

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. VENI S. HEAC (COORDINATOR)

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

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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"



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

SL.NO.	Name	Candidate code	Name of the programme
1	Abhijith S	15019128001	B.A. Economics
2	Shinu Sebastian	15019128017	B.A. Economics
3	Vijayalekshmi.G	15019128019	B.A. Economics
4	Aparna pramod	15019128030	B.A. Economics
5	Archana R	15019128032	B.A. Economics
6	JYOTHY. L	15019128041	B.A. Economics
7	Meenakshi.s	15019128045	B.A. Economics
8	Ramsi Rahim	15019128053	B.A. Economics
9	Sandra Biju	15019128056	B.A. Economics
10	Sangeetha S	15019128057	B.A. Economics
11	Vishnu mohan	15019128065	B.A. Economics
12	Ananthu A	15919128005	B.Com
13	Aswin s	15919128010	B.Com
14	Athira v kumar	15919128013	B.Com
15	Shalu. S	15919128020	B.Com
16	Vivid v das	15919128022	B.Com
17	Anandhu Anand	15919128027	B.Com
18	Christo Binu	15919128031	B.Com
19	Nikhil Aravind	15919128037	B.Com



20	Sajan S Lawrence	22019128002	B.Sc Mathematics
21	Akhila Ajayakumar	22019128004	B.Sc Mathematics
22	Aparna J	22019128006	B.Sc Mathematics
23	Arathy s	22019128007	B.Sc Mathematics
24	Aswin sp	23019128001	B.Sc Physics
25	Anu Madhu	23019128006	B.Sc Physics
26	Aswin sivanandan	23019128009	B.Sc Physics
27	Sreeraj. R	23019128013	B.Sc Physics
28	Amal chandran	23519128008	B.Sc Chemistry
29	Aswana AS	23519128009	B.Sc Chemistry
30	Aswin. K. A	23519128012	B.Sc Chemistry
31	Amrutha T	23519128001	BSc Chemistry
32	Arya Kalesh	23519128002	BSc Chemistry
33	Aswathi D.Chandran	23519128003	BSc Chemistry
34	Haripriya .S	23519128004	BSc Chemistry
35	Jikku Biju	23519128005	BSc Chemistry
36	Lekshmi. M	23519128006	BSc Chemistry
37	Shibinsa S	23519128007	BSc Chemistry
38	Aswathy Pushparajan	23519128010	BSc Chemistry
39	Aswathy S	23519128011	BSc Chemistry
40	Athira. B	23519128013	BSc Chemistry
41	Munnu .R	23519128014	BSc Chemistry
42	Pooja. S	23519128015	BSc Chemistry
43	Reshma R	23519128016	BSc Chemistry
44	Saranya. M	23519128017	BSc Chemistry



45	Shameema.S	23519128018	BSc Chemistry
46	Sona.S	23519128019	BSc Chemistry
47	Sreelekshmi Saji	23519128020	BSc Chemistry
48	Varsha Prasannan	23519128021	BSc Chemistry
49	Aiswarya.S	63518128001	MSc Chemistry
50	Ajil.S.T	63518128002	MSc Chemistry
51	Anjana Raj T	63518128003	MSc Chemistry
52	Arya Babu	63518128004	MSc Chemistry
53	Athira A	63518128005	MSc Chemistry
54	Athulya A	63518128006	MSc Chemistry
55	Gopika G Krishnan	63518128007	MSc Chemistry
56	Gopika Sathyan K S	63518128008	MSc Chemistry
57	Karishma H	63518128009	MSc Chemistry
58	Midhila P	63518128010	MSc Chemistry
59	Reshma Pushkaran	63518128011	MSc Chemistry
60	Revathy Krishnan	63518128012	MSc Chemistry
61	Revathy Venugopal	63518128013	MSc Chemistry
62	Sneha Haridas	63518128014	MSc Chemistry
63	Vishnupriya M B	63518128015	MSc Chemistry



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