

UGC-Human Resource Development Centre

Goa University

Short Term Course in Yoga and Spiritual Values (online)

(15/06/2021 to 21/06/2021)

A REPORT

1. UGC-HRDC, Goa University conducted its Short Term Course Yoga and Spiritual Values (online mode) on Igesia & Google Platform. There were Thirty Four participants were registered for the course. Participants were from Goa, Maharashtra, Karnataka, Kerala, Assam, West Bengal, Haryana, Tamilnadu, Uttar Pradesh and Gujrat. Majority of the participants were from the State of Maharashtra. There were 19 male and 15 female participants.
2. The Short Term Course was inaugurated by Professor M. S. Dayanand, Dean, Goa Business School, Goa University. 4 lecture sessions were delivered daily online from 10.00 am and 5.00 pm. With a lunch-break of 1 hour, and it was attended by the participants on the Igesia Google meet platform.
3. The Course was conducted under the leadership of Director-in-Charge- HRDC Prof. Purva G. Hegde Desai and Dr. Ingrid Anne P. Nazareth, Assistant Professor, HRDC, Goa University. The Course enriched with well experienced resource persons across the Country. Some of the topics that were dealt with during the programme are as follows: Distress to De-stress: The why of the workshop ,Yoga Nidra, Types of stresses/obstacles to my full potential, Bhagwad Gita : Types of Yoga Disciplines, An introduction to the tools used in the journey of Yoga, Activity based on morning sessions, Nourishing Creativity and Transformation, Hath Yoga Classics, Connecting to 5 Tattvas, School of Yoga etc. Towards the end of the Short Term Course, each participant expresses their feedback about the course.
4. Prof. Radhika S. Nayak, Officiating Registrar, Goa University delivered valedictory speech to the participants.

We are enclosing herewith:

- a. Time-table
- b. List of Resource persons and topics.
- c. Name of the participants & their presentation Topics
- d. Participants details
- e. Evaluation Participants Summary
- f. Participants Evaluation Sheet




(Prof. Purva G. Hegde Desai)
Director-In-Charge-UGC-HRDC

DIRECTOR
HUMAN RESOURCE DEVELOPMENT CENTRE
GOA UNIVERSITY
GOA - 403 206

UGC- HUMAN RESOURCE DEVELOPMENT CENTRE
 Short Term Course in Yoga and Spiritual Values
 (15-06-2021 to 21-06-2021)

TIME-TABLE

Date/ Day	Session-I 10.00 am to 11.30 am	Session-II 11.30 am to 1.00 pm	Session-III 2.00 pm to 3.30 pm	Session-IV Time - 3.30 pm to 5.00 pm
15-06-2021 Tuesday	INAUGURATION Chief Guest - Prof. M.S. Dayanand		Prof. M.S. Dayanand	
16-06-2021 Wednesday	Shri Muralidhara Koteswar	Ms. Anisha Sharma	Ms. Asha Varma	Ms. Vaishnavi Parab
17-06-2021 Thursday	Shri Muralidhara Koteswar	Ms. Anisha Sharma	Ms. Asha Varma	Ms. Vaishnavi Parab
18-06-2021 Friday	Shri Muralidhara Koteswar	Ms. Anisha Sharma	Ms. Asha Varma	Ms. Vaishnavi Parab
19-06-2021 Saturday	Shri Muralidhara Koteswar	Ms. Anisha Sharma	Ms. Asha Varma	Ms. Vaishnavi Parab
20-06-2021 Sunday	SUNDAY			
21-06-2021 Monday	International Yoga Day Dr. Sitakant Ghanekar & Mr. Atarva Parab	Valedictory Function Chief Guest Prof. Radhika S. Nayak, Registrar		



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Sr. No	Name of Resource Person	Lecture Topic
1	Prof. M.S. Dayanand	Yoga and Spiritual Values
2	Shri Muralidhar Koteswar	i) Distress to De-stress: The why of the workshop ii) Types of stresses/obstacles to my full potential iii) Myths and facts about yoga iv) Bhagwad Gita: Types of yoga disciplines i) Patanjali Yogasutra ii) Ashtang Yoga Sadhana iii) Nourishing creativity and transformation i) Footprints in sand: Flashback of the journey of yoga over millennia (contemporary to History) ii) Guru Shishya Parampara iii) Schools of yoga iv) Teachers as role models for youth i) When life gives you lemons, make lemonade! How to get this readiness? Leadership skills and problem solving ii) And development of four fold consciousness-Civic sense, patriotic urge, service zeal and spiritual growth iii) What is the purpose of values? A synopsis of this STC
3	Ms. Anisha Sharma	i) Yoga as a tool to de-stress and refresh: Nourish, Detox, Move, Meditate/Deep Rest. ii) An introduction to the tools used in the journey of yoga i) Yogic Diet: Perspectives from Ayurveda ii) Hath yoga classics\ iii) Bhagwad Gita iv) Connecting to 5 Tattvas i) Introduction to hath yoga ii) Classic literature and yogic practices iii) Techniques, Salient Features, Benefits-Asana, Kriya, Mudra, Bandha, Dhyana, Surya Namaskara i) Bhakti yoga ii) Narad bhakti sutra
4	Ms. Asha Varma	i) Yoga Nidra ii) Activity based on morning sessions
5	Ms. Vaishnavi Parab	i) Practical Yoga session on Surya Namaskar, Pranayama and Meditation
6	Dr. Sitakant Ghanekar	Holistic Health
7	Mr. Atarva Parab	Demo IYD Protocol



UGC-HUMAN RESOURCE DEVELOPMENT CENTRE
Short Term Course Yoga and Spiritual Values

from 15-06-2021 to 21-06-2021

Name of the Participants & their Presentation Topics

Sr. No	Name of Participant's	Participants Presentation Topic
1	Dr. Arvind Karbhari Aghao	Area of Specialization Organic Chemistry
2	Dr. Arvind Rambhau Kamble	Area of Specialization Athletics Rules and Regulations Running Events
3	Dr. Asha K.B	Area of Specialization Indian Philosophy
4	Mrs. Baby Sonowal Hazarika	Economics in present senerio
5	Dr. Basavaraju B. K.	Area of Specialization Social science concept
6	Dr. Bedage Ratnakar Chandrakant	Area of Specialization Marathi Lok Sahityas & Marathi Santh Shahityas
7	Dr. Bharat Rajaram Chalsey	Area of Specialization Volley ball
8	Dr. Chiranjeeb Dey	Area of Specialization in Parasitology and Immunobiology
9	Mrs. Dhara Yagnans Vyas	Area of Specialization Child Health Nursing
10	Dr. Jaibir Dhariwal	Area of Specialization Ecocriticism/Environmental Studies
11	Dr. Jini Thomas	Area of Specialization Physics-Materials Science-Crystals, Ceramics, Dielectric Materials
12	Dr. Kiran Harishchandra Mane	Maharashtra State road transport corporation service to the nation
13	Dr. Lakhaminarasamma	Research Process
14	Dr. Martale Govind Sadashivrao	Area of Specialization teaching profession
15	Dr. P. Matheswaran	Area of Specialization teaching the students of English Honors in the College is American literature
16	Mrs. Papari Kakati	Eco-feminist reading of the Indian mythology: A study on chitra Banerjee Divakaruni and Volga
17	Dr. Prashant Dwivedi	Teaching of spoken English through phonetics to Non-Native speakers of Fatehpur District
18	Dr. Pravven Kumar M.K	Yoga practices for physical fitness
19	Dr. Rajesh Baburao Shirsath	Area of Specialization: Health Psychology
20	Dr. Ram Naresh Das	Importance of employees satisfaction in organizational development
21	Mrs. Resmy Sally Koshy	Area of Specialization: children's literature, ecocriticism and literary theory
22	Mr. Sangamesh R. Gurav	Area of Specialization: is cricket in college
23	Dr. Shakuntla	Area of Specialization: Womens and respects
24	Mrs. Shweta Dubey	Area of Specialization: is in Agricultural Economics and Industrial Economics
25	Dr. Sidram Manikappa Dongarge	Area of Specialization citation index is 208 by Google scholar
26	Dr. Somwanshi Alka Babarao	Area of Specialization: Research in women Sociology



27	Mrs. Sreeja R	Area of Specialization: Acoustics-theory of sound propagation in porous materials and characterization of the same for noise reduction applications
28	Dr. Supriya Tiwari	Area of Specialization: Environmental Science
29	Mr. V.C. Senthil Kumar	Inorganic Chemistry, Organic Chemistry and Physical Chemistry
30	Mrs. Vanaja K.S	Shakespeare's Monologue all the world
31	Mrs. Varsha Swetal S. Naik	Area of Specialization: in Food, Nutrition and Dietetics
32	Mr. Vinayak Laxman Bapat	Area of Specialization: ancient and mediaeval Marathi literature novels
33	Dr. Vishnu Baliram Pawar	Micro Economics
34	Dr Yogita Mandole	Area of Specialization: are gender , School and Society's Educational Management



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Participants Details

Sr. No	Name of the Participants	College Address	Phone No.	E mail ID of Participants
1	Dr. Arvind Karbhari Aghao	Dept of Chemistry Balbhim College Beed	9850608410	arvindaghao@gmail.com
2	Dr. Arvind Rambhau Kamble	PSGVPMS Arts Science and Commerce College Shahada Dist Nandurbar	9764302315	arkamble82@gmail.com
3	Dr. Asha K.B	Dept of Philosophy University College Palayam Trivandrum	8547850306	ashakb2012@gmail.com
4	Mrs. Baby Sonowal Hazarika	Rabindrasadan Girls College Karimganj P.O + Dist Karimganj Assam	7086355680	manojkrhazarika7086@gmail.com
5	Dr. Basavaraju B. K.	Govt First Grade College Bapuji Nagar Shivamogga Karnataka	9620212013	basvaraju80@gmail.com
6	Dr. Bedage Ratnakar Chandrakant	Dept of Marathi M.B College Latur	9823697402	ratnakarbedage@gmail.com
7	Dr. Bharat Rajaram Chalsey	SSPM,S Arts and Science mahila college Shahada	9421888330	chalseybr@gmail.com
8	Dr. Chiranjeeb Dey	Dept of Zoology Serampore College ,9, William Carag Road Hooghly	8910014510/ 9830599315	chiranjeeb123@gmail.com
9	Mrs. Dhara Yagnans Vyas	Dinsha Patel College of Nursing Nadiad	8511104356	dharasmile24@gmail.com
10	Dr. Jaibir Dhariwal	RKSD (PG) College Kaithal Haryana	9416470379	1980dhariwal@gmail.com
11	Dr. Jini Thomas	Kurikose Elias College Mannanam Kottayam Kerala	9995195232	thomasjini@gmail.com
12	Dr. Kiran Harishchandra Mane	Prahladrai Dalmia Lions College of Com and Eco S.V. Road Sunder Nagar Malad Mumbai	9867703229	13kiranmane@gmail.com
13	Dr. Lakshaminarasamma	Govt First Grade College Kunigal Tumkur University	9886275181	lakshmichandru78@gmail.com
14	Dr. Martale Govind Sadashivrao	Dhanaji Nana Mahavidyalay Faizpur Jalgaon	9637105757	govind_martale@rediffmail.com
15	Dr. P. Matheswaran	Govt Arts College Cherry Road Salem Tamilnadu	9840264476	matheshkutty77@gmail.com
16	Mrs. Papari Kakati	C/O Principal Gossaigaon College Gossaigaon Dist Kokrajhar Assam	9435322550	priyakakati@gmail.com
17	Dr. Prashant Dwivedi	Dr. B.R.A. Govt of Girls P.G College Fatehpur UP	9839970838	Pd861975@gmail.com



18	Dr. Pravven Kumar M.K	Govt First Grade College Kadur Chikkamagalure	9449672107	praveenmalige@gmail.com
19	Dr. Rajesh Baburao Shirsath	Kala Mahavidyalaya Nandur Ghat Dust Beed	9423157757	rajesh57757@gmail.com
20	Dr. Ram Naresh Das	Dept of College Tinsukia College Tinsukia Assam	7896394256	Ramnaresh25270@gmail.com
21	Mrs. Resmy Sally Koshy	Dept of English Marivanos College Autonomus Nalanchira	09497004756	Resmy.koshy@mic.ac.in
22	Mr. Sangamesh R. Gurav	Govt First Grade College Indi Vijayapur Karnatka	9481060273	sangameshgurav2rediffmail.com
23	Dr. Shakuntla	Dr. B.R.A. Govt of Girls P.G College Fatehpur UP	9450971985	shakuntlaraj@gmail.com
24	Mrs. Shweta Dubey	Rizvi College of Arts Science and Commerce Rizvi Educational Complex Bandra West Mumbai	9920246341	shwetad@rizvicollege.edu.in
25	Dr. Sidram Manikappa Dongarge	Mahatma Basweshwar Mahavidyalaya Latur	9860603999	sdongarge@gmail.com
26	Dr. Somwanshi Alka Babarao	Sambhatirao Kendre Mahavidyalaya Jalkot Tq Jaikot Dist Latur	7588158036	alkasomwanshi101@gmail.com
27	Mrs. Sreeja R	Maharajas College Eranakulam India	9605083896	sreeja.prasanth@gmail.com
28	Dr. Supriya Tiwari	Dept of Botany Institute of Science Banaras Hindu University Varanasi UP	9453886448	supriyanhu@gmail.com
29	Mr. V.C. Senthil Kumar	Govt Arts College Cherry Road Salem Tamilnadu	8056406065	vcschem@gmail.com
30	Mrs. Vanaja K.S	Dept of English Govt First Grade College Kunigal Tumkur	9964161511	vanu.Mohit@gmail.com
31	Mrs. Varsha Swetal S. Naik	Goa College of Home Science Campal Panjim Goa	9422806934	varsha18877@gmail.com
32	Mr. Vinayak Laxman Bapat	Department of Marathi Goa University	9764971256	vinay.bapat@unigoa.ac.in
33	Dr. Vishnu Baliram Pawar	Madhukarrao Pawar Arts College Murtijapur Akola	7798004528	vishnupawar1974@gmail.com
34	Dr Yogita Mandole	Gandhi Shikshan Bhavan Smt Surajba College of Education jahu Road Mumbai	9769096535	yogita.mandole@gandhishikshan.com



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Evaluation of Refresher Course/Orientation Course Short Term Course in Yoga and Spiritual Values

Held from 15-06-2021 to 21-06-2021

Total number of participants 34 numbers in the columns indicate the percentage of Responses.

1. Comments on training	Most Appropriate	Appropriate	Not Appropriate	No. Response
A)References to your work	76.47%	23.52%	--	--
B) Period of training	82.35%	17.64%	--	--
C) Contents of the Course	88.23%	11.76%	--	--
D) Methods followed	85.29%	11.76%	2.94%	--

Benefits of training	Very High	High	Moderate	Negligible	No. Response
A)In the area of knowledge	88.23%	8.82%	2.94%	--	--
B)In the area of skill	82.35%	17.64%	--	--	--
C)In the area Of attitude	82.35%	17.64%	--	--	--

Hostel facilities:

Are you satisfied with accommodation?

Yes	No	N.A.	No Response
2.94%	--	41.17%	55.88%

Note: The courses held in 2021-22 were in Online mode and hence the hostel facilities/Accommodation may be considered as Not Applicable (N.A.)

