



Dr S.C. Gulhane Prerna College of Commerce, Science and Arts

Run by Prerna Sewa Mandal
Reshimbag Square, Nagpur-24

Govt Recognized and Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA-2.32)

Ph.: 2745296, 2746840

E-mail: prernacollegengp@gmail.com



Report

On

Certificate Course in Yoga

Department: Yoga Center

Coordinator : Dr Bharti Deshmukh

Title of course: Certificate Course in Yoga

Trainer : Mrs Sarika Gurve

Venue : New Building Terrace

Date: 5th February 2024-11th March 2024

Time: 6.30Am - 7.15Am

Objectives:

1. To enable the students to have good health.
2. To practice mental hygiene.
3. To increase emotional stability of students with yoga.
4. To help students to attain higher level of consciousness.
5. To integrate moral values in students.
6. To promote Students to learn Yoga professionally.
7. To teach participants power Yoga, Aerobics and Zumba.
8. Instill a mindset of continuous learning and keeping participant in update Yoga version.
9. Enhance their portfolio with a Yoga course Certificate.

Highlights:

1. The Certificate course was conducted by Yoga Center of College.
2. The Coordinator Dr Bharti Deshmukh, on the first day interacted with students regarding the importance of Yoga.
3. The Yoga Trainer Mrs Sarika Gurve taught the student Aerobics, Zumba along with Yoga.
4. On every Monday-Yoga, Tuesday- Pranayam, Wednesday- power yoga, Tuesday- Aerobics and Friday – Zumba Were conducted.
5. On every Saturday exercise with fun games activities were organized.
6. She also explained how to reduced eyes stain and Headache.
7. In every day Trainer focused on overall development of students.

Valedictory Function:

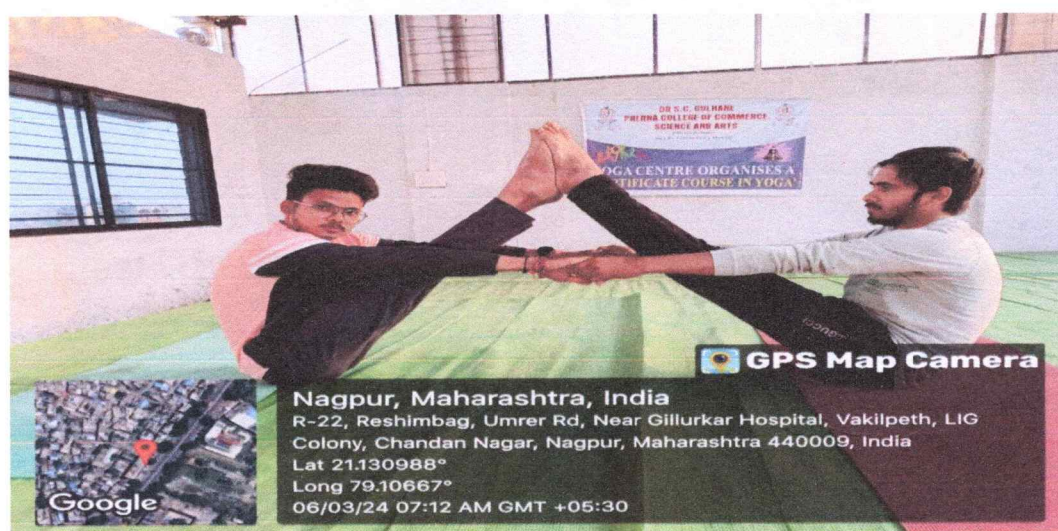
1. On 20th March Valedictory program was organized by Yoga Center. On this occasion Dr Vaishali Atoliya and Dr Sneha Bhoyar were the guest. Director Dr Pravin Joshi, Principal Dr Ratna Sarkar, Yoga Center Coordinator Dr Bharti Deshmukh and Yoga Trainer Mrs Sarika Gurve were prominently present.
2. Dr Sapna Ghutke compered the program.
3. The Director Dr Pravin Joshi welcomed Dr Vaishali Atoliya and Dr Sneha Bhoyar by offering floral bouquet and a memento as a token of love and respect.
4. Dr Pravin Joshi in his introductory remarks explained the importance of Yoga and congratulated the students for their successful completion of certificate course.
5. The students were awarded with certificates for their participation by Dr Pravin Joshi, Dr Ratna Sarkar, Dr Vaishali Atoliya and Dr Sneha Bhoyar.
6. Dr Vaishali Atoliya enlightened the students with her inspiring words and told the students the importance of Yoga and how to reduce stress with it .
7. Finally, Dr Poonam Budhlani proposed a formal vote of thanks.

Outcomes:

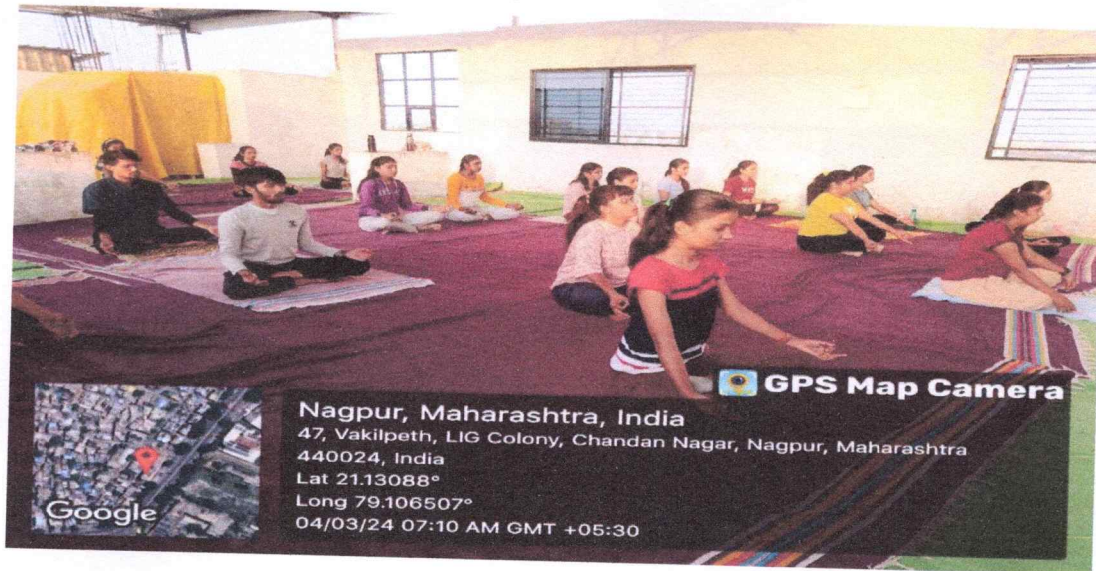
1. The Student became aware about Yoga.
2. They understood the importance of Yoga, Aerobics and zumba.
3. They learnt techniques of Effective Brain Development.
4. They come to know about how to attain higher level of concentration.
5. Students learnt how to reduce Stress, Eyes Strain and Headaches etc.

Total 50 Students befitted by course

1. Students Doing Stretching



2. Students performing Padmasana



3. Certificate distribution



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21/03/24

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Incharge
Yoga Center
Dr. S. C. Gulhane Prerna College of
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