



**Center for Distance and Online Education,
Krishna Vishwa Vidyapeeth (Deemed to be University),
Karad**

Validation: E-content Module

E-content Module Title: Surya Namaskar on an Occasion of International Yoga Day

Name of College: Krishna Institute of Medical Sciences, KVV DU, Karad

Number of Modules: 1

Assignment: 1: Assignment 1: Quadrant 3: Performance Activity. Assignment 2:
Quadrant 4: MCQs

Module Duration: 5 min 23 Secs

This is to certify that the E-content module has been reviewed on the following parameters and:

1. The information provided in the Video and Textual Content is factually correct and without any errors.
2. The learning outcomes and objectives of the E-content module are implemented in the assessment.
3. The assessment is rigorous as required for the module level.
4. Content under the E-content module fulfills the requirement of assignment completion.



**Name & Signature
of Content
Developer**



**Name & Signature
of HOD**



**Name & Signature
of Dean**



**Name & Signature
of Director, CDOE**

E-content Module Certificate

Media Centre: Center for Distance and Online Education, KVV, Karad

E-content Module Title: Surya Namaskar on an Occasion of International Yoga Day

Subject: Community Medicine

E-content Module Principal Investigator (PI): Dr Vaishali V Raje

Assignments: 2

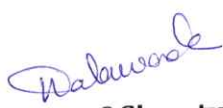
Module Duration: 5 min 23 Sec


It is to certify that the E-content module titled "**Surya Namaskar on an Occasion of International Yoga Day**" is developed by CDOE, KVV, Karad and offered by PI Dr **Vaishali V. Raje**.


The content is thoroughly reviewed at the Centre by the review committee and it is certified that:

- i. The analysis of the E-content module is thoroughly done in terms of data formulation, conceptual clarity, correctness of narrated content, accuracy of text, maps, and graphics, and the overall structure of the module. The module is free from any content errors.
- ii. The module follows the structure of syllabus approved under BOS.
- iii. The module is meeting the requirements of E-content as envisaged under MHRD guidelines

It is also certified that the final E-content module submitted to CDOE, KVV, Karad, is original content developed at the [Insert Name of Institute] by engaging various subject matter experts under the guidance of the E-content module PI and is free from any Intellectual Property Right (IPR) and Copyright issues.


**Name & Signature of
Content Developer**


**Name & Signature of
Dean**


**Name & Signature of
Director, CDOE, KVV,
Karad**

E-content Module Checking Report

Center:[Insert Name of Institute]

Name of E-content Module:

Surya Namaskar on an Occasion of International Yoga Day

Comments on Audio/Video (only freshly recorded videos):

<https://youtu.be/t1IH5Zd7gA>

Comments on Quadrant 2:

1. Academic Script/Text Material:

Surya Namaskar: Also known as Sun Salutations, is a series of yoga poses that can have numerous physical and mental health benefits. Here's how each position can improve health and potentially help with PCOS and obesity:

Benefits for PCOS and Obesity:

1. Improved insulin sensitivity
2. Weight management
3. Reduced inflammation.
4. Improved hormonal balance
5. Reduced stress and anxiety

Comments on Quadrant 3:

Assignments: Performance Activity.

Comments on Quadrant 4:

MCQs on Surya Namaskar (Sun Salutations):



**Name &Signature of
Reviewer**