



A Report on one day Workshop on "Professional Skills for Yoga Students" Organized by the Dept. of Psychology and Yoga under Entrepreneurship Development Cell.

Date: 08th September 2022

A one day workshop on "Professional Skills for Yoga Students" was jointly organized by Dept. of Psychology and Yoga in association with the Entrepreneurship Development Cell (E. D. Cell) at 08th September 2022. The resource person for the workshop was Ms. Smita Shah, Counselor, Yoga Therapist and founder of Spectrum Energizing Center, Baramati. This one day workshop was scheduled from 10 a.m. to 5 p.m. The workshop was attended by 57 Students (26 Female and 31 Male) from F.Y., S.Y.; T.Y.B.A. (Psychology and Yoga) and M.A. (Psychology). The workshop was started at 10 a.m. in the morning. Dr. Shinde V. B. (HOD, Dept. of Psychology) was the chairperson of the program. The workshop started with the inaugural address of Dr. Jagtap R. D. (Dept. of Yoga) welcomed the distinguished guests, faculty members and the participants. He explains the objectives and gave the overview of the workshop and emphasizing the need of having professionally trained yoga therapist. In his inaugural address Dr. Shinde stated that this workshop will help the participants to learn the skills required to become a professional yoga therapist. He also enlisted the benefits of yoga. Ms. Sayali Suryavanshi student from M.A. II were hosted the program.


The first session of the workshop which was scheduled from 10.30 a.m. to 11.30 a.m. on the topic "Yoga: Needs and Objectives." The session started with a prayer, warming up and stretching. Ms. Shah gave hands-on training on basic asanas. The speaker also added that Aasanas are part of yoga and Yoga is not just doing aasanas but the integration of all body parts through breath control. She also spoke on different aspects of Yoga and Wellness. The session was very refreshing, reviving and relaxing. The second session scheduled from 11.30 a.m. to 1.00 p.m. on the topic "Professional Skills for yoga students." This session aimed at making the audience aware of the importance skills which provide professional standards for yoga therapist. She spoke on meditation and said that it is a stress relieving factor. She advised that Yoga and meditation build and co-build physical and mental strength in all. Practical sessions on

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asanas, meditation and pranayama were held. He insisted on the practice of yoga with all its eight limbs to reap the expected result. Ms. Shah interactively goes through the session. This made sure that everyone gets a clear perspective for the long run. The Third session topic was "Cognitive Processes and Yoga" which was scheduled from 2.00 p.m. to 03.30 p.m she extensively discussed about Yoga and its applications for health, stress relief, personality development, value enrichment, skill development and enhancement (in education, music, sports), emotional balancing, interpersonal relationship, conflict management, etc were covered. The sessions had special trainings of asanas, pranayamas and meditations for the above stated purposes. A special practice on meditation based on yoga nidra were conclude the session. The fourth and last session topic was "Healthy Diet" which was scheduled from 3.30 p.m. to 5.00 p.m. Ms. Shah asked the students to be more conscious of the food they intake as it is the prime source of living therefore the younger generation must cultivate the habit of including fresh fruits and vegetables in their diet with regular yoga.

All the Sessions were very useful to all participants. In all the sessions Ms. Shah demonstrated pranayama & yoga techniques and the students followed quite enthusiastically. During each session Ms. Shah also gave many supporting information regarding each yoga and pranayam which they performed. She also solved many doubts of participants and explained the precautions to be taken during yoga. This workshop here acted as a future path for the students that can be made aware of the changes in advance so as to acquired these skills accordingly and be prepared for the upcoming changes. The Coordinator of the Workshop, Dr. Dhame G. M. express his gratitude to the resource person, Ms. Smita Shah, Principal Dr. C. V. Murumkar, Dr. Vikas Kakade (Cordinator, E. D. Cell), faculty members and to all the Participants who actively take participation in this workshop and made it successful by their Immense support and show their full concern.


Coordinator


Head
Dept. of Psychology

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Anekant Education society's

Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

Department of Psychology & Yoga

Academic Year 2022-2023

Professional Skills for Yoga Students

Date - 8/9/2022

Session - I

Sr.no.	Students Name	Class	Roll No	Sign.
1	Abhishek Ramesh Pandhारे	T.Y.B.A	11577	ABP
2	Dinesh GUSAB gadhारे	T.Y.B.A	11606	DGA
3	Javla Amal AKAR AM	S.Y.B.A	11167	AM
4	AKSHA Suniti Kadam	S.Y.B.A	10770	AK
5	Adake shekhar Ganjay	S.Y.B.A	10763	AD
6	Gaikwad Prathmesh Nitih	S.Y.B.A	11119	GP
7	Rande Degruth Ganay vijay	S.Y.B.A	11120	DR
8	Dhake Anant Maheshmurt	S.Y.B.A	11121	DA
9	Tekare Ranul Khomau	S.Y.B.A	11117	TR
10	Tejus NANPKUMAR Gore	S.Y.B.A	11117	TR
11	Gaikwad Pratik Madhadeo	S.Y.B.A	10732	PK
12	Mayur Ramchandra Sathc	F.Y.B.A	9773	MS
13	Sharma Shivratan	F.Y.B.A	9737	SS
14	Shinde Dinesh Dada	S.Y.B.A	11159	SD
15	Deokate Rushikesh mugur	S.Y.B.A	10810859	DR
16	Khade Pratik Pradip	F.Y.B.A	9769	PK
17	Vishwakant Ramchandra Bhat	T.Y.B.A	11604	VB
18	Navnath PAPURAO mane	F.Y.B.A	9693	NM
19	Sanket Somawane	F.Y.B.A	9435	SK
20	Shetage Praresh	F.Y.B.A	9735	PS
21	Yashank	F.Y.B.A	9688	YK
22	Dinesh SURYAKANSHI	F.Y.B.A	9695	DS
23	Kanul Jende	F.Y.B.A	9696	KJ
24	Sanjay Mahesh Suryawane	F.Y.B.A	11421	SM
25	Vandana Ashok Ramte	F.Y.B.A	9716	VR
26	MANSUR Shaikh	F.Y.B.A	9686	MS
27	Sanket Akaram Vadar	F.Y.B.A	9688	SK

Sr.no.	Students Name	Class	Roll No	Sign.
28	Adesh Sawant	F.T. BA	9940	
29	shalm Namudalin	S.Y. BA	1081	
30	Garwade Nilesh	S.Y. B.A	10865	
31	Anmol Thorat	F.Y. B.A	9725	
32	Aishwarya Nevase	S.Y. BA	10752	
33	Vishakha Phalke	S.Y. BA	10846	
34	Jagtap Sonali Suresh	T.Y. BA	11312	
35	Kankar Ashwini Sunil	T.Y. BA	11582	
36	Swapani Vilas Bhapkar	S.Y. B.A	10679	
37	Vishakha Taware	S.Y. BA	10750	
38	Sudhakar Vishakha Babarab	M.A. II	15129	
39	Suryatangi Sayali Santosh	MA - II	15128	
40	Morhe Varshdi Rajendra	MA II (Psy)	15132	
41	Gra. Rood pradiya	S.Y. B.A (Psy)	10885	
42	Kumbhar Ankita	S.Y. B.A (Psy)	11176	
43	Gra. Rood Sujata Suresh	M.A. I	18098	
44	Kadam Aishwarya	F.Y. BA	9720	
45	Tatkade shradha	F.Y. B.A	9716	
46	NISHAD AMBALIKA VIDYAY	S.Y. B.A	11420	
47	Kalve Neha Ja. Ja.	T.M. B.A	11431	
48	Nakure Sapan Santosh	T.Y. B.A	11358	
49	Handlik Balrishi Mahendra	T.Y. B.A	11322	
50	Waghmare Pratiksha Sadashiv	T.Y. B.A	11428	
51	Rokharsore Nitaj Rajendra	F.Y. B.A	9777	
52	Sanawane Tushar Bhagwan	S.Y. B.A	11123	
53	Pupawar Bhushum Bhagwan	S.Y. B.A	11156	
54	Kadam Nitin Saji	T.Y. B.A	11268	
55	Keshavnika pathankar	F.Y. B.A	9799	
56	Titat Anirash Kasbe	T.Y. B.A	11307	
57	Susmit Taware	T.Y. B.A	11307	

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Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati

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Department of Psychology & Yoga

Academic Year 2022-2023

Professional Skills for Yoga Students

Date - 8/9/2022

Session - II

Sr.no.	Students Name	Class	Roll No	Sign.
1	Nakure sapana sanjay	T.Y.B.A	11358	ss nakure
2	Mondlik Dakshi Mahendra	T.Y.BA	11322	B.Mondlik
3	Waghmare Pratiksha sandesh	T.Y.B.A	11428	P.W.
4	Salve Neha Dudd	T.Y.B.A	11431	N.D.Salve
5	NISHAD AMBALIKA VITAJ	T.Y.B.A	11428	Nishad
6	Gaikwad Sujata Suresh	M.A.T	15098	ss Gaikwad
7	Kadam Aishwarya	F.Y.B.A	9720	Akadam
8	Talkute Shradha	F.Y.B.A	9716	Shradha
9	Gaikwad Pradnya	SYBA(Psy)	10885	Gaikwad
10	Kumbhar Ankita	SYBA(Psy)	11176	Kumbhar
11	Nevase Arshwarya	S.Y.BA	10752	Arsh
12	Phalke Vishakha	S.Y.BA	10846	Vishakha
13	Jatap Sonali Suresh	T.Y.BA	11310	Sonali
14	Karkare Oshwini Sunil	T.Y.BA	11582	Oshwini
15	Vishakha Tarzate	S.Y.BA	10856	Vish
16	Vishakha Satunzhe Bala ^{Sakhe}	M.A.TI	15129	Vish
17	Sayali Santosh Suryawade	MA-TI	15123	Sayali
18	Swadnoli Vilas Bhaskar	S.Y.B.A	10679	Swadnoli
19	More Vaishali Ravindra	MA II	15123	More
20	Chitale Kanchan Dhanu	S.Y.BA	11124	Chitale
21	Chitale Ranu Khandu	S.Y.BA	11119	Chitale
22	Sonawane Tushar Bhagawan	S.Y.B.A	11123	Sonawane
23	Shinde Dinesh Dada	S.Y.BA	11159	Shinde
24	Deokate Rushikesh mygat	S.Y.B.A	10859	R.M. Deokate
25	Kande Peshmala onkar vijay	S.Y.B.A	11120	Kande
26	Prathmesh Nitin Gaikwad	S.Y.B.A	11159	Prathmesh
27	Tejas NANDEKUMAR Gore	S.Y.BA	11117	Tejas

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Department of Psychology & Yoga
Academic Year-2022-2023
Professional Skills for Yoga Students

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Session - III

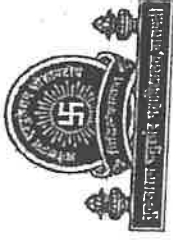
Sr.no.	Students Name	Class	Roll No	Sign
1	Wakare Sapana Sanjay	T.Y.B.A	11358	S.S. Wakare
2	Nandikar Dakshi Mahendra	T.Y.B.A	11322	D.N. Nandikar
3	Nagmare Mahesh Sadashev	T.Y.B.A	11428	M.N. Nagmare
4	Salve Neha Dada	T.Y.B.A	11431	N.D. Salve
5	NISHAN AMBADIKA VIJAY	T.Y.B.A	11420	A.N. Nishan
6	Gaikwad Sujata Guresh	MA I	15098	S.S. Gaikwad
7	Kadam Aishwarya Shivaji	F.Y.B.A	9720	A.K. Kadam
8	Talkute Shraddha Prasad	F.Y.B.A	9716	S.P. Talkute
9	Gaikwad Pradnya	SYBA (PSY)	10885	P.G. Gaikwad
10	Kumbhar Ankita	SYBA (PSY)	11176	K.K. Kumbhar
11	Phalke Vishakha	SYBA	10846	V.P. Phalke
12	Swapnali Bhapkar	SYBA	10679	S.B. Swapnali
13	Aishwarya Nevase	S.Y.B.A	10752	A.N. Aishwarya
14	Vishakha Thasare	S.Y.B.A	10755	V.T. Vishakha
15	Nishakha Babasaheb Salunkhe	MA II	15124	N.S. Nishakha
16	Suryawanki Sayali Santosh	MA II	15123	S.S. Suryawanki
17	Talkute Renuka Dabilas	SYBA	11114	R.D. Talkute
18	Talkute Rohit Khander	S.Y.B.A	11112	R.K. Talkute
19	Senawane Tushar Bhagawan	S.Y.B.A	11123	T.B. Senawane
20	Shinde Dinesh Dada	S.Y.B.A	11159	D.D. Shinde
21	Deskete Rushikesh Murgut	S.Y.B.A	10859	R.M. Deskete
22	Kande Deshmukh Anil Vijay	S.Y.B.A	11120	A.V. Kande
23	Gaikwad Babirish Mishra	S.Y.B.A	11119	B.M. Gaikwad
24	Toya S. NANO KUMAR GIR	S.Y.B.A	11117	S.G. Toya
25	Adake Shekhar Ganjay	S.Y.B.A	10763	S.G. Adake
26	Akshay Sunil Kadam	S.Y.B.A	10770	S.K. Akshay
27	Vishwasit Ramhari Banaji	J.Y.B.A	11604	V.R. Banaji

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Department of Psychology & Yoga

Organized

Workshop on Professional Skills for Yoga Students

Certificate

This is to certify that Mr./Miss/Mrs. {{Full Name}} has successfully completed one days "Workshop on Professional Skills for Yoga Students" organized by Department of Psychology and Yoga, Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati under the Entrepreneurship Development Cell activity held on 08th September 2022.



Dr. Dhame G.M.
Co-ordinator



Dr. Shinde V.B.
Head

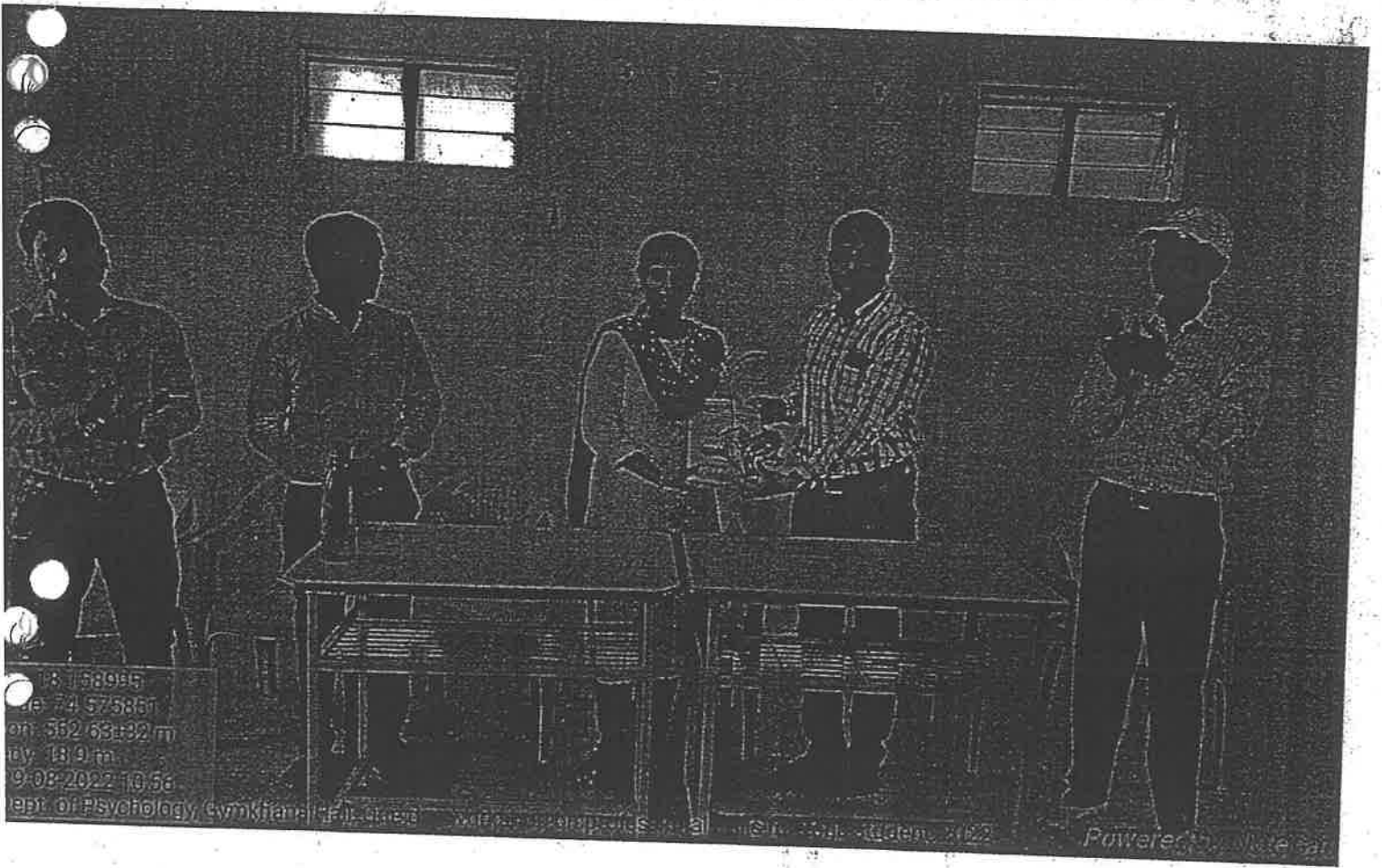
Department of Psychology



Dr. Kakade V.G.
E.D. Cell Co-ordinator



Dr. Chandrashekhar Murumkar
Principal



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