



GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE RAZOLE
YOGA CERTIFICATE COURSE
ON
2017-18



CONDUCTED BY
DEPARTMENT OF PHYSICAL EDUCATION



GOVERNMENT DEGREE COLLEGE
RAZOLE – 533242, EAST GODAVARI (Dist), A.P.
NAAC Re-Accredited with 'B' Grade

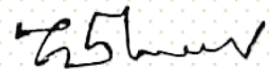


GOVERNMENT DEGREE COLLEGE, RAZOLE
DEPARTMENT OF PHYSICAL EDUCATION
MINUTES OF THE DEPARTMENT

A staff meeting has been conducting in the department on 24-10-2017 and following items have been discussed and resolved

- *It is resolved to introduce certificate course for the academic year 2017-18.*
- *It is resolved to conduct certificate course for the final year students.*
- *It is resolved to conduct classes for 30 working on the syllabus presented.*
- *It is resolved to approve the syllabus and model paper.*
- *It is resolved to conduct theory examination 60 marks and external examination for 40 marks.*


PRINCIPAL
Government Degree College
(NAAC Reaccredited at 'B' Grade)
RAZOLE - 533,242, E.G Dist. (A.P.)





GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P

NAAC Re-Accredited with 'B' Grade



DEPARTMENT OF PHYSICAL EDUCATION NOTICE

Razole
28-10-2017

To
The Principal
Government Degree College
Razole

Sir,

*Sub: Certificate course-Yoga-2017-18 Submission of Work done
Statements-request for action-reg*

I submit that the Department of physical Education conducted classes for the Certificate course in Yoga 2017-18. The statement showing the work done together with the details of number of hours and the faculty name provided in the statement that follow.

Thanking you sir

Yours faithfully,


(G SRINIVASA RAO)

ABSTRACT

S.NO	NAME OF THE FACULTY	Total number of hours taken
1	G SRINIVASA RAO	30


PRINCIPAL
Government Degree College
(NAAC Re-accredited at 'B' Grade)
RAZOLE - 533,242, E.G.D. (A.P)



GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE RAZOLE DEPARTMENT OF PHYSICAL EDUCATION CERTIFICATE COURSE IN YOGA

At the end of the course the student attains the following outcomes

- *He understands the importance of yoga*
- *He understands the concepts of yoga asanas*
- *He identifies different asanas and uses*
- *He is able to solve various asanas*
- *He is capable of solving his real life problems with different asanas*
- *He develops his*
- *confidence levels with practicing yoga*


PRINCIPAL
Government Degree College
(NAAC Re-accredited at 'B' Grade)
RAZOLE - 533,242, E.G.D., (A.P)





GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE RAZOLE

CERTIFICATE COURSE IN YOGA ATTENDANCE SHEET 2017-18

NAME OF THE STUDENT	REGISTERED NO.	1/11/2017	2/11/2017	3/11/2017	4/11/2017	6/11/2017	7/11/2017	8/11/2017	9/11/2017	10/11/2017	13-11-2017	14-11-2017	15-11-2017	16-11-2017	17-11-2017	18-11-2017	20-11-2017	21-11-2017	22-11-2017	23-11-2017	24-11-2017	27-11-2017	28-11-2017	29-11-2017	30/11/2017	1/12/2017	2/12/2017	3/12/2017	4/12/2017	5/12/2017	16/12/2017
BONAM DILEEP	18269	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
CHELLUBOINA RAJESH	18255	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
PECHETTI MEGHANA	18301	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
LANKAY SAI DURGA RAO	18281	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
ABRAR HUSSIAN	18204	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
KUDUPUDI TEJA KUMAR	18222	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
LANKE SAI DURGA RAO	18301	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
MUTHYALA SRI	18229	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
POTHULA THANMAYI	18233	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
ADABALA N MASARAJU	18428	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
SERU DURGA NAGENDRA	18336	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
KUNPATLA D N S DEVI	18265	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
NAKKA K S MALESWARI	18256	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
VARDHANAPU SUNA	18217	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
CHINTHA HEMA PALLIVI	18226	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
KONUKU LIKHITHA	18260	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
MALLUVALASI SNEHA	18264	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
MOKA PRYANKA	18225	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
MORI SIKISHA	18304	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
GIJIBALA SRINIVAS	18238	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

signature of Faculty

[Signature]

PRINCIPAL
Government Degree College
(NAAC Re-accredited at 'B' Grade)
RAZOLE - 533 242, E.G.D. (A.P)



GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE RAZOLE SYLLABUS FOR CERTIFICATE COURSE IN 2017-18

Certificate Course in YOGA

Unit I

Yoga – meaning, Definition - Physical Yogic Activities:-

- Difference between physical education and yogic exercises.

Unit II

Benefits of yoga asanas – importance of yoga asanas Methods and benefits of Sukshma Vyayama, Asanas and prayers.

Unit III

Types of Yoga – Advantages of Yoga asanas and its benefits.

Unit IV

Types of asanas – practice of yoga asanas and its variations Yogic Sukshma Vyayama (excercise No. 1-10)

Unit V

Role of Yoga practices in developing concentration, will power and discipline Simple anatomical and physiological aspects of Human body

References:

<https://www.health.harvard.edu>

<https://www.healthline.com>

<https://www.yogajournal.com>

<https://www.everdayhealth.com>

Pattern of Examination

Theory (60 marks)

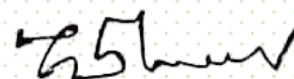
The students have to write the theory examination for 60 marks 3 hours duration.

Practicals (40 marks)

Assignments

Viva-voce


PRINCIPAL
Government Degree College
(NAAC Re-accredited at 'B' Grade)
RAZOLE - 533,242, E.G.D., (A.P.)





GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P

NAAC Re-Accredited with 'B' Grade



WORK DONE STATEMENT OF YOGA CERTIFICATE COURSE DEPARTMENT OF PHYSICAL EDUCATION

S.NO	DATE	BATCH TIME (4.00 to 5.00 PM)	TOPIC
1	01-11-2017	1Hr	Yoga Definition
2	02-11-2017	1Hr	sukshma vyayamalu
3	03-11-2017	1Hr	Eye related exercises
4	04-11-2017	1Hr	hands relates exercises
5	06-11-2017	1Hr	legs related exerses
6	07-11-2017	1Hr	stomach related exercises
7	08-11-2017	1Hr	Simhasana
8	09-11-2017	1Hr	Paschimottanasana,
9	10-11-2017	1Hr	Uttanpadasana,
10	13-11-2017	1Hr	Salabhasana,
11	14-11-2017	1Hr	Shavasana
12	15-11-2017	1Hr	- Garudasana
13	16-11-2017	1Hr	Ek-Pad Pranamasana Kati Chakrasana,
14	17-11-2017	1Hr	Urdhava Hastottanasana,
15	18-11-2017	1Hr	Natrajasana
16	20-11-2017	1Hr	Parvatasana,
17	21-11-2017	1Hr	Kukkutasana
18	22-11-2017	1Hr	Digital Banking
19	23-11-2017	1Hr	Pawanmuktasana
20	24-11-2017	1Hr	Bhujangasana,
21	27-11-2017	1Hr	Shavasana
22	28-11-2017	1Hr	Trikonasana
23	29-11-2017	1Hr	Ardha-Kati, Chakrasana
24	30-11-2017	1Hr	Tadasana
25	01-12-2017	1Hr	Vrikshasana
26	02-12-2017	1Hr	Padmasana
27	03-12-2017	1Hr	Pada Hastasana,
28	04-12-2017	1Hr	Urdhv Pranamasana,
29	05-12-2017	1Hr	Konasana,
30	06-12-2017	1Hr	Vajrasana


PRINCIPAL
Government Degree College
(NAAC Reaccredited at 'B' Grade)
RAZOLE - 533 242, E.G.D., (A.P.)





GOVERNMENT DEGREE COLLEGE

RAZOLE - 533242, EAST GODAVARI (Dist), A.P.

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE RAZOLE

Department of physical education

Student Attendance sheet 2017-2018

SL.No	Enrolment No.	Name	Group With medium	Signature of the student
1	18269	BONAM DILEEP	B.COM(VOC)	B. DILEEP
2	18255	CHELLUBOINA RAJESH	B.COM(VOC)	Ch. Rajesh
3	18301	LANKE SAI DURGA RAO	B.COM(VOC)	L. D. Rao
4	18281	ABRAR HUSSIAN	B.COM(VOC)	A. HUSSIAN
5	18204	CHINTA JYOTHIKA	B.COM(VOC)	Ch. Jyothika
6	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	K. Teja Kumar
7	18301	LANKE SAI DURGA RAO	B.COM(GEN)	L. Sai Durga Rao
8	18229	MUTHYALA SRI	MPCTM	M. Sri
9	18233	POTHULA THANMAYI	MPCTM	P. Thanmaya
10	18428	ADABALA NAGA MASARAJU	MPCTM	A. naga masaraju
11	18336	SERU DURGA NAGENDRA VARMA	MPCTM	S. R. N. Varma
12	18265	KUMPATLA D N S ANJANA DEVI	MPCTM	K. A. PEVI
13	18256	NAKKA KOMALI SAI MALESWARI	MPCTM	N. Komali
14	18217	VARDHANAPU SUMA	MPCTM	V. Suma
15	18292	NAMAVARAPU NEHEMYA RAJU	BA.HEP	N. Raju
16	18244	PITHANI MURALI KRISHNA	BA.HEP	P. M. Krishna
17	18271	SANKARAGUPTHAM MARIYYA	BA.HEP	S. Mariyya
18	18268	SARELLA SHIVAJI	BA.HEP	S. Shivaji
19	18311	BEERA DURGA PRASAD	BA.HEP	B. Durga
20	18283	BELLA VAMSI	BA.HEP	B. Vamsi


 PRINCIPAL
 Government Degree College
 (NAAC Reaccredited at 'B' Grade)
 RAZOLE - 533,242, E.G.D., (A.P)



GOVERNMENT DEGREE COLLEGE
RAZOLE – 533242, EAST GODAVARI (Dist), A.P.
NAAC Re-Accredited with 'B' Grade



CERTIFICATE COURSE IN YOGA
SYLLABUS FOR CERTIFICATE COURSE IN 2017-18
MODEL QUESTION PAPER

Max. Marks: 60

Section - A

Answer any **Four** of the following

(4x10=40)

1. Definition of yoga and benefits of yoga asanas?
2. Explain about vajrasana and padmasana and its benefits?
3. How yoga is important in our regular life?
4. What are the functions of human body organs?
5. What are the principles of yoga?
6. How yoga importance in our life?

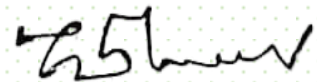
Section-B

(4 x5=20)

Answer any **FOUR** of the following.

1. Write about Physical Yogic Activities?
2. What is yoga and Definition of Yoga?
3. What are the Benefits of yoga asanas?
4. Write about Benefits of Sukshma?
5. Explain about Types of Yoga?
6. Role of Yoga practices in developing concentration?


PRINCIPAL
Government Degree College
(NAAC Reaccredited at 'B' Grade)
RAZOLE - 533,242, E.G.D., (A.P.)





GOVERNMENT DEGREE COLLEGE
 RAZOLE – 533242, EAST GODAVARI (Dist), A.P
 NAAC Re-Accredited with 'B' Grade



*Department of physical education
 2017-18 Internal marks sheet*

SL.No	Enrolment	Name	Group With medium	Marks awarded/100
1	18269	BONAM DILEEP	B.COM(GEN)	75
2	18255	CHELLUBOINA RAJESH	B.COM(GEN)	72
3	18301	PECHETTI MADHU MEGHANA	B.COM(GEN)	70
4	18281	LANKAY SAI DURGA RAO	B.COM(GEN)	70
5	18204	ABRAR HUSSIAN	B.COM(GEN)	71
6	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	75
7	18301	LANKE SAI DURGA RAO	B.COM(GEN)	68
8	18229	MUTHYALA SRI	MPC™	65
9	18233	POTHULA THANMAYI	MPC™	70
10	18428	ADABALA NAGA MASARAJU	MPC™	70
11	18336	SERU DURGA NAGENDRA	MPC™	68
12	18265	KUMPATLA D N S ANJANA DEVI	MPC™	75
13	18256	NAKKA KOMALI SAI MALESWARI	MPC™	70
14	18217	VARDHANAPU SUMA	MPC™	72
15	18226	CHINTHA HEMA PALLIVI	CBZ	73
16	18260	KONUKU LIKHITHA	CBZ	75
17	18264	MALLUVALASI SNEHA	CBZ	75
18	18225	MOKA PRIYANKA	CBZ	68
19	18304	MORI SIRISHA	CBZ	75
20	18238	GUBBALA SRINIVAS	CBZ	75


PRINCIPAL
 Government Degree College
 (NAAC Re-accredited at 'B' Grade)
 RAZOLE - 533,242, E.G.D. (A.P)

75/100



GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P.

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE

RAZOLE – 533242, EAST GODAVARI (Dist), A.P.

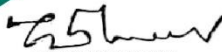
NAAC Re-Accredited with 'B' Grade

(www.razolegdc.ac.in)



DEPARTMENT OF PHYSICAL EDUCATION

This is to certify that BONAM DILEEP of III B.COM(VOC) has
successfully completed Certificate Course in Yoga during 2017-18.


COORDINATOR


PRINCIPAL
Government Degree College
(NAAC Reaccredited at 'B' Grade)
RAZOLE - 533,242, E.G.D. (A.P.)
PRINCIPAL


PRINCIPAL
Government Degree College
(NAAC Reaccredited at 'B' Grade)
RAZOLE - 533,242, E.G.D. (A.P.)





GOVERNMENT DEGREE COLLEGE

RAZOLE, Dr B R AMBEDKAR KONASEEMA (Dist), A.P-533242

NAAC Re-Accredited with 'B' Grade



Certificate Course in Yoga 2017-18




PRINCIPAL
Government Degree College
(NAAC Reaccredited at 'B' Grade)
RAZOLE - 533_242, E.G Dist. (A.P.)

