



दुरितांचे तिमिर जावो !  
Shikshan Prasarak Mandal's

# JAWAHAR ART'S, SCIENCE & COMMERCE COLLEGE, ANADUR

Tq. Tuljapur, Dist. Osmanabad - 413 603

NAAC - GRADE - B++ (CGPA 2.81)

President : Shri. B. F. Kasture

Secretary : Shri. S. N. Alure Guruji

Principal : Dr. Umakant Chanshetti (Mob.: 9420488874)  
(M.Sc., M.Phil. Ph.D)

Ph.: (02471) 246037, 246737

Date: 05/8/19

[2019-20]


## Notice

All the faculty members of Sanskrit Department are hereby informed that a meeting of our department will be held on day 05/8/19 under the chairmanship of our head Dr. Satyendra Sangappa Raut to discuss the following agenda. So everyone should attend on time.

### **Agenda for meeting:**

1. To read and confirm the Proceeding of last meeting.
2. To read and confirm the certificate course.
3. To discuss and design the structure of certificate course.
4. To prepare and frame the syllabus of certificate course.
5. To formulate the BOS.
6. To prepare the Time-Table of certificate course.
7. To conduct other activities regarding the course.
8. Timely topics with the permission of chairperson.

  
HOD

  
**PRINCIPAL**  
Jawahar Arts, Science & Commerce  
College  
Tq. Tuljapur, Dist. Osmanabad.



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Ph.: (02471) 246037, 246737

Date: 10/8/19

## Proceeding of Sanskrit Departmental Meeting

Today 10/8/19 a meeting was held in department of Sanskrit under the chairperson Dr. S.S.Raut (HOD). In this meeting discussion made on how the conduct the certificate course in Yoga and Health All faculties are unanimously agreed to run this certificate course for all UG students. Discussion was successful regarding to construct the syllabus, timetable, the nature of Question paper and the said course admission form. All faculties assured each other to give healthy contribution for running this course and all other efforts needed. Finally all faculties are firmly decided to construct the syllabus, timetable, sample question paper and admission form and to convey to Hon. Principal for further approval from College Development committee.

SSR- Dr. S.S.Raut  
Dr. Satyendra Sangappa Raut

HOD. SANSKRIT

Jawahar ASC College, Andur,  
Tq. Tuljapur, Dist. Osmanabad (Maharashtra)

SRB- Dr. S.R. Bharti

Principal

Jawahar Arts, Science & Commerce College  
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Ph.: (02471) 246037, 246737

Date : 13/8/19

To,  
Principal,  
JASC College, Anadur.  
Tq. Tuljapur, Dist. Osmanabad.

Sub: To get the permission to Sanskrit department to conduct the certificate course in  
**Yoga and Health** for academic year 2019-20

Dear Sir,

With reference to above cited subject I am kindly informing you that a departmental meeting of Sanskrit was held on date 13/08/2019, in this meeting all faculty are unanimously decided to conduct a certificate course in "Yoga and Health" during this academic year 2019-20. In this meeting we all faculty also make a action plan to run this certificate course with all necessary formalities. So we all the Sanskrit faculty are requesting to you give us approval for said courses.

Attached:

- ✓ Departmental proceeding
- ✓ Time-Table
- ✓ Syllabus
- ✓ Question Paper Pattern
- ✓ Admission form

Dr. S.S. Raut

Dr. S.R. Bharati

Dr. Satyendra Sangappa Raut

HOD. SANSKRIT

Jawahar ASC College, Andur,  
Tq. Tuljapur, Dist. Osmanabad (Maharashtra)

Principal

Jawahar Arts, Science & Commerce College  
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Principal : Dr. Umakant Chanshetti (Mob.: 9420488874)  
(M.Sc., M.Phil. Ph.D)

Ph.: (02471) 246037, 246737

Date: 16/08/2019

To,

The Head,

Department of Sanskrit

Jawahar ASC College, Anadur,

Tq. Tuljapur, Dist. Osmanabad.

**Subject: Approval to Conduct the certified course for students of Commerce.**

As per the decision taken in College Development Committee, you are directed to conduct the Certificate course in **Yoga and Health** in your department for the students of our college. The course should be of 30 hours and be conducted in the academic year 2019-20.

Convey your timetable of the said course to the timetable committee so as to avoid any overlapping of lecturers.

Principal

Jawahar Arts, Science & Commerce College  
Anadur, Tal. Tuljapur, Dist. Osmanabad.



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Ph.: (02471) 246037, 246737

Ref.No.JASC/Chem/Syll/BOS/2019-20/

Date: 20/8/2019

To,

1} Dr. S.S.Raut (Chairman)

2} Dr. S.R.Bharti (Member)

Ad-hoc Board in Sanskrit

Ad-hoc Board in Sanskrit

JASC College, Anadur,

JASC College Anadur

Tq. Tuljapur, Dist. Osmanabad

Tq. Tuljapur, Dist. Osmanabad.

Mob: 7387394747

3} Dr. U.S. Salgar

4} Dr. A.M.Chavan

Physical Director

Late L.D.Mahila College, Parali

JASC College, Anadur,

Tq: Parali, Dist : Beed

Tq. Tuljapur, Dist. Osmanabad.

5} Shri. S.D.Bhagwat

Yoga Teacher, Solapur

**Subject: Constitution of Ad-hoc Board in Sanskrit (Certificate Courses- Yoga and Health )**

Sir/Madam,

Feeling glad to inform your that I pleased to nominate you as a Member/Chairman on the Ad-hoc Board in Sanskrit for this previous year 2019-20 as per provision statute-159 of the university act.

While requesting you to accept this invitation to work on the Ad-hoc Board. I do realize your busy moments in your own field. Yet in view of your expertise in the subject. I shall be thankful if you accept the membership of the Ad-hoc Board for enriching the academic standards of the university through your valuable contribution.

Your appointment shall be governed by and subject to the provisions of the Maharashtra Public University Act, 2016 as amended from time to time.

Kindly communicate your acceptance at the earliest.

**Principal**

Jawahar Arts, Science & Commerce College  
Anadur, Tal. Tuljapur, Dist. Osmanabad.



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(M.Sc., M.Phil. Ph.D)

Ph.: (02471) 246037, 246737

Date: 22/08/19

### BOS Meeting Proceeding

As per requested all BOS member are gathered together to discuss regarding the syllabus of certificate course in Yoga and Health going to conduct by department of Sanskrit during the academic year 2019-20. In this meeting under the chairperson of head of department S.S.Raut, discussion made on designing syllabus as well as how to implement the said course smoothly and fruitful. All members put their view and finally decided the syllabus, duration of one month regular with day to day activities. After vote of thanks expressed by Dr. S.R.Bharati, the said meeting is over.

Dr.S.S.Raut

Dr.S.R.Bharti

Dr. U.S.Salgar

Dr. A.M. Chavan

Shri.S.D. Bhagwat

Dr. Satyendra Sangappa Raut

HOD. SANSKRIT

Jawahar ASC College, Andur,  
Tq. Tuljapur, Dist. Osmanabad (Maharashtra)

Principal

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(M.Sc., M.Phil. Ph.D)

Ph.: (02471) 246037, 246737

Name of course : Certificate Course in Yoga and Health

Medium of the Course : Marathi & Hindi.

Duration of the Certificate Course : 1 Month

Eligibility : Admitted to B.A./B.Sc./B.Com Course

Theory Paper Duration : 2 Hrs (40 Marks)

Practical Duration : 1 Hr (10 Marks)

Theory & Practical Examination will be held at the end of academic year and Certificate will be issued by the Jawahar College Sanskrit Department.

योग परिचय –

योग भारतीय दर्शन का अंग है । राजयोग, ज्ञान योग, कर्म योग और भक्तियोग , इस प्रकार योग के विभिन्न प्रकार हे । महर्षि पतंजलि ने अष्टांग योग की व्याख्या की है । यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा , ध्यान और समाधि अष्टांग योग के प्रकार है । योग स्वस्थ जीवन जीने की एक पूर्ण प्रक्रिया है ।

“स्वस्थे शरीरे स्वस्थं मनः संस्कृत की इस उक्ती के अनुसार एक स्वस्थ शरीर में ही स्वस्थ मन रह सकता है और स्वस्थता मनुष्य का प्रथम धर्म है, क्योंकि, शरीरमाध्यं खलु धर्म साधनम् अर्थात् शरीर ही सभी धर्मों (कर्तव्यों) का मुख्य साधन है । यदि शरीर स्वस्थ है तो हमारे कार्य भी स्वस्थ अच्छे तथा परिपूर्ण होंगे परंतु यदि शरीर ही अस्वस्थ हो तो किसी कार्य में मन नहीं लगेगा प्रकृत किए हुए कार्य भी सिद्ध नहीं होंगे ।

केवल बीमारियों का न होना ही स्वास्थ्य की परिभाषा नहीं है । स्वास्थ्य का अर्थ है हमें शारीरिक मानसिक और सामाजिक रूप में परिपूर्ण होना चाहिए । तत्पश्चात् आध्यात्मिक तत्व भी इसमें जुड़ा हुआ होता है । योग ही स्वस्थ का जीवन का रस्ता है ।

PRINCIPAL

Jawahar Arts, Science & Commerce  
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## योग का स्वरूप –

योग शब्द का प्रयोग प्राचीन काल से वेदों उपनिषदों, गीता और पुराणों में किया जाता रहा है। भारतीय दर्शन में योग एक महत्वपूर्ण शब्द है। आत्म साक्षात्कार और समाधी से लेकर कर्म क्षेत्र तक हमारे शास्त्रों में योग का व्यापक रूपसे व्यापक किया जाता है। योग दर्शन के प्रतिपादक महर्षि पतंजलि योग शब्द कि व्याख्या मन के संयम के रूप में करत है। योग तब होता है जब अभ्यास और वैराग्य के माध्यम से मन में प्रमाण, विपर्याय, पर्याय, निद्रा और स्मृति के पाच गुण जागृत होते हैं और मन द्रष्टा (आत्मा) के रूप में स्थित होता है।

भारतीय साहित्य में गीता का महत्वपूर्ण स्थान है। भारत के आधुनिक ऋषियों ने पूरे विश्व में गीता के योग का प्रचार-प्रसार किया है। योगेश्वर श्रीकृष्ण ने गीता में योग का अलग अलग अर्थों में प्रयोग किया है। गीता में अनुकूलता, प्रतिकूलता, सफलता, असफलता, यश, अपयश, जय-पराजय की समस्त भावनाओं के अधीन होते हुए भी उसी आंतरिक दिव्य प्रेरणा से प्रेरित होकर कुशलता पूर्वक कर्म करना ही गीता में योग कहलाता है।

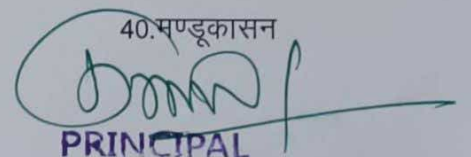
### Syllabus :-

1. योग परिचय
2. योग का स्वरूप
3. योग के प्रकार
4. अष्टांग योग की जानकारी
5. सूर्यनमस्कार का महत्व और लाभ
6. प्राणायाम
7. आसनोपयोगी नियम
8. योग का महत्व इस विषय पर मार्गदर्शन

### अ. सुक्ष्म व्यायाम –

पैरों के लिए व्यायाम, हाथों के लिए व्यायाम, गर्दन के लिए व्यायाम, घुटनों के लिए व्यायाम, कमर के लिए व्यायाम

- ब. योगासनो के नाम –
1. शीर्षासन
  2. सिद्धासन
  3. त्रिकोणासन
  4. हस्तपादांगुष्ठासन
  5. वज्रासन
  6. पदमासन
  7. ताडासन
  8. नौकासन
  9. पश्चिमोत्तानासन
  10. पवनमुक्तासन
  11. हलासन
  12. सर्वांगासन
  13. शवासन
  14. मयुरासन
  15. भुजंगासन
  16. धनुरासन
  17. उष्ट्रासन
  18. मकरासन
  19. शलभासन
  20. बकासन
  21. बदधपदमासन
  22. गोमुखासन
  23. चक्रासन
  24. दंडासन
  25. वक्रासन
  26. अर्ध मत्स्येन्द्रासन
  27. शशकासन
  28. जानुशिरासन
  29. दिवचक्रिकासन
  30. तोलांगुलासन
  31. सिंहासन
  32. आकर्णधनुष्टंकारासन
  33. ध्रुवासन
  34. नटराजासन
  35. पादहस्तासन
  36. कोणासन
  37. गोरक्षासन
  38. बालासन
  39. कूर्मासन
  40. मण्डूकासन

  
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Ph.: (02471) 246037, 246737

Date : 23/08/19

## Department of Sanskrit

### Conducting Co-curricular course 2019-20

#### “Yoga and Health”

1. Name of Department: Sanskrit
2. Type of Programme: certificate course
3. Title of Programme: Certificate course in “Yoga and Health ”
4. Name of Co-ordinator: Dr. S.S.Raut
4. Faculty offered: B.Com II
5. Name of Teachers: Dr. S.S. Raut  
Dr. S.R.Bharti
6. Duration: 30 hours
7. Theory: 20 Hours
8. Practical: 10 Hours.

Dr. Satyendra Sangappa Raut

HOD. SANSKRIT

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Principal

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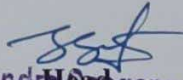
Date : 27/08/19

## Notice

All the students of Commerce faculty are hereby informed that the Department of Sanskrit is going to conduct a certificate course on "Yoga and Health" during this academic year 2019-20 from 01/09/2019 to 10/10/2019 (30 hours).

The interested students may enroll their name with Dr. S.R.Bharti at department of Sanskrit before 25/08/2019.

  
Co-coordinator

  
Dr. Satyendra Gangappa Raut  
HOD. SANSKRIT  
Jawahar ASC College, Andur,  
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Ph.: (02471) 246037, 246737

Date : 28/08/19

- Department of Sanskrit
- Jawahar Arts, Science and Commerce College, Anadur
  - Add on Course on Yoga and Health
  - Enrollment List of Students 2019-20

S.No.	R.No.	Name of the Student	Class
1	AB-41	KADAM PRADIP HARIDAS	B.Sc. II
2	AB-42	KADAM SHUBHAM SANJAY	B.Sc. II
3	AB-43	KADAM SUMIT VITTHAL	B.Sc. II
4	AB-44	KADAM VIKRANT VILAS	B.Sc. II
5	AB-45	KADAM VISHAL ADINATH	B.Sc. II
6	AB-46	KARANDE PRASAD MALLINATH	B.Sc. II
7	AB-47	KULKARNI SHRINIVAS GOPAL	B.Sc. II
8	AB-48	MADANE NIKITA HARIDAS	B.Sc. II
9	AB-49	MADOLE NIKITA SIDDHESHWAR	B.Sc. II
10	AB-50	MANALE SHUBHAM ANGAD	B.Sc. II
11	AB-51	MANE PRADEEP KUMAR	B.Sc. II
12	AB-52	MOKASHE PANKAJ MAHADEV	B.Sc. II
13	AB-53	MOKASHE SHUBHAM KALIDAS	B.Sc. II
14	AB-54	MORE RUPALI RATAN	B.Sc. II
15	AB-55	MULE ROHINI RAMESH	B.Sc. II
16	AB-56	MULE SHRISHAILYA SHIVRAJ	B.Sc. II
17	AB-57	MULE SUPRIYA TATYARAO	B.Sc. II
18	AB-58	MURSHAD SADDAM DAUD	B.Sc. II
19	AB-59	NADAF AKIL RUKUMTOLA	B.Sc. II
20	AB-60	NALAGE RASHMI SURYAKANT	B.Sc. II
21	AB-61	NAYKODE ABHISHEK DILIP	B.Sc. II
22	AB-62	PANCHAL ANKUSH VITTHAL	B.Sc. II

23	AB-63	PATEL RAHIMAN MUJIB	B.Sc. II
24	AB-64	PATU PRIYANKA VIJAY	B.Sc. II
25	AB-65	PATU SHUBAM SATISH	B.Sc. II
26	AB-66	PAWAR AKASH RAJU	B.Sc. II
27	AB-67	PAWAR BALAJI SHRIDHAR	B.Sc. II
28	AB-68	PAWAR NIKHIL SHARANU	B.Sc. II
29	AB-69	PAWAR SAMBHAJI KUMAR	B.Sc. II
30	AB-70	PAWAR VISHAL MAMU	B.Sc. II
31	AB-71	RAJMANE ATUL RAJENDRA	B.Sc. II
32	AB-72	RATHOD ARAVIND DEVIDAS	B.Sc. II
33	AB-73	RATHOD ARUN VIJAY	B.Sc. II
34	AB-74	RATHOD ATISH MANIK	B.Sc. II
35	AB-75	RATHOD DHANRAJ BALU	B.Sc. II
36	AB-76	RATHOD KUMAR NEMINATH	B.Sc. II
37	AB-77	RATHOD LAKHAN SUBHASH	B.Sc. II
38	AB-78	RATHOD SONALI SHIVAJI	B.Sc. II
39	AB-79	RATHOD VISHAL YASHVANT	B.Sc. II
40	AB-80	SALEGAVE KSHITIJ DILIP	B.Sc. II

  
Co-ordinator

**Dr. Satyendra Gangappa Raut**  
(Dr. S.S. Raut)  
**HOD. SANSKRIT**  
Jawahar ASC College, Andur,  
Tq. Tuljapur, Dist. Osmanabad (Maharashtra)

  
**Principal**

Jawahar Arts, Science & Commerce College  
Anadur, Tal. Tuljapur, Dist. Osmanabad.



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Shikshan Prasarak Mandal's

# JAWAHAR ART'S, SCIENCE & COMMERCE COLLEGE, ANADUR

Tq. Tuljapur, Dist. Osmanabad - 413 603

NAAC - GRADE - B++ (CGPA 2.81)

President : Shri. B. F. Kasture

Secretary : Shri. S. N. Alure Guruji

Principal : Dr. Umakant Chanshetti (Mob.: 9420488874)  
(M.Sc., M.Phil. Ph.D)

Ph.: (02471) 246037, 246737

Date : / /

## Jawahar Arts, Science & Commerce College, Anadur

### Department of Sanskrit

Certificate Course on Yoga and Health

Student registration form (2019-20)

Name of Student: -----

Class and Roll No: -----

Contact No: -----

Email address: -----

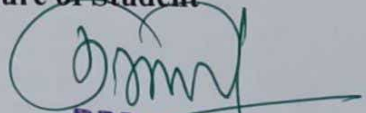
Corresponding Address: -----

-----  
-----  
-----

Co-coordinator

Head

Signature of Student

  
**PRINCIPAL**

Jawahar Arts, Science & Commerce  
College  
Tal. Tuljapur, Dist. Osmanabad.



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## Department of Sanskrit

Jawahar Arts, Science and Commerce College, Anadur

### Add on Course on Yoga and Health


#### Theory Time Table – 2019-20

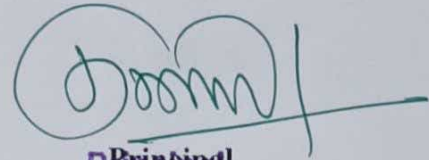
Lecture	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weeks
I	03.30 to 04.30	SSR	SRB	SSR	SRB	SSR	I Week
II	03.30 to 04.30	SRB	SSR	SRB	SSR	SRB	II Week
III	03.30 to 04.30	SSR	SRB	SSR	SRB	SSR	III Week
Iv	03.30 to 04.30	SRB	SSR	SRB	SSR	SRB	IV Week

#### Practical Time Table –2019-20

Lecture	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weeks
I	05.00 to 06.00	SRB	SSR	SRB	SSR	SRB	I Week
II	05.00 to 06.00	SSR	SRB	SSR	SRB	SSR	II Week

#### List of Faculty Contributing for this Course

- SSR- Dr. S.S.Raut - 
- SRB- Dr. S.R.Bharati - 



Principal

Jawahar Arts, Science & Commerce College  
Anadur, Tal. Tuljapur, Dist. Osmanabad.



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## Department of Sanskrit

Jawahar Arts, Science and Commerce College, Anadur

Add on Course on "Yoga and Health "

Question Paper – 2019-20

Date:

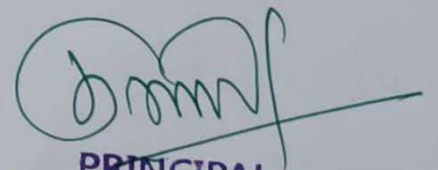
All questions are necessary

Each Ques. Carry 2 marks.

Total Marks: 50

- योग का जन्मदाता देश कौनसा ?  
a) भारत      b) चीन      c) अमेरिका      d) जापान
- प्राण के कितने प्रकार हैं ?  
a) 2      b) 4      c) 5      d) 6
- आंतरराष्ट्रीय योग दिवस कब मनाया जाता है  
a) 21 जून      b) 15 ऑगस्ट      c) 26 सप्टेबर      d) 11 दिसंबर
- सूर्यनमस्कार के अंतर्गत कितने आसन किये जाते हैं ?  
a) 4      b) 6      c) 9      d) 12
- निम्नमेंसे ऐसा कौनसा आसन है जो खाना खाने के बाद भी किया जा सकता है  
a) शिर्षासन      b) हलासन      c) वज्रासन      d) धनुरासन
- एकाग्रता बढ़ाने हेतु निम्न में से सर्वश्रेष्ठ योग है।  
a) ज्ञानयोग      b) भक्तियोग      c) राजयोग      d) प्रेमयोग
- महर्षि पतंजलि के अनुसार प्राणायाम के कितने प्रकार हैं।  
a) 4      b) 5      c) 7      d) 8
- योग का उल्लेख किस वेदमें मिलता है ?  
a) ऋग्वेद      b) यजुर्वेद      c) सामवेद      d) अथर्ववेद
- योग शब्द की उत्पत्ती किस भाषा से हुई है ?  
a) हिंदी      b) संस्कृत      c) फारशी      d) तुर्की
- योग शब्द का उद्भव किस शब्द से हुआ है ?  
a) युग      b) युज      c) युज्य      d) योग्य
- पहिला आंतरराष्ट्रीय योग दिवस विश्वके कितने देशों में मनाया था ?  
a) 50      b) 100      c) 192      d) 205

12. योगमे किन किन शक्तियों का विकास होता है ?  
 a) गुप्त                      b) मानसिक                      c) शारीरिक                      d) उपरोक्त सभी
13. योग कितने प्रकार का होता है ?  
 a) 2                      b) 4                      c) 6                      d) 8
14. पतंजलि योग सूत्रों कि संख्या कितनी है ?  
 a) 156                      b) 192                      c) 195                      d) 197
15. पवनमुक्त आसन कैसे करे ?  
 a) पेट के बल लेटकर                      b) बैठकर                      c) खड़ा होकर                      d) पीठ के बल लेटकर
16. गोमुखासन निम्न से किसमे लाभप्रद होता है ?  
 a) नेत्रदोष                      b) मस्तिष्क रोग                      c) त्वचा रोग                      d) पीठ दर्द
17. योग: कर्मसु कौशलम् का सही अर्थ क्या है ?  
 a) चतुराई युक्त कर्म                      b) निष्काम कर्म                      c) कौशलपूर्ण कर्म                      d) परिपूर्ण कर्म
18. चित्त का स्वरूप क्या है ?  
 a) जड                      b) चेतन                      c) स्वप्रकाशक                      d) दृष्टा
19. ध्यान कितने प्रकार का होता है ?  
 a) 1                      b) 2                      c) 3                      d) 4
20. योग विद्या मे आदि गुरु .....माना जाता है।  
 a) श्रीगणेशजी को                      b) शिवजी को                      c) पतंजलि को                      d) श्रीकृष्णजी को
21. किस प्राणायाम से मोटापा कम हो जाता है ?  
 a) भस्त्रिका                      b) उज्जयनी                      c) भ्रमरी                      d) सुर्यभेदी
22. ध्यान करने के लिए कौनसी जगह अच्छी है ?  
 a) घर                      b) रस्ते के किनारे                      c) चौराहा                      d) शांत जगह
23. योग कक्षा आमतौर पर किसके साथ शुरू होती है ?  
 a) प्रार्थना                      b) सूर्यनमस्कार                      c) सूक्ष्म व्यायाम                      d) योगासन
24. योगाभ्यास शुरू करने से पहिले भोजन के बाद प्रतिका करने के लिए उपयुक्त समय है ?  
 a) 30 मिनट                      b) 60 मिनट                      c) 90 मिनट                      d) 2घंटे
25. प्रत्येक योग शिक्षक को अभ्यास सत्र प्रारंभ करना चाहिए ?  
 a) प्राणायाम                      b) आसन                      c) क्रिया                      d) मौन



**PRINCIPAL**  
 Jawahar Arts, Science & Commerce  
 College, Tal. Tuljapur, Dist. Osmanabad.





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(M.Sc., M.Phil, Ph.D)

Ph.: (02471) 246037, 246737

Date :- 12/10/19

## Notice


All the students enrolled in certificate course in food Sanskrit run by department of Sanskrit are hereby informed that the Department of Sanskrit is going to conduct a final test on "Yoga and Health" during this month on

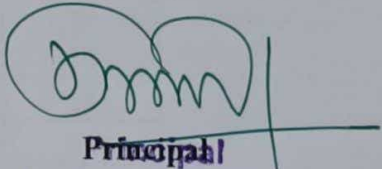
### Time-Table for Exam 2019-20

S.No.	R.No.	Name of the Student	Hall
1	AB-41	KADAM PRADIP HARIDAS	5
2	AB-42	KADAM SHUBHAM SANJAY	
3	AB-43	KADAM SUMIT VITTHAL	
4	AB-44	KADAM VIKRANT VILAS	
5	AB-45	KADAM VISHAL ADINATH	
6	AB-46	KARANDE PRASAD MALLINATH	
7	AB-47	KULKARNI SHRINIVAS GOPAL	
8	AB-48	MADANE NIKITA HARIDAS	
9	AB-49	MADOLE NIKITA SIDDHESHWAR	
10	AB-50	MANALE SHUBHAM ANGAD	
11	AB-51	MANE PRADEEP KUMAR	
12	AB-52	MOKASHE PANKAJ MAHADEV	
13	AB-53	MOKASHE SHUBHAM KALIDAS	
14	AB-54	MORE RUPALI RATAN	
15	AB-55	MULE ROHINI RAMESH	
16	AB-56	MULE SHRISHAILYA SHIVRAJ	
17	AB-57	MULE SUPRIYA TATYARAO	
18	AB-58	MURSHAD SADDAM DAUD	
19	AB-59	NADAF AKIL RUKUMTOLA	
20	AB-60	NALAGE RASHMI SURYAKANT	6
21	AB-61	NAYKODE ABHISHEK DILIP	
22	AB-62	PANCHAL ANKUSH VITTHAL	
23	AB-63	PATEL RAHIMAN MUJIB	
24	AB-64	PATU PRIYANKA VIJAY	
25	AB-65	PATU SHUBAM SATISH	
26	AB-66	PAWAR AKASH RAJU	

27	AB-67	PAWAR BALAJI SHRIDHAR
28	AB-68	PAWAR NIKHIL SHARANU
29	AB-69	PAWAR SAMBHAJI KUMAR
30	AB-70	PAWAR VISHAL MAMU
31	AB-71	RAJMANE ATUL RAJENDRA
32	AB-72	RATHOD ARAVIND DEVIDAS
33	AB-73	RATHOD ARUN VIJAY
34	AB-74	RATHOD ATISH MANIK
35	AB-75	RATHOD DHANRAJ BALU
36	AB-76	RATHOD KUMAR NEMINATH
37	AB-77	RATHOD LAKHAN SUBHASH
38	AB-78	RATHOD SONALI SHIVAJI
39	AB-79	RATHOD VISHAL YASHVANT
40	AB-80	SALEGAVE KSHITIJ DILIP

  
Co-coordinator

  
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15/10/2019

## Department of Sanskrit

Jawahar Arts, Science and Commerce College, Anadur

Add on Course on Yoga and Health

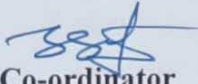
Mark List - 2019-2020

S.No.	R.No.	Name of the Student	Marks Obtained	Marks Out of
1	AB-41	KADAM PRADIP HARIDAS	38	50
2	AB-42	KADAM SHUBHAM SANJAY	44	50
3	AB-43	KADAM SUMIT VITTHAL	46	50
4	AB-44	KADAM VIKRANT VILAS	32	50
5	AB-45	KADAM VISHAL ADINATH	34	50
6	AB-46	KARANDE PRASAD MALLINATH	44	50
7	AB-47	KULKARNI SHRINIVAS GOPAL	46	50
8	AB-48	MADANE NIKITA HARIDAS	40	50
9	AB-49	MADOLE NIKITA SIDDHESHWAR	42	50
10	AB-50	MANALE SHUBHAM ANGAD	44	50
11	AB-51	MANE PRADEEP KUMAR	39	50
12	AB-52	MOKASHE PANKAJ MAHADEV	33	50
13	AB-53	MOKASHE SHUBHAM KALIDAS	42	50
14	AB-54	MORE RUPALI RATAN	44	50
15	AB-55	MULE ROHINI RAMESH	46	50
16	AB-56	MULE SHRISHAILYA SHIVRAJ	48	50
17	AB-57	MULE SUPRIYA TATYARAO	35	50
18	AB-58	MURSHAD SADDAM DAUD	36	50
19	AB-59	NADAF AKIL RUKUMTOLA	31	50
20	AB-60	NALAGE RASHMI SURYAKANT	48	50
21	AB-61	NAYKODE ABHISHEK DILIP	42	50
22	AB-62	PANCHAL ANKUSH VITTHAL	44	50
23	AB-63	PATEL RAHIMAN MUJIB	34	50
24	AB-64	PATU PRIYANKA VIJAY	48	50
25	AB-65	PATU SHUBHAM SATISH	42	50
26	AB-66	PAWAR AKASH RAJU	44	50
27	AB-67	PAWAR BALAJI SHRIDHAR	46	50
28	AB-68	PAWAR NIKHIL SHARANU	38	50


PRINCIPAL

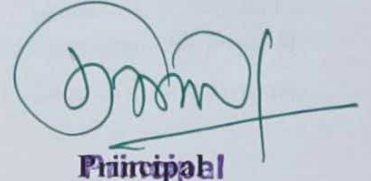
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29	AB-69	PAWAR SAMBHAJI KUMAR	42	50
30	AB-70	PAWAR VISHAL MAMU	44	50
31	AB-71	RAJMANE ATUL RAJENDRA	46	50
32	AB-72	RATHOD ARAVIND DEVIDAS	48	50
33	AB-73	RATHOD ARUN VIJAY	42	50
34	AB-74	RATHOD ATISH MANIK	44	50
35	AB-75	RATHOD DHANRAJ BALU	33	50
36	AB-76	RATHOD KUMAR NEMINATH	48	50
37	AB-77	RATHOD LAKHAN SUBHASH	44	50
38	AB-78	RATHOD SONALI SHIVAJI	46	50
39	AB-79	RATHOD VISHAL YASHVANT	32	50
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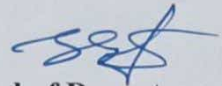
17/10/2019

### Certificate Course Final Report On "Yoga and Health -2019-20"

Certificate course in **Yoga and Health** is completed successfully with fruitful result. As per notice issued by department of Sanskrit for students to made registration for this course, within little time 26 students registered their names for said course. Then by taking MCQ entrance test, we have selected 26 students. Meanwhile we have completed all the required formalities like CDC approval, syllabus design, and lecture distribution and also to nominate BOS members too. We have engaged 30 hours (20 hours for theory and 10 hours for practical). Meanwhile we have also engaged the doubt session also. Finally after syllabus completion we held final exam for said course and all the students enrolled for **Yoga and Health** certificate course successfully passed with good percentage marks. The nature of food chemistry certificate course question paper is of 50 marks. (25 question carry 2 marks each). Near about 27 students scored more than 40 marks, while remaining students scoring in between 37 to 40 marks. After result declaration we have organized a certificate distribution and award function for the students of course in kind presence of Hon. IC Principal. Dr. Umakant Chanshetti Sir and our staff members' of Sanskrit department.

  
Co-ordinator

(Dr. S.S.Raut)

  
Head of Department  
**Dr. Satyendra Sangappa Raut**  
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