



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



**GOVERNMENT DEGREE COLLEGE RAZOLE**  
**YOGA CERTIFICATE COURSE**  
**ON**  
**2021-22**



**CONDUCTED BY**  
**DEPARTMENT OF PHYSICAL EDUCATION**



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**DEPARTMENT OF PHYSICAL EDUCATION**

**MINUTES OF THE DEPARTMENT**

*A staff meeting has been conducting in the department on 20-04-2022 and following items have been discussed and resolved*

- It is resolved to introduce certificate course for the academic year 2021-22.*
- It is resolved to conduct certificate course for the final year students.*
- It is resolved to conduct classes for 45 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  
NAAC 'B' Grade  
RAZOLE - E.G.D.

Lecturer in English  
GOVERNMENT DEGREE COLLEGE  
RAZOLE - 533242



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**Department of physical education**

**NOTICE**

Razole  
22-04-2022

To  
The principal  
Government Degree College  
Razole

Sir,

Sub: Government Degree College Razole, Introduction of Certificate course in  
“Yoga” During 2021-22. Proposal submitted for permission - Regarding.

\*\*\*

I humbly submitted that the department of physical education to  
conduct a certificate course in YOGA during 2021-22. 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  
RAZOLE - 533242

(G. BHASKARA RAO)

**ABSTRACT**

S.NO	NAME OF THE FACULTY	Total number of hours taken
1	G BHASKARA RAO	45

  
Principal  
Govt. Degree College  
Razole, E.G.D.



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## **DEPARTMENT OF PHYSICAL EDUCATION CERTIFICATE COUSE IN YOGA 2021-22**

***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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Razole, E.G.Dt

  
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**GOVERNMENT DEGREE COLLEGE RAZOLE  
SYLLABUS FOR CERTIFICATE COURSE  
YOGA Certificate Course in 2021-22**

**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

  
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## DEPARTMENT OF PHYSICAL EDUCATION

Work done statement of Certificate Course -Yoga-2021-22

Name of the Lecturer: G BHASKARA RAO

Subject: YOGA

S.No	Date	Batch Time (4pm-5pm)	Topic
1	27-4-2022	1Hr	Yoga Definition
2	28-4-2022	1Hr	sukshma vyayamalu
3	29-4-2022	1Hr	Eye related exercises
4	30-4-2022	1Hr	hands relates exercises
5	02-5-2022	1Hr	legs related exerses
6	04-5-2022	1Hr	stomach related exercises
7	05-5-2022	1Hr	Simhasana
8	06-5-2022	1Hr	Paschimottanasana,
9	07-5-2022	1Hr	Uttanpadasana,
10	09-5-2022	1Hr	Salabhasana,
11	10-5-2022	1Hr	Shavasana
12	11-5-2022	1Hr	- Garudasana
13	12-5-2022	1Hr	Ek-Pad Pranamasana Kati Chakrasana,
14	13-5-2022	1Hr	Urdhava Hastottanasana,
15	14-5-2022	1Hr	Natrajasana
16	16-5-2022	1Hr	Parvatasana,
17	17-5-2022	1Hr	Kukkutasana
18	18-5-2022	1Hr	Digital Banking
19	19-5-2022	1Hr	Pawanmuktasana
20	20-5-2022	1Hr	Bhujangasana,
21	21-5-2022	1Hr	Shavasana
22	23-5-2022	1Hr	Trikonasana
23	24-5-2022	1Hr	Ardha-Kati, Chakrasana
24	26-5-2022	1Hr	Tadasana
25	27-5-2022	1Hr	Vrikshasana
26	28-5-2022	1Hr	Padmasana
27	30-5-2022	1Hr	Pada Hastasana,
28	31-5-2022	1Hr	Urdhv Pranamasana,
29	01-6-2022	1Hr	Konasana,
30	02-6-2022	1Hr	Vajrasana

  
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31	03-6-2022	1Hr	Supta Vajrasana
32	04-6-2022	1Hr	Shashankasana,
33	06-6-2022	1Hr	Gomukhasana
34	07-6-2022	1Hr	Janusirasana
35	08-6-2022	1Hr	Naukasana,
36	09-6-2022	1Hr	Halasana
37	10-6-2022	1Hr	Chakrasana
38	13-6-2022	1Hr	Shavasana
39	14-6-2022	1Hr	Tadasana
40	15-6-2022	1Hr	Natrajasana,
41	16-6-2022	1Hr	Kato Chakarasana,
42	17-6-2022	1Hr	Baddhapadmasana
43	18-6-2022	1Hr	Ushtrasana,
44	20-6-2022	1Hr	Pranayama- Bhastrika
45	21-6-2022	1Hr	Pranayama- Bhramari

*A. K. L. Choudhary*  
Principal  
Govt. Degree College  
Razole, E.G.D.

*G. mm*  
Lecturer in English  
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## GOVERNMENT DEGREE COLLEGE RAZOLE DEPARTMENT OF PHYSICAL EDUCATION STUDENT ATTENDANCE LIST 2021-2022

SL.NO	Register No.	Name	Group with medium	Signature of the student
1	201078200002	B.SUMA	B.Com (C.A)	B. SUMA
2	201078200003	B.KANCHANA	B.Com(C.A)	B. Kanchana
3	2010782000001	CH.SRAVANI	B.Com(C.A)	Ch. Sravani
4	201078200008	D.VEERENDRA	B.Com(C.A)	D.VEERENDRA
5	201078200014	G.V.MEENAKSHI	B.Com(CA)	G.V. MEENAKSHI
6	201078200011	G.M.SAMBASIVA	B.Com(CA)	G.M. SAMBASIVA
7	201078200012	G.RAVIKUMAR	B.ComCA	G. RAVIKUMAR
8	201078200013	G.SAIKRISHNA	B.ComCA	G. Sai Krishna
9	201078200014	K.VANISRI	B.ComCA	K. Vanisri
10	201078200016	K.MOUNIKA	B.ComCA	K. mounika
11	201078200017	K.NARASIMHASWAMY	B.ComCA	K. NARASIMHA
12	201078200018	KHAREE NEFATHEMA	B.ComCA	K. nefathema
13	201078200019	K.PRADEEPA	B.ComCA	K. PRADEEPA
14	201078200043	Y.SWETHA	B.ComCA	Y. swetha
15	201078200025	ML.ACHINTYA	B.ComCA	M.L. Achintya
16	201078200031	P.D.SRIHARSHA	B.ComCA	P.D. Sriharsha
17	201078200033	SABERAFATHEMA	B.ComCA	SABERAFATHEMA
18	20107820003L1	S.RAKESH	B.ComCA	S. RAKESH
19	20107820003E	SHARMILAKHATOON	B.ComCA	SHARMILAKHATOON
20	201078200039	U.RAJASEKHAR	B.ComCA	U. Rajasekhara

  
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**CERTIFICATE COURSE IN YOGA**  
**SYLLABUS FOR CERTIFICATE COURSE IN 2021-22**  
**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 2021-22 INTERNAL MARKS AWARD LIST

SL.No	Register No.	NAME	Group with medium	Marks awarded 100
1	201078200002	B.SUMA	B.Com (C.A)	75
2	201078200003	B.KANCHANA	B.Com (C.A)	72
3	201078200004	CH.SRAVANI	B.Com (C.A)	70
4	201078200008	D.VEERENDRA	B.Com (C.A)	70
5	201078200010	G.V.MEENAKSHI	B.Com (CA)	71
6	201078200011	G.M.SAMBA SIVA	B.Com (CA)	75
7	201078200012	G.RAVI KUMAR	B.Com CA	68
8	201078200013	G.SAI KRISHNA	B.Com CA	65
9	201078200014	K.VANI SRI	B.Com CA	70
10	201078200016	K.MOUNIKA	B.Com CA	70
11	201078200017	K.N SWAMY	B.Com CA	68
12	201078200018	K FATHEMA	B.Com CA	75
13	201078200019	K.PRADEEPA	B.Com CA	70
14	201078200043	Y.SWETHA	B.Com CA	72
15	201078200025	M.L.ACHINTYA	B.Com CA	73
16	201078200030	P.D.SRI HARSHA	B.Com CA	75
17	201078200033	SABERA FATHEMA	B.Com CA	75
18	201078200034	S.RAKESH	B.Com CA	68
19	1078200036	SHARMILA	B.Com CA	75
20	201078200039	U.RAJA SEKHAR	B.Com CA	75

**Signature of the Faculty**

  
Principal  
Govt Degree College  
Razole, E.G.D.

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




**DEPARTMENT OF PHYSICAL EDUCATION**

This is to certify that B SUMA of IIB.COM(CA) has successfully completed Certificate Course in Yoga during 2021-22.

  
Lecturer in English  
GOVERNMENT DEGREE COLLEGE  
RAZOLE - 533242  
COORDINATOR

  
Principal  
Govt. Degree Coll.  
Razole, E.G.Dt  
PRINCIPAL

  
Principal  
Govt. Degree Coll.  
Razole, E.G.Dt

  
Lecturer in English  
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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 2021-22



*A. B. L. Chaitanya*

Principal  
Govt Degree Coll. Razole, E.G. Dt.

*[Signature]*

Lecturer in English  
GOVERNMENT DEGREE COLLEGE  
RAZOLE - 533242  
Dr. B. R. Ambedkar Konaseema Dt. A.P.