



Dayanand Education Society's

DAYANAND COLLEGE OF PHARMACY,

Barshi Road, Latur (Maharashtra) Pin - 413531 PH-(02382)-223299, 223199

Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com
principaldcop@gmail.com

CERTIFICATE COURSE ON
Yoga & Meditation – Essence of Life
Academic Year 2021-22



DAYANAND EDUCATION SOCIETY'S

DAYANAND COLLEGE OF PHARMACY

BARSHI ROAD, LATUR

Certificate Course on Yoga & Meditation - Essence of Life

certificate course Highlights

- Time Duration 30 hr
- course duration from 4/4/2022 - 17/5/2022
- Course Coordinator Mr. Halke N.S.

objectives

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Course Teacher
Mr. Naresh Halke
Art of Living Faculty
Assistant Professor



THE ART OF LIVING



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Shri Laxmiraman Lahoti
President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Syllabus framing committee for certificate "Yoga & Meditation – Essence of Life" course
Academic Year 2021-22

Sr. No.	Name	Designation	Name of College
1	Dr. Satpute K.L.	Principal	Dayanand College of Pharmacy, Latur
2	Mr. Sonvane S.M.	Academic In charge	Dayanand College of Pharmacy, Latur
3	Mr. Naresh Halke	Assist Professor	Dayanand College of Pharmacy, Latur
4	Mr. Kailash Jagtap	Art of Living faculty	Art of Living faculty, Latur



Principal
PRINCIPAL

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Dayanand College of Pharm
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President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No. :DCOP/2021-22/21093 (A)

Date-25/03/2022

To,
Mr. Halke N.S.
Assistant professor,
Dayanand College of Pharmacy,
Latur.

Subject: Invitation for syllabus framing committee of “Yoga & Meditation – Essence of Life”

Dear Sir ,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “Certificate course on Yoga & Meditation – Essence of Life” scheduled on **dated 4 April 2022 at 04:00 pm.** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Yoga & Meditation – Essence of Life** will be of great benefit to our college.

Kindly accept our Invitation and oblige us with confirmation.

Thanking you.




Yours sincerely

Principal
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President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No. :DCOP/2021-22/4093(B)

Date-25/03/2022

To,
Mr. Kailash Jagtap.
Art of Living faculty,
Latur.

Subject: Invitation for syllabus framing committee of “Yoga & Meditation – Essence of Life”

Dear Sir,

With reference to the above-cited subject, we are pleased to invite you as a member of the syllabus framing committee of the “**Certificate course on Yoga & Meditation – Essence of Life**” scheduled on **Dated 4th April 2022 at 04:00 pm.** with this concern let me take pleasure in inviting you for a member of our syllabus framing committee. We believed that your contribution to this certificate course on **Yoga & Meditation – Essence of Life** will be of great benefit to our college.

Kindly accept our Invitation and oblige us with confirmation.

Thanking you.




Yours sincerely

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Syllabus for Certificate Course (30 hrs)

Name of the Topic	Time
Introduction of Yoga & Meditation	(1 hr)
What is domain skill & Soft skill (1 hr)	(1 hr)
What is the source of Energy & Types of Energy (1 hr)	(1 hr)
Difference between asana & exercise (1 hr)	(1 hr)
Contemporary Yogic Practices, Yogic Sukshma Vyayama (1hr)	(1 hr)
Importance of Breathing	(2 hr)
Introduction of Pranayama	(1 hr)
Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjayi, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari Pranayama	(3hrs)
Importance of meditation & its scientific approach	(2 hr)
Conducting various meditations Basic meditation Om meditation Panchkosha meditation Blossom of smile meditation Aura meditation Meditation for Relaxation	(12 hrs.)

Yoga Nidra Meditation Guided Meditation to deal with anxiety Meditation for Positive Energy Meditation for sound to silence	
Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy	(1 hr)
Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing	(1 hr)
Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.	(2 hr)
Applications of Yoga Yoga in Education Yoga for Stress Management Yoga for Personality Development	(1 hr)




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Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2019-20/24011 (B)

Date: 3/04/2022

To,
Mr. Kailash Jagtap,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **“Certificate Course on Yoga & Meditation
The essence of Life”**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **“Certificate course on Yoga & Meditation – Essence of Life”**. College is going to start this certificate course on 04/04/2022 at 9:00 AM. We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.




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President

Shri Ramesh Biyani
Secretary

Dr. Satpute K.L.
Principal

Ref. No.: DCOP/2019-20/2011(A)

Date: 3/04/2022

To,
Mr. Naresh Halke
Assist Professor,
Faculty Art of Living,
Latur.

Subject: Appointment as a visiting faculty for **“Certificate Course on Yoga & Meditation
Essence of Life”**

Dear Sir,

With the reference to the above-cited subject, you are appointed as a visiting faculty for the **“Certificate course on Yoga & Meditation – Essence of Life”**. College is going to start this certificate course on 04/04/2022 at 9:00 AM. We will share a copy of the Certificate course timetable with this letter. kindly accept it and do the needful.

With warm regards.




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Date: 01/04/2021

NOTICE

All the students of B. Pharmacy Second year students are hereby informed that college is going to conduct certificate course on “**Stress Management**” so interested students enroll your name towards Mr. Halke N. S. on or before 05/04/2021

Take note of the same




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Date: 31/03/2022

NOTICE

All the enrolled students of B. Pharmacy First year for certificate course on “**Yoga & Meditation – Essence of Life**” are hereby informed that the certificate course is going to start on 04/04/2022 from 09:00 am to 10:00 am. A detailed timetable will be shared.

Take note of the same.



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Date: 02/04/2022

NOTICE

All the students of B. Pharmacy first year registered for certification course on “Yoga & Meditation – Essence of Life” are hereby informed that, the certificate course will be starting from 4/04/2022.

SCHEDULE AND DETAILS OF THE TOPIC

Name of the Topic	Time
Introduction of Yoga & Meditation	(1 hr)
What is domain skill & Soft skill (1 hr)	(1 hr)
What is the source of Energy & Types of Energy (1 hr)	(1 hr)
Difference between asana & exercise (1 hr)	(1 hr)
Contemporary Yogic Practices, Yogic Sukshma Vyayama (1hr)	(1 hr)
Importance of Breathing	(2 hr)
Introduction of Pranayama	(1 hr)
Pranayama Breath awareness, Sectional breathing, Nadishuddhi, Bhastrika, Ujjayi, Cooling pranayama (Sitali, Sitkari and Sadanta), Bhramari Pranayama	(3hrs)
Importance of meditation & its scientific approach	(2 hr)
Conducting various meditations	(12 hrs.)

<p>Basic meditation</p> <p>Om meditation</p> <p>Panchkosha meditation</p> <p>Blossom of smile meditation</p> <p>Aura meditation</p> <p>Meditation for Relaxation</p> <p>Yoga Nidra Meditation</p> <p>Guided Meditation to deal with anxiety</p> <p>Meditation for Positive Energy</p> <p>Meditation for sound to silence</p>	
<p>Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy</p>	(1 hr)
<p>Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing</p>	(1 hr)
<p>Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts;; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.</p>	(2 hr)
<p>Applications of Yoga</p> <p>Yoga in Education</p> <p>Yoga for Stress Management</p> <p>Yoga for Personality Development</p>	(1 hr)





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CERTIFICATE COURSE ON

“Certificate Course on “Yoga & Meditation Essence of Life” 2021-22

REGISTRATION FORM

Name of Student – More shankar Dhanaji.

Class - B. Pharm. 1st yr.

E-mail – moreshankar@gmail.com.

City – Udgir.

Contact no- 9975791519

Career Aim- M. pharm.

Undertaking – I hereby undertake that I shall attend the classes regularly without fail and participate in all activities conducted during sessions.

Candidate Signature

Signature
College Co-ordinator



Signature
Principal
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List of students enrolled for certification course on
“Yoga & Meditation – Essence of Life”
2021-22

B. Pharmacy First Year

Sr no	Name of student
1	Ambore Narendra Rajeshwar
2	Gunjarge Sakshi Laxman
3	Bhosale Rohit Sanjay
4	Kapale Shrinivas Sakharam
5	Chandak Isha Pawankumar
6	Karadkhedkar Pranjali Shashank
7	Karanje Shweta Shyam
8	Kasture Sakshi Sangmeshwar
9	Bhise Kartik Krushna
10	Kawalgaonkar Vaishnavi Shivaji
11	Khairmode Anuja Sudhir
12	Kornule Balaji Gangadhar
13	Kukade Sandhyarani Nana
14	Kulkarni Gayatri Dinkar
15	Padhye Raie Ramakant
16	Hiremth Siddhayya Sangayya
17	Awarde Nitesh Balaji
18	More Shankar Dhanaji
19	Mukade Khanderao Gurunath
20	Suryawanshi Sainath Dayanand
21	Surnar vedanti Dilip
22	Patil Kirti Gautam
23	Dodikindiwad Shrija Devareddy
24	Gaikwad Sushma Ramesh
25	Ghoderao Shreya Sanjay
26	Kaldate Subhangi Ganpat
27	Sagar Omkar Baburao
28	Lahane Mahadev Uttam
29	Salmote Sachin Somnath
30	Patil Mayur Dnyaneshwar




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List of students enrolled for certification course on

“Yoga & Meditation – Essence of Life ”

2021-22

B. Pharmacy First Year

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	Shrinivas
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
8	Kasture Sakshi Sangmeshwar	Kasture
9	Bhise Kartik Krushna	Kartik
10	Kawalgaonkar Vaishnavi Shivaji	Vaishnavi
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	Gayatri
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
20	Suryawanshi Sainath Dayanand	Sainath
21	Surnar vedanti Dilip	Vedanti
22	Patil Kirti Gautam	Kirti
23	Dodikindiwad Shrija Devareddy	Shrija
24	Gaikwad Sushma Ramesh	Sushma
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	Subhangi
27	Sagar Omkar Baburao	Omkar
28	Lahane Mahadev Uttam	Mahadev
29	Salmote Sachin Somnath	Sachin
30	Patil Mayur Dnyaneshwar	Mayur




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Attendance Sheet

Date – 6/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
20	Suryawanshi Sainath Dayanand	
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23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
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27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
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Attendance Sheet

Date – 8/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
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Attendance Sheet

Date – 27/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	Shrinivas
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
8	Kasture Sakshi Sangmeshwar	Sakshi
9	Bhise Kartik Krushna	Kartik
10	Kawalgaonkar Vaishnavi Shivaji	Vaishnavi
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	Gayatri
15	Padhye Raie Ramakant	Raie
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
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Attendance Sheet

Date – 28/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
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Attendance Sheet

Date – 11/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
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27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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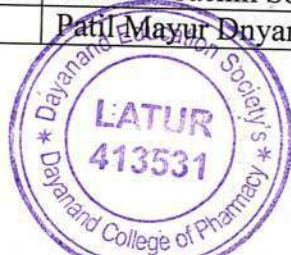
Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com
principaldcop@gmail.com

Attendance Sheet

Date – 12/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	Shrinivas
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
8	Kasture Sakshi Sangmeshwar	Sakshi
9	Bhise Kartik Krushna	Kartik
10	Kawalgaonkar Vaishnavi Shivaji	Vaishnavi
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	Gayatri
15	Padhye Raie Ramakant	Raie
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
20	Suryawanshi Sainath Dayanand	Sainath
21	Surnar vedanti Dilip	Vedanti
22	Patil Kirti Gautam	Kirti
23	Dodikindiwad Shrija Devareddy	Shrija
24	Gaikwad Sushma Ramesh	Sushma
25	Ghoderao Shreya Sanjay	Shreya
26	Kaldate Subhangi Ganpat	Subhangi
27	Sagar Omkar Baburao	Omkar
28	Lahane Mahadev Uttam	Mahadev
29	Salmote Sachin Somnath	Sachin
30	Patil Mayur Dnyaneshwar	Mayur





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Attendance Sheet

Date – 10/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremth Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
20	Suryawanshi Sainath Dayanand	
21	Surnar vedanti Dilip	
22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 9/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
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15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
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Attendance Sheet

Date – 26/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremth Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
20	Suryawanshi Sainath Dayanand	
21	Surnar vedanti Dilip	
22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 25/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
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21	Surnar vedanti Dilip	
22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 15/5/2022

For certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharan	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
20	Suryawanshi Sainath Dayanand	
21	Surnar vedanti Dilip	
22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 13/5/2022

For certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
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25	Ghoderao Shreya Sanjay	
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29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 6/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
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22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 5/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremath Siddhaya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
20	Suryawanshi Sainath Dayanand	
21	Surnar vedanti Dilip	
22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
28	Lahane Mahadev Uttam	
29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 19/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	Shrinivas
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
8	Kasture Sakshi Sangmeshwar	Kasture
9	Bhise Kartik Krushna	Kartik
10	Kawalgaonkar Vaishnavi Shivaji	Vaishnavi
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	Gayatri
15	Padhye Raie Ramakant	Raie
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
20	Suryawanshi Sainath Dayanand	Sainath
21	Surnar vedanti Dilip	Vedanti
22	Patil Kirti Gautam	Kirti
23	Dodikindiwad Shrija Devareddy	Shrija
24	Gaikwad Sushma Ramesh	Sushma
25	Ghoderao Shreya Sanjay	Shreya
26	Kaldate Subhangi Ganpat	Subhangi
27	Sagar Omkar Baburao	Omkar
28	Lahane Mahadev Uttam	Mahadev
29	Salmote Sachin Somnath	Sachin
30	Patil Mayur Dnyaneshwar	Mayur





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Attendance Sheet

Date – 20/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
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Attendance Sheet

Date – 17/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
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25	Ghoderao Shreya Sanjay	
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29	Salmote Sachin Somnath	
30	Patil Mayur Dnyaneshwar	





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Attendance Sheet

Date – 18/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
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14	Kulkarni Gayatri Dinkar	
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16	Hiremath Siddhayya Sangayya	
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24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
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Attendance Sheet

Date – 21/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	Shrinivas
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
8	Kasture Sakshi Sangmeshwar	Sakshi
9	Bhise Kartik Krushna	Kartik
10	Kawalgaonkar Vaishnavi Shivaji	Vaishnavi
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	Gayatri
15	Padhye Raie Ramakant	Raie
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
20	Suryawanshi Sainath Dayanand	Sainath
21	Surnar vedanti Dilip	Vedanti
22	Patil Kirti Gautam	Kirti
23	Dodikindiwad Shrija Devareddy	Shrija
24	Gaikwad Sushma Ramesh	Sushma
25	Ghoderao Shreya Sanjay	Shreya
26	Kaldate Subhangi Ganpat	Subhangi
27	Sagar Omkar Baburao	Omkar
28	Lahane Mahadev Uttam	Mahadev
29	Salmote Sachin Somnath	Sachin
30	Patil Mayur Dnyaneshwar	Mayur





Dayanand Education Society's

DAYANAND COLLEGE OF PHARMACY,

Barshi Road, Latur (Maharashtra) Pin - 413531 PH-(02382)-223299, 223199

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principaldcop@gmail.com

Attendance Sheet

Date – 24/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
8	Kasture Sakshi Sangmeshwar	
9	Bhise Kartik Krushna	
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	
12	Kornule Balaji Gangadhar	
13	Kukade Sandhyarani Nana	
14	Kulkarni Gayatri Dinkar	
15	Padhye Raie Ramakant	
16	Hiremth Siddhayya Sangayya	
17	Awarde Nitesh Balaji	
18	More Shankar Dhanaji	
19	Mukade Khanderao Gurunath	
20	Suryawanshi Sainath Dayanand	
21	Surnar vedanti Dilip	
22	Patil Kirti Gautam	
23	Dodikindiwad Shrija Devareddy	
24	Gaikwad Sushma Ramesh	
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	
27	Sagar Omkar Baburao	
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Attendance Sheet

Date – 29/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
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Attendance Sheet

Date – 2/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	SR
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
8	Kasture Sakshi Sangmeshwar	Sakshi
9	Bhise Kartik Krushna	Kartik
10	Kawalgaonkar Vaishnavi Shivaji	
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	GD
15	Padhye Raie Ramakant	
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
20	Suryawanshi Sainath Dayanand	Sainath
21	Surnar vedanti Dilip	Vedanti
22	Patil Kirti Gautam	Kirti
23	Dodikindiwad Shrija Devareddy	Shrija
24	Gaikwad Sushma Ramesh	Sushma
25	Ghoderao Shreya Sanjay	
26	Kaldate Subhangi Ganpat	Subhangi
27	Sagar Omkar Baburao	Omkar
28	Lahane Mahadev Uttam	Mahadev
29	Salmote Sachin Somnath	Sachin
30	Patil Mayur Dnyaneshwar	Mayur





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Attendance Sheet

Date – 10/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
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Attendance Sheet

Date – 8/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
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Attendance Sheet

Date – 11/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
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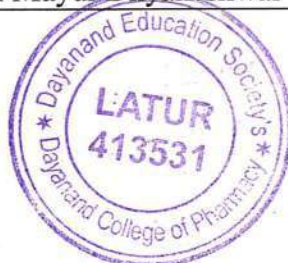
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Attendance Sheet

Date – 12/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
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Attendance Sheet

Date – 4/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
7	Karanje Shweta Shyam	
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Attendance Sheet

Date – 3/5/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
6	Karadkhedkar Pranjali Shashank	
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Attendance Sheet

Date – 13/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	Narendra
2	Gunjarge Sakshi Laxman	Sakshi
3	Bhosale Rohit Sanjay	Rohit
4	Kapale Shrinivas Sakharam	Shrinivas
5	Chandak Isha Pawankumar	Isha
6	Karadkhedkar Pranjali Shashank	Pranjali
7	Karanje Shweta Shyam	Shweta
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10	Kawalgaonkar Vaishnavi Shivaji	Vaishnavi
11	Khairmode Anuja Sudhir	Anuja
12	Kornule Balaji Gangadhar	Balaji
13	Kukade Sandhyarani Nana	Sandhyarani
14	Kulkarni Gayatri Dinkar	Gayatri
15	Padhye Raie Ramakant	Raie
16	Hiremath Siddhayya Sangayya	Siddhayya
17	Awarde Nitesh Balaji	Nitesh
18	More Shankar Dhanaji	Shankar
19	Mukade Khanderao Gurunath	Khanderao
20	Suryawanshi Sainath Dayanand	Sainath
21	Surnar vedanti Dilip	Vedanti
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23	Dodikindiwad Shrija Devareddy	Shrija
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25	Ghoderao Shreya Sanjay	Shreya
26	Kaldate Subhangi Ganpat	Subhangi
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Attendance Sheet

Date – 15/4/2022

for certificate course on “Yoga & meditation Essence of Life”
2021 – 22

Sr no	Name of student	Signature
1	Ambore Narendra Rajeshwar	
2	Gunjarge Sakshi Laxman	
3	Bhosale Rohit Sanjay	
4	Kapale Shrinivas Sakharam	
5	Chandak Isha Pawankumar	
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LATUR-413531



Dayanand Education Society's
Dayanand College of Pharmacy, Latur.
Examination 2021-22
MCQ

Course: - Yoga & Meditation Essence of life

Date – 18/5/2022

Class: - B. Pharmacy Ist Year

Time: - 30:00 min

Max Marks: -20

1. Who is the father of yoga?

a. BKS Iyengar b. Maharishi Patanjali c. Baba Ramdev d. Krishnamacharya

2. Which one of the following attributes satisfies the criteria of Sattvic Food?

a. Spicy, hot, bitter, sour, and pungent b. Pure, essential, natural, vital, energy containing

c. Unnatural, overcooked and processed food d. None of the above

3. What is the purpose of yoga ?

a. Gain Physical fitness

b. Lose Weight

c. muscle toning and calmness without stress d. Body flexibility

4. Raja Yoga is the yoga of controlling our:

a. Our Emotions b. Mind c. Sense Organs d. Organs of Action

5. how we remove rajas & tamas state of body & mind through

a. worm up b. exercise c. asana d. all of these

6. Wrist rotation is part of which vyayama?

a. Dandasana b. Tadasana c. Sukshma Vyayama d. Shithiltadasana

7. The word "Nadi" is derived from the word "Nad" which means

a. To flow b. To Run c. To blow d. To carry

8. Which asana increases digestion after a meal ?

a. Trikonasana b. Vajrasana c. Ardhamatsyendrasana d. Hastasana

9. What are the five elements in yoga?

a. Earth, Space, Fire, Air, Akash b. Earth, Space, Fire, Air, Akash

c. Earth, Water, Fire, Air, Akash d. Earth, Water, Fire, Air, Wood

10. Pranayama is cutting down the speed of

a. Jealousy b. Mind c. Anger d. Inhalation-Exhalation

11. What is the first step of Ashtanga Yoga?
a. Yama b. Niyam c. Dhyan d. Asana
12. Result of meditation
a. Concentration b. Relaxsesion c. calmness d. all of these
13. breathing is connecting link between
a. Mind & soul b. Mind & body c. Mind & emotion d. Mind & health
14. In the exam period how is the situation of our mind
a. relaxed. b. focused c. both of these d. none of these
15. According to Stanford University most of the successful people having
a. Soft skill b. domain skill c. marketing skill d. none of these
16. when you feel in stressed
a. maximum work in minimum time period b. minimum work in maximum time period
c. both of these d. none of these
17. how many layers of our existence
a. 8 b. 9 c. 7 d. 10.
18. According to Ayurveda how many types of food
a. 2 b. 3 c. 4 d. 5
19. which hormone is responsible to induce stress in body
a. Cortisol b. Endorphin c. Insulin d. Epinephrine
20. for meditation it is necessary our body should be
a. sattva State b. rajasic state c. tamasic state d. all of these





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Date : 22/05/2022

Marks Report of Certificate Course on **Yoga & Meditation - Essence of Life**

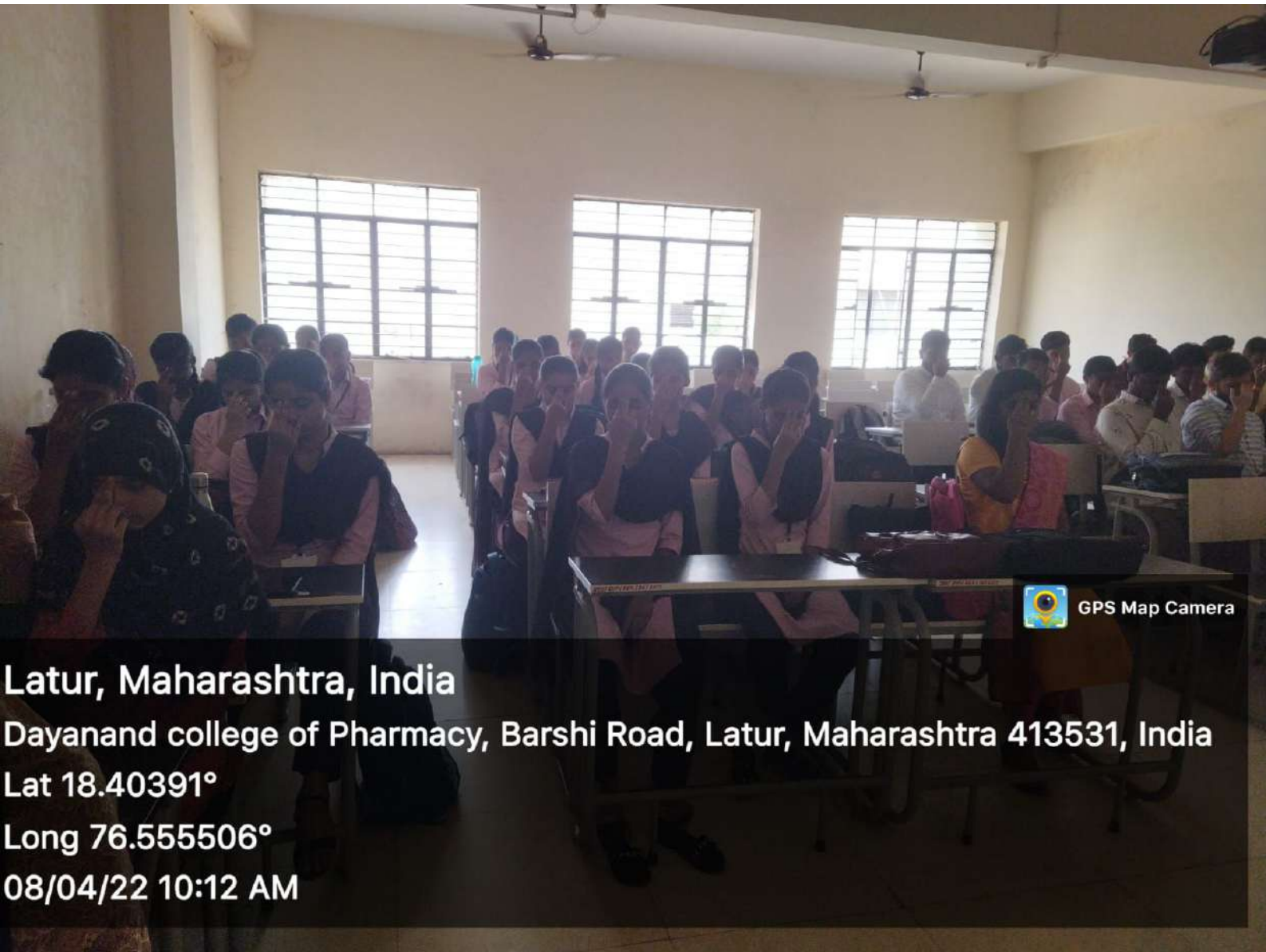
B. Pharmacy First Year 2021 -22

Sr no	Name of student	Marks
1	Ambore Narendra Rajeshwar	16
2	Gunjarge Sakshi Laxman	13
3	Bhosale Rohit Sanjay	18
4	Kapale Shrinivas Sakharam	12
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30	Patil Mayur Dnyaneshwar	12




Principal
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Latur, Maharashtra, India

Dayanand college of Pharmacy, Barshi Road, Latur, Maharashtra 413531, India

Lat 18.40391°

Long 76.555506°

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principaldcop@gmail.com

CERTIFICATE COURSE ON "YOGA & MEDITATION ESSENCE OF LIFE" 2021 - 22

FEEDBACK FORM

Name of Student: More shankar Dhanaji.

Class: B.Pharm. 1st yr.

Phone No. : 9975 731519

E-Mail : moreshankar@gmail.com.

Feedback :

Sr.No.	Parameter	Excellent	Very good	Good	Average
1	Course objective were stated clearly & Meet	✓			
2	Participation & interaction were encouraged	✓			
3	This content was organized & easy to follow		✓		
4	Duration of course of sufficient		✓		
5	The presenter provided adequate time of question & Answered them satisfactorily	✓			
6	The course increased my knowledge & skills	✓			
7	The presenter & presentation was effective	✓			

Suggestions if any: _____





Dayanand Education Society's

DAYANAND COLLEGE OF PHARMACY,

Barshi Road, Latur (Maharashtra) Pin - 413531 PH-(02382)-223299, 223199

Website: www.dayanandpharmacy.org E-mail : dayanandpharmacy@rediffmail.com
principaldcop@gmail.com

List of students Completed for certification course on
"Yoga & Meditation – Essence of Life" 2021-22

B. Pharmacy First Year

Sr. No.	Name of the Student
1	Ambore Narendra Rajeshwar
2	Gunjarge Sakshi Laxman
3	Bhosale Rohit Sanjay
4	Kapale Shrinivas Sakharam
4	Chandak Isha Pawankumar
5	Karadkhedkar Pranjali Shashank
6	Karanje Shweta Shyam
7	Karpude Pooja Balasaheb
8	Kasture Sakshi Sangmeshwar
9	Bhise Kartik Krushna
10	Kawalgaonkar Vaishnavi Shivaji
11	Khairmode Anuja Sudhir
12	Kokate Jagdish Krushnath
13	Kornule Balaji Gangadhar
14	Kukade Sandhyarani Nana
15	Kulkarni Gayatri Dinkar
16	Kulkarni Shivam Dattatray
17	Hiremath Siddhayya Sangayya
18	Lakhangire Vishvajeet Vijay
19	Awarde Nitesh Balaji
20	Lohar Sadanand Gunvant
21	More Shankar Dhanaji
22	Mukade Khanderao Gurunath
23	Suryawanshi Sainath Dayanand
24	Suryawanshi Sainath Dayanand
25	Surnar vedanti Dilip
26	Patil Kirti Gautam
27	Dodikindiwad Shrija Devareddy
28	Gaikwad Sushma Ramesh
29	Ghoderao Shreya Sanjay
30	Kaldate Subhangi Ganpat



Principal

PRINCIPAL

Dayanand Education Society's
Dayanand College of Pharmacy
LATUR-413531



DAYANAND EDUCATION SOCIETYS

DAYANAND COLLEGE OF PHARMACY

Barshi Road, Latur - 413512 Maharashtra. Ph:- 02382-223199.

CERTIFICATE OF PARTICIPATION

This is to certify that Mr./Ms. More Shankar Dhanaji. Student of Dayanand College of Pharmacy, Latur studying in class B. Pharm I/II/III/IV has successfully completed a Certificate Course on Yoga & Meditation - Essence of Life from 4/4/2022 to 17/05/2022. He / She secured A Grade in the course.

Co-Ordinator

Dr. Satpute K.L.
Principal