Certificate Course in Yoga for Women Wellness

20/10/2021 to 26/10/2021

Time – 5.45 a.m to 7.00 a.m

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अमृत महोत्सव



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Organiser

Hon. Dr. Ashok P. Khairnar
Senate Member (KBCNMMU, Jalgaon)
Principal, J.K.S. Adarsh College,
Nijampur-Jaitane



Chief Guest

Inaugural Function

Hon. Dr. Dinesh Patil
Director of Sports
KBCNMMU, Jalgaon



Chief Guest

Valedictory Function

Hon. Pr. Dr. P. V. Dabhi
Academic Council
Member (KBCNMMU, Jalgaon)
Principal, Shri V. S. Naik College
Raver



Inaugurator

Hon. Pr. Dr. L. P. Deshpande
Management Council Member
K.B. CNMMU, Jalgaon
Principal, Nutan Maratha College,
Jalgaon



Valedictory Speaker

Hon. Dr. Vijay Patil
Former Chireman, BOS of Phy. Edu.
K.B. CNMMU, Jalgaon



Chief Guest

Inaugural Function

Hon. Mr. Milind Dixit
District Sports Officer
Jalgaon District



Trainer

Hon. Anita Patil
President of Maharashtra State Yoga
Association



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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 boost immunity as well as mental Health. These online yoga classes are designed specifically for women, featuring postures and exercises that target women's health issues. Women experience menopause, PCOD, weight gain, Diabetics, Stress, thyroid problems and other such conditions and ailments.

Important Note

- ❖ This Course Only for Women for all walks of life.
 - ❖ There is no Registration fees for the Certificate Course
 - ❖ Webinar will be conducted through Zoom App
 - ❖ Before submission of Registration form Join the What's app group for further updates and certificate
 - ❖ Every Evening Zoom Link will be given on What's app 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 Session. It is Mandatory to all the Participants.
 - ❖ Everyone Should Keep Mat and Towel .Wear Proper Uniform .
 - ❖ Willing participants can do this course research oriented. They need to check their Health Related Problem before and after this course. The Same is to be submitted to the coordinator.
- Feedback link will be sent to you everyday morning after the Session.

If Any Query Please Contact

Dr.Priyanka P.Sulakhe

8329586336,8007983698

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Organizing Committee



Dr. Chand Khan

Director of Physical Education
H.J.Thiru QRAC College Jalgaon



Dr. Anand Upadhyay

Director of Physical Education
P.O.Nahata College, Bhurawal



Prof. Umesh Patil

Director of Physical Education
Shri V. S. Naik College, Raver



Prof. Subhash Wankhade

Director of Physical Education
Nutan Maratha College, Jalgaon



Coordinator

Dr. Priyanka P. Sudekhe

Director of Physical Education
J.K.S.Adarsh College, Nijampur-Jaitane



Dr. Mahesh Patil

Director of Physical Education
Garud College, Shendurni



Dr. Devendra Bhadad

Director of Physical Education
Dadasaheb Rawal College Dondaiha



One Week Certificate Course in Yoga for Women Wellness

20/10/2021 to 26/10/2021

Objectives

- To Getting women into the habit of doing yoga during Corona.
- To develop the habit of doing Yoga.
- To Empower women physically and mentally fit.
- To get rid of various ailments of women by taking yoga asana in the center.
- To relieve women from stress and anxiety.

Jagannath Kadwadas Shah Adarsh Mahavidyalay of Nizampur Jaitane Shikshan Prasarak Mandal, Nizampur Jaitane, Maharashtra State Yoga Association and Olympic Jagran Samiti jointly organized a one week Certificate Course in Yoga for Women Wellness from 20/10/2021 to 26/10/2021 not only from Maharashtra but also from different states of the country, women from different regions participated in it. Kavitri Bahinabai Chaudhari North Maharashtra University Jalgaon Management Council Member Hon'ble Principal Dr. LP Deshmukh was the inaugural speaker of this certificate course, Kavitri Bahinabai Chaudhari North Maharashtra University Jalgaon Sports Director Dr. Dinesh Patil, Kavitri Bahinabai Chowdhury North Maharashtra were the chief guests. University Jalgaon Academic Council Member Hon'ble Principal Dr. PV Dalal, Organizer Poet Bahinabai Chaudhary North Maharashtra University Jalgaon Senate Member Principal Dr. Ashok P. Khaimar and Yoga Instructor Dr. Anita Patil were present on the occasion. Women work shoulder to shoulder with men but forget to pay attention to their own health. In such a situation, Dr. L.P. Deshmukh Sir expressed his appreciation for this initiative run by the college for women. He said that the

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college regularly runs many activities for the empowerment of women. He said that physical and mental development of women from all walks of life could be achieved through this course. You can improve your physical and mental health through yoga while sitting at home even during corona. In such a scenario, there is a dire need for such courses in the field of physical education, he said. Chief Guest Principals Dr. P. V. Dalal and Dr. Dinesh Patil expressed their appreciation for this initiative implemented for women.

Two hour yoga training camp was organized from 20/10/2021 to 26/10/2021 between 5.30 am and 7.30 am. As this certificate is a research supplement, women who suffer from stress, obesity, diabetes, pcod, etc. should check their profile before starting the course. Ashok Khairnar had appealed before the course. Dr. Anita Patil was hired as the Yoga Instructor for this course. All the information in this regard was collected before the course started. Journal seat was taken on 20/10/2021. On 21/10/2021, they were given asanas focusing on the problem of stress and were given guidance on what diet to take to reduce stress. On 22/10/2021 some pranayama, asana was done for women who are suffering from excess weight to lose and control their weight. Guidance was given on how the routine should be for weight control. Asanas were made on 23/10/2021 for those who have diabetes. Guidance was provided on diabetic patient.

On 24/10/2021, women have to face more and more problems with the fetus. On 25/10/2021, guidance was provided on what regular seats should be done for all. Demonstrations were also conducted by the campers on what yoga and pranayama should be done in case of any respiratory problems. The beginning of each day's session was done with Guru Mantra. Question and answer sessions were organized after the daily session in which all the questions related to health as well as asanas, pranayama were being asked and resolved by the daily campers. Feedback sessions were also held at the end of each day. Every day campers from different states were expressing their views about the certificate course.

Certificate Courses in Yoga for Women Wellness concluded on 26/10/2021. Dr. Vijay Patil was present as the concluding speaker. He appreciated the overwhelming response of all for the certificate course. He said that this course covers not only the faculty but also every element of the society. He mentioned that yoga plays a vital role in maintaining the mental health of the society. He said that yoga and such certificate courses play a vital role in improving the mental

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and physical health of a person who has suffered from corona. "Women feel that they get a lot of exercise in their daily work, but not if they do it properly," she said.

The Chief Guest of the Closing Ceremony, District Sports Officer of Jalgaon also highlighted the importance of yoga for women. Principal Dr. Ashok Khairnar thanked all the participants for their overwhelming response to this course. Women who suffer from problems like stress, obesity, diabetes, pcod should do regular yoga to help improve their health. Ashok Khairnar said. "We have a culture of yoga and we are trying to spread our culture to every section of the society through this course," she said. He especially thanked Dr. Anita Patil for his work as a trainer in this one week course. He said that there is a need to do research work on many aspects of the society and we will continue to implement many such activities through the college. Dr. Anita Patil expressed her happiness about the course. She also thanked the college for taking such a beautiful initiative and promoting yoga, and for joining such a large number of women with yoga. Sharad Chandraji Shah President , All esteemed Board of Management. For this, Dr. Priyanka Sulakhe was the coordinator of the certificate course under the guidance of Principal Dr. Ashok Khairnar.

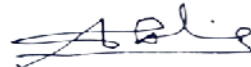
Outcomes

- Certificate Course introduced yoga to women during the Corona period.
- Certificate Course helped to empower women physically and mentally.
- Get rid of the ailments.
- Certificate Course relieved women from stress and anxiety.



Dr. Priyanka P. Sulakhe

Coordinator



Dr. Ashok P. Khairnar

Principal

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Conducted Online Certificate Course on Yoga for Women wellness is available on College YouTube Channel

Sr.No	Certificate course in Yoga	College YouTube Link
1	First Day- 20/10/2021	https://www.youtube.com/watch?v=7SEbboC26og
2	Second Day- 21/10/2021	https://www.youtube.com/watch?v=WTxsd0ZMdJE
3	Third Day- 22/10/2021	https://www.youtube.com/watch?v=AEI1xkD0Xts
4	Fourth Day- 23/10/2021	https://www.youtube.com/watch?v=SJRIT6AJKsY
5	Fifth Day- 24/10/2021	https://www.youtube.com/watch?v=z8r0m-AZ7FU
6	Sixth Day- 25/10/2021	https://www.youtube.com/watch?v=tUYTfVOnp-0
7	Seventh Day- 26/10/2021	https://www.youtube.com/watch?v=e8MfJROqHo4

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Dr.Priyanka Sulakhe host the Certificate Course in Yoga for Women Wellness



Prin.Dr.Ashok P.Khairnar is delivering Introductory Note in the Certificate Course in Yoga for Women Wellness

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Prin.Dr.L.P.Deshmukh is addressing the participants in the Inagural Function of Certificate Course in Yoga for Women Wellness



Certificate Course on Yoga for Women Wellness

78 views • Streamed live on Oct 21, 2021



DISLIKE



SHARE



SAVE



Dr.Anita Patil is demonstrating Yogasana in Certificate Course in Yoga for Women Wellness

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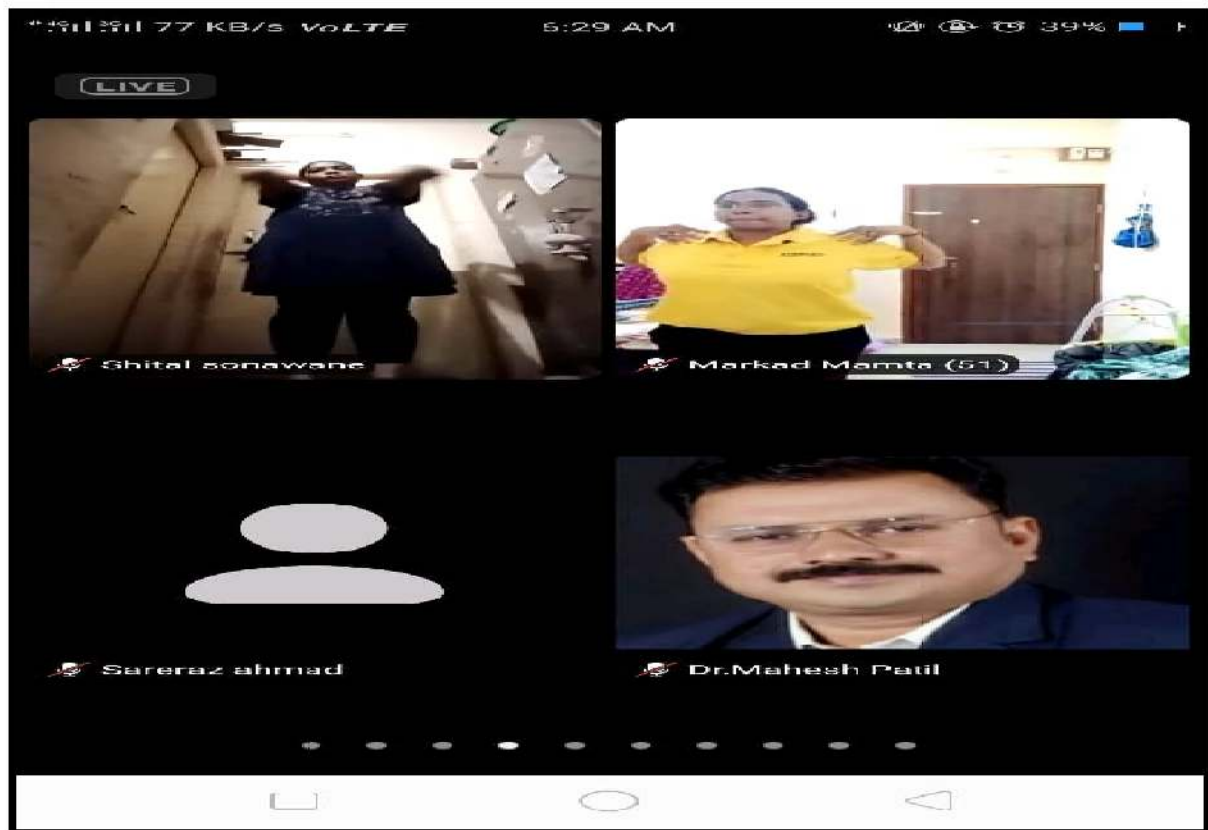
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Participant doing Yoga in Certificate Course in Yoga for Women Wellness



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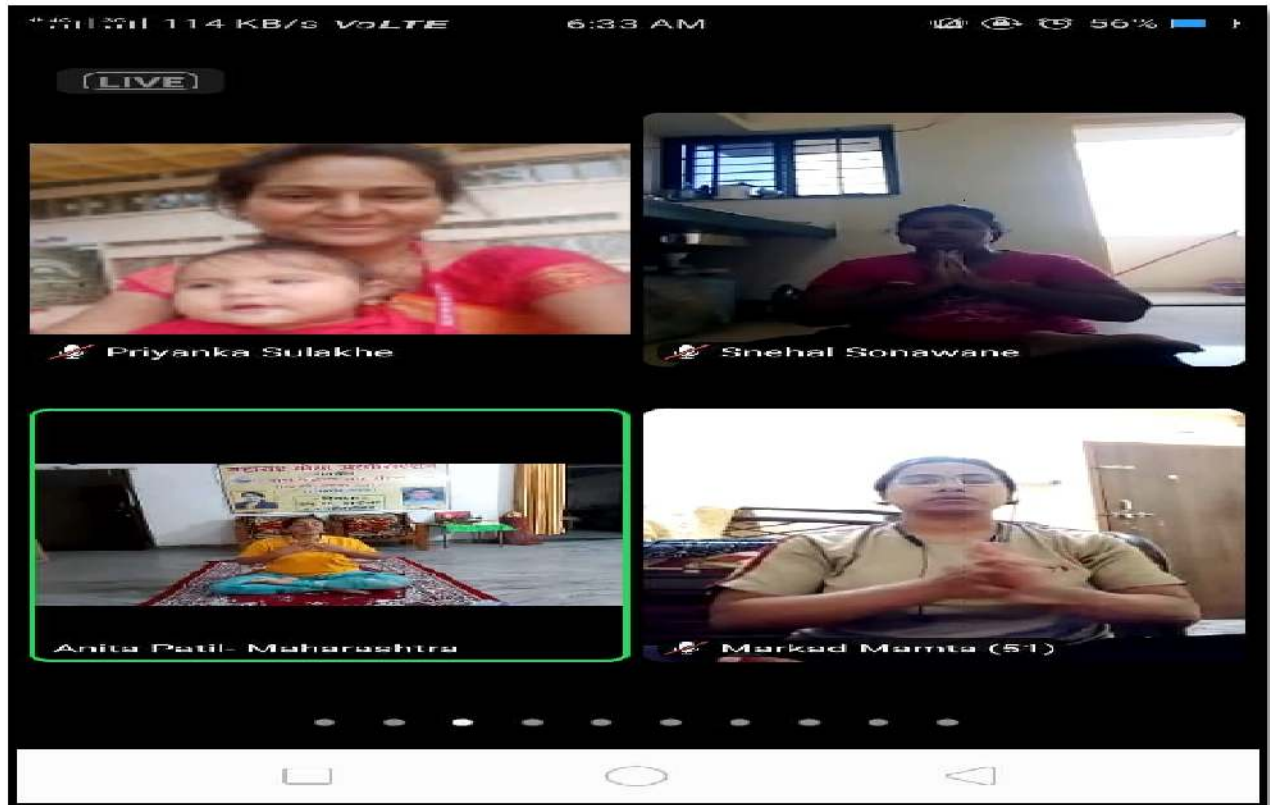
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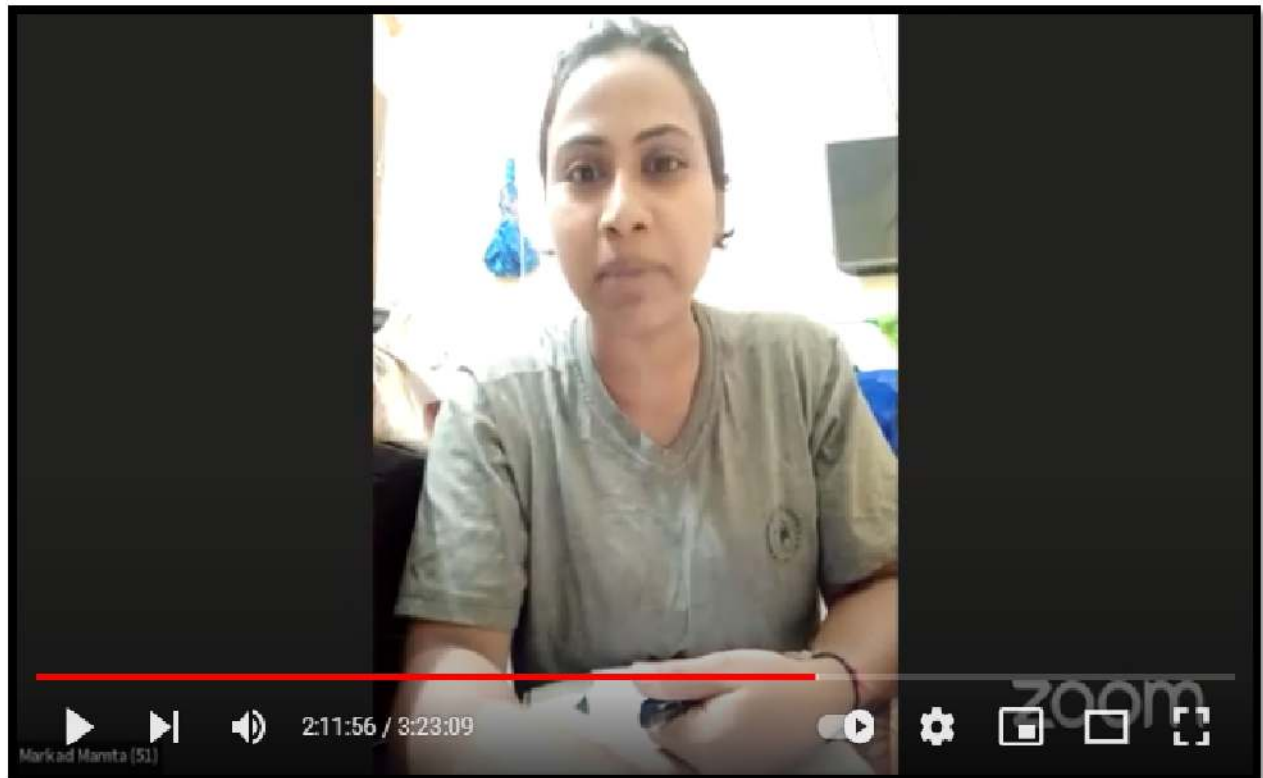


Participant giving Feedback in Certificate Course in Yoga for Women Wellness



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Certificate Course in Yoga for Community Wellness

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A YouTube video player showing a woman with glasses and a bindi, wearing a black top, speaking. The video player includes a progress bar at 2:18:12 / 3:23:09 and a 'zoom' watermark. Below the video, the title 'Certificate Course on Yoga for Women Wellness Day 7' is displayed, along with '80 views • Streamed live on Oct 26, 2021', 4 likes, and options for DISLIKE, SHARE, SAVE, and a menu icon.

Certificate Course on Yoga for Women Wellness Day 7

80 views • Streamed live on Oct 26, 2021 4 DISLIKE SHARE SAVE ...



A YouTube video player showing the same woman in a different setting, wearing a white top. The video player includes a progress bar at 2:38:33 / 3:23:09 and a 'zoom' watermark. Below the video, the title 'Certificate Course on Yoga for Women Wellness Day 7' is displayed, along with '80 views • Streamed live on Oct 26, 2021', 4 likes, and options for DISLIKE, SHARE, SAVE, and a menu icon.

Certificate Course on Yoga for Women Wellness Day 7

80 views • Streamed live on Oct 26, 2021 4 DISLIKE SHARE SAVE ...

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Certificate of Participation

This is to Certify that Prof./Dr./Mr./Mrs./Miss, Prin.Dr.Ashok P.Khairnar
of N.J.S.P.Mandal's, Jagannath Kadwadas Shah Adarsh College, Nijampur-Jaitane has actively participated in
One Week Certificate Course in Yoga for Women Wellness organized by Nijampur- Jaitane Shikshan
Prasarak Mandal's Jagannath Kadwadas Shah Adarsh College, Nijampur- Jaitane, Tal- Sakri, Dist-
Dhule, Department of Physical Education and Sports on 20/10/2021 to 26/10/2021


Dr. Priyanka P. Sulakhe
Coordinator


Dr. Anita Patil
President
Maharashtra State Yoga Association

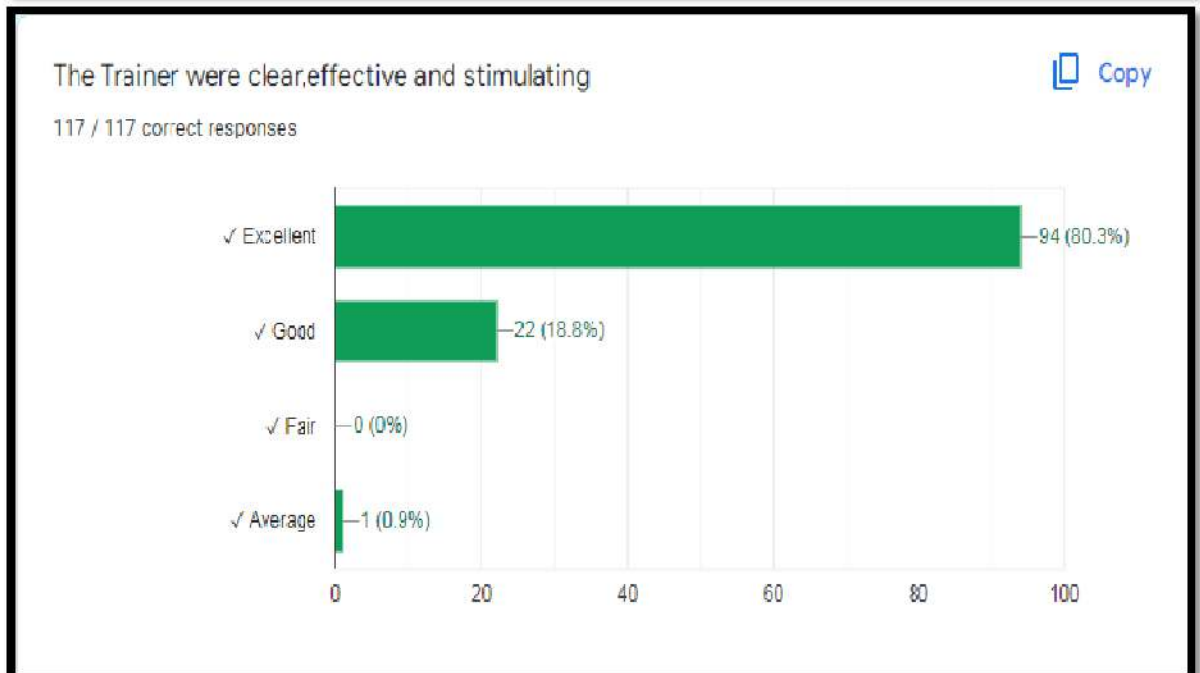
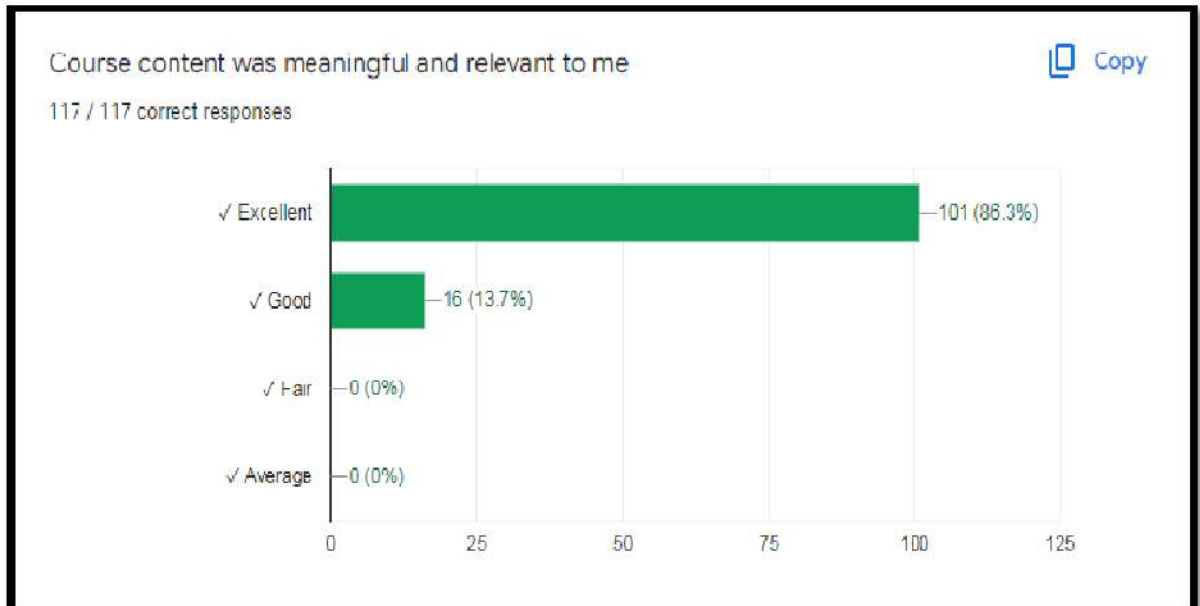

Dr. Ashok P. Khairnar
Principal
J.K. Shah Adarsh College, Nijampur-Jaitane


Dr. Dinesh Patil
Director of Sports
K.B.C.N.M.U., Jalgaon

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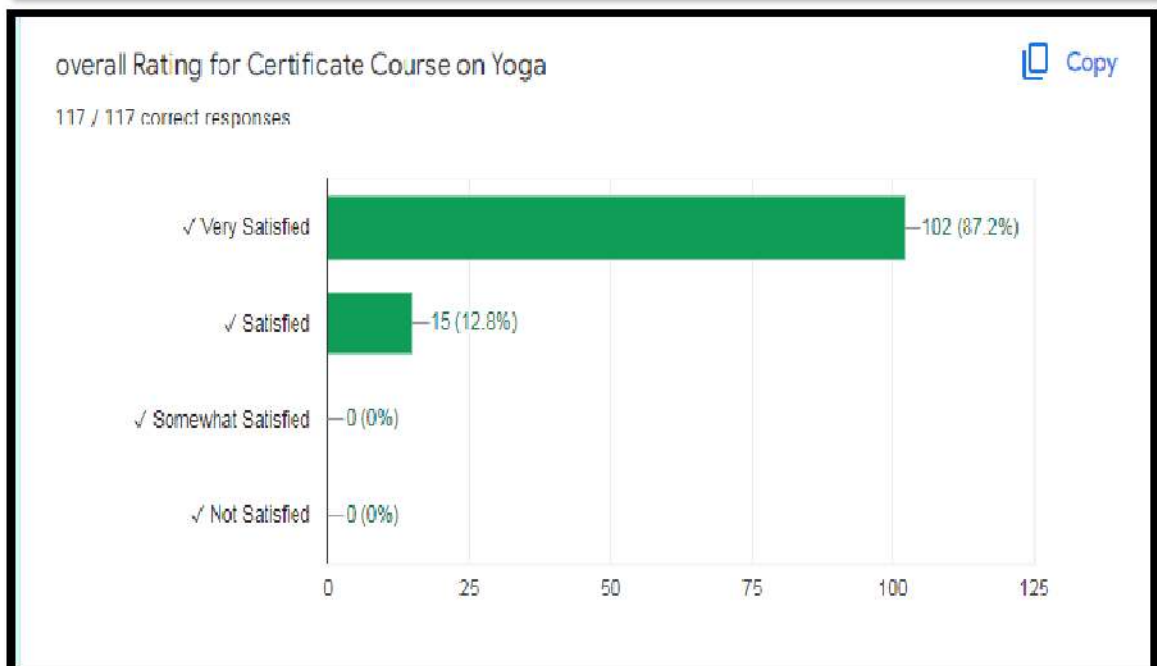
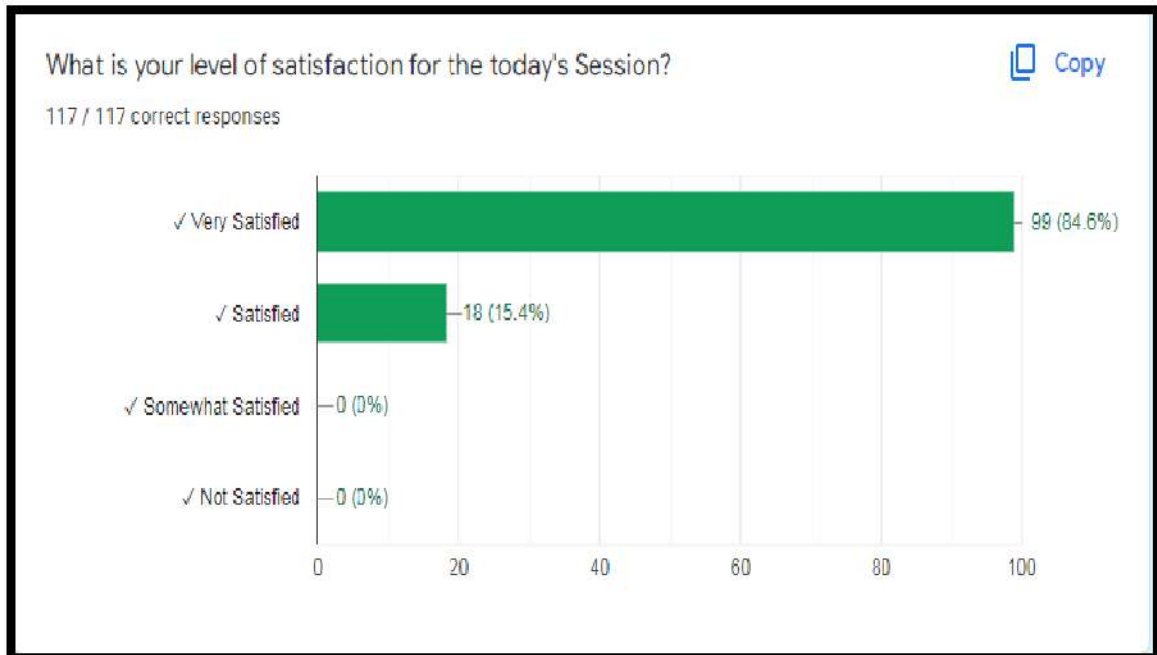
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Feedback Analysis



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Dr. Priyanka P. Sulakh

Coordinator

Dr. Ashok P. Khairnar

Principal