

GOVERNMENT DEGREE COLLEGE, BELLAMPALLY

DISTRICT MANCHERIAL

TELANGANA, 504251



ACADEMIC YEAR 2019-2020

Organized by

DEPARTMENT OF HISTORY AND POLITICAL SCIENCE

YOGA CERTIFICATE COURSE

S.PRABHAKAR

Lecturer in political science

N.EKAMBARAM

Lecturer in History

INDEX

S.NO	NAME OF THE CONTENT
1	PREFACE
2	CURRICULUM
3	SCHEDULE
4	ENROLLEMENT LIST
5	FEEDBACK AND ANALYSIS
6	PHOTO GALLERY
7	STUDENTS ATTENDANCE

PREFACE

As a part of Skill Enhancement Activities “A Certificate Course on Yoga” was planned to organize to improve behavioral control and decreases psychological distress in order to get control over physical and mental health to tackle everyday challenges with ease in this competitive world.

Abstract

Yoga and meditation have been shown to be effective in alleviating symptoms of depression and anxiety. Although there have been no prison population, we reasoned that yoga could have beneficial effects in a setting where psychological functioning is often low and frequency of impulsive behaviors is high. Learning behavioral control and gaining physical fitness in early age is good indication to lead healthy and peaceful life. To bring this awareness among the students and to make them robust both physically and mentally we organized this skill enhancement course.

Methods

The Trainers of “PATHANJALI YOGA CENTRE” (Bellampally branch) K.Padhama, Trainee students of this concerned centre and a teacher who is well practioner of yoga M. Satyanarayana taught the classes of practice of yoga to students. The training program was conducted for 15 days in our college from 09/01/2020 to 31/01/2020. As per the schedule of the program theory and practice classes were conducted for two hours every day. At the end of the course it is assessed positive response among the students.

Outcome

Participants of this yoga program showed their interest to continue the practice and reported positive effect. The participants opined that this practice reduced stress and psychological distress as compared to previous physical conditions. Participants who completed the yoga course also showed better performance in the Cognitive - Behavioral task.

Conclusion

Yoga is effective in improving subjective wellbeing, mental health, and executive functioning within prison populations. This is an important consideration given the consistently high rates of psychological morbidity.

GOVERNMENT DEGREE COLLEGE - BELLAMPALLY**DIST.MANCHERIAL , TELANGANA****YOGA CERTIFICATE COURSE****COURSE PLAN**

MODULE NAME	NO, OF HOURS ALLOTTED	TITLE	DURATION (Hr)
Inaugural Session	*	Introduction	*
Introduction to Danurasana and practice effect on body and mind	3	Practice of danurasana(do's and don'ts)	1 - Lecture class 1 –practice class
Bhandhnasana and its impact on body and mind	2	Various methods to practice	1- Lecture class 1 –practice class
Virabhadrasana introduction its impact on body	2	Practice of danurasana(do's and don'ts)	1- Lecture class 1 –practice class
Vriksasana introduction and practice	2	Demonstration of asanas	1- Lecture class 1 –practice class
Balāsana introduction and practice	2	Simple mehndi to Do	1- Lecture class 1 –practice class
Sirsasana introduction and practice	4	Practice of danurasana(do's and don'ts)	1- Lecture class 3 –practice class
Ustrasana introduction and practice	3	Practice of danurasana(do's and don'ts)	1- Lecture class 2 –practice class
Halāsana introduction and practice	6	Practice of danurasana(do's and don'ts)	2- Lecture class 4–practice class
Pranayama control emotions and peace mind	2	Do practice	practice
Dhyānam overcome from different stresses	4	Do practice	practice
Valedictory function	*	Valedictory Session	

YOGA TRAINING COURSE SCHEDULE

SL.NO	DATE	TIME	TOPIC NAME	THEORY/PRACTICAL
1	09/01/2020	09-00 A.M to 10.00 A.M	INAUGUARAL SESSION	****
2	9/01/2020	04.30 P.M TO 5.30P.M	DANURASANA	LECTURE ON DANURASANA
3	10/01/2020	09-00 A.M to 10.00 A.M	DANURASANA	PRACTICE
4	10/01/2020	04.30 P.M TO 5.30 .PM	BANDHANASANA	LECTURE ON BHANDANASANA
5	11/01/2020	09-00 A.M to 10.00 A.M	BANDHANASANA	LECTURE ON VIRABHADRASANA
6	11/01/2020	04.30 P.M TO 5.30 P.M	VIRABHADRASANA	PRACTICE
7	17/01/2020	09-00 A.M to 10.00 A.M	VRKSASANA	LECTURE ON PRACTICE
8	17/01/2020	04.30 P.M TO 5.30 P.M	VRKSASANA	THEORY
9	18/01/2020	09-00 A.M to 10.00 A.M	VIRABHADRASANA III	LECTURE ON VIRABHADRASANA III
10	18/01/2020	04.30 P.M TO 5.30 P.M	VIRABHADRASANA III	PRACTICE
11	20/01/2020	09-00 A.M to 10.00 A.M	BALASANA	LECTURE ON BALASANA PRACTICE
12	20/01/2020	04.30 P.M TO 5.30 P.M	BALASANA	PRACTICE
13	21/01/2020	09-00 A.M to 10.00 A.M	SIRSASANA	BALASANA
14	21/01/2020	04.30 P.M TO 5.30 P.M	SIRSASANA	THEORY
15	23/01/2020	09-00 A.M to 10.00 A.M	USTRASANA	PRACTICE
16	23/01/2020	04.30 P.M TO 5.30P .M	USTRASANA	THEORY
17	24-01-2020	09-00 A.M to 10.00 A.M	HALASANA	PRACTICE
18	24-01-2020	04.30 P.M TO 5.30 P.M	HALASANA	PRACTICE
19	25/01/2020	09-00 A.M to 10.00 A.M	PRANAYAMA	THEORY
20	25/01/2020	04.30 P.M TO 5.30 P.M	PRANAYAMA	PRACTICE

21	27/01/2020	09-00 A.M to 10.00 A.M	DYANA	THEORY
22	27/01/2020	04.30 P.M TO 5.30 P.M	DYANA	PRACTICE
23	28/01/2020	09-00 A.M to 10.00 A.M	ANANTASANA	THEORY
24	28/01/2020	04.30 P.M TO 5.30 P.M	ANANTASANA	PRACTICE
25	29/01/2020	09-00 A.M to 10.00 A.M	KURMASANA	THEORY
26	29/01/2020	04.30 P.M TO 5.30 P.M	KURMASANA	PRACTICE
27	30/01/2020	09-00 A.M to 10.00 A.M	MATSYASANA	THEORY
28	30/01/2020	04.30 P.M TO 5.30 P.M	MATSYASANA	PRACTICE
29	31/01/2020	09-00 A.M to 10.00 A.M	ASANA REVIEW	THEORY
30	31/01/2020	04.30 P.M TO 5.30 P.M	VALDICTORY	PRACTICE

S.NO	NAME OF THE CANDIDATE	GROUP	YEAR
1	J.CHAITRIKA	B.A I	2019-2020
2	K.SAHITYA	B.A I	2019-2020
3	N.MEGHAMALA	B.A I	2019-2020
4	P.RAJESH	B.A I	2019-2020
5	S.SURENDER	B.A I	2019-2020
6	S.RAVINDER	B.A I	2019-2020
7	P.RAVI	B.A I	2019-2020
8	B.SUMAN	B.A I	2019-2020
9	B.RAMESH	B.A I	2019-2020
10	N.NAVEENKUMAR	B.A I	2019-2020
11	P.SAINATH	B.A I	2019-2020
12	D.PRAMOD	B.A I	2019-2020
13	G.MAHESH	B.A I	2019-2020
14	K.RAJASHEKAR	B.A I	2019-2020
15	J.RAJKUMAR	B.A I	2019-2020
16	S.AJAY	B.A I	2019-2020
17	D.RAJKUMAR	B.A I	2019-2020
18	E.RAVIKUMAR	B COM I	2019-2020
19	M.SHIVAPRASAD	B.A I	2019-2020
20	E.SWETHA	B.A I	2019-2020
21	A.KRISHNAVENI	BSC BZC I	2019-2020
22	E.LAXMI	BSC BZC I	2019-2020
23	E.MAHESHWARI	BSC BZC I	2019-2020
24	P.MANASA	BSC BZC I	2019-2020
25	M.CHANDRAKALA	BSC BZC I	2019-2020
26	D.MOUNIKA	BSC BZC I	2019-2020
27	P.ANJAMMA	BSC BZC I	2019-2020
28	J.SANGEETHA	BSC BZC I	2019-2020
29	B.LAXMI	BSC BZC I	2019-2020
30	R.SAISUMAN	BSC BZC I	2019-2020

GOVERNMENT DEGREE COLLEGE, BELLAMPALLY

Dist. –MANCHERIAL, TELANGANA, 504251

YOGA TRAINING COURSE

Name of the college	Government Degree College, Bellampally
Name of the Organizers	Department of History and Department of political science
Name of the course	Yoga Training Course
Type of the course	Value added Certificate course
Duration	30 Hours
Eligibility	Nil (Anyone can join this course)
Timing	09-00 A.M. to 10.00 A.M .And 04.30 P.M. to 5.30 P.M.
Fees	Nil
Year of introduction of course	2019-2020
Commencement	11-02-2020 to 28-02-2020
Intake capacity	30 students
Introduction/Course Objectives	Effective in improving subjective wellbeing, mental health, and executive functioning within prison populations. This is an important
Course outcomes/Benefits of the course	After completion of this course Students will be able to become self Motivation They will be able to develop self Motivation skills. They will also be able to overcome from stress.
Curriculum design	The curriculum is asana and Pranayama
Syllabus	Self Report measures of mood, stress were collected before and after the intervention period. Behavioral response inhibition and sustained attention.
Name of the Resource person	Smt Padma
Name of the course Coordinator	S.PRABHAKAR Lecturer in political science N.EKAMBARAM Lecturer in History

The curriculum is designed for yoga

1. Drawing different yoga asana.
2. Information about yoga and Attention of Asana
3. Information about the Yoga.
4. Demonstration of different practice of Yoga.
5. Simple yoga asana.
6. Pranayama.
7. Dhyanam.

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TELANGANA, 504251

FEED BACK FORM ON YOGA CERTIFICATE COURSE

Name of the participant

Programme and year:

- | | |
|---|--------|
| 1. Were objectives of the course clear to you | Yes/No |
| 2. The course contents met with your expectations | Yes/No |
| 3. The curriculum module was well planned | Yes/No |
| 4. The Course exposed you to new designs and practices | Yes/No |
| 5. Was the practical work adequate or not | Yes/No |
| 6. Was the instructor encouraged the participants | Yes/No |
| 7. was the instructor's skill and performance adequate to the course out comes | Yes/No |
| 8. Were objectives of the course realized or not | Yes/No |
| 9. Do you think that this course increased your skills towards Self Employment? | Yes/No |

PHOTOGALLERY





















GOVERNMENT DEGREE COLLEGE, BELLAMPALLY,

DISTRICT - MANCHERIAL

TELANGANA-504251

YOGA CERTIFICATE COURSE

STUDENTS ATTENDANCE LIST

2019 - 2020

S.NO	Name of the student	Group / year	Signature
1	J. Chaitrika	BA 1 st year	Chaitrika
2	K. Sabithya	BA 1 st year	K. Sabithya
3	N. Meghamala	BA 1 st year	Meghamala
4	P. Rajesh	B.A 1 st year	P. Rajesh
5	S. Ravinder	B.A 1 st year	S. Ravinder
6	P. Ravi P. Ravi	B.A 1 st year	P. Ravi
7	P. Surrender	B.A 1 st year	P. Surrender
8	B. Sumam	B.A 1 st year	Sumam
9	D. Ramesh	B.A 1 st year	D. Ramesh
10	M. Naveen Kumar	B.A 1 st year	M. Naveen Kumar
11	P. Sainath	B.A 1 st year	P. Sainath
12	D. Pramod	B.A 1 st year	D. Pramod
13	G. Mahesh	B.A 1 st year	G. Mahesh
14	K. Rajashekar	B.A 1 st year	K. Rajashekar
15	D. Raj D. RAJ KUMAR	B.A 1 st year	D. Raj
16	J. RAJ KUMAR	B.A 1 st year	J. Raj
17	S. Jay	B.A 1 st year	S. Jay
18	E. Ravi Kumar	B.Com 1 st year	E. Ravi Kumar
19	B. Banesh	B.H 1 st year	B. Banesh
20	M. Shiva Prasad	B.A 1 st year	Shiva Prasad
21	E. Swetha	B.A 1 st year	Shiva Prasad

22	Alkapuram Krishnaveni	BSc (BZC)	
23	Engamē. Lazemi.	BSC (BZC)	
24	E. Maheshwari	BSC (BZC) 1 st year	E. Maheshwari
25	p. manasa.	Bsc BZC 1 st year	P. Manasa.
26	M. Chandrakala	BSC BZC 1 st year	M. Chandrakala
27	D. Mounika	BSC BZC 1 st year	D. Mounika
28	P. Anjamma	BSC BZC 1 st year	P. Anjamma
29	J. Sangeetha	B.Sc BZC 1 st year	J. Sangeetha.
30	R. Laxmi	B.Sc BZC 1 st year	R. Laxmi
31	R. Sai Suma	B.Sc BZC 1 st year	R. Saishumy

- 1) N. Sany
- 2)

PRINCIPAL
 Govt. Degree College
 Bellampalli-504 251,
 Dist: Mancherial (T.S.)

GOVERNMENT DEGREE COLLEGE
BELLAMPALLY

Certificate

This is to Certify Mr/Miss/Mrs. _____, completed
his/her course in YOGA Conducted by Department of History and Political Science, year 2019-20,
Government Degree College, Bellampally.

Co-Ordinators

Principal

GOVERNMENT DEGREE COLLEGE, BELLAMPALLY

DISTRICT MANCHERIAL

TELANGANA, 504251

Date: 02-01-2020

CIRCULAR

As per the instructions of the Commissioner of Collegiate Education, Telangana departments of History and Political science are jointly organizing skill oriented short term Yoga certificate course from 9/01/2020 to 31/01/2020 for the students in our college. Interested candidates may register their names with sir Dr N Ekambaram, Lecturer in History on or before

03/01/2020.

Course timings: 09.30 A.M. to 10.30 A.M.

04.30 P.M. to 05.30 P.M.

Course Coordinators:

1. Dr N Ekambaram

Lec in History

2. S.Prabhakar.

Lecturer in Political science

GOVERNMENT DEGREE COLLEGE, BELLAMPALLY
DISTRICT MANCHERIAL
TELANGANA, 504251

FEED BACK FORM ON MEHNDI DESIGNING COURSE

Name of the participant

Programme and year:

- | | |
|--|--------|
| 1. Were objectives of the course clear to you | Yes/No |
| 2. The course contents met with your expectations | Yes/No |
| 3. The curriculum module was well planned | Yes/No |
| 4. The Course exposed you to new Asana and practices | Yes/No |
| 5. Was the practical work adequate or not | Yes/No |
| 6. Was the instructor encouraged the participants | Yes/No |
| 7. was the instructor's skill and performance adequate to the course out comes | Yes/No |
| 8. Were objectives of the course realized or not | Yes/No |
| 9. Do you think that this course increased Motivation your Self? | Yes/No |

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Enrollment form for Yoga Certificate course

- 1. Name of the candidate** :
- 2. Course and year of study** :
- 3. Residential address** :
- 4. Date of Birth** :
- 5. Mobile No** :
- 6. Email Id** :
- 7. Social status** :
- 8. Aadhar No** :
- 9. Hobbies** :
- 10. Areas of interest** :

Signature of the Aspirant

GOVERNMENT DEGREE COLLEGE - BELLAMPALLY**DIST.MANCHERIAL , TELANGANA****YOGA CERTIFICATE COURSE****COURSE PLAN**

MODULE NAME	NO, OF HOURS ALLOTTED	TITLE	DURATION (Hr)
Inaugural Session	*	Introduction	*
Drawing of different forms of lines and symbols	3	Different forms of lines, figures, shapes(Geometric) of deities ,animals,etc,	1 -Theory 2 -Practicals
Information about making cones and preparing mehndi paste	2	Various methods of making cones with different materials	1 -Theory 1-Practicals
Information about the designs and removal of mehndi	2	Different styles of designs and removal of mehndi	1 -Theory 1-Practical
Demonstration of different patterns of designs	2	Demonstration of different patterns of designs	1 -Theory 1-Practicals
Simple mehndi design	2	Simple mehndi designs	1 -Theory 1-Practicals
Arabic designs	4	Different types of Arabic designs	2-Theory 2-Practicals
Bridal Mehndi design	3	Different types of Bridal Mehndi designs	1 -Theory 2-Practicals
Indian mehndi design	6	Different types of Indian mehndi design	3-Theory 3-Practicals
Practice	6	All modules	practice
Examination	*	Examination	1 -exam
Valedictory function	*	Valedictory Session	









