

DEPARTMENT OF PHYSICAL EDUCATION

2021 - 2022

CERTIFICATE COURSE

IN  
YOGA

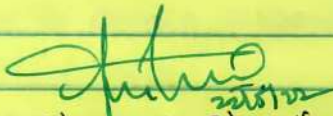
# CERTIFICATE COURSE IN YOGA

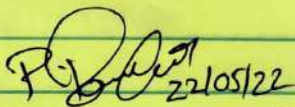
22/05/2022


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## "CIRCULAR"

It is to inform all the students [MEN & WOMEN] that Physical Education Department will be conducted certificate course - YOGA - from 25/05/2022 to 16/07/2022 in our college. Hence the students who are interested should participate in the event enroll the four names on or before 23/05/2022

  
I/N Physical Education.  
Lecturer in Physical Education  
S R Govt Degree College  
PUNGANUR - 517 247.  
Chittoor Dist. (A.P.)

  
Physical Director

  
PRINCIPAL  
S.R. Potturam College  
PUNGANUR-517247  
Chittoor District

Syllabus :-

"CIRCULAR"

1. Importance of yoga
2. History of yoga
3. General Guidance for yogic Practices
4. Yoga Practices
5. Yoga for Health
6. Breathing with Awareness
7. Meditation
8. Yoga for Physical Fitness
9. Yogic Practices to Enhance Flexibility
10. Asanas.
11. Pranayama
12. Yoga for concentration.





DATE	TOPIC COVERED	Signature
Day - 1 24-05-22	Inauguration	
Day - 2 25-05-22	Introduction to course & Syllabus	
Day - 3 13-06-22	What is yoga	P. B. S.
Day - 4 14-06-22	Importance of yoga	P. B. S.
Day - 5 15-06-22	Guidelines for yogic practices	P. B. S.
Day - 6 16-06-22	Yama and Niyama	P. B. S.
Day - 7 17-06-22	Suzja Namaskar	P. B. S.
Day - 8 18-06-22	Pranayama	P. B. S.
Day - 9 20-6-22	Banah mudra	P. B. S.
Day - 10 21-06-22	Pratyahara	P. B. S.
Day - 11 22-06-22	Shatkarma / Kriza	P. B. S.
Day - 12 23-06-22	Yoga for Health	P. B. S.
Day - 13 24-06-22	Meditation	P. B. S.
Day - 14 25-06-22	Tadasana / Vrikhsasana	P. B. S.
Day - 15 27-06-22	Utkatasana / Vajrasana	P. B. S.

DATE	TOPIC COVERED	Signature
Day - 16 28-06-22	Bhujangasana	P. B. S.
Day - 17 29-06-22	Makarasana	P. B. S.
Day - 18 30-06-22	Uttanapadasana	P. B. S.
Day - 19 1-07-22	Pawanmuktasana	P. B. S.
Day - 20 2-07-22	Shavasana	P. B. S.
Day - 21 4-07-22	Yoga for Physical fitness	P. B. S.
Day - 22 5-07-22	Practices to Enhance flexibility	P. B. S.
Day - 23 6-07-22	Koiza / Karatibai	P. B. S.
Day - 24 7-07-22	Meditation	P. B. S.
Day - 25 8-7-22	Yoga for concentration	P. B. S.
Day - 26 11-07-22	BodhiPadmasana	P. B. S.
Day - 27 12-07-22	Bhazamari Pranayama	P. B. S.
Day - 28 13-07-22	Review	P. B. S.
Day - 29 14-07-22	Test & Practicals	P. B. S.
Day - 30 15-07-22	Certificate distribution/Validation	P. B. S.

## OUT COMES :-

- \* The Purpose of yoga is to build strength, Awareness and harmony in both the mind & body.
- \* The relaxation techniques incorporated in yoga can lessen chronic Pain, such as lower back Pain, Arthritis, ~~low~~ headaches and Carpal tunnel Syndrome
- \* Yoga can also lower blood pressure and reduce insomnia.
- \* Regular yoga practice creates mental clarity and calmness:

*Anubha*  
 The Physical Educator  
 16/07/22  
 Lecturer in Physical Education  
 S.R. Govt Degree College  
 PUNGANUR-517247.  
 Chittoor Dist (A.P.)

*Rajasekar*  
 16/07/22

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 16/07/22  
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# SUBHARAM GOVT DEGREE COLLEGE

PUNGANUR, CHITTOOR DIST., A.P – 517247  
AFFILIATED TO SRI VENKATESWARA UNIVERSITY



Accredited with NAAC Grade “B”

DEPARTMENT OF PHYSICAL EDUCATION

## Certificate of Completion

Cert No: \_\_\_\_\_/2021-22

This is to certify that Mr / Ms \_\_\_\_\_  
S/O / D/O \_\_\_\_\_ Class \_\_\_\_\_  
Register No \_\_\_\_\_ has successfully completed Certificate course  
on **Yoga**, for 30 days during the Academic Year \_\_\_\_\_

Department In charge

PRINCIPAL



# SUBHARAM GOVT. DEGREE COLLEGE

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PUNGANURU.

2022-23

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