



VISAKHA GOVT. DEGREE COLLEGE for WOMEN



Re-Accredited With 'B' Grade by NAAC
Old Jail Road, Visakhapatnam-20. Andhra Pradesh

DEPARTMENT OF PHYSICAL EDUCATION
VALUE ADDED COURSE



Objectives :-

- *Basic Knowledge of Yoga*
- *Body Balancing*
- *ASANAS*
- *Praanaayaama*
- *Meditation Techniques*
- *Relaxation Techniques*

Course Coordinator
Dr. R. Kironmeji
Physical Director

Faculty
S. KAVITHA
YOGA INSTRUCTOR

Course Director
DR. S. SHOBHA RANI
Principal



in
YOGA

Phone: 0891- 2541156 E-mail: visakhawomen@gmail.com FAX- :0891-2541156



VISAKHA GOVT. DEGREE COLLEGE for WOMEN

(ISO 90001: 2015, 5001: 2018, 4001: 2015, 45001:2018, 27001:2013 Certified College)

Quality Brands India College

(ACCREDITED BY NAAC "B" GRADE INSTITUTION)

<http://www.womengovtcollegevisakha.ac.in>

(OLD JAIL ROAD, DABAGARDENS VISAKHAPATNAM 530 020, ANDHRA PRADESH).



DEPARTMENT OF PHYSICAL EDUCATION—VALUE ADDED CERTIFICATE COURSE IN YOGA

YEAR	NAME OF THE CAPABILITY ENHANCEMENT PROGRAMME	D DATE OF IMPLEMENTATION	NO.OF STUDENTS ENROLLED	NAME OF THE RESOURCE PERSON WITH CONTACT NoS
2016—17	ONE MONTH YOGA CERTIFICATE COURSE	28/10/2016 TO 04/12/2016 4 TO 5 PM	30	RESOURCE PERSON: SAVITHRI, 9491764661
2017—18	ONE MONTH YOGA CERTIFICATE COURSE	18/10/2017 TO 23/11/2017 4 TO 5 PM	35	RESOURCE PERSON: SAVITHRI, 9491764661
2018—19	ONE MONTH YOGA CERTIFICATE COURSE	12/09/2018 TO 18/10/2018 4 TO 5 PM	40	RESOURCE PERSON: Ms S. Kavitha , 9052114049
2019—20	ONE MONTH YOGA CERTIFICATE COURSE	10/09/2019 TO 23/10/2019 4 TO 5 PM	50	RESOURCE PERSON: Ms S. Kavitha , 9052114049
2020-21	ONE MONTH YOGA CERTIFICATE COURSE	09/11/2020 TO 15/12/2020 4 TO 5 pm	45	RESOURCE PERSON: Ms Ch. PUSHPALATHA Yoga Therapy Expert 9110390484

ABOUT THE COURSE

We welcome all the students to this one-month Add on Course IN YOGA organized by the DEPARTMENT OF PHYSICAL EDUCATION. The course would help the students develop the skills to improve their own personal practice. The curriculum was designed to achieve fundamental health benefits and fit India theory. Certified yoga instructor teaches the skill-based course.

Yoga if practiced regularly and sincerely, works tremendously on every individual, both at physical and mental levels. It results into the Integration of personality, which is the ultimate aim of Yoga.

SYLLABUS

1. PHYLOSOPHY OF YOGA/LIFE STYLE/ETHICS
2. HISTORY OF YOGA
3. UNDERSTANDING YOGA
4. THE EIGHT LIMBS OF YOGA
5. YOGA ETHICS
6. KARMA YOGA
7. ANATOMY AND PHYSIOLOGY OF ASANAS
8. BASIC STANDING AND BALANCING POSTURES
9. BASIC SITTING POSTURES, TWISTING POSTURES
10. BASIC FORWARD BENDING AND BACKWARD BENDING POSTURES
11. RESTORATION POSTURES
12. INTRODUCTION TO MUDRAS
13. BASIC PRANAYAMA
14. MANTRAS
15. MEDITATION TECHNIQUES
16. RELAXATION TECHNIQUES

OBJECTIVES OF ONE MONTH YOGA CERTIFICATE COURSE

- BASIC KNOWLEDGE OF YOGA
- BODY BALANCING
- ASANAS
- PRAANAAYAAMA
- ANATOMY OF ASANA
- MANTRA CHANTING
- MEDITATION TECHNIQUES
- RELAXATION TECHNIQUES

Marks 2020 Date = 29

YOGA

classmate Date Page

S.No.	Name	Practical Theory	Attendance	Total
1.	P. Lavanya	42	43	51
2.	T. Sridevi	42	41	52
3.	V. Geethajali	41	45	58
4.	K. Divya	45	42	59
5.	D. Kasthuri	42	44	54
6.	V. Poosha	44	43	60
7.	A. Jhansi Kumari	43	44	59
8.	T. Saravathi	41	45	58
9.	M. Keerthi	45	40	54
10.	G. Meghana	42	40	54
11.	G. Bujji	44	45	57
12.	S. Neelima	43	44	58
13.	A. Megha	41	43	59
14.	T. Sujanya Kumari	45	40	55
15.	M. Sai Lakshmi	42	45	54
16.	T. Krishanmayi	44	42	52
17.	S. Nandini	43	44	60
18.	P. Rani	41	43	59
19.	P. Giniya	45	40	58
20.	J. Roja	42	43	56
21.	J. Raksha	43	42	55
22.	T. Suguna	41	45	53
23.	M. Masamma	41	45	58
24.	K. Deega	43	43	57
25.	M. Rithvikumari	42	44	56
26.	S. Sahida	40	41	55
27.	J. Shyamala	41	41	55
28.	M. Bhavana	40	42	57
29.	K. Anjali	43	43	58
30.	K. Yamuna	40	41	57
31.	N. Aruna	41	42	59
32.	K. Tharunha	42	43	59
33.	B. Anjali	43	40	58
34.	Ch. Pragya	40	41	53
35.	R. Gandhari	41	43	51
36.	A. Padma	43	42	52
37.	D. Krishnaaswanya	42	45	53
38.	G. Chandini	44	43	50
39.	J. Sanabaiya	43	42	51
40.	V. Geetharika	42	40	52
41.	B. Bhavishya	40	41	53
42.	T. Hymanvathi	41	45	54
43.	Ch. Kusuma	45	44	60
44.	S. Paveen	44	44	59
45.	A. Nalancha Sai	43	42	52

(Signature)
CONVENTOR

(Signature)
PRINCIPAL

Visakhapatnam Govt. Degree Coll.
for Women
Visakhapatnam-530020

Marks

FOGA

Date _____
Page _____

S.No	Names	practical	Theory	attendance	Total
1	Ch. Rajawari	41	43	54	138
2	Ch. Jayasri	42	44	58	144
3	T. Lakshmi	41	40	59	140
4	P. Appalarasamma	45	45	58	148
5	S. Sreetha Raghava	42	42	59	143
6	Y. Madhavi	45	42	60	147
7	Y. Sneetha	41	43	59	143
8	P. Salfala	45	43	58	146
9	T. Bhavathi	44	41	59	144
10	P. Thanvi	43	41	58	142
11	B. Kamalatha	41	43	59	143
12	A. Sandhya Rani	44	44	59	147
13	M. Rajasri	45	41	59	145
14	P. Venkata Lakshmi	43	44	59	146
15	Ch. Kalyani	44	43	58	145
16	Ch. Suneeta	41	44	59	144
17	B. Vasantha	43	41	58	142
18	A. Anjali Devi	44	43	59	146
19	Ch. Madhulatha	41	41	58	140
20	R. Anusha	43	45	59	147
21	D. Sreerani	45	45	58	148
22	Ch. Divyansri	40	40	59	139
23	Ch. Chandrika	40	40	60	140
24	M. Sana Parveen	43	43	58	144
25	B. Sri Sreetha	44	44	59	147
26	K. Sandhya	45	45	60	150
27	S. Sneetha	41	41	60	141
28	S. Anushani	43	44	60	147

Marks

2018-19

Date _____
Page _____

S.No	Names	practical	Theory	attendance	Total
29	V. Saranya	45	45	60	150
30	D. Sri	43	42	60	145
31	E. Ranaberi	41	41	58	140
32	K. Balasani	43	45	55	143
33	K. Sneetha	42	41	58	141
34	K. Lalitha	43	44	59	146
35	L. Vani	42	45	60	147
36	V. Padma	41	44	60	145
37	K. Tulasi	43	44	59	146
38	T. Dhana Lakshmi	44	45	60	149
39	B. Bhavani	41	43	58	142
40	V. Pavithra	39	45	60	144
41	K. Manasa	40	45	53	138
42	M. Manasa	40	45	60	145
43	P. Sreerani	43	42	58	143
44	B. Sreerani Tulasi	41	45	58	144

Sneetha
Coordinator

Sneetha

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YOGA

Attendance 19-22

classmate
Date _____
Page _____

S.No	Names	19/9	20/9	21/9	22/9	23/9	24/9	25/9	26/9	27/9	28/9	29/9
1	Ch. Sabitha	P	P	P	P	P	P	P	P	P	P	P
2	S. Venkata Kavusa	P	P	P	P	P	P	P	P	P	P	P
3	S. Lakshmi Lakshma	P	P	P	P	P	P	P	P	P	P	P
4	G. Padma	P	P	P	P	P	P	P	P	P	P	P
5	R. Harshini	P	P	P	P	P	P	P	P	P	P	P
6	M. Jaganani	P	P	P	P	P	P	P	P	P	P	P
7	G. Mangala	P	P	P	P	P	P	P	P	P	P	P
8	M. Kamalatha	P	P	P	P	P	P	P	P	P	P	P
9	K. Dilganka	P	P	P	P	P	P	P	P	P	P	P
10	R. Divya	P	P	P	P	P	P	P	P	P	P	P
11	A. Susmitha	P	P	P	P	P	P	P	P	P	P	P
12	G. Venkata Ratnam	P	P	P	P	P	P	P	P	P	P	P
13	K. Dilganka	P	P	P	P	P	P	P	P	P	P	P
14	P. Rama	P	P	P	P	P	P	P	P	P	P	P
15	R. Meenica	P	P	P	P	P	P	P	P	P	P	P
16	S. Neelima	P	P	P	P	P	P	P	P	P	P	P
17	D. Deepthi	P	P	P	P	P	P	P	P	P	P	P
18	R. Kamalatha	P	P	P	P	P	P	P	P	P	P	P
19	T. Kalpani	P	P	P	P	P	P	P	P	P	P	P
20	K. Snehaani	P	P	P	P	P	P	P	P	P	P	P
21	S. Rishi	P	P	P	P	P	P	P	P	P	P	P
22	S. Syamala	P	P	P	P	P	P	P	P	P	P	P
23	T. Rani	P	P	P	P	P	P	P	P	P	P	P
24	L. Vanii	P	P	P	P	P	P	P	P	P	P	P
25	G. Saranya	P	P	P	P	P	P	P	P	P	P	P
26	J. Snehani	P	P	P	P	P	P	P	P	P	P	P
27	M. Jaya Lakshmi	P	P	P	P	P	P	P	P	P	P	P
28	M. Saranya	P	P	P	P	P	P	P	P	P	P	P
29	U. Hemani	P	P	P	P	P	P	P	P	P	P	P

S.No	Names	Pract	Theory	attend	Total
1	Ch. Sahitya	41	45	58	144
2	S. Venkata Kavya	43	43	57	143
3	S. Lakshmi Likitha	42	44	56	142
4	G. Padma	40	41	55	136
5	R. Harshini	45	40	52	137
6	M. Jahanavi	41	45	53	139
7	G. Manjula	43	42	55	140
8	M. Hemalatha	42	43	56	141
9	K. Priyanka	45	40	58	143
10	R. Divya	41	43	59	143
11	A. Sushmitha	43	44	60	147
12	G. Venkata Ratnam	44	42	52	138
13	K. Priyanka	42	45	54	141
14	P. Rama	45	40	55	140
15	R. Manjula	41	43	59	143
16	S. Neelima	43	44	58	145
17	P. Poorvima	44	45	57	146
18	R. Hemalatha	42	40	56	136
19	T. Kalyani	45	40	54	139
20	K. Annavani	41	45	58	144
21	S. Chiva	43	44	59	146
22	S. Syamala	44	43	60	147
23	T. Rasi	42	44	54	140
24	N. Vani	45	42	59	146
25	A. Sowjanya	41	45	58	144
26	J. Annavani	43	41	52	136
27	M. Jaya Lakshmi	42	43	51	136
28	M. Saraswathi	44	42	55	141

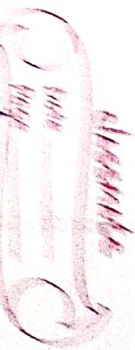
S.No	Names	Practical	Theory	attend	Total
29	Y. Hemmani	45	44	60	149
30	S. Ramalakshmi	43	45	52	140
31	T. Hemalatha	42	43	58	143
32	V. Priyanka	45	42	57	144
33	N. Lakshmi	44	44	58	146
34	P. Ramya	41	45	54	140
35	R. Anusha	40	41	53	134
36	T. Anusha	42	40	52	134
37	N. Sowjanya	43	42	51	136
38	N. Hemalatha	44	43	50	137
39	B. Navyasree	45	44	57	146
40	M. Pushpa	42	45	53	140
41	B. Anwini	43	42	52	136
42	J. Kumari	41	43	51	135
43	K. Jyothsna	40	41	53	134
44	K. Kalyani	43	40	58	141
45	P. Anuna	42	43	59	144
46	Y. Raji	41	42	59	142
47	B. Hemalatha	40	41	57	140
48	S. Sriisha	43	40	55	138
49	Ch. Chandrika	42	43	58	143
50	T. Uday Lakshmi	40	42	57	141

(Signature)
Coordinator

(Signature)

PRINCIPAL
Visakha Govt Degree College
for Women
Visakhapatnam-530020.

2018-19



Value Added Certificate Course TQM

Date: _____
 Day: _____
 Time: _____
 Topic: _____
 Name: _____
 Roll No: _____
 Signature: _____
 Date: _____

- Q. B.A. is a general education program.
- Q. B.D. is a degree program in business.
- Q. B.Sc. is a degree program in science.
- Q. B.Com. is a degree program in commerce.
- Q. B.A. is a general education program.
- Q. B.D. is a degree program in business.
- Q. B.Sc. is a degree program in science.
- Q. B.Com. is a degree program in commerce.

business to protect
 products to deliver
 customer satisfaction
 superior services

Marks 2017-18

Date _____
Page _____

S.No	Names	Practical	Theory	Attendance	Total
1	G. Sathyaathi	43	45	50	138
2	M. Kamalatha	45	42	58	145
3	G. Kusuma	42	44	55	141
4	S. Thansi	44	44	55	143
5	H. Kavya	43	43	57	143
6	P. Aparna	42	45	58	145
7	D. Manju	41	42	54	137
8	N. Roshathi	42	41	55	138
9	T. Madhuri	45	41	59	145
10	M. Saravathi	42	41	54	137
11	Y. Syamala	40	42	53	135
12	K. Kamalatha	41	45	58	144
13	S. Mangamma	40	43	52	135
14	A. Indu	45	44	53	142
15	N. Mounika	42	40	59	143
16	M. Aruna	42	41	60	143
17	U. Lavanya	40	43	58	141
18	P. Kusuma	43	44	57	144
19	N. Rama Lakshmi	43	44	57	144
20	T. Anusha	42	42	55	139
21	G. Anjali	41	42	56	139
22	P. Sarguna	42	43	52	137
23	K. Saralajakshi	42	43	52	137
24	K. Yashoda	45	42	53	140
25	K. Parvathi	41	44	59	144
26	K. Revathi	40	43	59	142
27	P. Pushpa	42	41	60	143

Value Added Course in YOGA

Date _____
Page _____

S.No	Names	Practical	Theory	Attendance	Total
29	R. Jyothi	43	45	60	148
30	S. Lakshmi	45	42	60	147
31	T. Pavani	41	45	59	145
32	T. Anitha	48	45	60	153
33	M. Keerthi	41	43	58	142
34	M. Divika	40	40	50	130
35	N. Lavanya	40	40	60	140

(Signature)
Coordinator

(Signature)
PRINCIPAL

PRINCIPAL
Visakha Govt. Degree College
for Women
Visakhapatnam-530020.

Content of the course

starting with light warm up

Standing

sitting warmup

Basic standing and balancing postures:

1. Tadasana

2. Tree posture

3. Ardha Chakrasana

4. Uttanapadasana

5. Padmakhasana

6. DANCEY 1ST WEEK THEORY TEST SECTION

7. Trikonasana

8. Gomukhasana

9. Dhanurasana

10. Shalabhasana

11. Vajrasana

12. Utkatasana

13. Malasana

14. Ardha Chakrasana

Basic sitting postures

1. Padmasana

2. Vajrasana

3. Gomukhasana

4. Balasana

5. Shalabhasana

6. Paschimottasana

7. Pada mudra

Basic pranayama

1. Anulom Vilom

2. Kapalabhati

3. Sheetali

Relaxation techniques

1. Savasana

2. Bhujangasana

3. Pada savasana

4. Trikonasana

5. Gomukhasana

6. Dhanurasana

7. Shalabhasana

8. Vajrasana

9. Utkatasana

10. Malasana

11. Ardha Chakrasana

12. Padmasana

13. Gomukhasana

14. Balasana

15. Shalabhasana

16. Paschimottasana

17. Pada mudra

18. Ardha Chakrasana

19. Gomukhasana

20. Dhanurasana

21. Shalabhasana

22. Vajrasana

23. Utkatasana

24. Malasana

About the course

We welcome all the students to this one-month certificate course in yoga organized by the department of physical education. The course would help the students develop the skills to improve their own personal practice. The curriculum was designed to achieve fundamental health benefits and include Rhythmic, certified yoga instructor teachers the skills-based course.

Yoga is practical, secular, and sincerely, works tremendously on every individual both at physical and mental levels, it results into the integration of personality, which is the ultimate aim of yoga.

Objectives

- Basic knowledge of yoga
- Body Balancing
- Asanas
- pranayama
- anatomy of asana
- posture charting
- meditation techniques
- Relaxation techniques

ASSESSMENT PATTERN

THEORY	45 marks
practical	45 marks
extra marks	
productivity & regularity	60 marks
Total	150 marks
Exam Type	duration
theory	60 minutes
practical	30 minutes
	50%

Based on asanas, pranayama and meditation

Sec-1 identifying 5 asanas x 3m

Sec-2 demonstration of 10 asanas x 3m

Abail the course

We welcome all

the students in this one-month certificate course in yoga organised by the department of physical education. The course would help the students develop the skills to improve their own personal posture. The curriculum was designed to achieve fundamental health benefits and provide theory. Certified yoga instructor teaches the skill based course. Yoga is practised regularly and sincerely by monks tremendously on every individual, both at physical and mental levels, it serves as the integration of personality which is the ultimate aim of yoga.

Objectives

- Basic knowledge of yoga
- Body Balancing
- Asanas
- pranayama
- Anatomy of ovara
- Mantra chanting
- meditation Techniques
- Relation Techniques

Sr.no	Names	Practical	Theory	Attendance	Total
1	U. meena	43	43	58	144
2	T. Ranj	42	42	59	143
3	Ch. Anusha	40	40	58	138
4	Ch. Pavan	47	41	60	142
5	S. Sunetha	42	43	57	142
6	T. Kumari	40	43	58	141
7	M. Leelavathi	41	43	56	139
8	A. Karunakumari	40	45	59	144
9	L. Vani	42	43	60	145
10	U. Padma	41	40	58	139
11	K. Tulasi	42	43	59	144
12	K. Shanthi	40	45	58	143
13	A. Susagna	41	45	59	145
14	D. R. Sujitha	43	42	60	145
15	D. Anurani	45	41	58	144
16	A. Kusuma	42	40	60	142
17	G. Indravathi	41	42	59	142
18	G. Bhagyavathi	45	42	58	145
19	K. Phalika	43	41	57	141
20	M. Ramalakshmi	41	43	58	142
21	A. Sneha	40	42	53	135
22	M. Gayatri	45	45	58	148
23	G. Sravan	45	45	60	150
24	Y. hemant	43	45	59	147
25	A. Sandhya Ranj	43	44	58	145
26	U. Meena Kumari	45	45	59	148
27	P. Pushpalatha	43	44	59	146
28	D. Sandhya	42	43	58	143
29	M. Jyothi	44	45	59	148
30	R. Srinidhi	43	45	60	148

Content of the course

Starting with light warm up

Basic standing and balancing postures

1. Tadasana
2. Tree posture
3. Ardha chakrasana
4. Uthanasana
5. Padmasana
6. Hastasanasana
7. Katschaksana
8. **OMYU** 1ST WEEK THEORY TEST SECTION
9. Trikonasana - Triangle posture
10. Gomukhasana
11. Dhanurasana [Bow posture]
12. Shalabhasana [Locust posture]
13. Ardha dhakasana
14. Supta Vajrasana
15. Yogasana
16. Uttarasana Chair pose
17. Matsasana
18. Natarajana (Nardile posture)
19. Ardha dhakasana
20. Balasana
21. Matsyasana
22. Chandrabhedhi pranyama

Basic sitting postures

1. Padmasana
2. Vajrasana
3. Bhuvanashikharana
4. Anantasana
5. Paschimottasana
6. Shishirana
7. Gomukhasana
8. Ardha chakrasana
9. Shalabhasana
10. Padma mudra
11. [Chandrabhedhi] Matsyasana
12. Balasana

Basic pranayama

1. Anulom Vilom
2. Kapalabhati
3. Bhramari pranayama
4. Sheetali
5. [Brahmin pranayam]
6. Chandrabhedhi

RELAXATION TECHNIQUES

1. Savasana
2. OM chanting
3. Savasana
4. Kapalbhati

2016-17

Yoga చరణములను
college విద్యార్థినులకు 28.10.16
(Tuesday) నుండి సాయంత్రం 4 to 5pm
పైలవారి హాల్ లో నిర్వహించబడును.
ఉస్కత్తు గల విద్యార్థినులు ఈ అవకాశాన్ని
వినయము గలముఖ్యముగా వలసినదిగా కోరబడినది

I B.A. S. Anu

II B.A. ~~_____~~

III B.A. ~~_____~~

I B.Sc. B. Bhatt

II B.Sc.

III B.Sc. ~~_____~~

I B.Com ~~_____~~

II B.Com ~~_____~~

III B.Com ~~_____~~

(Signature)
17/10/16

1. K. Santosh

2. N. Sathya

3. ~~_____~~

4. M. Jayasree (P. G. S. W)

5. P. Dharm

6. B. Bhatt

7. P. V. Susha

8. Ch. Sumathi

9. A. Saiyana

10. P. Parvathy

11. S. Padma Laxmi