

Certificate Course in Yoga for Community Wellness

Two Week Certificate Course in Yoga

Two Week Certificate Course in Yoga

Organized by

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

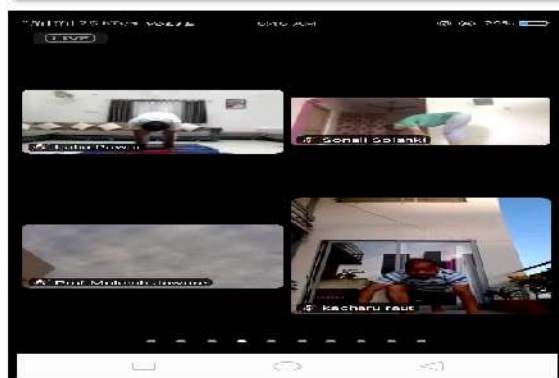
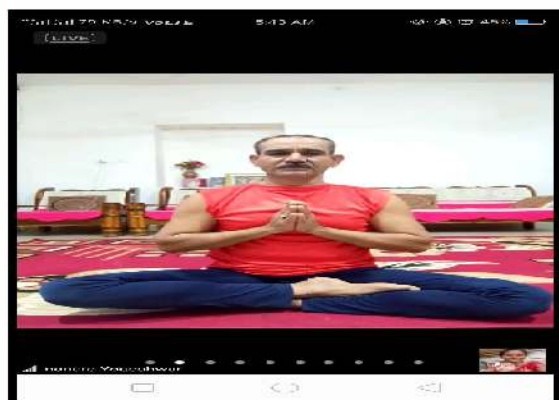
Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule

NAAC Reaccredited

In Collaboration with

Pimpalner Education Society's
**Karmaveer A.M. Patil Arts & Commerce and Kailasvasi
N.B. Patil Science Senior College, Pimpalner**

07 June 2021 to 21 June 2021



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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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

In Collaboration Organized



Two Week Certificate Course in Yoga

07/06/2021 to 21/06/2021

Time - 5.45 a.m to 7.00 a.m

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Inaugural

Hon. Dr. Dinesh Patil

Director of Sports KBCNMU, Jalgaon



Valedictory Speaker

Hon. Dr. D.S. Patil

Principal, Tribal Education Society's
Mahila College, Nandurbar



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



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

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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 your immunity as well as mental Health. We provide basic and Specific Yogasanas for practical knowledge. We conduct this course to develop Physical fitness and mental health of society.

Important Note

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

[Click here for Registration](#)

- ❖ 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 participants 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 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 Weight, B.P., Diabetic, Thyroid before and after this course.

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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 11 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	General Yogasana
12 June 2021 to 13 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Weight Loss
14 June 2021 to 15 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Diabetic Patients
16 June 2021 to 17 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Thyroid's Patients
18 June 2021 to 19 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	Specific Asanas for Blood Pressure Patients
20 June 2021	Practical Session	Hon. Prof.Yogeshwar M.Nandre	General Yogasana
21 June 2021	Valedictory Function Feedback Session	Hon.Prin.Dr.D.S.Patil	Valedictory Chief Guest Speech

Two Week Certificate Course in Yoga 07/06/2021 to 21/06/2021

Objectives

- To introduce the habit of yoga in the people sitting in the house of Corona.
- To make the person of Corona physically and mentally capable.
- To prepare a person healthy.
- To maintain balanced diet.
- To practice for Yogasana for Fitness.

Nizampur Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh College ,Nizampur Jaitane and Pimpalner Education Society's Karmaveer A.M. Patil Arts & Commerce and Kailasvasi N.B. Patil Science Senior College jointly organized a two week Certificate Course in Yoga between 07 June 2021 to 21 June 2021. 726 people participated in this Course. Dr. Dinesh Patil, Director of Sports, Kavayitri Bahinabai Chaudhary, North Maharashtra University, Jalgaon, was present as the inaugurator of this certificate course. During the Corona period, where the physical and mental health is very poor, Dr. Dinesh Patil expressed his appreciation about this initiative run by the college. He said that the physical and mental development of every person of the society participating in this course can be achieved. 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 added in his presentation.

Two Week Certificate Course in yoga was organized from 07th June to 21st June between 5.30 am and 7.30 am. As this certificate Course is a research supplement, those who have problems like BP, diabetes, thyroid, obesity should check their profile before starting the course. The appeal was made by Dr.Ashok Khairmar, The Principal of the College. Dr.

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Yogeshwar Nandre was hired as the Yoga Instructor for this course. All the Health Profile information in this regard was collected before the course started. The general Yogasanas was held between 07 June and 11 June. Between 12th and 13th June, asanas were held for those who have obesity problems and guidance was given on what diet to take to lose weight. Asana was taken on June 14 and 15 for diabetic patients. Guidance was given on the daily routine of diabetic patients. Asana were made on June 16 and 17 for those with thyroid problems. The thyroid patient was given guidance on what to look for. Guidance on Asanas and Pranayama for BP patients on 18th and 19th June. The BP patient was provided given guidance on which posture and pranayama to do and its intensity. Guidance was on what regular Asanas should be done for good health on 20th June. Demonstrations of the Participants were held in the context of Yoga and Pranayama. On June 20, the campers who are suffering from BP, Diabetes, Thyroid, and Obesity were asked to check their profile again after the course. All their information collected in the evening and statistical analysis was done. On 21st June all the Asanas as directed by the Ministry of Life were taken. Complete information compiled on June 20 was presented as its statistical analysis. From this analysis, it was observed that the incidence of diseases before the commencement of the course decreased after the completion of the course. Among the campers participating in this course, there was an increase in the number of campers who are healthy.

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 concludes on June 21, 2019. Principal Dr. Ashok P.Khairnar, Prin.D. S. Patil was present. 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 and physical health of a person who has suffered from corona. This was followed by feedback from participants from different states. Certificate Course in Yoga Coordinator Dr. Priyanka

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Sulakhe presented a statistical analysis of all the information related to BP, Diabetes, Thyroid, Obesity in the form of ppt.

Principal Dr. Ashok Khairnar thanked all the participants for their overwhelming response to this course. He said that this research report has shown that certain yoga has a positive effect on the health of people suffering from diseases like BP, thyroid, obesity and diabetes. "We have a culture of yoga and we are trying to spread our culture to every section of the society through this course," he said. He especially thanked Professor Yogeshwar Namdev for his coaching in this two week course. He said that there is a need to carry out research work on many aspects of the society and we will continue to carry out many such activities through the college. Sharad Chandraji Shah President Jagannath Jagannath Kadwadas Shah Adarsh Mahavidyalaya, all esteemed management boards expressed their appreciation for organizing this event. The coordinator of this certificate course was Dr. Priyanka Sulakhe and for this she got the guidance of the principal Dr. Ashok Khairnar, with the help of all the professors, professors and other staff.

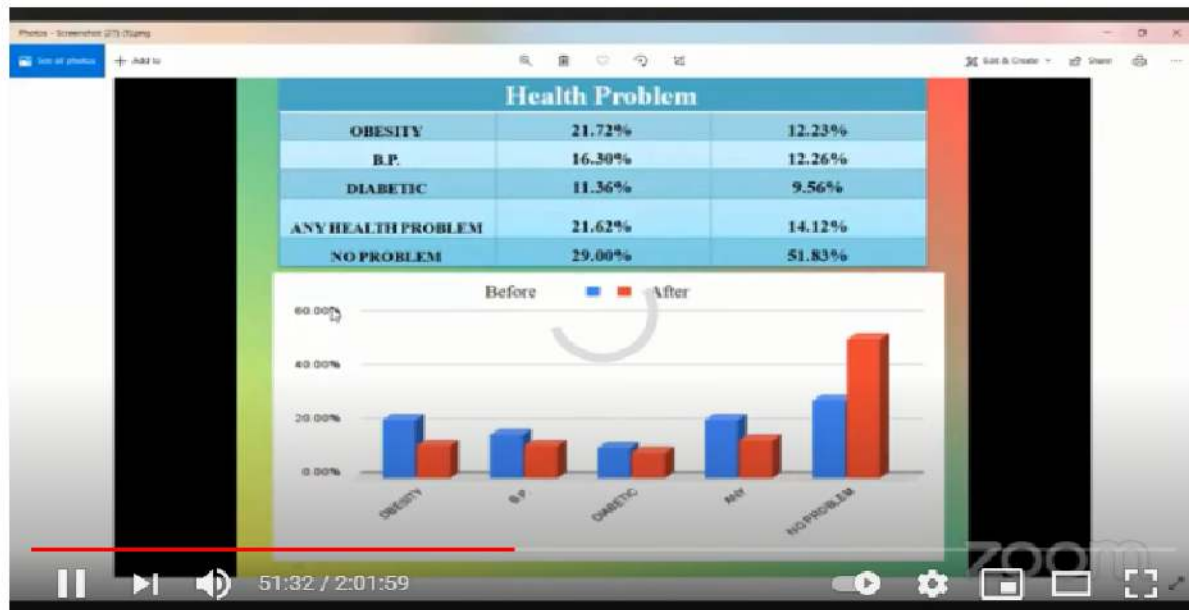
Statistical analysis

At the beginning of the certificate course and after, those who had BP, Diabetes, Thyroid, Obesity were examined and their data was requested. The percentage was calculated by statistical analysis. The table above shows that 21.72% of people were obese before the course and after the course it decreased to 12.23%. Also 16.30% people suffer from BP and after the course their proportion decreased to 12.26%. The proportion of people with diabetes was 11.36% and 9.56% after the course. Apart from these diseases, 21.62% of the people were afflicted with other diseases and their incidence increased to 14.12% after the course. Overall, the number of people having health problems before the course has definitely decreased. After the course the number of healthy people increased which was 29.00% before the course increased to 51.83%. This indicates that the ailments on which the focused posture, pranayama, is performed have a positive effect, meaning that the purpose of the course is fulfilled.

The course focused on the main diseases of the people who were afflicted with all the ailments and there were many ailments which could not be concentrated but all the ailments were relieved by the daily sitting. It seems that the purpose has been fulfilled.

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Certificate Course on Yoga Day -14

192 views · Streamed live on Jun 21, 2021

11 0 SHARE SAVE ...

Outcomes

- During the Corona period, people sitting at home started practicing yoga.
- During the Corona period, a person was able to become physically and mentally capable.
- Awareness about balanced diet was created.
- Practicing yoga poses helped to get rid of ailments.

Dr. Priyanka P. Sulakh

Coordinator

Dr. Ashok P. Khairnar

Principal

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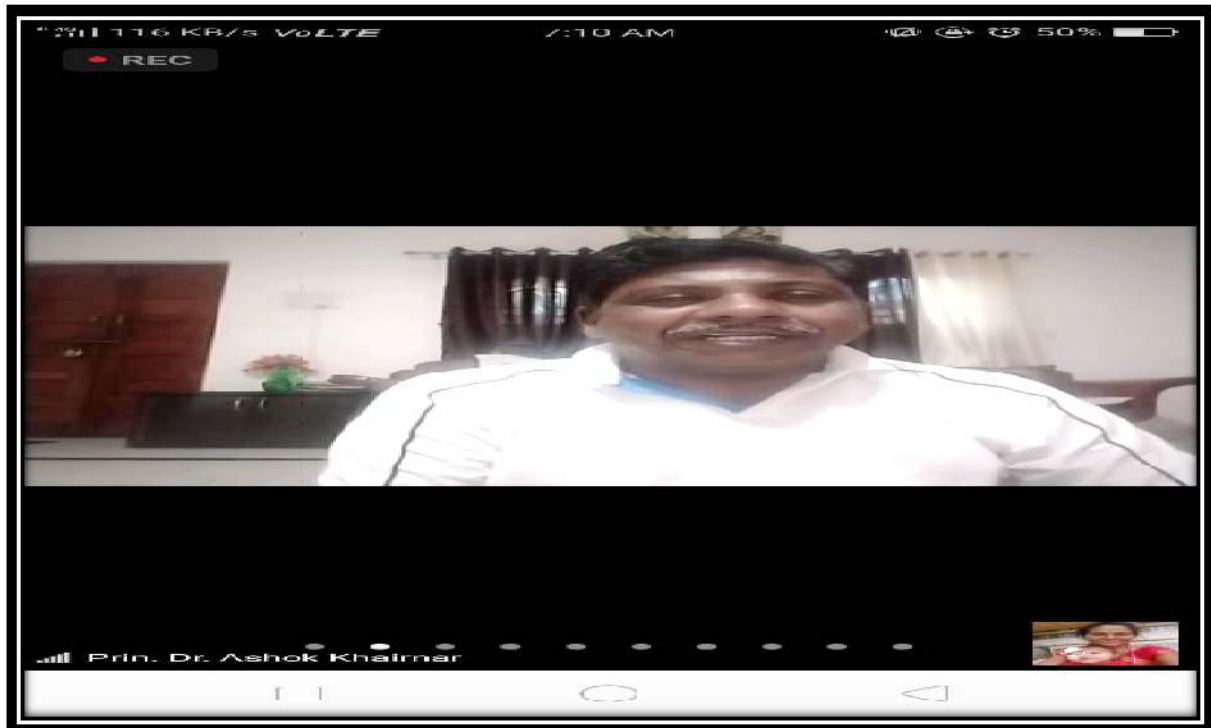
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Conducted Online Certificate Course on Yoga is available on College YouTube Channel

Sr.No	Certificate course in Yoga	College YouTube Link
1	First Day- 07/06/2021	https://www.youtube.com/watch?v=MbWLAh0pcHM
2	Second Day- 08/06/2021	https://www.youtube.com/watch?v=VYM0GjUw6hM
3	Third Day- 09/06/2021	https://www.youtube.com/watch?v=UEINrpkVzY
4	Fourth Day- 10/06/2021	https://www.youtube.com/watch?v=I1byrWb0Geo
5	Fifth Day- 11/06/2021	https://www.youtube.com/watch?v=N_kZJmw_k-4
6	Sixth Day- 12/06/2021	https://www.youtube.com/watch?v=xblsMq-G3Ow
7	Seventh Day- 13/06/2021	https://www.youtube.com/watch?v=Qf4igwbbSKw
8	Eighth Day- 14/06/2021	https://www.youtube.com/watch?v=oHhcKIVIQPE
9	Ninth Day- 15/06/2021	https://www.youtube.com/watch?v=K1fjVT7SqWA
10	Tenth Day- 16/06/2021	https://www.youtube.com/watch?v=g9o7ziDAsqw
11	Eleventh Day- 17/06/2021	https://www.youtube.com/watch?v=1P-mSNXdW-w
12	Twelfth Day- 18/06/2021	https://www.youtube.com/watch?v=e6sw8uWrW_4
13	Thirteenth Day- 19/06/2021	https://www.youtube.com/watch?v=7o8FIPuuc3c
14	Fourteenth Day- 20/06/2021	https://www.youtube.com/watch?v=cK0DI4U-TdA
15	Fifteenth Day- 21/06/2021	https://www.youtube.com/watch?v=ACOPU9cLq3M

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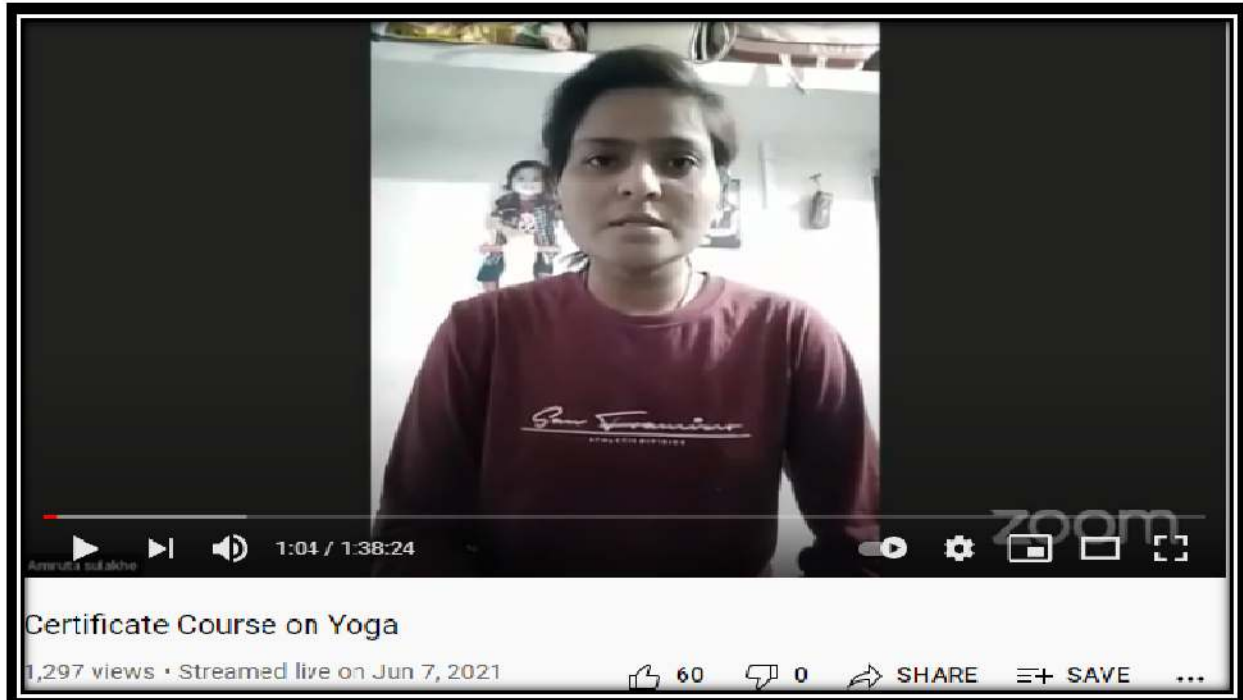
Dr.Ashok P.Khairnar is delivering Introductory Note in Two Week Certificate Course in Yoga



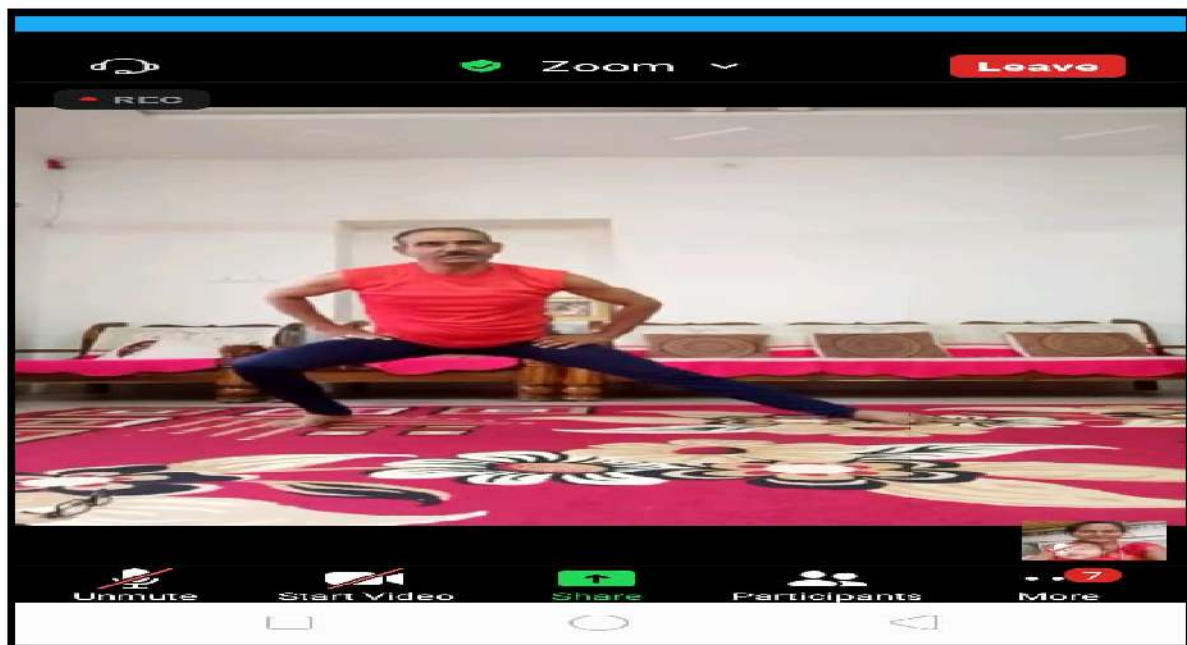
Mrs.Yogeshwar Nandre is addressing participants in Two Week Certificate Course in Yoga

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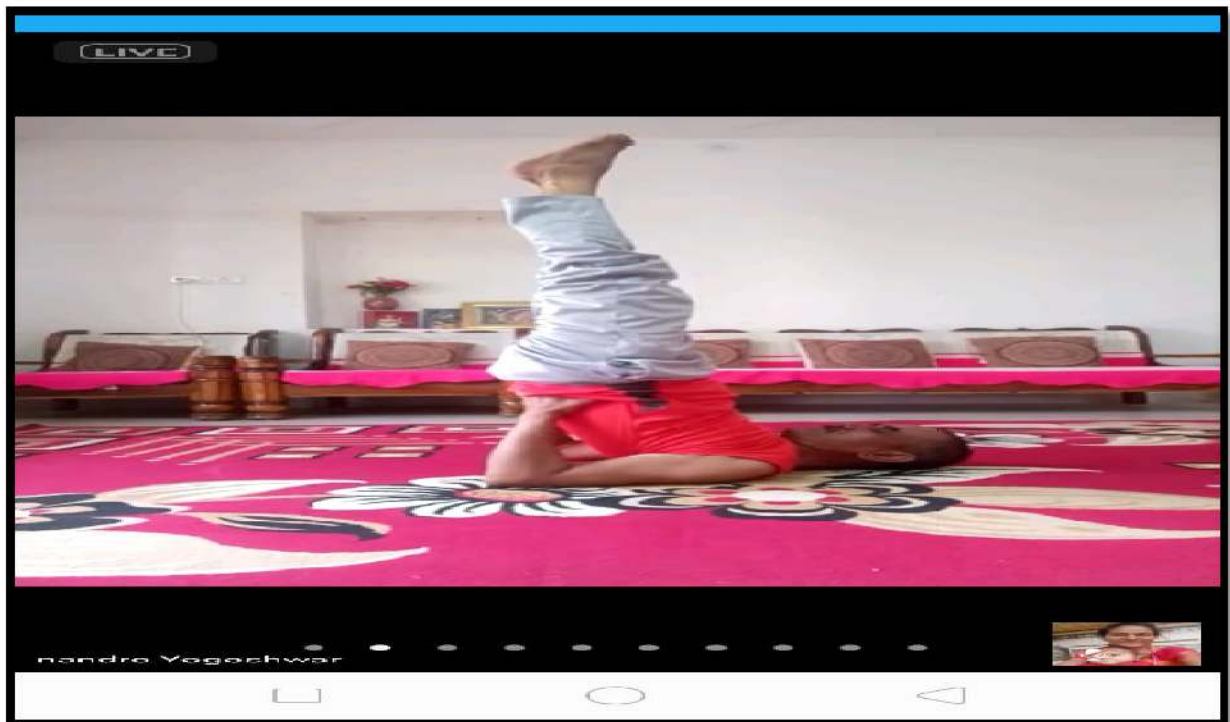
Dr.Priyanka Sulakhe host the Inaugural function of Two Week Certificate Course in Yoga



Mrs.Yogeshwar Nandre demonstrating Yoga in Two Week Certificate Course in Yoga

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Mrs.Yogeshwar Nandre demonstrating various Asanas in Two Week Certificate Course in Yoga

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Participant doing Online Yoga in Two Week Certificate Course in Yoga

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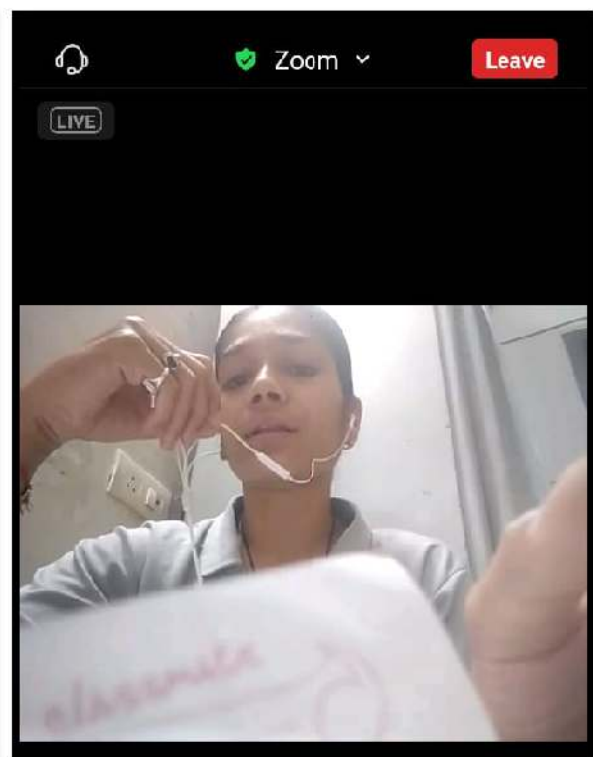
Participant doing Online Yoga in Two Week Certificate Course in Yoga



Participant doing Online Jalniti in Two Week Certificate Course in Yoga

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Participant giving Feedback about Certificate Course in Yoga

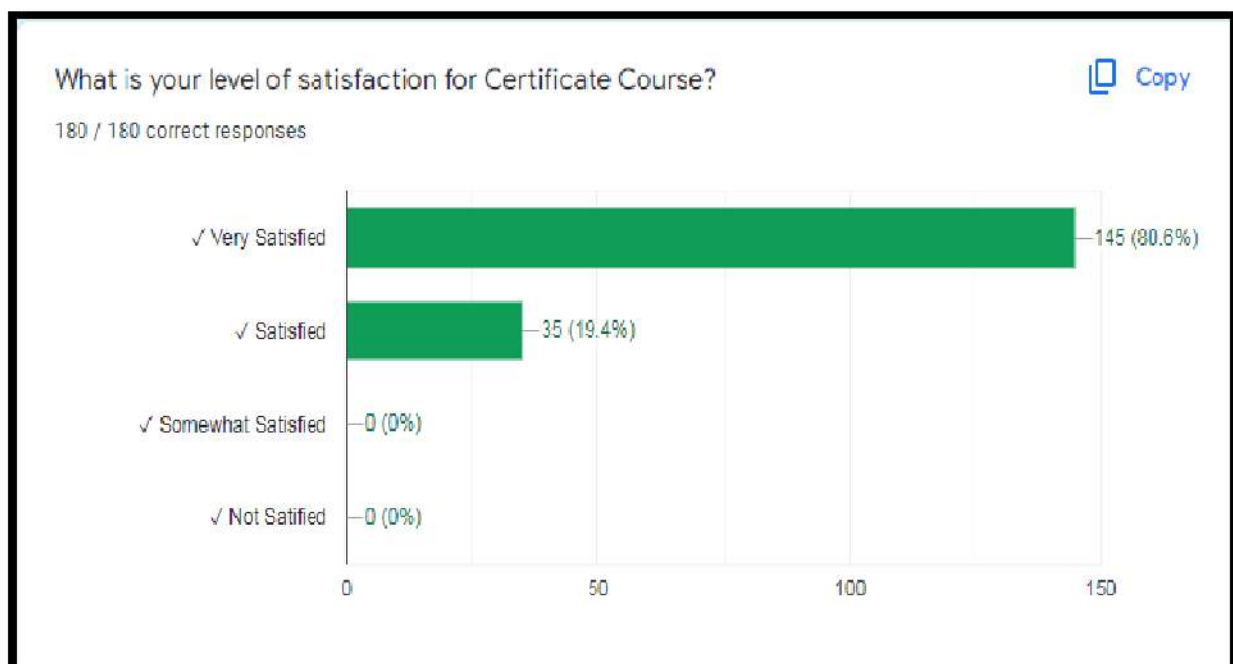
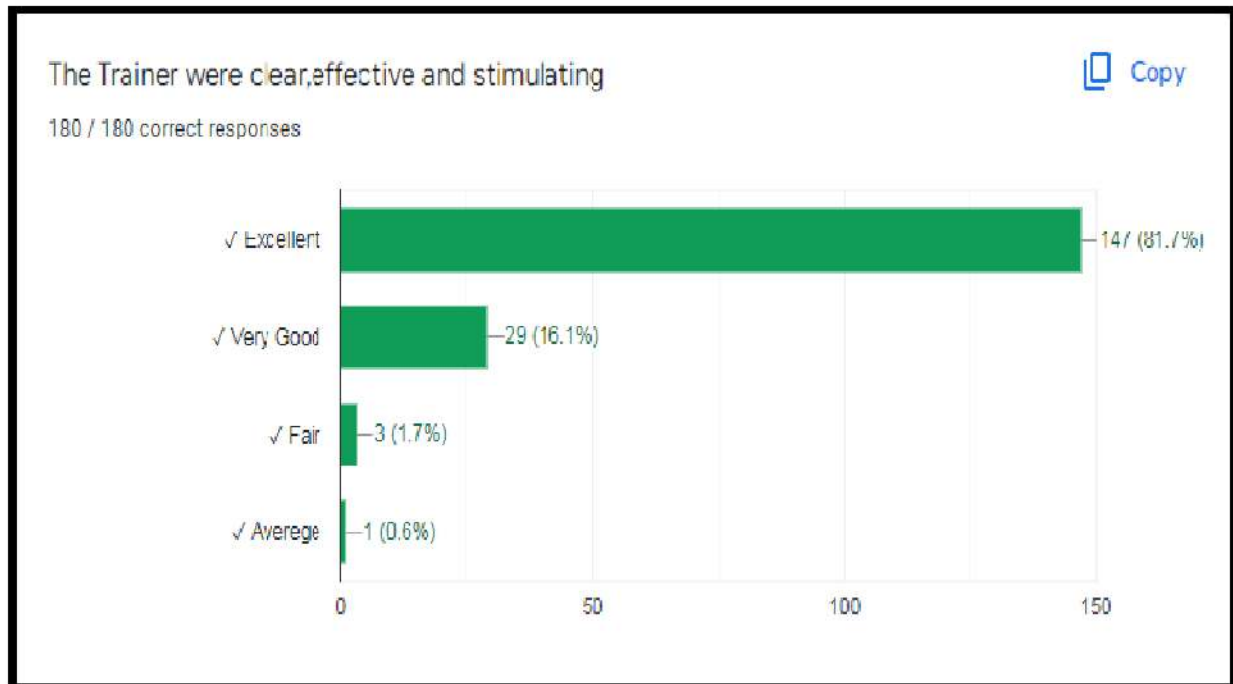
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Certificate

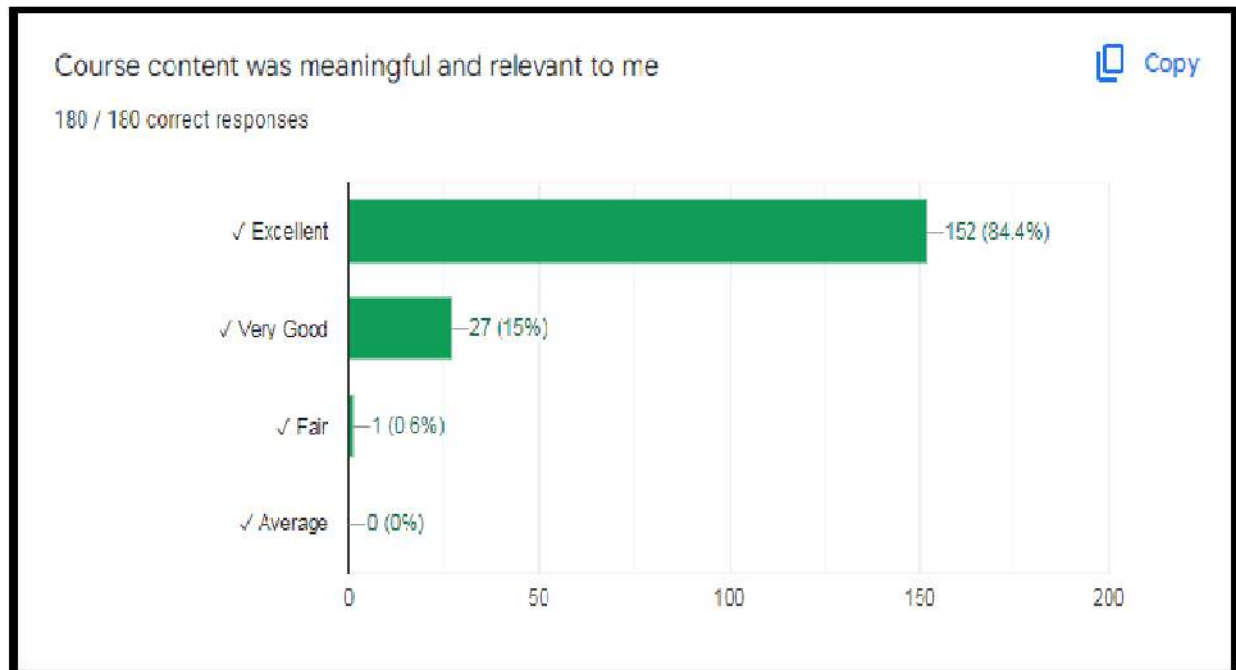


Feedback Analysis



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Dr. Priyanka P. Sulakh

Coordinator

Dr. Ashok P. Khairnar

Principal

