

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**  
**AURANGABAD**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**VALUE ADDED COURSE**  
**YOGA INSTRUCTOR COURSE (30 Hours)**

**Unit I** History & Philosophy of yoga (Introduction to yoga)  
Meaning and definition of yoga, Philogophy of yoga  
according to Patanjali yoga Sutra Ashtanga yoga, 15  
Hath yoga, intraduction to the human body (general Hours  
anatomy & physiology)

**Unit II** Applications of yoga (Practical) Sukshma Vyayam,  
Surya Namaskar,  
**Standing Asanas** : Tadasan, Konasan, Pado  
Hastasan, Vrukshasan, Veerasan 15  
**Sitting Asanas** : Vajrasan, Ushtrasan, Sukhasan,  
Padmasan, yoga Mudrasan, Paschimatonasan  
**Lying postures** : Ardha Halasan, Utanapadasan,  
Pawan Muktasan, Sarvangasan, Motsejasan,  
Bhujangasan, Dhanurasan, shalabhasan.

**References : -**

- 1) Patanjali yoga sutra
- 2) Asan Pranayam, Mudra, Bandha - Swami Satyanand  
Saraswati yoga publication Trust, Munger
- 3) Hath Yoga Pradipika, Kaivalyadham Institute Lonavla.

  
**Head**  
**Dept. Of Phy. Education,**  
Dr. Babasaheb Ambedkar Marathwada  
University, Aurangabad

**Dr. Babasaheb Ambedkar  
Marathwada University, Aurangabad**

Attendance Register for Post-Graduate Students

Academic Year 20.17..20.18...

Class M.P.ed.II<sup>nd</sup> Sem. Semester II<sup>nd</sup> & IV<sup>th</sup> (Scen.)

Part

SUBJECT Yoga, Pranayam & Paper No. ....

Name(s) of the Teacher(s) [Vaijale Anand] .....

Total Number of Students on Roll 17 + 11 = 28 .....

Signature of the Teacher



Note : (1) One Register shall be used for one year for one Paper only. No another Register will be supplied.

(2) This attendance register may please be submitted in the concerned Department after completion of academic year.

Dates from <sup>th</sup> 6 March to <sup>st</sup> 31 March 2018 20

Sr. No.	Name of the Student	DATES									
		6/3	7/3	8/3	9/3	10/3	12/3	13/3	14/3	15/3	16/3
	Period No.	1	2	3	4	5	6	7	8	9	10
1.	Dhanle S.V.	A	A	A	A	A	A	A	A	A	A
2.	Dhende K.M.	P	P	P	P	P	A	P	P	P	P
3.	Gaikwad P.K.	A	A	A	A	A	A	A	A	A	A
4.	Ghughe P.T.	P	P	P	P	P	A	P	P	P	P
5.	Kalawant V.N.	P	P	P	A	A	P	P	P	P	P
6.	Khonde S.P.	A	A	A	A	A	A	A	A	A	A
7.	Lakare A.H.	A	A	A	A	A	A	A	A	A	A
8.	Nagwe S.N.	A	A	A	A	A	A	A	A	A	A
9.	Perdeshi P.A.	A	A	P	A	A	A	P	A	A	A
10.	Rathod G.P.	A	A	A	A	A	A	A	A	A	A
11.	Rezwan R.N.	P	P	P	P	P	P	A	P	P	P
12.	Sekpal S.K.	A	A	A	A	A	A	A	A	A	A
13.	Sayyed I.M.	A	A	A	A	A	A	A	A	A	A
14.	Shaikh A.J.	A	A	A	A	A	A	A	A	A	A
15.	Shinde N.Z.	A	A	A	A	A	A	A	A	A	A
16.	Tribhuvan B.M.	P	P	P	P	P	P	A	P	P	P
17.	Waghmare S.R.	P	P	P	A	P	P	P	P	P	P

DATES																					Total Lectures Delivered During the Month		
17/3	19/3	20/3	21/3	22/3	23/3	24/3	26/3	27/3	28/3	31/3													
11	12	13	14	15	16	17	18	19	20	21	22	23	24	25									
A	A	A	A	A	A	A	A	A	A	A													
P	P	P	A	P	P	P	P	A	P	P													
A	A	A	A	A	A	A	A	A	A	A													
A	P	P	P	P	A	P	P	P	P	P													
A	A	A	A	A	A	A	A	A	A	A													
A	A	A	A	A	A	A	A	A	A	A													
P	P	P	P	P	P	P	P	P	P	P													
A	A	A	A	A	A	A	A	A	A	A													
P	P	P	P	P	P	P	P	P	P	P													
A	A	A	A	A	A	A	A	A	A	A													
A	A	A	A	A	A	A	A	A	A	A													
A	A	A	A	A	A	A	A	A	A	A													
P	P	P	P	P	P	P	P	P	P	P													
P	P	P	P	P	P	P	P	P	P	P													

Dates from <sup>th</sup> 6 March to 31<sup>st</sup> March 2018 20

Sr. No.	Name of the Student	DATES									
		6/3	7/3	8/3	9/3	10/3	12/3	13/3	14/3	15/3	16/3
Period No. . . .		1	2	3	4	5	6	7	8	9	10
1)	Khan Amjad	P	P	P	P	P	P	P	P	P	P
2)	Bhoye Kisan	A	A	A	A	A	A	A	A	A	A
3)	Chavan Shital	A	A	A	A	A	A	A	A	A	A
4)	Gaidhane Nitin	A	A	A	A	A	A	A	A	A	A
5)	Lonkar Jivraj	P	P	A	A	A	P	A	A	P	A
6)	Rasal Pooja	A	A	A	A	A	A	A	A	A	A
7)	Shoeb Ahmad	A	A	A	A	A	A	A	A	A	A
8)	Sirsat Tukaram	A	A	A	A	A	A	A	A	A	A
9)	Sultane Pawan	A	A	A	A	A	A	A	A	A	A
10)	Syed Azizal Islam	P	P	P	P	P	P	P	P	P	P
11)	Ughade P.B.	A	A	A	A	A	A	A	A	A	A

DATES												Total Lectures Delivered During the Month		
17/3	19/3	20/3	21/3	22/3	23/3	24/3	26/3	27/3	28/3	31/3		22	23	24
11	12	13	14	15	16	17	18	19	20	21	22	23	24	
P	P	P	P	P	P	P	P	P	P	P				
A	A	A	A	A	A	A	A	A	A	A				
A	A	A	A	A	A	A	A	A	A	A				
A	A	A	A	A	A	A	A	A	A	A				
A	P	A	A	P	P	A	A	A	A	A				
A	A	A	A	A	A	A	A	A	A	A				
A	A	A	A	A	A	A	A	A	A	A				
A	A	A	A	A	A	A	A	A	A	A				
A	A	A	A	A	A	A	A	A	A	A				
P	P	P	P	P	P	P	P	P	P	P				
P	P	P	P	P	A	A	P	P	P	P				
<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>	<u>Amjad</u>				

Dept. Of Ph  
Dr. Babasaheb Ambedkar  
University

Initials of the

Dates from 2<sup>nd</sup> Ap. to 18 April 2018 20

Sr. No.	Name of the Student	DATES									
		2/4	3/4	4/4	5/4	6/4	7/4	9/4	10/4	11/4	12/4
Period No.		1	2	3	4	5	6	7	8	9	10
1.	Dhanle S.V.	A	A	A	A	A	A	A	A	A	A
2.	Dhende K.M.	P	A	P	P	P	P	P	P	P	A
3.	Gaikwad P.T.	A	A	A	A	A	A	A	A	A	A
4.	Ghughe P.T.	A	A	P	P	P	P	P	P	A	P
5.	Kalawant V.N.	P	P	P	P	P	P	P	P	A	A
6.	Khande V.N.	A	A	A	A	A	A	A	A	A	A
7.	Lakare A.H.	A	A	A	A	A	A	A	A	A	A
8.	Nagare S.N.	A	A	A	A	A	A	A	A	A	A
9.	Pardeshi P.A.	P	P	A	A	P	P	A	P	P	A
10.	Rathod G.P.	P	P	A	A	A	P	A	A	A	A
11.	Rezwan R.G.	P	P	P	P	P	P	P	P	P	P
12.	Sakpal S.K.	A	A	A	A	A	A	A	A	A	A
13.	Sayyad I.M.	A	A	A	A	A	A	A	A	A	A
14.	Shaikh A.J.	A	A	A	A	A	A	A	A	A	A
15.	Shinde N.Z.	A	A	A	A	A	A	A	A	A	A
16.	Tribhuvan B.M.	P	P	P	A	P	P	P	A	P	P
17.	Waghmare S.R.	P	P	P	P	P	A	P	P	P	P

DATES													Total Lect Deliv Dur th Mo
11	12	13	14	15	16	17	18	19	20	21	22	23	24
/													

*[Signature]*  
 Head  
 Dept. Of Phy. Education,  
 Babasaheb Ambedkar Marathiwada,  
 University, Aurangabad

Initials of th

