



Pandit Deendayal Upadhyaya Education Society's
SHRI SANT SAVTA MALI GRAMIN
MAHAVIDYALAYA
PHULAMBRI DIST. CSN

REPORT
12 Feb. to 22 Feb. 2025



CERTIFIED **YOGA TRAINER** **CERTIFICATE COURSE IN** **YOGA**



- ✓ Sponsored by
- ✓ Pradhan Mantri Uchchatar Shiksha Abhiyan (PM USHA)



Conducted by

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
Shri Sant Savta Mali Gramin Mahavidyalaya,
Phulambri Dist. Chhatrapati Sambhajinagar

Submitted by

PROF. DR. RAJARSHREE PAWAR
Yog Teacher

DR. SANDEEP JAGTAP
Course Co-ordinator

YOGA TRAINER CERTIFICATE COURSE

12 Feb.2025 to 22Feb.2025

I N D E X

Sr. No.	Particular	Page No.
1.	Yoga Trainer Certificate Course Report	1-3
2.	Course Flyer	4
3.	Office Order	5
4.	Admission Notice	6
5.	Admission Google Form	7-8
6.	Admission Summary	9-11
7.	Time Table	11-12
8.	Invitation Letter for Resource Person	13-14
9.	Course Module	15
10.	Syllabus	16-21
11.	Question Paper	22-23
12.	Mark List	24
13.	Certificate of Course	25

Yoga Trainer Certificate Course 2024-25

Yoga Trainer Certificate Course was organized by the Department of Physical Education & Sports from 12th February 2025 to 22nd February 2025 at the College Campus, Phulambri.

The course was inaugurated by Dr. Suresh Mirkar (Secretary, District Yogasana Association). Prof. Dr. Rajashree Pawar presided over the session as Chairperson. Dr. Subhash Kale was also present on the occasion.

A total of 18 students from the college participated in the course, under the guidance of Dr. Sandeep Jagtap (Director of Physical Education).

Dr. Suresh Mirkar and Dr. Kailas Shivankar (Yoga Teacher) were invited as guest lecturers. The students learned the basics of Yogasana, Dhyana-Dharana, Pranayama, and other fundamental yoga techniques.

A theory examination (30 marks) and a practical examination (20 marks) were conducted by the course coordinator at the end of the course.





Dr. Kailas Shivankar from (District Yogasana Association)



**Chhatrapati Sambhaji
Nagar, महाराष्ट्र, भारत**

Phulambri, Chhatrapati Sambhaji Nagar,
महाराष्ट्र 431111, भारत
Lat 20.095076, Long 75.426067
02/12/2025 01:25 PM GMT+05:30
Note : Captured by GPS Map Camera





Dr. Rajshree Pawar





ॐ

YCC/2024-25/P/.....

YOGA TRAINER CERTIFICATE COURSE

Organised by

Pandit Deendayal Upadhyay Education Society's

SHRI SANT SAVTA MALI GRAMIN MAHAVIDYALAYA, PHULAMBRI
Tq. Phulambri, Dist. Chhatrapati Sambhajnagar

NAAC Re-Accredited with 'B' Grade

SPONSORED BY UNDER

Pradhan Mantri Uchchatar Shiksha Abhiyan (PM USHA)



This is certify that

has been awarded 30 hrs. Yoga Trainer Certificate Course during 12 Feb. 2025
to 22 Feb. 2025 at College Campus, Phulambri, Dist. Chhatrapati
Sambhajnagar (MS) India

Dr. Sandeep Jagtap
Co-ordinator, Director & Head
Dept. Physical Education & Sports

Dr. Rajashri Pawar
Incharge
Yog Samitee

Prof. Suresh Mirkar
Secretary
A'bad Dist. Yoga Association

Dr. Subhash Takle
Principal
SSSMG Mahavidyalaya



Course Flayer



Pandit Deendayal Upadhyaya Education Society's
SHRI SANT SAVTA MALI GRAMIN
MAHAVIDYALAYA
PHULAMBRI DIST. CSN

ADMISSION OPEN

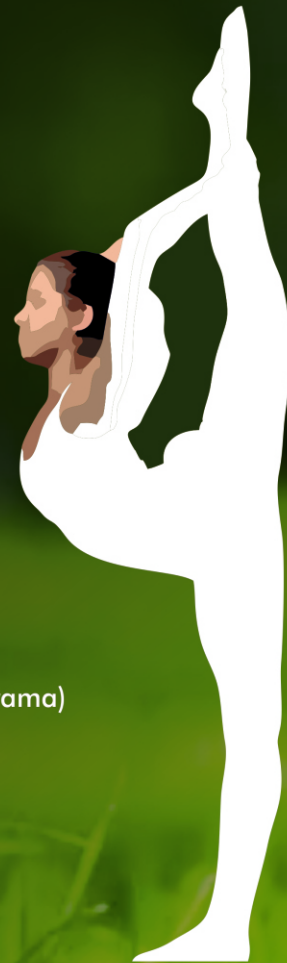
12 Feb. to 22 Feb. 2025

BECOME A CERTIFIED YOGA TRAINER

CERTIFICATE COURSE IN

YOGA

- ✓ Yoga Asanas Alignment and Adjustment
- ✓ Meditation and Breathing Technique (Pranayama)
- ✓ Yoga Philosophy
- ✓ Body Assessment
- ✓ Participation Certificate to Every Students
- ✓ Lady Teacher with Expert Lecture



For More Info

PROF. DR. RAJARSHREE PAWAR
Yog Teacher
7038241977

DR. SANDEEP JAGTAP
Course Co-ordinator
9923797349

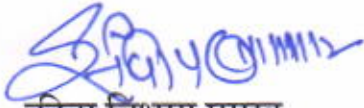



पंडित दीनदयाल उपाध्याय शिक्षण संस्था संचालित
श्री संत सावता माळी ग्रामीण महाविद्यालय फुलंब्री
शारीरिक शिक्षण आणि क्रीडा विभाग
'योग प्रशिक्षक प्रमाणपत्र अभ्यासक्रम' (Yoga Trainer)

सूचना

दिनांक: १०/०२/२०२५

महाविद्यालयातील विद्यार्थ्यांना सूचित करण्यात येते की, शारीरिक शिक्षण आणि क्रीडा विभागाच्या वतीने दिनांक १२ फेब्रुवारी २०२५ ते दिनांक २२ फेब्रुवारी २०२५ या कालावधीत 'योग प्रशिक्षक प्रमाणपत्र अभ्यासक्रम' (Yoga Traininer)' चालविला जाणार आहे. तरी या अभ्यासक्रमासाठी प्रवेश घेण्यास इच्छुक विद्यार्थ्यांनी प्रवेश फॉर्म भरून प्रा.डॉ. संदीप जगताप (9923797349) यांच्याकडे द्यावा.


क्रीडा विभाग प्रमुख
प्रा.डॉ. संदीप जगताप


प्राचार्य
डॉ. सुभाष टाकले

उद्यमे निवसती अर्थ । ज्ञानात् उद्यमता ॥

स्थापना वर्ष : १९९७

पंडित दीनदयाळ उपाध्याय शिक्षण संस्था संचालित

श्री संत सावता माळी ग्रामीण महाविद्यालय

फुलंब्री, ता. फुलंब्री, जि.छ. संभाजीनगर ४३११११

Web Site: www.savtacollege.org

Email ID: savtacollege@gmail.com



Phone No : 0240-2633988, Mob. 9970126100

Pandit Dindayal Upadhyaya Education Society's

SHRI SANT SAVTA MALI GRAMIN MAHAVIDYALAYA

Ta.Phulambri, Chhatrapati Sambhajanagar 431111

Permanent Affiliation: PPG/2008-09/12077-81, dt 17/7/2008

UGC -2(f) & 12 (B) Letter No : 8-219/2009 (CPP-1/C) dt.27/8/2010

Affiliated to Dr.Babasaheb Ambedkar Marathwada University Chh. Sambhajanagar431004

Hon. Haribhau Bagde
President

Hon. Nivrutti Gawande
Secretary

Dr. Subhash Takle
Principal

एसएसएसएमजीएम/कार्यालयीन आदेश/२०२४-२५/ 567

दि. ०८/०२/२०२५

कार्यालयीन आदेश

Reference :-

1. Approval letter from SPD Office Mumbai-SPD/RUSA/2024-25/469 date 23/08/2024.
2. Technical Approval from VJIT Mumbai-VJIT/PMUSHA/2024/3033 dated 22/08/2023
3. Online meeting with SPD office held on 26 August 2024.
4. Meeting on Programme Implementation Committee 11/10/2024.

विषय :- Soft Component मधील Certificate Course चालवणे बाबत.

वरील संदर्भ क्र. १ व २ नुसार Soft Component मधील कार्यक्रम अमलबजावणी करण्यास मान्यता मिळालेली आहे.

Details of Course :

Sr. No.	Name of the Course	Name of Co-ordinator/ Department	Time Period	Approved Amount
1	Certificate Course in Yoga Treainer	Department – Physical Education & Sports Co-ordinator – Dr. Jagtap S.J.	12 Feb. 2025 to 22 Feb. 2025 (Total 30 Period, 2 Credit)	10,000

Responsibility and Time line :

संदर्भ क्र. ४ नुसार महाविद्यालयातील शारिरीक शिक्षण आणि क्रिडा या विभागाकडून Yoga Treainer प्रमाणपत्र अभ्यासक्रमाची अमलबजावणी करण्याचे ठरले आहे. संबंधीत कोर्स हा फेब्रुवारी २०२५ या महिन्यात घेण्यात यावा या कोर्ससाठी संदर्भ क्र. १ व २ नुसार १०,०००/- रुपये खर्च करण्यास अनुमती मिळाली असून हा खर्च व्याख्यात्याच्या मानधनावर करावा.

प्रतिलिपि :-

- ✓ १. डॉ. जगताप एस.जे., प्रमाणपत्र अभ्यासक्रम समन्वयक
- ✓ २. डॉ. पी. एम. कल्याणकर, प्रमुख कार्यक्रम अमलबजावणी समिती

प्राचार्य
श्री संत सावता माळी ग्रामीण महाविद्यालय
फुलंब्री जि. औरंगाबाद

[←](#) Preview mode Published[Copy responder link](#)

Yoga Teacher Certificate Course 12 to 22 Feb. 2025

Organised by Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri Dist.
Chhatrapati Sambhajinagar

* Indicates required question

Name of Participant *

Your answer

Address *

Your answer



[←](#) Preview mode

✔ Published

[↗ Copy responder link](#)

- ☐ Student
- ☐ House Wife
- ☐ Teacher
- ☐ Service
- ☐ Other

Age *

Your answer

Mob. No. (WhatsApp) *

Your answer

Submit

Clear form

Never submit passwords through Google Forms.

This content is neither created nor endorsed by Google. - [Terms of Service](#) - [Privacy Policy](#).Does this form look suspicious? [Report](#)

Google Forms



← Preview mode

✔ Published

[🔗 Copy responder link](#)



Yoga Teacher Certificate Course 12 to 22 Feb. 2025

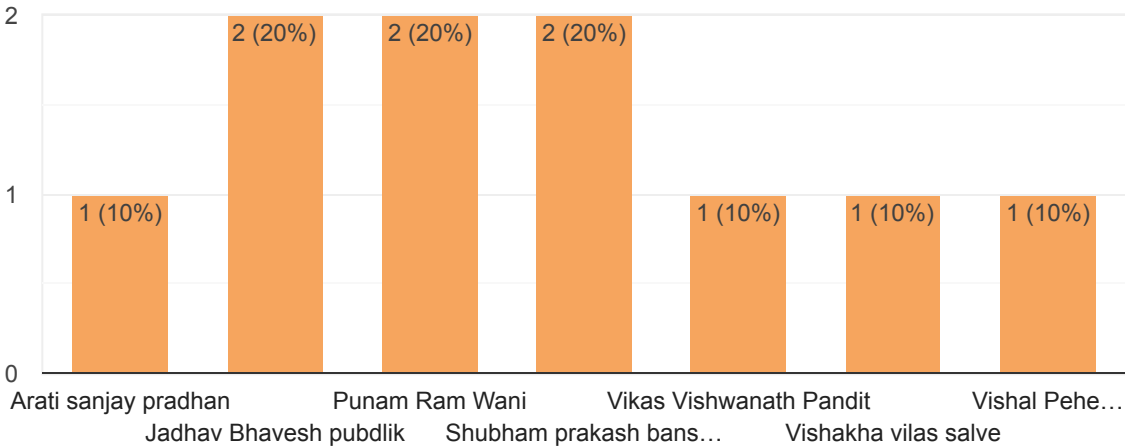
10 responses

[Publish analytics](#)

Name of Participant

 Copy

10 responses



Address

10 responses

At waregaon to phulambri dist Chhatrapati sambhajinagar

Bajargalli phulambri

Plot no.98 Sai Nagar padegaon chhatrapati sambhajinagar

Plot no. 98 Sai Nagar Padegaon chhatrapati sambhajinagar

Phulambri

At Post ganori ta Fhulambri dist chh sambhajingar

Pradhan niwas near k.b wankhede school bajar galli phulambri

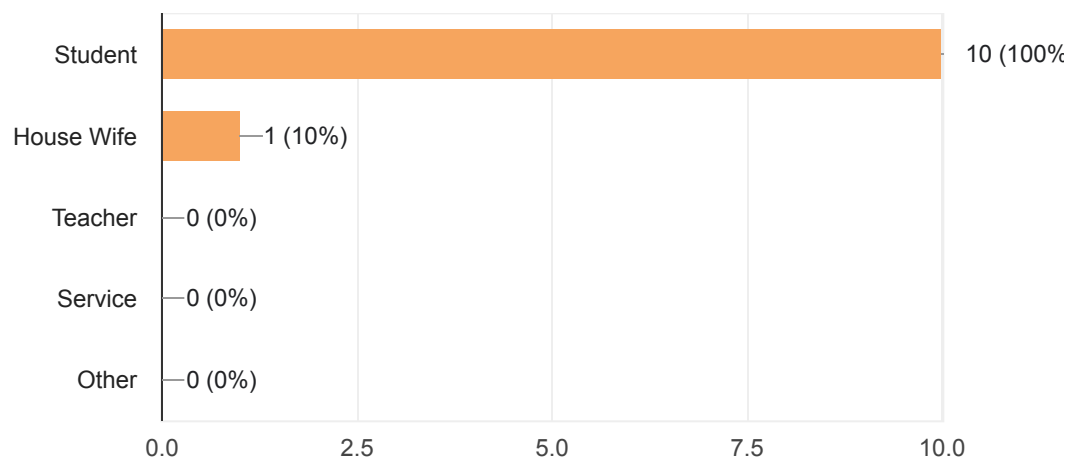
Phulambri🤔

Sanjay Nagar,mukudwadi, N2, cidco Aurangabad

Occupation

 Copy

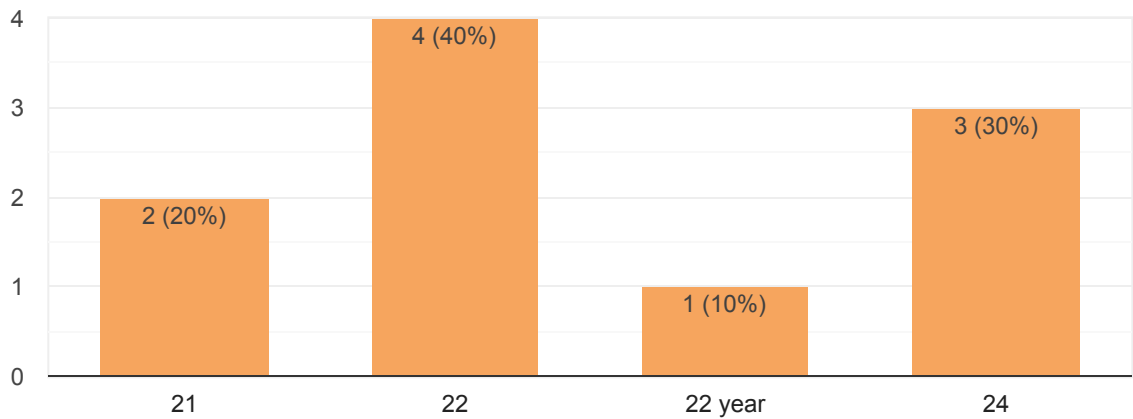
10 responses



Age

 Copy

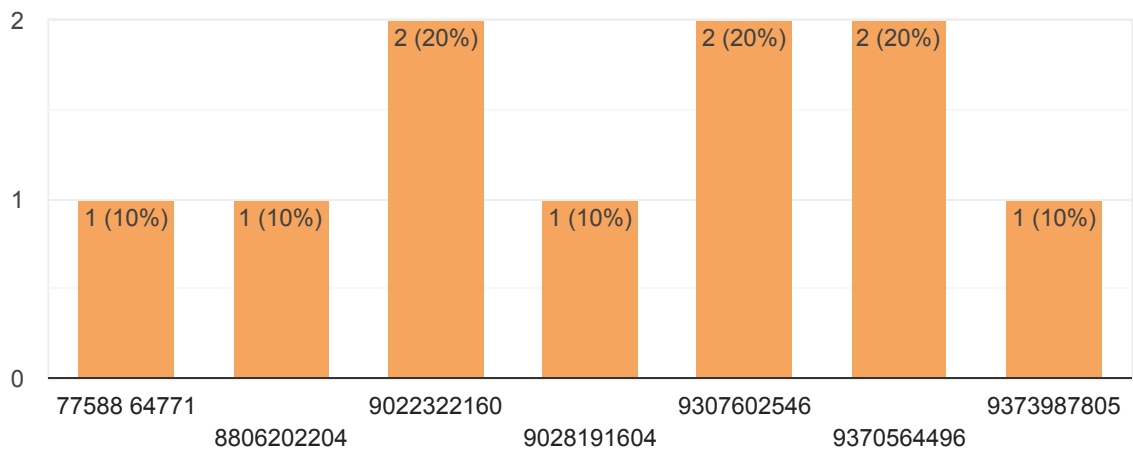
10 responses



Mob. No. (WhatsApp)

 Copy

10 responses



This content is neither created nor endorsed by Google. - [Terms of Service](#) - [Privacy Policy](#)

Does this form look suspicious? [Report](#)

Google Forms







Pandit Dindayal Upadhyaya Education Society's

Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri

Tq. Phulambri, Dist. Chhatrapati Sambhajnagar

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS


YOGA TRAINER CERTIFICATE COURSE

Date: 12/02/2025 to 22/02/2025

TIME TABLE

Date	Time	Topic	Resource Person
12/02/2025	02:00pm to 03:30pm	Inauguration Ceremony & Introduction of Yoga & History, Types of Ashtang Yog (Yama, Asana, Panayama, Pratyahara, Dharana, Dhyana, Samadhi) Information about Yoga	Dr. Suresh Mirkar
	03:30pm to 05:00pm	Practical	Dr. Suresh Mirkar
13/02/2025	02:00pm to 03:30pm	Hatha Yoga Pradipika and Gheranda Samhita, Concept of Yogic Diet,	Dr. Sandeep Jagtap
	03:30pm to 05:00pm	Practical	Dr. Sandeep Jagtap
14/02/2025	02:00pm to 03:30pm	Hatha Yoga Causes of Success (Sadhaka Tattwa) and Causes of Failure (Badhaka Tattwa) in Hatha Yoga Sadhana	Prof. Dr. Rajarshri Pawar
	03:30pm to 05:00pm	Practical	Prof. Dr. Rajarshri Pawar
15/02/2025	02:00pm to 03:30pm	Aasanas & Murtas Adho Mukha Shvanasana, Adho Mukha Vrikshasana, Akarna Dhanurasana, Anantasana, Anjaneyasana, Ardha Chandrasana,	Dr. Suresh Mirkar
	03:30pm to 05:00pm	Practical	Dr. Suresh Mirkar
16/02/2025	02:00pm to 03:30pm	Yoga and Health Health: Types of health- Physical health, mental health, Familiar/ Social Health Concept of Physical health, Factors of Physical health. Relation of health with fitness. Yoga and mental health	Dr. Kailas Shivankar

	03:30pm to 05:00pm	Practical	Dr. Kailas Shivankar
17/02/2025	02:00pm to 03:30pm	Yoga for Different Age Yoga for children Yoga for women Yoga for oldest Yoga for healthy person Yoga for pregnant women.	Dr. Kailas Shivankar
	03:30pm to 05:00pm	Practical	Dr. Kailas Shivankar
18/02/2025	02:00pm to 03:30pm	Yoga and the Future Yoga and the Future Role of Yoga in Education	Dr. Kailas Shivankar
	03:30pm to 05:00pm	Practical	Dr. Kailas Shivankar
19/02/2025	02:00pm to 03:00pm	The Modern Approach Methods of Application Yoga and Social Problems	Dr. Suresh Mirkar
	03:00pm to 05:00pm	Practical	Dr. Suresh Mirkar
20/02/2025	09:00am to 03:00pm	Written Exam	Dr. Sandeep Jagtap
21/02/2025	02:00pm to 03:30pm	Practical Examination	Dr. Suresh Mirkar
22/02/2025	02:00pm to 03:30pm	Viva Voce Examination	Dr. Kailas Shivankar
	03:30pm to 05:00pm	Closing Ceremony	Dr. Suresh Mirkar


Dr. SANDEEP JAGTAP

उद्यमे निवसती अर्यः । ज्ञानात् उद्यमता ॥

स्थापना वर्ष : १९९७

पंडित दीनदयाळ उपाध्याय शिक्षण संस्था संचालित

श्री संत सावता माळी ग्रामीण महाविद्यालय

फुलंब्री, ता. फुलंब्री, जि.छ. संभाजी नगर ४३११११

Web Site: www.dindayal.org

Email ID: savtacollege@gmail.com



Phone No : 0240-2633988, Mob. 9970126100

Pandit Dindayal Upadyaya Education Society's

SHRI SANT SAVTA MALI GRAMIN MAHAVIDYALAYA

Phulambri, Ta. Phulambri, chh. Sambhajinagar 431111

Permanent Affiliation: PPC/2008-09/12077-81, dt 17/7/2008

UGC -2(i) & 12 (B) Letter No : 8-219/2009 (CPP-I/C) dt. 27/8/2010

Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Chh. Sambhajinagar 431004

Hon. Haribhau Bagde
President

Hon. Nivrutti Gawande
Secretary

Dr. Subhash Takle
Principal

जाक्र. श्री संसामाग्रामहा/२०२४-२५/६।०-१

दिनांक : १०/०२/२०२५

प्रति,

मा. डॉ. सुरेश मिरकर

योग शिक्षक

जिल्हा योग संघटना

छत्रपती संभाजीनगर,

विषय:- योग प्रशिक्षण प्रमाणपत्र अभ्यास वर्गासाठी तंत्र मार्गदर्शन म्हणून उपस्थित राहणेबाबत...

महोदय,

उपरोक्त संदर्भित विषयान्वे Sof Component मधील Certificat Course (योग प्रशिक्षण प्रमाणपत्र कोर्स)

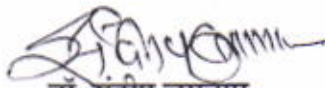
आमच्या महाविद्यालयामध्ये दिनांक १२/०२/२०२५ ते २२/०२/२०२५ या दरम्यान आयोजित केला असून दसरील

कोर्स साठी आपण तंत्र मार्गदर्शन म्हणून खालील तारखेस आपला अमुल्य वेळ दयावा ही विनंती.

सदरील कोर्स साठी आपणास महाविद्यालयाच्या वतीने दैनंदिन भत्ता देण्यात येईल.

दिनांक :- १२/०२/२०२५, १५/०२/२०२५, १९/०२/२०२५, २०/०२/२०२५, २२/०२/२०२५

वेळ :- देपारी २ ते ५



डॉ. संदीप जगताप

समन्वयक



प्राचार्य

श्री संत सावता माळी ग्रामीण महाविद्यालय
फुलंब्री, जि. औरंगाबाद


11/02/2025

उद्यमे निवसती अर्थ । ज्ञानात् उद्यमता ।।

स्थापना वर्ष : १९९७

पंडित दीनदयाळ उपाध्याय शिक्षण संस्था संचालित

श्री संत सावता माळी ग्रामीण महाविद्यालय

फुलंब्री, ता. फुलंब्री, जि.छ. संभाजी नगर ४३११११

Web Site: www.dindayal.org

Email ID: savtacollege@gmail.com



Phone No : 0240-2633988, Mob. 9970126100

Pandit Dindayal Upadhyaya Education Society's

SHRI SANT SAVTA MALI GRAMIN MAHAVIDYALAYA

Phulambri, Ta.Phulambri, chh. Sambhajinagar 431111

Permanent Affiliation: PPG/2008-09/12077-81, dt 17/7/2008

UGC -2(f) & 12 (B) Letter No : 8-219/2009 (CPP-I/C) dt.27/8/2010

Affiliated to Dr.Babasaheb Ambedkar Marathwada University, Chh. Sambhajinagar431004

Hon. Haribhau Bagde
President

Hon. Nivrutti Gawande
Secretary

Dr. Subhash Takle
Principal

जाक्र.श्री संसामाग्रामहा/२०२४-२५/६१०-२

दिनांक : १०/०२/२०२५

प्रति,

मा. डॉ. कैलास शिवणकर

योग शिक्षक

जिल्हा योग संघटना

छत्रपती संभाजीनगर,

विषय:- योग प्रशिक्षण प्रमाणपत्र अभ्यास वर्गासाठी तंत्र मार्गदर्शन म्हणून उपस्थित राहणेबाबत...

महोदय,

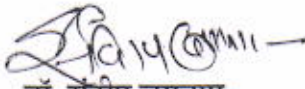
उपरोक्त संदर्भित विषयान्वे Sof Component मधील Certificat Course (योग प्रशिक्षण प्रमाणपत्र कोर्स)

आमच्या महाविद्यालयामध्ये दिनांक १२/०२/२०२५ ते २२/०२/२०२५ या दरम्यान आयोजित केला असून दसरील कोर्स साठी आपण तंत्र मार्गदर्शन म्हणून खालील तारखेस आपला अमुल्य वेळ द्यावा ही विनंती.

सदरील कोर्स साठी आपणास महाविद्यालयाच्या वतीने दैनंदिन भत्ता देण्यात येईल.

दिनांक :- १६/०२/२०२५, ते १८/०२/२०२५ व २२/०२/२०२५

वेळ :- देपारी २ ते ५



डॉ. संदीप जगताप

समन्वयक



प्राचार्य

श्री संत सावता माळी ग्रामीण महाविद्यालय
फुलंब्री, जि. औरंगाबाद





Tq. Phulambri, Dist. Chhatrapati Sambhajnagar

Attendance Sheet

[illegible]



Pandit Dindayal Upadhyaya Education Society's

Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri

Tq. Phulambri, Dist. Chhatrapati Sambhajnagar

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

YOGA TRAINER CERTIFICATE COURSE

Date: 12/02/2025 to 22/02/2025

Course Module:

- Module 1: Introduction and History of Yoga
- Module 2: Hatha Yoga
- Module 3: Aasanas & Mudras
- Module 4: Yoga for Health
- Module 5: Yoga for Different Age
- Module 6: Yoga for Future

Course Outcomes:

- Students will understand *how* and *why* they move in a variety of situations and use this information to enhance their own skills.
- On completion of this course, student will be able to: Equip themselves with basic knowledge about their personality.
- To learn to handle themselves well in all life situations.
- To learn techniques of Yoga.
- It provides basic knowledge of Yoga Therapy.
- To make students learn and understand the concept of Yoga and Meditation.
- To produce the best Yoga Trainer
- It provides basic knowledge of Introduction to Yog Abhas
- To enable students to acquire the knowledge of prevent and treat no communicable diseases.



Pandit Dindayal Upadhyaya Education Society's

Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri
Tq. Phulambri, Dist. Chhatrapati Sambhajinagar

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

YOGA TRAINER CERTIFICATE COURSE

Date: 12/02/2025 to 22/02/2025

Course Module:

- Module 1: Introduction and History of Yoga
- Module 2: Hatha Yoga
- Module 3: Aasanas & Mudras
- Module 4: Yoga for Health
- Module 5: Yoga for Different Age
- Module 6: Yoga for Future

Course Outcomes:

- Students will understand *how* and *why* they move in a variety of situations and use this information to enhance their own skills.
- On completion of this course, student will be able to: Equip themselves with basic knowledge about their personality.
- To learn to handle themselves well in all life situations.
- To learn techniques of Yoga.
- It provides basic knowledge of Yoga Therapy.
- To make students learn and understand the concept of Yoga and Meditation.
- To produce the best Yoga Trainer
- It provides basic knowledge of Introduction to Yog Abhas
- To enable students to acquire the knowledge of prevent and treat no communicable diseases.



Pandit Dindayal Upadhyaya Education Society's
**Shri Sant Savta Mali Gramin
Mahavidyalaya, Phulambri**
Tq. Phulambri, Dist. Chhatrapati Sambhajinagar

SYLLABUS

CERTIFICATE COURSE

On

YOGA TRAINER

IN

PHYSICAL EDUCATION & SPORTS



With Effect from: 2024-2025
Date: 12/02/2025 to 22/02/2025



**Certificate Course
In
Physical Education & Sports
Yoga Trainer Certification Course**

Credit : 02**Periods: 30****Marks : 50**

YOGA (MCQ) 30 Marks + Practical 15 Marks + Project/Oral (Viva Voce) 05 Marks =50 Marks

Course Outline:

In Consideration with the challenges about health issues the yoga training and activities is most important for keep human mind healthy and fit. Yoga teacher training allows you to explore yoga from all angles which increase your awareness. Increased awareness allows you to see the negative and positive aspects of certain behaviors, aspects in your life and relationships and this allows you to change. Heightened awareness leads to personal growth also. Yoga brings positive changes to the way you view your life. Asana is not enough but it is an important aspect because if the body is still the mind is still and that leaves you more centered. Yoga teacher training allows you to explore yoga from all angles which increase your awareness. Increased awareness allows you to see the negative and positive aspects of certain behaviours, aspects in your life and relationships and this allows you to change. Heightened awareness leads to personal growth also. In fact lengthened yoga practices teacher you discipline, humility and leaves you open and alert to take on what life has to offer with more composure and self-control and these are not small achievements. Yoga teacher training gives you a chance to heal and to train for the change that you seek and which will be joyous for you. Yoga teacher training can give you skills you can use your entire life. These skills are the tools that can enhance your life like never before. You will be equipped to lead; you learn improved communication skills and gain confidence. You have a deeper sense of compassion and more meaningful relationships because you will have learnt to have empathy for all human beings.

Yoga teacher training will provide you with a readymade community that can help you to grow because that is what they are all striving for themselves. This bonding is powerful enough to last you a lifetime and you have people you can reach out to when you need clarity or when things are not too good. Also you have a vast improved knowledge of yoga history, philosophy, breath control, meditation besides asana so you will feel empowered with these skills.

Objective of the Course:

- This course aims to produce Yoga Teacher for keep the society healthy and fit.
- This course will helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Pandit Dindayal Upadhyaya Education Society's
Shri Sant Savta Mali Gramin
Mahavidyalaya, Phulambri
 Tq. Phulambri, Dist. Chhatrapati Sambhajinagar
 (Arts, Commerce and Science)

Course Structure
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
 Faculty of Inter Disciplinary Studies
 Certificate Course Syllabus

Subject: Yoga Trainer
 Date: 12/02/2025 to 22/02/2025

Course Code	Name of Course	Total Lecture	Lecture Per Week		Evaluation Scheme			Total Mark	Credit
			Theory	Practical	MCQ	Practical	Viva Voce		
YOG-01	Yoga Trainer Certification Course	30	15	15	30	15	05	50	2

Core Course:

100 Mark

End Course Examination 50 Marks

- Examination on Prescribed (Shastri Abhas) Syllabus for 30 Marks
- Practical (Paryogic Abhas) Activities for 15 Marks
- Project and Oral (Viva-Voce) for 5 Marks

Examination on Prescribed Syllabus:

- After completion of the syllabus exam will be conducted MCQ pattern paper on certificate course.



- Prevention is better than cure' you will learn how to avoid injury's and have deeper understanding through Anatomy and Physiology classes. Each one's body physiology and anatomy is unique. You will learn details about your own body and how it works.
- You will learn to take Yoga beyond the physical Asana aspects. You will discover Yoga is a lifestyle and how and why you should live it every day.
- You will get to read some of the well-preserved ancient and important Yoga texts and scriptures. The beginnings of Yoga and its development by master teachers like Sage Patanjali. The teacher training course helps to understand the true goals and purpose of Yoga.
- You will learn to figure out how you can be a better human being, friend, parent and family member. Teacher training teaches you finer skills on how to be a good listener and find working solutions to everyday problems.
- You will learn alternate and gentle ways to heal hearts, minds and bodies. Yoga teacher training is particularly useful for people in health, fitness and wellness therapy domain.
- Through this course a student can get an ideal practical inside of different ways and they will get advantages and disadvantage as applied in real life.

Course Utility:

- Indian Yogaabhyas, History and Pranayamas will be studies in the course.
- Various Aasanas, Mrudras and Bandhas will be studies in this course.
- Student's ability will be utilized to tackle the current health problem.
- Students will adopt more knowledge in the field of Yog Science.
- This certificate course will increase the utility and application to acquire more satisfaction in life.

Duration of the Course:

- The duration of a course shall be of Two Weeks.

Eligibility for Course:

- Students has passed 10+2 examination (any stream) or any other examination recognized as equivalent there to.

Students Strength:

- Minimum 10 and Maximum 25 Students are required to run this course.

Fees Structure:

- Free

Medium of Instruction and Structure of Examination:

- Medium of the instruction of this course will be in Marathi and English. Question paper also set in both the language.
- The Students appearing for the certificate course the examination will be on 30 marks with MCQ pattern.

Eligibility for appearing examination:

- The 75% percentage of attendance is necessary to appearing the examination. He/She have to complete the class assignment and practical work.

Standards of Passing:

- Students have to obtain 40% of marks in the final examination and practical also.

Awards of Grade:

- Grade will be awarded to the students at the end of the course. The basis of aggregate marks obtained by students in each part separately.

Grade	Percentage	Description
O	In between 90 % to 100 %	Outstanding
A++	In between 80 % to 89 %	Excellent
A+	In between 70 % to 79 %	Exceptional
A	In between 60 % to 69 %	Very Good
B+	In between 55 % to 59 %	Good
B	In between 50 % to 54 %	Fair
C+	In between 45 % to 49 %	Average
C	In between 41 % to 44 %	Below Average
D	40 %	Pass
F	Bellow < 40 %	Fail

-: Syllabus :-

Chapter	Course Contents	Periods
1	Introduction of Yoga and History of Yoga: 1.1. History and Development of Yoga 1.2. Aim, Objectives and Misconceptions about Yoga, 1.3. Definitions of Yoga in different Classical Yoga texts	02
2	Hatha Yoga 2.1. Introduction to important Hatha Yoga 2.2. Texts with special reference to Hatha Yoga 2.3. Pradipika and Gheranda Samhita, 2.4. Concept of Yogic Diet, 2.5. Causes of Success (SadhakaTattwa) and Causes of Failure (Badhaka Tattwa) in Hatha Yoga Sadhana	04
3	Aasanas & Murdas 3.1. Adho Mukha Shvanasana, 3.2. Adho Mukha Vrikshasana, 3.3. Akarna Dhanurasana, 3.4. Anantasana, Anjaneyasana, 3.5. Ardha Chandrasana,	02
4	Yoga and Health 4.1. Health: Types of health- Physical health, mental health, 4.2. Familiar/ Social Health Concept of Physical health, 4.3. Factors of Physical health. Relation of health with fitness. 4.4. Yoga and mental health	02
5	Yoga for Different Age 5.1. Yoga for children 5.2. Yoga for women 5.3. Yoga for oldest 5.4. Yoga for healthy person 5.5. Yoga for pregnant women. 5.6. Uses: Health security, Life in School, Sports man.	03
6	Yoga and the Future 6.1. Yoga and the Future 6.2. Role of Yoga in Education 6.3. The Modern Approach, 6.4. Methods of Application 6.5. Yoga and Social Problems	02



Practical Activities	
Standing Asanas: Ardhakati Chakrasana, Trikonasana, Tadasana, Konasana, Trikonasana, Garudasana, Vrikshasana Sitting Asanas: Siddhasana, Padmasana, Gomukhasana, Vakrasana, Vajrasana, Swastikasana, Badha padmasana, Paschimottanasana Pranayam Breathing awareness, Sectional breathing, Yogic breathing, Anulom – Vilom (Alternate nostril breathing).	15

References/Books:

1. Swasthya Ke Liye Yoga - Sadashiv Nimbalkar
2. Swasyhavritta Vijnan Evam Yogic Chikitsa- Dr. Rakesh Giri
3. Holistic Approach of Yoga - Ganesh Shankar
4. Yoga Evam Yogic Chikitsa - Prof. Ramharsh Singh
5. Yoga Parichay - Vishvas Mandlik
6. Yoga Therapy - Dr. Sandeep Jagtap
7. हठयोग प्रदीपिका - स्वामी निरञ्जनंद सरस्वती
8. योग विज्ञान - लोळगे
9. शरीर विज्ञान आणि योगाभ्यास - मकरंद गोरे
10. आसन प्राणायाम मुद्रा बंध - स्वामी सत्यानंद सरस्वती
11. ध्यानतंत्र के आलोक में - स्वामी सत्यानंद सरस्वती
12. 100 वर्ष निरोगी रहा - माणिकलाल पटेल
13. Charak Samhita with Commentary of Ayurveda Dipika - Chakrapanidatta & Jalpakalpataru by Gangadhara
14. Ayurvediya Panchakarma Chikitsa- Dr. Mukundilal Dwivedi
15. Vivida Vyadhiyome Panchakarma (Hindi) - Dr. P. Yadaiah
16. The Panchakarma Treatment of Ayurveda with Kerala Specialtie - Dr. T.L. Devaraj
17. Principles and Practice of Basti Dr. Vasudevan & Dr. L. Mahadevan
18. Essential of Panchakarma Therapy - Dr. Pulak Kanti Kaur
19. Principles and Practice of Panchakarma – Vaidya Vasant Patil



Pandit Dindyal Upadhyaya Education Society's
Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri
Tq. Phulambri, Dist. Chhatrapati Sambhajinagar

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

YOGA TRAINER CERTIFICATE COURSE

Date: 12/02/2025 to 22/02/2025

Subject: Yoga

Yoga Question Paper

Mark- 30

Name of Students: _____

Q 1. Selected the correct Answer

30 Mark

1. 'International Day of Yoga' is celebrated on:

A. June 20

B. June 21

C. June 22

D. June 23

Answer

2. 'Yoga Sutra' was compiled by:

A. Patanjali

B. Gheranda

C. Svamarama

D. None of the above

Answer

3. How many types of Kumbha are there:

A. 4

B. 5

C. 2

D. 3

Answer

4. Which one is the fourth element of Ashtanga yoga:

A. Pranayam

B. Pratyahara

C. Dharna

D. Samadhi

Answer

5. Yoga word is derived from:

A. Sanskrit Language

B. Latin Language

C. Greek Language

D. French Language

Answer

6. Asanas that are effective to control obesity are

A. Vajrasana & Hastasana

B. Trikon Asana & Ardha-
Matsyendrasana

C. Both A & B

D. None

Answer

7. Patanjali developed 8 components/limbs/elements of yoga known as

A. Hata Yoga

B. Asana

C. Ashtanga Yoga

D. Yoga Mimamsa

Answer

8. Asana (physical posture) purifies body, mind & spirit stands at what no in Ashtanga yoga?

A. Second

B. Third

C. Fourth

D. None

Answer

9. Which type of yoga is kapalabhati?

A. Pranayam

B. Endurance

C. Speed

D. Maximum strength

Answer

10. Which Veda mentions about the elements of yoga?

- A. Athar Veda B. Asana C. Meditation D. None of the above

Answer

11. Which Veda mentions about the elements of yoga?

- A. Athar Veda B. Rig veda C. Sam Veda

Answer

12. In 2019, which city host PM Narendra Modi's International Yoga celebration?

- A. New Delhi, Rajpath B. Ranchi, Jharkhand C. Dehradun, Uttarakhand

Answer

13. Which International Day of Yoga event created a Guinness world Record?

- A. 21 June, 2015 B. 21 June, 2014 C. 21 June, 2016

Answer

14. What is the theme of 5th International Day of Yoga 2019?

- A. Connect the Youth B. Yoga for mind C. Climate Action

Answer

15. What do you understand by the term Doga?

- A. Doga is a not a form of yoga. B. Doga is a kind of yoga by using dogs as props
C. Doga is related with dogs D. All the above options are wrong

Answer

Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri

Tq. Phulambri, Dist. Chhatrapati Sambhaji Nagar

Yoga Trainer Certificate Course – 12 Feb. 2025 to 22 Feb. 2025 (Paper Name: Yoga Practical and Oral) (YTC-2-24)

Sr. No.	Name of Participant	Practical			Oral		Total Mark	Grade with Theory Mark 80
		Primary Aasana 02 Mark	Secondary Aasana 05 Mark	Pranayam/Mudra/Shatkarma 05 Mark	Knowledge/Project 03 Mark	Confidence 05 Mark		
1	Aarti Chhajul	02	04	04	02	01	13	20 A
2	Baala Wagh	02	03	04	02	01	12	20 A
3	Bakshi Pophale	02	04	04	02	01	13	21 A
4	Komal Dande	02	03	02	02	01	12	21 A
5	Rudhar Misal	02	03	04	02	01	12	22 A
6	Bhawanish Jadhav	02	03	04	02	01	12	23 A
7	Ainath Peharke	02	03	03	02	01	12	24 A
8	Ashishk Zekar	02	04	04	02	01	13	25 A+
9	Shya Throat	02	03	03	02	01	11	21 A
10	Payal Tawee	02	03	04	02	01	12	23 A
11	Shivani Jadhav	02	03	04	02	01	12	24 A
12	Dipali Dayh	02	04	04	02	01	13	25 A
13	Aditi Dayh	02	03	04	02	01	12	26 A
14	Kaveel Tawee	02	04	04	02	01	13	25 A+
15	Prasadi Bali	02	03	05	02	01	13	25 A+
16	Ashwarya Jadhav	02	03	04	02	01	12	22 A
17	Bakshi Rayhu	02	04	03	02	01	12	23 A
18	Bhawanish Dungele	02	04	04	02	01	13	23 A+
19								
20								
21								

S. S. S. S. S.
Internal Examiner
Dr. Sandeep Jagtap
Co-ordinator

A. S. S. S. S.
External Examiner
Dr. Subhash Kulkarni
(Yoga Teacher)

P. P. P. P. P.
Internal Examiner
Dr. Rajashri Pawar
Incharge Yog Samitee