



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



**GOVERNMENT DEGREE COLLEGE RAZOLE**  
**YOGA CERTIFICATE COURSE**  
**ON 2019-20**



*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 25-10-2019 and following items have been discussed and resolved*

- *It is resolved to introduce certificate course for the academic year 2019-20.*
- *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.C.

*25/10/19*



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*Department of physical education*

**NOTICE**

To

*The principal  
Government Degree College  
Razole*

Sir,

*Sub: Government Degree College Razole, Introduction of Certificate course  
in "Yoga" During 2019-20. Proposal submitted for permission - Regarding.*

\*\*\*

*I humbly submitted that the department of physical education to  
conduct a certificate course in YOGA during 2019-20. 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

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



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## **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 is develop his confidence levels with practicing yoga*

*NVRao*  
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**GOVERNMENT DEGREE COLLEGE RAZOLE**  
**CERTIFICATE COURSE IN YOGA ATTENDANCE SHEET 2019-20**

NAME OF THE STUDENT	REGISTERED NO.	4/11/2019	5/11/2019	6/11/2019	7/11/2019	8/11/2019	11/11/2019	12/11/2019	13/11/2019	14/11/2019	15-11-2019	16-11-2019	18-11-2019	19-11-2019	20-11-2019	21-11-2019	22-11-2019	23-11-2019	25-11-2019	26-11-2019	27-11-2019	28-11-2019	29-11-2019	30-11-2019	2/11/2017	3/12/2019	4/12/2019	5/12/2019	6/12/2019	9/12/2019	10/12/2019
CHELLUBOINA MADHU	18215	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
NUNNA D S LAKSHMI	18295	P	P	P	P	P	P	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 M MEGHANA	18322	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
TADI SWARAPA RANI	18211	P	P	P	P	P	P	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 NAGARAU	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 MASARRAU	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 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
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
IMOKA PRIYANKA	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 SIRISHA	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
GUBBALA 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

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*N. Rao*  
 Govt. Degree College  
 NAAC 'B' & NAAC  
 RAZOLE - E.G.D.C.

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**GOVERNMENT DEGREE COLLEGE RAZOLE**  
**SYLLABUS FOR CERTIFICATE COURSE**  
**YOGA Certificate Course in 2019-20**

**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

*N. RAO*  
Principal  
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## DEPARTMENT OF PHYSICAL EDUCATION

### Certificate course-Yoga-2019-20

#### Work done statement of Certificate Course (Nov to Dec 2019)

Name of the Lecturer: G Srinivasa Rao

Subject: YOGA

S.No	Date	Batch Time (4pm-5pm)	Topic
1	04-11-2019	1Hr	Yoga Definition
2	05-11-2019	1Hr	sukshma vyayamalu
3	06-11-2019	1Hr	Eye related exercises
4	07-11-2019	1Hr	hands relates exercises
5	08-11-2019	1Hr	legs related exerses
6	11-11-2019	1Hr	stomach related exercises
7	12-11-2019	1Hr	Simhasana
8	13-11-2019	1Hr	Paschimottanasana,
9	14-11-2019	1Hr	Uttanpadasana,
10	15-11-2019	1Hr	Salabhasana,
11	16-11-2019	1Hr	Shavasana
12	18-11-2019	1Hr	- Garudasana
13	19-11-2019	1Hr	Ek-Pad Pranamasana Kati Chakrasana,
14	20-11-2019	1Hr	Urdhava Hastottanasana,
15	21-11-2019	1Hr	Natrajasana
16	22-11-2019	1Hr	Parvatasana,
17	23-11-2019	1Hr	Kukkutasana
18	25-11-2019	1Hr	Digital Banking
19	26-11-2019	1Hr	Pawanmuktasana
20	27-11-2019	1Hr	Bhujangasana,
21	28-11-2019	1Hr	Shavasana
22	29-11-2019	1Hr	Trikonasana
23	30-11-2019	1Hr	Ardha-Kati, Chakrasana
24	02-12-2019	1Hr	Tadasana
25	03-12-2019	1Hr	Vrikshasana
26	04-12-2019	1Hr	Padmasana
27	05-12-2019	1Hr	Pada Hastasana,
28	06-12-2019	1Hr	Urdhv Pranamasana,
29	09-12-2019	1Hr	Konasana,
30	10-12-2019	1Hr	Vajrasana

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*G Srinivasa Rao*



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## GOVERNMENT DEGREE COLLEGE RAZOLE DEPARTMENT OF PHYSICAL EDUCATION STUDENT ATTENDANCE 2019-2020

SL.No	Enrolment No.	Name	Group With medium	Signature of the student
1	18215	CHELLUBOINA MADHU	B.COM(GEN)	C. madhu
2	18295	NUNNA DURGA SRI SAI LAKSHMI	B.COM(GEN)	N.D.S.S. Lakshmi
3	18322	PECHETTI MADHU MEGHANA	B.COM(GEN)	P.M. meghana
4	18211	TADI SWARAPA RANI	B.COM(GEN)	T. Swarapa Rani
5	18234	AVANIGADDA NAGARAJU	B.COM(GEN)	A. Nagaraju
6	18222	KUDUPUDI TEJA KUMAR	B.COM(GEN)	K.T.T. kumar
7	18301	LANKE SAI DURGA RAO	B.COM(GEN)	L. Sai Durga Rao
8	18229	MUTHYALA SRI	MPC™	M. SRI
9	18233	POTHULA THANMAYI	MPC™	P. Thanmayi
10	18428	ADABALA NAGA MASARAJU	MPC™	A. masaraju
11	18336	SERU DURGA NAGENDRA VARMA	MPC™	S. 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™	V. Suma
15	18226	CHINTHA HEMA PALLIVI	CBZ	Ch. pallivi
16	18260	KONUKU LIKHITHA	CBZ	K. LIKHITHA
17	18264	MALLUVALASI SNEHA	CBZ	M. Valasi SNEHA
18	18225	MOKA PRIYANKA	CBZ	M. priyanka
19	18304	MORI SIRISHA	CBZ	M. Sirisha
20	18238	GUBBALA SRINIVAS	CBZ	G. srinivas

NVRao  
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25/11/20



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CERTIFICATE COURSE IN YOGA  
SYLLABUS FOR CERTIFICATE COURSE IN 2019-20  
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?

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25/11/20



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**Department of Physical Education**

**2019-20 INTERNAL MARKS AWARD LIST**

SL.N O	Enrolment No.	Name	Group With medium	Marks awarded 100
1	18215	CHELLUBOINA MADHU	B.COM(GEN)	75
2	18295	NUNNA DURGA SRI SAI LAKSHMI	B.COM(GEN)	72
3	18322	PECHETTI MADHU MEGHANA	B.COM(GEN)	70
4	18211	TADI SWARAPA RANI	B.COM(GEN)	70
5	18234	AVANIGADDA NAGARAJU	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 VARMA	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

*N. Rao*  
Principal  
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**Signature of the Faculty**

*[Handwritten Signature]*



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 ([www.razolegdc.ac.in](http://www.razolegdc.ac.in))



**DEPARTMENT OF PHYSICAL EDUCATION**

This is to certify that MORI SIRISHA of III CBZ has successfully completed Certificate Course in Yoga during 2019-20.

*E. Srinani*  
 Lecturer in English  
 GOVERNMENT DEGREE COLLEGE  
 RAZOLE - 533242  
 COORDINATOR

*NVRao*  
 Principal  
 Govt. Degree College  
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 RAZOLE - E.G.D.C.  
 PRINCIPAL

*NVRao*  
 Principal  
 Govt. Degree College  
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*25/11/20*



# GOVERNMENT DEGREE COLLEGE

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

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## Certificate Course in Yoga 2019-20



*N. Rao*  
Principal  
Govt. Degree College  
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