

Certificate Course & Add-on Course in Yoga

Year	Sl. No	Date/ Duration	No.of Students	Concept	Resource Persons
2015-16	1	Certificate Course 17 th Aug-16 th Sep'2015 - 30 Days	53 - Interested Students of all Groups	on Practicing yoga for physical fitness with theoretical Knowledge	Vivekananda Yoga Kendra, Anantapur Sri C.Hanumantha Reddy, C.Vasanthi & K.Krishna Veni –Yoga Teachers
2014-15	2	Add-on Course 1 st - 30 th Nov'2014 - 30 Days (45 Hrs-without Certificate)	40 - Interested Students of all Groups	Yoga Practice of various Asanaas to strengthen the body	Sri C.Hanumantha Reddy,Vivekananda Yoga Kendra, Anantapur. Smt Srilakshmi-Yoga Teachers
2013-14	3	Add-on Course 12 th Feb – 7 th Mar'2014 - 30 Days (45 Hrs-without Certificate)	30 - Interested Students of all Groups	Yoga Practice of various Asanaas with insistence on Surya Namaskaras	S. Hanumantha Reddy, Yoga Instructor, SVYASA, B'lore

**Organized by Department of Commerce under
Women Empowerment Cell.**

Proofs given:

- Minutes
- Syllabus & Duration
- No. of Students Enrolled
- Bio Data of Yoga Instructors
- Sample Certificate

Yoga Add-on Certificate Course with Certificate

Syllabus

Duration: 30 days

Practice: 34 hours

Theory: 9 hours

Exam: Two hours

Practice

1. **Exercises:** sarira sanchalana, Side Bending, Forward bending and Backward bending, Twisting, Jumping's, Bhunamana, Butterfly, Paschimottana and halasana, Dhunrasana stretch, Pavanamuktasana, Both leg Rotation
2. **Breathing Exercises:** Bhujangasana, shasankasana Breathing, Tiger Breathing, sethu Bandha Breathing.
3. **Surya Namaskaras with Breathing.**
4. **Asanas:**
Standing: Ardakati Chakrasana, Arda Chakrasana, Pada Hasthasana, Parsvasthanasana, trikonasana, Parivrutta trikonasana, veerabhadrasana, Vrukshasana, Parsva Konasana

Sitting: Paschimasthanasana, Upavista Konasana, Badda Konasana, Vakrasana, Gomukhasana, Padmasana, suptha Vajrasana, Ustrasana, Padangustasana,

Supine: Halasana, Sarvangasana, Matsyasana, Navasana, Suptha Padangustasana, Chakrasana

Prone: Dhanurasana, Bhujangasana, Shalabhasana, Pranamasana;
5. **Pranayama:** Left Nostril, Right Nostril, Chandra Bheda, Surya Bheda, Nadisuddhi, Bramari
6. **Meditation:** Om Meditation, DRT, Yoga games, Emotion Culture methods

Theory:

1. Concept of Yoga
2. Karma Yoga
3. Raja Yoga
4. Topic writing: Any Five not less than 5 pages nor more than 10 pages in the following
5. Report Presentation: only one for 5 minutes in the following

Will power, Goal setting and planning, Compassion, Fearlessness, Service, Character, Communication, All round Personality, Character, Let go attitude, Happiness, Peace, Harmony

Examination at the end of the Course

1. Theory
2. Practice

AY 2015-16

Certificate Course on YOGA

17th August to 16th September - 53 Students

Students practicing Yoga with Instructor Smt C.Vasanthi & Sri C.Hanumantha Reddy, Vivekananda Yoga Kendra, Anathapuramu.



The certificate course is started on 17th August'2015 at 5 pm up to 6.30 pm with same timings every day.



Previous & Present Principal with Staff members are witnessing the Yoga training- Surya Namaskaraas



Students writing exam on completion of Yoga Course for Eligibility Certificates



Distribution of Certificates to eligible students

August '2015

Members of the Committee met in the chamber of Principal to discuss the following agenda on 3/8/15 at 3.30 pm.

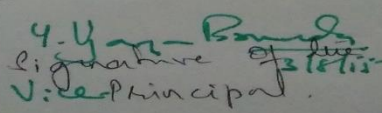
Agenda :

1. Yoga Certificate Course.
2. A Guest Lecture on Yoga.

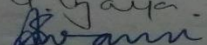
Resolutions :

It is resolved to conduct a Certificate Course in Yoga for 30 days at 5pm upto 6.30 pm with the help of Yoga instructor Sri C.S. Hanumantha Reddy and his wife Smt C.S. Valanki for 30 days from 17th Aug 'to 16th Sep 2015.

2) To conduct a Guest Lecture by Associate Professor from SVYASA at his convenient date.


 Signature of the
 Vice Principal.

Convenor & Members.

1. Y. Yapa. Brunda
2. 
3. S. Madhavi RB.
- 4.

List of students selected for Yoga

Sl. No	Name of the student	Cate gory	Class	Sl. No	Name of the student	Cate gory	Class
1.	P. Bhargavi	BC	III B.Com (CA)	28.	D. Jainabi	BC	II B.Com (Gen)
2.	M. Swaroopa Rani	SC		29.	D. Aswarthamma	SC	
3.	Y. Anasuya	SC		30.	M. Radharani	SC	
4.	T. Priyanka	OC		31.	P. Nagamani	BC	
5.	M.Yamuna	BC		32.	S.Jyothi	ST	
6.	P. Prabandha	BC		33.	C. Yasmin Begum	BC	III B.Sc (MPCs)
7.	B.Venkatanaramma	BC	II B.Com(CA)	34.	M.Sravanthi		
8.	B. Harika	OC		35.	K. Prameela	SC	
9.	B. Nagamma	BC		36.	G. Anusha	BC	
10.	S. Radha	SC		37.	M. Padmavathi	SC	
11.	D. Sowdani	BC		38.	G.P.SivasaiJyotyi	SC	
12.	K. Anitha	BC		39.	E. Kavitha	BC	II B.Sc (MPCs)
13.	K. Thulasi	BC		40.	S. Nousia	BC	
14.	A. Pushpavathi	SC		41.	K. Kranthi Kumari	OC	
15.	A. Neeraja	SC		42.	K. Supriya	OC	
16.	E. Meena Kumari	SC		43.	M. Kusuma	BC	
17.	L. Subba Lakshmi	BC	II B.Com (Gen)	44.	D. Vanaja	BC	II B.Sc (MECs)
18.	P. Vanajamma	SC		45.	G. Haritha	BC	
19.	M. Swapna	OC		46.	G.Rama Devi		III B.A (C.A)
20.	B. Harika	OC		47.	A. Chandra kala	BC	
21.	S. Nagasuchitra	SC		48.	J. Bhoolakshmi devi	SC	
22.	P. Saritha	BC		49.	H. Priyanka	SC	II B.A (THP)
23.	G. Aswini	ST		50.	R.Hemalatha Bai		
24.	U. Gowthami	OC		51.	Y.Nirmala		
25.	B. Krishnaveni	SC		52.	H.Chamanthi		
26.	E. Bharathi	ST		53.	R.Thejeswini		
27.	D. Lakshmi Devi	SC					

Bio- Data of Yoga Instructors	
Name of the Instructor	Educational Qualifications
Sri C.S. Hanumantha Reddy	1. M.A (RD)., 2 nd Rank Holder in SKU, Atp in April '2004. 2. PGDYT., from SVYASA, B'lore (in 2007) 3. Certificate in Yoga-Vedanta Course, (3 months Course in 2008) from The Yoga –Vedanta Forest Academy, (A Dept. of Divine Life Society)
K. Krishna Veni	1. B.A., 2. Certificate in YIC (2009) (Yoga Instructor's Course)conducted by Indian Yoga Institute of VYASA' B'lore at Vivekananda Yoga Kendra at Anantapur. 3. Intensive Course on Yoga Therapy for Poly Cystic Ovarian Syndrome in 2010, conducted by Indian Yoga Institute of VYASA, B'lore. 4. PG Diploma in Yoga from Annamalai University in 2012.
M.Vasanthi	1. B.Sc., B.Ed., 2. Certificate in YIC (2009) (Yoga Instructor's Course)conducted by Indian Yoga Institute of VYASA' B'lore at Vivekananda Yoga Kendra , Anantapur. 3. Intensive Course on Yoga Therapy for Poly Cystic Ovarian Syndrome in 2010, conducted by Indian Yoga Institute of VYASA, B'lore



K.S.N.Govt. Degree College for Women, Ananthapuramu




WOMEN EMPOWERMENT CELL



This is to certify that Kum P. Bhargavi III B.Com(C.A) has successfully completed the intensive course on “Yoga and Personality Development” with Grade 'A' from 17th Aug'2015 to 16th Sep'2015 in the college campus.



Course Co-ordinator



Principal



3. Add –on Course in Yoga

1st – 30th November'2014

Only Practical Training without a Certificate

**Yoga Training Program for
improving the Fitness
Sri C. Hanumanthareddy and
Smt. Sri Lakshmi ,
Vivekananda Yoga Kendra,
Ananthapuramu.**

40 Students participated regularly in Yoga Practice under the Supervision of the Yoga Teachers

Daily from 6.30 am - 7.30 am.



Practice

- Exercises:** Sarira Sanchalana, Side Bending, Forward bending and Backward bending, Twisting, Jumping's, Butterfly, Paschimottana and Halasana, Dhanurasana stretch, Pavanamuktasana, Both leg Rotation
- Breathing Exercises:** Bhujangasana, Shasankasana Breathing, Tiger Breathing, Sethu Bandha Breathing.
- Surya Namaskaras with Breathing.**
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