



SHIKSHAN PRASARAK MANDAL, WANI

LOKMANYA TILAK MAHAVIDYALAYA, WANI

Session 2023-24

Yog and Meditation Cell

CERTIFICATE COURSE IN BASICS OF ASHTANG YOG

- 1) Name of Coordinator Prof. Dr. Gajanan A. Aghalte
- 2) No of Participants 34
- 3) Major Focus Yam and Niyam
- 4) Major Outcome Participants can understand about five Yam and five Niyam. They become able to follow five Yam by applying five Niyam for the betterment of life. They also acquire the skills to live a happy life.
- 5) About Yam Yamas and Niyamas are ethical principles in yoga. The five yamas are Ahimsa (nonviolence), Satya (truthfulness), Asteya (non-stealing), Brahmacharya (abstinence) and Aparigraha (non-accumulation).
- 6) About Niyam The five niyamas are Soucha (internal and external cleanliness), Santosha (happiness and contentment), Tapas (penance), Swadhyaya (self-study) and Ishvarapranidhana (surrender to the higher power).
- 7) Class Duration Monday to Saturday at 5:15 a.m. to 6:45 a.m.
- 8) Photo



Prof. Dr. Gajanan A. Aghalte
Coordinator
Yog and Meditation Cell



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LIST OF PARTICIPANT

S. N.	Name of Participant	S. N.	Name of Participant
01	Dr. Ekre Arun	18	Dr. Ekre Manisha
02	Dr. Hood Dipak	19	Sau. Bangde Sandhya
03	Shri. Chaudhary Akash	20	Sau. Barmase Sangeeta
04	Shri. Dhengale Laxman	21	Sau. Bhaskarwar Mayuri
05	Shri. Gohokar Arjun	22	Sau. Bhongle Vandu
06	Shri. Gupta Nemichandji	23	Sau. Dhengale Sanjeevani
07	Shri. Jenekar Namdev	24	Sau. Hood Anuradha
08	Shri. Jogi Pundalik	25	Sau. Jenekar Suman
09	Shri. Jungari Vitthal	26	Sau. Jogi Usha
10	Shri. Khandalkar Pradeep	27	Sau. Kawade Smita
11	Shri. Mahakulkar Ramji	28	Sau. Khamankar Nita
12	Shri. Mehta Rajendra	29	Sau. Mahakulkar Pushpa
13	Shri. Nagture Prakash	30	Sau. Narad Pritam
14	Shri. Nimkar Bijaram	31	Sau. Sonkusare Sunita
15	Shri. Pachbhai Rajkumar	32	Sau. Tupatkar Chhabutai
16	Shri. Pachbhai Sudhakar	33	Sau. Vaidya Sandhya
17	Shri. Pusnake Baliram	34	Sau. Yesekar Manda

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