

TO
The Principal
Govt. Degree College
Palakonda
Parvathipuram Manyam(Dist)

From
S Sitaram
Department of Physical Education
Govt. Degree College, Palakonda
Parvathipuram Manyam(dist)

Respected Sir,

Sub: Request to accord Permission to conduct Certificate course by Department of physical Education
reg

Department of physical Education would like to conduct a Certificate course programme
on "simplified exercise in yoga" of hours duration for the students of ^{2nd} 1st Bsc of GDC, Palakonda from 3rd
February 2023.

Hence I request you to accord permission to organize the above said programme in our
Department.

Thanking you Sir

Yours's faithfully

Sri. S Sitaram

Govt. Degree College
PALAKONDA
Srikakulam (Dist.)

Date:21-01-2023

Circular

Department of physical Education

The Department of physical Education is going to conduct a Certificate Course "simplified exercise in yoga" of 1st B.Sc. B.com of GDC, Palakonda from 3rd February 2023.

There is no registration fees. After completion of this course a practical will be conducted and certificate will be given those who got 40 marks in that practical exam

Hence interested candidates are advised to utilize the opportunity and approach Sri S Sitaram, Lecturer in Physical Education to enroll themselves in this course on or before 31-01-2023


Govt. Degree College
PALAKONDA
Srikulam (Dist.)

GOVERNMENT DEGREE COLLEGE PALAKONDA
DEPARTMENT OF PHYSICAL EDUCATION
CERTIFICATE COURSE REGISTRATION

S. No	Name of the Student	Course Year/ Group	Date of registration	Signature
1	ALLADA SHAKETHKUMAR	2 nd BSC	31-1-2023	A. SHAKETHKUMAR
2	ALLU ASWANI	2 nd BSC	31-1-2023	A. ASWANI
3	AMBALLA SRINIVASA RAO	2 nd BSC	31-1-2023	A. SRINIVASA RAO
4	BERI KAILASARAO	2 nd BSC	31-1-2023	B. KAILASA RAO
5	BHUPATHI RENUKA	2 nd BSC	31-1-2023	B. RENUKA
6	GEDELA URMILA	2 nd BSC	31-1-2023	C. URMILA
7	GORLE GANESH	2 nd BSC	31-1-2023	C. GANESH
8	GORLE RUPAVATHI	2 nd BSC	31-1-2023	C. RUPAVATHI
9	GUDIVADA RUKMINI	2 nd BSC	31-1-2023	C. RUKMINI
10	JONNA MOHANA RAO	2 nd BSC	31-1-2023	C. RUKMINI
11	KARNENA SRINIVASA RAO	2 nd BSC	31-1-2023	J. MOHANA RAO
12	LUKALAPU BHAVANI	2 nd BSC	31-1-2023	L. BHAVANI
13	MANGI GOWRISANKAR	2 nd BSC	31-1-2023	M. GOWRISANKAR
14	MULAGA DURGAPRASAD	2 nd BSC	31-1-2023	M. DURGAPRASAD
15	NADELLA MADHURI	2 nd BSC	31-1-2023	N. MADHURI
16	NAIDU MADHAVI	2 nd BSC	31-1-2023	N. MADHAVI
17	NEREDI SIREESHA	2 nd BSC	31-1-2023	P. ANJALI
18	PADIMILA ANJALI	2 nd BSC	31-1-2023	P. MOHAN
19	PALAGARA MOHAN	2 nd BSC	31-1-2023	P. MOHAN
20	PEDDINTI UMA VENKATARAMANA	2 nd BSC	31-1-2023	P. UMA VENKATARAMANA
21	PILAKA ANIL	2 nd BSC	31-1-2023	P. ANIL
22	POGIRI MAHALAKSHMI	2 nd BSC	31-1-2023	P. MAHALAKSHMI
23	POTNURU ANITHA	2 nd BSC	31-1-2023	P. ANITHA
24	RAGOLU BHAVANI	2 nd BSC	31-1-2023	P. BHAVANI
25	SANKU HARIKRISHNA	2 nd BSC	31-1-2023	S. HARIKRISHNA
26	SARIPALLI SAI SANKAR	2 nd BSC	31-1-2023	S. SAI SANKAR
27	SARVASIDDI BHAGYALAKSHMI	2 nd BSC	31-1-2023	S. BHAGYALAKSHMI
28	SIMHADRI VISHALAKSHI	2 nd BSC	31-1-2023	S. VISHALAKSHI

GOVERNMENT DEGREE COLLEGE PALAKONDA
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CERTIFICATE COURSE REGISTRATION

29	SOMARIPETA SUCHITRA	2 nd BSC	21-1-2022	S. SUCHITRA
30	VAKAMUDILA BHANUMATHI	2 nd BSC	31-1-2022	V. BHANUMATHI
31	VAVILAPALLI MOHINI	2 nd BSC	31-1-2022	V. Mohini.
32	YENNI NITHIN KUMAR	2 nd B.S.C.	21-1-2022.	Y. Nithin Kumar

Government Degree College
PALAKONDA
Sri K. Lakshminarayana
JKK

****Certificate Course on Simplified Exercise in Yoga:****

****Introduction:****

Welcome to the Certificate Course on Simplified Exercise in Yoga – a 30-hour program designed to introduce individuals of all levels to the gentle and accessible aspects of yoga. This course aims to make yoga accessible to everyone, focusing on simplified exercises that promote physical well-being, flexibility, and relaxation. Whether you are a novice or looking to incorporate yoga into your daily routine, this course provides a foundation for a sustainable and enjoyable practice.

****Objectives:****

1. ****Introduce Yoga Basics:**** Familiarize participants with the foundational principles and philosophy of yoga.
2. ****Promote Physical Well-being:**** Learn simplified yoga exercises to enhance flexibility, strength, and overall fitness.
3. ****Stress Reduction:**** Incorporate relaxation techniques to manage stress and promote mental calmness.
4. ****Cultivate Mind-Body Connection:**** Develop an awareness of the connection between body, breath, and mind.
5. ****Encourage Regular Practice:**** Instill the importance of a consistent and simplified yoga routine for holistic health.

****Outcomes:****

By the end of the course, participants will be able to:

1. Understand the basic principles and philosophy of yoga.
2. Perform simplified yoga exercises for physical fitness and flexibility.
3. Utilize relaxation techniques to manage stress and promote mental well-being.
4. Establish a daily routine for simplified yoga practice.
5. Cultivate a mindful and balanced approach to health and wellness.

****Syllabus:****

Week 1: Introduction to Yoga (6 hours)

- Understanding the history and philosophy of yoga
- Exploring different styles of yoga

- Basic principles of breath awareness and alignment

Week 2: Foundation of Simplified Yoga Asanas (6 hours)

- Gentle warm-up exercises and joint movements
- Introduction to basic yoga postures (asanas)
- Focus on proper alignment and modifications

Week 3: Yoga for Flexibility and Strength (6 hours)

- Incorporating dynamic stretching into the practice
- Building strength through simplified yoga sequences
- Balancing exercises for stability

Week 4: Relaxation Techniques (6 hours)

- Introduction to yogic relaxation: Savasana (Corpse Pose)
- Guided meditation and mindfulness practices
- Breathwork for stress reduction


Week 5: Building a Personalized Yoga Routine (6 hours)

- Creating a simplified and personalized yoga sequence
- Adapting yoga practices to individual needs and limitations
- Establishing a daily practice routine

****Assessment:****

Participants will be assessed through active participation in practical sessions, reflective assignments, and a final project demonstrating the integration of simplified yoga exercises into their daily lives.

Embark on this journey of holistic well-being through simplified yoga exercises, and discover the joy of a balanced and accessible approach to health and fitness. May this course empower you on your path to a healthier and more harmonious life.


Govt. Degree College
PALAKONDA
2024/2025

GOVERNMENT DEGREE COLLEGE PALAKONDA
DEPARTMENT OF PHYSICAL EDUCATION
CERTIFICATE COURSE REGISTRATION

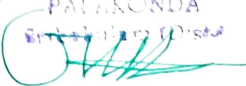
S. No	Registration Number	Name of the Student	Course	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Total
1	SFCF01	ALLADA SHAKETHKUMAR		P	P	P	A	P	P	A	P	P	A	P	P	A	A	A	P	P	P	A	A	P	P	A	P	P	P	P	P	P	A	20
2	SFCF02	ALLU ASWANI		P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	A	P	25
3	SFCF03	AMBALLA SRINIVASA RAO		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	A	25	
4	SFCF04	BERI KAILASARAO		P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	A	24	
5	SFCF05	BHUPATHI RENUKA		P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	25	
6	SFCF06	GEDELA URMILA		P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	24	
7	SFCF07	GORLE GANESH		P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	25	
8	SFCF08	GORLE RUPAVATHI		P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	A	25	
9	SFCF09	GUDIVADA RUKMINI		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	28	
10	SFCF10	JONNA MOHANA RAO		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	26	

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11	SFCF11	KARNENA SRINIVASA RAO	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	26
12	SFCF12	LUKALAPU BHAVANI	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	25
13	SFCF13	MANGI GOWRISANKAR	P	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	25
14	SFCF14	MULAGA DURGAPRASAD	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	A	25
15	SFCF15	NADELLA MADHURI	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	23
16	SFCF16	NAIDU MADHAVI	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	A	25
17	SFCF17	NEREDI SIREESHA	P	P	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	25
18	SFCF18	PADIMILA ANJALI	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	25
19	SFCF19	PALAGARA MOHAN	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	25
20	SFCF20	PEDDINTI UMAVENKATARA MANA	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	A	26
21	SFCF21	PILAKA ANIL	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	25

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22	SFCF22	POGIRI MAHALAKSHMI	P P P P A P P P A P P P A P P P P A P P A P P P A P P A P P A P P A P	23
23	SFCF23	POTNURU ANITHA	P A P P A P P P P P A P P P A P P P P P P P P P P P P A A	24
24	SFCF24	RAGOLU BHAVANI	P P P P A P P P P P P P A P P P P P P P A P P P A P P P A	25
25	SFCF25	SANKU HARIKRISHNA	P P P A P P P A P P A P P P A P P P A P P P A P P A P P A P	22
26	SFCF26	SARIPALLI SAI SANKAR	P P A P P P A P P A P P P A P P P P A P P P P A P P A P P A	22
27	SFCF27	SARVASIDDI BHAGYALAKSHMI	P P P P A P P P A P P P P P P P P A P P P P P A P P P A P P	25
28	SFCF28	SIMHADRI VISHALAKSHI	P P P A P P P P P P P A P P P P P P P P P A P P P P P A P P	28
29	SFCF29	SOMARIPETA SUCHITRA	P P A P P P P P P A P P P P P A P P P P P A P P P P A A P	24
30	SFCF30	VAKAMUDILA BHANUMATHI	P P P P P A P P P P P P A P P P P A P P P P P A P P P A P P	24
31	SFCF31	VAVILAPALLI MOHINI	P P A P P P A P P P A P P P P A P P A P P P P P P P P P A	24
32	SFCF32	YENNI NITHIN KUMAR	P P P A P P P A P P A P P P P P A P P P P A P P P P A P P P A	23

Govt. Degree College
PALAKONDA
 Physical Education Deptt.




**Government Degree College, Palakonda
Department of Physical Education**




Certificate

This is to certify that *Ms ALLU ASWANI studying II B.Sc, MPC in this college has successfully completed the Certificate course on simplified exercise in yoga from 03-02-2023 to 15-03-2023 during the academic year 2022-2023.*


In Charge of the Dept


IQAC Coordinator


Principal
Govt. Degree College
PALAKONDA
Seikakulam (Dist.)



Government Degree College, Palakonda
Department of Physical Education
Certificate

This is to certify that Mr. S.S. SURESH (U) B.Sc. B.Ed. in the
college has successfully completed the certificate course in qualified manner in
the first class in the first attempt during the examination year 2023-24.

Signature of the Head of Institution
Date: _____