

Sree Narayana College Chengannur, Alappuzha

(Affiliated to University of Kerala NAAC accredited with 'B' Grade)

DEPARTMENT OF PHYSICAL EDUCATION



Certificate Course on "Fundamentals of Yoga"

Course Details

- The course is opened to all PG & UG students
- Course duration: 30 Hrs.
- Course fee : NIL
- Assessment: Assignment and MCQ
- Starts on November 2019



FINANCING COMMITTEE

- M. VELLAPPALLY NADESAN (PATRON)
- M. S. LATHA (PRINCIPAL IN CHARGE)
- M. VENUSHEQAB COORDINATOR

For further Details :Dr. Shereen K (Course Coordinator)
Assistant Professor
Department of Physical Education
S.N.College Chengannur
Contact No.9447075311

Latha
PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR

SREE NARAYANA COLLEGE, CHENGANNUR

MINUTES OF THE MEETING OF BOARD OF STUDIES on 17/09/19

ATTENDEES:-

- Dr. M S Latha (Principal In Charge)
- Smt. Shereen K
- Dr. K Sreelatha (Head, Department of Physics)
- Dr. Venu S (Head, Department of Chemistry)

Venue:-Principal's Chamber

Agenda:- Review of Certificate Course proposal

Minutes

1. Revised the certificate course proposal submitted by Physical Education SN College Chengannur
2. Approved the syllabus and proposal of the certificate course on " Fundamentals of Yoga"



Latha
PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR

SREE NARAYANA COLLEGE CHENGANNUR

DEPARTMENT OF PHYSICAL EDUCATION

Certificate Course on " Fundamentals of Yoga "

Module -1 (6hrs)

Human anatomy and Physiology:

- Respiratory system
- Nervous system
- Digestive system
- Endocrine system

Module-2 (6hrs)

Philosophy of Yoga:

- History of yoga
- Types of yoga
- Limbs of yoga
- Importance of yoga

Module-3 (6hrs)

Practice and techniques:

- Asanas
- Pranayama

Module- 4 (6hrs)

Modern Trends:

- Different trends of yoga
- Power yoga
- Acrobatic yoga

Module - 5 (6hrs)

Practice of different Asanas



J. Latha
SREE NARAYANA COLLEGE
CHENGANNUR

SREE NARAYANA COLLEGE CHENGANNUR

DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE ON "FUNDAMENALS OF YOGA " (2019-20)

| SL.NO. | Name | Candidate code | Name of the programme | Signature |
|--------|-----------------|----------------|-----------------------|------------------------|
| 1 | Abhijith S | 15019128001 | B.A. Economics | <u>Abhijith S</u> |
| 2 | Shinu Sebastian | 15019128017 | B.A. Economics | <u>Shinu</u> |
| 3 | Vijayalekshmi.G | 15019128019 | B.A. Economics | <u>Vijayalekshmi.G</u> |
| 4 | Aparna pramod | 15019128030 | B.A. Economics | <u>Aparna</u> |
| 5 | Archana R | 15019128032 | B.A. Economics | <u>Archana R</u> |
| 6 | JYOTHY. L | 15019128041 | B.A. Economics | <u>Jyothy L</u> |
| 7 | Meenakshi.s | 15019128045 | B.A. Economics | <u>Meenakshi.s</u> |
| 8 | Ramsi Rahim | 15019128053 | B.A. Economics | <u>Ramsi</u> |
| 9 | Sandra Biju | 15019128056 | B.A. Economics | <u>Sandra Biju</u> |
| 10 | Sangeetha S | 15019128057 | B.A. Economics | <u>Sangeetha S</u> |
| 11 | Vishnu mohan | 15019128065 | B.A. Economics | <u>Vishnu mohan</u> |
| 12 | Ananthu A | 15919128005 | B.Com | <u>Ananthu A</u> |



| | | | | |
|----|--------------------|-------------|---------------------|---------------------------|
| 13 | Aswin s | 15919128010 | B.Com | <u>Aswin</u> |
| 14 | Athira v kumar | 15919128013 | B.Com | <u>Athira</u> |
| 15 | Shalu. S | 15919128020 | B.Com | <u>Shalu S</u> |
| 16 | Vivid v das | 15919128022 | B.Com | <u>Vidas</u> |
| 17 | Anandhu Anand | 15919128027 | B.Com | <u>Anandhu</u> |
| 18 | Christo Binu | 15919128031 | B.Com | <u>Christo</u> |
| 19 | Nikhil Aravind | 15919128037 | B.Com | <u>Nikhil</u> |
| 20 | Sajan S Lawrence | 22019128002 | B.Sc Mathematics | <u>Sajan S</u> |
| 21 | Akhila Ajayakumar | 22019128004 | B.Sc Mathematics | <u>Akhila</u> |
| 22 | Aparna j | 22019128006 | B.Sc Mathematics | <u>Aparna</u> |
| 23 | Arathy.s | 22019128007 | B.Sc Mathematics | <u>Arathy</u> |
| 24 | Aswin sp | 23019128001 | B.Sc Physics | <u>Aswin sp</u> |
| 25 | Anu Madhu | 23019128006 | B.Sc Physics | <u>Anu Madhu</u> |
| 26 | Aswin sivanandan | 23019128009 | B.Sc Physics | <u>Aswin Sivanandan</u> |
| 27 | Sreeraj. R | 23019128013 | B.Sc Physics | <u>Sreeraj</u> |
| 28 | Amal chandran | 23519128008 | B.Sc Chemistry | <u>Amal</u> |
| 29 | Aswana AS | 23519128009 | B.Sc Chemistry | <u>Aswana</u> |
| 30 | Aswin. K. A | 23519128012 | B.Sc Chemistry | <u>Aswin K A</u> |
| 31 | Amrutha T | 23519128001 | BSc Chemistry | <u>Amrutha T</u> |
| 32 | Arya Kalesh | 23519128002 | BSc Chemistry | <u>Arya</u> |
| 33 | Aswathi D.Chandran | 23519128003 | BSc Chemistry | <u>Aswathi D Chandran</u> |
| 34 | Haripriya .S | 23519128004 | BSc Chemistry | <u>Haripriya</u> |



| | | | | |
|----|---------------------|-------------|---------------|-------------------------|
| 35 | Jikku Biju | 23519128005 | BSc Chemistry | <u>Jikku Biju</u> |
| 36 | Lekshmi. M | 23519128006 | BSc Chemistry | <u>Lekshmi M</u> |
| 37 | Shibinsa S | 23519128007 | BSc Chemistry | <u>Shibinsa S</u> |
| 38 | Aswathy Pushparagan | 23519128010 | BSc Chemistry | <u>Aswathy P</u> |
| 39 | Aswathy S | 23519128011 | BSc Chemistry | <u>Aswathy S</u> |
| 40 | Athira. B | 23519128013 | BSc Chemistry | <u>Athira B</u> |
| 41 | Munnu. R | 23519128014 | BSc Chemistry | <u>Munnu R</u> |
| 42 | Pooja. S | 23519128015 | BSc Chemistry | <u>Pooja S</u> |
| 43 | Reshma R | 23519128016 | BSc Chemistry | <u>Reshma R</u> |
| 44 | Saranya. M | 23519128017 | BSc Chemistry | <u>Saranya M</u> |
| 45 | Shameema S | 23519128018 | BSc Chemistry | <u>Shameema S</u> |
| 46 | Sona S | 23519128019 | BSc Chemistry | <u>Sona S</u> |
| 47 | Sreelekshmi Saji | 23519128020 | BSc Chemistry | <u>Sreelekshmi Saji</u> |
| 48 | Varsha Prasannan | 23519128021 | BSc Chemistry | <u>Varsha P</u> |
| 49 | Aiswarya S | 63518128001 | MSc Chemistry | <u>Aiswarya S</u> |
| 50 | Ajil.S.T | 63518128002 | MSc Chemistry | <u>Ajil S.T</u> |
| 51 | Anjana Raj T | 63518128003 | MSc Chemistry | <u>Anjana R</u> |
| 52 | Arya Babu | 63518128004 | MSc Chemistry | <u>Arya Babu</u> |
| 53 | Athira A | 63518128005 | MSc Chemistry | <u>Athira A</u> |
| 54 | Athulya A | 63518128006 | MSc Chemistry | <u>Athulya A</u> |
| 55 | Gopika G Krishnan | 63518128007 | MSc Chemistry | <u>Gopika G</u> |
| 56 | Gopika Sathyan K S | 63518128008 | MSc Chemistry | <u>Gopika S</u> |
| 57 | Karishma H | 63518128009 | MSc Chemistry | <u>Karishma H</u> |
| 58 | Midhila P | 63518128010 | MSc Chemistry | <u>Midhila P</u> |



| | | | | |
|----|-------------------|-------------|---------------|----------------------|
| 59 | Reshma Pushkaran | 63518128011 | MSc Chemistry | <u>Reshma</u> |
| 60 | Revathy Krishnan | 63518128012 | MSc Chemistry | <u>Revathy K</u> |
| 61 | Revathy Venugopal | 63518128013 | MSc Chemistry | <u>Revathy</u> |
| 62 | Sneha Haridas | 63518128014 | MSc Chemistry | <u>Sneha Haridas</u> |
| 63 | Vishnupriya MB | 63518128015 | MSc Chemistry | <u>Vishnupriya</u> |



Latha

PRINCIPAL
SREE NARAYANA COLLEGE,
CHENGANNUR

1. _____
2. _____
3. _____
4. _____
5. _____

Working Days Present Absent Leave taken

Remarks

| No | NAME | Designation | 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 | 31 | Working Days Present | Absent | Leave taken | Remarks | | | |
|----|----------------------|-------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----------------------|--------|-------------|---------|------------|-------------------|----------------------|
| 1 | Abhishek S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Abhishek S | | |
| 2 | Shiva Subramaniam | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Shiva Subramaniam | |
| 3 | Vijayalakshmi | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Vijayalakshmi | |
| 4 | Rishika Prasad | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Rishika Prasad | |
| 5 | Archana K | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Archana K | |
| 6 | Jyoti L | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Jyoti L | |
| 7 | Meenakshi S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Meenakshi S |
| 8 | Ravi Kishore | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Ravi Kishore |
| 9 | Sandhya Biju | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Sandhya Biju |
| 10 | Saravathi S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Saravathi S |
| 11 | Vishnu Mohan | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Vishnu Mohan |
| 12 | Aravitha A | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aravitha A |
| 13 | Arun S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Arun S |
| 14 | Aravind Kumar | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aravind Kumar |
| 15 | Shalu S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Shalu S |
| 16 | Vivid V Das | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Vivid V Das |
| 17 | Aradhya Aravitha | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya Aravitha |
| 18 | Christa Ravi | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Christa Ravi |
| 19 | Nikhil Prasad | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Nikhil Prasad |
| 20 | Sajan S Lawrence | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Sajan S Lawrence |
| 21 | Aradhya Aravitha | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya Aravitha |
| 22 | Aradhya S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya S |
| 23 | Aradhya S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya S |
| 24 | Ravi S P | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Ravi S P |
| 25 | Anu Aradhya | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Anu Aradhya |
| 26 | Aradhya Sravan Kumar | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya Sravan Kumar |
| 27 | Aradhya K | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya K |
| 28 | Aradhya Chandan | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya Chandan |
| 29 | Aradhya A S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya A S |
| 30 | Aradhya K P | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya K P |
| 31 | Aradhya T | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya T |
| 32 | Aradhya Kalashy | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya Kalashy |
| 33 | Aradhya D Chandan | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya D Chandan |
| 34 | Aradhya S | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Aradhya S |
| 35 | Jyoti Biju | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Jyoti Biju |
| 36 | Lekshmi M | | X | X | X | X | | | X | X | X | X | X | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | | | | Lekshmi M |

SREE NARAYANA COLLEGE ,CHENGANNUR
DEPARTMENT OF PHYSICAL EDUCATION
CERTIFICATE COURSE ON FUNDAMENTALS OF YOGA

Certificate

This is to certify
that.....has
successfully completed the course conducted by the Department o
Physical Education on the month November 2019.

Shereen.K
Head of the Department



M.S.Latha
Principal