

PATRON

Dr. (Mrs.) Sapna Nanda
Principal
0172-2700075

CONVENOR

Dr. Neelam Paul
Associate Professor
Tel. 9814433612

CO- CONVENOR

Dr. Neelam Paul
Associate Professor
Tel. 9814433612

Contact: +91-0172-2700075

E-mail: gcechd@yahoo.co.in
gcechd@gcechd.ac.in

*Designed By: Mr. Sanjeev Kumar, Department of Fine Arts,
GCE 20-D,CHD*



Dr. Sapna Nanda
Principal
Govt. College of Education,
Sector 20-D, Chandigarh



Dr. Neelam Paul
Associate Professor
Govt. College of Education,



Mr. Harcharan Singh
Coach and Yoga Trainer



Mrs. Gurmeet Kaur
College Nurse



GOVERNMENT COLLEGE OF EDUCATION
SECTOR 20-D, CHANDIGARH

Website: www.gcechd.ac.in



VALUE ADDED COURSE
on
YOGA AND FITNESS
From 23-12-2022 to 07-01-2023



ORGANIZED BY



DEPARTMENT OF PHYSICAL EDUCATION
GOVERNMENT.COLLEGE OF EDUCATION
SECTOR 20-D, CHANDIGARH

About the College:



A premiere Institute of Teacher Education, Government College of Education was established in August, 1954 under a special scheme of Government of India. The college ranks high among the leading colleges of Education in northern India, is affiliated to the Panjab University, Chandigarh. The National Assessment and Accreditation Council (NAAC) has accredited Grade A to this College. The college in its 14 acres campus has 50 seats for M.Ed (General), 110 seats for B.Ed and 20 seats in P.G. diploma in Guidance and Counselling which has been introduced by U.G.C. through Chandigarh Administration.

Theme of the Course:

VALUE ADDED COURSE ON YOGA AND FITNESS

About the Course:

Yoga and fitness prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation . This value added course will provide insight to practicing yoga to live a healthy life.

Objective of the Course:

- To enable the students to have good health.
- To introduce yoga as an integral component of health and wellness.
- To attain higher level of consciousness.
- To integrate body, mind and thoughts.

Course Duration: 30 hours

Course mode : In person.

Course fees : No fees.

Course Requisites:

A growth mindset.
Commitment to practice Yoga regularly.

Course Content:

Date	Suksham Vyam	Asanas	Pranayama	Suryanamaskar
Day 1 23-12-22	Orientation of the course			
Day 2-5 24-12-22 To 28-12-22	Om Om Om Grevachalan Sakandhchalan Chakra Katichalan Ghutnasanchalan	Tadasana Vrkshaasan Hastottanasana Padahastasana Trikonasana Padmasana Vajrasana Paschmitasana Makarasana Bhujangasana Shavasana	Pranayama Yogiksava- sana Anulom Vilom	--
Day 6-10 29-12-22 To 03-01-2023	Om om om Suksham Vyayam	Tadasana Vrkshaasana Padahastasana Ardhchak- rasana Padmasana Vajrasana Ardhustrasana Shaskasana Makarasana Bhujangasana Shavasana Uttanapadasana	Chandrabhehi Sheetli Sheet- karya	1 Rounds
Day 11-13 24-01-23 To 06-01-23	Om om om Suksham Vyayam Ashtang Yog Ka Praichay	Tadasana Vrkshaasana Padahastasana Ardhchak- rasana Padmasana Vajrasana Ardhustrasana Shaskasana Makarasana Bhujangasana Shavasana Uttanapadasana	Pranayama Yogiksava- sana Anulom Vilom	2 Rounds
Day 14 07-01-23	Showcase of performance on the workshop “ Art of man making through Vasudeva Kriya Yoga”			