



**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 MEDITATION**

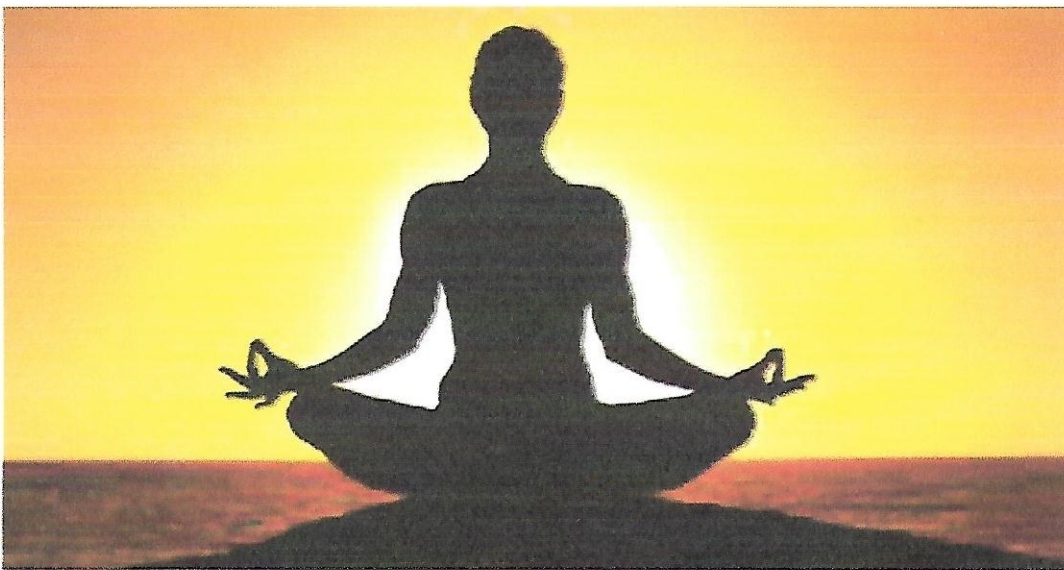
**VAC CODE: YM002**

**On 20<sup>rd</sup> NOV,2019 TO 7<sup>th</sup>Jan 2020**

**Duration of the Course: 30DAYS**

**Organized By**

**Department of Telugu**



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

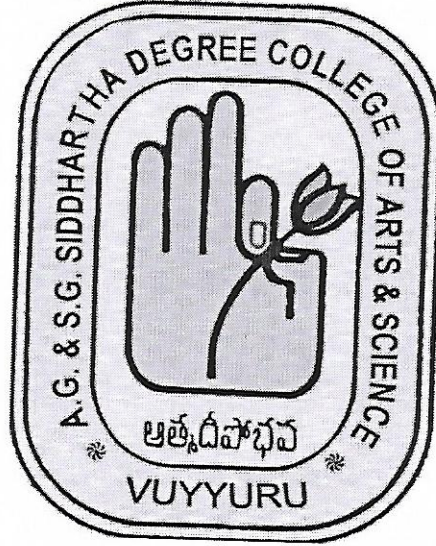
Vuyyuru-521165, Krishna District, Andhra Pradesh

(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

ISO 9001:2015 Certified Institution



## DEPARTMENT OF TELUGU

### Certificate Course Title: Yoga Meditation

2019-2020

Name of the lecturer	:	Smt. M.L.S Kumari
Class	:	II B.A / B.Com / B.Sc
Duration of the Course	:	30 Hrs (20/11/2019 To 7/01/2020)
VAC Code	:	YM002

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

Vuyyuru-521165, Krishna District, Andhra Pradesh

## **Value Added Course**

### **Title: Yoga Meditation**

#### **Objectives :**

- Gaining inner harmony and tranquillity.
- Mediation yoga practice increases self-awareness.
- Promotes quality sleep.
- Active involvement the present moment.

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

Vuyyuru-521165, Krishna District, Andhra Pradesh

## Certificate Course Student Enrolment Sheet

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

\* 2019-2020 \*

S. No	Roll No.	Name of the Student	Signature
1	402	G. Bala Ameresh	G. Bala Ameresh.
2	403	K. Sudheer	K. sudheer V
3	405	K. Kalpana	K. Kalpana
4	407	M. Maheswari	M. Maheswari
5	408	T. Varo Lakshmi	T. Varo lakshmi J. Priyanka.
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7	413	M. Akhil	M. Akhil
8	420	M. Ratna Reethika	M. Ratna Reethika.
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10	707	A. Bhavya Sri	A. Srikala
11	708	S. Sandeep	S. sandeep
12	709	K. Dinesh	K. Dinesh
13	710	J. Gowthami	J. Gowthami
14	711	J. Kusuma	J. kusuma
15	712	P. Pranadheep	P. Pranadheep.

*D. Sankar*  
Principal's  
Signature

*U. Sankar*  
HOD Signature

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21	730	T. Lavanya	K. Durga Prasad
22	744	E. Pavan	T. Lavanya.
23	80	M. Revathi	E. Pavan
24	802	K. Savyani	M. Revathi
25	803	J.G. prasanna Kumari	K. Savyani
26	804	P. Dharani	J.G. prasanna Kumari
27	807	B. Bhagya Sri	P. Dharani
28	808	Sd. Afzrin	B. Bhagya Sri
29	809	ch. Anjali	Sd. Afzrin
30	814	ch. Deepthi	ch. Anjali
			ch. Deepthi

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*[Signature]*  
HOD Signature

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

Vuyyuru-521165, Krishna District, Andhra Pradesh

## Certificate Course

### Title: Yoga Meditation

Date :- From 20-11-2019 to 7-01-2020

Date	Content	Module No.
20-11-2019 to 26-11-2019	<b>Module I: Standing Asana:</b> Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhchakrasna, Padhastanasana, Ashwasthasana <b>Sitting Asana:</b> Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, Shasankasana, Gomukhasana, Mandukasana, Bhadrasana, Singhasana	I
27-11-2019 to 06-12-19	<b>Module II:</b> Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskar, Yogic Sukshma Vyayma, Yogic Sthula Vyayama, Surya Namaskara	II
7-12-19 to 20-12-19	<b>Module III:</b> Pranav and Soham Japa, Yoga Nidra, Chakra Meditation, Ajapa Dharana, AUM Meditation	III
21-12-19 7-01-2020	<b>Module IV:</b> Meditation: Om meditation, Nadanusandhana, Cyclic Meditation	IV

# Study Material

## Yoga Meditation

### Unit-I

#### What Is Tadasana?

*Tadasana* (from the Sanskrit words "*tada*" meaning "mountain," and "*asana*" meaning "pose") is a basic yoga pose where the yogi plants their feet on the ground as their body stands firm and straight. *Tadasana*, sometimes called mountain pose, is often used as a foundational pose for many other standing postures, like tree pose or the warrior poses.

#### Benefits of Tadasana:

Although a basic standing pose, *tadasana* has many benefits, such as:

- 1. Promotes body awareness: *Tadasana* involves keeping your body actively aligned, which requires a degree of bodily awareness. You must be conscious of the shape of your limbs and spine to keep yourself in alignment throughout the pose, which can help improve your posture and balance.
- 2. Strengthens lower body: *Tadasana* engages your lower body and can help your ankles, knees, and glutes.
- 3. Provides a foundation for other asanas: *Tadasana* is a starting position for many standing yoga postures. Learning how to do *tadasana* properly can help establish a more sturdy and proper foundation for both beginning and advanced moves.

#### How to Do Tadasana:

This yoga pose may appear straightforward, but it does require active muscle engagement. Here a step-by-step guide for performing *tadasana* properly in your yoga practice:

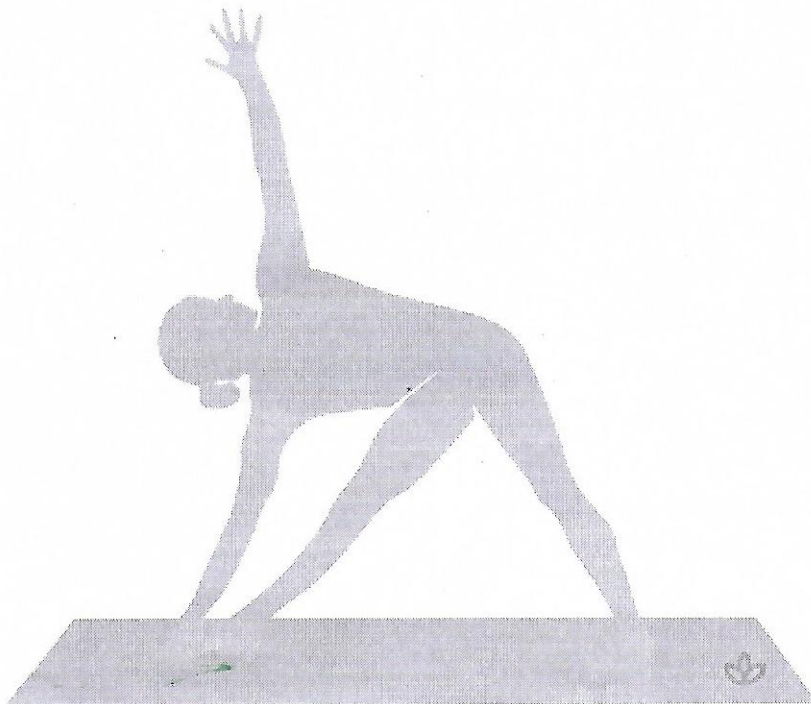
- 1. Get into position: Your feet should either be hip-width apart or together with the base of your big toes touching (depending on your balance). Keep your back straight and your arms at your side. Lift and spread your toes, then shift your weight to find the proper balance.

- 2. Engage the leg muscles: Firm your quadriceps, elongate your tailbone, and lift your kneecaps slightly. Keep your legs straight but avoid locking your knees, which can place unnecessary stress on your joints. Pinch your shoulder blades and align them with your hips.
- 3. Lengthen your body: The crown of your head should extend towards the ceiling along with your sternum without pushing your lower ribs forward. Widen your collarbones, and keep your arms at your side with your palms facing frontwards. You can also put your hands in the prayer position in front of your chest, also known as *Anjali Mudra*.

### Definition - What does *Trikonasana* mean?

Trikonasana is a standing yoga posture that requires strength, balance and flexibility. In this posture, both arms extend with the legs spread apart and one foot turned at a 90-degree angle. The upper body bends toward the lead foot so that one arm reaches toward, but not necessarily touching, the ground and the other toward the sky.

The term comes from the Sanskrit *trikona*, meaning "three corners" or "triangle," and *asana*, meaning "posture." The term is often used synonymously with *utthita trikonasana* (extended triangle pose).





**Urdhwahastottansana:** opens up the chest, improves blood circulation around the thoracic area and the heart and is beneficial for respiratory disorders, hypertension and heart problems. Meaning. Urdhwa means upward, hasta is hands, uttana is stretching and asana is posture.

### **Urdhva Hastasana Benefits :**

- Strengthens the legs.
- Strengthens the triceps.
- Both poses stretch the shoulders.
- Tones the abdomen and hips.
- Strengthens the posterior chain (back muscles, butt, hamstrings).
- Helps improve balance.
- Helps correct posture.
- Stretches out the entire front torso.

**Vrikshasana Meaning:** Vriksasana is the combination of two Sanskrit words: Vriksha and Asana. Vriksha means tree and Asana means posture. Therefore we call this pose Tree Pose in English.

### **Vrikshasana Steps:**

The steps of Vrukshasana are as follows.

#### **Step 1 :**

Stand erect. Keep a distance of one foot between the legs.

#### **Step 2 :**

inner sides of the upper arms should touch the ears. Keep your eyesight on any object in front of you. Raise your arms up keeping the palms closer in Anjali Mudra. The

#### **Step 3 :**

Raise the right leg up and place it on the left thigh similar to the leg position in Ardha Padmasana.

Step 4 :

Breathe normally. Keep the position as long as it is comfortable.

Step 5 :

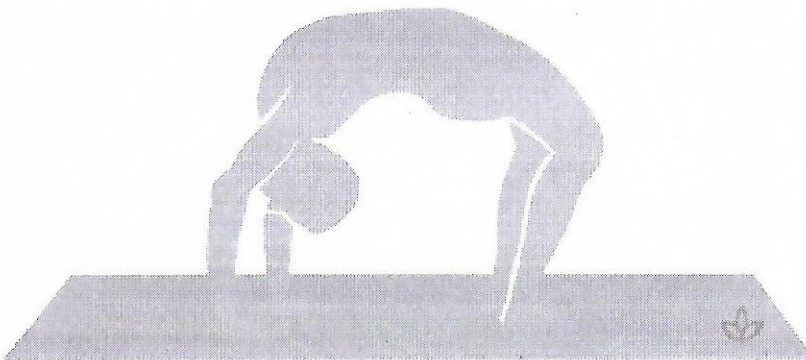
Finally, release the right leg down. Similarly, repeat the above steps with the left leg.

**Definition - What does *Ardha Chakrasana* mean?**

Ardha chakrasana is an intermediate asana that can help to prepare the body and mind for deeper backbends and heart-opening postures like chakrasana (wheel pose). The name is derived from the Sanskrit ardha, meaning "half," chakra, meaning "wheel," and asana, meaning "pose."

To enter ardha chakrasana, the practitioner begins in tadasana (mountain pose). The hands are placed on the lower back, then the body leans back, bending the back and opening the chest.

Ardha chakrasana is known as half wheel pose in English.



### **Ardha Chakrasana Benefits:**

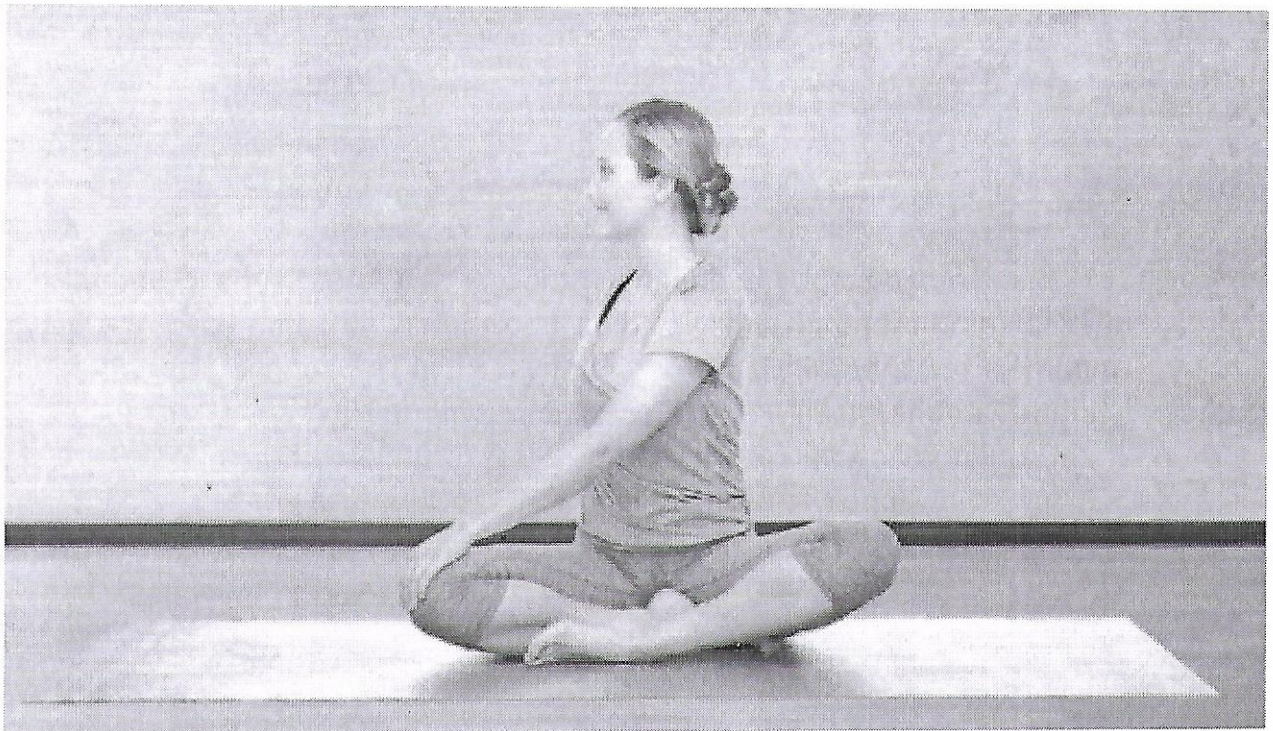
- Ardha Chakrasana is extremely effective to reduce thighs and stomach fat.
- This asana helps to improve your lungs capacity.
- This asana is also helpful to control high blood sugar level and to stimulate the pancreas.

- “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.

## Unit -II

### What Is Sukshma Vyayama?

Sukshma Vyayama is a specific ancient technique of yogic postures and dynamic movements that was introduced by Swami Dharendra Brahmachari. An influential yoga teacher in his own right, Swami Dharendra was a student of Maharishi Kartikeya. He trained the Indian Prime Minister Indira Gandhi and was also invited by USSR to teach yoga to the Soviet Cosmonauts. In fact, he founded the Morarji Desai National Institute of Yoga, which was known as Vishwayatan Yogashram.

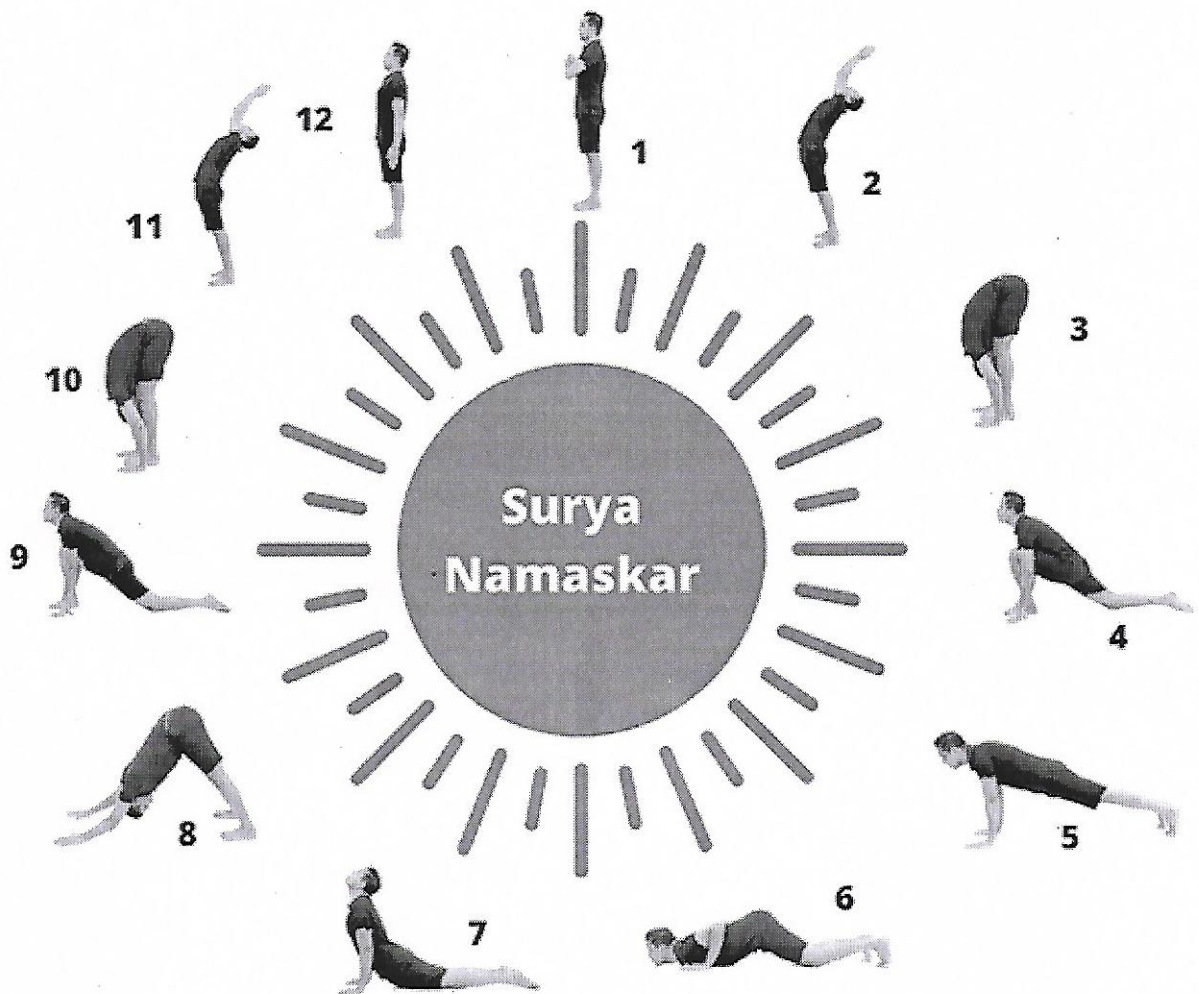


Have you ever had a thought that yoga is just not your cup of tea, as you don't have a flexible body that can fold into a pretzel?

Well, you're not alone.

I have been teaching yoga for many years now. One out of every three of my students and fellow practitioners has expressed their initial disinterest and fear of yoga because they believed they didn't have the flexibility or strength for yoga poses.

### Surya Namaskar :



Definition - What does *Surya Namaskar* mean?

Surya Namaskar is the Sanskrit name for a specific sequence of twelve yoga asana, otherwise known as a Sun Salutation. It is one of the most widely known yoga practices, incorporated into several different traditions such as

Hatha, Vinyasa and Ashtanga. The term is derived from two Sanskrit roots; surya, meaning "sun" and namaskar meaning "greetings" or 'salutations'".

Traditionally, the practice of Surya Namaskar was used as a means of paying respect to the sun. In Indian culture from which the practice came, the sun is regarded as the source of all life, and it is therefore of great importance.

## Yogic Vyayam (Yogic Exercises)

There are two types of yogic vyayam - suksham vyayam and sthula vyayam.

### 1. Suksham Vyayam :

Suksham Vyayam are very simple exercises that work on very subtle level focussing on group of small joints, muscles, tendons, ligaments. These can be done with very little effort but have a very beneficial effect on the systems of the body. Persons of all ages and even physically weaker persons can perform these exercises. You do not need to do all these 48 exercises in a single, instead you can spread these 48 exercises to 6 days to arrive at an average of 8-10 exercises per day.

### 2. Sthula Vyayam :

Whereas Sthula vyayam are exercises which are more strenuous than suksham vyayam and require considerable physical effort to be performed. Suksham Vyayam strengthens works on all systems internally whereas Sthula Vyayam are performed for muscular development and building up the physique. These exercises can be called high intensity interval exercises as these exercises require strong muscular efforts and so should be done by weak persons or old age persons with due care.

## Unit -III

### The meaning of Soham

Soham means 'I am That!'. This meaning is reiterated in the Vedas, Upanishads, Tantras and other scriptures. But who is referred to as 'That'? 'That' is the Cosmic Divine, the effulgent Brahman, the Supreme Self/Spirit!

So, Soham meditation/ Ajapa Japa/Hamsa Yoga is a self-assertion that says 'I am the Divine'! Meaning, the God that I seek outside, is already within me. And one of the most important benefits of Soham mantra is that it can root you to the present moment like no other mantra/meditation. Therefore,

Soham simply means centering our attention on the 'So...' sound of inhalation and the 'Ham' sound of exhalation

### Definition - What does *Pranava* mean?

Pranava means "cosmic sound" in Sanskrit. It is the name for the mantra, Om (or Aum). It is an important symbol in yoga, Hinduism, Buddhism and Jainism. Meditating on pranava leads to liberation because it brings about unity with Brahman, the Absolute Truth.

Pranava yoga is a technique for meditation which is considered by many to be one of the classical forms of meditation. It is described in the Upanishads and the Bhagavad Gita, as well as Patanjali's Yoga Sutras. To perform Pranava yoga is to focus the mind on the mantra, Om, and to contemplate its sacred nature, repeating the mantra with each breath. It is also sometimes called Om meditation.

### What is meant by Japa yoga?



'Japa' literally means "muttering" in Sanskrit. This "muttering" refers to the reciting of mantras, which have been an important aspect of yoga practice since Vedic times. Japa Yoga practitioners repeat a mantra (a sound or word or group of words) to calm the mind, and as a path to transformation.

### Yogapedia explains *Yoga Nidra* :

watch their Yoga nidra was practiced by ancient sages so they could consciously samskaras, or the "impressions of the mind." They could also purify their samskaras in order to come closer to liberation, or moksha.

The practice of yoga nidra not only involves pratyahara, but also requires pranayama (breathing techniques) and dharana ("concentration"), which are the fourth and sixth limbs of Ashtanga yoga.

Yoga nidra offers other amazing health benefits, as well, including:

- Calms the mind
- Relaxes and rejuvenates the body
- Soothes the nervous system
- Reduces fatigue
- Lowers high cholesterol and blood pressure levels
- Strengthens immunity
- Improves quality of sleep
- Treats depression
- Reduces pain
- Boosts concentration level
- Supports brain function and boosts creativity

## What is a Chakra?

In the context of spiritual disciplines such as yoga, the chakras are considered to be wheel-like energy centers that are not physically discernable but belong to the subtle spiritual body and connect it to the material one. The 7 main chakras are situated along the spine from the sacrum at the bottom up to the crown at the top of the head.

## What are the 7 Main Chakras?

### 1. The Root Chakra :

The root chakra, or Muladhara in Sanskrit, is located at the base of the spine. It governs the way we connect to the outside world and oversees our basic needs for stability, food and shelter. It is associated with the color red and the earth element.

### The Sacral Chakra :

Svadhithana, the sacral chakra, is located below the navel. This chakra is intimately linked to our sexuality and creative process. Its energy encourages us to explore the world and use our creativity to find artistic outlets and adapt to change. Its base color is orange and its element is water.

## The Heart ChakraThe Solar Plexus Chakra :

The Sanskrit name Manipura means City of Jewels. This chakra is located between the rib cage and the navel. It is believed to be a source of personal agency and self-esteem in that it translates our desires into action. Physically, it helps regulate digestion. Its color is yellow and it is associated with the fire element.

Anahata, the heart chakra, means "unstuck" in Sanskrit. This chakra lies at the middle of your cardiovascular system and is connected to organs such as the heart and lungs. The heart chakra is associated with a person's emotional profile, such as their natural generosity and ability to appreciate compassion and connectedness. Its color is green and its element is air.

## The Throat Chakra :

Vishuddha, the throat chakra, governs the neck, mouth, tongue and other physical elements of the throat area. It regulates how we communicate and allows us to express ourselves skillfully. Confidence and understanding are related to this chakra. Its color is blue and its element is ether.

## The Third Eye Chakra :

Ajna is located behind the forehead, at the level of the space between the eyebrows. The "third eye" chakra governs intuition and insight, especially at spiritual levels. A receptive and balanced ajna chakra empowers us to notice interconnections that exist in this world and beyond. Its color is indigo and its element is light.

## The Crown Chakra :

Sahasrara, the crown chakra, is situated at the top of the head. Also known as the "thousand petal lotus" chakra, it is considered to be the most spiritual of the core chakras as it governs spiritual consciousness and the potential for awakening to the dimension of the divine. Its color is purple (or white) and it embodies the spirit.

Definition - What does *Ajapa* mean?



Ajapa is the name given to a meditation technique that focuses on the natural sound of the breath. The meditation practice of ajapa is regarded by many to be a type of yoga in and of itself: Ajapa yoga.

Ajapa comes from a, meaning "not," and japa, meaning "repeated." Thus, ajapa literally means "not repeated." In this context, japa refers to the effortful repetition of a sound, so ajapa means an effortless repeated sound, such as that created by the natural breath.

With practice, controlling the sound of the breath through Ajapa yoga is believed to induce feelings of compassion, peace and kindness. It is also said to help the yogi find a greater self-awareness and understanding of the universe.

explains *Ajapa*:

Ancient rishis who studied the breath found it to have four natural sounds:

- A - an inhalation through the mouth
- Ha - an exhalation through the mouth
- U - an inhalation through the nose
- Hum - an exhalation through the nose

The rishis noticed that when the breath becomes more labored through physical activity or strong emotions, the additional "H" sound of the exhalation is intensified. This "H" sound is thought to create a downward force from the throat, which dilutes pranic energy. Conversely, when the breathing is calm, the "H" sound is reduced and the pranic energy is retained, promoting feelings of greater peace and relaxation. Therefore, Ajapa yoga encourages the practitioner to dissipate and reduce the "H" sound of the exhalation.

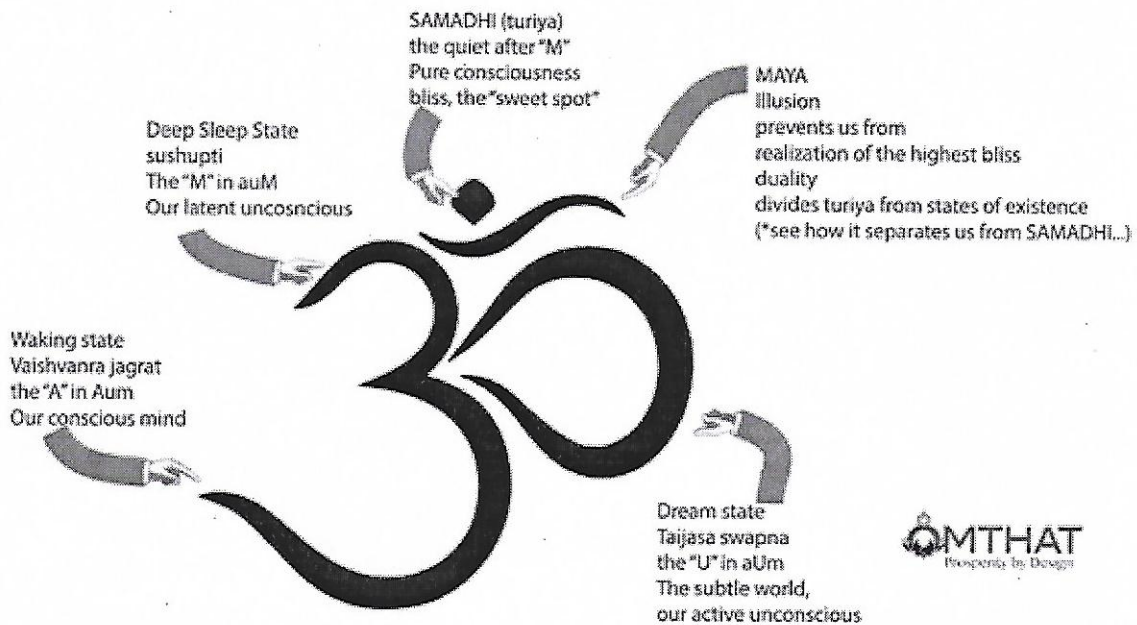
**AUM Meditation:**

Chanting Om or Aum is a sacred practice that helps our mind and body to energize. Sound of Om is considered sacred in Hinduism, Buddhism, Sikhism, and Jainism. It is called the first sound of the universe. According to the Hindu sculptures, Om connects all living beings to nature and the universe.

# AUM

Otherwise known as the  
Mandukya Upanishad

A little symbol with a whole lotta AUM!



 **OMTHAT**  
Prosperity by Design

## Unit-IV

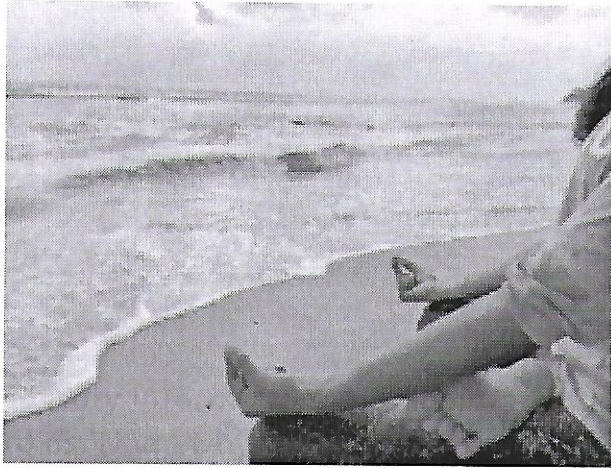
### The Meaning of Om:

According to the *Yoga Sutras* of Patañjali, om is the origin seed, or *Bija*, from which all other sounds and words come. This basic seed word is chanted in yoga classes here in the West to tune into the higher self, connect to the universe, and deepen meditation.

#### ➤ Nadanusandhana:

Nadanusandhana is a meditation technique that requires the practitioner to fixate their attention and contemplate upon an inner sound produced by chanting. This isn't just any sound, but the sound of 'Om', which is the primordial sound of the universe and comprises three separate sounds: A, U and M, also referred to as A-kara, U-kara and M-kara, which are meditated upon separately. During this practice, the mind is directed inwards and withdrawn from externally received

sensory information. As such, Nadanusandhana is sometimes referred to as 'Nada Dhyana' (meditating on sound) or 'the yoga of inner sound'. In the Hatha yoga system it is said that it helps the practitioner to attain the knowledge of ultimate truth.



### How to practice Nadanusandhana:

1. Sit in any meditative position and adopt Cin Mudra ( Pic-A)
2. Take a couple of breaths to centre yourself and draw the attention inwards.
3. A-kara chanting
  - 3.1 Slowly inhale to fill the lungs completely, and begin to chant A-kara in a low voice (just the 'AAA' sound).
  - 3.2 Notice how the sound reverberates in the abdomen.
  - 3.3 Repeat 9 times.
4. U-kara chanting
  - 4.1 With Chinmaya Mudra ( pic-B ), Slowly inhale to fill the lungs and completely, and begin to chant 'UUU' in a low pitch.
  - 4.2 Notice how the sound reverberates in the chest and middle part of the body.
  - 4.3 Repeat 9 times.
5. M-kara chanting
  - 5.1 With Aadi Mudra ( Pic-C ), Slowly inhale to fill the lungs and completely, and begin to chant 'MMM' in a low pitch.
  - 5.2 Notice how the sound resonates in the throat and head region.
  - 5.3 Repeat 9 times.

## 6. AUM chanting

6.1 Inhale slowly and completely fill the lungs.

6.2 Adopt Brahma mudra ( Pic-D ) (thumb inside the fist) and exhale to chant AUM in a low voice.

6.3 Feel the sound resonate throughout the body.

6.4 Repeat nine times.

7. To close the practice, take another few deep breaths becoming aware of any sensations in the body and observe your emotional state.

## Cyclic Meditation:

**Study Objective:** To study the effect of Cyclic meditation (CM) on the quality of sleep for people with anxiety and high work related stress among adults.

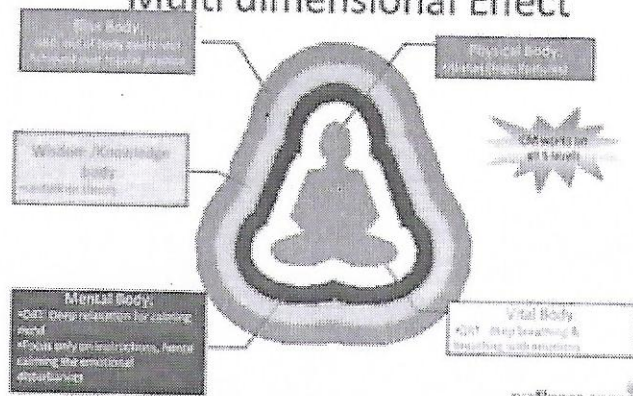
**Primary Hypothesis:** CM may improve the quality of sleep for people with anxiety neurosis and high work related stress.

**Secondary hypothesis:** Regular practice of CM reduces the risk of hypertension, better control of blood sugar levels in those with diabetics and improves overall medicine and symptom scores for people with minor health conditions.

**Subjects:** Normal healthy volunteers with a age range 30-65 and patients with anxiety issues, Insomnia, Snoring, Sleep apnea, Hypertension, Diabetes mellitus type II and such other metabolic disorders) would be recruited from the community.

**Intervention:** A 4-week, daily practice of a given session of recorded CM practice session. Volunteers will undergo training and practice of CM at their respective homes for a period of 4 weeks. They will also attend one yoga class per week conducted by a Yoga Bharati certified yoga teacher.

# Cyclic Meditation & Multi dimensional Effect



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Vuyyuru-521165, Krishna District, Andhra Pradesh

certificate **Course**

**Title: Yoga Meditation**

**Test Exercise:**

1. Which state of our consciousness corresponds to deep sleep?
2. Five types of yama ?
3. Which one is not a part of sukshma vyayama?
4. The word of "Nadi" is derived from the word?
5. During yoga breathing should be?
6. What are the five elements in yoga?
7. Yoga is not related to samkhya?
8. Pranayam is cutting doen the speed of?
9. What is not way to awaken kundalini, according to the hatha yoga?
10. Guru is one who dispels?

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Vuyyuru-521165, Krishna District, Andhra Pradesh

## Certificate Course **Title: Yoga Meditation**

### **Key:**

1. Sushupti
2. Ahimsa, Asteya, Satya, Brahmacharya, Asana
3. Tongue
4. Nad
5. Deep
6. Earth, water, Fire, Air, Akash
7. False
8. Inhalation-Exhalation
9. Samaved
10. Haziness of love

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6	730	T. Lavanya	48
7	746	E. pavan	40
8	801	M. Revathi	28
9	802	K. S. Navani	40
10	803	J. G. Pra Sanna Kumari	32
11	804	P. Dharami	38
12	807	B. Bhagya Sri	41
13	808	Sd. Afrin	33
14	809	Ch. Anjali	41

15

814. Ch. Deepthi

*D. Sankar*

Principal's  
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 Meditation**  
**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) ✓

K. Dinesh  
(H Mces)

*A. Sankar*  
Principal's  
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 Meditation**  
**Feed Back Form**

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(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)

K. Sudheer  
(II B.Sc EM)

D. Sankar  
Principal's  
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 Meditation**  
**Feed Back Form**

1. Is the programme interested to you (Yes/No) ✓
2. Have you attended all the session (Yes/No) ✓
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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. Anjali  
(II B. Com (Com))

Principal's  
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 Meditation**  
**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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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) ✓

*D. Saleem*  
Principal's  
Signature

*[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: B.A, B.Com, B.Sc . Year: 2019-2020

Department of: Telugu

Paper: yoga Meditation

Lecturer: M.C.S. - Cumari

Sl. No	Roll No	Student Name	Category	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Total
1	402	G. Bala Amaresh		P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	14
2	403	K. Sudheer		P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	13
3	405	K. Kalpana		P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	12
4	407	M. Maheswari		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
5	408	T. Vasa Lakshmi		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	14
6	410	J. Priyanka		P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	13
7	413	M. Akhil		P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	14
8	420	M.R. Reethika		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	14
9	424	B. Soukalya		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
10	707	A. Bhavya Sou		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	14
11	708	S. Sandeep		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	14
12	709	K. Dinesh		P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	14
13	710	J. Gowtham		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
14	711	S. Kusuma		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	15
15	712	P. Pranadeep		P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	13
16	715	V.V. Veera Sai		P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	12
17	719	K. Dinesh		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	13
18	723	T. Akanksha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
19	724	T. Anusha		P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	13
20	728	K. Durga Prasad		P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	12
21	730	K. Lavanya		P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	13
22	744	E. Pavani		P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	14
23	801	M. Revathi		P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	13
24	802	K. Sravani		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
25	803	J.G. Prasanna Kumari		P	A	P	P	P	A	P	P	A	P	P	P	P	P	P	12
26	804	P. Dharam		P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	13
27	807	B. Bhavya Sou		P	P	A	P	A	P	P	P	A	P	P	A	P	P	P	11
28	808	Sd. Afreen		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
29	809	Ch. Anjali		P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	13
30	814	Ch. Deepthi		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	14

*S. Sankar*  
Principal's  
Signature

HOD *[Signature]*  
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 : 2019-2020 .

Department of: Telugu .

Paper : yoga Meditation Lecturer : M. V. S. - Cumari

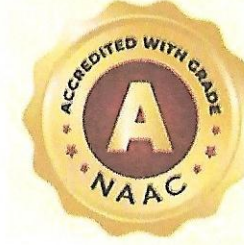
Sl. No	Roll No	Student Name	Category																Total
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
1	402	G. Bala Amaresh		P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	12
2	403	K. Sudheer		P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	12
3	405	K. Kalpana		P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	13
4	407	M. Maheswari		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	14
5	408	T. Vora Lakshani		P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	13
6	410	J. Priyanka		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
7	413	M. Akhil		P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	13
8	420	M. R. Reethika		P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	13
9	424	B. Sri Kala		P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	14
10	707	A. Bhavya Sri		P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	12
11	708	S. Sandeep		P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	13
12	709	K. Dinesh		P	P	P	A	P	P	P	A	P	P	A	P	A	P	P	11
13	710	J. Gowtham		P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	13
14	711	J. Kusuma		P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	12
15	712	P. Prasad Deep.		P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	12
16	715	V. N. Vora Sai		P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	12
17	719	K. Dinesh		P	P	P	P	A	P	A	A	P	P	P	P	P	P	P	12
18	723	T. Akanksha		P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	11
19	724	T. Anusha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	15
20	728	K. Durga Prasad		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	13
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22	744	E. Pavani		P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	13
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26	804	P. Dharami		P	P	P	P	P	A	P	P	A	P	P	P	A	P	P	12
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29	809	Ch. Anjali		P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	13
30	814	Ch. Deepthi		P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	14

*S. Sankar*  
Principal's 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/MEDITATION**

**CERTIFICATE**

This is to Certify that. **M.AKHIL** Son/Daughter of Shri/Smt **M.SRINIVASA RAO**

has Successfully completed value added course in **YOGA/MEDITATION**

Conducted by the Department of Telugu from 20-11-2019 to 07-01-2020 We wish him her bright future

*M.C.S. Sreenivasulu Reddy*  
**Co-ordinator**

*[Signature]*  
**Head of Department**

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