

Certificate Course

On

Y O G A

DEPARTMENT OF PHYSICAL EDUCATION

2023-24



C.S.T.S GOVERNMENT KALASALA

JANGAREDDIGUDEM

ELURU DISRTICT

**CHATRAPATHI SIVAJI TRI SATA JAYANTHI
GOVT. KALASALA**
Enter to Learn - Leave to Serve
**Jangareddigudem,
Eluru, District.**



Phone : 08821-225310, Visit us at :
www.cstsgk.info
E-Mail : jangareddigudem.manatv@gmail.com

Department of Physical Education- Minutes

The department of physical Education met Principal Dr.N.Prasad Babu at his chamber along with IQAC Co-coordinator, Department of Physical Education on 18-01-2024 and the following resolutions has been taken.

Agenda

1. Proposed to start a certificate course on YOGA

Resolution

It is resolved that to start a certificate course on Yoga on

Chair person

IQAC Co-Coordinator

Dept. Of Physical Education :

Signature

Principal's Permission Letter

FROM
N. Vinay,
Lecturer in Physical Education,
CSTS Government Kalasala ,
Jangareddigudem .

To
The Principal,
CSTS Government Kalasala
Jangareddigudem.

Sub: Requesting for Permission to conduct certificate course on yoga from
19-01-2024 submitted - regarding

The department of Physical Education is planning to conduct a certificate course on
"yoga" from 22-01-2024. so I request to grant permission to conduct the same on the above
mentioned date. It is further submitted that ,we would like the certificate course from 4 PM to 5 Pm.
This is for your information and consideration

Thanking you sir,

Permitted
Law
19/1/24

Yours Faithfully
N.Vinay
Lecturer in Physical Education



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Eluru, District.



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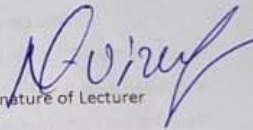
Department of Physical Education- Circular

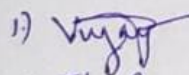
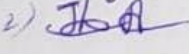
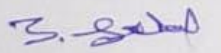
The department of Physical Education is going to start a Certificate course on "YOGA" on 22-01-2024 at Physical Education Department. Students are requested to register in the course. The staff and Requested to attend the inauguration of certificate course on 22-01-2024 at 4 PM at Physical Education.

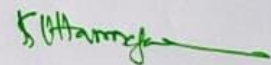

 Signature of the Principal

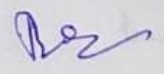
Principal
CSTS Govt. Kalasala

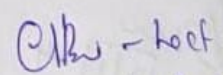
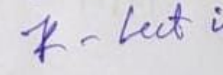
Signature of Staff

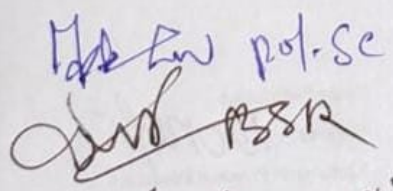

 Signature of Lecturer

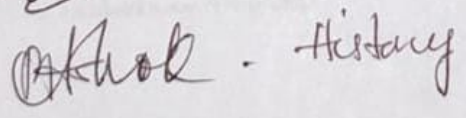
- 1)  - Lec- in Zoology
- 2)  - Lec in Botany
- 3.  - Lect in Telugu

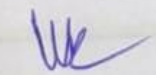
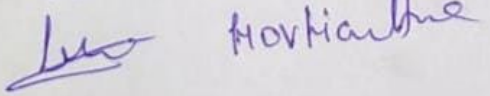




 - Lect in Maths
 - Lect in Computers Skills



 - History


 Horticulture

CSTS GOVERNMENT KALASALA, JANGAREDDIGUEM

Department of Physical Education

Going to organise

Certificate course

on

YOGA

Date: 22.01.2024 to 07.03.2024

Venue: Department of Physical Education

Time: 4-5 PM

Aims of Certificate course

The aims is to produce yoga professionals such that an professional will have minimum basic common standards in yoga knowledge and expertise irrespective of which institute he or she is certified from these standards will become the hall mark of yoga all over the world

OBJECTIVES OF YOGA

- To attain a higher level of consciousness.
- To practice mental hygiene.
- To enable the students to have good health.
- To possess emotional stability.
- To integrate moral activities.
- To integrate spiritual ability.
- To increases concentration and self-control.
- To increase productivity in life.

OUT COMES OF YOGA

Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination Demonstrate the ability to perform yoga movements in various combination and forms. Understand and apply the knowledge of basic sequencing, and effective group management.

- increased flexibility.
- increased muscle strength and tone.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- weight reduction.
- cardio and circulatory health.
- improved athletic performance.
- protection from injury.

Procedure:

Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind. Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath. A Warm up or loosening exercise and stretches before asanas is mandatory to avoid injuries.

CSTS Government Kalasala, Jangareddigudem

Department of Physical Education

Certificate Course on YOGA

Syllabus

Unit – I: Introduction

- Meaning and Definition of Yoga
- Aims and Objectives of Yoga
- Yoga in Early Upanisads
- The Yoga Sutra: General Consideration
- Need and Importance of Yoga in Physical Education and Sports

Unit - II: Foundation of Yoga

- The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga

Unit - III Asanas

- Effect of Asanas and Pranayama on various system of the body
- Classification of asanas with special reference to physical education and sports
- Influences of relaxative, meditative posture on various system of the body
- Types of Bandhas and mudras
- Type of kriyas

Unit – IV Yoga Education

- Basic, applied and action research in Yoga
- Difference between yogic practices and physical exercises
- Yoga education centers in India and abroad
- Competitions in Yogasanas

S.No	DATE	TIME	DAY WISE ACTIVITYS
1	22-01-2024	4 PM TO 5 PM	Inauguration of Certificate Course
2	23-01-2024	4 PM TO 5 PM	Introduction of Yoga
3	24-01-2024	4 PM TO 5 PM	Yoga in early upansids
4	25-01-2024	4 PM TO 5 PM	Yoga asanas
5	27-01-2024	4 PM TO 5 PM	Yoga asanas
6	28-01-2024	4 PM TO 5 PM	Need and importance of yoga in Physical Education & Sports
7	30-01-2024	4 PM TO 5 PM	Yoga asanas
8	31-01-2024	4 PM TO 5 PM	Yoga asanas
9	01-02-2024	4 PM TO 5 PM	Yoga asanas
10	05-02-2024	4 PM TO 5 PM	Foundation of yoga
11	06-02-2024	4 PM TO 5 PM	Yoga asanas
12	07-02-2024	4 PM TO 5 PM	Yoga asanas
13	08-02-2024	4 PM TO 5 PM	Classification of Asanas
14	09-02-2024	4 PM TO 5 PM	Yoga asanas
15	12-02-2024	4 PM TO 5 PM	Yoga asanas
16	13-02-2024	4 PM TO 5 PM	Yoga asanas
17	14-02-2024	4 PM TO 5 PM	Yoga asanas
18	15-02-2024	4 PM TO 5 PM	Yoga asanas
19	16-02-2024	4 PM TO 5 PM	Yoga asanas
20	17-02-2024	4 PM TO 5 PM	Yoga asanas
21	19-02-2024	4 PM TO 5 PM	Yoga asanas
22	20-02-2024	4 PM TO 5 PM	Yoga asanas
23	21-02-2024	4 PM TO 5 PM	Yoga asanas
23	22-02-2024	4 PM TO 5 PM	Yoga asanas
24	23-02-2024	4 PM TO 5 PM	Yoga asanas
25	26-02-2024	4 PM TO 5 PM	Yoga Education
26	27-02-2024	4 PM TO 5 PM	Yoga asanas
27	28-02-2024	4 PM TO 5 PM	Yoga asanas
28	02-03-2024	4 PM TO 5 PM	Yoga asanas
29	06-03-2024	4 PM TO 5 PM	Competitions/Test in Yoga asanas

30	07-03-2024	4 PM TO 5 PM	Valediction and distribution of certificates
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Department of Physical Education				
Certificate course on YOGA				
S.No	Name of the Student	Class	Mobile Number	E-mail
1	S.Anjali	III BA	7013756617	sunnamanjali@gmail.com
2	K.Jayasri	II BSC BZC	8247726606	Jayasrichowdary469@gmail.com
3	B.Dilleswari	II BSC BZC	9177239171	balagadilleswari@gmail.com
4	V.Pravalika	II BA	9347740980	pravalikavetti@gmail.com
5	M.Naga Thulasi	I BA POL	9398425018	madethulasithulasi@gmail.com
6	S.Sailaja	I BA POL	8331825590	Sailajasavalam9@gmail.com
7	M.Keerthi	II BSC BCH	8978706769	Km7553087@gmail.com
8	K.P.L.Prasanna	I MPCS	9347265775	kplprasanna@gmail.com
9	Ch.Glory	II BSC BZC	9573908618	chetteglory@gmail.com
10	K.Venkata Lakshmi	II BSC BZC	7093536675	venkatalakshmi@gmail.com
11	V.Devi	II BA	9133941247	Devidevi236@gmail.com
12	M.Pujitha	II BA	9603791165	Pujitha0089@gmail.com
13	T.Divya	I BCOM CA	8897671553	divyatama96@gmail.com
14	G.Anusha	II BSC BZC	8639681977	gundavenkatanaganusha@gmail.com
15	M.Durga Devi	II BSC BZC	9121372557	devidurga0200@gmail.com
16	R.O.Bharathi	II BSC BZC	7989942117	barathirajana@gmail.com
17	S.Malleswari	I BA POL	6300327305	malleswarisoyam@gmail.com
18	S.Mamatha	I BA POL	9390839692	Mamathasunnam@gmail.com
19	T.Krishna Anitha	I BA POL	6302404216	tamaankitha@gmail.com
20	S.Sindhu	I BA POL	8121675818	sindhusunnam@gmail.com

List of Students selected from Registration

RESULT ANALYSIS

S.NO	Name of the Student	Class	Marks Obtained
1	S.Anjali	III BA	10/10
2	K.Jayasri	II BSC BZC	10/10
3	B.Dilleswari	II BSC BZC	10/10
4	V.Pravalika	II BA	10/10
5	M.Naga Thulasi	I BA POL	10/10
6	S.Sailaja	I BA POL	10/10
7	M.Keerthi	II BSC BCH	10/10
8	K.P.L.Prasanna	I MPCS	10/10
9	Ch.Glory	II BSC BZC	9/10
10	K.Venkata Lakshmi	II BSC BZC	10/10
11	V.Devi	II BA	9/10
12	M.Poojitha	II BA	9/10
13	T.Divya	I BCOM CA	10/10
14	G.Anusha	II BSC BZC	10/10
15	M.Durga Devi	II BSC BZC	9/10
16	R.O.Bharathi	II BSC BZC	10/10
17	S.Malleswari	I BA POL	10/10
18	S.Mamatha	I BA POL	9/10
19	T.Krishna Anitha	I BA POL	8/10
20	S.Sindhu	I BA POL	9/10

Feedback on Yoga

1. *How would you rate the overall quality of the course?*

 - A) Excellent
 - B) Good
 - C) Average
 - D) Poor

2. *How effective were the course materials in enhancing your understanding of yoga?*

 - A) Very effective
 - B) Effective
 - C) Neutral
 - D) Ineffective

3. *How would you rate the expertise of the instructors?*

 - A) Highly knowledgeable
 - B) Knowledgeable
 - C) Somewhat knowledgeable
 - D) Not knowledgeable

4. *How well did the course structure facilitate your learning?*

 - A) Very well
 - B) Well
 - C) Adequately
 - D) Poorly

5. *How accessible were the course resources (e.g., textbooks, videos)?*

 - A) Very accessible
 - B) Accessible
 - C) Somewhat accessible
 - D) Not accessible

6. *How satisfied were you with the amount of practical vs. theoretical content?*

 - A) Very satisfied
 - B) Satisfied
 - C) Neutral
 - D) Dissatisfied

7. *How would you rate the technical support provided during the course?*

- A) Excellent
- B) Good
- C) Average
- D) Poor

8. *How likely are you to recommend this course to others?*

- A) Very likely
- B) Likely
- C) Neutral
- D) Unlikely

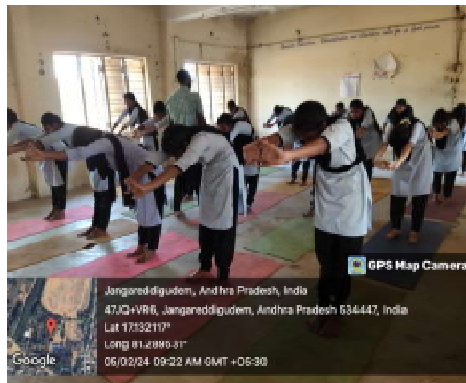
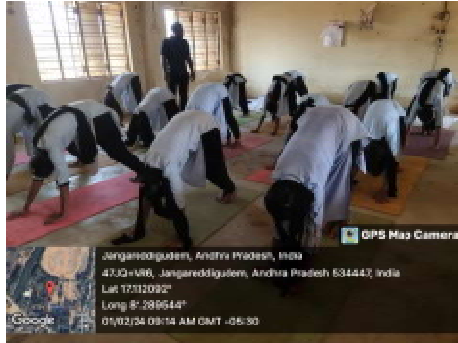
9. *How would you rate the interaction and feedback from instructors during practical sessions?*

- A) Very satisfactory
- B) Satisfactory
- C) Neutral
- D) Unsatisfactory

10. *How effective was the course in preparing you for teaching yoga professionally?*

- A) Very effective
- B) Effective
- C) Neutral
- D) Ineffective















 **CSTS GOVT KALASALA** 
Jangareddigudem, Eluru District
ENTER TO LEARN AND LEAVE TO SERVE
CERTIFICATE OF PARTICIPATION
YOGA
This is to Certify that *K. Jaya Sree*
has actively participated and excellently performed
in "YOGA" conducted by Department of Physical Education
on *22/01/24* to *27/3/24*
N. Vinay
N. Vinay
In Charge
Department of Physical Education
Organised by
Department of Physical Education
Dr. N. Prasad Babu
Dr. N. PRASAD BABU
Principal

 **CSTS GOVT KALASALA** 
Jangareddigudem, Eluru District
ENTER TO LEARN AND LEAVE TO SERVE
CERTIFICATE OF PARTICIPATION
YOGA
This is to Certify that *B. Dillewazi*
has actively participated and excellently performed
in "YOGA" conducted by Department of Physical Education
on *22/01/24* to *27/3/24*
N. Vinay
N. Vinay
In Charge
Department of Physical Education
Organised by
Department of Physical Education
Dr. N. Prasad Babu
Dr. N. PRASAD BABU
Principal