



**AdusumilliGopalakrishnaiah& Sugarcane Growers  
Siddhartha Degree College of Arts and Science  
Autonomous College :: Aided College of Govt. of AP  
NAAC 'A' Grade College  
Vuyyuru, Krishna (Dt).,Andhra Pradesh-521165**

## **CERTIFICATE COURSE**

**TITLE: YOGA**

**CC CODE: YOG001**

**On 04-02-2019 to 10-03-2019**

**Duration of the Course: 30DAYS**

**Organized By**

**Department of Telugu**



# **A.G. & S.G. Siddhartha Degree College of Arts & Science**

Vuyyuru-521165, Krishna District, Andhra Pradesh

(Managed by: Siddhartha Academy of General & Technical Education, Vijayawada-10)

An Autonomous College in the Jurisdiction of Krishna University

Accredited by NAAC with "A" Grade



## **DEPARTMENT OF TELUGU**

### **Certificate Course Title: YOGA**

2018-19

|                        |   |                                    |
|------------------------|---|------------------------------------|
| Name of the Lecturer   | : | smt. M.L.S Kumari                  |
| Class                  | : | II B.A/ B.Com/B.Sc                 |
| Duration of the Course | : | 30 Days (04-02-2019 to 10-03-2019) |
| CC Code                | : | YOG001                             |

## **A.G. & S.G. Siddhartha Degree College of Arts & Science**

Vuyyuru-521165, Krishna District, Andhra Pradesh

### **Certificate Course**

**Title: Yoga**

**Date: 04-02-2019 to 10-03-2019**

| <b>Date</b>                    | <b>Content</b>  | <b>Module No.</b> |
|--------------------------------|---|-------------------|
| 04.02.2019<br>To<br>12.02.2019 | Introduction to yoga ,yogic concept of mind and body,Streams of yoga and difference between yoga and Exercise | I                 |
| 13.02.2019<br>To<br>22.02.2019 | <b>Standing asanas:</b><br>I.Tadasana<br>II.padhmasana<br>III.Ardhachakrasana<br>Iv.Trikonasana               | II                |
| 23.02.2019<br>To<br>28.02.2019 | <b>SittingAsanas</b><br><b>I</b> Vajrasana,<br>II.shashnkasana<br>III.suptavajrasana<br>IV.ustrasana          | III               |
| 1.03.2019<br>To<br>10.3.2019   | <b>Pranayama:</b><br>I.Anuloma -viloma<br>II.Ujjayi<br>III.Shaitali<br>Iv.Sitkari                             | IV                |

# YOGA

## UNIT-1:

### ➤ INTRODUCTION TO YOGA:

#### What is Yoga?

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root **yuj** meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness

According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvāna, kaivalya or moksha

"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

### ➤ Yogic concepts of mind & body:

With all the hypē about yoga, there has to be a lot more to it than sitting cross-legged and contorting your body in weird

poses. And there is much more. With over 800 styles of yoga described, how can you find one that you might like?

Rooted in Indian philosophy, yoga is an ancient method of relaxation and regarded by many as a spiritual experience. However, in the last five years yoga has become ubiquitous, with independent studios sprouting everywhere and fitness centers incorporating yoga classes into their group instruction curriculum. Although some people still view yoga as a practice reserved for spiritual seekers looking for inner peace, yoga is rapidly being embraced by many Americans as an alternative or additional way to increase strength, endurance and body tone.

In fact, today many fitness experts recognize yoga as valuable part of functional training. Functional training (also called functional exercise) has become a buzz word in the fitness industry, used in programs for competitive athletes as well as recreational exercisers. Functional training focuses on endurance, strength and coordination to allow individuals to maximize performance of everyday tasks.

In a weight-training routine, incorporating deadlifts (a great exercise to strengthen the back and thigh muscles) can help to decrease the likelihood of injury and strain in a simple movement like bending over to tie your shoe. Similarly, yoga can functionally develop the body by improving the body's ability to interpret and respond to nerve signals sent back and forth between the muscles and the brain. The increased connectedness of mind, nerves, and muscles results in more fluid body motions and quicker adjustments to unexpected situations like tripping over a curb.

➤ **Streams yoga: Introduction**

Any system or process will be accepted by the common man if it can prove its usefulness in his day to day aspects of life, the Yoga way of life has proven to be very effective in handling issues faced by modern man. The essence of a yogic way of life involves living in harmony with oneself and nature.

However the term Yoga has been found to be used in many contexts leading to confusion on what constitutes Yoga and what is not Yoga. Swami Vivekananda helped in structuring the approaches into various streams of Yoga

### **Karma Yoga - Introduction**

Karma Yoga or The path of work involves an attitude of doing work without expecting the fruits of action. This makes man to get detached from strong attachments and thereby getting him in a state of steadiness or firmness which is yoga as described in Gita. Giving up of actions is not the solution to solve your problems and discharge the responsibilities in the Yoga way.

### **Bhakti Yoga - Introduction**

Bhakti Yoga — Worshipping one's favorite god and surrendering oneself to the God is called Bhakti Yoga, in this modern world, man is tossed up and down due to emotional onslaughts. The path of Bhakti Yoga is a boon to gain control over emotional instabilities by properly harnessing the energy involved in it. In Bhakti Yoga, the practitioner transforms his love material objects like wealth or desires for another human

to unconditional love for the absolute being manifested as personal god.

## **Jnana Yoga –Introduction**

The age of science has made man a rational being, in Jnana Yoga, one beings to understand the reality around you by asking questions and using strong reasoning power. The path of philosophy (Jnana Yoga) is apt for keen intellectuals and is centered around the analysis of “Happiness”. In Jnana Yoga, fundamental questions regarding the mind, the outside and inside world and the reality are taken up.

## **Raja Yoga - Introduction –**

Swami Vivekananda has rightly said, ‘Man is the maker of his own destiny’. As we continue in our journey, various difficulties come in our way. Techniques are therefore needed to systematically channelize our will power to solve these problems that form the core of Raja Yoga.

➤ Difference between yoga and exercise :

### **What is the Difference Between Yoga and Exercise?**

The key difference between yoga and exercise is that yoga stimulates the parasympathetic nervous system, which makes one relaxed, while exercise stimulates the sympathetic nervous system, which makes one tired. Moreover, yoga involves steady

postures and relaxation of muscles, while exercise involves movement and stress on muscles.

The below infographic presents the differences between yoga and exercise in tabular form for side by side comparison.

### **Summary – Yoga vs Exercise**

Yoga is a mental, spiritual and physical practice that originated in India. It is about the parasympathetic nervous system. It is more focused on internal development and improving self-awareness. Exercise, on the other hand, is a physical activity that improves and maintains fitness and makes the person more energized. It stimulates the sympathetic nervous system. It is externally focused, and there is no self-awareness involved in exercises. So, this is the summary of the difference between yoga and exercise.

## **Unit-2:**

### **Standing asanas:**

#### **1. Tadasana**

##### **How to do Tadasana (Mountain Pose)**

- Stand with your feet slightly apart and make sure that your weight is balanced equally on both feet.
- Inhale, raise your arms above your head, interlock your fingers with palms facing upwards.



- Raise your shoulders up towards your ears and on an exhale, roll your shoulders back and down your spine, opening your chest and straightening your posture.
- Relax all muscles in your face, including your tongue.
- Relax your eyes and maintain a steady gaze.
- Come back to normal position and relax.

### **Benefits of Tadasana**

- It improves posture, opens up the chest and lengthens the spine
- Gently strengthens the thighs, buttock and leg muscles
- It is also beneficial in increasing awareness and concentration
- Reduces flat feet and relieves sciatica
- Releases tension from the face

## **2. Padhastasana :**

### **What is Padahastasana?**

There are several forward bend poses in yoga that help in stretching and strengthening our back and core area, the two main parts necessary for not only maintaining our health but also for making the smallest of the movements.

One such very important pose is Padahastasana that has been practiced for thousands of years. Padahastasana meaning 'hand to foot pose' involves draping of the upper body over the legs and drawing our mind inward. It is an easy pose of yoga for beginners and is also a form of hatha yoga as a part of Surya Namaskar yoga. Padahastasana yoga steps are also done to

regulate and remove the excess air or 'vata' from the body and cure its imbalances.

## **Who can perform Padahastasana?**

If performed carefully, Padahastasana is a gentle and easy yoga posture that can be performed by anyone who wants to enjoy sustained health of the body and mind. Padahastasana yoga steps are especially advised for:

- People who want to improve their flexibility.
- Those who suffer from frequent digestive issues.
- Those who suffer from frequent back pains or stiffness.
- People who want to lose weight.
- Those who want to build on their thigh muscles.
- People who feel that they need to improve their balance and coordination.
- Those who suffer from problems with their nasal and throat areas.
- People who want to improve their metabolism and immunity.
- People who suffer from stress, anxiety, and lack of concentration.
- People suffering from Carpal Tunnel Syndrome.
- Padahastasana can be done by seniors easily.

## **3. Ardachakrasana**

### **Ardha Chakrasana Benefits:**

- Ardha Chakrasana is extremely effective to reduce thighs and stomach fat.
- This asana helps to improve your lungs capacity.

- This asana is also helpful to control high blood sugar level and to stimulate the pancreas.
- “Ardha Chakrasana” also helps to increase your back and spine muscles.
- This asana helps to tone your shoulders, thighs, and waist.
- This asana helps to relieve shoulder and neck pain.
- This asana is known to be one of the best exercises to get rid of back pain or lower back pain problem.
- Ardha Chakrasana yoga helps to cure respiratory disorders.

### **How to perform Ardha Chakrasana (Mountain Pose)?**

1. First, raise your hands straight and then bend backwards.
2. You can also place your hands on your hips while bending backwards.
3. When you are bending backwards it is important to not bend your knees.
4. Try to breathe slowly while performing this asana and also hold this position for a few seconds.
5. Now while exhaling you need to come straight to your starting position.
6. Repeat the above steps or 3 to 5 times.

## **4. Trikonasana**

### **How to do Trikonasana Yoga**

1. Stand straight. Separate your feet comfortably wide apart (about 3 1/2 to 4 feet).
2. Turn your right foot out 90 degrees and left foot in by 15 degrees.

3. Now align the center of your right heel with the center of your arch of left foot.
4. Ensure that your feet are pressing the ground and the weight of your body is equally balanced on both the feet.
5. Inhale deeply and as you exhale, bend your body to the right, downward from the hips, keeping the waist straight, allowing your left hand to come up in the air while your right hand comes down towards floor. Keep both arms in straight line.
6. Rest your right hand on your shin, ankle, or the floor outside your right foot, whatever is possible without distorting the sides of the waist. Stretch your left arm toward the ceiling, in line with the tops of your shoulders. Keep your head in a neutral position or turn it to the left, eyes gazing softly at the left palm.
7. Ascertain that your body is bent sideways and not backward or forward. Pelvis and chest are wide open.
8. Stretch maximum and be steady. Keep taking in long deep breaths. With each exhalation, relax the body more and more. Just be with the body and the breath.
9. As you inhale, come up, bring your arms down to your sides, and straighten your feet.
10. Repeat the same on the other side.

### **Trikonasana Benefits (Triangle Pose Yoga)**

Below are the 5 benefits of trikonasana yoga if practised regularly.

1. Strengthens the legs, knees, ankles, arms and chest
2. Stretches and opens the hips, groins, hamstrings, calves, shoulders, chest and spine
3. Increases mental and physical equilibrium
4. Helps improve digestion
5. Reduces anxiety, stress, back pain and sciatica

## **Unit-3:**

### **Sitting asanas**

#### **1. Vajrasana**

##### **Benefits of Vajrasana**

There have been a number of studies that indicate Vajrasana has positive health benefits, including:

- A small 2010 study<sup>Trusted Source</sup> of 12 patients concluded that yogic procedures, including Vajrasana, helped reduce discomfort for people with lower back pain.
- A 2011 article indicated that Vajrasana is one of the poses — along with Padmasana, Halasana, Shavasana, and Paschimottanasana — that is useful for hypertension.
- A 2009 study of 30 men concluded that yoga training poses, including Vajrasana, may improve concentration-based performance.

##### **How to do the Vajrasana pose**

You can get into the Vajrasana pose in six simple steps:

1. Start by kneeling on the floor. Consider using a yoga mat for comfort.
2. Pull your knees and ankles together and point your feet in line with your legs. The bottoms of your feet should face upward with your big toes touching.

3. Exhale as you sit back on your legs. Your buttocks will rest on your heels and your thighs will rest on your calves.
4. Put your hands on your thighs and adjust your pelvis slightly backward and forward until you're comfortable.
5. Breathe in and out slowly as you position yourself to sit up straight by straightening your spine. Use your head to pull your body upward and press your tailbone toward the floor.
6. Straighten your head to gaze forward with your chin parallel to the floor. Position your hands palms down on your thighs with your arms relaxed.

## 2. Shashankasana

### What is Shashankasana?

Asanas are body postures that may stabilise the body and the mind. In Shashankasana, 'shashank' means moon, hence it is also known as the moon pose. Another name is sasakasana.<sup>2</sup> Sasaka means hare or rabbit, and asana means posture; hence shashankasana is also known as the hare posture. While performing this pose, it will look like you are sitting like a rabbit. This pose depicts the rounded spine of the rabbit. Shashankasana involves intense forward bending. You can feel a stretch in your back, shoulder and spine.<sup>3</sup>

### How to Do it?

You can perform shashankasana steps in the following way:

- First, sit in the vajrasana position (a sitting posture with your knees bent and palms placed on your knees).

- Then, spread your knees apart and keep your big toes touching each other.
- Inhale gradually and keep your palms between your knees.
- Now exhale slowly and bend forward with your arms outstretched. Put your chin on the ground.
- Keep both your arms parallel to each other.
- Look in the front, keeping your head straight.
- Then come up to the vajrasana position.
- Come to the dandasana position (extend your legs in front of you and keep your back straight).

### 3. Suptavajrasana

#### Supta Vajrasana Meaning

In Sanskrit, सुप्त (Supta) means to sleep or supine or reclined. It is interesting to note the etymological intimacy of the Sanskrit word Supta with the English Word Supine. The word supine comes from the Latin Word supinus meaning lying on the back. Both Supta and Supine might have come from the same common root.

Vajra means thunderbolt and Asana is a yoga pose. Hence, it gets the name **Supine Thunderbolt Pose** or **Sleeping Thunderbolt Pose**, or **Reclined Thunderbolt Pose**.

#### Supta Vajrasana Steps

##### Step 1

Sit in Vajrasana. Bend back with the support of an elbow first and follow the other elbow next. In this position, the elbows should support the body.

## **Step 2**

Now bring back the head to the floor releasing the support of elbows. Then lie on your back. Subsequently, place the palms on the thighs.

## **Step 3**

Next, bring the top of the head towards the floor by making an arch on your back. Check the knees are still touching the floor.

## **Step 4**

Place the hands on the thighs. Breathe normally. Keep the position as long as it is comfortable.

## **4. Ustrasana**

### **What is Ustrasana?**

'Ustra' means camel and 'asana' means posture or seat. Therefore, Ustrasana is often referred to as the camel pose.<sup>3</sup>

Camel Pose or Ustrasana is a chest-opening backbend that is energizing and beneficial. It is a wonderful addition to your sequence since it prevents slouching and eases lower back stiffness.<sup>4</sup>

The camel pose yoga allows spine extension without supporting body weight with your arm, unlike chakrasana (wheel pose). The wheel pose is a total body stretch backbend posture that requires more stamina and determination. The camel pose is friendlier and more accessible to yoga learners, especially beginners.<sup>5</sup>

The steps to do the camel pose are as follows:<sup>3,5</sup>



- Kneel with your thighs parallel to the ground keeping your upper body in a vertical position.
- Put cushions or pads below your knees if they are sensitive.
- Use your hands to push up the rib cage with your thumb resting on the back of the ribs while your four fingers are wrapped around the side of your ribcage.
- The toes should be pressed gently on the floor with the feet positioned in the back.
- Inhale and extend backward from the pelvis to head.
- Exhale and take your right hand back and hold the heel or block.
- Repeat the same step with your left hand.
- Lift the chest and curl the shoulders in the backward position.
- Extend your neck to the maximum length.
- Breathing should be deep and slow.
- Hold the position for a few breaths before exiting the camel pose.

## **UNIT-4**

### **PRANAYAMA**

#### **1.ANULOMA-VILOM**

##### **What is Anulom Vilom?**

Anulom Vilom is a specific type of pranayama, or controlled breathing, in yoga. It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.

It's a form of alternate nostril breathing.

Alternate nostril breathing is said to have many physical and psychological benefits, including:

- improved breathing
- improved cardiovascular function
- stress reduction

There's scientific evidence that supports some of these claims.

Most people can practice Anulom Vilom breathing safely and without risk. Read on as we look at a step-by-step guide to getting started and the potential benefits of Anulom Vilom breathing.

## **How to practice Anulom Vilom Pranayama**

Anulom Vilom should be done on an empty stomach, preferably 4 hours after you've eaten. You should also find a cool, comfortable environment.

Follow these instructions:

1. Choose a meditation sitting pose. Keep your spine and neck straight and close your eyes.
2. Clear your mind of everything outside of this moment.
3. Start with your outer wrists resting on your knees.
4. Using your right hand, fold your middle and index fingers toward your palm.
5. Place your thumb on your right nostril and your ring finger on your left nostril.

6. Close your right nostril with your thumb and inhale through your left nostril, slowly and deeply, until your lungs are full. Focus on your breathing.
7. Next, release your thumb and close your left nostril with your ring finger.
8. Exhale slowly through the right nostril.
9. Now practice it in reverse, this time inhaling through the right nostril and exhaling through the left.

## **2. Ujjayi**

### **How to do Ujjayi Pranayama? The Sequence of steps:**

1. Close the mouth and constrict the throat (the glottis — a part of larynx).
2. Make a short exhalation and then start inhaling—slowly and rhythmically in one long and unbroken inspiration.
3. Allow the air to pass through the constricted throat, creating a “friction sound”.
4. Continue inhaling till a sense of fullness is felt in the chest.
5. Retain the inhaled air for a period of 6 seconds (preferably double the period of inspiration).
6. Ensure: While sitting spine, head and neck is maintained erect.
7. Facial muscles are relaxed and nose is not constricted. Inhalation is slow and rhythmic – long, unbroken and without jerks.
8. Now exhale as naturally as possible – gradually, avoiding jerky or hasty movements.
9. Take few normal breaths and relax.

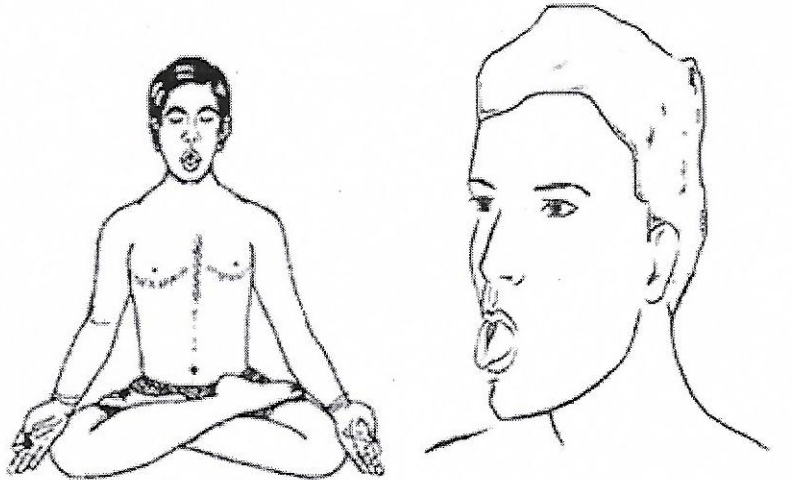
### **Benefits of Ujjayi Pranayama:**

1. Helps rectify fluid retention in the body (edema/ dropsy).
2. Clears phlegm & increases appetite.
3. Beneficial in chronic cold, cough, indigestion, liver problems, dysentery, fever and other diseases.

4. Ghatashudhhi or purification of seven dhatus (elements)  
Skin, flesh, blood, bones, marrow, fat and semen.
5. There is enrichment of the voice.
6. Stimulates and balances the thyroid.

### 3. Shitali

#### How to perform Shitali Pranayama



- Set comfortably in any meditative pose like Padmasana, Swastikasana e.t.c.
- Keep your both hands on knees.
- Now bring your tongue all the way out and fold both sides of the tongue like a tube or straw.
- Take a long, deep inhalation through the tube in the tongue which is formed by folding both sides of the tongue.
- After Inhalation closes your mouth and exhales with both nostrils.
- Repeat this about 8 to 10 times.

#### Benefits of Sheetal Pranayama

- Sheetal Pranayama is useful in diseases related to tongue, mouth and throat.
- It is very beneficial in diseases of the spleen.
- Helpful in fever and indigestion.

- Controls the High B.P.
- Useful in Pitta related diseases.
- It purifies the blood.
- Best for cooling down the body temperature.
- Best for fighting against the Insomnia problem.

## 4. Sitkari

### Meaning of Sitkari

The term “Sitkari” is used in the Sanskrit language for ‘Hissing’ sound. In sitakari pranayama, when air is sucking in through gap present in the teeth, a ‘hiss’ sound is produced. The produced hissing sound is the same as snakes make when they release their stress and frustration.

### Steps to Practice Sitkari Pranayama

- Sit comfortably in a cross-legged pose and align your back body in one line. To deepen the breathing effect, you can close your eyes and emulate **Gyan Mudra** with your hands.
- Now, gently press your upper and lower teeth together, and separate your lips comfortably so that your teeth get exposed to the air.
- Curl your tongue upwards so that lower part of tongue touches the upper palate. (If you aren’t able to curl your tongue, just rest your tongue at the back of the teeth)
- Now breathe-in slowly & deeply through the gaps present in the teeth. Feel the air is filling up your abdomen, followed by chest & neck portion in the end. During your breath inhalation, a small hissing sound will be made.

- Now close your lips (eventually mouth) and exhale through your nose slowly in a controlled way.
- This completes 1 round of Satakari Pranayama.

**A.G. & S.G. Siddhartha Degree College of Arts & Science**

Vuyyuru-521165, Krishna District, Andhra Pradesh

**Certificate Course**

**Title: Yoga**

**Objectives** : The main aim yoga is integrating the body, mind and thoughts. so as to work for good ends. Modern life style Leads to Diseases which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body.

**Methodology** : Teacher –centerd method.

**Duration** : 30 hours (04-02-2019 to 10-03-2019)

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Vuyyuru-521165, Krishna District, Andhra Pradesh

Certificate Course  
Title: YOGA

**Test Exercise:**

1. Which state of our consciousness corresponds to deep sleep?
2. Five types of yoga according to patanjali ?
3. There are twenty-six postures that make up Bikram Yoga. Which of these is not one of those postures?
4. Which one is not a part of Sukshma Vyayama?
5. The word "Nadi" is derived from the word "Nad" which means ?
6. What is the ability to be patient during a demanding situation known as?
7. Which Mudra destroys all diseases of the rectum and prevents premature death?
8. During yoga breathing should be.
9. What are the five elements in yoga?
10. Yoga is not related to samkhya



**A.G. & S.G. Siddhartha Degree College of Arts & Science**

Vuyyuru-521165, Krishna District, Andhra Pradesh

Uparati Course  
Title: YOGA

**Key:**

1. sushupti
2. Ahimsa,asteya,satya, brahmacharya,asana
3. Sun salutation pose
4. Tongue
5. To flow
6. uparati
7. Brahmi mudra
8. deep
9. Earth,space,fire,air,akash
10. False

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Vuyyuru-521165, Krishna District, Andhra Pradesh

**Value Added Course / Certificate Course**

**Student Enrolment Sheet**

**Class: BBA, B.Com, B.Sc**

**\*2018-2019\***

| S. No | Roll No. | Name of the Student | Signature        |
|-------|----------|---------------------|------------------|
| 1     | 006      | S. Charuina Sri     | S. Charuina Sri  |
| 2     | 011      | M. Pragathi Sri     | M. Pragathi Sri  |
| 3     | 016      | Ch. Sai Lakshmi     | Ch. Sai Lakshmi  |
| 4     | 048      | P. Nani             | P. Nani          |
| 5     | 053      | G. Dhama Lakshmi    | G. Dhama Lakshmi |
| 6     | 101      | V. Sravani          | V. Sravani       |
| 7     | 109      | D. Spandana         | D. Spandana      |
| 8     | 122      | N. Sravani          | N. Sravani       |
| 9     | 132      | M. Madhavi          | M. Madhavi       |
| 10    | 133      | S. Nistaja          | M. Nistaja       |
| 11    | 140      | D. Suneetha         | D. Suneetha      |
| 12    | 203      | G. Sravani          | G. Sravani       |
| 13    | 205      | K. Sandhya          | K. Sandhya       |
| 14    | 212      | Ch. Mani            | Ch. Mani         |
| 15    | 214      | S.D. Vysnamavi      | S.D. Vysnamavi   |

M. U.S. Kumar  
Lecturer  
Signature

HOD Signature

A.G. & S.G. Siddhartha Degree College of Arts & Science

Vuyyuru-521165, Krishna District, Andhra Pradesh

Value Added Course / Certificate Course

Student Enrolment Sheet

Class: II B.A, B.Com, B.Sc

\*2018-2019\*

| S. No | Roll No. | Name of the Student | Signature         |
|-------|----------|---------------------|-------------------|
| 1     | 215      | B. Pujitha          | B. Pujitha        |
| 2     | 221      | G. Ravi Teja        | G. Ravi Teja      |
| 3     | 222      | A. Naga Sai         | A. Naga Sai       |
| 4     | 223      | M. Venkata Kumar    | M. Venkata Kumar  |
| 5     | 224      | T. Vinod Kumar      | T. Vinod Kumar    |
| 6     | 225      | K. Naga Babu        | K. Naga Babu      |
| 7     | 226      | M. V. S. Naga Sai   | M. V. S. Naga Sai |
| 8     | 227      | P. Smily            | P. Smily          |
| 9     | 229      | M. Sai Teja         | M. Sai Teja       |
| 10    | 602      | L. Naga Padma       | L. Naga Padma     |
| 11    | 607      | R. Bhanu Sou        | R. Bhanu Sou      |
| 12    | 611      | K. Harika           | K. Harika         |
| 13    | 612      | G. Sampurna         | G. Sampurna       |
| 14    | 617      | G. Jahnvi           | G. Jahnvi         |
| 15    | 619      | K. Hinduja          | K. Hinduja        |

M. V. S. Kumari  
Lecturer  
Signature

HOD Signature

# A.G. & S.G. Siddhartha Degree College of Arts & Science

Vuyyuru-521165, Krishna District, Andhra Pradesh

## Value Added Course / Certificate Course - Attendance Register

Class / Section : II B.A, B. Com, B.Sc. Year : 2018 - 2019

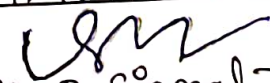
Department of: Telugu

Paper : YOGA

Lecturer : M. C. S. Cumari

| Sl. No | Roll No | Student Name      | Cate-gory |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    | Total |    |
|--------|---------|-------------------|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|-------|----|
|        |         |                   |           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |       |    |
| 1      | 006     | S. Charitha Sree  |           | P | P | P | P | P | A | P | P | P | A  | P  | P  | P  | P  | P  | P     | 13 |
| 2      | 011     | N. Pragathi Sree  |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 3      | 016     | Ch. Sai Lakshmi   |           | P | P | P | P | P | P | P | A | P | P  | A  | P  | P  | P  | P  | P     | 14 |
| 4      | 048     | P. Nani           |           | P | P | P | P | P | A | P | P | P | A  | P  | P  | P  | P  | P  | P     | 13 |
| 5      | 053     | G. Dhana Lakshmi  |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 6      | 101     | V. Sravani        |           | P | P | P | P | P | A | P | P | P | A  | P  | P  | P  | P  | P  | P     | 13 |
| 7      | 109     | D. Spandana       |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 14 |
| 8      | 122     | N. Sravani        |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 9      | 132     | M. Madhavi        |           | P | P | P | P | A | P | P | P | A | P  | P  | P  | P  | P  | P  | P     | 13 |
| 10     | 133     | S. Nivara         |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 11     | 140     | D. Sumetha        |           | P | P | A | P | P | P | P | A | P | P  | P  | P  | A  | P  | P  | P     | 12 |
| 12     | 203     | G. Sravani        |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 13     | 205     | K. Sandhya        |           | P | P | P | P | A | A | P | P | P | A  | P  | P  | P  | P  | P  | P     | 12 |
| 14     | 212     | Ch. Mani          |           | P | P | P | P | P | P | A | P | P | P  | P  | P  | P  | P  | P  | P     | 14 |
| 15     | 214     | S. D. vyshnavi    |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 16     | 215     | B. Poojitha       |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 14 |
| 17     | 221     | G. Ravi Teja      |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 18     | 222     | A. Naga Sai       |           | P | P | P | P | P | P | P | A | P | P  | P  | P  | P  | P  | P  | P     | 13 |
| 19     | 223     | M. Venkata Kumar  |           | P | P | P | P | P | P | A | P | P | P  | P  | A  | P  | P  | P  | P     | 14 |
| 20     | 224     | T. Vinod Kumar    |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 13 |
| 21     | 225     | K. Naga baby      |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 14 |
| 22     | 226     | M. V. S. Naga Sai |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 23     | 227     | P. Smily          |           | P | P | A | P | P | A | P | P | P | P  | P  | P  | P  | P  | P  | P     | 13 |
| 24     | 229     | M. Sai Teja       |           | P | P | P | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 15 |
| 25     | 602     | L. Naga Padma     |           | P | P | P | A | P | P | P | A | P | P  | P  | P  | P  | P  | P  | P     | 13 |
| 26     | 607     | R. Bhanu Sree     |           | P | P | P | P | P | P | A | P | P | P  | P  | P  | P  | P  | P  | P     | 14 |
| 27     | 611     | K. Harika         |           | P | P | P | A | P | P | P | P | P | A  | P  | P  | P  | P  | P  | P     | 13 |
| 28     | 612     | G. Sampurna       |           | P | P | P | P | P | P | P | A | P | P  | P  | P  | P  | P  | P  | P     | 14 |
| 29     | 617     | G. Jahnvi         |           | P | P | P | P | A | P | P | P | P | P  | P  | A  | P  | P  | A  | P     | 13 |
| 30     | 619     | K. Hinduja        |           | P | P | P | A | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P     | 14 |

M. C. S. Cumari  
Lecturer  
Signature

  
HOD Signature

# A.G. & S.G. Siddhartha Degree College of Arts & Science

Vuyyuru-521165, Krishna District, Andhra Pradesh

## Value Added Course / Certificate Course - Attendance Register

Class / Section : II B.A, B.Com, B.Sc Year : 2018-2019.

Department of: Telugu.

Paper : Yoga.

Lecturer :

| Sl. No | Roll No | Student Name      | Category | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | Total |
|--------|---------|-------------------|----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|
| 1      | 006     | S. Charitha Devi  |          | P  | P  | P  | P  | P  | A  | P  | P  | A  | P  | P  | P  | P  | P  | P  | 13    |
| 2      | 011     | N. Pragathi Devi  |          | P  | A  | P  | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | P  | P  | 13    |
| 3      | 016     | Ch. Sai Lakshmi   |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | 14    |
| 4      | 048     | P. Nani           |          | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | P  | 13    |
| 5      | 053     | G. Dhana Lakshmi  |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 6      | 101     | Y. Sravani        |          | P  | P  | P  | P  | P  | P  | A  | P  | P  | A  | A  | P  | P  | P  | P  | 12    |
| 7      | 109     | D. Spandana       |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | P  | 14    |
| 8      | 122     | N. Sravani        |          | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | A  | P  | P  | P  | P  | 13    |
| 9      | 132     | M. Madhavi        |          | P  | P  | P  | P  | A  | P  | P  | A  | P  | P  | A  | P  | P  | P  | P  | 12    |
| 10     | 133     | S. Nivara         |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 11     | 140     | D. Sumeetha       |          | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | A  | P  | P  | 13    |
| 12     | 203     | G. Sravani        |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | A  | A  | A  | P  | P  | P  | 12    |
| 13     | 205     | K. Sandhya        |          | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | P  | 14    |
| 14     | 212     | Ch. Mani          |          | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | A  | P  | P  | P  | P  | 13    |
| 15     | 214     | S. D. Vyshanavi   |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 16     | 215     | B. Poojitha       |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | A  | A  | P  | A  | P  | P  | 12    |
| 17     | 221     | G. Ravi Teja      |          | A  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 14    |
| 18     | 222     | A. Naga Sai       |          | P  | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | A  | P  | 12    |
| 19     | 223     | M. Venkata Kumar  |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 20     | 224     | T. Vinod Kumar    |          | P  | P  | P  | A  | P  | P  | A  | P  | P  | P  | A  | P  | P  | P  | P  | 12    |
| 21     | 225     | K. Naga Babu      |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 22     | 226     | M. V. S. Naga Sai |          | P  | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 14    |
| 23     | 227     | P. Smily          |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | A  | P  | P  | A  | P  | P  | 14    |
| 24     | 229     | M. Sai Teja       |          | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 14    |
| 25     | 602     | L. Naga Padma     |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 26     | 607     | R. Bhanu Devi     |          | P  | P  | P  | P  | A  | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | 13    |
| 27     | 611     | K. Harika         |          | P  | A  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 14    |
| 28     | 612     | G. Sampurna       |          | P  | P  | P  | A  | P  | P  | A  | P  | P  | P  | A  | P  | P  | P  | P  | 13    |
| 29     | 617     | G. Jahnavi        |          | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | 15    |
| 30     | 619     | K. Himdeja        |          | P  | A  | P  | P  | P  | P  | P  | A  | P  | P  | P  | P  | P  | P  | P  | 13    |

M. V. S. Kumar  
Lecturer  
Signature

HOD Signature

**A.G. & S.G. Siddhartha Degree College of Arts & Science**  
Vuyyuru-521165, Krishna District, Andhra Pradesh

**Department of TELUGU**

~~certificate~~ **Course**  
**Title: YOGA**

**Marks List**

Class: II B.A, B.Com, B.Sc

\*2018-2019\*

| S. No | Roll No. | Name of the Student | Marks |
|-------|----------|---------------------|-------|
| 1     | 006      | S. chazitha sri     | 38    |
| 2     | 011      | N. pragathi sri     | 42    |
| 3     | 016      | ch. Sai Lakshmi     | 48    |
| 4     | 048      | P. Mani             | 40    |
| 5     | 053      | G. Dhana Lakshmi    | 45    |
| 6     | 101      | V. Sravani          | 41    |
| 7     | 109      | D. spandana         | 30    |
| 8     | 122      | M. Sravani          | 35    |
| 9     | 132      | M. Madhavi          | 28    |
| 10    | 133      | S. Nisrati          | 29    |
| 11    | 140      | D. Sunitha          | 30    |
| 12    | 203      | G. Sravani          | 41    |
| 13    | 205      | K. Sandhya          | 38    |
| 14    | 212      | ch. Munni           | 41    |
| 15    | 214      | S. Divi Jayashrini  | 38    |

*D. Sathish*  
PRINCIPAL  
AG PSE Siddhartha Degree College  
Vuyyuru (Autonomous)  
Signature

*[Signature]*  
HOD Signature

**A.G. & S.G. Siddhartha Degree College of Arts & Science**  
Vuyyuru-521165, Krishna District, Andhra Pradesh

**Department of Telugu**  
**Certificate Course**  
**Title: YOGA**

**Marks List**

**Class: II BA, B.Com, B.Sc**

| S. No | Roll No. | Name of the Student | Marks |
|-------|----------|---------------------|-------|
| 1     | 215      | B. puJitha          | 35    |
| 2     | 221      | G. Ravi TeJa        | 40    |
| 3     | 222      | A. Naga Sai         | 30    |
| 4     | 223      | M.V. Venkata Kumar  | 30    |
| 5     | 224      | T. Vinod Kumar      | 28    |
| 6     | 225      | K. Naga babu        | 31    |
| 7.    | 226      | M.V.S. Naga Sai     | 45    |
| 8     | 227      | P. Smily            | 40    |
| 9     | 229      | M. Sai TeJa         | 32    |
| 10    | 602      | L. Naga padma       | 38    |
| 11    | 607      | R. Bhanu Sri        | 43    |
| 12    | 611      | K. Harika           | 41    |
| 13    | 612      | G. Sampurna         | 48    |
| 14    | 617      | G. Jabnavi          | 48    |
| 15    | 619      | K. Hinduja          | 48    |

Department of TELUGU

Certificate Course  
Title: YOGA

Title: YOGA

Feed Back Form

1. Is the programme interested to you  (Yes/No)
2. Have you attended all the session  (Yes/No)
3. Is the content of the program is adequate  (Yes/No)
4. Have the teacher covered the entire syllabus?  (Yes/No)
5. Is the number of hours adequate?  (Yes/No)
6. Do you have any suggestions for enhancing or reducing the number of weeks designed for the program?  (Yes/No)
7. On the whole, is the program useful in terms of enriching your knowledge?  (Yes/No)
8. Do you have any suggestions on the program?  (Yes/No)

*P. Saleem*  
Principal's  
AG & SG Siddhartha Degree College of  
Arts & Science (A.G. & S.G. Siddhartha Degree College of Arts & Science)  
Vuyyuru

*[Signature]*  
HOD Signature



Department of TELUGU

Certificate Course  
Title: YOGA

Title: YOGA.

Feed Back Form

1. Is the programme interested to you  (Yes/No)
2. Have you attended all the session  (Yes/No)
3. Is the content of the program is adequate  (Yes/No)
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5. Is the number of hours adequate?  (Yes/No)
6. Do you have any suggestions for enhancing or reducing the number of weeks designed for the program?  (Yes/No)
7. On the whole, is the program useful in terms of enriching your knowledge?  (Yes/No)
8. Do you have any suggestions on the program?  (Yes/No)

ch. Munni  
(II B.Sc(TM))

*D. Subbarao*  
Principal's  
AG & SG Siddhartha Degree College of  
Arts & Science, Vuyyuru  
*Signature*

*[Signature]*  
HOD Signature

A.G. & S.G. Siddhartha Degree College of Arts & Science  
Vuyyuru-521165 Krishna District, Andhra Pradesh

Department of TELUGU

Certificate Course  
Title: YOGA

Title: YOGA

Feed Back Form

1. Is the programme interested to you  (Yes/No)
2. Have you attended all the session  (Yes/No)
3. Is the content of the program is adequate  (Yes/No)
4. Have the teacher covered the entire syllabus?  (Yes/No)
5. Is the number of hours adequate?  (Yes/No)
6. Do you have any suggestions for enhancing or reducing the number of weeks designed for the program?  (Yes/No)
7. On the whole, is the program useful in terms of enriching your knowledge?  (Yes/No)
8. Do you have any suggestions on the program?  (Yes/No)

M. Sravani  
(II B. Com)

*S. Salehi*  
Principal  
AG & SG Siddhartha Degree College of  
Arts & Science

*[Signature]*  
HOD Signature



ADUSUMILLI GOPALAKRISHNAIAH AND SUGARCANE GROWERS  
SIDDHARTHA DEGREE COLLEGE OF ARTS AND SCIENCE,  
(AUTONOMOUS) VUYYURU A.P  
(Accredited at "A" level by NAAC, Bengaluru)



Department of Telugu

CERTIFICATE COURSE: YOGA

**CERTIFICATE**

This is to Certify that . P.Nani Son/Daughter of Shri/Smt P.Rama Rao has Successfully completed  
Certificate course in **YOGA** Conducted by the Department of Telugu from 04-02-2019 to 10-03-2019  
We wish him / her bright future

*M. C. S. Devaraj*  
Co-ordinator

*[Signature]*  
Head of Department

*[Signature]*  
Principal  
PRINCIPAL  
AG & SG Siddhartha Degree College of  
Arts & Science (Autonomous), Vuyyuru