

Acharya Jawadekar College of Education Gargoti

Muralidhar Nagar, Gargoti, Dist. - Kolhapur. (Maharashtra) Pin.- 416209
Establishment : 1956

Reaccredited 'B' by NAAC (2013)

PRESIDENT

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Founder-President : Late Dr. V. T. Patil

Founder-Innovator : Padmabhooshan Late Dr. J. P. Naik

Ref. No.: A. J. C. E./

Date : / /201

BEST PRACTICE(2017-18)



TITLE: ASTHANG YOGA WORKSHOP

The Institution: Acharya Jawadekar College of Education is a reputed Teacher Education College in the state of Maharashtra. It is established in 1956 by Founder president Dr. V. T. Patil and International Educationalist Dr. J. P. Naik. According to NCFTE 2014 Yoga Education is practical component of Two Year B. Ed. Degree course. It is one of the important aspect of Enhancing Professional Capacities (EPC) Semester IV. Yoga Education is the recent trend in Education at present. It is a practical component of B. Ed. Syllabus for semester III also. Our faculty member Dr. P. B. Darade is a certified Yoga trainer of Ministry of Aayush Government of India. Our students participate yoga sibir since 2007 in central Auditorium and playground behind our college.

OBJECTIVE OF THE PRACTICE

- (1) To understand philosophy of Yoga & benefits of Asthang Yoga
- (2) To develop health and hygiene
- (3) To maintain physical & Mental Health
- (4) To enhance ability of body and Mind
- (5) To develop self-understanding

NEED OF THE PRACTICE

The percentage of Lifestyle diseases has been increasing day by day all over the world. Use of computer, Mobile and other technologies are creating mental as well as physical problems to students and all. As it is a teacher training course most of our students join B. Ed. Course after marriage. Married male as well as female trainee

students have to do household works as well as Farming related works along with their studies. In such circumstance female students are found to be suffering from headache, migraine, cold, fever etc. To overcome such common illness yoga is the best remedy. Yoga is the best way of personality development today. However the Yoga studios Yoga education courses are in great demand today . So we decided to undertake this activity in our college.

DESCRIPTION OF THE PRACTICE

Our college conduct yoga sibir for our 50+50student seach year. All students regularly do yoga individually and weekly follow up has been undertaken by the yoga teacher. Following components has been practiced in the yoga workshop:

- (1) History of health & physical education in India
- (2) Importance of Health and physical education in human life
- (3) Place of Yoga & Health education in school curriculum
- (4) Measurements of games & sports
- (5) Yoga Workshop which includes:
 - (a) Asthasng yog theory
 - (b) Asanas and pranayama
 - (c) Meditation
 - (d) Hashyoga

THE RESOURCES: Auditorum, open space playground, Yoga mat, drinking water, sanitary arrangements, Audio system, stage, yoga dress etc.

IMPACT/ OUTCOME

Yoga workshop cured common diseases like cold, headache, migraine, memory problems, concentration, retention, emotional problems, Exam stress, etc. The workshop enables the students to develop their overall personality as a teacher.

REQUIREMENTS FOR ADAPTION:: Auditorium, open space playground, Yoga mat, drinking water, sanitary arrangements, Audio system, stage, yoga dress etc.



CO-ORDINATOR

Internal Quality Assurance Cell
Acharya Javdekar College of Education
Gargoti, Tal. Bhamburda, Dist. Kolhapur-416 209

Principal

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