



CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE

चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662

Mail ID- crdpgcollege.gkp@gmail.com

Address: New Colony, Dewan Bazar Gorakhpur -273001

**Chandrakanti Ramawati Devi Arya Mahila P.G.
College**

Diwan Bazar , Gorakhpur

Affiliated To D.D.U. Gorakhpur University , Gorakhpur

Date- 01-11-2020 to 10-12-2020

Place-Memorial Hall

Certificate Course

"Yoga "

Organized by B.Ed. Department

प्रो. चार्या
चन्द्रकान्ति रमावती देवी आर्य महिला
पी० जी० कालेज, गोरखपुर



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Permission Letter

Permission is hereby granted to the B.Ed. Department of
C.R.D.A.M. P.G. College, Gorakhpur to conduct a one-month
course on the Subject of "Yoga" from 01-11-2020 to 10-12-
2020.


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NOTICE

All students are informed that the B.Ed. Department will be Conducting a "Yoga Certificate Course" from 01-11-2020 to 10-12-2020 the last date for admission is October 30th 2020.

Interested students are requested to complete their admission formalities by the stipulated deadline.


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INTRODUCTION

Certificate Course on Yoga will be for 1 Month and conducted daily for one hour through offline mode.

Its aim is to provide proper education to the students.

FACULTY DETAILS

1. Dr. Aparna Mishra
2. Dr. Etendra Dhar Dubey
3. Dr. Mamta Tiwari
4. Mr. Anant Pathak
5. Mrs. Shweta Singh
6. Dr. Vikas Kumar Srivastava
7. Miss. Suman Lata Yadav
8. Mrs. Richa Dubey


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CERTIFICATE COURSE APPROVAL FORM


Programme Name - Certificate Course in Yoga

Programme code- CCYC2101

Eligibility Criteria - Based on practical experience and theoretical Knowledge

Programme Detail- The objective of this programme is -

1. To provide a comprehensive understanding of yoga principles, philosophy and history.
2. To develop strong foundation in yoga, asanas, pranayams and meditation techniques.
3. To equip students with teaching skills and confidence to lead yoga classes
4. To foster personal growth, self awareness and emotional intelligence through yoga practices.
5. To encourage Holistic lifestyle and wellness approach through yoga.


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COURSE OUTCOMES

1. Yoga Practitioner has -a deep understanding of yoga principle.
2. Advanced Asana Practice like- Proper alignment, Breathing Techniques and Modifications.
3. Graduates will be equipped to design and lead yoga classes, workshop and private sessions.
4. Students will explore yoga's ethical moral principles encouraging a holistic life style and personal growth.


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Place :- ICT Lab

Date:- 28-10-2020

MINUTES OF THE MEETING

The Department meeting was held on 28-10-2020, following matters were discussed in the meeting.

1. As part of the B.Ed. Department's strategic indicatives, a meeting was convened to introduce teachers to the planning and development of various certificate courses.
2. The department has decided to offer a certificate course on yoga.
3. It was decided that teachers and some other external experts would be the resource person for the certificate course .


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- | | |
|---------------------------|-----------------------|
| 1 Km Archana Gautam | 41 Manisha Tiwari |
| 2 Km Anju Yadav | 42 Madhavi Gupta |
| 3 Km Lalita Sahani | 43 Supriya Verma |
| 4 Km Priyanka Singh | 44 Nujhat Parvin |
| 5 Km Sonali Shankrityan | 45 Harshita Singh |
| 6 Km Tahreem Fatima | 46 Shalini Yadav |
| 7 Km Anamika Chaudhary | 47 Archana Tripathi |
| 8 Km Nazia Fatima | 48 Pallavi Kashyap |
| 9 Km Shivani Upadhyay | 49 Divya Mishra |
| 10 Km Sakshi Sharma | 50 Puja Yadav |
| 11 Km Ankita Jaiswal | 51 Sarika Sharma |
| 12 Km Anjali Mishra | 52 Priyanka Mishra |
| 13 Km Rimjhim Gupta | 53 Ruchi Singh |
| 14 Km Jaishree Singh | 54 Sagrika Singh |
| 15 Km Sumaira Khatoon | 55 Sarita Patel |
| 16 Km Shoumya shukla | 56 Mohini Kumari |
| 17 Km Shivani Singh | 57 Ambika Patel |
| 18 Km Sana Shamsher | 58 Sapna Kushwaha |
| 19 Km Nigar Aftaab | 59 Sandhya Mishra |
| 20 Km Akanksha Srivastava | 60 Aradhana Verma |
| 21 Km Anshu Kumari | 61 Moni Tripathi |
| 22 Km Shraddha Jaiswal | 62 Archana Yadav |
| 23 Km Neha Sadhvaani | 63 Neha Rai |
| 24 Km Baby Sanovar | 64 Raunak Afroz |
| 25 Km Neha Pandey | 65 Mamta Yadav |
| 26 Kriti kumari | 66 Km Usha Kannaujiya |
| 27 Km Neha | 67 Km Saumya Shahi |
| 28 Km Pratiksha Tripathi | 68 Twinkle Gupta |
| 29 Km Nidhi Gond | 69 Mausmi Nanda |
| 30 Km Priya Dubey | 70 Km Sapna Sharma |
| 31 Km Puja Mishra | 71 Moni Sharma |
| 32 Km Monika Agarwal | 72 Km Soni Singh |
| 33 Km Puja Yadav | 73 Km Jyoti Upadhyay |
| 34 Km Aprajita Kushwaha | 74 Seema Paswan |
| 35 Km Anshika Gupta | 75 Km Priyanka Gupta |
| 36 Km Priyanka Srivastava | 76 Km Shilpi Verma |
| 37 Km Garima Singh | 77 Km Kanchan Yadav |
| 38 Km Puja Gupta | 78 Vandana Singh |
| 39 Nitu Singh | 79 Km Kashish Singh |
| 40 Kshma Dikshit | 80 Km Aalima Khatoon |


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ACTIVITY



Sir
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