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

From S Sitaram Department of Physical Education Govt.Degree College, Palakonda Parvathhipurm 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" Pranayama and Meditation" of hours duration for the students of  $\mathcal{L}^{\text{R}}$  b.com of GDC, Palakonda from 1st October 2022.

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

Thanking you Sir

STIZZZIJAMI (L) SI.

Yours's faithfully

Sri. S Sitaram

Date:15-09-2022

#### Circular

### Department of physical Education

The Department of physical Education is going to conduct a Certificate Cours "Pranayama and Meditation" of hours duration for the students of 1st B.com of GDC, Palakonda from 1st October 2022.

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 30-09-2022.

Govt. Degree College PALAKONDA Srikak ilam (Dist.)

# \*\*Certificate Course on Pranayama and Meditation:\*\*

## \*\*Introduction:\*\*

Welcome to the Certificate Course on Pranayama and Meditation, a transformative journey into the ancient practices of breath control and mindfulness. In this 30-hour program, participants will explore the profound benefits of Pranayama (breathwork) and Meditation, gaining practical tools to foster mental, emotional, and physical well-being. Whether you are a beginner or seeking to deepen your existing practice, this course offers a structured and holistic approach to guide you towards a more centered and balanced life.

#### \*\*Objectives:\*\*

- 1. \*\*Cultivate Mindfulness:\*\* Develop an understanding of mindfulness through the practices of Pranayama and Meditation.
- \*\*Enhance Well-being:\*\* Learn techniques to promote mental, emotional, and physical wellbeing.
- \*\*Stress Reduction:\*\* Explore methods to manage stress and cultivate a calm and resilient mindset.
- \*\*Build a Consistent Practice:\*\* Establish a regular and sustainable Pranayama and Meditation routine.
- \*\*Explore Inner Awareness:\*\* Deepen self-awareness and foster a connection between mind, body, and breath.

#### \*\*Outcomes:\*\*

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

- 1. Demonstrate proficiency in various Pranayama techniques for breath control.
- Utilize Meditation practices to enhance focus, concentration, and inner calm.
- Incorporate mindfulness into daily life to reduce stress and promote relaxation.
- 4. Develop a personal toolkit for managing emotions and fostering mental resilience.
- 5. Establish a consistent Pranayama and Meditation practice tailored to individual needs.

- Understanding Pranayama: Breath as a bridge between body and mind

<sup>\*\*</sup>Syllabus:\*\*

<sup>\*</sup>Week 1: Introduction to Pranayama (6 hours)\*

- Basic Pranayama techniques: Diaphragmatic breathing, Nadi Shodhana (Alternate Nostril Breathing)
- \*Week 2: Advanced Pranayama Techniques (6 hours)\*
- Bhramari (Bee Breath) and Ujjayi Pranayama
- Kapalabhati and Anulom Vilom: Energizing breath practices
- Practical sessions and guided exercises
- \*Week 3: Introduction to Meditation (6 hours)\*
- Understanding Meditation: A journey into mindfulness
- Mindfulness of Breath and Body Scan Meditation
- Establishing a comfortable meditation posture
- \*Week 4: Mindfulness Meditation Techniques (6 hours)\*
- Loving-kindness (Metta) Meditation
- Walking Meditation and Sound Meditation
- Overcoming common challenges in meditation
- \*Week 5: Integrating Practices into Daily Life (6 hours)\*
- Creating a personalized Pranayama and Meditation routine
- Cultivating mindfulness in everyday activities
- Reflection and sharing experiences

#### \*\*Assessment:\*\*

Participants will be assessed through active participation in practical sessions, reflective assignments, and a final project that demonstrates the integration of Pranayama and Meditation practices into their daily lives.

Embark on this transformative journey toward holistic well-being and self-discovery through the profound practices of Pranayama and Meditation. May this course empower you on your path to a more balanced and mindful life.

# 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	ADIKARI DURGA RAO	2nd BROWN	30-9-2022	A. Dwga Jao.
2	BASURU BHAVANI	2 and BCom	26- 9-2012	B. Bharani,
3	BEVARA SAI PRAKASH	2 and BCCm	30-9-2012	B. sai patali
4	BEVARA SARASWATHI	2 and Bccm	36-61-2092	B. Sacrasaathi
5	BIDDIKA NIRMALA	2 and 12 Ccm	30-9-2022	B. NIRMALA
	BODDANA BHAVANI VARA			B. BHOWANI VADA
6	PRASAD	2 and Beom	20-9-2022	D. RASAD
7	BODDU JANAKIRAO	2 and BCom	3C+4-2012	B. Small yero.
8	BOMMALI SRINU	2 and BCCm	70-9-7772	B. Solhh
9	BONTHU PRAVEEN KUMAR	2 and Bcom	30-9-2012	2. Ponneon Ellmute
10	CHINTA SAI KUMAR	2 and B.con	20-9-2022	C. Sul Kuthert
11	CHUKKA NARAYADUDORA	2and R.Cem	20-9-70h2	C Na Toylordudgota
12	DASARI RUPAVATHI	2and B.Com	20-9-7012	P. RUPAVAThi
13	GAVUDU RAMBABU	2 and Bicom	36-9-2012	G. Rambabu
14	GEDELA UMAMAHESWARARAO	2 and B. Com	30-9-2-12	9. Vmamahe Suxuae
15	GOKA GAYATHRI	2 and B. Com	30 202022	Goka Garathal
16	GOONANA SRIKANTH	2 and B. (Gm	3-2-2022	Ca. Saikanta
17	GORLE SNEHA	Zand B. Can	30-9-2012	G. Sheha
18	JEELAKARRA SWATHI	2 and R. Com	30-21-2012	je & lel athe
19	KEMBURU RAMADEVI	2. cm B Com	30-9-202	L. Dalmader
20	KIMIDI BHANUPRAKASH	2 and B. Com	30-9-7-02	K. Roma dens
21	KODIBOINA PAVANKUMARI	2 and B.Com	30-9-2022	1c. Bhamprakash
22	KODIBOINA TULASI	2 and R.Ccm	30-9-2022	K. TULASI
23	KOLLU BHAVANI	2 and R. Com	30-9 2022	K. Bravani
24	MAMIDI HYMAVATHI	2 and B Com	31-97022	M. hymavathi
25	MAMIDI SWETHA	2 and B. Con	30-9-2012	M. St. D. Ham
26	MANDA TEJESWARI	2 and B-CCM	30-9-2022	7
27	MUNJETI BHAVANI	3 and 13-Can	30-01-7012	M. DI
28	MURAGADAPU SHANMUKHARAO	2. And Bron	30-9-7022	M. Bhousin.

#### GOVERNMENT DEGREE COLLEGE PALAKONDA DEPARTMENT OF PHYSICAL EDUCATION CERTIFICATE COURSE REGISTRATION

29	NALLA SWATHI	2and B.Com	20-9-2022	N. Swath
30	PALAVALASA PRASAD	2and Brom	2059-2022	D. Prosal
31	PILLA VENKATA RAMANA	2-and B-Can	30-9-2022	D. Venkat Roman
32	SAVARA MAHESH	2-and B-capo	30-9-22	s. Morherh
33	SAVARA RAVINDRA	Sand B.Com	30-9-7028	3. Famindra
34	SAVARA SURESH	agno Bicom	30-9-2022	5. surech
35	SAVARA SUSEELA	2 and B.com	30 -9 -2022	S. GUSFFLA
36	UMMADIVARAPU ADINARAYANA	2 and Brown	30 -9 -2 522	U. Abi mayayana
37	VADADA TIRUMALAMMA	2 Lind B Com	30-9-7012	V. Tryma Jamma
38	VANDANA THARUN	2 and B. com	30-9-2022	V. Thorrun
39	VUYAKA SIVAJI	2-and B-com	30-9-2022	V. SWall

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# GOVERNMENT DEGREE COLLEGE PALAKONDA DEPARTMENT OF PHYSICAL EDUCAION CERTIFICATE COURSE REGISTRATION

S. N	Registrat ion 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	
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1	PMCF01	ADIKARI DURGA RAO		r	P	7	a	P	7	P	P	P	P	P	P	P	P	P	P	9	P	P	P	a	P	P	P	P	9	P	P	9	P	25
2	PMCF02	BASURU BHAVANI		P	a	P	P	P	P	P	F	P	9	P	P	P	P	P	P	P	a	Y	P	P	a	a	T	P	9	7	F	P	P	24
3	PMCF03	BEVARA SAI PRAKASH		9	7	P	P	Y	a	P	G	a	P	P	P	F	P	a	9	P	r	P	P	P	9	P	8	P	P	9	9	F	P	21
4	PIMCF04	BEVARA SARASWATHI		P	P	P	P	T	7	a	a	P	P	P	4	a	P	P	P	9	P	P	P	P	P	P	9	P	P	P	P	9	9.	22,
5	PIMCF05	BIDDIKA NIRMALA		P	P	a	P	P	P	P	7	P	a	9	P	P	P	P	P	P	9	a	P	P	P	G	P	P	P	P	P	P	P	24
6	РІМСЕО6	BODDANA BHAVANI VARA PRASAD																				P												21
7	PMCF07	BODDU JANAKIRAO		q	P	P	P	P	P	P	P	a	P	P	P	P	P	P	P	7	P	P	P	P	a	G	P	P	P	P	a	P	P	25
8	PIACEO8	BOMMALI SRINU		F	3	P	P	P	9	P	P	P	a	P	P	a	P	P	P	P	a	9	P	R	P	P	a	P	P	P	P	a	1	23
9	PIMCF09	BONTHÜ PRAVEEN KU <b>MAR</b>		9	a	9	P	7	P	P	P	P	P	9	P	P	P	P	9	P	P	P	P	P	a	P	P	a	P	P	P	P	7	24
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11	PMCF11	CHUKKA NARAYADUDORA	P	V	a	P	P	P	P	P	P	7	F	P	P	a	a	P	P	P	P	P	P	P	P	9	a	P	P	P	P	9.	24
12	PMCF12	DASARI RUPAVATHI	9	F	P	P	G	9	P	F	T	P	9	P	P	P	P	9	P	P	P	P	P	P	a	P	P	P	P	4	P	С	22
13	PMCF13	GAVUDU RAMBABU	Y	Y	8	9	Y	P	P	g	P	1	F	P	P	r	P	P	7	P	P	7	P	9	P	P	P	P	P	P	a	P	26
14	PMCF14	GEDELA UMAMAHESWAR ARAO	a	C	7	P	F	P	1	P	P	9	P	P	P	P	P	P	P	P	P	P	P	a	17	P	P	P	P	P	P	G.	25
15	PMCF15	GOKA GAYATHRI	F	K	P	P	P	P	G	a	7	P	P	P	P	P	P	a	7	17	Y	P	P	P	9	9	P	17	·a	a	P	9.	22
16	PMCF16	GOONANA SRIKANTH	T	7	F	C	9	70	1	P	P	P	7	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	a	27
17	PMCF17	GORLE SNEHA	4	7	F	7	1	a	r	P	r	P	1	P	8	P	F	7	P	P	P	T	F	a	To	P	F	P	F	F	P	P	27
18	PMCF18	JEELAKARRA SWATHI	R	T	Y	a	[7	F	4	F	1	P	T	P	1	P	P	P	P	P	P	R	P	P	P	P	a	a	P	1	a	q	24.
19	PMCF19	KEMBURU RAMADEVI	F	0	F	F	F	P	F	1	ŧ	P	P	P	P	7	P	7	a	a	P	P	P	a	F	P	9	P	P	P	a	1	,
20	PMCF20	KIMIDI BHANUPRAKASH	F	F	F	F	E	F	9	F	1	4	P	P	P	F	P	P	P	P	h	P	1	F	9	P	P	R	P	P	9	P	26
21	PMCF21	KODIBOINA PAVANKUMARI	F	a	F	F	F	F	F	t	F	F	° F	P	t	P	F	P	7	a	P	a	9	F	P	1	10	P	P	P	F	7.	26

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23	PMCE23	KOLLU BHAVANI	P	P	P	F	94	1.	7 [	7	P	P	P	P	P	P	P	P	P	P	-	a	P	9	P	4	9	P	P	P	P	P.	25
24	PMCF24	MAMIDI HYMAVATHI	C	T	Y	P	7	C	C	F	7	P	P	P	P	P	P	P	P	P	P		P		P	P	P	P	P	-		P	25
25	PMCF25	MAMIDI SWETHA	7	-)	-	9	, 4		r	7	r	+	P	T	P	7	97	R	7	T	97	P	P	P	P	P	9.	9	r	P	P	[=	27
26	PMCF26	MANDA TEJESWARI	^	P	?	P	7	7	PI	1	1	P	F	P	_		P	P				P.	P	P	P			P			6	9.	28
27	PMCF27	MUNJETI BHAVANI		P	>	>	P	7	P	PI	ZY	P	P	F	P	P	P	P	P	P	P	P	9	1	P	P	R	R	P	12	P	9.	28
28	PMCF28	MURAGADAPU SHANMUKHARAO		1	7	P	13	1	V	12	P	PF	P	Y	Y	1.	P	F	P							<u>'</u>	,	7	·	F		,	24
29	PMCF29	NALLA SWATHI		a	V	Y	1	P	P	1	PI	> 9	1	7	Ψ	F	> 1	F	7	P	7	1	1	9	7	P	P	a	9	P	P	P	25
30	PMCF30	PALAVALASA PRASAD		P	a	P	9	1	1	7	7	7	7	? a	8	P			> 8											a	P	P	24
31	PMCF31	PILLA VENKATA RAMANA		17	P	1	P	'u	P	P	a!	4 8	- 1	7 E	> F	> 1	7	> F	t	> 7	P	F	7 17	9	P	P	F	9	F	P	a	9	22
32	PMCF32	SAVARA MAHESH		9	P	P	a	P	4	P	P	PF	> 1	PF	> 5	PF	F	F	F	> 7	P	9	7	P	1	+	7	7	7	9	12	P	25

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