

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University,
Rajahmahendravaram)

Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)



Certificate Course in Yoga

Date:

01-03-2023

To

20-03-2023

Time: 6:30 am to 8:30 pm

4:30 pm to 6:30 pm

Organized by

Department of Physical Education

2022-2023

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Brief Note

- ❖ The Department of Physical Education in association with IQAC, Sir C R Reddy College for Women, Eluru has organized a certificate course in Yoga I B.Com and I B.Sc students.
- ❖ This program takes place before the start of class work and after the end of the class work.
- ❖ This course is conducted from 01-03-2023 to 20-03-2023.
- ❖ The duration of the class is 4 hours for 15 days.
- ❖ The timings of the class is 6:30 am to 8:30 am and 4:30 pm to 6:30 pm.
- ❖ 67 students participated in this certificate course.
- ❖ The resource person Sri Venugopal Lunani, DKY coordinator of the Region, Explained the yoga concepts and practice.
- ❖ Course material was provided for each student enrolled.
- ❖ During the course, the examination was carried out and assessed.

- ❖ Participation Certificates were issued to the students.

Learning Objectives & Outcomes

Objectives:

- ❖ To introduce the students the essential elements of yoga life style, the concept of health and disease and their remedies through yoga practice.
- ❖ Promoting positive health and holistic wellness.
- ❖ To enable students aware of the types of yoga, asanas, surya namaskarams...
- ❖ To create awareness amongst students regarding the importance of good health.
- ❖ To practice mental health and hygiene.

Outcomes:

- ❖ Students clearly understood the benefits of yoga practice and also personality development.
- ❖ Acquired practical knowledge of yoga, asanas, suryanamaskarams...
- ❖ Learned to handle themselves well in all life situations.
- ❖ Improved mental health and hygiene.

Permission Letter

Permission Letter

Station: Eluru.

Date: 24-02-2023

To,
The Principal,
Sir C.R.Reddy College for Women,
Eluru.

Subject: Request to grant permission to arrange a Certificate Course in Yoga -
regarding

This is to bring to your kind notice that, Department of Physical Education is planning to arrange a Certificate Course in Yoga for I B.Sc/B.Com Students. This is a 15 days program conducted from 01-03-2023. This program is conducted before the commencement of regular class work and after the Class work.

The duration of the class is for 4 hours (6.30 am to 8.30 am & 4:30 pm to 6:30 pm) on college working days. In this context, we request you to grant permission to conduct this program for I B.Sc/B.Com students in seminar hall from 01-03-2023.

Thanking you madam

Permitted
Sd/-
PRINCIPAL
Sir C.R.R. College for Women
ELURU

P. Suneethamma
Yours Faithfully

Brochure

Start Date : 01-03-2023 to 20-03-2023

Duration : 60 Hrs

Time : 6:30AM-8:30AM
4:30PM 6:30PM

Venue : PG Seminar hall

DKY Co-Ordinator of the Region
Sri. Venu Gopal Lunani

Faculty Information
P. Suneethamma, MPED

Instructions to Students

- 70% Course attendance is Compulsory to get the certificate
- Students who will get 40% marks in the examination and they will eligible to get Certificate

Further Information, Contact

Smt **P. Suneethamma, MPED**
Course Coordinator
Ph.no: 7286962956



(Estd : 1987)

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

UGC 2(f) certified institution

Vatluru, Eluru - 534007

Certificate Course on

YOGA



Organized by
Department of Physical Education

Notice to Staff and Students

Notice to Staff and Students

Date: 27-02-2023

This is to inform that Department of Physical Education is going to conduct a Certificate Course in Yoga from 01-03-2023. This program is conducted before the commencement of the regular class work and After the Class work. The duration of the course is 15 days. The duration of the class is for four hours (6.30 am to 8.30 am & 4:30 pm to 6:30 pm) on college working days.

Students are requested to apply for this program till 28-02-2023. Those who are interested to join the above Course are here by informed to contact the Physical Director and register the course.


PRINCIPAL
Str C.R.R. College for Women
ELURU

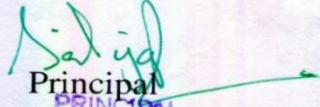
Inaugural Function

Inaugural function

Date: 28-02-2023.

NOTICE

This is to inform that Department of Physical Education is going to conduct an Inaugural function for Certificate Course in Yoga on 01-03-2023 at 6.30 am. All staff and Students are requested to attend the function and make it a big success.


Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Invitation



(Estd : 1987)

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Vatluru, Eluru - 534007

INVITATION

You are cordially invited to inaugurate
Certificate Course on

YOGA



Chairman

Smt P.Sailaja, Principal
Sir C R Reddy college for women

DKY Co-Ordinator of the Region

Sir. Venu Gopal Lunani

Organizing Secretaries

Smt K.Jhansi Lakshmi, IQAC Coordinator

Smt S.Anuradha, NAAC Coordinator

Organizing Committee

Smt P.Suneethamma, M P E D

Smt V Venkateswaramma, M P E D

Smt G Bindu, MA MPED

Date: 01st March 2023

Time: 6:30AM-8:30AM

4:30PM 6:30PM

Organized by

Department of Physical Education

Course Structure

Course Material

STUDENTS REGISTRATIONS

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

(Affiliated to Adikavi Nannaya University, Rajahmahendravaram)

Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)

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DEPARTMENT OF _____

Application for Value Added / Addon / Certificate Course

Course Name : Certificate course in yoga
Name of the Student : KOMPICHARLA NAMITHA
Father's Name : R. YAKOBU
Class Studying : 1st BSc 1st B2BT Roll No : 222630
Phone Number : 7093415953
e-mail Id : Namitha@gmail.com
Address : Gopavaram, muppuru mandal Krishna Dist. Ambedkar colony

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: Eluru

Date: 5/5/2023

P. Suneethamma
Program Coordinator

P. Namitha
Signature of the Student

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

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DEPARTMENT OF _____

Application for Value Added / Addon / Certificate Course

Course Name : CERTIFICATE COURSE IN YOGA
Name of the Student : ALLE BHARGAVI
Father's Name : A. Nageswararao
Class Studying : 1st BSc B2BT Roll No : 222601
Phone Number : 8074920353
e-mail Id : Surya kadan 46@gmail.com
Address : Kuntalagudem, Koyyalagudem Mandal, WST Dist

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: Eluru

Date: 5/05/2023

P. Suneethamma
Program Coordinator

A. Bhargavi
Signature of the Student

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

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Vatluru (Post), Pedapadu Mandal, Eluru Dist., (A.P)
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DEPARTMENT OF

Application for Value Added / Addon / Certificate Course

Course Name : certificate course in yoga
Name of the Student : GANTA Sindhuja
Father's Name : G. Subhothamanyam
Class Studying : 1st B.Sc BZBT
Phone Number : 8179665558
e-mail Id : gantabhavani14@gmail.com
Address : Laxmipuram pedavegimandal Eluru District

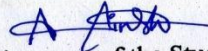
Roll No : 222602

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: Eluru
Date: 5-5-2023

P. Suneethamma
Program Coordinator


Signature of the Student

SIR C. R. REDDY COLLEGE FOR WOMEN, ELURU

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DEPARTMENT OF

Application for Value Added / Addon / Certificate Course

Course Name : certificate course in yoga.
Name of the Student : pillariseti chitra devi
Father's Name : P. Nageswara rao
Class Studying : I. Bcom (CA)
Phone Number : 7396194859
e-mail Id : chitradevipillariseti@gmail.com
Address : Bhaskara rao peta, kalidindi (M), Eluru (dt)

Roll No : ~~22~~ 22 82060

Declaration

I Promise to attend the classes regularly and follow the rules and regulation of the Course.

Place: ELURU
Date: 05/05/2023

P. Suneethamma
Program Coordinator

P. Chitra devi.
Signature of the Student

Students List

SIR C R REDDY COLLEGE FOR WOMEN, ELURU

Certificate Course on "Yoga & Meditation

Time : (6:30AM-8:30AM) (4:30PM 6:30PM)

S. N O	ROLL. NO	NAME	GROUP	SIGNATURE
1	221001	MORU PAVANI	MPC	M. Pavani
2	222001	BANTU SWATHI	MPCS	B. Swathi
3	222002	MARUMUDI ARCHANA	MPCS	M. Archana
4	222003	NADELLA SRI PRATYUSHA SUMA VARSHINI	MPCS	N. S. P. S. Varshini
5	222049	KOSARAJU REVATHI	MPCS	K. Revathi
6	222051	USA SANDHYA	MPCS	U. Sandhya
7	229001	BODDUKOLLA VARSHITHA	MSCS	B. Varshitha
8	229002	BURADAGUNTA HEMASRI	MSCS	B. Hemasri
9	229004	HANUMANTU ANURADHA	MSCS	H. Anuradha
10	229005	KANULLA VEERA SWAPNA SRI	MSCS	K. Veera swapna Sri
11	229006	KATRU MONIKA	MSCS	K. Monika
12	229007	MADICHARLA RAKSHITHA	MSCS	M. Rakshitha
13	229008	MUSINADA JYOTHIRLAHARI	MSCS	M. Jyothirlahari
14	229009	TAMARAPU DURGA	MSCS	T. Durga
15	229010	YARAVA POOJA	MSCS	Y. Pooja
16	226001	CHAKRAPU NAVYA	MCCS	CH. Navya
17	226002	THATI SANDHYA	MCCS	T. sandhya
18	223701	GHANTASALA HARITHA KUMARI	MECS	Gr. Haritha Kumari
19	223702	KADHA LIKHITHA	MECS	K. Likhitha
20	223703	MEKA MYTHILI	MECS	M. Mythili
21	224001	GURINDAGUNTA PUJITHA	CBZ	G. Pujitha
22	224002	JAJULA RAMYA SRI	CBZ	J. Ramya Sri
23	224003	KALNEEDI INDU	CBZ	K. Indu
24	224004	MULLAGIRI PUJITHA	CBZ	M. Pujitha
25	224005	MUNGARA DURGA MAHESWARI	CBZ	M. Durgamaheswari
26	224006	PAKALAPATI SAI SIRI	CBZ	P. Saisiri
27	224007	PARLA SOWJANYA	CBZ	P. Sowjanya
28	224008	SEELAM BHANU	CBZ	S. Bhanu
29	224009	SODHEM SWAPNA	CBZ	S. Swapna
30	224051	ALLE VIJAYA MEGHANA	ZFC	A. vijaya Meghana.
31	224052	CHINTHADA PALLAVI	ZFC	ch. Pallavi

P. Suneethamma
P.D

32	224053	MARRI VALLI PADMINI	ZFC	
33	224054	PEDHAMURTHI SRAVANI SANDHYA	ZFC	P. Sarvani Sandhya.
34	224055	RAMESWARAPU LIKITHA	ZFC	R. Likitha.
35	224056	YARRA ANJALI	ZFC	Y. Anjali
36	222601	ALLE BHARGAVI	BZBT	A. Bhargavi
37	222602	GANTA SINDHUJA	BZBT	G. Sindhuja
38	222603	GEDDAM PRAVEENA	BZBT	G. Praveena
39	222604	PANTHULA LALITHA	BZBT	P. Lalitha
40	222605	VELAGAPALLI RAMPANDU	BZBT	V. Rampandu.
41	222630	ROMPICHARLA NAMITHA	BZBT	R. Namitha
42	2282001	BALE LAVANYA	B.COM (VOC)-I	B. Lavanya
43	2282002	BALE RATHNAKUMARI	B.COM (VOC)-I	B. Rathnakumari.
44	2282003	BANAVATHU SYAMALA	B.COM (VOC)-I	B. Syamala
45	2282004	BANDI PRAVALLIKA	B.COM (VOC)-I	B. Pravallika
46	2282005	BOLLINENI JAHNAVI	B.COM (VOC)-I	B. Jahnavi
47	2282006	CHANDINI KANKIPATI	B.COM (VOC)-I	K. Chandini
48	2282007	CHINTHALA RENUKA	B.COM (VOC)-I	Ch. Renuka
49	2282008	CHINTHAPALLI PARIMILA	B.COM (VOC)-I	Ch. Parimila
50	2282009	GOLLA CICILY	B.COM (VOC)-I	G. Cicily
51	2282010	GULLAPALLI SAI NIKHILA	B.COM (VOC)-I	G. Sai Nikhila
67	2282039	MALLARAPU GNANESWARI	B.COM (VOC)-I	M. Gnaneswari
53	2282057	KASANI LAKSHMI PRAVALLIKA	B.COM (VOC)-II	K. Lakshmi pravallika
54	2282058	MANDAPATI VENKATESWARAMMA	B.COM (VOC)-II	M. Venkateswaramma
55	2282059	MARUMUDI MEGHANA	B.COM (VOC)-II	M. Meghana
56	2282060	PILLARISSETTI CHITRA DEVI	B.COM (VOC)-II	P. Chitra devi
57	2282061	SANABOINA SRIDEVI	B.COM (VOC)-II	S. Sridevi
58	2282062	SIKAKOLLU AMRUTHA	B.COM (VOC)-II	S. Amrutha
59	2282063	SUNKARA MOUNIKA	B.COM (VOC)-II	S. Mounika
60	2282064	TAMMINA REVATHI	B.COM (VOC)-II	T. Revathi
61	2282065	THOTAKURI NAGA SOWMYA	B.COM (VOC)-II	T. Naga sowmya.
62	228101	BEERAM DURGA BHAVANI	B.COM (GEN)	B. Durga bhavani
63	228102	GANGULA PRAVEENA	B.COM (GEN)	G. Praveena
64	228103	PALAGANI JHANSI	B.COM (GEN)	P. Jhansi
65	228104	TIRUMANI INDU	B.COM (GEN)	T. Indu
66	228118	GUDAVALLI SUDHA RANI	B.COM (GEN)	G. Sudha Rani

67 2282056 Jallepalli Dharmatejaswi

B.com (voc) J. Dharmatejaswi

P. Suneethamma
PD

STUDENTS ATTENDANCE

SIR C R REDDY COLLEGE FOR WOMEN, ELURU
Certificate Course on "Yoga & Meditation"

Time : (6:30AM-8:30AM) (4:30PM-6:30PM)

ATTENDANCE REGISTER 2022-2023

S.NO	ROLL. NO	NAME	GROUP	13/12	20/12	27/12	3/1/23	10/1/23	17/1/23	24/1/23	31/1/23	7/2/23	14/2/23	21/2/23	28/2/23	6/3/23	13/3/23	20/3/23	27/3/23	3/4/23	10/4/23	17/4/23	24/4/23	1/5/23	8/5/23	15/5/23	22/5/23	29/5/23	5/6/23	12/6/23	19/6/23	26/6/23	3/7/23	10/7/23	17/7/23	24/7/23	31/7/23	7/8/23	14/8/23	21/8/23	28/8/23	4/9/23	11/9/23	18/9/23	25/9/23	2/10/23	9/10/23	16/10/23	23/10/23	30/10/23	6/11/23	13/11/23	20/11/23	27/11/23	4/12/23	11/12/23	18/12/23	25/12/23	1/1/24	8/1/24	15/1/24	22/1/24	29/1/24	5/2/24	12/2/24	19/2/24	26/2/24	5/3/24	12/3/24	19/3/24	26/3/24	2/4/24	9/4/24	16/4/24	23/4/24	30/4/24	7/5/24	14/5/24	21/5/24	28/5/24	4/6/24	11/6/24	18/6/24	25/6/24	2/7/24	9/7/24	16/7/24	23/7/24	30/7/24	6/8/24	13/8/24	20/8/24	27/8/24	3/9/24	10/9/24	17/9/24	24/9/24	1/10/24	8/10/24	15/10/24	22/10/24	29/10/24	5/11/24	12/11/24	19/11/24	26/11/24	3/12/24	10/12/24	17/12/24	24/12/24	31/12/24	7/1/25	14/1/25	21/1/25	28/1/25	4/2/25	11/2/25	18/2/25	25/2/25	3/3/25	10/3/25	17/3/25	24/3/25	31/3/25	7/4/25	14/4/25	21/4/25	28/4/25	5/5/25	12/5/25	19/5/25	26/5/25	2/6/25	9/6/25	16/6/25	23/6/25	30/6/25	7/7/25	14/7/25	21/7/25	28/7/25	4/8/25	11/8/25	18/8/25	25/8/25	1/9/25	8/9/25	15/9/25	22/9/25	29/9/25	6/10/25	13/10/25	20/10/25	27/10/25	3/11/25	10/11/25	17/11/25	24/11/25	1/12/25	8/12/25	15/12/25	22/12/25	29/12/25	5/1/26	12/1/26	19/1/26	26/1/26	2/2/26	9/2/26	16/2/26	23/2/26	3/3/26	10/3/26	17/3/26	24/3/26	31/3/26	7/4/26	14/4/26	21/4/26	28/4/26	5/5/26	12/5/26	19/5/26	26/5/26	2/6/26	9/6/26	16/6/26	23/6/26	30/6/26	7/7/26	14/7/26	21/7/26	28/7/26	4/8/26	11/8/26	18/8/26	25/8/26	1/9/26	8/9/26	15/9/26	22/9/26	29/9/26	6/10/26	13/10/26	20/10/26	27/10/26	3/11/26	10/11/26	17/11/26	24/11/26	1/12/26	8/12/26	15/12/26	22/12/26	29/12/26	5/1/27	12/1/27	19/1/27	26/1/27	2/2/27	9/2/27	16/2/27	23/2/27	3/3/27	10/3/27	17/3/27	24/3/27	31/3/27	7/4/27	14/4/27	21/4/27	28/4/27	5/5/27	12/5/27	19/5/27	26/5/27	2/6/27	9/6/27	16/6/27	23/6/27	30/6/27	7/7/27	14/7/27	21/7/27	28/7/27	4/8/27	11/8/27	18/8/27	25/8/27	1/9/27	8/9/27	15/9/27	22/9/27	29/9/27	6/10/27	13/10/27	20/10/27	27/10/27	3/11/27	10/11/27	17/11/27	24/11/27	1/12/27	8/12/27	15/12/27	22/12/27	29/12/27	5/1/28	12/1/28	19/1/28	26/1/28	2/2/28	9/2/28	16/2/28	23/2/28	3/3/28	10/3/28	17/3/28	24/3/28	31/3/28	7/4/28	14/4/28	21/4/28	28/4/28	5/5/28	12/5/28	19/5/28	26/5/28	2/6/28	9/6/28	16/6/28	23/6/28	30/6/28	7/7/28	14/7/28	21/7/28	28/7/28	4/8/28	11/8/28	18/8/28	25/8/28	1/9/28	8/9/28	15/9/28	22/9/28	29/9/28	6/10/28	13/10/28	20/10/28	27/10/28	3/11/28	10/11/28	17/11/28	24/11/28	1/12/28	8/12/28	15/12/28	22/12/28	29/12/28	5/1/29	12/1/29	19/1/29	26/1/29	2/2/29	9/2/29	16/2/29	23/2/29	3/3/29	10/3/29	17/3/29	24/3/29	31/3/29	7/4/29	14/4/29	21/4/29	28/4/29	5/5/29	12/5/29	19/5/29	26/5/29	2/6/29	9/6/29	16/6/29	23/6/29	30/6/29	7/7/29	14/7/29	21/7/29	28/7/29	4/8/29	11/8/29	18/8/29	25/8/29	1/9/29	8/9/29	15/9/29	22/9/29	29/9/29	6/10/29	13/10/29	20/10/29	27/10/29	3/11/29	10/11/29	17/11/29	24/11/29	1/12/29	8/12/29	15/12/29	22/12/29	29/12/29	5/1/30	12/1/30	19/1/30	26/1/30	2/2/30	9/2/30	16/2/30	23/2/30	3/3/30	10/3/30	17/3/30	24/3/30	31/3/30	7/4/30	14/4/30	21/4/30	28/4/30	5/5/30	12/5/30	19/5/30	26/5/30	2/6/30	9/6/30	16/6/30	23/6/30	30/6/30	7/7/30	14/7/30	21/7/30	28/7/30	4/8/30	11/8/30	18/8/30	25/8/30	1/9/30	8/9/30	15/9/30	22/9/30	29/9/30	6/10/30	13/10/30	20/10/30	27/10/30	3/11/30	10/11/30	17/11/30	24/11/30	1/12/30	8/12/30	15/12/30	22/12/30	29/12/30	5/1/31	12/1/31	19/1/31	26/1/31	2/2/31	9/2/31	16/2/31	23/2/31	3/3/31	10/3/31	17/3/31	24/3/31	31/3/31	7/4/31	14/4/31	21/4/31	28/4/31	5/5/31	12/5/31	19/5/31	26/5/31	2/6/31	9/6/31	16/6/31	23/6/31	30/6/31	7/7/31	14/7/31	21/7/31	28/7/31	4/8/31	11/8/31	18/8/31	25/8/31	1/9/31	8/9/31	15/9/31	22/9/31	29/9/31	6/10/31	13/10/31	20/10/31	27/10/31	3/11/31	10/11/31	17/11/31	24/11/31	1/12/31	8/12/31	15/12/31	22/12/31	29/12/31	5/1/32	12/1/32	19/1/32	26/1/32	2/2/32	9/2/32	16/2/32	23/2/32	3/3/32	10/3/32	17/3/32	24/3/32	31/3/32	7/4/32	14/4/32	21/4/32	28/4/32	5/5/32	12/5/32	19/5/32	26/5/32	2/6/32	9/6/32	16/6/32	23/6/32	30/6/32	7/7/32	14/7/32	21/7/32	28/7/32	4/8/32	11/8/32	18/8/32	25/8/32	1/9/32	8/9/32	15/9/32	22/9/32	29/9/32	6/10/32	13/10/32	20/10/32	27/10/32	3/11/32	10/11/32	17/11/32	24/11/32	1/12/32	8/12/32	15/12/32	22/12/32	29/12/32	5/1/33	12/1/33	19/1/33	26/1/33	2/2/33	9/2/33	16/2/33	23/2/33	3/3/33	10/3/33	17/3/33	24/3/33	31/3/33	7/4/33	14/4/33	21/4/33	28/4/33	5/5/33	12/5/33	19/5/33	26/5/33	2/6/33	9/6/33	16/6/33	23/6/33	30/6/33	7/7/33	14/7/33	21/7/33	28/7/33	4/8/33	11/8/33	18/8/33	25/8/33	1/9/33	8/9/33	15/9/33	22/9/33	29/9/33	6/10/33	13/10/33	20/10/33	27/10/33	3/11/33	10/11/33	17/11/33	24/11/33	1/12/33	8/12/33	15/12/33	22/12/33	29/12/33	5/1/34	12/1/34	19/1/34	26/1/34	2/2/34	9/2/34	16/2/34	23/2/34	3/3/34	10/3/34	17/3/34	24/3/34	31/3/34	7/4/34	14/4/34	21/4/34	28/4/34	5/5/34	12/5/34	19/5/34	26/5/34	2/6/34	9/6/34	16/6/34	23/6/34	30/6/34	7/7/34	14/7/34	21/7/34	28/7/34	4/8/34	11/8/34	18/8/34	25/8/34	1/9/34	8/9/34	15/9/34	22/9/34	29/9/34	6/10/34	13/10/34	20/10/34	27/10/34	3/11/34	10/11/34	17/11/34	24/11/34	1/12/34	8/12/34	15/12/34	22/12/34	29/12/34	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S.NO	ROLL. NO	NAME	GROUP	1/3/23	2/3/23	3/3/23	4/3/23	5/3/23	6/3/23	7/3/23	8/3/23	9/3/23	10/3/23	11/3/23	12/3/23	13/3/23	14/3/23	15/3/23	16/3/23	17/3/23	18/3/23	19/3/23	20/3/23
22	224002	IAJULA RAMYA SRI	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
23	224003	KALNEEDI INDU	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
24	224004	MULLAGIRI PUJITHA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
25	224005	MUNGARA DURGA MAHESWARI	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
26	224006	PAKALAPATI SAI SIRI	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
27	224007	PARLA SOWJANYA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
28	224008	SEELAM BHANU	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
29	224009	SODHEM SWAPNA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
30	224051	ALLE VIJAYA MEGHANA	CBZ	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
31	224052	CHINTHADA PALLAVI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
32	224053	MARRI VALLI PADMINI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
33	224054	PEDHAMURTHI SRAVANI SANDHYA	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
34	224055	RAMESWARAPU LIKITHA	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
35	224056	YARRA ANJALI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
36	222601	ALLE BHARGAVI	ZFC	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
37	222602	GANTA SINDHUJA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
38	222603	GEDDAM PRAVEENA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
39	222604	PANTHULA LALITHA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
40	222605	VELAGAPALLI RAMPANDU	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
41	222630	ROMPICHARLA NAMITHA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
42	2282001	BALE LAVANYA	BZBT	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
43	2282002	BALE RATHNAKUMARI	B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
			B.COM (VOC)-I	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

P. Suresh Kumar
P.D.

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EXAM NOTICE

EXAM NOTICE

Date: 17-03-2023

This is to inform you that department of Physical Education has going to conduct exam for Yoga with reference to Certificate Course for I B.Sc/ B.Com students on 20-03-2023. Therefore all the students should attend the exam without fail.

P. Suneethamma
Head of the Department

Dept of Physical Education

QUESTION PAPER

SIR C.R.REDDY COLLEGE FOR WOMEN, ELURU
Certificate Course in Yoga
Question Paper

Max Marks: 50

Time: 1 Hour

Write ALL questions .Each question carries FIVE Marks.

10 x 5=50M

1. What is Asana? Write about types of Asanas?
2. What is Meditation? Explain nature, scope of meditation?
3. Explain Surya Namaskaras?
4. Write the Concept of Stress? Explain the role of yoga and meditation in stress management.
5. Explain briefly about Kriyas?
6. Write about Datta Kriya?
7. Explain about Mudras?
8. Explain the Relation Between body and mind?
9. Explain Astanga Yogalu.
10. Distinguish between yoga asanas and non yogic physical exercise?

VALUED ANSWER SCRIPTS

M. pujiitha
Ist BSc. CBZ
224004

An asana a body posture originally and still a general term for a sitting meditation pose and later extended in hatha yoga and modern yoga as exercise to any type of position, adding recycling standing inverted twisting and balancing poses

$$\frac{35}{50}$$

- 12) trikotna sana

2A) meditation: Meditation is the yogic practice of focusing on breath is in sanskrit, prana means "vital life force" and yama means to again control. In yoga, breath is associated with prana thus pranayama is means to elevate the pranasakti or life energies.

3A) Types of meditation

* Mindfulness meditation: It is the process of being fully present with your awareness.

* Transcendental meditation

* Guided meditation

* Vipassana meditation

* Loving kindness meditation

* Chakra meditation

* Yoga meditation

3A) Surya namaskaras:

1) Om mitraya namaha

2) Om ravaye namaha

3) Om sayaya namaha

4) Om bhanale namaha

5) Om bhagaya namaha

- 6) om pushnae namaha
- 7) om hiranya garbhaya namaha
- 8) om manibhe namaha
- 9) om Adithya namaha
- 10) om savithriye namaha
- 11) om Arghaya namaha
- 12) om bhaskarya namaha

4) stress :

The stress management meaning is to reduced the negative impact caused by stress and to improve a person . physical and mental well being stress management may include self care and making changes to one's life who in stressful situation

Roll of yoga meditation is stress management

meditation and yoga have been shown to promote mindfull which in turn the potential in improve symptoms of depression , anxiety and even cognitive skills - there exercise can also even with focus stress and attitude especially and proper, good choice

6A) Datta kriya:-

It is a science of breath and meditation that strength mind and body through the practice of controlled breathing. It is a holistic approach to create well being of the body asana.

8A) Relation between body and mind: Human being is the coexistence of body and mind

	mind	body
Need	Trust, respect, happiness	food, shelter
Time	life long, continuous no time limit	temporary
quality and quantitative	qualitative	quantitative
ways of fulfillment	right understanding of feelings	food, shelter

9) Ashtanga yoga:-

1) yama

2) niyama

3) Asana

4) pranayama

5) pratyahara

6) Dharana

7) ~~Pranayama~~

8) ~~Samadhi~~

7) Mudras yoga

Mudras is a Sanskrit word whose meaning refers to hand gestures. One can easily notice that many rituals and alone form in hand gesture or seals.

* According to ancient text Yogas practicing these gestures will help channel the flow of prana or life force within one's, there are multiple types of mudras used in yoga to stimulate different parts of the body

1) Hand "Hasta"

2) Body "Kaya" mudra

3) Lock "Bhanda" mudra

4) parineeka Adhara mudra

SIR C.R.R COLLEGE FOR WOMEN
YOGA EXAM

Ms. Rakeshitha
1st MSLs
229007

1. Asana : An Asana a body posture originally and still a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercises to any type of position, adding reclining Standing inverted, twisting and balancing poses

Types of Asana :

- * Sirasana (Headstand)
- * Sarvangasana (Shoulder stand)
- * Halasana (plough)
- * Matsya Sana (fish)
- * Paschimotthasana (sitting forward bend)
- * Bhujangasana (Cobra)
- * Salabhasana (locust)
- * Dhanurasanam
- * Ardha dhanurasanam
- * Rakasana
- * Pada hathasana
- * Trikanasana

2. Meditation (pranayam) :

pranayam is the yogic practice of focusing on breath is Sanskrit, prana means "vital life force" and yama means to gain control in yoga. breath is associated with prana thus pranayama is means to

37
50

P. Suresh Kumar

Elevate the prana Shakti or life Energies.

Types of Meditation :

- * Mindfulness Meditation
- * Transcendental meditation
- * Guided meditation
- * Vipassana Meditation
- * Loving kindness Meditation
- * Chakra meditation
- * Metta Meditation.

4. Aug The Stress management meaning the reduced the negative impacts caused by stress and to improve a person. physical and mental well-being stress management may include self care managing one's response to stress and making changes to one's life when stressful situation.

Yoga and meditation : The role of yoga meditation, have been shown to promote mindfulness which in turn has the potential and improve symptoms of depression, anxiety and even cognitive skills. There exercising can also help with focus stress and attitude especially when combined with exercise and proper food choice.

3. Aug Surya namaskaras :

1. om nithraya namaha

2. om Ravaye namaha
3. om Suryaya namaha
4. om Banave namaha
5. om Kagaye namaha
6. om pusheya namaha
7. om Hiranyagarbhaya namaha
8. om manichey namaha
9. om Aadhiyaya namaha
10. om Sautthreyaya namaha
11. om Arghaya namaha
12. om Bhaskaraya namaha.

Benefits of Surya namaskar:

- * Helps with weight loss
- * Strengthness of muscles and joints
- * improved complexion
- * Helps Combust in Somnia.

7 Mudras in yoga : Mudra is a Sanskrit word whose meaning refers to hand gestures. one can easily notice that many rituals and dance forms in hand gestures or scales.
⇒ According to ancient text yoga is practising these gestures will help channel the flow of prana or life force with in one's.

There are multiple types of mudras used in yoga to stimulate different part of the body.

- * Hand "Hasta" (mudra)
- * Body "kaya" mudra
- * lock "Bandha" mudra
- * preraniya "Aadhara" mudra.

9. Ans Astanga yogalu :

1. yamamu
2. Niyamamu
3. Asanamamu
4. pranayamu
5. prathya gayamu
6. dharna
7. dhyanamu
8. Samadhi

6. Ans datta kriya yoga is a Science of breath and meditation that strengthness mind and body through the practise of controlled breathing. It is a holistic approach to create well being of the body asana (postre pranayama).

8. Ans The Relation between body and mind.

Human being is the co-existence of body (matter) and aliveness (jivana).

- * nature of needs
- * Time limit

* quantity and quality

* quality

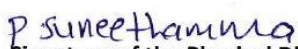
* ways fulfillment

Mind	Body
* Trust, respect, happiness * Continuous (no time limit) * qualitative * Right understanding and right feeling.	- Food, shelter, clothing - Temporary (time limit) - quantitative - Food, shelter, clothing.

MARKS REGISTER

SIR C R REDDY COLLEGE FOR WOMEN, ELURU**Certificate Course in "Yoga & Meditation"****MARKS REGISTER**

S.NO	ROLL. NO	NAME	GROUP	MARKS (50M)
1	221001	MORU PAVANI	MPC	36
2	222001	BANTU SWATHI	MPCS	38
3	222002	MARUMUDI ARCHANA	MPCS	38
4	222003	NADELLA SRI PRATYUSHA SUMA VARSHINI	MPCS	37
5	222049	KOSARAJU REVATHI	MPCS	38
6	222051	USA SANDHYA	MPCS	38
7	229001	BODDUKOLLA VARSHITHA	MSCS	43
8	229002	BURADAGUNTA HEMASRI	MSCS	39
9	229004	HANUMANTU ANURADHA	MSCS	34
10	229005	KANULLA VEERA SWAPNA SRI	MSCS	37
11	229006	KATRU MONIKA	MSCS	35
12	229007	MADICHARLA RAKSHITHA	MSCS	36
13	229008	MUSINADA JYOTHIRLAHARI	MSCS	34
14	229009	TAMARAPU DURGA	MSCS	39
15	229010	YARAVA POOJA	MSCS	39
16	226001	CHAKRAPU NAVYA	MCCS	33
17	226002	THATI SANDHYA	MCCS	29
18	223701	GHANTASALA HARITHA KUMARI	MECS	39
19	223702	KADHA LIKHITHA	MECS	44
20	223703	MEKA MYTHILI	MECS	39
21	224001	GURINDAGUNTA PUJITHA	CBZ	36
22	224002	JAJULA RAMYA SRI	CBZ	35
23	224003	KALNEEDI INDU	CBZ	34
24	224004	MULLAGIRI PUJITHA	CBZ	27
25	224005	MUNGARA DURGA MAHESWARI	CBZ	38
26	224006	PAKALAPATI SAI SIRI	CBZ	37
27	224007	PARLA SOWJANYA	CBZ	43
28	224008	SEELAM BHANU	CBZ	37
29	224009	SODHEM SWAPNA	CBZ	37
30	224051	ALLE VIJAYA MEGHANA	ZFC	39

31	224052	CHINTHADA PALLAVI	ZFC	35
32	224053	MARRI VALLI PADMINI	ZFC	32
33	224054	PEDHAMURTHI SRAVANI SANDHYA	ZFC	35
34	224055	RAMESWARAPU LIKITHA	ZFC	31
35	224056	YARRA ANJALI	ZFC	39
36	222601	ALLE BHARGAVI	BZBT	37
37	222602	GANTA SINDHUJA	BZBT	32
38	222603	GEDDAM PRAVEENA	BZBT	34
39	222604	PANTHULA LALITHA	BZBT	37
40	222605	VELAGAPALLI RAMPANDU	BZBT	49
41	222630	ROMPICHARLA NAMITHA	BZBT	41
42	2282001	BALE LAVANYA	B.COM (VOC)-I	30
43	2282002	BALE RATHNAKUMARI	B.COM (VOC)-I	33
44	2282003	BANAVATHU SYAMALA	B.COM (VOC)-I	30
45	2282004	BANDI PRAVALLIKA	B.COM (VOC)-I	29
46	2282005	BOLLINENI JAHNAVI	B.COM (VOC)-I	33
47	2282006	CHANDINI KANKIPATI	B.COM (VOC)-I	24
48	2282007	CHINTHALA RENUKA	B.COM (VOC)-I	30
49	2282008	CHINTHAPALLI PARIMILA	B.COM (VOC)-I	32
50	2282009	GOLLA CICILY	B.COM (VOC)-I	36
51	2282010	GULLAPALLI SAI NIKHILA	B.COM(VOC)-I	36
67	2282039	MALLARAPU GNANESWARI	B.COM (VOC)-I	34
53	2282057	KASANI LAKSHMI PRAVALLIKA	B.COM (VOC)-II	26
54	2282058	MANDAPATI VENKATESWARAMMA	B.COM (VOC)-II	26
55	2282059	MARUMUDI MEGHANA	B.COM (VOC)-II	30
56	2282060	PILLARISSETTI CHITRA DEVI	B.COM (VOC)-II	28
57	2282061	SANABOINA SRIDEVI	B.COM (VOC)-II	28
58	2282062	SIKAKOLLU AMRUTHA	B.COM (VOC)-II	26
59	2282063	SUNKARA MOUNIKA	B.COM (VOC)-II	29
60	2282064	TAMMINA REVATHI	B.COM (VOC)-II	31
61	2282065	THOTAKURI NAGA SOWMYA	B.COM (VOC)-II	38
62	228101	BEERAM DURGA BHAVANI	B.COM (GEN)	33
63	228102	GANGULA PRAVEENA	B.COM (GEN)	36
64	228103	PALAGANI JHANSI	B.COM (GEN)	32
65	228104	TIRUMANI INDU	B.COM (GEN)	37
66	228118	GUDAVALLI SUDHA RANI	B.COM (GEN)	34
67	2282039	MALLARAPU JNANESWARI	B.COM (VOC)-I	35
 Signature of the Physical Director				

Valedictory Function

Valedictory Function

Date: 19-03-2023.

NOTICE

This is to inform that Department of Physical Education is going to conduct an Valedictory function for Certificate Course in Yoga on 20-03-2023 at 6.00 pm. All staff and Students are requested to attend the function and make it a big success.


Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Report

CERTIFICATES



Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**
Sanivarapu Peta Road (Dondapadu), ELURU - 534 003, A.P.



Ref: Accreditation Authorization, No:YCB/20/YC000019, Dt: 12.03.2023 from Ministry of AYUSH to Datta Kriya Yoga International centre, Sri Ganapathi Sachchidananda Ashram, Avadoota Datta Peetham, Mysore approved as Yoga Training center at Eluru.

CERTIFICATE OF TRAINING

Certified that Miss **PILLARISETTI CHITRA DEVI** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023

**Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani**

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787



Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**

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CERTIFICATE OF TRAINING

Certified that Miss **SIKAKOLLU AMRUTHA** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023

**Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani**

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Jaya Guru Datta



Sree Guru Datta

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CERTIFICATE OF TRAINING

Certified that Miss **TAMMINA REVATHI** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023

**Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani**

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787



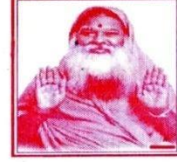
Jaya Guru Datta



Sree Guru Datta

**SRI SRI SRI GANAPATHI SACHCHIDANANDA
DATTA GNANA BODHA SABHA ELURU TRUST (R)**

Sanivarapu Peta Road (Dondapadu), ELURU - 534 003, A.P.



Ref: Accreditation Authorization, No:YCB/20/YC000019, Dt: 12.03.2023 from Ministry of AYUSH to Datta Kriya Yoga International centre, Sri Ganapathi Sachchidananda Ashram, Avadoota Datta Peetham, Mysore approved as Yoga Training center at Eluru.

CERTIFICATE OF TRAINING

Certified that Miss **SANABOINA SRIDEVI** of SIR C R REDDY COLLEGE FOR WOMEN, Eluru, W.G.Dt has been trained by this authorized trust, for a Certificate Course in 'YOGA' from 1-03-2023 to 20-03-2023 as prescribed in YCB guidelines.

Date: 20-03-2023

**Authorized Signatory
DKY Co-Ordinator of the Region
Venu Gopal Lunani**

TEMPLE COMPLEX : SRI NAM DATTANADHA KSHETRAM, SANIVARAPUPETA ROAD, (DONDAPADU), ELURU-3, PH : (08812) 248977, 251787.

PHOTO GALLERY





