

**DEPARTMENT OF PHYSICAL EDUCATION**  
**GOVERNMENT DEGREE COLLEGE FOR WOMEN**  
**NALGONDA**



**CERTIFICATE COURSE IN YOGA**

**FROM 08-02-2017 TO 20-02-2017**

The department of physical education of Government Degree College for Women, Nalgonda organized a certificate course in Yoga from 08-02-2017 to 20-02-2017.

The schedule and time table for this certificate course as follows.

**Daily 12-00 to 1-00 pm Theory class**

**Daily 3-30 to 5-30 pm Practical session.**

**Venue: College Play Ground**

**YOGA GURU : Y.SHANKARAI AH.**

**Chief Guest: - Dr. Alivelu Mangamma.**

**N. Bharadwaj SBI Manager**

**YOGA Convener: Sri. S. Raja Ram Librarian, GDC(W), Nalognda**

**Organising Secretary: Dr. Ch. Krishna Reddy, Physical Director**

**GOVERNMENT DEGREE COLLEGE FOR WOMEN-NALGONDA**

**CERTIFICATE COURSE IN YOGA**

**SYLLABUS (30 Hours) – 2016-17**

**(Theory – 10 hours + Practice Session – 20 hours)**

**MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)**

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

**MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)**

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

**MODULE-III - ASHTANGA YOGA (2 hours)**

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

**PRACTICALS (PRACTICE SESSION) (20 hours)**





TABLE REGISTER OF

YEAR... 2016-17

ROLL NO.	NAME OF THE STUDENT	MONTH													
		DATE													
		INITIAL OF LECTURER													
		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12	13
65	N. Shreethi	" "	X	X	X	X	a	X	X	a	X	X			
66	M. Chreethi	" "	X	X	X	X	X	X	X	X	X	X			
67	G. Keerthi	" "	X	a	X	X	a	X	X	X	X	X			
68	J. Komali	" "	X	X	X	X	X	X	X	X	X	X			
69	G. Pasyanka	" "	X	X	X	X	X	X	X	X	X	X			
70	Husna shabnum	" "	X	X	a	X	X	X	X	X	X	a			
71	Reshma	" "	X	X	X	X	X	X	X	X	X	X			
72	Manazza Zahera	" "	X	X	X	X	X	X	X	X	X	X			
73	Gt. Madhuri (B.ZC II yr)	" "	X	X	X	a	X	X	X	X	X	X			
74	M. Varolaxmi	" "	X	X	X	X	X	X	X	X	X	X			
75	A Chandana	" "	X	X	X	X	X	X	X	X	X	X			
76	B. Shreisha	" "	a	X	X	X	X	a	X	X	X	X			
77	S. Navya	" "	X	X	X	X	X	X	X	X	X	X			
78	P. Sandhya Rani	" "	X	X	a	X	X	X	X	X	X	X			
79	Gt. Mamatha	" "	X	X	X	X	X	X	X	X	X	X			
80	K. Shobha	" "	X	X	X	X	X	a	X	X	X	X			
81	M. Shobarani	" "	X	X	X	X	X	X	X	X	X	X			
82	K. Swathi	" "	X	X	X	X	X	X	X	a	X	X			
83	Manazza Ambreen	" "	X	X	a	X	X	X	X	X	X	X			
84	M. Akanksha	" "	X	X	X	X	X	X	X	X	X	X			
85	R. Sandhya	" "	X	X	X	X	X	X	X	X	X	X			
86	M. Revathi	" "	X	X	X	X	X	a	X	X	X	X			
87	P. Kalyani	" "	X	X	X	X	X	X	X	X	X	X			
88	R. Shailaja	" "	X	X	X	X	X	X	X	X	X	X			
89	M. Srilatha	" "	X	X	X	X	X	X	X	X	X	X			
90	M. Tajsuzai (B.com II yr)	" "	X	a	X	X	X	X	X	X	X	X			
91	B. Pooja	" "	X	X	a	X	X	X	X	X	X	X			
92	S. Lavanya	" "	X	X	X	X	X	X	X	X	X	X			
93	E. Sony	" "	X	a	X	X	X	X	X	X	a	X			
94	Gt. Renuka	" "	X	X	X	X	X	X	X	X	X	X			
95	Gt. Vsfayansi	" "	X	X	X	X	X	X	X	X	X	X			
96	K. Mounika	" "	X	a	X	X	X	X	a	X	X	X			







## నిత్యం యోగా సాధన ఉపయుక్తం

రామగిరి : నిత్యయోగా సాధన ఎంతో ఉపయుక్తమని, ప్రతి ఒక్కరూ యోగా ఆవశ్యకతను తెలుసుకోవాలని యోగా రిసోర్సు పర్సన్ మాదగోని శంకరయ్యగౌడ్ అన్నారు. నల్లగొండలో ఉమెస్ కళాశాలలో శుక్రవారం నిర్వహించి యోగా సర్టిఫికేట్ కోర్సు ముగింపులో ఆయన పాల్గొని మాట్లాడారు. కార్యక్రమంలో కళాశాల ప్రిన్సిపాల్ అలివేలుమంగమ్మ, ఎస్బీహెచ్ రామగిరి బ్రాంచ్ మేనేజర్ భరద్వాజ్, శిక్షణ ఆర్గనైజర్ సీహెచ్ కృష్ణారెడ్డి, కన్వీనర్ రాజారామ్, అధ్యాపకులు రూసీరాణి, పల్లవి, పునం, విజయలక్ష్మి, విజయరాఘవి పాల్గొన్నారు.



సర్టిఫికేట్ అందజేస్తున్న శంకరయ్యగౌడ్ తదితరులు



Sat, 18 February 2017

[epaper.namasthetelangaana.com//c/16934960](http://epaper.namasthetelangaana.com//c/16934960)



**GOVERNMENT DEGREE COLLEGE FOR WOMEN, NALGONDA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**Report on Certificate Course in "YOGA"**

The department of Physical Education has organized a certificate Course in Yoga for the Period of 30 hrs from 08/02/2017 to 20/02/2017, the total number of students registered for this Course were 100. The course was taught under the supervision of Sri. Y. Shankaraiaha Garu, Yoga (Guru) Trainer. Certificates were issued to the students after completion of the course.

**DEPARTMENT OF PHYSICAL EDUCATION**  
**GOVERNMENT DEGREE COLLEGE FOR WOMEN**  
**NALGONDA**



**CERTIFICATE COURSE IN YOGA**

**FROM 01-02-2018 TO 15-02-2018**

The department of physical education of Government Degree College for Women, Nalgonda organized a certificate course in Yoga from 01-02-2018 to 15-02-2018.

The schedule and time table for this certificate course as follows.

**Daily 12-00 to 1-00 pm Theory class**

**Daily 3-30 to 5-30 pm Practical session.**

**Venue: College Play Ground**

**YOGA GURU : Y.SHANKARAI AH.**

**Chief Guest: - Dr. Alivelu Mangamma, Principal Govrenment Degree College for Women, Nalgonda**

**Organising Secretary: Dr.Ch. Krishna Reddy, Physical Director**

# **GOVERNMENT DEGREE COLLEGE FOR WOMEN-NALGONDA**

## **CERTIFICATE COURSE IN YOGA**

### **SYLLABUS (30 Hours) – 2017-18**

#### **MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)**

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

#### **MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)**

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

#### **MODULE-III - ASHTANGA YOGA (2 hours)**

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

#### **PRACTICALS (PRACTICE SESSION) (20 hours)**



ATTENDANCE REGISTER OF.....

ROLL NO.	NAME OF THE STUDENT	MONTH	DATE											
			INITIAL OF LECTURER	NO. OF LECTURES										
				1	2	3	4	5	6	7	8	9	10	
33	D. Saraswathi	MPS 2	X	X	X	X	X	X	X	a	X	X	X	X
34	B. Naviyadav	Bcom 2	X	X	X	X	X	X	X	X	X	X	X	X
35	D. Jyothi	"	X	X	a	X	X	X	X	X	X	X	X	X
36	S. Jyothi	"	X	X	X	X	X	X	X	X	a	a	a	a
37	B. Navya	BA 2	X	X	X	X	X	X	X	X	X	X	X	X
38	Ch. Priyanka	"	X	X	X	X	X	X	X	X	X	X	X	X
39	R. Prameela	"	X	X	X	X	X	X	X	X	X	X	X	X
40	A. Sunitha	"	X	X	X	X	X	X	X	X	X	X	X	X
41	A. Pavani	"	X	X	X	X	X	X	X	X	X	X	X	X
42	G. suvesha	BA 2	X	X	a	X	X	X	X	X	X	X	X	X
43	G. Pravalika	"	X	X	X	X	X	X	X	X	X	X	X	X
44	J. Saritha	"	X	X	X	X	X	a	a	a	a	X	X	X
45	K. Naga Jyothi	"	X	X	X	X	X	X	X	X	X	X	X	X
46	K. Pravanya	"	X	X	X	X	X	X	X	X	X	X	X	X
47	M. Ashwini	"	X	X	X	X	X	X	X	X	X	X	a	a
48	K. Rajeshwari	"	X	X	X	X	X	X	X	X	X	X	X	X
49	R. Renuka	"	a	a	X	X	X	X	X	X	X	X	X	X
50	S. Jyothi	"	X	X	X	X	X	X	X	X	X	X	X	X
51	K. Sravani	"	X	X	X	X	X	X	X	X	X	X	X	X
52	B. Swathi	BSC 2 year	X	X	X	X	X	X	X	X	X	X	X	X
53	S. Shivani	2 mpcA	X	X	X	X	X	X	X	X	X	a	X	X
54	G. Renuka	"	X	X	X	X	X	X	X	X	X	X	X	X
55	K. Pravalika	"	X	X	a	a	X	X	X	X	X	X	X	X
56	B. Nagamani	"	X	X	X	X	X	X	X	X	X	X	X	X
57	P. Jyothi	"	X	X	X	X	X	X	X	X	X	X	X	X
58	S. Geetha	MPC 2	X	X	X	X	X	X	X	a	X	X	X	X
59	Dhath Sathya	"	X	X	X	X	X	X	X	X	X	X	X	X
60	P. Navya	"	X	a	X	X	X	X	X	X	X	X	X	X
61	S. Pravalika	"	X	X	X	X	X	a	X	X	X	X	X	X
62	M. Shashikala	"	X	X	X	X	X	X	X	X	X	X	X	X
63	P. Jayasri	"	X	X	X	a	X	X	X	X	X	X	X	X
64	N. Swapna	"	X	X	X	X	X	X	X	X	a	X	X	X







**GOVERNMENT DEGREE COLLEGE FOR WOMEN, NALGONDA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**Certificate Course in "YOGA" - Report**

The department of Physical Education has organized certificate Course in Yoga from 01/02/2018 to 15/02/2018 with 30 hours duration. The total number of students registered for this Course was 100. The course was conducted under the supervision of Sri. Y. Shankaraiaha Garu, Yoga Trainer. Certificates were issued to the students after completion of the course.



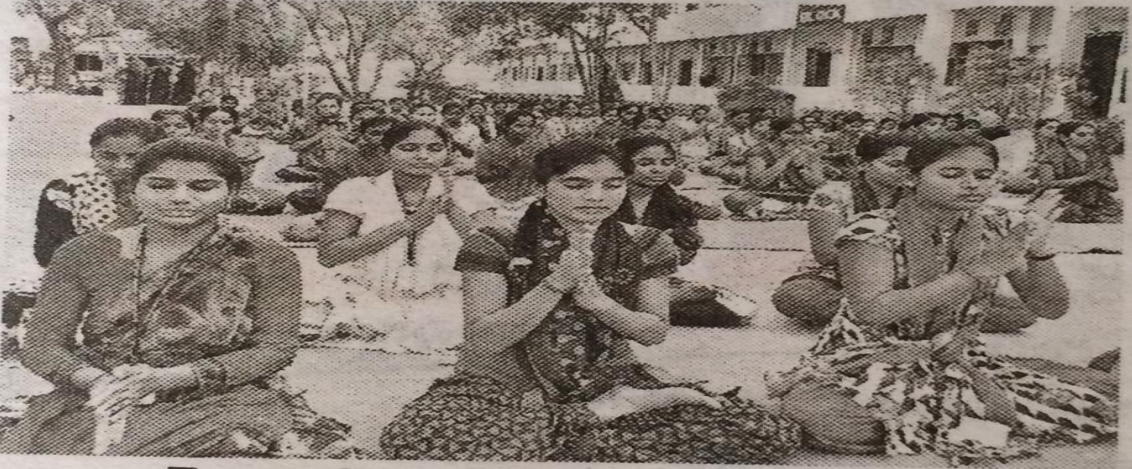




## మహిళా కళాశాలలో

### విద్యార్థినులకు యోగా శిక్షణ

నల్గొండ టౌన్, న్యూస్ టుడే: నల్గొండ పట్టణంలోని ప్రభుత్వ మహిళా కళాశాలలో గురువారం విద్యార్థులకు యోగా శిక్షణ కార్యక్రమం చేపట్టారు. యోగా శిక్షకులు శంకరయ్య ఆధ్వర్యంలో విద్యార్థులకు యోగా పాఠాలు



యోగా శిక్షణ పొందుతున్న విద్యార్థులు

నేర్పించారు. ఈ సందర్భంగా కళాశాల ప్రిన్సిపల్ అలి వేలు మంగమ్మ మాట్లాడుతూ విద్యార్థులకు యోగా సాధన ఎంతో అవసరమని సూచించారు. యోగా ద్వారా పూర్తి ఆరోగ్యకరంగా ఉండవచ్చన్నారు. యోగా ద్వారా ఎన్నో లాభాలు ఉన్నాయని, ప్రతి ఒక్కరు యోగాకు ప్రాధాన్యం ఇవ్వాలని కోరారు. ఈ కార్యక్రమంలో కళాశాల అధ్యాపకులు కృష్ణారెడ్డి, రాజారామ్, పల్లవి, జబీన్, తదితరులు పాల్గొన్నారు.

**GOVERNMENT DEGREE COLLEGE FOR WOMEN**

**NALGONDA**

**DEPARTMENT OF PHYSICAL EDUCATION**



**CERTIFICATE COURSE IN YOGA**

**FROM 01-02-2019 TO 12-02-2019**



## **Government Degree College for Women**

(Affiliated to Mahatma Gandhi University)

Ramagiri, Nalgonda, T.S - 508 001

Office : ☎ 08682-222689/690

Website : [gdcts.cgg.gov.in/ramagiri.edu](http://gdcts.cgg.gov.in/ramagiri.edu)

E-mail : [prl-gdcw-nlg-ce@telangana.gov.in](mailto:prl-gdcw-nlg-ce@telangana.gov.in)

E-mail : [officegdcw.nlg@gmail.com](mailto:officegdcw.nlg@gmail.com)

**Dr. Ghanshyam**

M.A., M.Phil, Ph.D

Principal

**Government Degree College for Women, Nalgonda**

**Department Of Physical Education**

### **CERTIFICATE COURSE IN YOGA**

**Course Duration (30 Hours) from 01-02-2019 to 12-02-2019**

#### **TIME TABLE**

**Theory class: 12-00 to 1-00 pm**

**Practice Session 3-30 to 5-30**

**Venue: College Play Ground**

**TRAINER: YOGA GURU : Sri Y.SHANKARAI AH**

**Chief Guest: - Dr. GHANASHYAM PRINCIPAL GDC(W), NALGONDA**

**Organising Secretary: Dr. T. KALYANI, Physical Director**



# Government Degree College for Women

(Affiliated to Mahatma Gandhi University)  
Ramagiri, Nalgonda, T.S - 508 001

Office : ☎ 08682-222689/690

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Website : [gdcts.cgg.gov.in/ramagiri.edu](http://gdcts.cgg.gov.in/ramagiri.edu)

E-mail : [officegdcw.nlg@gmail.com](mailto:officegdcw.nlg@gmail.com)

**Dr. Ghanshyam**

M.A., M.Phil, Ph.D  
Principal

## CERTIFICATE COURSE IN YOGA

### SYLLABUS (30 Hours)– 2018-19

#### MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga - aims and objectives of yoga - concept of exercise in physical education and its comparison with yogic practices.

#### MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

#### MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

#### PRACTICALS (PRACTICE SESSION) (20 hours)

##### 1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasan- Yog Mudra Shashankasan-Ardhaushtasan- Parvatasan-Gomukhasan

##### 2. Standing asanas – 2 hours

Tadasan-Vrushasan-Natarajasan-Garudasan-Katichakrasan

##### 3. Relaxative Asanas-2hours

Shavasan-Makarsan

##### 4. Supine Lying Asanas-5hours

Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple Matyasana-Sarvangasana

##### 5. Prone Lying Asanas-3hours

Bhujangasana- Ardhasahalabhasana-Niralambasana

##### 6. Pranayama-Breathing practices – Meditation – 5 hours



## LIST OF THE STUDENTS

YEAR... 2018-2019

Yoga Training

ATTENDANCE REGISTER OF

ROLL NO.	NAME OF THE STUDENT	MONTH												
		DATE												
		INITIAL OF LECTURER												
NO. OF LECTURES														
		1	2	3	4	5	6	7	8	9	10	11	12	13
01	P. Jyothi Blom II	x	x	x	a	x	x	x	x	x	x			1
02	S. Jyothi "	x	x	x	x	x	x	x	x	x	a	x		2
03	B. Navya B.A.D	x	x	x	x	x	x	x	x	x	x			3
04	Ch. Priyanka " B	x	x	x	x	x	x	x	x	x	x			4
05	R. Prameela "	x	x	x	x	x	x	x	a	x	x			5
06	A. Sumitha "	x	x	a	x	x	x	x	x	x	x			6
07	A. Pavani "	x	a	x	x	x	x	x	x	x	x			7
08	A. Anitha Blom III	x	x	x	a	x	x	x	x	x	x			8
09	R. Sai gauthami MPES D	x	x	x	x	a	a	x	x	x	x			9
10	D. Saraswathi, MPES D	x	a	x	x	x	a	x	x	x	x			10
11	B. Naviyadav, Blom D	a	x	x	x	x	x	x	x	x	x			11
12	B. Mallika "	x	x	x	a	x	x	x	x	x	x			12
13	R. Anusha "	x	x	x	x	x	x	x	x	x	x			13
14	K. Shivani "	x	x	x	x	x	x	x	x	x	x			14
15	M. Shishu "	x	x	x	a	x	x	x	x	x	x			15
16	G. Shiveesha "	x	x	x	x	a	x	x	a	x	x			16
17	T. Kalayamma "	x	x	x	x	x	x	x	x	x	x			17
18	K. Mallika "	x	x	x	x	x	x	x	x	x	x			18
19	S. Chandhana Blom D	x	x	x	x	x	x	x	x	x	x			19
20	K. Neelaveni BSC	x	x	x	x	x	x	x	x	x	x			20
21	G. Rushmita Blom D	x	x	x	x	a	x	x	x	x	x			21
22	P. Jyothi "	x	x	x	x	x	x	x	x	x	x			22
23	K. Ashwini "	x	x	a	a	x	x	x	x	x	x			23
23	G. Chaitanya "	x	x	x	x	x	x	x	x	x	x			24
24	A. Sulthana "	x	x	x	a	x	x	a	x	x	x			25
25	B. Pallavi "	x	x	x	x	a	x	x	x	a	x			26
26	B. Nikitha "	x	x	x	x	a	x	a	x	x	x			27
27	Ch. Sumitha "	a	x	x	a	x	x	x	a	x	x			28
28	G. Sai shivani "	x	x	x	a	x	x	x	a	x	x			29
29	J. Tariveni "	x	x	x	x	x	x	x	a	x	x			30
30	K. Swathi "	x	x	a	a	x	x	x	x	x	x			31
31	K. Sandhya "	x	x	x	x	a	x	a	x	x	x			32

B.A III  
2018  
EHP/2018

ATTENDANCE REGISTER OF Yoga Training YEAR 2018-19

ROLL NO.	NAME OF THE STUDENT	MONTH												
		DATE												
		INITIAL OF LECTURER												
		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12
32.	M. Samitha		X	X	X	X	X	X	X	X	X	X	X	
33.	Ro Raja		X	a	X	X	X	X	a	X	X	X		
34.	R. vijaya lazmi		X	X	a	X	X	X	a	X	X	X		
35.	R. pravalika		X	X	X	X	a	X	X	X	X	X		
36.	Salma		a	X	X	X	X	a	X	X	X	X		
37.	T. Mounika		X	X	X	X	X	a	X	X	X	X		
38.	T. shailaja		X	X	X	X	X	X	a	a	X	X		
39.	D. Akshaya		X	X	X	a	X	X	a	X	X	X		
40.	E. Anjali		X	X	X	X	a	X	X	X	X	a		
41.	G. prashanthi		X	X	X	X	X	X	a	a	X	X		
42.	G. jyothi		X	a	X	X	X	X	a	X	X	X		
43.	K. Sandhyaarani		X	X	a	X	X	X	X	a	X	X		
44.	K. preethi		X	X	X	a	X	X	X	X	a	X		
45.	MD. Nishith Saniya		X	X	X	X	a	a	X	X	X	X		
46.	N. Mounika		X	X	X	X	X	a	X	X	X	a		
47.	R. Sujatha		X	X	X	X	a	X	X	X	X	X		
48.	T. Sony		a	X	X	a	X	X	X	X	X	a		
49.	A. Sujatha		X	X	X	X	a	X	X	a	X	X		
50.	B. Manjula		X	X	X	X	X	a	X	X	X	X		
51.	B. Anusha		a	X	X	X	X	X	X	X	a	X		
52.	Ch. Sandhyaarani		X	a	X	X	X	X	X	a	X	X		
53.	Ch. Madhavi		X	X	X	X	a	X	X	X	X	X		
54.	Ch. shristha		a	X	X	X	X	a	X	X	X	X		
55.	D. vijaya		X	X	X	X	X	a	X	X	X	X		
56.	D. Saraswathi		X	a	X	X	X	X	a	X	X	X		
57.	G. Suresha		X	X	a	X	X	X	a	X	X	X		
58.	G. pravalika		X	X	X	a	a	X	X	X	X	X		
59.	J. Samitha		X	a	X	X	X	X	X	a	X	X		
60.	K. naga jyothi		X	a	X	X	X	X	X	X	X	X		
61.	K. pravya		X	X	a	X	X	X	X	a	X	X		
62.	M. Ashwini		X	X	a	X	X	X	a	X	X	X		
63.	K. Rajeshkouri		X	a	X	X	X	X	X	a	X	X		

B.A  
III<sup>rd</sup>  
EPCA

B.A III<sup>rd</sup>  
EPP  
(TH)

ATTENDANCE REGISTER OF Yoga Teaching YEAR 2018-19

ROLL NO.	NAME OF THE STUDENT	MONTH											
		DATE											
		INITIAL OF LECTURER											
		NO. OF LECTURES											
		1	2	3	4	5	6	7	8	9	10	11	12
64.	P. Renuka	X	a	X	X	X	a	X	X	X	X		
65.	S. jyothi	a	X	X	X	X	a	X	X	X	X		
66.	K. Sravani	X	X	X	a	X	X	X	X	X	X		
67.	Ch. Asha	X	X	a	X	X	X	a	X	X	X		
68.	Ch. Shivani	X	X	X	a	X	X	a	X	X	X		
69.	M. Nagalaxmi	X	X	X	a	X	X	a	X	X	X		
70.	Ch. Swapna	X	X	X	a	X	X	a	X	X	X		
71.	Y. Shirisha	X	X	X	X	a	X	X	X	X	X		
72.	B. Shiva Prasanna	X	X	X	a	X	X	a	X	X	X		
73.	G. Renuka	X	X	X	X	a	X	a	X	X	X		
74.	N. Renuka	X	X	a	X	X	X	a	X	X	X		
75.	G. Manasa	X	X	X	a	a	X	X	X	X	X		
76.	K. Deepika	X	X	X	X	a	X	X	X	X	X		
77.	K. Smittha	X	X	a	X	X	a	X	X	X	X		
78.	Y. Sowjanya	X	X	X	a	X	X	X	X	X	X		
79.	B. Shivani	X	a	X	X	X	X	a	X	X	X		
80.	M. Radhika	X	X	a	X	X	X	X	a	X	X		
81.	M. Pallavi	X	X	a	X	X	X	X	X	X	X		
82.	M. Mamatha	X	X	X	a	X	X	X	X	X	X		
83.	S. Geetha	X	X	X	X	a	X	X	X	X	X		
84.	Iffath sultana	X	a	X	X	X	X	a	X	X	X		
85.	P. Navya	a	X	X	X	a	X	X	X	X	X		
86.	S. pravallika	X	X	a	X	X	X	X	a	X	X		
87.	B. Swathi	X	X	X	a	X	X	a	X	X	X		
88.	S. Shivani	X	a	X	X	X	X	a	X	X	X		
89.	G. Renuka	X	X	X	a	X	X	X	X	X	X		
90.	K. pravallika	X	a	X	X	X	X	X	X	X	a		
91.	B. Nagamani	X	X	a	X	X	X	X	X	a	X		
92.	P. Jyothi	X	X	X	a	X	X	X	a	X	X		
93.	M. Chashikala	X	X	a	X	X	X	a	X	X	X		
94.	P. Jayasri	a	X	X	X	a	X	X	X	a	X		
95.	N. Swapna	X	X	X	a	X	X	a	X	X	X		

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B.S.C  
(M.P.C) 2nd year

(B.S.C)  
M.P.C  
2nd year

B.S.C  
(M.P.C)  
2nd year

ATTENDANCE REGISTER OF <u>Yoga Training</u> YEAR <u>2018-2019</u>		MONTH																		
ROLL NO.	NAME OF THE STUDENT	DATE																		
		INITIAL OF LECTURER																		
		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12	13					
B.Sc (M.P.C.A) 2 <sup>nd</sup> year	96	R. Meghana	X	X	X	a	X	X	X	X	X	X								
	97	T. Kavitha	X	X	X	X	a	X	X	X	a	X								
	98	R. Ragya	X	X	X	a	X	X	a	X	X	X								
	99	R. Maratha	X	X	X	X	X	X	X	X	X	X								
	100	K. Narmadha	X	X	X	a	X	X	a	X	X	X								

## Report of Certificate Course in YOGA

Department of Physical Education, GDC(W), Nalognda has conducted a certificate course in yoga from 01-02-2019 To 12-02-2019 for the improvement of the physical fitness of the students. Total 100 students from various programs (B.A, B.Com and B. Sc) participated enthusiastically and completed their course successfully. All the participants have been issued certificates at valedictory function of the course.



**GOVERNMENT DEGREE COLLEGE FOR WOMEN**

**NALGONDA**

**DEPARTMENT OF PHYSICAL EDUCATION**



**CERTIFICATE COURSE IN YOGA**

**FROM 02-03-2020 TO 14-03-2020**



## **Government Degree College for Women**

(Affiliated to Mahatma Gandhi University)  
Ramagiri, Nalgonda, T.S - 508 001

Office : ☎ 08682-222689/690

Website : [gdcts.cgg.gov.in/ramagiri.edu](http://gdcts.cgg.gov.in/ramagiri.edu)

E-mail : [prl-gdcw-nlg-ce@telangana.gov.in](mailto:prl-gdcw-nlg-ce@telangana.gov.in)

E-mail : [officegdcw.nlg@gmail.com](mailto:officegdcw.nlg@gmail.com)

**Dr. Ghanshyam**

M.A., M.Phil, Ph.D  
Principal

**Government Degree College for Women, Nalgonda**

**Department Of Physical Education**

**CERTIFICATE COURSE IN YOGA**

**Course Duration (30 Hours) from 02-03-2020 to 14-03-2020**

**Time Table**

**Theory class: 12-00 to 1-00 pm**

**Practice Session 3-30 to 5-30**

**Venue: College Play Ground**

**TRAINER: YOGA Guru: Sri Y.SHANKARAI AH.**

**Chief Guest:- Dr. GHANASHYAM PRINCIPAL GDC(W), NALGONDA**

**Organising Secretary :Dr. T. Kalyani, Physical Director**



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E-mail : [officegdcw.nlg@gmail.com](mailto:officegdcw.nlg@gmail.com)

**Dr. Ghanshyam**

M.A., M.Phil, Ph.D  
Principal

### CERTIFICATE COURSE IN YOGA

### SYLLABUS (30 Hours) – 2019-20

### (Theory – 10 hours + Practice Session – 20 hours)

#### MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

#### MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

#### MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

#### PRACTICALS (PRACTICE SESSION) (20 hours)

##### 1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasana- Yog Mudra Shashankasan-Ardhaushtasan- Parvatasan-Gomukhasan

##### 2. Standing asanas – 2 hours

Tadasana-Vrushasan-Natarajasan-Garudasan-Katichakrasan

##### 3. Relaxative Asanas-2hours

Shavasan-Makarasana

##### 4. Supine Lying Asanas-5hours

Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple Matyasana-Sarvangasana

##### 5. Prone Lying Asanas-3hours

Bhujangasana- Ardhahshalabhasana-Niralambasana

##### 6. Pranayama-Breathing practices –Meditation – 5 hours





CLASS										SUBJECT	
225	226	227	228	229	230	231	232	233	234	TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS
X	X	X	X	X	X	X	X	X	X	33	G. Sravathi (HSES)
X	X	X	X	X	X	X	X	X	X	34	M. Sowmya (HSES)
X	X	X	X	X	X	X	X	X	X	35	B. Saidhamma (HSES)
X	X	X	X	X	X	X	X	X	X	36	B. Swapna (HSES)
X	X	X	X	X	X	X	X	X	X	37	Ch. Kavya (HSES)
X	X	X	X	X	X	X	X	X	X	38	K. Bikitha Rani (HSES)
X	X	X	X	X	X	X	X	X	X	39	Gowsha (MPCS) III <sup>rd</sup>
X	X	X	X	X	X	X	X	X	X	40	Ganapathi Srilaxmi (MPCS) III <sup>rd</sup>
X	X	X	X	X	X	X	X	X	X	41	N. Soujanya (MBC)
X	X	X	X	X	X	X	X	X	X	42	S. Thansi (MPCS)
X	X	X	X	X	X	X	X	X	X	43	M. Shirani (BZC)
X	X	X	X	X	X	X	X	X	X	44	A. Dhanalaxmi (MPCS) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	45	T. Anjali
X	X	X	X	X	X	X	X	X	X	46	M. Manika Morde (BZC) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	47	B. Maneesha Bellur (MPCS) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	48	D. Anitha
X	X	X	X	X	X	X	X	X	X	49	M. Raval - M.S.C. - II
X	X	X	X	X	X	X	X	X	X	50	L. Geeshma
X	X	X	X	X	X	X	X	X	X	51	R. Sai gathani (MPCS - III)
X	X	X	X	X	X	X	X	X	X	52	B. Bargavi (B.S.C. BZC) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	53	N. Nandhini
X	X	X	X	X	X	X	X	X	X	54	T. Ramya (B.S.C. MPCS) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	55	C. Tulasi
X	X	X	X	X	X	X	X	X	X	56	N. Hemalatha (B.S.C. MPCS) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	57	Ch. Naga Tyathi
X	X	X	X	X	X	X	X	X	X	58	Ch. Radhika
X	X	X	X	X	X	X	X	X	X	59	B. Anusha
X	X	X	X	X	X	X	X	X	X	60	B. Vani
X	X	X	X	X	X	X	X	X	X	61	P. Saraswathi (MPCS) III <sup>rd</sup> year.
X	X	X	X	X	X	X	X	X	X	62	M. Kalyani
X	X	X	X	X	X	X	X	X	X	63	M. Shikhishe
X	X	X	X	X	X	X	X	X	X	64	N. Swaparna (BZC) I <sup>st</sup>
X	X	X	X	X	X	X	X	X	X	65	M. Navita (BZC) I <sup>st</sup>





CLASS..... SUBJECT .....

									TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS
226	227	228	229	230	231	232	233	234		
			X	X	X	X	X	X	P. Vanajatha	121
X	X	X	X	X	X	X	X	X	K. Pravani B.A	132 DA 1st yr
			X	X	X	X	X	X	Y. Rupavathi	133
			X	X	X	X	X	✓	J. Gayathri	134
			✓	X	X	X	X	a	S. Mamatha	135
			X	X	X	X	X	X	G. Hanika	136
			X	X	X	X	X	a	M. Sushanith	137
			X	X	X	X	X	X	Y. Swapna	138
			X	X	X	X	X	X	J. Shailaja	139
			X	X	X	X	X	X	A. Uma Devi	140
			X	a	X	X	X	X	G. Ganga bhavani	141
III <sup>rd</sup>	X	X	X	X	X	X	X	X	T. Lalithya	142
II <sup>nd</sup>	X	X	X	X	X	X	X	X	P. Sreetha	143
III <sup>rd</sup>	X	X	X	X	X	X	X	Y	P. Sravya	144
III <sup>rd</sup>	X	X	X	X	X	X	X	Y	B. Anushka	145
III <sup>rd</sup>	X	X	X	X	X	X	X	X	B. Kanya	146
III <sup>rd</sup>	X	X	X	X	X	X	X	X	T. Sreeja	147
	X	X	X	X	X	X	X	X	D. Mounika	148
III <sup>rd</sup> Elm	X	X	X	X	X	X	X	X	Y. Sujanya	149
	X	X	X	a	X	a	X	a	Y. Shriisha	150
	X	X	X	a	X	X	X	X	K. Divyashree	151
X	X	X	X	X	X	X	X	X	B. Jhansi Rani	152 B.A (H.PP) III <sup>rd</sup> yr
X	X	X	X	X	X	X	X	X	G. Neelima	153 MBC - Final
X	a	X	X	X	X	X	X	Y	K. Keerthi	154 B.com (CA) - Final
	X	X	X	X	a	X	X	X	S. Chandhana	155 B.com (CA) - III
	X	X	X	a	a	X	X	X	V. Aparna	156
X	X	X	X	X	X	X	X	X	K. Neelaveni	157 B.Sc (MPRA) - III
X	X	X	X	X	X	X	X	X	P. Krishnareni	158 B.Sc (MPRA) - III
X	X	X	X	X	X	X	X	Y	P. Shobharani	159 B.Sc (MPRA) - III
X	X	X	X	X	X	X	X	X	M. Srivani	160
X	X	X	X	X	X	X	X	X	M. Anusha	161 M.A. (AI) MPRA 5 <sup>th</sup> yr



CLASS..... SUBJECT.....

										TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS	
										P. mamatha	197	
										S. Sowmya	198	
										G. Manjula	199	
										T. T. Siveri	200	
										P. Chandana	201	
										B. Ranga	202	
										R. Prameela	203	BA III EHP
										D. Swathi	204	BA I E, P
										A. Umadevi	205	
										Shanika	206	
										Y. Rupavathi	207	
										B. sandhya	208	BA II H.P.I
										P. Manjula	209	BA II E.P.P
										R. Arkula	210	
										A. Arkula	211	II year
										K. Sriatha	212	
										K. Uma	213	
										A. Suresha	214	(BA III year)
										P. Chandana	215	(BA III year)
										A. Anitha	216	(BA III year)
										E. Rajitha	217	
										Y. Bhagyassri	218	
										P. Sony	219	
										A. Pavani	220	(R.A) E.P.CA II
										S. K. K. K. K.	221	
										S. Manisha	222	
										Ch. Manjula	223	-
										K. Southi	224	
										G. Pushpabala	225	
										R. Kavitha	226	
										D. Sankar. Sanyal	227	
										P. Manjula	228	BA (H.P.P)
										G. Chaitra	229	BA (E.P.A)
										M. Shivan	230	M.P.S

Indy  
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CLASS..... SUBJECT.....

										TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS	
225	226	227	228	229	230	231	232	233	234			
X	a	a	X	X	X	X	X	X	X	231	Tarala	T. Anjali (MPCs 1 <sup>st</sup> Year)
X	X	a	X	X	X	a	X	X	X	232		M. Nanya
X	X	X	X	X	X	X	X	X	X	233		A. Shoba (Bcom: A) 2 <sup>nd</sup>
X	X	X	X	X	X	X	X	X	X	234		N. Mammathu
X	X	X	X	X	X	X	X	X	X	235		B. Raja
X	X	X	X	X	X	X	X	X	X	236		T. Korti
X	X	a	X	X	X	a	X	X	X	237		R. Akila
X	a	X	X	X	X	X	X	X	X	238		G. Pramjyothi
X	X	a	X	X	X	X	X	X	X	239		L. Shashwika
X	a	X	X	X	X	X	X	X	X	240		Slc. Asma
X	X	X	X	X	X	X	X	X	X	241		P. Yashaswini
X	X	X	X	X	X	X	X	X	X	242		Ch. Anusha
X	a	X	X	X	X	X	X	X	X	243		G. Vishwan
X	X	X	X	X	X	X	X	X	X	244		V. Akhila
X	X	X	X	X	X	X	X	X	X	245		V. Jhansi
X	X	X	X	X	X	X	X	X	X	246		M. Srilatha (BA) Epp
X	X	a	X	X	X	X	X	X	X	247		E. Srilatha
X	X	X	X	X	X	X	X	X	X	248		K. Sumanth B.
X	a	X	X	X	X	X	X	X	X	249		Ch. Bhanu
X	a	X	X	X	X	X	X	X	X	250		T. Kageshava



## **Report of Certificate Course in YOGA**

Department of Physical Education, GDC(W), Nalognda has conducted a certificate course in yoga from 02-03-2020 To 14-03-2020 for the improvement of the physical fitness of the students. Total 250 students from various programs (B.A, B.Com and B. Sc) participated enthusiastically and completed their course successfully. All the participants have been issued certificates at valedictory function of the course.







**GOVERNMENT DEGREE COLLEGE FOR WOMEN  
NALGONDA**

**DEPARTMENT OF PHYSICAL EDUCATION**



**ONLINE CERTIFICATE COURSE IN YOGA**

**FROM 01-02-2021 TO 11-02-2021**

**Government Degree College for Women, Nalgonda**

**Department Of Physical Education**

## **CERTIFICATE COURSE IN YOGA**

**Course Duration (30 Hours) from 01-02-2021 to 11-02-2021**

**The schedule and time table for this certificate course as follows**

**Daily 12:00 pm to 1-00 pm Theory class**

**Daily 6: 00 am to 7: 00 am & 5: 00 pm to 6: 00 pm Practice session.**

**TRAINER: YOGA Guru: Sri N.SIMHACHALAM**

**MSc & PGD in YOGA.**

**Chief Guest:- Dr. GHANASHYAM(PRINCIPAL GDC(w), NALGONDA**

**Organising Secretary: Dr. T. Kalyani, Physical Director**



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E-mail : [officegdcw.nlg@gmail.com](mailto:officegdcw.nlg@gmail.com)

**Dr. Ghanshyam**

M.A., M.Phil, Ph.D

Principal

## CERTIFICATE COURSE IN YOGA

### SYLLABUS (30 Hours) – 2020-21

#### (Theory – 10 hours + Practice Session – 20 hours)

#### **MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)**

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

#### **MODULE-II - ANATOMY AND PHYSIOLOGY OF YOGIC PRACTICES (5 hours)**

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

#### **MODULE-III - ASHTANGA YOGA (2 hours)**

1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyana 8. Samadhi

#### **PRACTICALS (PRACTICE SESSION) (20 hours)**

##### **1. Sitting asanas – 3 hours**

Janu shirshasan- Vakrasan- Mandukasan- Yog Mudra Shashankasan-Ardhaushtasan- Parvatasan-Gomukhasan

##### **2. Standing asanas – 2 hours**

Tadasan-Vrushasan-Natarajasan-Garudasan-Katichakrasan

##### **3. Relaxative Asanas-2hours**

Shavasan-Makarasan

##### **4. Supine Lying Asanas-5hours**

Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple Matyasana-Sarvangasana

##### **5. Prone Lying Asanas-3hours**

Bhujangasana- Ardhahshalabhasana-Niralambasana

##### **6. Pranayamam-Breathing practices – Meditation – 5 hours**

## LIST OF THE STUDENTS

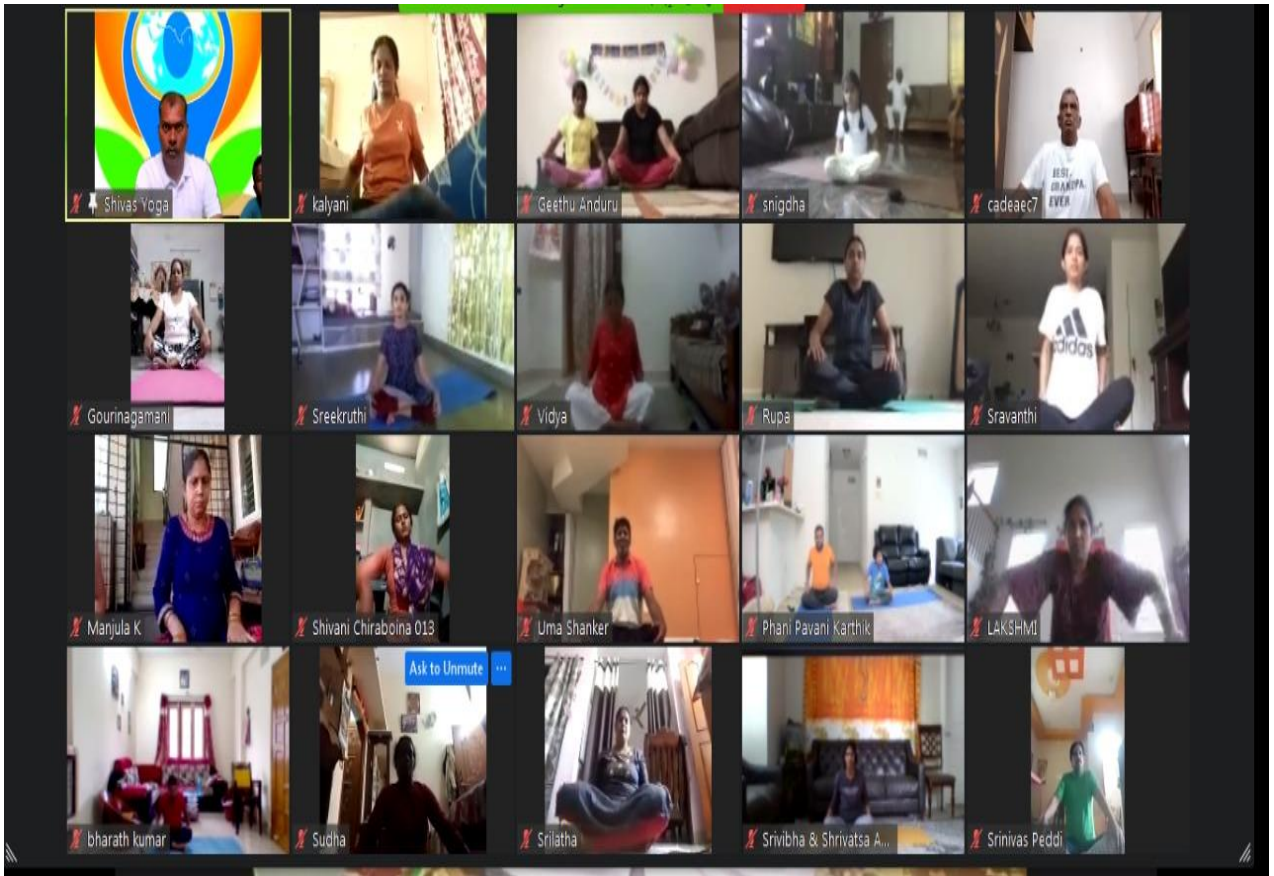
ATTENDANCE REGISTER OF Feb. YEAR 2021

ROLL NO.	NAME OF THE STUDENT	MONTH													
		DATE													
		INITIAL OF LECTURER													
		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12	13
1.	A. Mounika - Bzc II	X	X	X	X	X	X	a	X	X	X				1
2.	G. Shravani - Bcom III	X	X	X	X	X	X	X	X	X	X				2
3.	B. Anusha - Bzc II	X	X	X	X	X	X	X	X	X	X				3
4.	S. Sameera - Bcom II	X	X	X	X	X	X	X	a	X	X				4
5.	M. Pallavi - Bzc III	X	X	X	X	X	a	a	a	X	X				5
6.	R. Triveni - Bzc III	X	X	X	X	X	X	X	X	X	X				6
7.	B. Ashwini - Bzc I	X	X	X	X	X	X	X	X	X	X				7
8.	V. Sathya - Bcom III	X	X	X	X	X	X	X	X	X	a				8
9.	Ch. Divya - Sri. Bcom III	X	X	X	X	X	X	X	X	X	X				9
10.	S. Tasneem - Bcom I	a	X	X	X	X	X	X	X	X	X				10
11.	S. Deepthi - Bzc I	X	X	X	X	X	X	X	X	X	X				11
12.	A. Sowmya - Bsc I	X	X	X	X	X	X	X	X	X	X				12
13.	R. Mahitha - Bcom III	X	X	X	a	X	X	X	X	X	X				13
14.	K. Chandhara - Bcom III	X	X	X	X	X	X	a	X	X	X				14
15.	A. Pragya - Bcom II	X	X	X	X	X	X	X	X	X	a				15
16.	Y. Sravani - Bcom II	X	X	X	X	X	X	X	X	X	X				16
17.	B. Shalini - Bsc. T	X	X	X	X	X	X	X	X	X	X				17
18.	A. Tejasree - Bzc III	X	a	X	X	X	X	X	X	X	X				18
19.	G. Shruthi - Bsc III	X	X	X	X	X	X	X	X	X	X	a			19
20.	M. Sowmya - Bsc III	X	X	a	a	a	X	X	X	X	X				20
21.	B. Saldamma - Bsc III	X	X	X	X	X	X	X	X	X	X				21
22.	K. Pooja - Bsc II	X	X	X	X	X	X	X	X	X	X				22
23.	V. Madhavi - Mps II	X	X	X	X	X	X	X	X	X	X				23
24.	V. Srilatha - Ba (stp) I	a	X	X	X	X	X	X	X	X	X				24
25.	M. Hari Priya - Bzc II	X	X	X	X	X	X	a	X	X	X				25
26.	P. Bhagyamma - B.A II	X	X	X	a	a	a	a	X	X	X				26
27.	V. Sani - BA II	X	X	X	X	X	X	X	X	X	X				27
28.	N. Divya - BA II	X	+	+	X	X	X	X	X	X	X				28
29.	R. Srivani - B.A I	X	+	X	X	X	X	X	X	X	a				29
30.	Ch. Siri - BA I	X	a	X	X	X	X	X	X	X	X				30
31.	C. Lavanya - BA I	a	X	X	a	X	X	X	a	X	X				31
32.	P. Manalatha - B.A II	X	X	X	a	a	a	X	X	X	tr				32









# PRINCIPAL GDC(W) Dr. GHANSHYAM



- T T.Kalyani (me) [Microphone icon]
- Shivas Yoga (Host) [Video, Microphone, Mute icons]
- .S . Srilatha [Microphone icon]
- 2 20044012468207 [Microphone icon]
- A A,srilatha [Microphone icon]
- AS Avureshi sharanya [Microphone icon]
- bharath kumar [Microphone icon]
- BR Boddupalli Rajeshwari [Microphone icon]
- BS Boya Shruthi [Microphone icon]
- C cadeaec7 [Video, Microphone icons]
- D D.nagamani [Microphone icon]
- DN Doti Navatha [Microphone icon]
- Dr. RAPOJU SREFFIVAS [Microphone icon]



## **Certificate Course in YOGA - Report**

Department of Physical Education, GDC(W), Nalognda has conducted a certificate course in yoga from 01-03-2021 To 11-03-2021 for the improvement of the physical fitness of the students. Total 96 students from various programs (B.A, B.Com and B. Sc) participated enthusiastically and completed their course successfully. All the participants have been issued certificates at valedictory function of the course.