

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 "Pranayama and Meditation" of hours duration for the students of 2nd 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

Yours's faithfully


Sri. S Sitaram


Govt. Degree College
PALAKONDA
Parvathipuram Manyam (Dist)

Date:15-09-2022

Circular

Department of physical Education

The Department of physical Education is going to conduct a Certificate Course "Pranayama and Meditation" of hours duration for the students of ^{2nd} 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
Srikakulam (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.
2. ****Enhance Well-being:**** Learn techniques to promote mental, emotional, and physical well-being.
3. ****Stress Reduction:**** Explore methods to manage stress and cultivate a calm and resilient mindset.
4. ****Build a Consistent Practice:**** Establish a regular and sustainable Pranayama and Meditation routine.
5. ****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.
2. Utilize Meditation practices to enhance focus, concentration, and inner calm.
3. 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.

****Syllabus:****

Week 1: Introduction to Pranayama (6 hours)

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

- 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

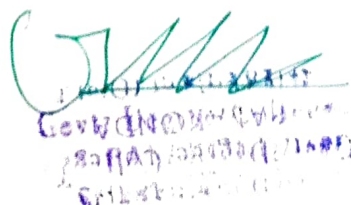
Week 5: Integrating Practices into Daily Life (6 hours)

- 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.



The image shows a handwritten signature in blue ink over a purple official stamp. The stamp contains text in Hindi, including the name of the institute and the name of the instructor.

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 BCom	30-9-2022	A. Durga Rao
2	BASURU BHAVANI	2nd BCom	30-9-2022	B. Bhavani
3	BEVARA SAI PRAKASH	2nd BCom	30-9-2022	B. Sai Prakash
4	BEVARA SARASWATHI	2nd BCom	30-9-2022	B. Saraswathi
5	BIDDIKA NIRMALA	2nd BCom	30-9-2022	B. NIRMALA
6	BODDANA BHAVANI VARA PRASAD	2nd BCom	30-9-2022	B. BHAVANI VARA PRASAD
7	BODDU JANAKIRAO	2nd BCom	30-9-2022	B. Janaki Rao
8	BOMMALI SRINU	2nd BCom	30-9-2022	B. Srinu
9	BONTHU PRAVEEN KUMAR	2nd BCom	30-9-2022	B. PRAVEEN KUMAR
10	CHINTA SAI KUMAR	2nd BCom	30-9-2022	C. Sai Kumar
11	CHUKKA NARAYADUDORA	2nd BCom	30-9-2022	C. Narayadudora
12	DASARI RUPAVATHI	2nd BCom	30-9-2022	D. RUPAVATHI
13	GAVUDU RAMBABU	2nd BCom	30-9-2022	G. Rambabu
14	GEDELA UMAMAHESWARARAO	2nd BCom	30-9-2022	G. Umamaheswararao
15	GOKA GAYATHRI	2nd BCom	30-9-2022	Goka Gayathri
16	GOONANA SRIKANTH	2nd BCom	30-9-2022	G. Srikanth
17	GORLE SNEHA	2nd BCom	30-9-2022	G. Sneha
18	JEELAKARRA SWATHI	2nd BCom	30-9-2022	J. Swathi
19	KEMBURU RAMADEVI	2nd BCom	30-9-2022	K. Ramadevi
20	KIMIDI BHANUPRAKASH	2nd BCom	30-9-2022	K. Bhanuprakash
21	KODIBOINA PAVANKUMARI	2nd BCom	30-9-2022	K. Pavankumari
22	KODIBOINA TULASI	2nd BCom	30-9-2022	K. TULASI
23	KOLLU BHAVANI	2nd BCom	30-9-2022	K. Bhavani
24	MAMIDI HYMAVATHI	2nd BCom	30-9-2022	M. Hymavathi
25	MAMIDI SWETHA	2nd BCom	30-9-2022	M. Swetha
26	MANDA TEJESWARI	2nd BCom	30-9-2022	M. Tejeswari
27	MUNJETI BHAVANI	2nd BCom	30-9-2022	M. Bhavani
28	MURAGADAPU SHANMUKHARAO	2nd BCom	30-9-2022	M. Shanmukharao

GOVERNMENT DEGREE COLLEGE PALAKONDA
DEPARTMENT OF PHYSICAL EDUCATION
CERTIFICATE COURSE REGISTRATION

29	NALLA SWATHI	2 and B.Com	30-9-2022	N. Swathi
30	PALAVALASA PRASAD	2 and B.Com	30-9-2022	P. Prasad
31	PILLA VENKATA RAMANA	2 and B.Com	30-9-2022	P. Venkat Ramana
32	SAVARA MAHESH	2 and B.Com	30-9-2022	S. Mahesh
33	SAVARA RAVINDRA	2 and B.Com	30-9-2022	S. Ravindra
34	SAVARA SURESH	2 and B.Com	30-9-2022	S. Suresh
35	SAVARA SUSEELA	2 and B.Com	30-9-2022	S. SUSEELA
36	UMMADIVARAPU ADINARAYANA	2 and B.Com	30-9-2022	U. Adinarayana
37	VADADA TIRUMALAMMA	2 and B.Com	30-9-2022	V. Tirumamma
38	VANDANA THARUN	2 and B.Com	30-9-2022	V. Tharun
39	VUYAKA SIVAJI	2 and B.Com	30-9-2022	V. SIVAJI



Govt. Degree College
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Srikanthapuram



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

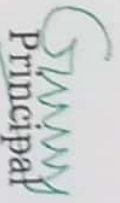
Certificate



This is to certify that *Ms GORLE SNEHA* studying *II B.Com* in this college has successfully completed the Certificate course on Pranayama and Meditation from 01-10-2022 to 15-11-2022 during the academic year 2021-2022.


In Charge of the Dept


IQAC Coordinator
GDC PALAKONDA
Parvathipuram Manyam Dt.


Principal
GOVT. DEGREE COLLEGE
PALAKONDA
Parvathipuram Manyam Dist.