

# **MKR GOVERNMENT DEGREE COLLEGE, DEVARAKONDA**

## **Certificate Course on Basic Yoga**

### **Course description**

Yoga is a practice based on an extremely subtle science, which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical, mental and emotional well being. Yoga paves the way to discover the self, the external world and the nature. It is an art and science for healthy living. Yoga has several benefits including education, health and stress management. Keeping this in mind, a certificate program in Yoga is being launched by MKR Government Degree College, Devarakonda in association with VADIC YOGAPEETH TRUST, Nalgonda.

**Duration of the Course:** 30 Hrs. (Theory and Practice)

**Objectives of the course:** After going through this particular program the learner should be able to

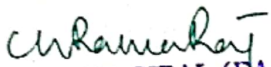
- To learn and achieve the basic principles and practice of yoga.
- To attain both physical and mental health through Yoga.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

## Learning Outcomes

- The student will be able to demonstrate proficiency at the poses covered in syllabus (at a basic level)
- The student will increase their dynamic flexibility in the work outcomes.
- The student will get and experience proper breathing techniques.
- Synchronize the mind and body.

## Assessment of performance

- Certificate of completion will be given to the students who attend all the classes and demonstrated well at end of course duration.
- Viva question for the theory and demonstration of practice is being observed by two examiners (one internal and one external).

  
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# **Certificate Course on Basic Yoga**

## **Syllabus**

The course is designed on the basis of learning hours required by an average student.

### **Theory- 10 Hours**

#### **Unit 1 – Introduction to Yoga**

- Yoga, definition, aims, and objectives.
- Rules and regulations to be followed by yoga practitioners.
- Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)

#### **Unit 2 –Yoga for Health Promotion**

- Brief introduction to human body
- Role of yoga for health promotion
- Yogic attitudes and practices
- Holistic approach of yoga towards the health and diseases
- Introduction to yoga diet and its relevance and importance in yoga Sadhana
- Dinacharya and Ruthucharya with respect of yogic Lifestyle

### **Practice- 20 Hours**

1. Practice of Sukshmavyayama
2. Practice of Surya Namaskar
3. Practice of Asanas

- A. Practice of Halasana
- B. Practice of Pawanmuktasana
- C. Practice of Bhujangasana
- D. Practice of Shalabhasana
- E. Practice of Gomukhasana
- F. Practice of Vakrasana
- G. Practice of Ustrasana
- H. Practice of Mandukasana
- I. Practice of Shashankasana
- J. Practice of Janusirasana
- K. Practice of Vrukshasana
- L. Practice of Padahastasana
- M. Practice of Paschimottasana



4. Practice of Nadi Shudhi
5. Practice of Mudras and Bandha
6. Pranayamas
7. Meditation

**Reference Books:**

1. Light on Yoga by B.K.S. Ayengar, HarperCollins India, 2006
2. The Yoga Sutras of Patanjali by Sri Swami Satchidananda, Integral Yoga Publications, 1999.

*Chhannaray*  
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**MKR GOVERNMENT DEGREE COLLEGE**  
DEVARAKONDA (Dist. NALGONDA) - 508 248



**CERTIFICATE COURSE ON BASIC YOGA**

MKR Government Degree College, Devarakonda in association with Vaidik Yogpeeth Trust Nalgonda, is offering Certificate Course in Yoga with an aim to impart basic concepts of Health and Yoga.

Vaidik Yogpeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes and camps on Physical & Mental Health in the college.

**Course Details:**

Name of the Certificate Course: Basic Yoga

Duration: 30 Hours

Period: 01-06-2022 to 18-06-2022

Course Introductory Session: 01-06-2022

**Course Objectives:**

- To describe the basic principles and practice of yoga.
- To attain both physical and mental health through yoga.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness

**Resource Person:** Sri M .Karunakar, Yoga guru, Vaidik Yogpeeth Trust , Nalgonda

**Organising Committee:** Sri G.Linga Reddy Lecturer in Physics  
Smt. S.Sarada Devi, Asst prof of Commerce  
Smt. Dr.M.Alivenu, Asst Prof of Chemistry

**Advisory Committee:** Sri. N. Bala Naik, Asst prof of Commerce  
Smt Sk. Arifa, Lecturer in Mathematics  
Smt K.Renuka, Lecturer in History

**Technical Assistant:** Sri. B.Suresh Kumar, Lecturer in Computer Science

**Chairperson:** Dr.Ch.Rama Raju, Principal.

*Ch.Rama Raju*

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Day: 1: Introduction of Yoga

Day: 2: Meditation

Day: 3: Sukshma Vyayama

Day: 4: Pranayamas

Day: 5: Practice of Asanas

Day: 6 : Brief introduction to human body

Day: 7: Practice of Mudras and Bandha

Day: 8: Yoga towards the health and diseases

Day: 9: Practice of Asanas

Day: 10: Practice of Nadi Shudhi

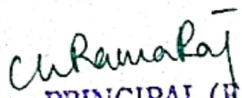
Day: 11: Meditation

Day: 12: Practice of Asanas

Day: 13: Practice of Asanas

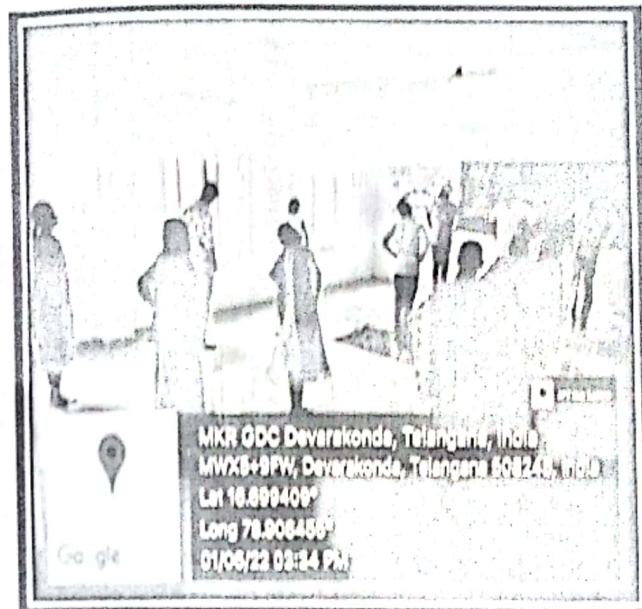
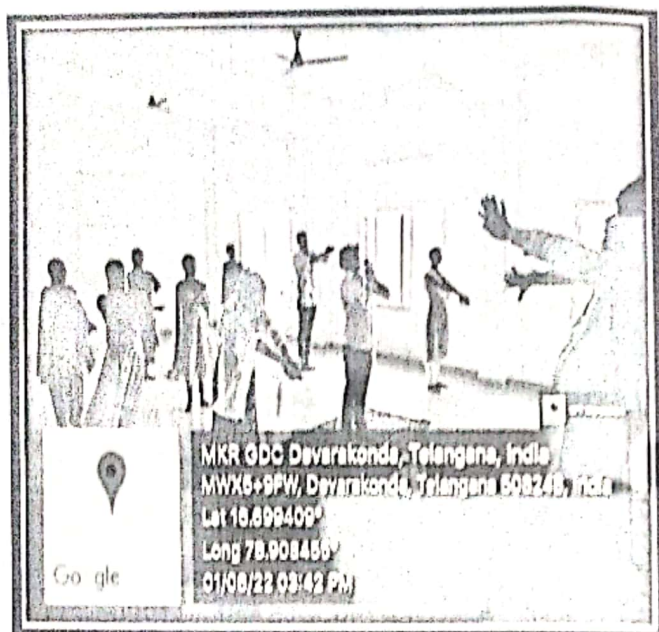
Day: 14: Practice of Asanas

Day: 15: Practice of Asanas

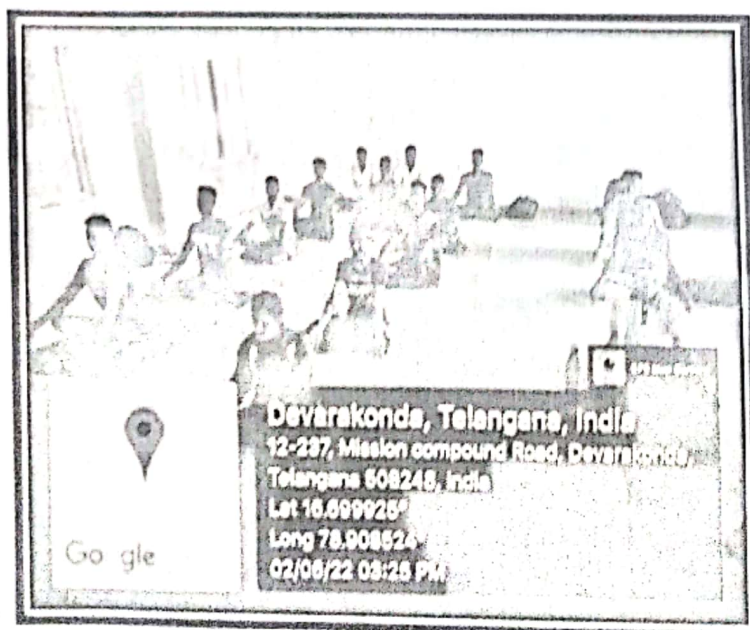
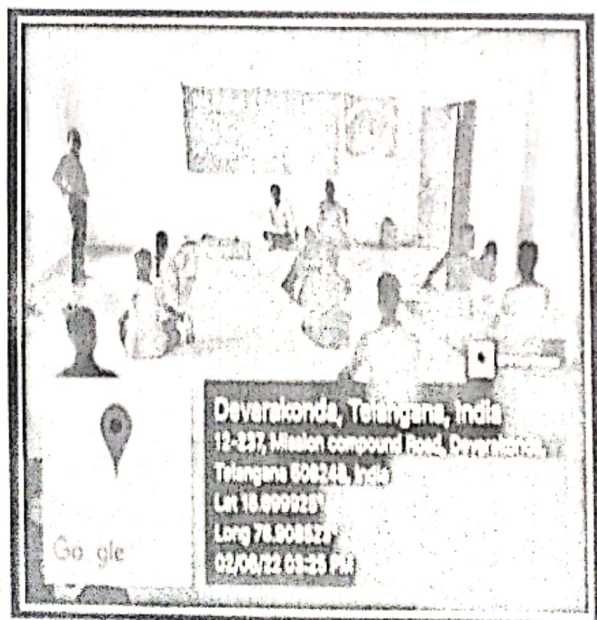
  
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## Day: 1: Introduction of Yoga

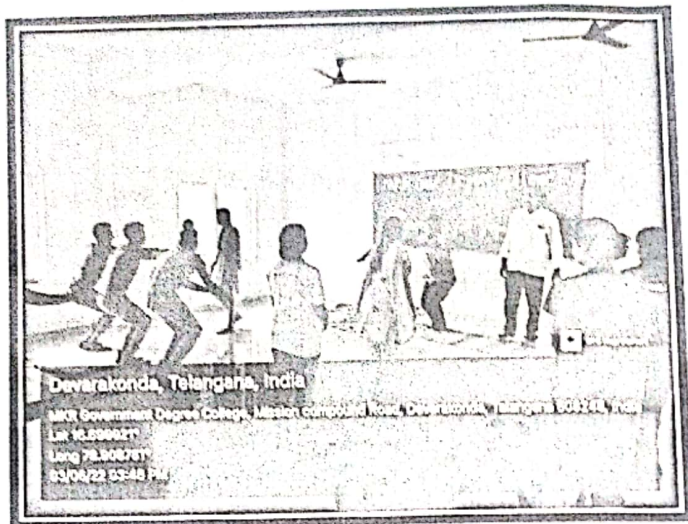


## Day:2: Meditation

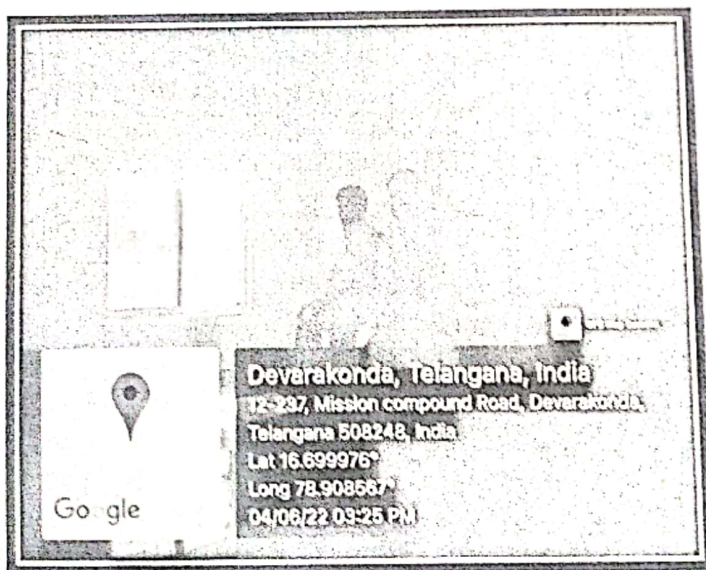




### Day: 3: Sukshnavyayama

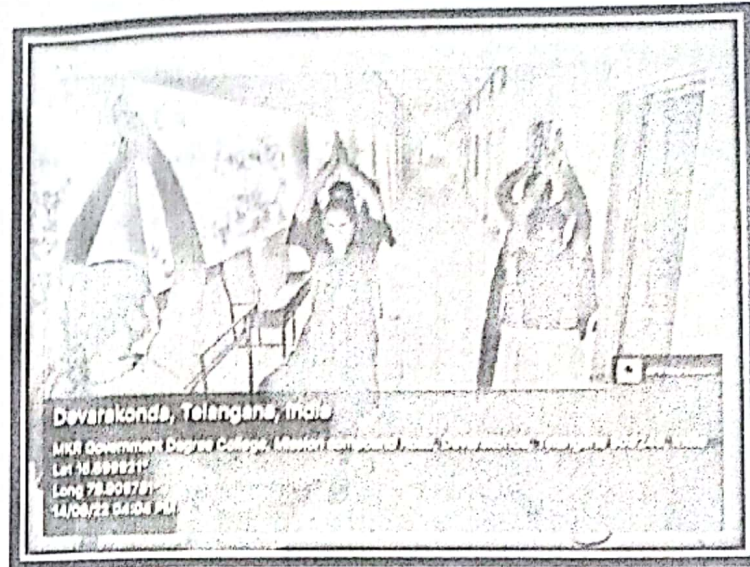


### Day: 4: Pranayamas

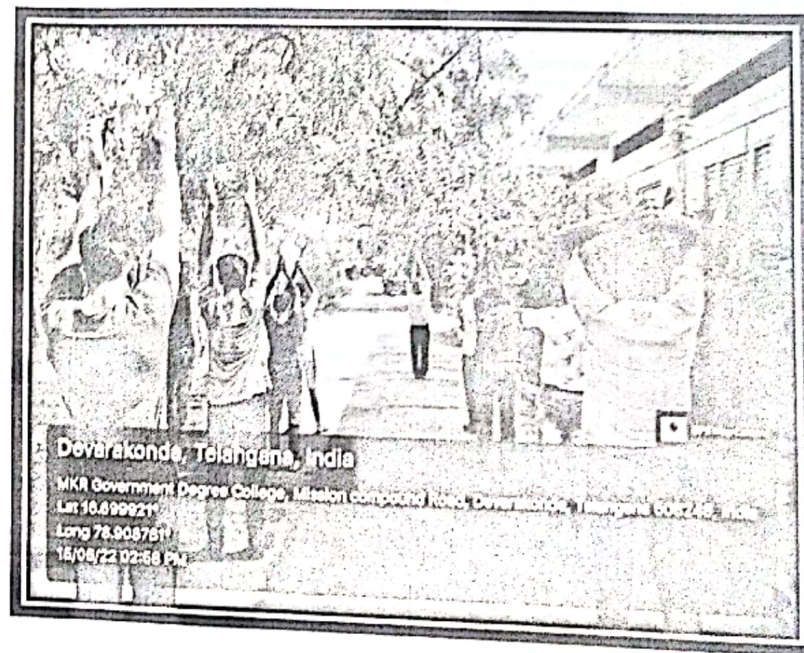




## Day: 11: Meditation

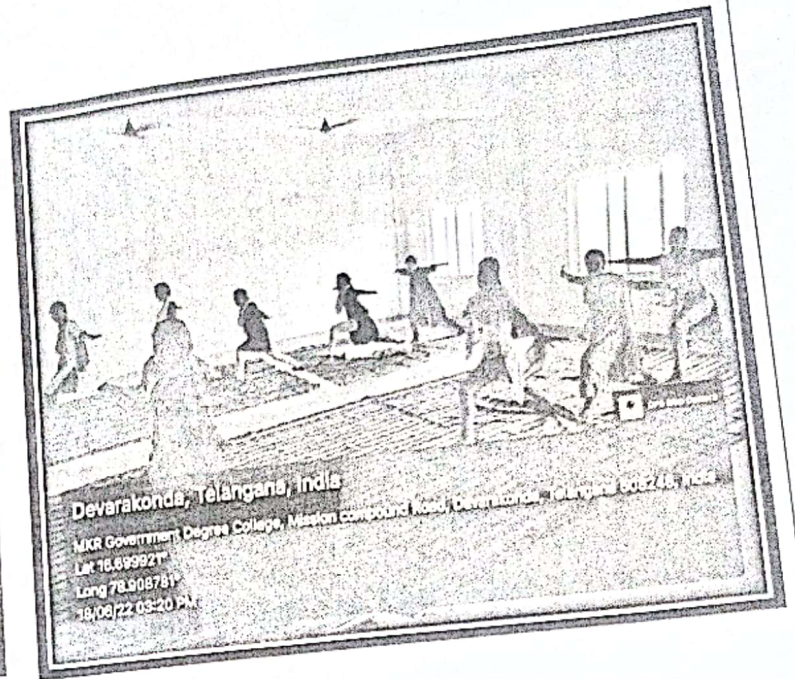
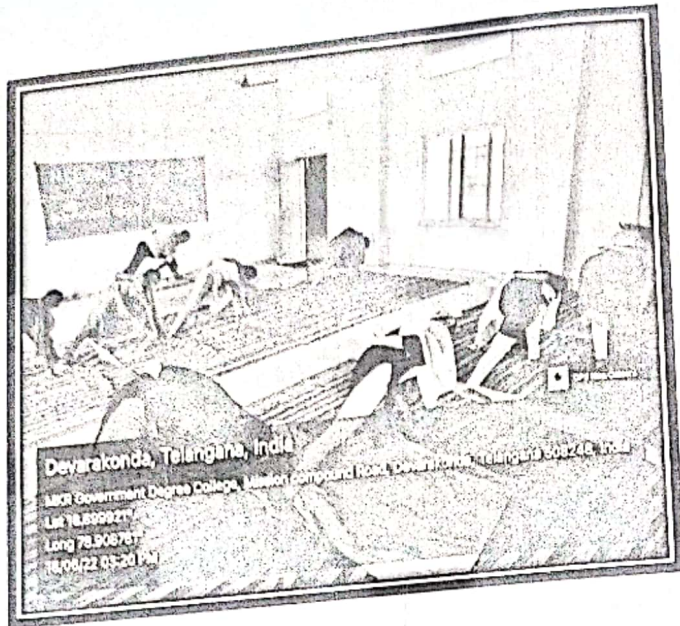


## Day: 12: Practice of Asanas





Day: 15: Practice of Asanas



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**MKR GOVERNMENT DEGREE COLLEGE  
DEVARAKONDA , NALGONDA (DIST)**

# **CERTIFICATE**

**IN  
BASIC YOGA**

This Certificate is proudly presented to

*Jeevan Kethavath*

of class **BSC(BZC) 1st YEAR**..... bearing the roll no.....**210440264451023** has completed  
certificate course in **"BASIC YOGA"**, conducted during **01 - 18** June, 2022.

*B. Reddy*  
**YOGA COORDINATOR**

*Om Namo Bhagavate*



**VAIDIK YOGPEETH TRUST**

*L. H. Ramakrishna*  
**PRINCIPAL**

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**MKR Government Degree College, Devarakonda**

**Certificate Course in Yoga**

**2021-22**

**List of Candidates**

S.No	NAME OF THE STUDENT	H.T NO.	Group	Signature of the candidate
1	WAHAJ HANEEF MOHAMMED	20044026129018	B.A(EHP) 2nd year	Vahaj Haneeff
2	K PADMA	2004026405012	B.Z.C 2nd year	Padma
3	D MAHESHWARI	2004026445014	B.Z.C 2nd year	Mahi
4	M BHAGYA	2004026445016	B.Z.C 2nd year	Bagya
5	V ROJA	2004026445032	B.Z.C 2nd year	Roja
6	M AKHIL	2004026468014	M.P.Cs 2nd Year	Nazma
7	NAZMA SHAIK	2004026408016	M.P.Cs 2nd Year	Ashwini
8	D ASHWINI	21040264681008	M.P.Cs 1st Year	Mounika
9	J ANUSHA	21040264681012	M.P.Cs 1st Year	Anil
10	N MOUNIKA	21040264681021	M.P.Cs 1st Year	Anil
11	P ANIL KUMAR	21040264681023	M.P.Cs 1st Year	Anil
12	R MAHENDRA	21040264681024	M.P.Cs 1st Year	Naha
13	SHAHEEN SHAIK	21040264681028	M.P.Cs 1st Year	Shahin
14	S ANUSHA	21040264681030	M.P.Cs 1st Year	Anil
15	T SHIVANI	21040264681031	M.P.Cs 1st Year	Surya
16	V NAVEENA	21040264681032	M.P.Cs 1st Year	Naveen
17	K NARESH	21040264681034	M.P.Cs 1st Year	Naresh
18	A JHANSI	21040264451006	B.Z.C 1st year	Jayee
19	E JAGADISH	21040264451015	B.Z.C 1st year	Jagan
20	K JEEVAN	21040264451023	B.Z.C 1st year	Jeevan
21	R VARALAXMI	21040264451037	B.Z.C 1st year	Varma
22	R JEEVANA KUMARI	21040264451038	B.Z.C 1st year	Kumari
23	E SRUJANA	21040264051011	B.Com(A) 1st Year	Srujana
24	K KAVYA	21040264051018	B.Com(CA) 1st Year	Kavya
25	B AJAY	21040261291008	B.A(EHP) 1st Year	Ajay

*Chakrabarty*

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**Certificate Course in Yoga**  
**2021-22**

**Attendance Sheet**

Month/Date				Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7	Day-8	Day-9	Day-10	Day-11	Day-12	Day-13	Day-14	Day-15
Sl.No	student	H.T NO.	Group	16.6.22	17.6.22	18.6.22	19.6.22	20.6.22	21.6.22	22.6.22	23.6.22	24.6.22	25.6.22	26.6.22	27.6.22	28.6.22	29.6.22	30.6.22
1	WAHAI HANEEF	4026129018	B.A(EHP) II															
2	K PADMA	4026405012	B.Z.C II															
3	D MAHESHWARI	4026445014	B.Z.C II															
4	M BHAGYA	4026445016	B.Z.C II															
5	V ROJA	4026445012	B.Z.C II															
6	M AKHIL	4026468014	MPCS II															
7	NAZMA SHAIK	4026408016	MPCS II															
8	D ASHWINI	40264681008	MPCS I															
9	J ANUSHA	40264681012	MPCS I															
10	N MOUNIKA	40264681021	MPCS I															
11	P ANIL KUMAR	40264681023	MPCS I															
12	R MAHENDRA	40264681024	MPCS I															
13	SHAHEEN SHAIK	40264681028	MPCS I															
14	S ANUSHA	40264681030	MPCS I															
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19	E JAGADISH	40264451015	BZC I															
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23	E SRUJANA	40264051011	B.Com(A) I															
24	K KAVYA	40264051018	B.Com(CA) I															
25	B AJAY	40261291008	B.A(EHP) I															

*U. Kumar*  
**PRINCIPAL**  
**18/6/2022**  
**MKR Govt. Degree College**  
**DEVARAKONDA, NALGONDA DIST.**