



Bharat Shikshan Sanstha's

**Shri Chhatrapati Shivaji College, Omerga**

Tq. Omerga Dist. Osmanabad - 413606 (MS), India

(Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad) | NAAC Reaccredited 'B' Grade



**IQAC Sponsored  
SCSCO YOGA CNETER  
CERTIFICATE COURSE IN BASIC YOGA  
COURSE CODE – CCBY001**

**Introduction:**

There is need of Yoga education that can support life of the students. This education can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, stronger and more integrated members of the society and of the nation. Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. On the occasion of 21<sup>st</sup> June Yoga day Alumni were participated and discussed the need of yoga centre. Then in the Alumni meet on 28<sup>th</sup> June the proposal to start Yoga centre in the college was given to the Coordinator of IQAC. The proposal is discussed in the First IQAC Meeting held on 14 July 2016 at IQAC Office. It is decided to introduce the YOGA CETER as a separate department in the academic year 2016-17 for the students, Staff, as well as Alumni and common man of our region. It is also decided to start the BASIC YOGA certificate course for students.

**OBJECTIVE OF THE COURSE**

1. To acquaint students with the theoretical as well as practical knowledge of YOGA and PRANAYAM
2. To enable the student to have Physically, Mentally and Spiritually Fit

**SYLLABUS**

UNIT – I HISTORY OF YOGA & PRANAYAM

UNIT – II – SAHAJ VYAYAM

UNIT- III – SURYANAMASKAR

UNIT- IV – YGASANAS

UNIT- V – PRANAYAM

**Sanjay Aswale**  
IQAC – Coordinator  
SCS College  
Omerga

**PRINCIPAL**  
Shri Chhatrapati Shivaji College  
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