



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



GOVERNMENT DEGREE COLLEGE RAZOLE
YOGA CERTIFICATE COURSE
ON
2020-21



CONDUCTED BY
DEPARTMENT OF PHYSICAL EDUCATION



GOVERNMENT DEGREE COLLEGE

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DEPARTMENT OF PHYSICAL EDUCATION

MINUTES OF THE DEPARTMENT

A staff meeting has been conducting in the department on 27-10-2020 and following items have been discussed and resolved

- *It is resolved to introduce certificate course for the academic year 2020-21.*
- *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
Govt. Degree College
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RAZOLE - E.G.Dt.


Lecturer in English
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Department of physical education

NOTICE

Razole
25-10-2020

To
The principal
Government Degree College
Razole

Sir,

Sub: Government Degree College Razole, Introduction of Certificate course in "Yoga" During 2020-21. Proposal submitted for permission - Regarding.

I humbly submitted that the department of physical education to conduct a certificate course in YOGA during 2020-21 keeping in view of the need of the students. A resolution has been taken in the departmental minute's book.

Hence, I request you to permit us to conduct the side course for the benefit of our students

Thanking you sir.

Yours sincerely


Lecturer in English
GOVERNMENT DEGREE COLLEGE
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(G.BHASKARA RAO)

ABSTRACT

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


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DEPARTMENT OF PHYSICAL EDUCATION CERTIFICATE COUSE IN YOGA 2020-21

At the end of the course the student attains the following out comes

- *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 is develop his confidence levels with practicing yoga*

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GOVERNMENT DEGREE COLLEGE RAZOLE

CERTIFICATE COURSE IN YOGA ATTENDANCE SHEET 2020-21

NAME OF THE STUDENT	REGISTERED NO.	2/11/2020	3/11/2020	4/11/2020	5/11/2020	6/11/2020	7/11/2020	9/11/2020	10/11/2020	11/11/2020	12/11/2020	13-11-2020	16-11-2020	17-11-2020	18-11-2020	19-11-2020	20-11-2020	21-11-2020	23-11-2020	24-11-2020	25-11-2020	26-11-2020	27-11-2020	28-11-2020	30/11/2020	1/12/2020	2/12/2020	3/12/2020	4/12/2020	5/12/2020	7/12/2020
MALLADI RUPASRI	18352/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	P
KHARUNNISA FATHIMA	18353/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	P
BUNGA MADHU	18355/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	P
SIMHADRI BHAVANI	18357/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	P
KANDBOYINA SRI DURGA	18377/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	P
KONUKU V LAKSHMI	18378/P	A	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
KATTA DEENENA KUMARI	18369/P	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A
BADUGU RAMA KIRAN	18396/P	P	P	A	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P
MALLADI GAYATHRI	18409/P	P	P	A	P	P	P	P	P	A	P	A	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P
GUBBALA B M SWAMY	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	P
CHUDATA BALA KIRAN	18454/P	P	P	A	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
A.V.S.SWAMY	18347/P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
GOGI CHATTANYA SAVITHRI	18348/P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
MARUBODI L DURGA	18349/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	P
PEDAPUDU L DURGA	18350/P	A	P	P	A	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
MEDIDHA M DURGA	18354/P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
BALAM KESAVA NANDINI	18356/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	P
MACHURA RENIKA	18346/P	P	A	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
BATTULA PRIYANKA	18389/P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
BATTULA SRINIVAS	18398/P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Signature of Faculty

Principal
Principal
Govt. Degree College
NAAC 'B' & UPE
RAZOLE - E.G.D.L

Lecturer in English
Lecturer in English
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GOVERNMENT DEGREE COLLEGE RAZOLE
SYLLABUS FOR CERTIFICATE COURSE
YOGA Certificate Course in 2020-21

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 (exercise 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:

1. <https://www.health.harvard.edu>
2. <https://www.healthline.com>
3. <https://www.yogajournal.com>
4. <https://www.everdayhealth.com>

Pattern of Examination

Theory (60 marks)

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

Practical's (40 marks)

- > Assignments
- > Viva-voice


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DEPARTMENT OF PHYSICAL EDUCATION

Certificate course-Yoga-2020-21

Work done statement of Certificate Course (Nov to Dec 2020)

Name of the Lecturer: G BHASKARA Rao

Subject: YOGA

S.No	Date	Batch Time (4pm-5pm)	Topic
1	02-11-2020	1Hr	Yoga Definition
2	03-11-2020	1Hr	sukshma vyayamalu
3	04-11-2020	1Hr	Eye related exercises
4	05-11-2020	1Hr	hands relates exercises
5	06-11-2020	1Hr	legs related exerses
6	07-11-2020	1Hr	stomach related exercises
7	09-11-2020	1Hr	Simhasana
8	10-11-2020	1Hr	Paschimottanasana,
9	11-11-2020	1Hr	Uttanpadasana,
10	12-11-2020	1Hr	Salabhasana,
11	13-11-2020	1Hr	Shavasana
12	16-11-2020	1Hr	- Garudasana
13	17-11-2020	1Hr	Ek-Pad Pranamasana Kati Chakrasana,
14	18-11-2020	1Hr	Urdhava Hastottanasana,
15	19-11-2020	1Hr	Natrajasana
16	20-11-2020	1Hr	Parvatasana,
17	21-11-2020	1Hr	Kukkutasana
18	23-11-2020	1Hr	Digital Banking
19	24-11-2020	1Hr	Pawanmuktasana
20	25-11-2020	1Hr	Bhujangasana,
21	26-11-2020	1Hr	Shavasana
22	27-11-2020	1Hr	Trikonasana
23	28-11-2020	1Hr	Ardha-Kati, Chakrasana
24	30-12-2020	1Hr	Tadasana
25	01-12-2020	1Hr	Vrikshasana
26	02-12-2020	1Hr	Padmasana
27	03-12-2020	1Hr	Pada Hastasana,
28	04-12-2020	1Hr	Urdhv Pranamasana,
29	05-12-2020	1Hr	Konasana,
30	07-12-2020	1Hr	Vajrasana


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GOVERNMENT DEGREE COLLEGE, RAZOLE DEPARTMENT OF PHYSICAL EDUCATION STUDENT ATTENDANCE LIST 2020-2021

SL.N o	Enrolment No.	Name	Group With medium	Signature of the student
1	18352	MALLADI RUPASRI	BA (HPE)	M. Rupam
2	18353	KHAIRUNNISA FATHIMA	BA (HPE)	K. Fathima
3	18355	BUNGA MANJU	BA (HPE)	B. Manju
4	18357	SIMHDRI BHAVANI	BA (HPE)	S. Bhavani
5	18377	KANDIBOYINA SRI DURGA	BA (HPE)	K. Sri Durga
6	18378	KONUKU V. LAKSHMI	BA (HPE)	K. V. Lakshmi
7	18369	KATTA DEEVENA KUMARI	B.ComCA	K. Deevena
8	18396	BADUGU RAMA KIRAN	B.ComCA	B. Rama Kiran
9	18409	MALLADI GAYATHRI	B.ComCA	M. Gayathri
10	18428	GUBBALA B.M.SWAMY	B.ComCA	G. B. M. Swamy
11	18454	CH.UDAYA BALA KIRAN	B.ComCA	Ch. Udaya Bala Kiran
12	18347	A V S.S SWAMY	B.A(Com)	A.V.S. Swamy
13	18348	GOGI CHAITANY SAVITHRI	B.A (Com)	G. Chaitany
14	18349	MARUBODI DURGA RANI	B.A(Com)	M. Durga Rani
15	18350	PEDAPUDI LAKSHMI DURGA	B.A(Com)	P. Lakshmi Durga
16	18354	MEDIDHA MADHAVI DURGA	B.A(Com)	M. Madhavi Durga
17	18356	BALAM KESAVA NANDINI	B.A(Com)	B. Kesava Nandini
18	18346	MADHURA RENUKA	CBZ	M. Renuka
19	18389	BATTULA PRIYANKA	CBZ	B. Priyanka
20	18398	BATTULA SRINIVAS	CBZ	B. Srinivas

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CERTIFICATE COURSE IN YOGA
SYLLABUS FOR CERTIFICATE COURSE IN 2020-21
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 is the importance of yoga 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?


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DEPARTMENT OF PHYSICAL EDUCATION 2020-21 INTERNAL MARKS AWARD LIST

SL.NO	Enrolment No.	Name	Group With medium	Marks Awarded 100
1	18352	MALLADI RUPASRI	B.COM(GEN)	75
2	18353	KHAIRUNNAISA FATHEMA	B.COM(GEN)	72
3	18355	BUNGA MADHU	B.COM(GEN)	70
4	18357	SIMHADRI BHAVANI	B.COM(GEN)	70
5	18377	KANDIBOYINA SRI DURGA	B.COM(GEN)	71
6	18378	KONUKU V LAKSHMI	B.COM(GEN)	75
7	18369	KATTA DEENENA KUMARI	B.COM(GEN)	68
8	18396	BADUGU RAMA KIRAN	MPC™	65
9	18409	MALLADI GAYATHRI	MPC™	70
10	18428	GUBBALA B M SWAMY	MPC™	70
11	18454	CH.UDAYA BALA KIRAN	MPC™	68
12	18347	A.V.S.S.SWAMY	MPC™	75
13	18348	GOGI CHAITANYA SAVIHRI	MPC™	70
14	18349	MARUBODI LAKSHMI DURGA	MPC™	72
15	18350	PEDAPUDUI LAKSHMI DURGA	CBZ	73
16	18354	MEDIDHA MADHAVI DURGA	CBZ	75
17	18356	BALAM KESAVA NANDINI	CBZ	75
18	18346	MADHURA RENUKA	CBZ	68
19	18389	BATTULA PRIYANKA	CBZ	75
20	18398	BATTULA SRINIVAS	CBZ	75

Signature of the Faculty


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DEPARTMENT OF PHYSICAL EDUCATION

This is to certify that MALLADI RUPASRI of BA(HPE) has
successfully completed Certificate Course in Yoga during 2020-21.


Lecturer in English
GOVERNMENT DEGREE COLLEGE
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COORDINATOR


Principal
Govt. Degree College
NAAC 'B' Grade
RAZOLE - E.G.D.C.
PRINCIPAL


Principal
Govt. Degree College
NAAC 'B' Grade
RAZOLE - E.G.D.C.


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GOVERNMENT DEGREE COLLEGE

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

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Certificate Course in Yoga 2020-21



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Lecturer in English
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Dr.B.R. Ambedkar Konaseema Dt.A.P.