

GOVERNMENT DEGREE COLLEGE FOR WOMEN
KARIMNAGAR



DEPARTMENT OF COMMERCE
ORGANISED
ONLINE CERTIFICATE COURSE
ON
“VALUE EDUCATION”
FROM 16-04-2021 TO 01-05-2021

GOVT DEGREE COLLEGE FOR WOMEN, KARIMNAGAR
ONLINE CERTIFICATE COURSE ON VALUE EDUCATION
FROM 16.04.2021 TO 01.05.2021, 15 days 30 hours

The meaning of Value Education is to teach universal values like moral values, patience, honesty, etc, to the students. The purpose of value education is the development of the personality of the student.

The Students should develop in all dimensions so that they can serve the nation more democratic, cohesive, socially and responsibly.

Course Objectives

- Development of good manners and responsibility towards citizenship.
- To understand the way of thinking and living.
- To give the students a progressive way for their future and also helps them to know the real purpose of their life.
- This makes it clear to them, the best way to live a life that can be helpful to individuals as well as people around.
- Value education helps students to become more responsive and practical.
- This helps them to better recognize the perception of life and lead a positive life as a responsible resident.
- It also helps in developing a strong relationship with family and friends.
- It changes the personality and character of the students.
- Value education changes a positive opinion about life in the student's mind.

Name of the Resource person

Brahma Kumari Sister Manisha

Brahma Kumari Sister Meenakshi

Course outcome

Value education is essential for building the character of future citizens, teaching them good values, helps them choose the right path, it gives moral value to students.

Also helps students to follow their interest and find answers to the questions, it helps in preserving healthy life socially, economically and mentally, also helps in the cumulative ability of students by increasing their skills. It all means achievements for our families, advancement in existing technology and transfers it to the next generation.

Course Curriculum

Slno	Topic
1	Inaugural
2	Need for Positive Thinking
3	Discovering original identity
4	Developing self Esteem
5	Stress Managing Skills
6	Stress Management
8	Enhancing Effectiveness
9	Emotional Maturity
10	Mind Management
11	Inner Dynamics of Self
12	Anger Management
13	Sources of thoughts
14	Managing thoughts
15	Sources of values, Valedictory




GOVERNMENT DEGREE COLLEGE FOR WOMEN
KARIMNAGAR
 (Affiliated to Satavahana University)
 NAAC Accredited with 'B+' 3rd Cycle
 An ISO 9001:2015 Certified Institution



Department of Commerce
 Organizing Online Certificate Course

On
“Value Education”

:SPEAKERS:
BRAHMA KUMARIS

Course Commences from 16-04-2021

VALUE EDUCATION





Conveners
 Dr. T. Lavanya
 Incharge Dept. of Commerce
 Dr. B. Rajani Devi
 Lecturer in Commerce

Organizing Committee
 J. Swapna
 S. Sudhama
 P. Srinivas



Dr. T. Sreelakshmi
 Principal & Chairperson

Zoom Meeting ID: 998 3480 6461 Passcode: Values





List of Students

SIno NAME OF THE STUDENT

- 1 Komakula.Ankitha
- 2 Chintala Saipriya
- 3 Joga. Divya
- 4 Dyagari Anusha
- 5 Gorre.Supriya
- 6 Kommidi vandana
- 7 Jodu Saichandana
- 8 Spurthi Anarasu
- 9 Sandhya
- 10 Guda soujanya
- 11 Sannidhi Dandamraj
- 12 Nyalam supraja
- 13 K.himasri
- 14 Khudsiya khanam
- 15 Gugloth Sravanthi
- 16 Thadigoppula Kushma
- 17 Akulapralika
- 18 Pendli Susmitha
- 19 Nikhitha
- 20 Janne kavya
- 21 Bolgam divya
- 22 Kompelly soujanya
- 23 Bolishetti krishnanjali
- 24 Arshiya
- 25 Bommakanti Saipriya
- 26 Rajamounika. Kota
- 27 Orsu.Shylaja
- 28 G soumya
- 29 Khareena Abbas
- 30 Odyala Akhila
- 31 Syeda Ayesha Fathima
- 32 AFIFA SHEREEN
- 33 Seepelli soumya
- 34 Hajra Bee
- 35 Kompelly Shwetha
- 36 Atika Mumtaz
- 37 GUDISE SHRUTHI
- 38 PILLI JYOTHI MAHENDRA
- 39 Katta Soniya
- 40 Soumyasri muthoju
- 41 Chiluveru anusha
- 42 N.Sravani
- 43 Pondurthi Akhila
- 44 Gadasu Akshitha
- 45 Akhila boini
- 46 Hafsa Firdose
- 47 Mallaram sneha
- 48 Perumandla anushka

49 P.sindhuja
50 Banda Gayathri
51 Korvi.Bhavyasri
52 Manisha
53 SAMUDRALA. ARCHANA
54 Ayilla sridevi
55 MALOTH SHYLAJSMA
56 Thukkadi kavya
57 Kunchala Harshitha
58 Jella. Akanksha
59 Goritala Ashwini
60 Firdouse sajid
61 Mounika. Aaayilla
62 Ayesha Tabassum
63 Banoth kalpana
64 Hajara shireen
65 Nishath Sultana
66 A.kavya
67 Kalpana korutla
68 Gadasu Akshitha
69 G.Naveena
70 Shukriya
71 Soumya
72 Kasarla Saraswathi
73 Gurram Lavanya
74 NEELAM NAVYA
75 Marupaka Rakshitha
76 Anandas ramya
77 Gaddi sharanya
78 Ryapani Laxmi
79 Asma
80 D.Ashritha
81 Gattu Saipriya
82 Namani Deepika
83 Masiha firdose
84 Odhela vaishnavi
85 Maturi Sai Priya
86 Bethi Krupa
87 Putta akhila
88 Akhila
89 Siddam Akshitha
90 mamidipellysamatha
91 Swetha
92 Ketham. Harshitha
93 Alle Prasanna
94 Battula mounika
95 Sonali G
96 Arfa Nazreen
97 Challuri. Premavani
98 Boyeni Abhigna

**GOVERNMENT DEGREE COLLEGE FOR WOMEN
KARIMNAGAR
WOMEN EMPOWERMENT CELL**

KARATE FOR SELF DEFENCE

“Karate is not about the techniques and their execution, but about boldness,integrity and fight for justice and common good.”

**“ Courage first,power second ,and technique third”..
To empower the women in a real sense....WEC had introduced a certificate course in KARATE FOR SELF DEFENCE in 2019 and even in current pandemic situations, have continued the certificate course of Karate on an online platform.**

GOVT.DEGREE COLLEGE FOR WOMEN, KARIMNAGAR



**WOMEN EMPOWERMENT CELL
“KARATE FOR SELF DEFENCE”
(Online certificate course)
From 19.04.2021**



**Dr.T.Sree Lakshmi
Principal**



**Shihan
K.Vasanth kumar
Black belt 7th Dan**



**Mrs.Swapna.
Blackbelt 3rd Dan
Bangalore**



**N.Sangeeta Rani
Asst.prof of zoology
WEC Convenor.**

Technical Support :- M.Kalpana & D.Srinivas

WEC Members:- Dr.Prashanti,R.Sunita & Dr.B.Rajani Devi





Feeling confident in
your ability to protect
yourself empowers
you to live with less
fear and more —

FREEDOM*

Nicole Sundine

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The training programme started on 19.04.2021 on online mode (zoom) and continued for 30 days.

Grand master Shihan Mr.K.Vasanth Kumar and Mrs.Swapna Subramanyam,Black belt 3rd Dan of Bangalore had rendered their voluntary service to the students and trained various self defence techniques and yellow belt course of karate.More than 150 students registered for the course in WhatsApp group.

Meeting grid showing participants in a martial arts class. Visible names include You, Mahesh Achary, sabhiya sultana, Swapna Subramaniam, lokurthi jwalitha, Sid here has left the meeting, itha Patel, and Akanksha Minnu.

Meeting details

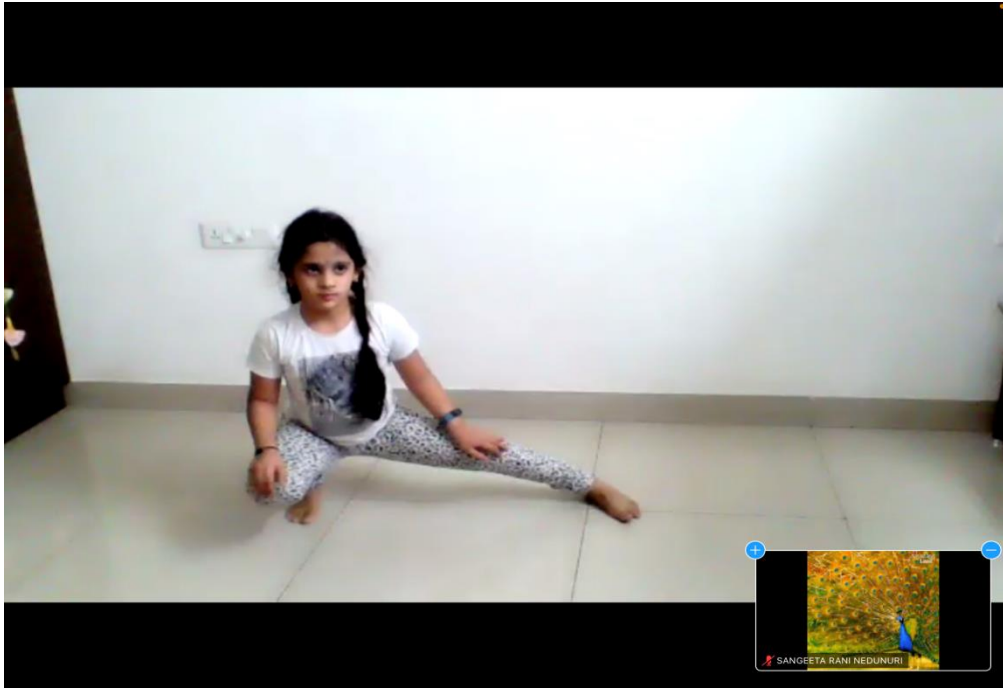
(35)

- Shirisha Deeti
- Shreshta Chilla
- Sravya sravya
- SRIVIDHYA KOLAGANI
- Swapna Subramaniam
- Swapna Subramaniam
- Swapna Subramaniam
- Swapnika Palakurthi
- Vaishnavi Vavilala
- VENKATARAMANA NAR...

Meeting details ^

🔇
📞
📺
🖐️ Raise hand
📄 Turn on captions
📌 Present now

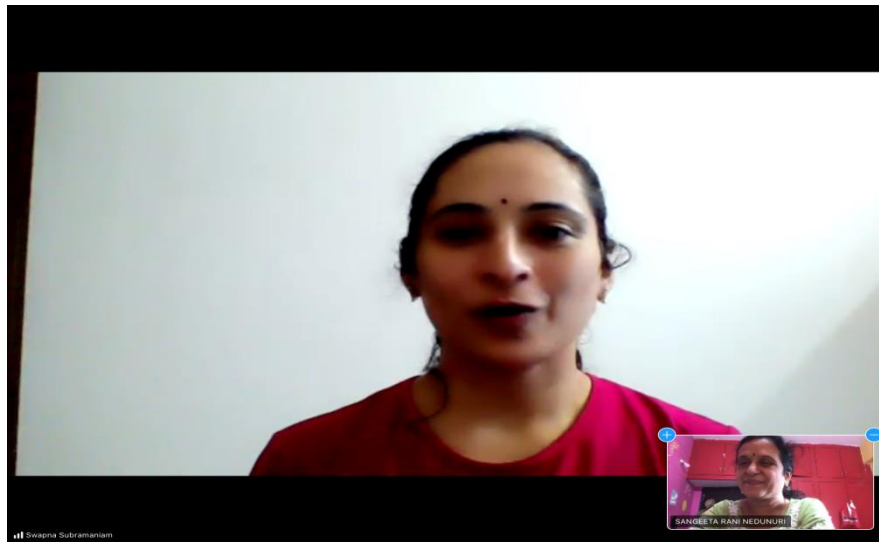
Full meeting grid with 16 participants. Names include SANGEETA RANI NEDUNURI, Aadya, Pujinitha patel, Sensei Swapna, Akanksha Bzca, Shakunthala Markonda, Jwalitha lokurthi, J harsha vardhan, Vemula ravali mpcs, G. Pranathi, Amulya G, Vemulawada Sharanya (mpcs) A, Vaishnavi vavilala (Mstca), Meghana, Dr. T. Sreelakshmi Principal, and Subia Tahreem.



A valedictory ceremony of Karate for self defence was conducted on 17.05.2021. Students performed the techniques which they learnt during the course period which was quite appreciative. Shihan K.Vasanth Kumar and Sensai Swapna addressed and congratulated the students for successful completion of course.



Shihan K.Vasanth kumar Black belt 7th Dan



Sensai Swapna Subramanyam

<p style="text-align: center;">GOVT. DEGREE & PG COLLEGE FOR WOMEN, KARIMNAGAR</p> <p style="text-align: center;">(Affiliated to SATAVAHANA UNIVERSITY) NAAC ACCREDITED with 'B+' 3rd Cycle AN ISO 9001:2015 CERTIFIED INSTITUTION</p> <p style="text-align: center;">ONLINE CERTIFICATE COURSE ON</p> <div style="text-align: center;">  <p style="font-size: 24px; font-weight: bold; background-color: #f0e68c; padding: 5px; display: inline-block;">YOGA</p> </div> <p style="text-align: center; font-size: 10px;">A 30 hours online course on Yoga has been organised by Ethics and values committee in collaboration with Departments of English, Hindi, Economics, Botany and Chemistry for 15 days from 16.4.2021-03.05.2021</p>	<div style="text-align: center;">  <p style="font-size: 10px;">Smt. Dr. T. SREELAKSHMI, Principal & Chair Person GDC(W) KNR</p> </div> <div style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;"> <p style="font-weight: bold; margin: 0;">CONVENORS</p> <p style="margin: 0;">Ms. A. Meenakshi, HOD, English</p> <p style="margin: 0;">Ms. M. Shakunthala, HOD Economics</p> <p style="margin: 0;">Ms. K. Sunitha, HOD, Botany</p> <p style="margin: 0;">Ms. G. Jyothi, Asst. Prof. of Chemistry</p> <p style="margin: 0;">B. Rama Devi, HOD, HINDI</p> </div> <div style="text-align: center; margin-top: 10px;">  </div>
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Govt. Degree & PG college for Women, Karimnagar
Affiliated to Satavahana University
Online Certificate course on Yoga

A 30 Hr. online course on Yoga has been organised by Ethics values committee in collaboration with Departments of English, Economics, Botany, Chemistry and Hindi for 15 days from 16.4.2021-03.05.2021

YOGA ONLINE COURSE 2021 OBJECTIVES

1. To make the students learn the concepts of yoga.
2. To make them understand the importance of yoga for maintaining a healthy body and stress free mind.
3. To make them practice Astanga yoga for instilling the qualities of patience, perseverance and goal oriented.
4. To make them learn and practice various asanas, pranayamas and mudras regularly.
5. To make them practice yoganidra for keeping the mind focussed.
6. To make them practice meditation for improving their concentration levels.

YOGA ONLINE COURSE CURRICULUM & SCHEDULE

April 16th to May 3rd 2021 3pm to 5pm

Topic	Date	Duration	Tr
ainer			
1. Yoga concepts			
a. Introduction to Yoga Meenakshi	16.04.21	1 hour	A.
b. Importance of yoga Shakunthala	16.04.21	1 hour	M.
2. Yoga sutras or aphorisms of sage Pathanjali			
a. Astanga Yoga or Eight Limbs of Yoga Shakunthala	17. 04. 21	1 hour	M.
b. Kriya Yoga or Action Yoga & Meenakshi Chitta prasadas or The pleasant Mind	17. 04. 21	1 hour	A.
3.Surya Namaskaras or Sun salutations	19.04.21	1 hour	K. Sunitha
4. Kriyas or Body Cleansing Processes Meenakshi	19.04.21	1 hour	A.
a. Kapalabhathi or Skull shining purification			
b. Jalanethi or Nasal cleansing			
c. Sutranethi or Thread nethi			
5. Asanas or Postures			
a. Sitting asanas &G. Jyothi	20.04.21	2 hours	K. Sunitha
I. Vajrasana or Diamond pose			ii.
Bhadrasana or Butterfly pose			
iii. Padmasana or Lotus position			
iv. Baddapadmasana or Locked lotus pose v. Gomukhasana or Cow face pose vi. Ustrasana or Camel pose			
vii. Sasankasana or Rabbit pose			
b. Standing asanas G. Jyothi	22.04. 21	2 hours	K. Sunitha &

I. Tadasana or Palm tree pose, Tiryak Tadasana or Swaying palm tree pose ii. Vrikshasana or Tree pose iii. Ardhakati Chakrasana or Latera arc pose iv. Ardha Chakrasana or half wheel pose or Hand to foot pose vi. Trikonasana or Triangle pose			v. Padahasthasana	
c. Twisting asanas Shakunthala	23.04.21	1 hour		M.
I. Vakrasana or Half spinal twist pose Ardhamatsyendrasana or Half fish pose			ii.	
d. Prone asanas Jyothi	23.04.21	1 hour		G.
a. Bhujangasana or Cobra pose b. Shalabhasana or Locust pose or Grasshopper pose c. Dhanurasana or Bow pose d. Makarasana or Crocodile pose				
e. Supine asanas Shakunthala &	24.04.21	2 hours		M.
I. Naukasana or Boat pose Uthanapadasana or Raised leg pose iii. Pavanamuktasana or Wind relieving pose iv. Sarvangasana or Shoulder stand pose Sethubandhasana Bridge pose vi. Shavasana or Corpse pose				G. Jyothi ii.
5. Mudras or seals or gestures Meenakshi	26.04.21	2 hours		A.
a. Chinmudra or Jnana mudra or Wisdom gesture b. Chinmaya mudra or Awareness gesture c. Vaayumudra or Air gesture d. Merudandamudra or Spinal column gesture e. Adimudra or Primal gesture f. Brahmamudra or Gesture of all pervading consciousness			v.	
6. Bandhas or Locks Meenakshi	27.04.21	1 hour		A.
a. Moolabandha or Root lock b. Uddiyanabandha or Abdominal lock or Upward lifting lock c. Jaalandhara bandha or Throat lock				
7. Chakras or Energy centres	27.04.21	1 hour		A.

Meenakshi

- a. Moolaadhaara chakra or Root chakra
- b. Swaadhishtaana chakra or Sacral chakra
- c. Manipura chakra or Solar Plexus chakra
- d. Anaahatha chakra or Heart chakra
- e. Vishuddha chakra or Throat chakra
- f. Ajna chakra or Third eye chakra
- g. Sahasraara chakra or Crown chakra

8. Pranayama or Breath regulation Shakunthala &	28. 04. 21	2 hours	M. K. Sunitha
a. Kapalabhati or Skull illuminating Pranayama b. Anuloma viloma or Alternate nostril breathing c. Ujjayi Vibhaga pranayama d. Bhastrika or Bellows breath e. Bhramari or Humming bee breath f. Udghitha or Om or Primordial sound breath			
9. Dharana Shakunthala	29. 04.21	1 hour	M.
I. focussing on a point ii. Focussing on light Focussing on a goal		iii.	
10. Dhyana or Meditation	29. 04. 21	1 hour	K. Sunitha
	30. 04. 21	1 hour	G. Jyothi
a. Meditation in Shambhavi mudra b. Panchakosa meditation c. Vedantha meditation on Om d. Meditation on the tip of the nose e. Chakra meditation			
11. Yoganidra or Yogic sleep	30. 04. 21	1 hour	G. Jyoyhi
13. Yoga practice			
a. Asanas, pranayamas, mudras & meditating Shakunthala	01.05.21	2 hours	G. Jyothi & M.
14. Yoga practice			
a. Asanas, pranayamas, mudras & meditation K. Sunitha	02.05.21	2 hours	A. Meenakshi & K. Sunitha
15. Yoga practice			

a. Asanas, pranayamas, mudras & meditation 03.05.21 2 hours A. Meenakshi & K.Sunitha

COURSE OUTCOMES

1. The students have experienced the influence of yoga practice in making them physically and mentally fit in this crucial covid 19 pandemic situations.
2. Students have understood their inner capabilities and became confident enough to face the challenges of life.
3. They have learnt how to overcome the distractions and to be goal oriented.
4. They have been inculcated the qualities of empathy, compassion, generosity, service etc.,
5. They have understood how yoga improves the tranquility of the mind and can make the world peaceful.
6. The regular practice of asanas, pranayamas and meditation encouraged them in making yoga a part of their life.

Names of Resource persons

Mrs.A.Meenakshi, Asst.Prof. of English

Mrs.M.Shakunthala Asst.Prof. of Economics

K.Sunitha Asst.Prof. of Botany

G.Jyothi Asst.Prof. of Chemistry

Names of the participants

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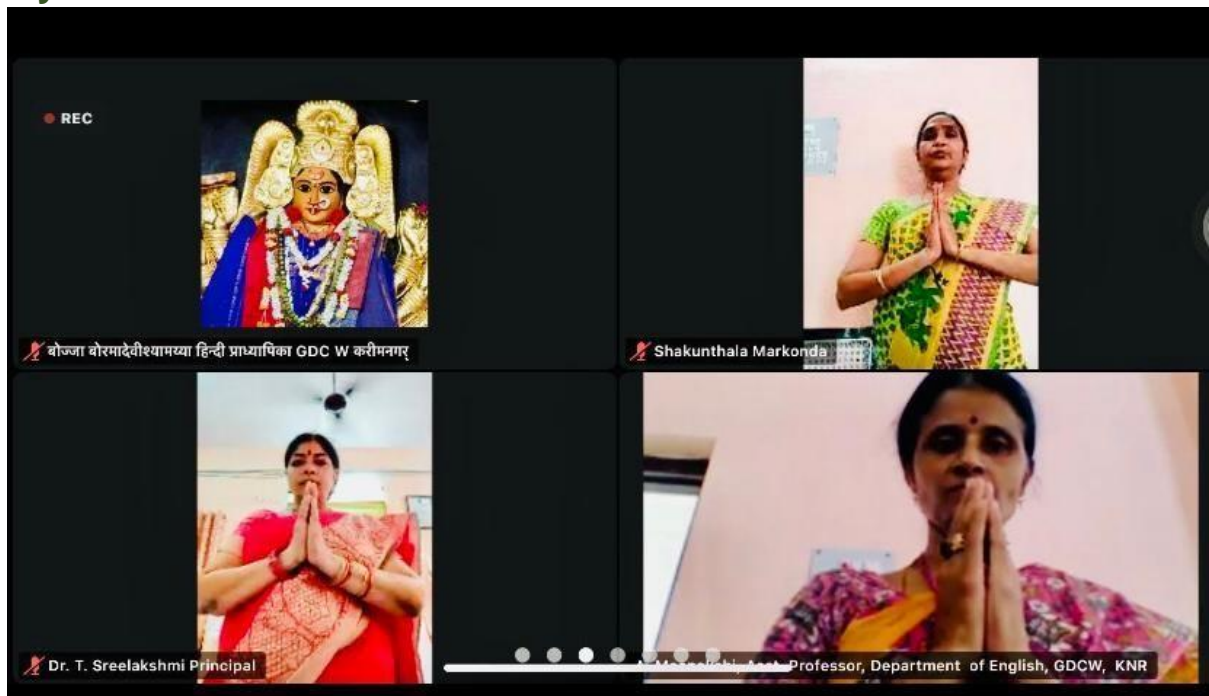
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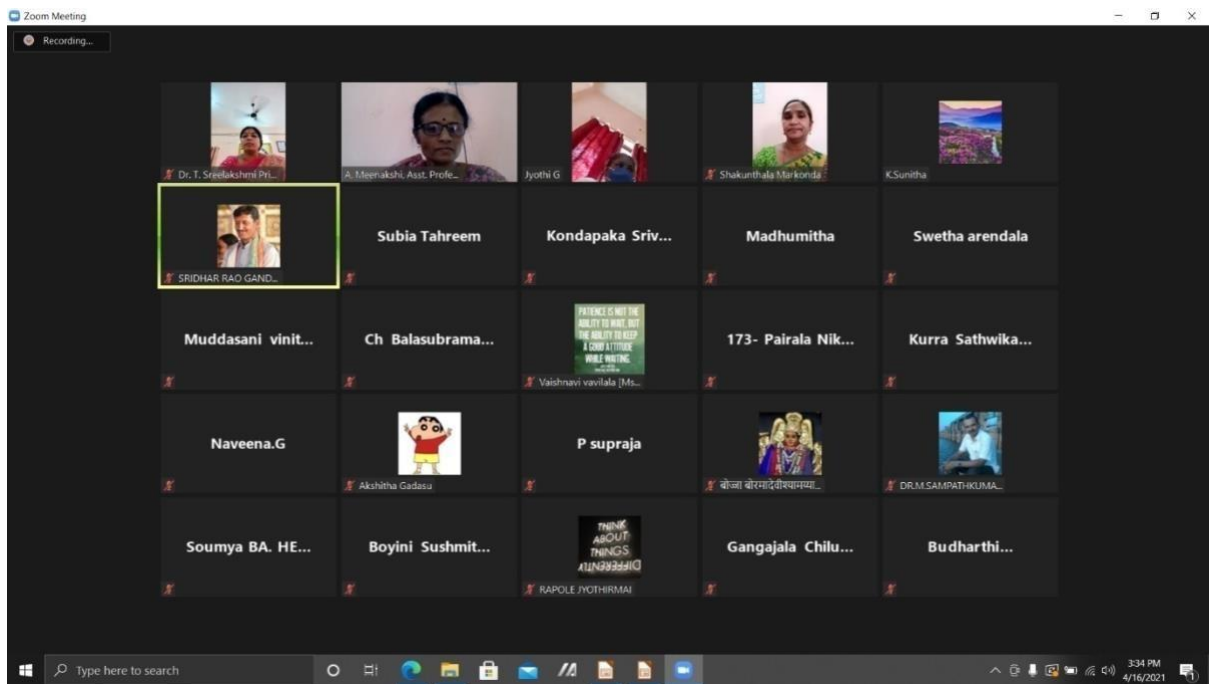




Evidences

Day 1:





CHITHA PRASADAS BY PATANJALI

- As one can see one's reflection in the still water, one can see one's own real self when the mind is pure and calm.
- Patanjali divides people into four types and says that one will acquire undisturbed calmness by cultivating
- Maitri or Friendliness towards the happy
- Karuna or Compassion for the unhappy
- Muditha or Delight in the virtuous
- Upeksha or Indifference towards the wicked

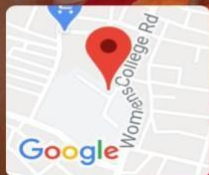
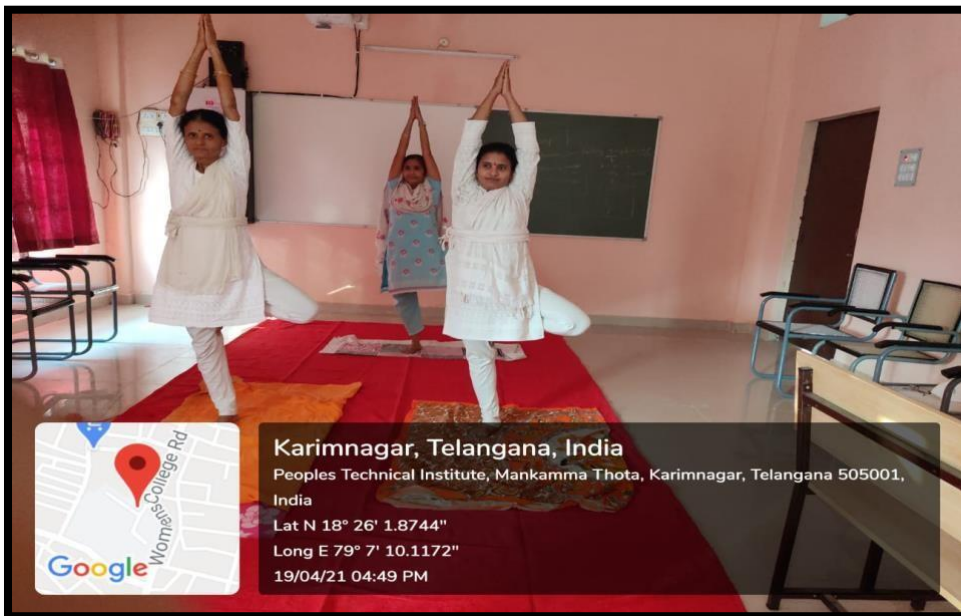
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Day 2:



Karimnagar, Telangana, India
Peoples Technical Institute, Mankamma Thota, Karimnagar,
Telangana 505001, India
Lat N 18° 26' 2.5512" Long E 79° 7' 10.3692"
17/04/21 04:30 PM

Day 3:



Karimnagar, Telangana, India
Peoples Technical Institute, Mankamma Thota, Karimnagar, Telangana 505001,
India
Lat N 18° 26' 1.8744"
Long E 79° 7' 10.1172"
19/04/21 04:49 PM

3:21

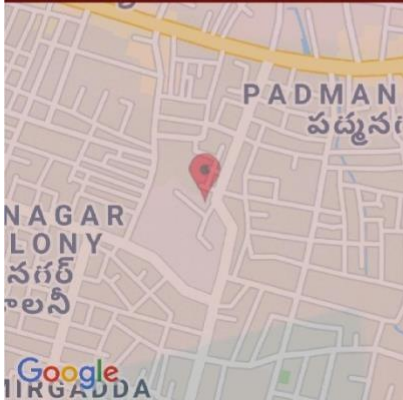
Close Participants (34)

Search

- KS Kotthuri sai ashwithi BTBC (me) [mute] [video off]
- Shakunthala Markonda (Host) [mute] [video off]
- A. Meenakshi, As... (Co-host) [video on] [mute] [video off]
- Jyothi G (Co-host) [mute] [video off]
- DR Dumpeti Renuka mstcs [mute] [video off]
- AR anusha routhu patel [mute] [video off]
- k Archana.K 2yr (Mpcs) [mute] [video off]
- BA B. Abhigna [mute] [video off]
- BS Bandari sanjana (MPC's) [mute] [video off]
- BS Boyini Sushmitha MPCs [mute] [video off]
- CM Chelikani Madhushalini [mute] [video off]
- GS Gollapalli Srija(mpcs_A) [mute] [video off]

Invite





Peoples Technical Institute, Mankamma Thota, Karimnagar, Telangana 505001, India

Karimnagar
Telangana
India



40°C

104°F

2021-04-30(Fri) 04:09(pm)

CERTIFICATE COURSE IN YOGA-EVALUATION Question paper

Multiple choice questions

1. The following is not one of the panchakosas (c)
a. Annamaya kosa b. Pranamaya kosa c. Rasamaya kosa d. Vijnanamaya kosa
2. The author of “Yogasutras” is (b)
a. Adi Sankaracharya b. Sage Pathanjali c. Yogi Vemana d. Ramanujacharya
3. The limbs of the “Astanga yoga include (d)
a. Asana b. Pranayama c. Dharana d. a,b &c
4. The five principles of Niyama are (a)
a. Personal observations b. social restraints c. physical exercises d. concentration methods
5. Find out the forward bending asana in the following (a)
a. Padahasthasana b. Ustrasana c. Bhadrasana d. Padmasana
6. The following is an example of backward bending asana (b)
a. Gomukhasana b. Ardha chakrasana c. Vrikshasana d. Tadasana
7. Truth, Non-violence, Brahmacharya, Non-stealing, Non-possessing are the principles of (a)
a. Yama b. Niyama c. Asana d. Pranayama
8. The social restraints of Astanga yoga are (c)
a. Prathyahara b. Pranayama c. Yama d. Dharana
9. The eighth limb of “Astanga yoga is” (d)
a. Dharana b. Dhyana c. Asana d. Samadhi
10. The name of the chakra that is between the eye brows (b)
a. Mooladhara chakra b. Ajna chakra c. Anahata chakra d. Swadhishtana chakra
11. Another name for chinmudra is (a)
a. Jnana mudra b. chinmaya mudra c. adimudra d. Brahma mudra
12. The following one is part of Tribandhas (d)
a. Jalandhara bandha b. Uddiyana bandha c. Moolabandha d. all the above
13. Total steps in Suryanamaskaras are (b)
a. 10 b. 12 c. 11 d. 09
14. The following is the spinal twisting asana (c)
a. Vakrasana b. Ardhamatsyendrasana c. a & b d. none
15. The following is the charioteer or saradhi according to Katopanishad (b)

a. senses b. intellect c. mind d. body

16. The five horses of the chariot represent (a)

a. Sense organs b. motor organs c. mind d. body

17. The Panchakosa theory is present in the following Upanishad (b)

a. Thithariya b. Brihadaranyaka c. Mundaka d. Kata

18. The following asana is good for insulin production (cd)

a. Ardhamatsyendrasana b. Vakrasana c. Trikonasana d. all

19. Which limb of yoga helps in controlling the mind as one controls the kite with the help of the thread.
(c)

a. yama b. niyama c. Pranayama d. asana

20. Bhramari pranayama is good for increasing (a)

a. concentration b. disease c. phlegm d. headache

21. Which of the following is a prone asana (d)

a. Makarasana b. Bhujangasana c. Shalabhasana d. a, b & c

22. Find out the supine asana in the following asanas (b)

a. padmasana b. sethubandhasana c. makarasana d. tadasana

23. The asana that is useful for sciatica is (d)

a. Bhujangasana b. shalabhasana c. sethubandhasana d. a, b & c

24. The name of the student that received the knowledge of self from Lord Yama in Katopanishad (c)

a. Narada b. Swethakethu c. Nachiketha d. None

25. Who taught the the knowledge of self in Katopanishad. (a)

a. Lord Yama b. Lord Vishnu c. Lord Shiva d. Sun god

26. One should inhale in the following step of Suryanamaskaras (d) a. 2

b. 4 c. 7 d. all

27. One should breathe out in the following step of suryanamaskaras (d) a.

3 b. 5 c. 8 d. all

28. Cleanliness, contentment, austerity, self study and devotion to God are the principles of (b)

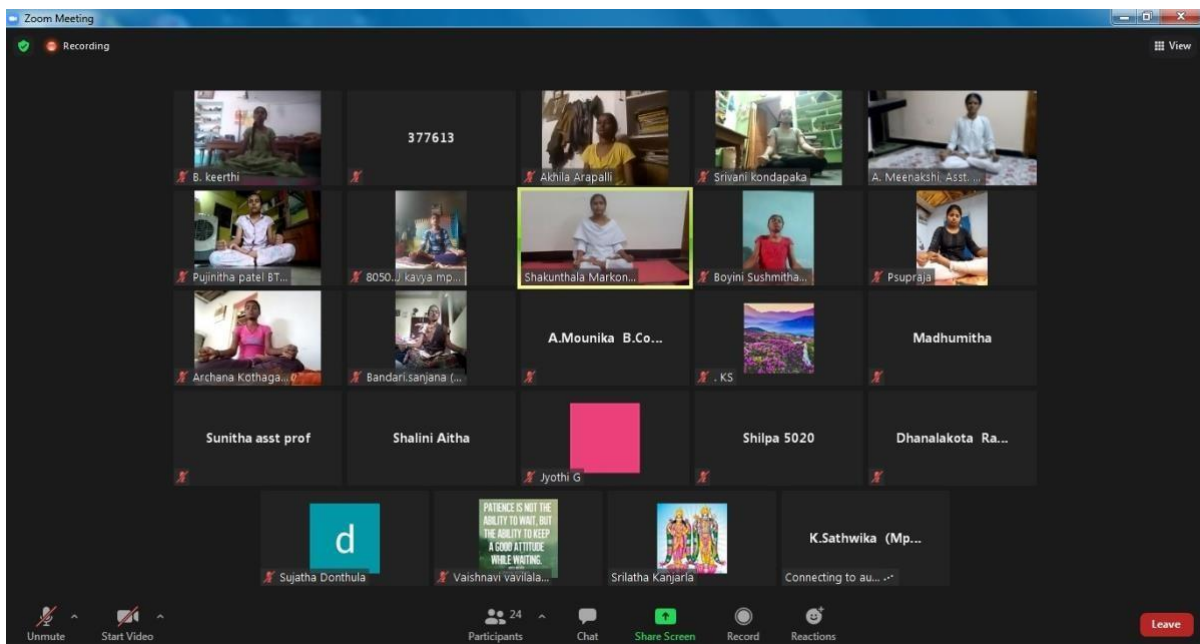
a. Yama b. Niyama c. Dhyana d. Dharana

29. Find out the standing asana in the following (c)

a. Vajrasana b. bhujangaasana c. vrikshasana d. Naukasana

30. The following asana is the sitting asana (d)

a. Padmasana b. Bhadrasana c. Vajrasana d. all:



Karimnagar, May 3: To cheer students stuck at home unable to venture out to savour the fresh morning air and enjoy a round of exercise, due to the raging pandemic, the Karimnagar Government College for Women conducted a 15-day online Yoga certificate course.

Faculty members A Meenakshi, M Shakuntala, G Jyothi and K Sunitha took to the mat to conduct classes daily from 3 PM to 5 PM. Students were taught various asanas to help strengthen and relax the body and pranayama to keep calm and improve concentration.



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The course was conducted in coordination with the departments of English, Economics, Botany, Chemistry and Hindi, and received good response with 95 students completing the course to receive certificates.

The last class of the certificate course was conducted on Monday under the chairmanship of college principal T Sreelakshmi. College principal T Sreelakshmi called on the student community to make Yoga a regular part of their lives in order to overcome stress and increase their immunity needed to protect themselves from the deadly Coronavirus.

Kmds/nlc

