



TARANATH SHIKSHANA SAMSTHE'S

SOMA SUBHADRAMMA RAMAN GOUD WOMEN'S COLLEGE

Station Road, Raichur - 584101

(Affiliated to Akkamahadevi Women's University, Vijayapur)

Re-Accredited by NAAC with "B" Grade



Website: www.ssrghans.org

Email: ssrgwcr20@gmail.com

AISHE Code: C-8703

Fax: 08532-225770

Principal: Sri. Satyanarayan. M.Com.

Certificate Course on
YOGA AND MEDITATION



BY

Sri. Veeresh Nayak

Department of Physical Education

S.S.R.G Women's College, Raichur

FOR THE ACADEMIC YEAR 2022-2023


IQAC Co-ordinator
S.S.R.G. Women's College,
RAICHUR-584 101.


PRINCIPAL
S.S.R.G. Women's College, RAICHUR



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Academic council /BOS meeting Resolution

Agenda

ESTABLISHMENT OF ACADEMIC COUNCIL /BOS 2022-2023

A meeting of all the heads of the Department was conducted to collect suggestions and regarding establishment of Academic council/Board of Studies in the college. The program intends to enhance the experiential learning students.

Outcomes of the meeting:

- It was approved that the Academic council comprise of all the heads of the departments.
- The heads were to frame a certificate course syllabus and number of periods allotted for each course will be 30 hrs.
- Each certificate course is to be assigned a course code for the purpose of evaluation
- Each head of the department is to conduct meeting with their faculties and ensure that each student must be enrolled in any one of the certificate courses available in the college.
- It was hereby resolved that the certificate courses are to be conducted in the Academic year 2022-23


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Principal: Sri. Satyanarayan. M.Com.

Board of Advisory Committee



Chairman : Sri. Amaregouda S
Principal S.S.R.G Womens College Raichur

IQAC Co-ordinator : Sri. Sanjaya Pawar
IQAC Coordinator
S.S.R.G Womens College Raichur

Course Co-ordinator : **Sri. Veeresh Nayak**
Physical Director
S.S.R.G Womens College Raichur.

Members : 1 Sri. Mallikarjun
Yoga Trainer, Raichur.

2. Mallikarjun
Physical Director
Raichur University, Raichur

3. Dr. Tayamma
Physical Director
LVD College, Raichur


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Principal: Sri. Satyanarayan. M.Com.

From,
Sri. Veeresh Nayak
Physical Director
S.S.R.G Womens College Raichur.

Date:25-01-2023

Through,
IQAC Coordinator
S.S.R.G Womens College Raichur.

To,
The Principal
S.S.R.G Womens College Raichur.

Respected Sir,

Sub: -Request to permit to organize Certificate Course on "Yoga and Meditation"

With reference to above cited subject, the Department of Physical Education is intending to start Certificate Course on "**Yoga and Meditation**"-for the academic year 2022-23.In order to guide students to utilize the analyse and demonstrate the Business skills required in accounting and reporting intensive in all areas, Department of Physical Education is willing to provide a platform for "**Yoga and Meditation**" for the betterment of our students. The comprehensive details of the course are enclosed with this requisition, kindly consider the request and permit to organize the course.

Thank You

Yours faithfully





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Institutional Regulations Governing the Certificate Course

On

"Yoga and Meditation"

The Course **"Yoga and Meditation"** is a Certificate Course, introduced by the Department of Physical Education. The course aims at enhancing the basic skills in Yoga and Meditation. The course aims at enhancing students' overall development and to make an in depth study and knowledge of various representations in business.

Title of the Programme: **"Yoga and Meditation"**

Duration of the Course: 30Hours

Eligibility: Candidates pursuing B.A and B.Com are eligible to join the course.

INTAKE: 60 students


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SYLLABUS



Unit-1: Asanas

Standing Asanas : Standing arms, Vrikshasana Katichakrasana, Hasta Padarsana Ardha Katichakrasana, Parsva

Sitting Asanas : Vajrasana, Shashankasana, Veerasana, Gomukhasana, Ardha Matsyendrasana

Supine Asanas :- Padaultanasana, Pavana Muktasana, Sarvangasana, Vakrasana, Matrysana

Prone Asanas :- Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana

Unir-II: Pranayama

Anuloma-Viloma, Kapaalabhati, Bastrika, Shitali, Sadanta Pranayama, Bhramari

Unit-III: Mudras

Chin Mudra, Chin maya Mudra, Adhi Mudra, Shambhavi, Yoni Mudra

Unit-IV: Kriyas

Kriyas :- kapalabhati, Trataka

Suryanamaskar, Quick Reaxation Technique, Meditation, Deit and Nutrition, Health Awareness.


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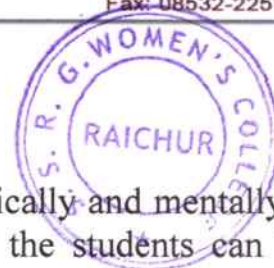
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Certificate Course in Yoga



OBJECTIVES: The aim of the course is to prepare the students physically and mentally for the integration of their physical, mental and spiritual condition, so that the students can become healthier, mentally stronger and more integrated members of the society and nation. Yoga education helps in self discipline and self-control, leading to immense amount of awareness concentration and higher level of consciousness.

OUTCOMES

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

COURSE DURATION:

30 Hours. (Theory: 09 hrs + Practical: 21 hrs)

ALLOCATION OF TOTAL HOURS FOR EACH CHAPTER

S.NO	CHAPTER	THEORY HOURS	PRACTICAL HOURS
1	UNIT-1: Asanas	03	07
2	Unit-II: Pranayama	02	05
3	Unit-III: Mudras	02	05
4	Unit-IV: Kriyas	02	04


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DEPARTMENT OF PHYSICAL EDUCATION



Date: 01/02/ 2023

NOTICE TO STUDENTS

All the B.A, B.Com. & B.S.W final year students are hereby informed you that the Department of Physical Education is starting a new Certificate Course of 30 hours on **"Yoga and Meditation"**. Interested students are hereby informed to enroll their name to Program Coordinator Sri Veeresh Nayak, before 05-02-2023. The classes will commence from 06-02-2023. On successful completion of the course, certificates will be issued to the students.


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Taranath Shikshana Samsthe's
Soma Subhadramma Raman Gowda Women's College

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SSRGWC/Gen.Ltr./2023-24

Date : 09-09-2023

PRINCIPAL : **Amaregouda S., M.A., M.Phil**

REPORT OF YOGA AND MEDITATION CERTIFICATE COURSE

DEPARTMENT OF PHYSICAL EDUCATION

A skill development Yoga and Meditation Certificate Course was conducted from 06-02-23 to 14-03-2023 30 days excluding Sundays and Govt. holidays Soma Subadramma Raman Gowda women's college of the Prestigious Taranatha Shikshana Samaste institution. A Yoga and Meditation Certificate Course was inaugurated by the expert yoga trainers and press reporter who inaugurated the Program on this day another guest in the Program was presided over by Principal Amaregowda S who Addressed the students about all the benefits of training and the benefits of long yoga training. He said that he will support the Program similarly. Total 52 (fifty two) Students participated in the Yoga and Meditation Certificate Course on the last day of Certificate Course Dr. Durgesh K.A.S (option), Additional District Collector and Additional District Collector and Additional District Magistrate, Raichur. Shri Mallikarjun Swamy Press Photographer and Yoga Trainer was the Guest this program Shri Basappa Tippareddy Chairman, Managing Committee, S S R G women's college, Raichur Presence shri Amaregowda S, Principal, S S R G women's college, Raichur, IQAC Coordinator Sri Sanjaya Pawar and Course Convenor Sri Veeresh Nayak, Physical Director Completed and students benfitted this opertunity.



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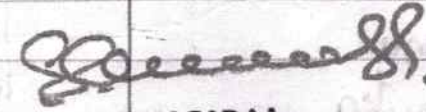

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Students Names List Yoga

Name of Student	Class	Mobile Number
Rekkanti Devi Supriya		
Pruthi P/o Ramappa	B.Com II nd sem	9945278218 ✓
Charvi D/o Mureppa	B.Com II nd sem	9110442382 ✓
Umashree D/o Hanumappa	B.Com II nd sem	8050110522 ✓
Anusha D/o Srinivas	B.Com II nd Sem	8904033532 ✓
Maheshwari.V	B.Com II th sem	7183607846 ✓
Usha patil	B.Com VI th sem	7892722523 ✓
Sandhya D/o. Sheemangouda	B.Com VI th sem	8147462421 ✓
Y. Rajamma	B.A. IV sem	6363534173 ✓ ⁸ X
Swathi.T	B.A. IV sem	7411315825 ✓ ⁹ X
manjula P/o prakash	B.A IV sem	8618844081 ✓ ¹⁰
Ashwini D/o sharanappa	B.A IV sem	9972606102 ✓ ¹¹
Keesithi A	BA IV th sem	8147970903 ✓ ¹²
A. Monika	B.Com IV th sem	9972164117 ✓ ¹³
Kalyani	B.Com IV th sem	X ✓ ¹⁴
Kesrithi	B.Com IV th sem	X ✓ ¹⁵
Soubhagya	B.Com II nd sem	7892315861 ✓ ¹⁶
G.R. Rewathi P/o G. Ramu.	B.Com VI th Sem	7022760243 ✓ ¹⁷ X
Spoorthi P/o. Suresh.	B.Com VI th Sem	7349424067 ✓ ¹⁸
Soumya Shree	B.Com III rd sem	741233758 ✓ ¹⁹
Aishwarya	B.A II sem	8088897424 ✓ ²⁰
Anitha	B.A II sem	9380713550 ✓ ²¹
Suma	B.A II sem	8073076784 ✓ ²² X
Shasvani	B.A II sem	8861487376 ✓ ²³
Shwetha	B.Com II sem	7204326303 ✓
Sony	B.Com II sem	7892203141 ✓
Renuka	B.Com II sem	6362698065 ✓
Nagaveni - Lakshman	BA II sem	8105104780 ✓
Swathi	BA III rd Sem	7026120676 ✓
K. Shwetha	BA 2 nd Sem	6363831635 ✓

S/No	Names of the Student	Class	Mobile Number
31	R. Ruthu	B.A IV th sem	9986425560
32	Nagaveni	B.A IV th Sem	7353763989
33	S. Usha	B.Com II nd Sem	8078926608.
34	N. Yugandhari	B.Com II nd sem.	9663390336 +
35	Pooja.t	B.com 6 th sem	98660531208 *
36	Nandini	B.com 6 th sem	9113663364 X
37	Suvarna. O	B.com 4 th sem	9845555927 +
38	Madhuri. Tku	B.com 4 th sem	9972387258 X
39	K. Ramya Lahari	B.com 4 th sem	9353943800 X
40	Priyanka	B.com 4 th sem	8317476754
41	k. Eshwari	B.A. IV th sem	7022497187
42	Jayalakshmi	B.com II nd sem	821726169.
43	G.R Pinky	B.com II nd sem	9844322724
44	Bhoomika D/o Uthibasappa	B.com II nd sem	8722878941 +
45	Sneha	B.A II sem	7411381560
46	y. Nikhitha	B.A I Sem	9972805986 +
47	Anjuman	B.A I sem	7411382700 +
48	Saba Darvesh	B.com I sem	6360637376.
49	Ayesha Siddiqua	B.A I Sem	8867305839.
50	Ambika	B.com II sem	8867654329
51	Fariha sultana	B.com II sem	9741178570
52	Neeragamma	B.A III Sem	9353612792


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Scheme of Instruction: There shall be four components of the study viz.,

- Orientation programme-1 hour
- Lecture, activity and tutorial-25hours
- Seminar -3hours
- Test and Feedback -1hour

ASSESSMENT METHOD

Continues testing indicators

- Class attendance and participation – 75% to 100%
- Practical-50 to 100%
- Final Exam- 50 to 100%

Pattern of Examination:

Sl.No.	Criteria	Marks
1	Final examination	20
2	Practical	30

Final result will be announced on the notice board on the basis of their secured classes and distinctions.

The certificate will be distributed to each eligible candidate.


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Certificate Course on: YOGA AND MEDITATION

STUDENTS ATTENDANCE LIST

Sl. No	Students Name	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
1.	Nekikanti Devi	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
2.	Prarthi	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
3.	Shanti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
4.	umashree	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5.	Anusha	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6.	naheshwarini	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
7.	usha Patil	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8.	sandhya	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9.	y. Rajamma	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10.	Swasthi S	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
11.	manjula	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
12.	Ashwini	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13.	Keerthi.A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14.	A. manika	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15.	Kalyani	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16.	Keerthi	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P


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39.	Nandini	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40.	Sukarna	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41.	Madhuri Teku	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42.	K. Ranaya Lakshmi	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
43.	Priyanka	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	
44.	K. Eshwari	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45.	Jayalakshmi	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46.	U.R. Pinky	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
47.	Bhoomika	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
48.	Sneha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
49.	Y. Nimitha	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50.	Anjuman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
51.	Amalika	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52.	Nalasaamma	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P

Course Convener

IQAC Coordinator

IQAC Co-ordinator
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Principal

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Certificate

This is to certify that Kum of
..... has completed the certificate course on Yoga Organized by Department of Physical
Education Soma Subhadramma Raman Goud Women's College, from..... to and passed the
examination withgrade.

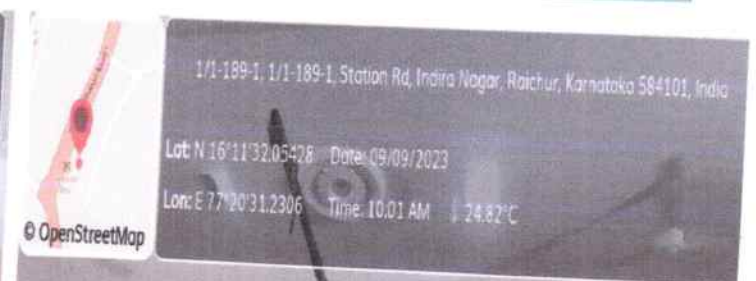
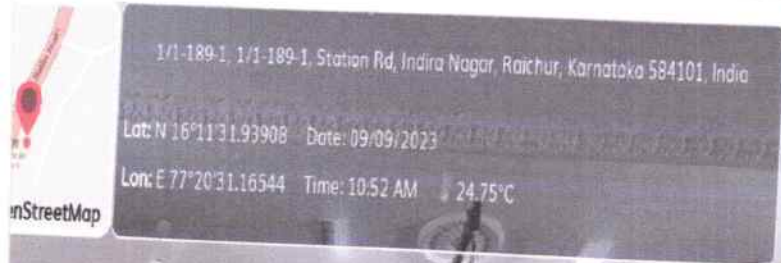
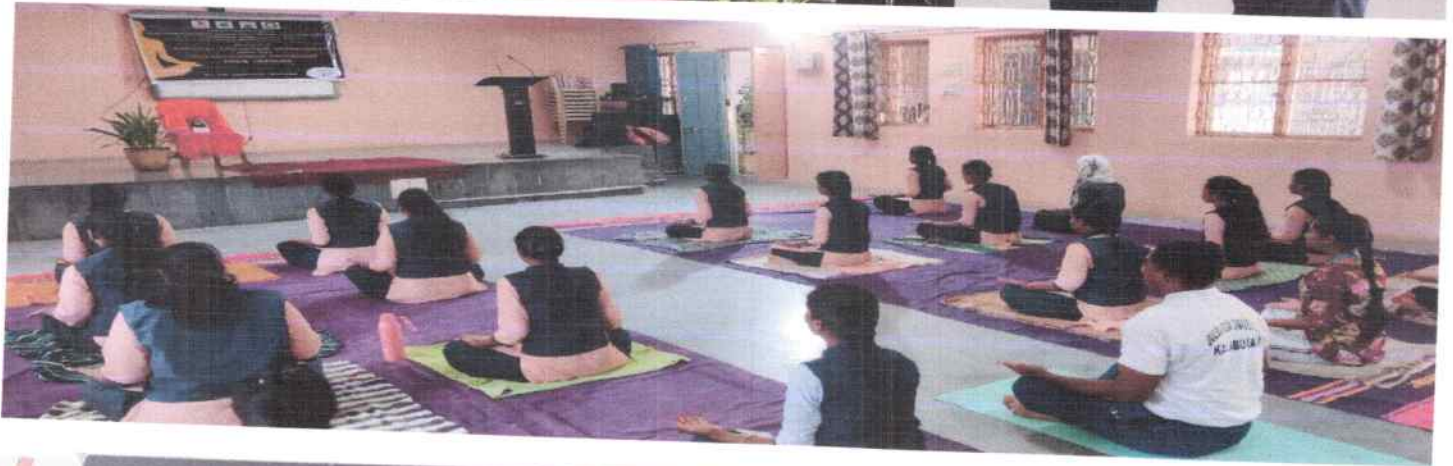
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