



MKR GOVT. DEGREE COLLEGE
(Accredited with B⁺⁺ Grade by NAAC, ISO 9001-2015)
Affiliated to Mahatma Gandhi University
DEVARAKONDA, NALGONDA, TELANGANA



A REPORT

ON

Certificate Course in Basic Yoga



ORGANIZED

BY

Department of Physics



MKR GOVT. DEGREE COLLEGE
(Accredited with B⁺⁺ Grade by NAAC, ISO 9001-2015)
Affiliated to Mahatma Gandhi University
DEVARAKONDA, NALGONDA, TELANGANA



S.No	Title of the Certificate Course	Duration & Dates	Academic Year
1	Basic Yoga	30 Days(19-04-2023 to 08-05-2023)	2022-23
2	Basic Yoga	30 Days(01-06-2022 to 18-06-2022)	2021-22
3	Basic Yoga	30 Days(08-02-2021 to 24-02-2021)	2020-21



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DEVARAKONDA, NALGONDA, TELANGANA



A Report on Certificate Course in Basic Yoga from 19-04-2023 to 08-05-2023.

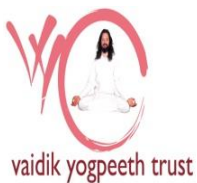


2022-23

Organized

By

**Department of Physics collaborating with Vedik Yog
Peeth Trust, Nalgoda**



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: 19-04-2023 to 08-05-2023

Course Introductory Session: 19-04-2023

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.**

Day-1



Day-2



 **GPS Map Camera**

Devarakonda, Telangana, India

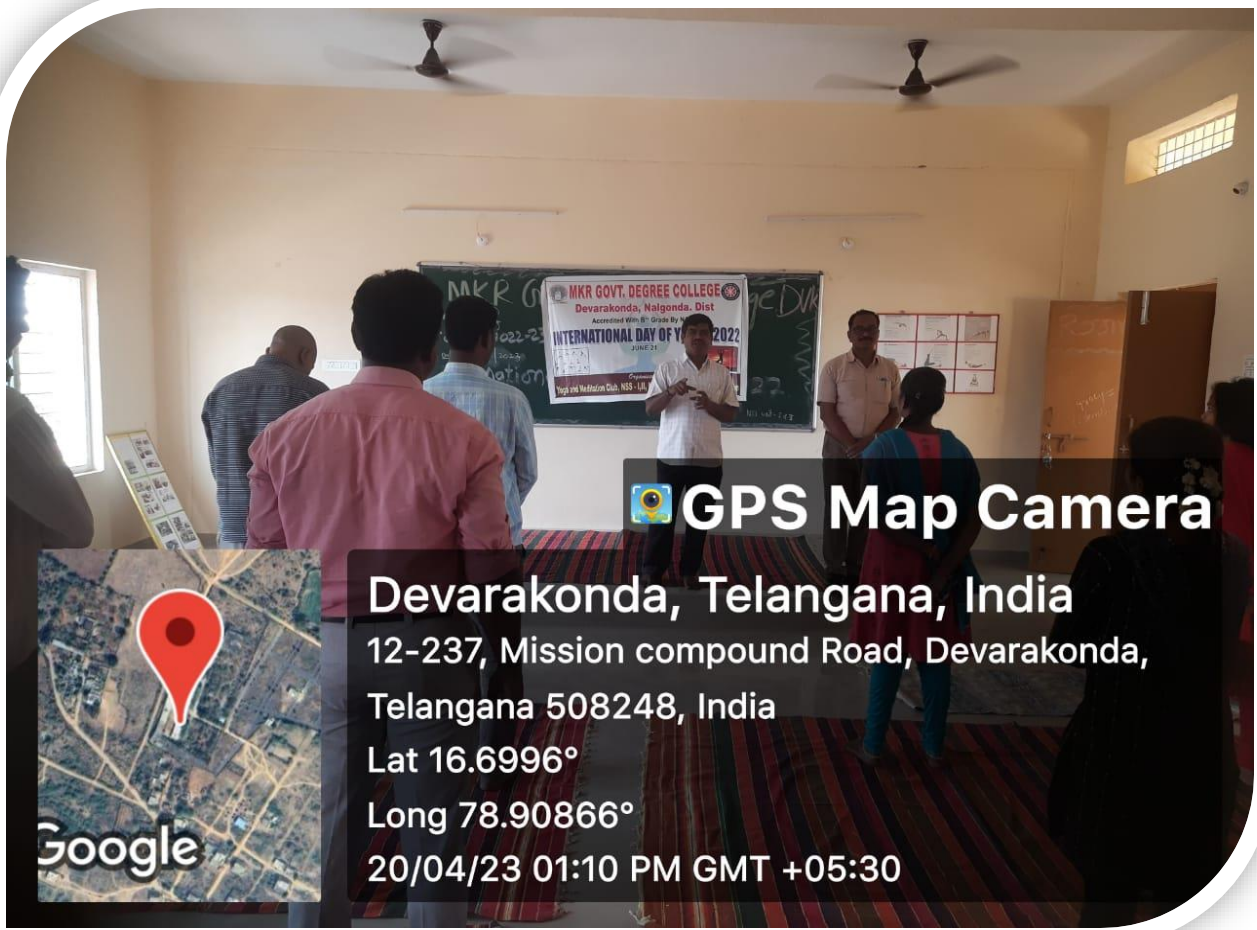
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Telangana 508248, India

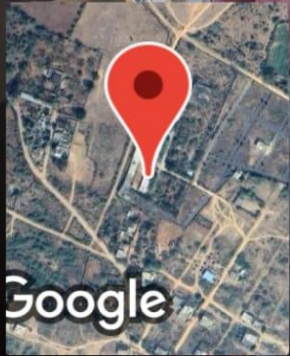
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Long 78.908651°

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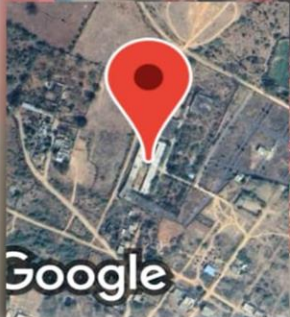
 **GPS Map Camera**



Devarakonda, Telangana, India
12-237, Mission compound Road, Devarakonda,
Telangana 508248, India
Lat 16.6996°
Long 78.90866°
20/04/23 01:10 PM GMT +05:30



 **GPS Map Camera**



Devarakonda, Telangana, India
12-237, Mission compound Road, Devarakonda,
Telangana 508248, India
Lat 16.699865°
Long 78.908651°
20/04/23 01:08 PM GMT +05:30

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



Day: 1: Introduction of Yoga

Day: 2: Meditation

Day: 3: Sukshmvayayama

Day: 4: Pranayama

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

Month/Date				Day-10	Day-11	Day-12	Day-13	Day-14	Day-15
Sl.No	student	H.T NO.	Group	02.05.23	03.05.23	04.05.23	05.05.23	06.05.23	08.05.23
1	A.Krishna	20044026129502	B.A(EHP) III	Krishna	Krishna	Krishna	AB	Krishna	Krishna
2	N.Srinkath	20044026129533	B.A(EHP) III	Srikanth	Srikanth	Srikanth	Srikanth	Srikanth	Srikanth
3	D.Jawaharalal	20044026129007	B.A(EHP) III	Jawaharalal	Jawaharalal	Jawaharalal	Jawaharalal	AB	Jawaharalal
4	M.Srinu	20044026129017	B.A(EHP) III	Srinu	Srinu	Srinu	Srinu	Srinu	Srinu
5	MOHAMMED	20044026129018	B.A(EHP) III	Mohamed	AB	mohamed	mohamed	mohamed	mohamed
6	A.Sowmya	20044026405001	B.Com III Year	Sowmya	Sowmya	Sowmya	AB	Sowmya	Sowmya
7	A.Pavithra	20044026405003	B.Com III Year	A.Pavithra	A.Pavithra	A.Pavithra	A.Pavithra	A.Pavithra	AB
8	K.Anusha	20044026405004	B.Com III Year	Anusha	AB	Anusha	Anusha	Anusha	Anusha
9	G.Bhavani	20044026405004	B.Com III Year	Bhavani	Bhavani	AB	Bhavani	Bhavani	Bhavani
10	K.Anil	20044026405010	B.Com III Year	Anil	Anil	Anil	AB	Anil	Anil
11	R.Vanishi Bhagy	20044026405013	B.Com III Year	Bhagya	Bhagya	Bhagya	Bhagya	Bhagya	Bhagya
12	Kumar Reddy	20044026405014	B.Com III Year	Kumar	Kumar	Kumar	Kumar	Kumar	Kumar
13	V.Mahesh	20044026405019	B.Com III Year	V.Mahesh	V.Mahesh	V.Mahesh	V.Mahesh	V.Mahesh	V.Mahesh
14	V.Venu	20044026405011	B.Com III Year	V.Venu	V.Venu	V.Venu	V.Venu	AB	V.Venu
15	N.Balram	20044026405014	B.Com III Year	Balram	AB	Balram	Balram	Balram	Balram
16	K.PADMA	2004026405012	B.Z.C III Year	Padma	Padma	Padma	AB	Padma	Padma
17	D.MAHESHWARI	2004026445014	B.Z.C III Year	Mahi	Mahi	AB	Mahi	Mahi	Mahi
18	M.BHAGYA	2004026445016	B.Z.C III Year	M.Bhagya	Bhagya	Bhagya	Bhagya	Bhagya	AB
19	V.ROJA	2004026445032	B.Z.C III Year	V.Roja	AB	V.Roja	V.Roja	V.Roja	V.Roja
20	E.Kotesh	2004026468005	MPCS III Year	Kotesh	Kotesh	Kotesh	Kotesh	AB	Kotesh
21	M.AKHIL	2004026468014	MPCS III Year	M.Akhil	AB	M.Akhil	M.Akhil	M.Akhil	M.Akhil
22	NAZMA SHAIK	2004026468016	MPCS III Year	Nazma	Nazma	AB	Nazma	Nazma	Nazma
23	N.Naveen	2004026468017	MPCS III Year	N.Naveen	N.Naveen	N.Naveen	AB	N.Naveen	N.Naveen
24	N.Surendhar	2004026468018	MPCS III Year	AB	N.Surendhar	N.Surendhar	N.Surendhar	N.Surendhar	N.Surendhar
25	N.Hymavathi	2004026408020	MPCS III Year	N.Hymavathi	AB	N.Hymavathi	N.Hymavathi	N.Hymavathi	AB

MKR Government Degree College, Devarakonda

Certificate Course in Yoga

2022-23

List of Candidates

S.No	NAME OF THE STUDENT	H.T NO.	Group	Signature of the candidate
1	A.Krishna	20044026129502	B.A(EHP) III Year	A. Krishna
2	N.Srinkath	20044026129533	B.A(EHP) III Year	N. Srikanth
3	D.Jawaharalal	20044026129007	B.A(EHP) III Year	D. Jawaharalal
4	M.Srinu	20044026129017	B.A(EHP) III Year	M. Srinu
5	WAHAJ HANEEF MOHAMMED	20044026129018	B.A(EHP) III Year	Wahaj Haneef mohammed
6	A.Sowmya	20044026405001	B.Com III Year	A. Sowmya
7	A.Pavithra	20044026405002	B.Com III Year	A. Pavithra
8	K.Anusha	20044026405003	B.Com III Year	K. Anusha
9	G.Bhavani	20044026405004	B.Com III Year	Bhavani
10	K.Anil	20044026405010	B.Com III Year	K. Anil
11	P. Anithi J. Bhagya	20044026405013	B.Com III Year	Bhagya
12	P.Shraavan Kumar Reddy	20044026405014	B.Com III Year	Shraavan
13	V.Mahesh	20044026405019	B.Com III Year	V. Mahesh
14	V.Venu	20044026405011	B.Com III Year	V. Venu
15	N.Balram	20044026405014	B.Com III Year	Balram
16	K PADMA	2004026405012	B.Z.C III Year	K. Padma
17	D MAHESHWARI	2004026445014	B.Z.C III Year	D. Maheshwari
18	M BHAGYA	2004026445016	B.Z.C III Year	M. Bhagya Leela
19	V ROJA	2004026445032	B.Z.C III Year	V. Roja
20	E.Kotesh	2004026468005	MPCS III Year	E. Kotesh
21	M AKHIL	2004026468014	MPCS III Year	M. Akhil
22	NAZMA SHAIK	2004026468016	MPCS III Year	Nazma Shaik
23	N.Naveen	2004026468017	MPCS III Year	N. Naveen
24	N.Surendhar	2004026468018	MPCS III Year	N. Surendhar
25	N.Hymavathi	2004026408020	MPCS III Year	N. Hymavathi

Sample Certificate



**MKR GOVERNMENT DEGREE COLLGE
DEVARAKONDA**

DEPARTMENT OF PHYSICS



Certificate Course

2021-22

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).

Ch. Ramakrishna
PRINCIPAL (FAC)
M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt. 508248

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 Paschimottansana

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

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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:

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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

PRINCIPAL (FAC)

M.K.R. Government Degree College,
Devarakonda, Nalgonda, Dt. 508248

Day: 1: Introduction of Yoga

Day: 2: Meditation

Day: 3: Sukshnavyayama

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

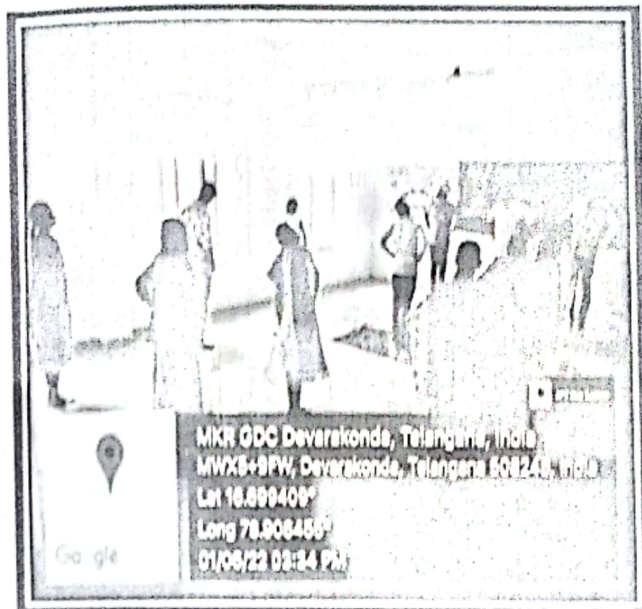
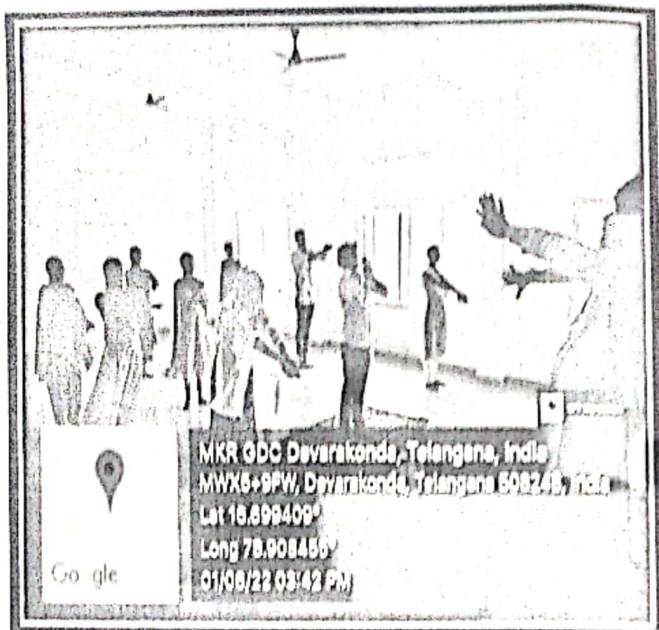
Day: 13: Practice of Asanas

Day: 14: Practice of Asanas

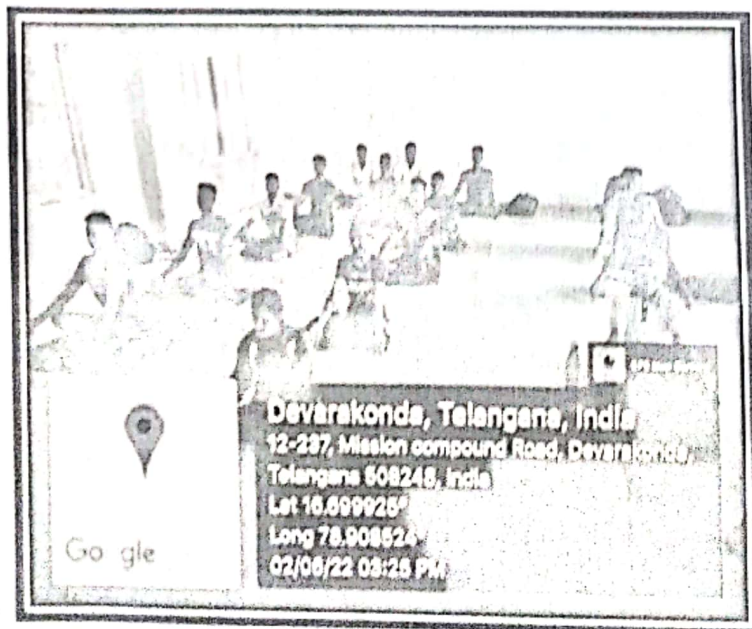
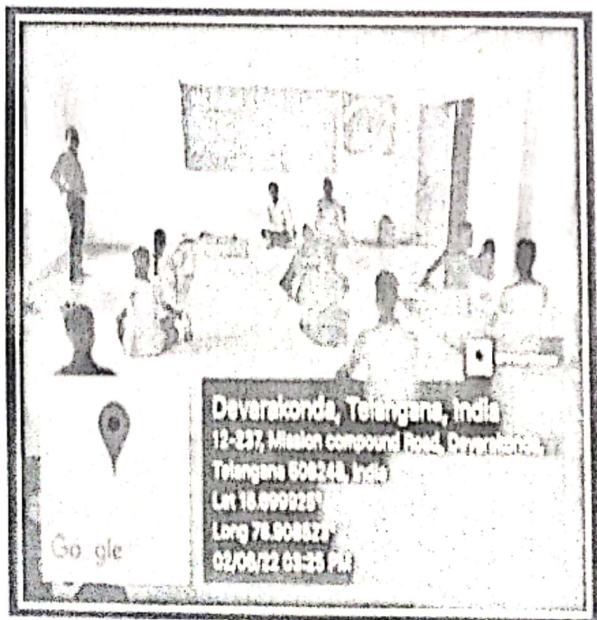
Day: 15: Practice of Asanas

Ch. Ramakrishna
PRINCIPAL (BAC)
M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt. 508248

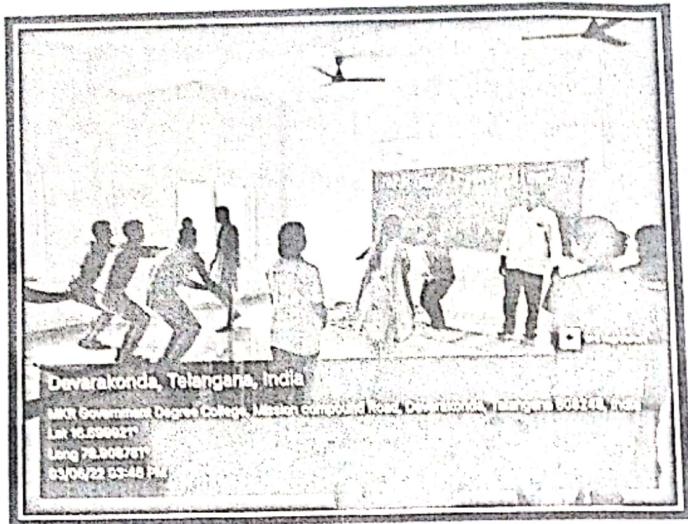
Day: 1: Introduction of Yoga



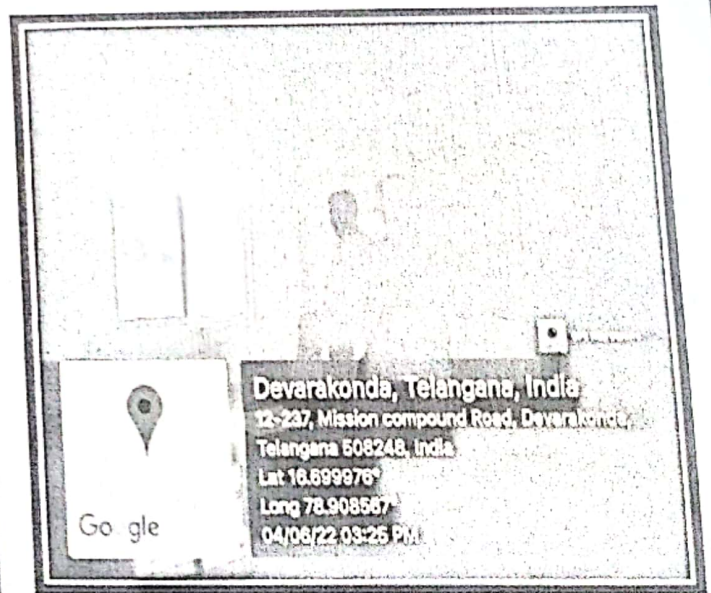
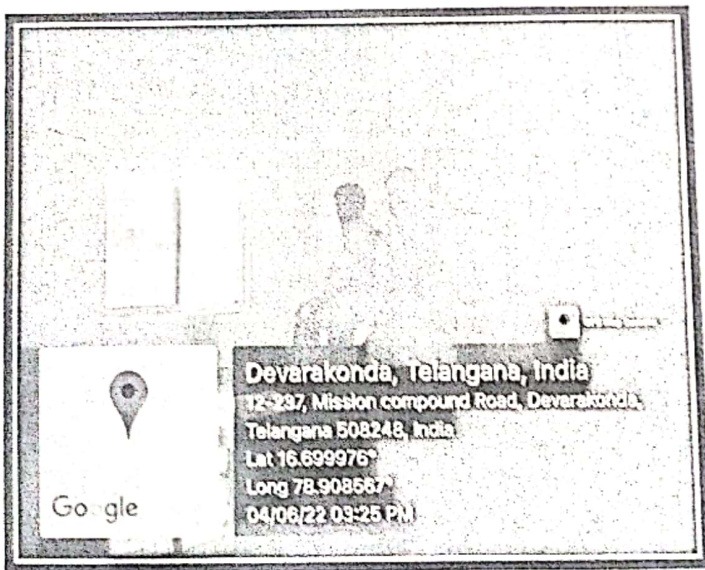
Day:2: Meditation



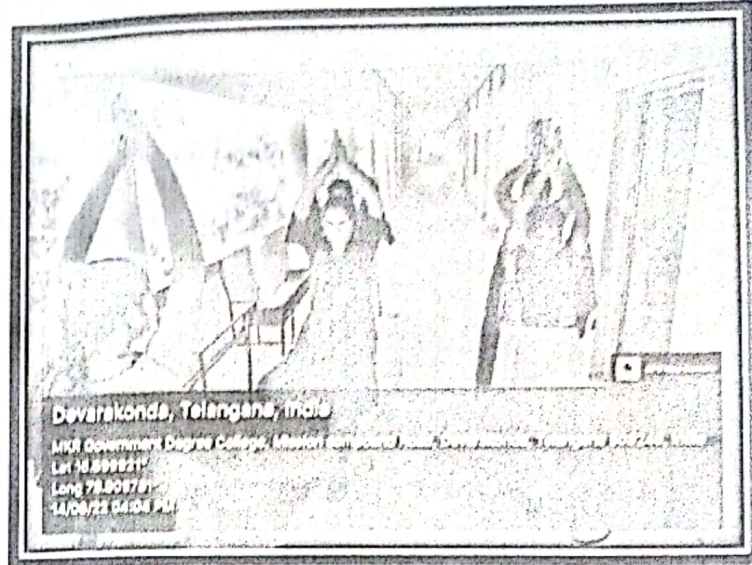
Day: 3: Sukshnavyayama



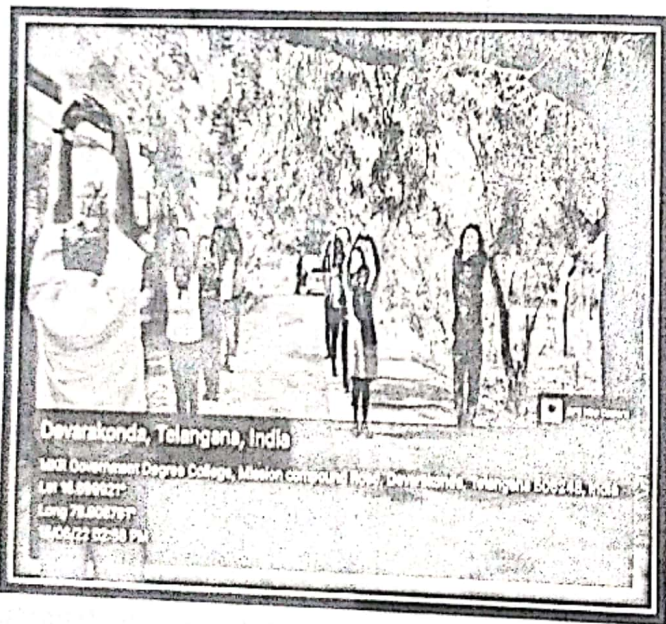
Day: 4: Pranayamas



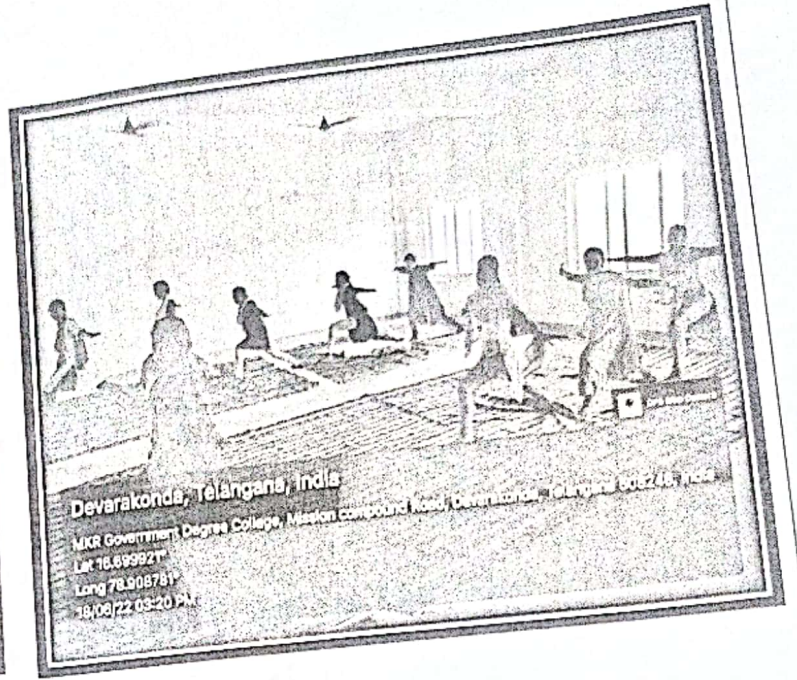
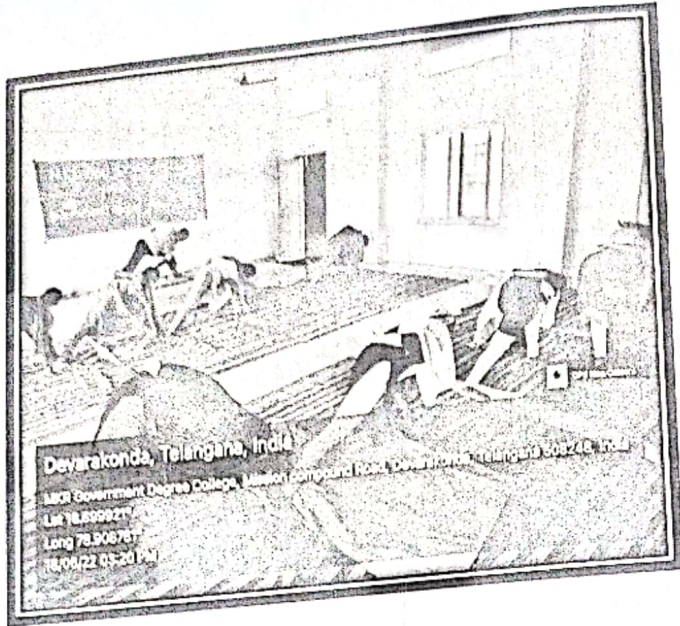
Day: 11: Meditation



Day: 12: Practice of Asanas



Day: 15: Practice of Asanas



Chhamalety
PRINCIPAL (FAC)
M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt. 508 248



**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.

Reddy
YOGA COORDINATOR

Handwritten signature in Telugu



VAIDIK YOGPEETH TRUST

U Ramaraj
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 Haneef
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	Mounika
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	Say
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	Laxmi
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

Chhama Bai

PRINCIPAL (FAC)


M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt. 508240

MKR Government Degree College, Devarakonda
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	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai	Wahai
2	K PADMA	4026405012	B.Z.C II	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma	Padma
3	D MAHESHWARI	4026445014	B.Z.C II	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi	Mehi
4	M BHAGYA	4026445016	B.Z.C II	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja	Roja
5	V ROJA	4026445012	B.Z.C II	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil	Akhil
6	M AKHIL	4026468014	MPCS II	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma	Nazma
7	NAZMA SHAIK	4026408016	MPCS II	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin	Ashwin
8	D ASHWINI	40264681008	MPCS I	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha	Anusha
9	J ANUSHA	40264681012	MPCS I	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika	Mounika
10	N MOUNIKA	40264681021	MPCS I	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil	Anil
11	P ANIL KUMAR	40264681023	MPCS I	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra	Mahendra
12	R MAHENDRA	40264681024	MPCS I	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen	Shaheen
13	SHAHEEN SHAIK	40264681028	MPCS I	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu	Anu
14	S ANUSHA	40264681030	MPCS I	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv	Shiv
15	T.SHIVANI	40264681031	MPCS I	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena	Naveena
16	V NAVEENA	40264681032	MPCS I	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh	Naresh
17	K.NARESH	40264681034	MPCS I	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi	Ajhansi
18	A JHANSI	40264451006	BZC I	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish	Jagadish
19	E JAGADISH	40264451015	BZC I	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan	Jeevan
20	K JEEVAN	40264451023	BZC I	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi	Varalaxmi
21	R VARALAXMI	40264451037	BZC I	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari	Kumari
22	KUMARI	40264451038	BZC I	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana	Esrjana
23	E SRUJANA	40264051011	B.Com(A) I	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya
24	K KAVYA	40264051018	B.Com(CA) I	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay	Ajay
25	B AJAY	40261291008	B.A(EHP) I															


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

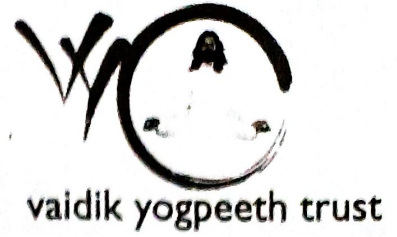
**MKR GOVERNMENT DEGREE COLLEGE
DEVARAKONDA**

DEPARTMENT OF PHYSICS



Certificate Course

2020-21



Memorandum of Agreement

Between

MKR Government Degree College

Devarakonda

&

Vaidik Yogpeeth Trust

Nalgonda.



VADIK YOGPEETH TRUST

Yoga Studies & Research Centre, Nalgonda
Reg.No. BK-IV/14/2019

కేంద్ర కార్యాలయం : 6-1-196/8, బోయవూడ, నల్లగొండ. తెలంగాణ, దూరవాణి: 9989982335
Email : vaidikyogpeethtrust@gmail.com. Website: vaidikyogpeethtrust.org

Date : 03.02.2021

MEMORANDUM OF UNDERSTANDING

We, the MKR Government Degree College, Devarakonda, Nalgonda District and Vaidik Yogpeeth Trust, Nalgonda District hereby declare that both organizations are rendering social service in their respective capacity have come together to execute a memorandum of understanding to carry on the activities noted below.

1. We, would like to organise, the regular yogic exercises to our students such as Asanas, Pranayama, Meditation and Shatkriyas.
2. We would like to have certificate course in yoga, training Programs and yoga camps to be held in college campus.
3. We want to help, students to cultivate & develop the power of concentration with the cooperation of Vaidik Yogpeeth Trust.
4. We aim at physical fitness and overall development of student's personality of both mental and physical. We need counseling services from Vaidik Yogpeeth Trust.
5. The certificates would be issued to students, those who take part in various activities
6. Both organizations do not have any commercial considerations, but will aim at rendering of social service. The agreement shall be terminated as and when one of the organizations wish to do so.
7. This MOU is executed on 03-02-2021 in the presence of both the parties and witness for the duration of 3 Years.

WITNESS

- 1) (M. Sathya Sainath).
- 2) (G. Linga Reddy).

Place: Nalgonda

PARTIES

For: VAIDIK YOGPEETH TRUST

Founder Trustee.

PRINCIPAL (FAC)
M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt. 508248

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).

Ch. Ramakrishna

PRINCIPAL (FAC)

M.K.R. Government Degree College
Devarakonda, Nalgonda. Dt. 508249

For: VAIDIK YOGPEETH TRUST

[Signature]
Founder Trustee

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 Sukshnavyayama
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 Paschimottansana

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.

Ch Ramakrishna

PRINCIPAL (FAC)
M.K.R. Government Degree College
Devarakonda, Nalgonda, Dist. Nalgonda

For: VAIDIK YOGPEETH TRUST

[Signature]
Founder Trustee.



MKR Govt. Degree College Devarakonda, Nalgonda Dist.



CERTIFICATE COURSE ON BASIC YOGA

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

Vaidic Yogapeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes & camps on Physical & Mental Health in the College.

Course Details:

Name of the Certificate Course: **Basic Yoga**

Duration: **30 Hours**

Period: **08- 24, February 2021**

Course Introductory Session: **08-02-2021**

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, Vedic Yogapeeth Trust, Nalgonda

Organising Committee: Sri G. Lingareddy, Lecturer in Physics
Smt. S. Sarada Devi, Asst Prof of Commerce
Sri J. Viswanadh Kumar, Asst Prof of Telugu, NCC, ANO.

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 R. Shiva Krishna, TSKC FTM

Chairperson: Dr Ch Rama Raju, Principal.

Ch Rama Raju

PRINCIPAL (FAC)

M.K.R. Government Degree College,
Devarakonda, Nalgonda. Dt: 508 248

For: VAIDIK YOGPEETH TRUST

[Signature]
Founder Trustee.

MKR Government Degree College, Devarakonda
Certificate Course in Basic Yoga
2020-21



List of Candidates

S.No	H.T.No	Name of the Student	Signature of the Candidate
1	18044026445007	K.Sandep	K. Sandep
2	18044026445012	M.Shiva Kuamr	M. Shiva Kuamr
3	18044026445015	P.Srikanth	P. Srikanth
4	18044026445505	G.Dinesh Kumar	G. Dinesh Kumar
5	18044026445506	G.Prasanna	G. prasanna
6	18044026445508	M.Naga Raju	M. Naga Raju
7	18044026445512	R.Mothilal	R. Mothilal
8	18044026445513	R.Sindhu	R. Sindhu
9	18044026468006	B.Ramanjulu	B. Ramanjulu
10	18044026468009	G.Naga Raju	G. Naga Raju.
11	18044026468011	G.Kiran Kumar	G. Kiran Kumar
12	18044026468012	I. Praveen Kumar	I. Praveen Kumar
13	18044026468018	M.Sipai	M. Sipai.
14	18044026468021	R.Ashok	R. Ashok
15	18044026468027	V.Praveen	V. Praveen
16	18044026468029	V.Rajendar	V. Rajendar.
17	18044026405007	D.Anil Kumar	D. Anil Kumar.
18	18044026405010	G.Anil	G. Anil
19	18044026405016	K.Hanma Naik	K. Hanma Naik
20	18044026405023	R.Suresh	R. Suresh
21	18044026405030	V.Nagaraju	V. Nagaraju.
22	18044026405027	V.Prasanna	V. Prasanna
23	17044026405013	G.Vamshi	G. Vamshi
24	18044026401514	K.Dhanaiah	K. Dhanaiah.
25	18044026111506	B.Shiva	B. Shiva
26	18044026111514	K.Devender	K. Devender
27	18044026129013	P.Anil	P. Anil
28	18044026129021	S.Sridhar	S. Sridhar.
29	18044026129504	E.Naveen	E. Naveen
30	18044026129513	N.Sathish	N. Sathish.
31	18044026156508	K.Hari Krishna	K. Hari Krishna
32	18044026129517	R.Sravan	R. Sravan

Sl. no	Name of the student	Group	17/2/2021	18/2/2021	19/2/2021	20/2/2021	22/2/2021	23/2/2021	24/2/2021	Remarks
23	G. Vamshi	B.Com (CA) III	G. Vamshi	G. Vamshi	G. Vamshi	G. Vamshi	G. Vamshi	G. Vamshi	G. Vamshi	
24	K. Dhanaiah	B.Com (G) III	K. Dhanaiah	K. Dhanaiah	K. Dhanaiah	K. Dhanaiah	K. Dhanaiah	K. Dhanaiah	K. Dhanaiah	
25	B. Shiva	BA(EPP) III	B. Shiva	B. Shiva	B. Shiva	B. Shiva	B. Shiva	B. Shiva	B. Shiva	
26	K. Devender	BA(EPP) III	K. Devender	K. Devender	K. Devender	K. Devender	K. Devender	K. Devender	K. Devender	
27	P. Anil	BA(EHP) III	P. Anil	P. Anil	P. Anil	P. Anil	P. Anil	P. Anil	P. Anil	
28	S. Sridhar	BA(EHP) III	S. Sridhar	S. Sridhar	S. Sridhar	S. Sridhar	S. Sridhar	S. Sridhar	S. Sridhar	
29	E. Naveen	BA(EHP) III	E. Naveen	E. Naveen	E. Naveen	E. Naveen	E. Naveen	E. Naveen	E. Naveen	
30	N. Sathish	BA(HHP) III	N. Sathish	N. Sathish	N. Sathish	N. Sathish	N. Sathish	N. Sathish	N. Sathish	
31	K. Hari Krishna	BA(HHP) III	K. Hari Krishna	K. Hari Krishna	K. Hari Krishna	K. Hari Krishna	K. Hari Krishna	K. Hari Krishna	K. Hari Krishna	
32	R. Sravan	BA(HHP) III	R. Sravan	R. Sravan	R. Sravan	R. Sravan	R. Sravan	R. Sravan	R. Sravan	


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 Devarakonda, Nalgonda, Dt. Guntur



**MKR Govt. Degree College,
Devarakonda, Nalgonda**



Certificate

This is to certify that.....M. Sipa.....s/o/d/o.....M. Saida.....

class..B.Sc.(M.P.S.).....Illye has completed **Certificate Course in Basic Yoga** conducted during 8 - 24 February 2021.

A. Reddy
Yoga Coordinator

For: VAIDIK YOGPEETH TRUST
Srinivas Reddy
Founder Trustee,

Ch. Ramakrishna
PRINCIPAL (FAC)
M.K.R. Government Degree
Devarakonda, Nalgonda, D.C.