

CERTIFICATE COURSE
ON
Basics in Yoga Asanas



GOVERNMENT DEGREE COLLEGE
NARASANNAPETA, SRIKAKULAM

DEPARTMENT OF BOTANY & PHYSICAL EDUCATION

2022-23

From
S.Parameswara Rao,
Department of Botany,
GDC, Narasannapeta.


To
The Principal,
Government Degree College,
Narasannapeta.

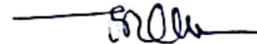
Sub: Regarding to start certificate course on Landscape Gardening

Respected Madam,

I am S.Parameswara Rao as Botany faculty in our College. This is regarding with conduct subject related certificate course introducing for student benefit of our BA/B.Com/B.Sc departments on "Basics in Yoga Asanas". The course duration should be 45 days. We are going to start in the academic year 2020-21 i.e. from 04-01-2023 to 10-03-2023. So, this is my humble request you to permit us for the establishment of above certificate course.

Thanking you madam,


03/01/23
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Yours sincerely

S.Parameswara Rao

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DEPARTMENT OF BOTANY

CERTIFICATE COURSE ON BASICS ON YOGA ASANAS, 2022-23

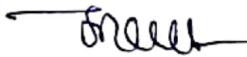
The faculty member of the Department of Botany met in the principal's chamber to discuss and review the conduct of the Certificate Course title "Basics in Yoga Asanas" under the Chairmanship of the principal and the faculty of the department on 25-12-2022.

AGENDA : Starting of certificate course for B.Sc/B.A/B.Com students.

RESOLUTIONS :

- 1) It is resolved to start the certificate course titled Basics in Yoga Asanas from **04-01-2023 to 10-03-2023 (45 days)** for the academic year **2020-21**.
- 2) It is also resolved to frame the syllabus, regulations for the successful completion of the certificate course titled Basics in Yoga Asanas.
- 3) Enrolled 14 students to this course.
- 4) Resolved to conduct classes at 9 to 10am.
- 5) Resolved to conduct exam after completion of the course and issue certificates to qualified candidates.
- 6) Qualifying Marks is 40%.


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Signature of the Lecturer

CIRCULAR

Date: 26-12-2022

This is to inform that the Department of Botany is going to be conducted a subject related certificate course from **01-02-2021 to 23-03-2021** for the Students of B.Sc/B.A/B.Com on "**Basics in Yoga Asanas**". The students who are interested can enroll their names to concerned Department on or before 02-01-2021. The duration of the course is **45 days**. The candidates who secure 40% of the marks in the examination will get their certificate.



Head of the Department



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DEPARTMENT OF BOTANY & PHYSICAL EDUCATION

CERTIFICATE COURSE ON BASICS IN YOGA ASANAS, 2022-23

ENROLLED STUDENTS LIST

Sl.No.	Year	Group	Admn. No	Hall ticket No	Name of the student
1	III year	B.Sc (M.P.C)	7401	2022004052027	pagoti ramudu
2	III year	B.Sc (M.P.C)	7402	2022004052029	Pikka neelima
3	III year	B.Sc (M.P.C)	7403	2022004052021	korada manikanta
4	III year	B.Sc (M.P.Cs)	7428	2022004050001	Anapana Bagyaraju
5	III year	B.Sc (M.P.Cs)	7429	2022004050021	Tangi chakradhar
6	III year	B.Sc (M.P.Cs)	7430	2022004050025	Vandhana vinay Kumar
7	III year	B.Sc (C.B.Z))	7447	2022004049017	kumbirika Suresh
8	III year	B.Sc (C.B.Z))	7455	2022004049008	Desella Lakshmi prasanna
9	III year	B.Sc (C.B.Z))	7438	2022004049009	Gedela sameera
10	III year	B.Sc (C.B.Z))	7545	2022004049020	Menda Monika
11	III year	B.Sc (C.B.Z))	7450	2022004049002	Aligi bhavani
12	III year	B.Sc (C.B.Z))	7449	2022004049026	Urlapu Lavanya
13	III year	B.A	7478	2022004036010	pothala ramakrishna
14	III year	B.A	7479	2022004036028	seera Prasad
15	III year	B.A	7477	2022004036033	Urlapu ramadevi
16	III year	B.A	7488	2022004036019	Muddhada soniya
17	II year	B.Com	7683	2122004066014	Ejjada jagadeeswari
18	II year	B.Com	7684	2122004066034	Sodi vasu
19	II year	B.Com	7685	2122004066007	Kolli Srikanth
20	II year	B.Sc (M.P.C)	7563	2122004052023	maruvada varaprasad
21	II year	B.Sc (M.P.C)	7564	2122004052008	Dasari sitaram
22	II year	B.Sc (M.P.C)	7565	2122004052001	Bantupilli mohan
23	II year	B.Sc (M.P.C)	7566	2122004052012	Karri dhanraj
24	II year	B.Sc (M.P.Cs)	7599	2122004050001	Aari Hariprasad
25	II year	B.Sc (M.P.Cs)	7722	2122004050002	Magabari Mahesh
26	II year	B.Sc (C.B.Z))	7604	2122004050021	Kummali Jagadeesh
27	II year	B.Sc (C.B.Z))	7604	2122004049031	ponnana namitha
28	II year	B.Sc (C.B.Z))	7605	2122004049002	Badana Lavanya
29	II year	B.Sc (C.B.Z))	7610	2122004049008	chowdari suryanarayana
30	II year	B.Sc (C.B.Z))	7624	2122004049024	Namballa devi
31	II year	B.Sc (C.B.Z))	7731	2122004049029	Pappu hem kumar
32	II year	B.A	7638	2122004036021	Panga sriramulu
33	II year	B.A	7639	2122004036023	patrula venkatesh
34	II year	B.A	7640	2122004036001	mamidi Ajay
35	I year	B.Sc (M.P.C)	7754	2222004052001	Boddana.Dhanunjya
36	I year	B.Sc (M.P.C)	7755	2222004052003	Kornu.Sairam

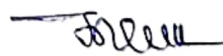
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DEPARTMENT OF BOTANY & PHYSICAL EDUCATION

CERTIFICATE COURSE ON BASICS IN YOGA ASANAS, 2022-23

ENROLLED STUDENTS LIST

Sl.No.	Year	Group	Admn.No.	Hall ticket No	Name of the student
37	I year	B.Sc (M.P.C)	7756	2222004052010	Yarra.renuka
38	I year	B.Sc (M.P.C)	7769	2222004052005	mamidi.Ajaykumar
39	I year	B.Sc (M.P.C)	7774	2222004052002	gokavalasa.pavan
40	I year	B.Sc (M.P.Cs)	7759	2222004050015	penta.ganesh
41	I year	B.Sc (M.P.Cs)	7760	2222004050009	korlana.poojitha
42	I year	B.Sc (M.P.Cs)	7761	2222004050002	karukola.mohini
43	I year	B.Sc (M.P.Cs)	7766	2222004050006	garaka.simhadhri
44	I year	B.Sc (M.P.Cs)	7767	2222004050019	Polaki.vamsi
45	I year	B.Sc (CBZ)	7782	2222004049012	kummari.sandhya
46	I year	B.Sc (CBZ)	7783	2222004049009	kummari.ekhasi
47	I year	B.Sc (CBZ)	7819	2222004049014	pakki.geetha
48	I year	B.Sc (CBZ)	7828	2222004049011	Kummari.ravi
49	I year	B.Com	7798	2222004066013	Paila.nirmala
50	I year	B.Com	7799	2222004066011	mogili.suresh
51	I year	B.Com	7800	2222004066005	kevasi.anil
52	I year	B.Com	7801	2222004036008	lakhineri.hemanthkumar
53	I year	B.A	7810	2222004036005	chinthu.ravikumar
54	I year	B.A	7811	2222004036001	polaki.hemalatha
55	I year	B.A	7812	2222004036011	palakonda.dhanalakshmi




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CERTIFICATE COURSE ON BASICS IN YOGA ASANAS, 2022-23

OBJECTIVE OF THE COURSE :

Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

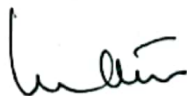
All these objectives could be dealt with in an integrated manner. Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

Course duration : 45 days

Level : UG

Course type : scheduled

Certification : certification will be given on the continuous comprehensive evaluation of students performance in the learning activities.



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CERTIFICATE COURSE ON BASICS IN YOGA ASANAS, 2022-23

Syllabus of Yoga Education (Theory & Practical)

The course content has been broadly divided into two parts. In the first part programme for the primary classes has been formulated. In the second part the programme for secondary and senior secondary classes has been formulated.

(A) UNIT-I: Main Recommendations for Primary Yoga :-

Yoga may be taught informally in the primary classes to develop physical and moral values through simple Sukshma Vyayama and interesting stories based on Yama and Niyama.

Physical Yogic Activities:-

1. Yogic Sukshma Vyayama (exercise No. 1-10)
2. Vajrasana, Tadasana
3. Walking on straight line to develop concentration
4. Relaxation

Value Education Based on Yama & Niyama:-

1. Lessons on personal and general hygiene.
2. Clean the teeth every day morning and evening.
3. Take bath everyday if weather permits.
4. Change clothes every day.
5. Oil and comb the hair every day.
6. Wash hands with soap before and after taking meals.
7. Do prayer before the meals.
8. Emphasize on telling truth, non-violence and non-stealing.
9. Obey the parents, teachers and elders.
10. Inspire to do at least one good turn (help / service) every day.
11. Be courteous and don't abuse.
12. Develop the habit of keeping the things at proper place.
13. Avoid littering.
14. Learn your lessons every day.
15. Telling the stories of great persons like Dhruv, Prahlad, Nachiketa, Eklavya, Abhimanyu, Lav-Kush, Aaruni etc.
16. Learning school prayer, pledge, National Anthem and other prayers.
17. Collection and display of photos and thoughts.

(B) UNIT-II: Programme for Secondary Yoga :-

	Practical	Theory
I	Shatha karma- kapalbhati(11-30 storkes) Shukshma vyayama- No 1-11 Asanas- Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana Pranayama- Bhastrika Concentration- On own breath (2 minutes) Ohm Chanting and shanti path.	1. Yoga Definition 2. Knowledge of five yama with more emphasis on 'Asteya' 3. Knowledge of five Niyama with emphasis on 'Santosh' 4. Knowledge of Aahar-Vihar 5. Methods and benefits of Sukshma Vyayama, Asanas and prayers.
II	Shatha karma- Introduction of Trataka and Practice of concentration on nose-tip. Shukshma vyayama- No 12-23 Asanas- Garudasana, Ek-Pad Pranamasana, Kati Chakrasana, Urdhava Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana Pranayama- Bhramari Concentration- On own breath (3 minutes) Ohm Chanting and shanti path.	1. Knowledge of Yama with more emphasis on 'Ahimsa' 2. Knowledge of Niyama with emphasis on 'Shauch' 3. A brief Knowledge of different type of yoga (Bhakti, Jnana, Karma and Hatha Yoga) 4. Methods and benefits of Sukshma Vyayama, Asanas and prayer.
III	Shatha karma- Introduction of Nauli Shukshma vyayama- No 24-32 Asanas- Pada Hastasana, Urdhv Pranamasana, Konasana, Vajrasana, Supta Vajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible) Pranayama- Anuloma-Viloma (Nadishodhan) Concentration- On own breath (So-ham) Ohm Chanting and shanti path.	1. Knowledge of Yama with more emphasis on 'Satya' & 'Aparigrah' 2. Knowledge of Niyama with emphasis on 'Swadhyaya' & 'Iswarpranidhan' 3. Simple anatomical and physiological aspects of Human body 4. Methods and Benefits of Sukshma Vyayama, Asanas and Pranayama 5. Personal importance of hygiene and health.
IV	Shatha karma- Jala Neti (if facility Available) Shukshma vyayama- No 33-48 Asanas- Trikonasana, Tadasana, Natrajasana, Kato Chakarasana,	1. Knowledge of Yama with more emphasis on 'Brahmcharya' 2. Knowledge of Niyama with emphasis on 'Tapa' 3. Relationship of yoga and education.

	Baddhapadmasana, Ushtrasana, Paschimottanasana, Bakasana, Kurmasana, Ardha Marsyendrasana, Makrasana, Dhanurasana, Shavasana, Surya Namaskar(if possible) Pranayama- Ujjayi and Suryabhedan Concentration- In between eyebrows, Ohm Chanting and shanti path.	4. Methods and benefits of Sukshma Vyayama, Asanas and Prayer. 5. Brief knowledge of 'Astanga' Yoga. 6. Importance of 'Satvic Aahar'.
V	Shatha karma- Trataka Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Trikonasana, Vrikshasana, Parivrat Trikonasana, Padmasana, Yogmudra, Matsyasana, Mandukasana, Vristitapada Bhoonamanasana, Pawanmuktasana, Vipritkarni, Shavasana, Yoganidra Pranayama- Bhramari, Sheetkari Concentration- on 'Dot' or 'Ohm', Ohm Chanting and shanti path.	1. Objectives of yoga Education. 2. Difference between Yoga Asana and physical exercises. 3. Importance of Yoga in daily life. 4. Methods and benefits of Asanas, Pranayama and Concentration
VI	Shatha karma- Kunjal, jalaneti & Nauli (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Surya Namaskar, Gomukhasana, Parvatasana, Supta Vajrasana, Hanumanasana, Sarvangasana, Uttanpadasana, Dhanurasana, Shavasana Bandhya- Moola, Uddiyana and Jalandhar Pranayama- Bhastrika, Nadisodhan Concentration- on 'Dot' or 'Ohm', Ohm Chanting and shanti path.	1. Role of yoga in character building 2. Therapeutic values of yoga 3. Introduction of yoga literature 4. Life history of Arvind, Vivekanand and other yogis 5. Knowledge of Bandha, Mudra and Chakras 6. Methods and benefits of Asanas, Pranayama and Concentration
VII	Shatha karma- Shatha kriyas by rotation (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- All kinds of Asanas by rotation depending upon facilities Bandhya- Moola, Uddiyana and Jalandhar Pranayama- kapalbhati, Bhramari, Ujjayi Concentration- on 'Dot' or 'Ohm' & Trataka Ohm Chanting and shanti path.	1. Effects of Asanas and Pranayama on physiology of human body 2. Concept of Nishkama Karma Yoga 3. Role of Yoga practices in developing concentration, will power and discipline 4. Techniques of stress management 5. Methods and benefits of Asanas, Pranayama and concentration


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DEPARTMENT OF BOTANY**

CERTIFICATE COURSE ON BASICS IN YOGA ASANAS, 2022-23

REPORT: Introduction: This report provides a comprehensive overview of our Yoga Certificate Course, an educational endeavor that has been nurturing the minds, bodies, and spirits of participants since its inception. The course, which is a testament to our commitment to the art of yoga, has evolved into a profound and transformative experience for all involved.

Course Structure: The Yoga Certificate Course is a [45 hours] program designed to cater to individuals at various stages of their yoga journey. It accommodates both novices and seasoned practitioners, as it not only deepens their understanding but also equips them with the skills necessary to share this ancient wisdom.

Curriculum Highlights:

1. **Yoga Philosophy:** The course delves into the rich philosophical underpinnings of yoga, exploring texts like the Yoga Sutras and the Bhagavad Gita. This intellectual journey helps students comprehend the essence of yoga beyond physical postures.
2. **Asana Practice:** A substantial part of the curriculum is dedicated to the physical aspect of yoga, including a wide array of asanas that enhance strength, flexibility, and balance.
3. **Meditation and Pranayama:** Breath control (pranayama) and meditation are integral to the course, enabling students to cultivate mental clarity and inner peace.
4. **Anatomy and Physiology:** Understanding the body's mechanics and the effects of yoga on various systems fosters a holistic approach to practice.
5. **Teaching Methodology:** Students are equipped with the tools and knowledge needed to become competent yoga instructors. This includes instruction on sequencing, alignment, and the art of teaching.
6. **Ethical and Lifestyle Components:** The course also emphasizes the ethical principles (yamas and niyamas) of yoga and encourages students to integrate them into their daily lives, fostering personal growth and a deeper connection to yoga's spiritual roots.

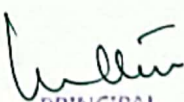
Benefits and Impact:

- **Certification:** Graduates receive a Yoga Certificate, widely recognized in the global yoga community.
- **Personal Growth:** Participants consistently report physical and mental transformations, including improved fitness, reduced stress, and heightened self-awareness.
- **Teaching Opportunities:** The course opens doors to professional yoga instruction or the ability to share yoga's benefits with their communities.
- **Community:** Students become part of a supportive yoga community, forging bonds that often last a lifetime.

Conclusion: Our Yoga Certificate Course is more than just a certification; it's a transformative journey that empowers individuals to live healthier, more balanced lives. As we continue to nurture the love for yoga, we invite all who seek a deeper understanding of this ancient practice to join us on this remarkable path of self-discovery and well-being.

PHOTO GALLERY OF YOGA CERTIFICATE COURSE 2022-23




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C27V+78Q, Narasannapeta, Andhra Pradesh 532421, India

Latitude

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Longitude

84.04326199°

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Altitude -38.96 meters



C27V+R3W, Narasannapeta, Andhra Pradesh 532421, India

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Longitude

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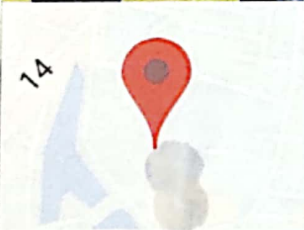
C27V+R3W, Narasannapeta, Andhra Pradesh 532421, India

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Longitude
84.04306097°

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Altitude -45.95 meters



Narasannapeta, Andhra Pradesh, India

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Long 84.042696°



Narasannapeta, Andhra Pradesh, India

C27V+R3W, Narasannapeta, Andhra Pradesh 532421, India

Lat 18.414102°

Long 84.042712°

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GPS Map Camera
Narasannapeta, Andhra Pradesh, India
C27V+78Q, Narasannapeta, Andhra Pradesh



C27V+R3W, Narasannapeta, Andhra Pradesh 532421, India
Latitude 18.414052566666665° Longitude 84.04322930000002°
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GMT 05:10:40 AM Monday, 13-06-2023

C27V+78Q, Narasannapeta, Andhra Pradesh 532421, India
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GMT 05:05:46 AM Monday, 13-06-2023

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**GOVERNMENT DEGREE COLLEGE
NARASANNAPETA- SRIKAKULAM DIST**

(Affiliated to Dr.B.R.Ambedkar University-Etcherla)

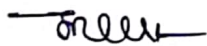


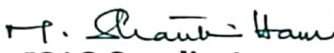
DEPARTMENT OF BOTANY
CERTIFICATE

This is to certify that

Mr./Ms B. Mohan

of II MPC successfully completed Certificate course on
" BASICS IN YOGA ASANAS " and scored 'A' grade during
the academic year 2022 -2023 .


Course coordinator
LECTURER
Govt. Degree College
NARASANNAPETA


IQAC Coordinator
LECTURER
Govt. Degree College
NARASANNAPETA


Principal
PRINCIPAL
GOVT. DEGREE COLLEGE
NARASANNAPETA-532 124
Srikakulam Dist.



**GOVERNMENT DEGREE COLLEGE
NARASANNAPETA- SRIKAKULAM DIST**

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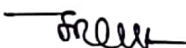


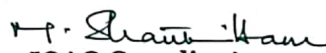
DEPARTMENT OF BOTANY
CERTIFICATE

This is to certify that

Mr./Ms P. NAMITHA

of I CBZ successfully completed Certificate course on
" BASICS IN YOGA ASANAS " and scored 'A' grade during
the academic year 2022 -2023 .


Course coordinator
LECTURER
Govt. Degree College
NARASANNAPETA


IQAC Coordinator
LECTURER
Govt. Degree College
NARASANNAPETA


Principal
GOVT. DEGREE COLLEGE
NARASANNAPETA-532 421
Srikakulam Dist.