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## Report for Skill Development Programs

Daulat Ram College

2022-23

Names of the Collaborating Departments: Department of Physical Education

Title of the Course: YOGA ANANDA

Sub-theme:

Course Coordinators: Dr. KAVITA SHARMA

Duration with dates:

Sr. no	Date	Time	Module/topic title	Name of the Speaker	Affiliation of the Speaker
1.	09Nov./2022	3:00-5:00 pm	Suryanamaskar	Dr. Kaushambi Tyagi	Assistant Professor, DRC
2	10Nov./2022	1:00-2:00 pm	Lecture on Yoga, Ashtanga Yoga and Benefits of Yoga	Dr. Kaushambi Tyagi	Assistant Professor, DRC
		2:00-4:00 pm	Warming up, Suryanamaskar		
		4:00-5:00 pm	Meditation Session		
3	11Nov./2022	1:00-2:00 pm	Lecture on Types of Asanas and their benefits	Dr. Kaushambi Tyagi	Assistant Professor, DRC
		2:00-4:00 pm	Learning of Sitting and Standing Asana		
		4:00-5:00 pm	Practice Session		
4	12Nov./2022	1:00-2:00 pm	Lecture on Yoga for women	Dr. Kavita Sharma	Associate Professor, DRC

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		2:00-4:00 pm	Practice of Prone Position Asana	Dr. Kaushambi Tyagi and Dr. Azad Singh	Assistant Professor, DRC
		4:00-5:00 pm	Q &A Session		
5	14 Nov./ 2022	1:00-2:00 pm	Lecture on Yoga for Well-Being	Dr. Azad Singh	Assistant Professor, DRC
		2:00-4:00 pm	Practice of Meditative Asanas	Dr. Kaushambi Tyagi	Assistant Professor, DRC
		4:00-5:00 pm	Meditation Session		
6	15 Nov./ 2022	1:00-2:00 pm	Lecture on Pranayam & Shatkarmas	Dr. Kaushambi Tyagi and Dr. Azad Singh	Assistant Professor, DRC
		2:00-4:00 pm	Practice of Pranayam		
		4:00-5:00 pm	Discussion Session		
7	16 Nov./ 2022	1:00-2:00 pm	Lecture on NETI and Trataka	Dr. Kaushambi Tyagi and Dr. Azad Singh	Assistant Professor, DRC
		2:00-4:00 pm	Practice of Neti and Trataka		
		4:00-5:00 pm	Feedback Session		
8	17 Nov./ 2022	1:00-5:00 pm	Closing of Programme and Presentation of Asanas, Suryanamaskar, Pranayam	Dr. Kavita Sharma Dr. Kaushambi Tyagi Dr. Azad Singh	Associate Professor Assistant Professor

Details of the course:

Description of the course: Yoga is a path towards total harmony of body, mind and spirit. Yoga is not merely a form of exercise for the body. It is an ancient wisdom- for healthier, happier and more peaceful way of living- which ultimately leads to union with the self.

Yoga helps in releasing toxins from the body. It channelizes energy flow. It improves the flexibility of muscles, range of motion of joints. It corrects the posture and alignment of the body. It regulates the digestive, endocrine, and circulatory systems. It also strengthens and revitalizes the internal organs, leading to a healthy and youthful body. It helps to lose weight, cure asthma, diabetes, heart problems and many chronic diseases.

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1) Objectives:

- A. To Maintain and promote the Indian Yoga Tradition.
- B. To Enable students to have good health.
- C. To possess emotional stability.
- D. To attain higher level of consciousness.

2) Topics covered:

- A. Steps of Suryanamaskar
- B. Asanas and Types of Asanas
- C. Pranayam and types of Pranayam
- D. Shatkriyas and types of shatkriyas

Speakers in the course:

Sr. no.	Name	Designation	Department/Affiliation
1.	Dr. Kavita Sharma	Associate Professor	Department of Physical Education, Daulat Ram College
2.	Dr. Kaushambi Tyagi	Assistant Professor	Department of Physical Education, Daulat Ram College
2.	Dr. Azad Singh	Assistant Professor	Department of Physical Education, Daulat Ram College

Number and Profile of Participants:

No. of Students	Department	Year
8	BA Prog	Third year
1	Political Science Hons.	Third year
13	BA Prog	Second Year
1	Biochemistry Hons	Second Year
1	Mathematics Hons	Second Year
1	English Hons	Second Year
3	History Hons	Second Year
3	BA Prog	First year

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2	BCom Hons	First year
2	BCom Prog	First year
2	Economics Hons.	First year
3	English Hons	First year
3	Political Science Hons	First year

Methods of Assessment of Participants: (Test/Assignment/Project/Quiz/Presentation etc.)

(Kindly provide a copy of the pre-imposed measures/instruments/scales/questionnaires used for assessment of the learning outcomes):

- 1.
- 2.

Detailed Learning Outcomes of the Course:

1. To know about Suryanamaskar
2. Knowledge about Ashtang Yoga.
3. Knowledge about Asanas.
4. To Know about Pranayam.
5. To know about Shatkriyas.

Feedback from Participants Regarding the Program:

(No certificates will be provided till the feedback is submitted by the participants.

Committee will provide the link for the feedback form.)

Positive feedback was given by students. They want more skill development program to promote their health and wellness.

A Few Photographs (student activity oriented photographs only/activity photos):

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