

RASHTRASANT TUKDLOJI MAHARAJ NAGPUR UNIVERSITY

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

INITIAL REPORT UNDER JEEVEN SHIKSHAN COURSES

1. Name of Course : CERTIFICATE COURSE IN YOGA AND HOLISTIC HEALTH

2. Name of the College/Departments : Department of Yoga center, Dr S C Gulhane
Prerna College of Commerce, Science & Arts, Nagpur

3. Name and Address of the : Mrs.Sarika Satish Gurve, Department of Yoga Center

Course Co-Ordinator E-mail : sarikagurve59@gmail.com
Ph. No. 9834175346

4. Venue of the Course with full address : Yoga Center, New Building of Prerna College, 5th Floor.

5. Date of Starting the Course : 12th September 2025

6. Timings of the Course (Attach a copy of Time-Table) : 11.15 AM – 12.30 PM

7. Duration : 75 Hrs.(15 Hrs – Theory & 30 Hrs. Practical
(12th September – 30th October 2025)

8. Medium of Instruction : English & Hindi

9. No. of Students Admitted (Attach a List with Names) : 29 (List Enclosed)

10. Accommodation available (Class Rooms) with furniture keeping in view the No.of Candidates to be admitted to The course. : - Terrace

11. Information of Faculty Member

S.No.	Name	Topics to be Tought	Full Postal Address	Phone no. If Any
1	Mrs. Sarika Satish Gurve	All Syllabus	Prerna College	-

12. Any Other Matter relating the Course : NIL

13. Total Fees Charges Per Student: Rs. 200

14. Amount of Enrolment Fees to be Deposited with the Dept. : Rs. 580/-

**SIGNATURE & SEAL OF THE
COLLEGE/HEAD OF THE INSTITUTION**

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

**SIGNATURE & SEAL OF THE
COURSE CO-ORDINATOR**

**RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY,
NAGPUR**

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

Under

JEEVAN SHIKSHAN ABHIYAN DEPARTMENT OF LIFELONG LEARNING AND EXTENSION,

Certificate Course in Yoga And Holistic Health

ACADEMIC SESSION 2025-2026

Objective of a Yoga & Pranayam

The primary objective of the yoga course is to promote physical, mental, and emotional well-being through the practice of yoga postures, breathing techniques, and mindfulness. The course aims to:

Improve physical flexibility, strength, and balance.

Enhance relaxation, stress management, and mental clarity.

Cultivate self-awareness and a deeper connection between mind and body.

Introduce participants to the philosophy and principles of yoga.

Foster a holistic approach to health and wellness.

This objective can be tailored to suit beginner, intermediate, or advanced levels of practice.



Course Coordinator

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Outcomes of a Yoga and Pranayama Course

Participants who complete the yoga and pranayama course can expect the following outcomes:

Physical Benefits- Increased flexibility, strength, and balance.

Improved posture and body alignment. Enhanced respiratory efficiency and lung capacity through pranayama techniques.

Better management of chronic pain, stiffness, or physical discomfort.

Mental and Emotional Benefits- Reduced stress, anxiety, and mental fatigue.

Improved focus, concentration, and mental clarity.

Greater emotional resilience and stability.

A heightened sense of relaxation and calmness

A deeper connection between the mind, body, and b

Introduction to yogic philosophy and its application to modern living.

These outcomes may vary based on individual commitment, practice, and prior experience.



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UNIT	TOPIC	PRAC TICAL	TOPIC	THEORY
UNIT 1.	Introduction of yoga	04 Hr.		
	Neck bending, shoulder bending, neck rotation, shoulder movement, trunk movement, knee movement, ankle movement	06 Hr.	Meaning and importance of yoga;	1 Hr.
		10 Hr.		1 Hr.
UNIT 2.	YOGASANA			
	Standing posture (Palm tree posture, Padahastasana, Ardhaakrasana, Trikonasana), Pranayam, Sitting posture: (Padmasana, Bhadrasana, Dandasana, Vajrasana, Adhrautrasana, Uttarasana, Sasakasana, Uttaramandukasana, Vakrasana,) Prone posture , (Makarasana, Bhujangasana, Salabhasna,	06 Hr. 06 Hr. 06 Hr.	Stability and balance: “ These poses improve proprioception, coordination, and balance. ” Improved posture: “These poses align the spine and strengthen back muscles,” Kirra explains. “They also enhance flexibility in the hamstrings, hips, and shoulders.	03Hr.

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	Setubandhanasana, Naukasana			
		18 Hr.		03 Hr.
UNIT 3.	SURYANAMASKAR (SUN SOLUTION)			
	SURYANAMASKAR			
	Step 1. Pranamasana (Prayer pose) Step 2. Hastauttanasana (Raised arms pose) Step 3. Hastapadasana (Standing forward bend) Step 4. Ashwa Sanchalanasana (Equestrian pose) Step 5. Dandasana (Stick pose) Step 6. Ashtanga Namaskara (Salute with eight parts or points) Step 7. Bhujangasana (Cobra pose) Step 8. Adho Mukha Svanasana (Downward facing dog pose) Step 9. Ashwa Sanchalanasana	10 Hr.	Why Perform Surya Namaskar in the Morning? Benefits of Surya Namaskar Warms Up Your Whole Body. ... Raises Your Heart Rate. ... Tones Muscles. ... Improves Flexibility. ... Boosts Your Immune	01 Hr. 01 Hr.

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	(Equestrian pose) Step 10. Hastapadasana (Standing forward bend) Step 11. Hastauttanasana (Raised arms pose) Step 12. Tadasana (Mountain Pose)		System. ... Motivates You to Practice. ... Integrates Breath and Movement. ... Reduces Stress and Anxiety	
		10 Hr.		02 Hr.
UNIT 4.	Pranayam and Santi Parthna			
	Kapalbhati ,Brastrika Anulam Viloma, Bhramari Pranayama, Sitali Pranayama	02 Hr. 02.Hr 02.Hr. 02 Hr.	What Is Pranayama – Types, Benefits & Rules To Perform Advantages of Omkar (Udgeeth) Pranayama	02 Hr 01 Hr.

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		08 Hr.		03 Hr.
UNIT 5.	Quick Relaxation techniques			
	i. Tense & Relax ii. ii. Short Yoga Nidra (Power Nap) iii. iii. Extended Shavasana	03 Hr. 03 Hr. 03 Hr.	How many minutes is Savasana? Benefits of Shavasana and meditation Reducing fatigue Increasing focus and concentration Boosting energy, mood, self-confidence, and compassion Improving relationships. Understanding the Benefits of Yoga Nidra	02 Hr. 02 Hr.
		09 Hr.		04 Hr.

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UNIT 6.	Meditation			
	Meditation Practice	05 Hr.	Techniques Yoga for concentration & related asana benefits of meditation.	02 Hr.
		05 Hr.		02 Hr.
		60 Hrs.		15 Hrs.

Course coordinator



RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
Original Copy

Receipt No : 940001/2526 **Date** : Wednesday, 8 October, 2025
Received From : Dr.S.G.Guhane Prerna College, Nagpur
Narration : 10% Fees Under JSA Courses
Email Address : prernacollegengp@gmail.com **Mobile No.** : 9403209892

On Account Of	Amount [Rs]
1. 318 (N-17) Deparment Of Life Long Learning And Extension	0.00
2. 318A N1717A Praposal & Application & Registration Fee From Center	0.00
3. 318B N1717B Skillbased Course Fee From Center	0.00
4. 318C N1717C Student Fees Share & Exam Fee	0.00
5. 318D N1717D Institute Visit	0.00
6. 318E N1717E Proposal Form Fee JSA (GST Liabl) - Jivanshikshan Adbhiya Bhaiyan	0.00
7. 318F N1717F 10% Fees Under JSA Courses (Students Fees Share) - Jivan Shikshan Abhiyan	6,560.00
8. 318G N1717G Proposal Form Fee CEP (GST Liable) - Continuing Education Program	0.00
9. 318H N1717H 10% Fees Under CEP Courses (Students Fees Share) - Continuing Education Proogram	0.00
10. 318I N1717I Examination Fees - Continuing Education Program	0.00
11. 318J N1717J Proposal Form Fee Skill Based Courses (GST Liable) - Recognition To Skill Based Couses	0.00
12. 318K N1717K 10% Fees Under Skill Based Courses (Students Fees Share) - Recognition To Skill Based Couses	0.00
13. 318L N1717L Institute Visit Fee Etc (GST Liable) / Honorarium - Other Fee	0.00
Subject To Relisation Receipt Total	6,560.00

Rupees (in words) : Six Thousand Five Hundred Sixty Rupees Only.

Payment Details : 1 Net Bank

- 08.10.25 6,560.00 By Net Bank 25510425784, ORC for Token
FSTKN0014754834847

Department : 20152 -Department Of Lifelong Learning And Extension (Other Department)

Receipt Type: StudentFees
Receiver : Online Receipt Counter

For Superintendent (Income), RTMNU,
Nagpur



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University Copy

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11. 318J N1717J Proposal Form Fee Skill Based Courses (GST Liable) - Recognition To Skill Based Couses	0.00
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For Superintendent (Income), RTMNU,
Nagpur

**RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY**

Established by Government of Central Provinces Education Department by Notification No. 513
dated the 1st of August 1923 & presently a State University governed by Maharashtra University Act No. VI of 2007

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

Guru Nanak Bhavan, University Campus, Ambazari Bypass Road, Nagpur - 440033



Email ID : doltmra@gmail.com
Mob. No. 9921140553

Dr. Samit Mahore, (Director)

Date : 31.07.2025

No./DLLE/ /25

To,

The PrincipalDr. S.C. Gulhane Prema College of Commerce,
Science & Art's, Nagpur.

**Subject : Sanction for Conducting Short Term Courses under Jeevan Shikshan
Abhiyan on No Grant Basis. (2025-26)**

Sir/Madam,

With reference to your proposal for conducting Short Term courses indicated below under Jeevan Shikshan Abhiyan of this Department, this is to inform you that your proposal has been accepted and your College has been granted permission to conduct the course on the following conditions:

Details of the Course

Sr. No.	Name of the Course	Name of Course Coordinator	Duration	Credit	No. of Candidates to be admitted	Fees to be Charged per Student	Fees to be Deposited With the Deptt.
1	Certificate Course in Problem Solving Through Programming in C Language	Dr. Bharti Deshmukh	45 hrs. T-15 hrs. P-30 hrs.	2	50	200/-	10%
2	Certificate Course in Financial Management	Mr. Gaurav Gajbe	52 hrs. T-52 hrs.	2	50	200/-	10%
3	Certificate Course in Basic Knowledge of Marathi Grammer	Prof. Jyotsana Channe	71 hrs. T- 45 hrs. P-26 hrs.	2	50	200/-	10%
4	Certificate Course in English Proficiency Skill	Ms. Snehal Rakunde	45 hrs. T-45 hrs.	2	30	200/-	10%
5	Certificate Course in Jeevan Vidya Mission's Life Skills for Success	Ms. Dipawali Randive	36 hrs. T- 28 hrs. P-08 hrs.	2	50	200/-	10%
6	Certificate Course in Digital Marketing	Dr. Bharti Deshmukh	30 hrs. T-30 hrs.	2	50	200/-	10%
7	Certificate Course in Yoga & Holistic Health	Mrs. Sarika Satish Gurve	75 hrs. T- 15 hrs. P-60 hrs.	3	50	200/-	10%

Rules & Regulations of this Department regarding these courses should be strictly followed.

1. **This sanction is valid for this particular Batch only.**
2. Fees for the course should be charged as per the norms prescribed.
3. Expenditure on the course should be incurred as per norms.
4. Course should be started within a Month from **the date of sanction**.
Please communicate your acceptance within **a month and submit the Initial Report**
5. Submit the List of Students admitted in **the excel format attached** herewith.
6. Send **Time Table** of the Course along with **Name of the Faculties**.
7. Geotagged Photographs clicked during theory and practical classes have to be submitted along with the final report. **Other than geotagged photographs will not be accepted.**
8. Complete details and evidences (**along with geotagged photographs**) for theory & practical exam / assessment will have to be submitted. Guidelines for allotment of grades should be strictly followed.
9. After Completion of the course the dates for assessment /exam should be informed to the Department **at least 10 days in advance**.

Your's faithfully,



21/7/2025

Director

RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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

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Certificate Course in Yoga And Holistic Health

ACADEMIC SESSION 2025-2026

List of Admitted students

Certificate course in yoga and holistic health

SR. No.	Student Name	Photos	Gender	Place	Categor y	Recp. No.	Class	Mobile no.	Email Id.	Address
1	Pratiksha Sanjay Sadmek		Female		ST	3646	B com 2 year	9834698938	sadmekpratiksha19@gmail.com	Hari om mirchi kidra Somwar cotton
2	Bhavana Manohar Kokate		Female	Hometown	GEN	3641	B.com 2nd year	8830186627	bhavnakokate3@gmail.com	Prerna college
3	Mansi rambhau narnawre		Female	Hometown	ST	3976	B.com 1year accounting & taxation	7083169271	mansinarnawre11@gmail.com	Swagat nagar new narsala road nagpur
4	Reena haribhau kshirsagar		Female	State	OBC	3601	B .com 1st year finance banking	9270181091	kshirsagarreena6@gmail.com	Indra nagar new narsala road Nagpur

5	Ashwini homprakash kohad		Female	State	SBC	3969	Accounting and taxation	7276465142	Ashwinikohad48@gmail.com	Hindi
6	Ishanya Yogesh Bondre		Female	Hometown	OBC	3443	Bcom 1	7972302485	ishanyabondre816@gmail.com	New shukrawari, ramajichi wadi, model
7	Deepali Girish Tembhurkar		Female	Hometown	OBC	3640	B.Com 2nd year	7972317639	tembhurkardeepali@gmail.com	Rambhau Mahlii Nagar Hudkeshwar Rd, Nagpur
8	Dhanshri shankar nagre		Female	State	NT	3975	B.com (1st year)	9356128798	jyotinagre1@gmail.com	Hudkeshwar road ,shyam nagar
9	Sharvari Vitthal Kawadkar		Female	Hometown	OBC	3971	B.com 1 year accounting& taxation	7822878535	Sharvarikawadkar200@gmail.com	Swagat nagar new narasala road ,nagpur
10	Unnati pradeep nagle		Female	State	SC	3974	1st year B.com	7219756761	unnatinagle.1234@gmail.com	Ashirwad nagar hudkeshwar road nagpur
11	Pushpa suresh shahu		Female	Hometown	OBC	3639	2nd year B.com accounting and taxation	9730651516	sahupushpa1432@gmail.com	Indira nagar jatrodi no 3 ramesh kirana ke pass nagpur
12	Piyush Dhore	https://drive.google.com/open?id=1jqizpeHOe0f1Kj2Oq2	Male	Hometown	OBC	Yoga class	Bcom 2 year	8010606083	piyushdhore87@gmail.com	Marathi

13	Tapasvi subhash wankhede		Female	Hometown	SC	3965	B. Com 1st year (AT)	9021730585	tapasviwankhede20@gamil.com	Old sakkardhara, bhande plot,Nagpur
14	ABHISHEK MAHESH SAKHALE		Male	Hometown	OBC	3620	12th Pass	8600608014/7 447791565	abhisheksakhale4@gmail.com	P.N.30/B Near Gajanan Temple, Shivnagar,Nad
15	Manasvi Jayesh Khapre		Female	State	SBC	3968	B.com 1 year	9579329303	manasvikhapre22@gmail.com	Shantinagar Nagpur
16	Vaibhav vinod Bhajankar		Male	Hometown	OBC	3970	B.com 1st year	8237406049	vaibhavbhajankar86@gmail.com	Kanji house square
17	Prasanna Purushottam Mahendrakar		Male	Nagpur	OBC	3472	Bba 1 st year	9405235024	prasannamahendrakar21@gmail.com	71,shahu nagar,Manewada , nagpur
18	Ankita Sanjay Barapatre		Female	Hometown	SBC	3457	B. Com 1year	8669055959	barapatreankita1@gmail.com	Binaki Joshipura, Near kawde aata chakki,
19	Shubhangi Sanjay Nalwale		Female	State	SBC	3966	B. Com lyear	9823980898	Varshanawale5@gmail. com	Near Lichade Hanuman Mandir opp madan hospital
20	Shweta Manoj Hedau		Female	Nagpur	SBC	3972	1st year B.com	9146248466	shwetahedau17@gmail.com	Plot no. 368 Yadav Nagar Nipani Aata Chaki Gali no.

21	Mohammad Rizwan Mohammad Razik		Male	Sirajgaon kasba Maharashtra	Other	3458	12th pass	7498266613	mr.rizwan749826@gmail.com	Plot no.6 jijamata Nagar kharbi Nagpur
22	Anjali Manoj Yadav		Female	Hometown	OBC	3627	B.Com 2nd year E&F	8928832724	yadavanjalianjaliyadav9@gmail.com	Near shitala mata mandir jattirodi no.3 indira nagar
23	Vinit Pradeep Parate		Male	State	SBC	3628	12th pass	8767656136	pradeepparate5@gmail.com	Lalganj Mehandi Bag Road Sati Mata Temple
24	PIYUSH RAJKUMAR UMREDKAR		Male	Hometown	SBC	498	Bcom (business administration) 1st year		Piyushamit4@gmail.com	Pach paoli shobhakhet nagpur
25	Lucky sunil Mundhrikar		Male	State	SBC	3459	12 pass	9595658170	luckymundhrikar026@gmail.com	Panchwati nagar Binaki lay out plot No151
26	Himanshu Dongare		Male	Arvi dist. Wardha	OBC	3630	Bcom 1st year accounting and taxation	7066246280	himanshudongare50@gmail.com	Nagpur manewada besa road atithi restaurant
27	Himanshu Dipak Bagde		Male	Nagpur	SC	3980	12th pass	9307378926	himanshubagde762@gmail.com	Plot no 342 near ram mandir Chandan
28	Tanmay.Dhanraj. belsare		Male	State	OBC	3643	12pass	9579259653	dhanrajbelsare@286gimal.com	Mangalmurti collani Hingna road nagpur

29	Prathmesh .C. Shambharkar		Male	Nagpur	SC	3641	B. Com 2nd year business administratio n	8956447225	prathmeshhsmbha rkar100@gmail.co m	Utkhanan Dahipul layout Nagpur
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Shrikant
Course
Coordinator

D. G. Shrikant
Principal
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of Commerce, Science And Arts
Nagpur