



**Government Degree College, Mahabubabad**

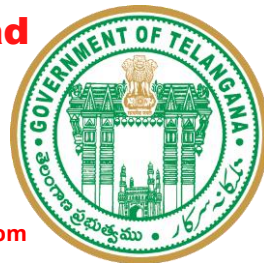
ESTD: 1984

Affiliated to Kakatiya University

Accredited by NAAC & ISO 9001:2015 Certified

(Mahabubabad, Mahabubabad (Dist.), Telangana-506101).

Website: <https://gdcts.cgg.gov.in/mahabubabad.edu> e-Mail: [wgl.jkc.mbad@gmail.com](mailto:wgl.jkc.mbad@gmail.com)



# **CERTIFICATE COURSE IN YOGA & AEROBICS**

## **2021-2022**

**ORGANIZED BY**  
**DEPARTMENT OF PHYSICAL EDUCATION & WOMEN EMPOWERMENT CELL**

### **REPORT OF THE EVENT**

A 45 days certificate course in Yoga and Aerobics was introduced for women students on 07-02-2022 for the period of 60 hours with a 1:30 hour training session in the evening from 3.30 pm to 5:00 pm. Within the 1:30 hours of training, 45 minutes was allotted to Yoga and remaining 45 minutes was allotted to Aerobics. Apart from the holidays course was successfully organized for a period of 45 days. Total of 32 women students were registered and completed the course successfully. A minimum of 75% attendance and practicals (demonstration of Asanas and Aerobics) were taken as criteria for the completion of the course. Aerobics and Yoga experts Dr. G. Shashikanth and Sumalatha trained the students during the training/course. Certificates were given to students who successfully completed the course work as well as practicals.

The outcome of the course was, while comparing to pre and post training, confidence levels were raised after the post training. Variables such as Speed, Flexibility, Endurance, Strength, Agility and Cardio vascular Endurance were showed a significant improvement with training. Students became confident in teaching and doing Aerobics and Yoga.

The following were the syllabus and activities involved in the course work.

*V. Vijaya Lakshmi*  
**PRINCIPAL**  
Govt. Degree College  
MAHABUBABAD-506101


# NOTICE

02-02-2022

All the women students of I, II, III years are hereby informed that, a Certificate course in YOGA & AEROBICS is going to be introduced by the Department of Physical Education & Women Empowerment Cell of the college from 07-02-2022 for the period of 45 working days in the college premises. Students who are willing to attend/participate in the course have to register their names on or before 05-02-2022 up to 4:30 pm.

## Important Points:

1. Timings: 3:30 pm to 5:00 pm.
2. Students has to bring their own kit (flexible and comfortable dress), mat etc.,
3. 75% attendance is must for completing the course.
4. Certificate will be issued after successful completion of the course.
5. Students who have chronic injuries/diseases are advised not to attend/participate in the course.
6. The objective of the course is:
  - To be physically, mentally and socially fit.
  - Builds Confidence
  - Enhances the capacity of variables such as Speed, Flexibility, Endurance, Cardio Respiratory Endurance, Agility etc.,
  - Helps in Teaching/ Demonstrating Yoga & Aerobics

  
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## SYLLABUS (60 HOURS)

### YOGA (30 HOURS)

DEMONSTRATOR: Dr. G. SHASHIKANTH

#### 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-  
ArdhaushtrasanaParvatasana-Gomukhasana
2. Standing asanas – 2 hours Tadasana-Vrshasana-Natarajana-Garudana-Katichakrasana
3. Relaxative Asanas-2hours Shavasana-Makarasana
4. Supine Lying Asanas-5hours Naukasana-Setubandhasana-Pavanamuktasana-Ardhahalasana-Simple  
Matyasana-Sarvangasana
5. Prone Lying Asanas-3hours Bhujangasana- Ardhaushshalabhasana-Niralambasana
6. Pranayama-Breathing practices – Meditation – 5 hours

## AEROBICS (30 HOURS)

DEMONSTRATOR: SUMALATHA

MODULE-I – INTRODUCTION OF AEROBICS (2 hours)

MODULE-II – BASICS EXERCISES IN AEROBICS (4 hours)

MODULE-III - MODERATE EXERCISES IN AEROBICS (4 hours)

PRACTICALS (PRACTICE SESSION) (20 hours)





## INAGURAL SESSION



## ADMINISTRATING ASANA





ADMINISTRATING ASANA



ADMINISTRATION OF AEROBICS





ADMINISTRATING ASANA

## యోగాతో మానసిక ఒత్తిడి దూరం

నెహ్రూసెంటర్,  
న్యూస్టుడే: యోగా,  
ఎరోబిక్స్ చేయడంతో  
విద్యార్థులు దృఢ  
త్వంతో పాటు మాన  
సిక ఒత్తిడి  
జయిస్తారని మహబూ



బాబాద్ డిగ్రీ కళాశాల ప్రిన్సిపల్ డాక్టర్ విజయలక్ష్మి అన్నారు. కళాశాలలో ఎరోబిక్స్ తరగతులను ప్రారంభించారు. వైస్ ప్రిన్సిపల్ యుగేందర్, మమత, వేణుగోపాల్, వెంకటేశ్వర్లు, రత్నమాల, రామ్ రెడ్డి, శశికాంత్, పాల్గొన్నారు.

PAPER CLIP



## యోగాతో మానసిక ఒత్తిడి దూరం

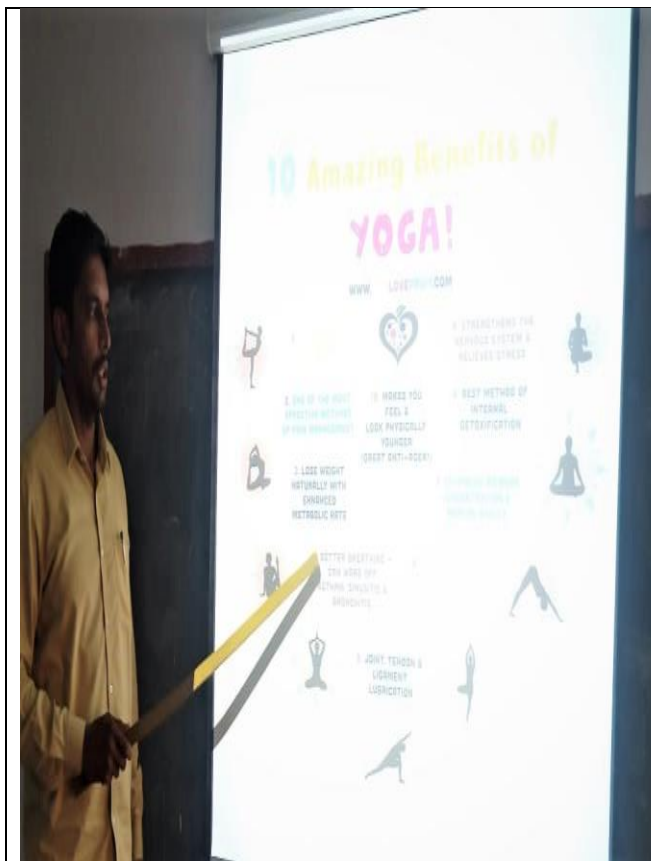
మహాబూబాబాద్ రూరల్, ఫిబ్రవరి 9: యోగాతో విద్యార్థులు శారీరక మానసిక దృఢత్వం పెరిగి మానసిక ఒత్తిడి దూరమవుతుందని ప్రభుత్వ డిగ్రీ కళాశాల ప్రిన్సిపల్ విజయలక్ష్మి అన్నారు. బుధవారం కళాశాల ఆవరణలో విద్యార్థులకు యోగా తరగతులు నిర్వహించారు. ఈ సందర్భంగా ప్రిన్సిపల్ మాట్లాడుతూ ఆంగ్ల విభాగం, జాతీయ సేవా పథకం, మహిళా సాధికారత విభాగం, వ్యాయామ విద్యా సంయుక్తంగా యోగా ఏరోబిక్స్ లో సర్టిఫికేట్స్ కోర్సు కళాశాలలో ఉండన్నారు. అధ్యాపకురాలు సుమలత ఈ శిక్షణ తరగతులను నిర్వహిస్తారని అన్నారు. ఈ కోర్స్ ను ప్రతి విద్యార్థి సద్వినియోగం చేసుకోవాలని సూచించారు. అధ్యాపకులు పాల్గొన్నారు.

PAPER CLIP



YOGA THEORY CLASS





YOGA THEORY CLASS



# ATTENDANCE OF THE STUDENTS

ATTENDANCE REGISTER OF

YEAR:

ROLL No.	NAME OF THE STUDENTS	MONTH																											TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS
		DATE																												
		INITIAL OF LECTURER																												
		NO. OF LECTURES																												
1	Akuthata Kavya (II.B.Com)	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
2	Baba Kalpana III.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
3	Selam priyanka I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
4	K. Manasa III.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
5	C. Saravatha II.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
6	Ganta Shymala I.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
7	Ananthagiri Yamuna II.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
8	Bukya Anura III.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
9	Thandhuri Narasi I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
10	pendra pulpa II.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
11	Baba Manika II.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
12	Banathi Saritha I.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
13	B. Manasa II.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
14	A. Siri II.B.Sc	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
15	G. priyanka I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
16	D. Kavitha I.B.Sc	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
17	K. Saritha III.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
18	shrik Rehna I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
19	T. saritha III.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
20	D. shirisha II.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
21	B. Saritha I.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
22	Kalini Akhila II.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
23	D. Lithitha - I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
24	S. Manika - II.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
25	Alurula Deepika - II.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
26	R. Sumanabatta - I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
27	M. Usha - I.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
28	D. Saritha II.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
29	B. Anitha I.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
30	K. Ranya III.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
31	V. Saritha III.B.A.	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
32	M. Manabatta I.B.Com	Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					



## ATTENDANCE OF THE STUDENTS

ATTENDANCE REGISTER OF		MONTH		DATE		INITIAL		LECTURE		NO. OF LECTURE		SUBJECT:		TOTAL NO. OF LECTURES ATTENDED BY STUDENTS		REMARKS	
ROLL No.	NAME OF THE STUDENTS																
1)	Akshita Kanya (I.B.Cam)	12	14	15	16	17	19	21	22	23	24	25	26	28	29	30	31
2)	Beta Kalpana III B.Cam	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
3)	Salam priyanka I BA	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
4)	K. Manasa III B.A	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5)	C. Saranika II B.A	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
6)	Ganga Shyamala I.B.Cam	9	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
7)	Ananthagiri Yamuna II B.C	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
8)	Bukya Anura III B.C	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
9)	Thandhuri Narasini I.B.A	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
10)	pandora pushpa - IV B	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
11)	Baba Moumika II B.A	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
12)	Ravathi Saritha I.B.C	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
13)	B. Manasa II B.Cam	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
14)	A. Siri II B.Sc	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
15)	G. priyanka I.B.A	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
16)	D. Kavitha I.B.S	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
17)	K. Sirisha III B.C	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
18)	Shank Rehna I.BA	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
19)	T. sirisha III B.A	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
20)	D. shirisha II.BA	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
21)	B. Saritha I.B.C	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
22)	Katini Akhila II B.Cam	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
23)	D. Lithika - I.BA	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
24)	S. Manisha - III B.C	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
25)	Aluraka Deepika - II B	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
26)	B. Swarnabatta II B.A	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
27)	M. Usha - I.B	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
28)	D. Sanjay II B.C	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
29)	B. Ankhitha I.BA																



*V. Vijaya Lakshmi*  
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DISTRIBUTION OF CERTIFICATES TO STUDENTS

## FEEDBACK FORM

Government Degree College, Mahabubabad	
	ESTD: 1984 Affiliated to Kakatiya University Accredited by NAAC & ISO 9001:2015 Certified (Mahabubabad, Mahabubabad (Dist.), Telangana-506101). Website: <a href="https://gdets.cgg.gov.in/mahabubabad.edu">https://gdets.cgg.gov.in/mahabubabad.edu</a> e-Mail: wgl.jlc.mbad@gmail.com
	
Certificate Course Feedback Form	
Course Title: Yoga & Aerobics	Venue: GDC Mahabubabad
Please fill the short questionnaire to make the course better.	
Your background: Agriculture Family	
Your Highest Qualifications: pursuing Degree III yr Bcom	
Please respond below with 1, 2, 3, 4 or 5, where 1 and 5 are explained.	
THE DESIGN OF THE COURSE	
A. Were objectives of the course clear to you?	Y <input checked="" type="checkbox"/> N <input type="checkbox"/>
B. The course contents met with your expectations	<input type="checkbox"/> 5
1. Strongly disagree 5. Strongly agree	
C. The lecture sequence was well planned	<input type="checkbox"/> 5
1. Strongly disagree 5. Strongly agree	
D. The contents were illustrated with	<input type="checkbox"/> 5
1. Too few examples 5. Adequate examples	
E. The level of the course was	<input type="checkbox"/> 5
1. Too low 5. Too high	
F. The course contents compared with your expectations	<input type="checkbox"/> 5
1. Too theoretical 5. Too empirical	
G. The course exposed you to new knowledge and practices	<input type="checkbox"/> 5
1. Strongly disagree 5. Strongly agree	
H. Will you recommend this course to your colleagues?	<input type="checkbox"/> 5
1. Strongly disagree 5. Strongly agree	
THE CONDUCT OF THE COURSE	
A. The lectures were clear and easy to understand	<input type="checkbox"/> 5
1. Strongly disagree 5. Strongly agree	
B. The teaching aids were effectively used	<input type="checkbox"/> 5
1. Strongly disagree 5. Strongly agree	





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(Mahabubabad, Mahabubabad (Dist.), Telangana-506101).  
Website: <https://edets.cgg.gov.in/mahabubabad.edu> e-Mail: [wgljkc.mbad@gmail.com](mailto:wgljkc.mbad@gmail.com)



C. The course material handed out was adequate

1. Strongly disagree 5. Strongly agree

5

D. The instructors encouraged interaction and were helpful

1. Strongly disagree 5. Strongly agree

5

E. Were objectives of the course realized?

Y ☒ N ☐

F. Please give overall rating of the course

90% - 100% ( ☒ ) 60% - 70% ( )

80% - 90% ( ) 50% - 60% ( )

70% - 80% ( ) Below 50% ( )

Please comment on the strengths of the course and the way it was conducted.

Course conducted in regular intervals without any  
interruption, clear demonstration and well organized  
are the strengths of the course

Please comment on the weaknesses of the course and the way it was conducted.

The weakness of the course is, some of the students  
were not having proper uniform.

Please give suggestions for the improvement of the course.

1. Course may be implemented for men
2. Course may be divided separately one course for yoga  
and one for aerobics for men and women separately

Optional - Your name and contact address:

K. Srinika - Beamli  
Mahabub

Thank you!!





# GOVERNMENT DEGREE COLLEGE MAHABUBABAD

MAHABUBABAD (Dist.), Telangana 506101  
Estd: 1984, Affiliated to Kakatiya University, Warangal - India



## CERTIFICATE

This is to certify that **K. Shirisha, B.Com III**  
**Government Degree College Mahabubabad** has participated  
and successfully completed the certificate course on **“YOGA  
and AEROBICS”** organized by Department of Physical  
Education and Women Empowerment Cell, Government  
Degree College Mahabubabad, Mahabubabad (Dist.), Telangana,  
India commenced from **07-02-2022 to 07-04-2022**

  
**Dr. G. Shashikanth**  
Convener

  
**R. Venu Gopal**  
IQAC Co-Ordinator

  
**Dr. V. Vijaya Laxmi**  
Principal