

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



Run by Preerna 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

To,

The Director

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

Subject: Request to grant permission for organizing a 'Certificate Course in Yoga'.

Respected Sir,

Yoga Center, Dr S. C. Gulhane Prerna College of Commerce, Science and Arts aspires to conducta 'Certificate Course in Yoga' from 5th February 2024 to 11th March 2024. The timings will be from 6:30 am to 7:15 am. I, therefore, request you to kindly grant permission.

Thanking you.

R. Jay
Coordinator

Date:02/02/2024

Place:Nagpur

*Permitted
R. Jay
02-02-2024*

Incharge
Yoga Center
Dr. S. C. Gulhane Prerna College of
Commerce, Science and Arts, Nagpur-24



DR S. C. GULHANE PRERNA COLLEGE
OF COMMERCE, SCIENCE AND ARTS

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

Reshimbagh, Nagpur

(Run By Prerna Sewa Mandal) NAAC Accredited with "B" Grade



**Yoga Center
organize**

CERTIFICATE COURSE IN YOGA

5th February to 11th March 2024.

6:30 am to 7:15 am

TRAINER



MS. SARIKA GURVE

Our Inspiration



Dr Pravin Joshi

Director,

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



Dr Ratna Sarkar

Principal,

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

Coordinators



Dr Bharti Deshmukh

Incharge
Yoga Center
Dr. S. C. Gulhane Prerna College of
Commerce, Science and Arts, Nagpur 24

(Signature)



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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 Desmukh, 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 yogo, Tuesday- Aerobics and Friday – Zumba Were conducted.
5. On every Saturday exercise with fun games activities were organized.
6. She also explained how to reduce eye strain and Headache.
7. In every day Trainer focused on overall development of students.

Valedictory Function:

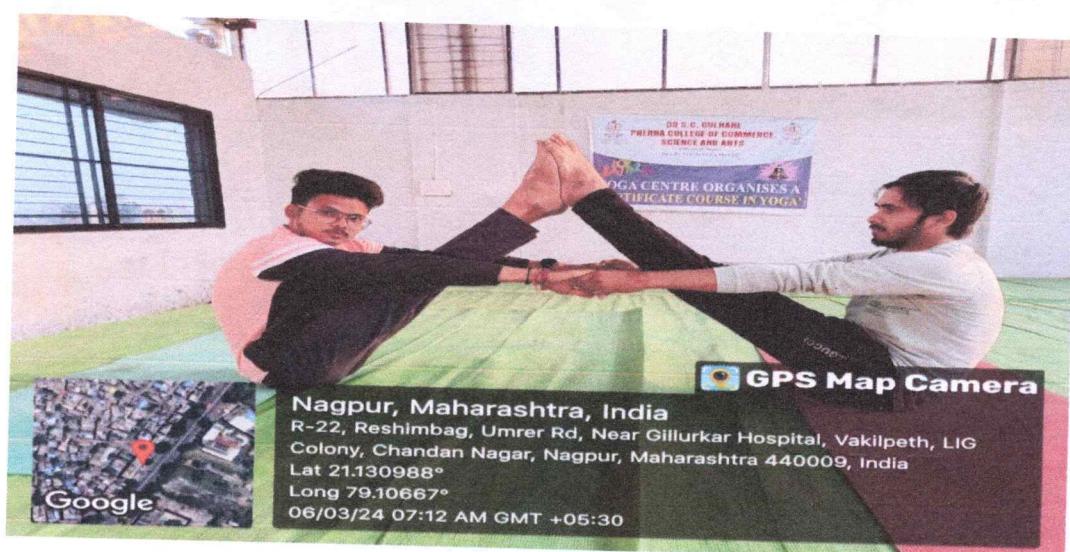
1. On 20th March Valedictory program was organized by Yoga Center. On this occasion Dr Vaishali Atoliya and Dr Sneha Bhoyar were the guest. Director Dr Pravin Joshi, Principal Dr Ratna Sarkar, Yoga Center Coordinator Dr Bharti Deshmukh and Yoga Trainer Mrs Sarika Gurve were prominently present.
2. Dr 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:

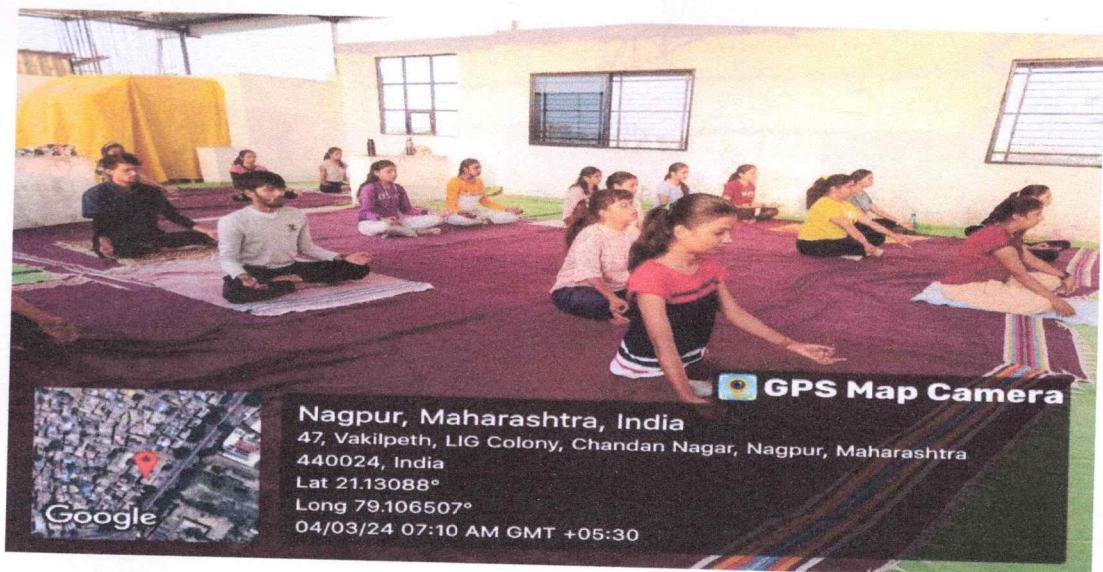
1. The Student became aware about Yoga.
2. They understood the importance of Yoga, Aerobics and zumba.
3. They learnt techniques of Effective Brain Development.
4. They come to know about how to attain higher level of concentration.
5. Students learnt how to reduce Stress, Eyes Strain and Headaches etc.

Total 50 Students befitted by course

1. Students Doing Stretching



2. Students performing Padmasana



3. Certificate distribution



21/03/24

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Incharge
Yoga Center
Dr. S. C. Gulhane Perna College of
Commerce, Science and Arts, Nagpur-24



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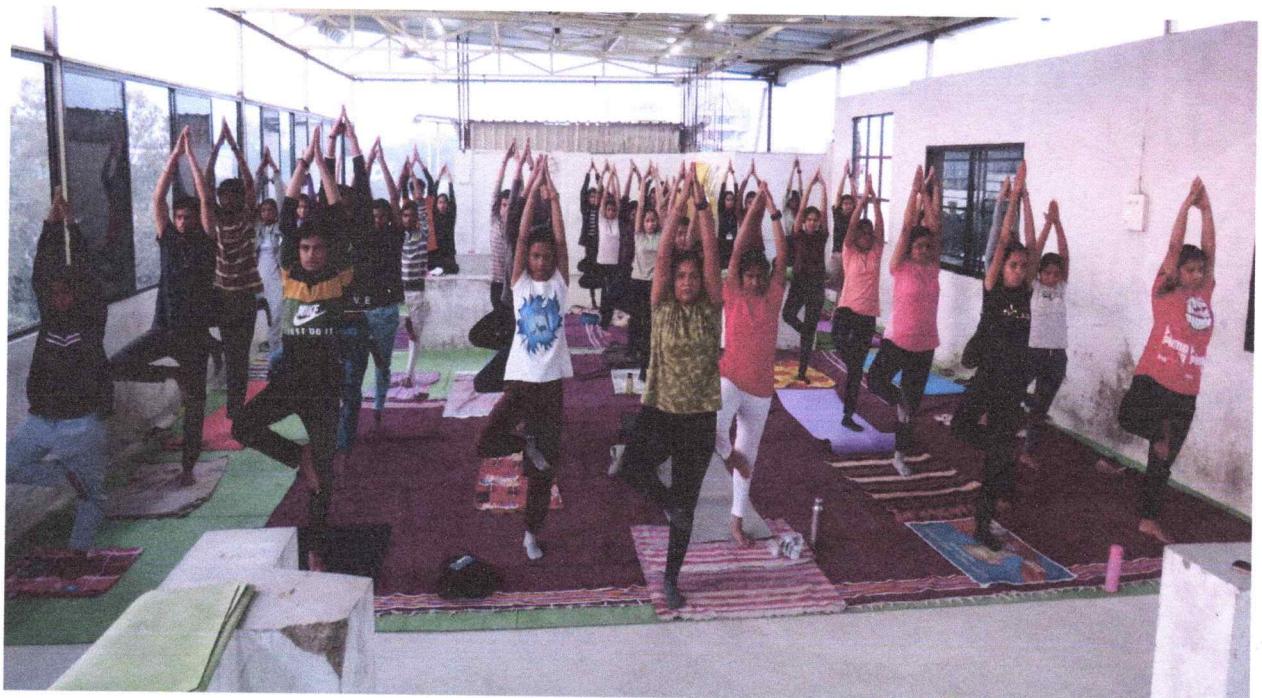


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Dr. S. C. Gulhane Prerna College of Commerce, Science & Arts, Nagpur

Yoga Center of Dr S. C. Gulhane Prerna College of Commerce, Science & Arts has recently organized a certificate course in yoga for its students.

This Certificate Course was inaugurated by the hands of the Director, Dr. Pravin Joshi. Ms. Sarika Gurve, Yoga Trainer of the college conducted all the sessions. During the course she made students understand the importance of yoga for reducing stress, anxiety and depression for mental and physical fitness. Various asanas and pranayama were practiced and performed by the students under her able guidance. This certificate course was carried out under the supervision of the coordinator Dr Bharti Deshmukh and the other members worked hard for the smooth conduction and success of the course. Dr S. C. Gulhane, Secretary of Prerna Sewa Mandal and Principal, Dr Ratna Sarkar appreciated the efforts taken by the team.



Students performing yoga under the guidance of the yoga trainer Ms. Sarika Gurve

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Incharge
Yoga Center
Dr. S. C. Gulhane Prerna College of
Commerce, Science and Arts, Nagpur-24