

GOVERNMENT DEGREE COLLEGE, SHADNAGAR

DEPARTMENT OF POLITICAL SCIENCE



**CERTIFICATE COURSE ON YOGA
2017-2018**



Program Name: YOGA

Resource person : S. Ravinder Reddy

Duration of program :2 Hr/Day

Academic Year : 2017-18

Course commencement Date : 27-12-2017

GOVERNMENT DEGREE COLLEGE, SHADNAGAR

DEPARTMENT OF POLITICAL SCIENCE

To

The Principal,

Government Degree College,

Shadnagar, Ranga Reddy Dist.

Respected sir,

Sub: Request for grant permission to conduct a certificate course on "Yoga", regarding....,

With the subject cited above, the department of political science felt that physical and mental health is the key to enhance the learning abilities of students. So to achieve this the department of political science would like to conduct a certificate course on "Yoga" for the benefit of students. Hence I request you to grant the permission to conduct this certificate course.

Thanking you

Yours sincerely



Permitted



Date;23/012/12

GOVERNMENTDEGREECOLLEGESHADNAGAR

DEPARTMENT OF POLITICAL SCIENCE

CIRCULAR

The students of BA are informed that the department Of Political science is going to conduct a certificate course on "YOGA" for the benefit of students. The candidates who are interested, asked to give their names to the faculty concerned and they are advised to make use of this opportunity. The certificate course will commence from 27-12-2017

Principal

P. Sujatha

GOVERNMENT DEGREE COLLEGE SHADNAGAR

DEPARTMENT OF POLITICAL SCIENCE

1. Yoga Etymology, definition ,Aim, objective and misconception text
2. Yoga origin ,history and development
3. Rules and regulations to be followed by yoga practitioners
4. Introduction to Major schools of Yoga (Janan, Yoga Bhakti, Yoga Karma, Patanjali, Hatha)
5. Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar)
6. Practice of Dhyana Mudra
7. Meditation
8. Practice of Vakrasana
9. Practice of Ustrasana
10. Practice of Mandukasana
11. Practice of Sasankasana
12. Practice of Janusirasana

AIMS AND OBJECTIVES

1. The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends.
2. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body.
3. The aim of yoga is control over the mind. A man who can- not control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means.
4. The main objectives of the Yogic practices are to make one free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death etc
5. . To enable the students to set an example of desirable / health behavior.
6. To enable the students to gain sufficient knowledge of First-Aid.

OUTCOME

1. It develops the physical stability.
2. It keeps a person young.
3. It Strengthens the hamstring, calf, and back muscles.
4. It relieves the stiffness of joint, particularly at knee, hip and ankle.
5. it removes excess fat in the abdominal region
6. It gives more flexibility to the vertebral column
7. It is extremely beneficial to the spinal column.
8. It will enlarge the thoracic cavity.
9. It strengthens the back and abdomen muscles.
- 10.It helps to make the maximum range of movements in all directions in the hip joint.

2017-2018

ADD ON/CERTIFICATE COURSE: YOGA

S.NO	NAME OF THE STUDENT	ENROLLMENT LIST
1	N.CHANDU	306715129501
2	A.PRASHANTHI	306715129502
3	A.SRILATHA	306715129503
4	V.NARESH	306715129504
5	S. VARALAKSHMI	306715129505
6	B. MANISHA	306715129506
7	A.SURESH	306715129507
8	D.SHIVA KUMAR	306715129508
9	B.SRI RAMULU	306715129509
10	D.NARESH	306715129510
11	K.JANGAIAH	306715129511
12	M.LAXMI NARAYANA	306715129512
13	M.MADHURI	306715129513
14	A.SURENDER REDDY	306715129514
15	M.SRILATHA	306715129515
16	B.CHANDANA	306715129517
17	B.LOKESHWARI	306715129518
18	J.JEEVAN KUMAR	306715129520
19	B.GEETHA	306715129522
20	D. SONA	306715129523
21	D.MANJUNATH	306715129524
22	K.SARITHA	306715129525
23	C.SRIKANTH	306715129526
24	G.VIJAY KUMAR	306715129528
25	R.SRIRAM	306715129529
26	J.MAHESH BABU	306715129530
27	G.VIJAYA	306715129531
28	A. MAHENDER	306715129532
29	S. SARASWATHI	306715129534
30	K.VIKRAM	306715129536
31	S.SWAPNA	306715129538
32	B.NARESH	306715129539
33	M.SRISAILAM	306715129542
34	S.MOUNIKA	306715129543
35	C.SHASHI KUMAR	306715129544
36	C.MAMATHA	306715129545
37	K.SRIKANTH	306715129546
38	A.RAVI KUMAR	306715129548
39	P.SWAPNA	306715129551
40	K.NARESH	306715129552
41	G.PRAMEELA	306715129554
42	U.PRIYANKA	306715129555
43	S.SWATHANTHRA	306715129556

DETAILS OF STUDENTS ENROLLED FOR THE CETIFICATE COURSE ON YOGA

44	B.KAVITHA	306715129557
45	Y.NIROSHA	306715129558
46	M.SUNITHA	306715129560
47	T.SRISAILAM	306714129549
48	K. PRASHANTHI	306715445501
49	P. BHAVANI	306715445502
50	B. RAJU	306715445503
51	M. JAYACHANDRA	306715445504
52	G. SANGEETHA	306715445506
53	G. JYOTHI	306715445509
54	G. RAMA DEVI	306715445511
55	J. SRINIVAS	306715445513
56	SHAHANA BEGUM	306715445515
57	S. DEVI	306715445516
58	J. PAVANI	306715445517
59	M. SURESH KUMAR	306715445518
60	J. MAHA LAXMI	306715445521
61	E. YUGENDAR GOUD	306715445522
62	M. MANIKANTA	306715445523
63	SHAHEEN BEGUM	306715445524
64	B. PADMAMMA	306715445526
65	C. SHASHIKALA	306715445527
66	ISHRATH	306715445528
67	T. LAVANYA	306715445530
68	K. SANTHOSHA	306715445531
69	M. SRI LATHA	306715445533
70	L. SANTHOSHI	306715445535
71	M. NARESH	306715445537
72	E. VASANTHA	306715445540
73	K. VEERANJANEYULU	306715401501
74	E. ANITHA	306715401502
75	P.RADHIKA	306715401503
76	R. RAGHAVENDER	306715401505
77	S. MAMATHA	306715401508
78	E. SWATHI	306715401509
79	M. ANITHA	306715401510
80	E. GOPAL	306715401511
81	S. VINOD KUMAR	306715401513
82	G. SRINIVAS GOUD	306715401514
83	K. SANDHYA RANI	306715401515
84	B. SHRAVANI	306715401516
85	S. SINDHUJA	306715401518
86	K. CHAITHANYA	306715401519
87	P. SRINIVASULU	306715401521
88	U. BHAVANI	306715401524
89	Y. PRASHANTH	306715401526
90	N. BALRAJ	306715401527
91	K. UMA DEVI	306715401529
92	K. ANAND	306715401531

93	K. SANDEEP KUMAR	306715401532
94	K.SHIREESHA	306715441503
95	K. SRILATHA	306715441504
96	G. SAROJA	306715441507
97	K. SUMALATHA	306715441508
98	K. YADAGIRI	306715441510
99	R. NARENDER	306715441511
100	B. YADAI AH	306715441513
101	JOSEPH	306715441514
102	NASEEM	306715441515
103	C. KUMAR	306715441516
104	N. BHANUCHANDER	306715441521

PRINCIPAL

f. sujatha

Surya Namaskar



Dhyana Mudra



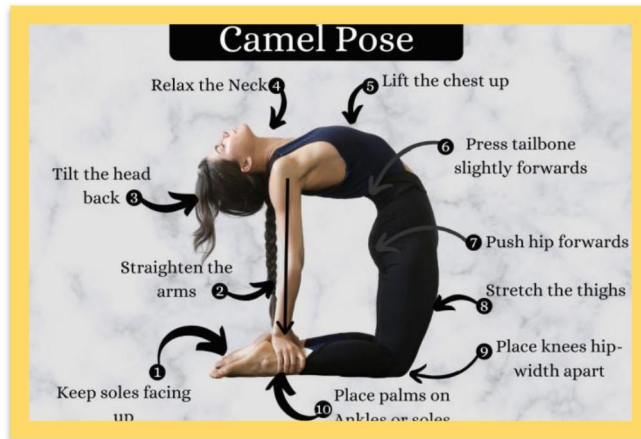
Meditation



Vakrasana



UTHARASAN



Mandukasana

Benefits of Mandukasana

- Helps Tone Your Abdominal Organs
- Helps Diabetics
- Helps Ease Stomach Issues
- Helps Tone your Body
- Helps Stretch your Back
- Helps Ease Pain





91	K. UMA DEVI	306715401529	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
92	K. ANAND	306715401531	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
93	K. SANDEEP KUMAR	306715401532	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
94	K.SHIREESHA	306715441503	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
95	K. SRILATHA	306715441504	p	p	p	A	p	p	p	p	A	p	p	p	p	p	p	p
96	G. SAROJA	306715441507	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
97	K. SUMALATHA	306715441508	p	p	p	p	p	p	A	p	p	p	p	p	p	p	p	p
98	K. YADAGIRI	306715441510	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
99	R. NARENDER	306715441511	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
100	B. YADIAH	306715441513	p	A	A	A	A	p	A	p	A	A	A	A	A	A	p	p
101	JOSEPH	306715441514	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p
102	NASEEM	306715441515	p	A	p	p	p	p	p	p	p	p	p	p	p	p	p	p
103	C. KUMAR	306715441516	p	p	p	p	p	A	p	p	p	p	p	p	A	p	p	p
104	N. BHANUCHANDER	306715441521	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p

PRINCIPAL

H. Sujatha



G.D.C - SHADNAGAR

CERTIFICATE OF PARTICIPATION

"Yoga"

This is to certify thathas
participated in certificate course on "Yoga" for the
academic year 2017-18.

Department of Political Science
Principal