



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



GOVERNMENT DEGREE COLLEGE RAZOLE
YOGA CERTIFICATE COURSE
ON
2018-19



CONDUCTED BY

DEPARTMENT OF PHYSICAL EDUCATION



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



DEPARTMENT OF PHYSICAL EDUCATION
MINUTES OF THE DEPARTMENT

A staff meeting has been conducting in the department on 03-11-2018 and following items have been discussed and resolved

- *It is resolved to introduce certificate course for the academic year 2018-19.*
- *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.*

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

25/11/18



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



Department of physical education

NOTICE

To
*The principal
Government Degree College
Razole*

*Razole
03-11-2018*

Sir,

*Sub: Government Degree College Razole, Introduction of Certificate course in
"Yoga" During 2018-19. Proposal submitted for permission - Regarding.*

*I humbly submitted that the department of physical education to
conduct a certificate course in YOGA during 2018-19. 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

(G. SRINIVASA RAO)

ABSTRACT

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

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



GOVERNMENT DEGREE COLLEGE

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

NAAC Re-Accredited with 'B' Grade



DEPARTMENT OF PHYSICAL EDUCATION CERTIFICATE COURSE IN YOGA

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*

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

[Handwritten signature]



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 2018-19

NAME OF THE STUDENT	REGISTERED NO.	4/11/2018	5/11/2018	6/11/2018	7/11/2018	8/11/2018	11/11/2018	12/11/2018	13/11/2018	14/11/2018	15-11-2018	16-11-2018	18-11-2018	19-11-2018	20-11-2018	21-11-2018	22-11-2018	23-11-2018	25-11-2018	26-11-2018	27-11-2018	28-11-2018	29-11-2018	30-11-2018	2/12/2018	3/12/2018	4/12/2018	5/12/2018	6/12/2018	9/12/2018	10/12/2018
KOLLU VENKATA RAMANA	18340	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
VADREYU SRI SAI GANESH	18306	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
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
AVANIGADDA NAGARAJU	18234	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 NAGA 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 N VARMA	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
KUMPATLA D N S A 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 SAI 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 SUMA	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
NAMAVARAPU N RAJU	18292	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
PITHANI MURALI KRISHNA	18244	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
SANKARAGUPTH MARIYYA	18271	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
SARELLA SHIVAJI	1826	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
SHEIK ABDULLA	18270	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
GODA PALLAVI	18343	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

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



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



GOVERNMENT DEGREE COLLEGE RAZOLE
SYLLABUS FOR CERTIFICATE COURSE
YOGA Certificate Course in 2018-19

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 (60marks)

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

Practical's (40 marks)

- > Assignments
- > Viva-voice

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

25/11/18



GOVERNMENT DEGREE COLLEGE

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

NAAC Re-Accredited with 'B' Grade



DEPARTMENT OF PHYSICAL EDUCATION

Certificate course-Yoga-2018-19

Work done statement of Certificate Course (Nov to Dec 2018)

Name of the Lecturer: G Srinivasa Rao

Subject: YOGA

S.No	Date	Batch Time (4pm-5pm)	Topic
1	04-11-2018	1Hr	Yoga Definition
2	05-11-2018	1Hr	sukshma vyayamalu
3	06-11-2018	1Hr	Eye related exercises
4	07-11-2018	1Hr	hands relates exercises
5	08-11-2018	1Hr	legs related exerses
6	11-11-2018	1Hr	stomach related exercises
7	12-11-2018	1Hr	Simhasana
8	13-11-2018	1Hr	Paschimottanasana,
9	14-11-2018	1Hr	Uttanpadasana,
10	15-11-2018	1Hr	Salabhasana,
11	16-11-2018	1Hr	Shavasana
12	18-11-2018	1Hr	- Garudasana
13	19-11-2018	1Hr	Ek-Pad Pranamasana Kati Chakrasana,
14	20-11-2018	1Hr	Urdhava Hastottanasana,
15	21-11-2018	1Hr	Natrajasana
16	22-11-2018	1Hr	Parvatasana,
17	23-11-2018	1Hr	Kukkutasana
18	25-11-2018	1Hr	Digital Banking
19	26-11-2018	1Hr	Pawanmuktasana
20	27-11-2018	1Hr	Bhujangasana,
21	28-11-2018	1Hr	Shavasana
22	29-11-2018	1Hr	Trikonasana
23	30-11-2018	1Hr	Ardha-Kati, Chakrasana
24	02-12-2018	1Hr	Tadasana
25	03-12-2018	1Hr	Vrikshasana
26	04-12-2018	1Hr	Padmasana
27	05-12-2018	1Hr	Pada Hastasana,
28	06-12-2018	1Hr	Urdhv Pranamasana,
29	09-12-2018	1Hr	Konasana,
30	10-12-2018	1Hr	Vajrasana

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

G Srinivasa Rao



GOVERNMENT DEGREE COLLEGE

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

NAAC Re-Accredited with 'B' Grade



GOVERNMENT DEGREE COLLEGE RAZOLE

Department of physical education

2018-2019 student Attendance

SL.No	Enrolment No.	Name	Group With medium	Signature of the student
1	18340	KOLLU VENKATA RAMANA	B.COM(GEN)	K. Venkata
2	18306	VADREVU SRI SAI GANESH	B.COM(GEN)	V. Ganesh
3	18301	LANKE SAI DURGA RAO	B.COM(GEN)	L. S. Durga Rao
4	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	K. Teja Kumar
5	18234	AVANIGADDA NAGARAJU	B.COM(GEN)	A. Nagaraju
6	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	L. Saiduraga
7	18301	LANKE SAI DURGA RAO	B.COM(GEN)	L. Durga Rao
8	18229	MUTHYALA SRI	MPC™	M. Sri
9	18233	POTHULA THANMAYI	MPC™	P. Thanmayi
10	18428	ADABALA NAGA MASARAJU	MPC™	A. Nagaraju
11	18336	SERU DURGA NAGENDRA VARMA	MPC™	S. D. N. Varma
12	18265	KUMPATLA D N S ANJANA DEVI	MPC™	K. Devi
13	18256	NAKKA KOMALI SAI MALESWARI	MPC™	N. Maleswari
14	18217	VARDHANAPU SUMA	MPC™	Vardhanapu
15	18292	NAMAVARAPU NEHEMYA RAJU	BA.HEP	N. Raju
16	18244	PITHANI MURALI KRISHNA	BA.HEP	P. Murali
17	18271	SANKARAGUPTHAM MARIYYA	BA.HEP	S. Mariyya
18	18268	SARELLA SHIVAJI	BA.HEP	S. Shivaji
19	18270	SHEIK ABDULLA	BA.HEP	
20	18343	GODA PALLAVI	BA.HEP	G. Pallavi

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

25/11/19



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 2018-19
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 yoga important 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?

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

25/11/19



GOVERNMENT DEGREE COLLEGE

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

NAAC Re-Accredited with 'B' Grade



Department of Physical Education YOGA CERTIFICATE COURSE 2018-19 Internal Marks Sheet

SL.No	Enrolment No.	Name	Group With medium	Marks awarded/100
1	18340	KOLLU VENKATA RAMANA	B.COM(GEN)	74
2	18306	VADREVU SRI SAI GANESH	B.COM(GEN)	76
3	18301	LANKE SAI DURGA RAO	B.COM(GEN)	71
4	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	73
5	18234	AVANIGADDA NAGARAJU	B.COM(GEN)	71
6	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	72
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 VARMA	MPC™	66
12	18265	KUMPATLA D N S ANJANA DEVI	MPC™	75
13	18256	NAKKA KOMALI SAI MALESWARI	MPC™	73
14	18217	VARDHANAPU SUMA	MPC™	72
15	18292	NAMAVARAPU NEHEMYA RAJU	BA.HEP	73
16	18244	PITHANI MURALI KRISHNA	BA.HEP	75
17	18271	SANKARAGUPTHAM MARIYYA	BA.HEP	75
18	1826	SARELLA SHIVAJI	BA.HEP	68
19	18270	SHEIK ABDULLA	BA.HEP	75
20	18343	GODA PALLAVI	BA.HEP	75

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

Signature of the Faculty

[Handwritten Signature]



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



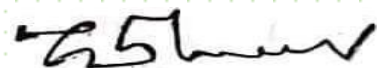
DEPARTMENT OF PHYSICAL EDUCATION

This is to certify that POTHULA THANMAYI of IIIBSC(MPC)™ has successfully completed Certificate Course in Yoga during 2018-19.


COORDINATOR


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


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





GOVERNMENT DEGREE COLLEGE

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

NAAC Re-Accredited with 'B' Grade



Certificate Course in Yoga 2018-19



N. V. Rao
Principal
Govt. Degree College
NAAC 'B' Grade
RAZOLE - E.G.D.I.

[Handwritten Signature]