

**PVKNGOVT.COLLEGE(A)  
CHITTOOR**

**Department of Physical Education**



**Certificate Course  
2022-23**

# CERTIFICATE COURSE

## Ashtanga Yoga



Department of Physical Education  
P.V.K.N. Govt. College(A), Chittoor



## AGENDA

1. Approval of course structure for Diploma in Yoga 2022-23
2. Approval Certificate course for Diploma in Yoga, Semester 1 and 2 syllabus
3. Approval for Foundation course - Fundamentals of Yoga for PG 1<sup>st</sup> year students.
4. Other academic and extra-curricular activities of the department
5. Any other proposal with the permission of the chair

S.No	Category	Name & Designation of the Persons	Chairperson/ Member
1.	Course Coordinator	<b>Dr.Mohano Behara</b> Course coordinator, Lecturer in Botany, PVKN Govt College (A), Chittoor. E-mail: <a href="mailto:mohanbehara2020@gmail.com">mohanbehara2020@gmail.com</a>	<b>Chair Person</b>  70131 05563

2.	The entire faculty of each specialization of the college	<p><b>1. Sri. Allu Ramesh,</b> Lecturer in Chemistry.</p> <p><b>2. Smt. M. Hemalatha,</b> Lecturer in Botany</p> <p><b>3. Dr. A. Sasikala</b> Lecturer in Botany</p>	<p><b>Members</b></p> <p>9182320973</p> <p>9492072344</p> <p>9440034218</p>
3.	Two Experts in the subject from outside the parent University to be nominated by the Academic Council	<p><b>1. Dr. D. Jyothi</b> HOD Department of Sankhya, National Sanskrit University, Tirupati E-mail: <a href="mailto:daddalajyothi@gmail.com">daddalajyothi@gmail.com</a></p> <p><b>2. Sri. S. Sreenivasulu Naidu</b> Founder Secretary Yoga Association of Chittoor District E-mail: <a href="mailto:ssnaidu.tpt@gmail.com">ssnaidu.tpt@gmail.com</a></p> <p><b>3. Dr. Koduru Balasubramanyam</b> Chairman, Elite Hospitals, Tirupati E-mail: <a href="mailto:koduru.bsm@gmail.com">koduru.bsm@gmail.com</a></p> <p><b>4. Dr. M. Gayatri,</b> Ayurveda Doctor, Apollo Hospital, Aragonda. Email. <a href="mailto:molagamudigayatri@gmail.com">molagamudigayatri@gmail.com</a></p>	<p><b>Member</b></p> <p>9399928810</p> <p><b>Member</b></p> <p>9441555990</p> <p><b>Member</b></p> <p>9346777777</p> <p><b>Member</b></p> <p>9000275852</p>
4.		<a href="#">Mr. Yanamala Sivakumar</a>	<b>Member</b>

	One meritorious alumnus to be nominated by the Principal	E-mail: <a href="mailto:sivaamvi@gmail.com">sivaamvi@gmail.com</a>	9014188891
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**Diploma In Yoga Course  
( One year duration)  
Information & syllabus**

**Objectives:**

The purpose of the Diploma in Yoga course is

(a) to provide the necessary knowledge of the theory and practice of yoga so that the practitioners learn to practice and also to teach yoga to all age groups for promoting their health and effectiveness.

(b) to give them a basic understanding of human anatomy and physiology, Indian philosophy, and Classical Yoga texts relevant to the theory and practice of yoga to help them gain the theoretical and scientific perspective on yoga. Successful completion of the course will enable the students to teach Hatha yoga practices and meditation with a secular and scientific orientation.

**Eligibility** The candidates for Diploma in Yoga course shall be required a minimum Intermediate pass or an examination recognized by the Andhra University as equivalent.

**Admission procedure:** By P.V.K.N Govt college(A),Chittoor

**Physical fitness:** The selected candidates must be in good physical and mental health and fit to practice Hatha yoga as certified by a physician.

**Dress:** The students shall be required to wear a suitable dress as designed by the department which will permit them to practice yogic exercises comfortably during practical training.

**Courses of study:** Diploma in Yoga course shall include two theory papers and one practical. The details of theory papers& practical are provided in the syllabus.

**Duration and Instruction:** The course duration shall be Six months. The classes will be conducted from Monday to Saturday with theory and yoga practices. Practical classes for kriyas will be conducted on Saturday morning. The medium of instruction shall be English/Telugu. The method of instruction shall comprise of lectures and demonstration.

**Yoga practice & Yoga Record:** The students shall practice kriyas, asanas, bandhas, pranayama, and meditation during the course on a regular basis. They shall maintain a record consisting of the details of the sequential movements involved in yogic practices. Such a record shall be submitted at the time of the practical examination for evaluation.

**Attendance& Examination:** In view of the special nature of the course it is desirable that the student shall put in at least 80 per cent attendance to appear for the University examination at the end of the course.

**PVKN. GOVERNMENT COLLEGE (AUTONOMOUS), CHITTOOR,  
A.P. DEPARTMENT OF PHYSICAL EDUCATION  
DIPLOMA IN YOGA ACADEMIC YEAR - 2022-2023  
CURRICULUM SEMESTER - 1**

**Paper 1 INTRODUCTION TO YOGA**

**Unit – 1**

Yoga – meaning, definition, aim, objectives, founder, time, etc., with reference from Vedas, Upanishads, puranas, Itihasas, Agamas, Darsanas, etc.

**Unit – 2**

Schools of Yoga Raja yoga Jnana Yoga Karma Yoga Bhakti Yoga

**Unit – 3**

Elementary knowledge of basic yogic texts Patanjali yoga sutras Hathayogapradipika Gherandasamhita

**Unit – 4**

Health management methods in Yoga Yama and Niyamas Shatkriyas Mudras Bandhas Asanas Pranayamas Dhyanam Kundalini yoga

**Unit – 5**

Introduction to Samkhyakarikas of Isvarakrishna Sankhyayoga Bhagavadgita Chapter –12 Sankhya yoga according to bhagavadgita Karma yoga according to Bhagavadgita Dhyana yoga according to Bhagavadgita

**PVKN. GOVERNMENT COLLEGE (AUTONOMOUS),  
CHITTOOR, A.P.  
DEPARTMENT OF PHYSICAL EDUCATION DIPLOMA IN YOGA  
ACADEMIC YEAR - 2022-2023  
CURRICULUM SEMESTER - 1**

**PAPER-2 FUNDAMENTALS OF HUMAN ANATOMY AND PHYSIOLOGY**

**UNIT-1**

Meaning, Definition and importance of Anatomy and Physiology. Cell: Definition, structure and functions

**UNIT-2**

Skeletal System: Bones, in Axial and Appendicular skeleton, structure, functions and types of bones – types of joints – structural and functional classification, movements around joints, effects of Yogic exercise on skeletal system.

**UNIT-3**

Muscular System: Structural and functional classification of muscles, characteristics of muscles, fatigue and performance, palpated muscles around shoulder, elbow, hip and knee joint, Effects of Yogic Exercise on muscular system.

**UNIT-4**

Digestive System: Structure of digestive system, process of digestion: effects of Yoga exercise on digestive system.  
Respiratory System: Structure of human Respiratory system, mechanism of Respiration, Oxygen Debt and Second wind, effects of Yogic exercise on circulatory system.

**UNIT-5**

Excretory system: Structure and functions of Skin and Kidneys, effects of exercise on excretory system. Nervous system Structure and functions of human brain and spinal cord. Endocrine system; effects of Yogic exercises on endocrine system.

**PVKN. GOVERNMENT COLLEGE (AUTONOMOUS) CHITTOOR, A.P.**

**DEPARTMENT OF PHYSICAL EDUCATION DIPLOMA IN YOGA**

**Paper -3 PRINCIPLES OF PSYCHOLOGY**

**UNIT-1**

Introduction to Psychology Importance of Psychology in yoga

**UNIT-2**

Definition of counselling Guidance and Counselling

**UNIT-3**

Concept of counselling Notion and Misconceptions about counselling

**UNIT-4**

Scope of counselling Necessity of counselling Steps in the counselling process Stage-1, Stage-2, Stage-3

**UNIT-5**

Yoga – Personality development Physical, Mental, Emotional, Intellectual, Spiritual Level Personality Development  
Importance of Yoga for the college students.

**PVKN. GOVERNMENT COLLEGE (AUTONOMOUS), CHITTOOR, A.P.**

**DEPARTMENT OF PHYSICAL EDUCATION DIPLOMA IN YOGA**

**SEMESTER - 1**

**METHODOLOGY OF YOGA PRACTICE PAPER-1**

**SURYANAMASKARAS – 12 STEPS STANDING ASANAS**

1. TADASAN
2. PADAMGUSTASANA
3. ARDHA CHAKRASANA
  
4. VRIKSHASANA
5. TRIKONASANA
6. PARSVAKONASANA
7. VEERA BHADRASANA – 1

**SITTING ASANAS**

1. SWASTHIKASANA
2. VAJRASANA
3. USTRASANA
4. SANKASANA
5. BADDAKONASANA (TITILASANA/BUTTERFLY)
6. GOMUKHASANA
7. PADMASANA
8. VAKRASANA
9. JHANUSIRSHASANA
10. POORVOTHANASANA

**SUPINE ASANAS**

1. UTTANA PADASANA ( EKAPADA & DWIPADA )
2. NOUKASANA
3. PAVANAMUKTHASANA
4. VIPARITHAKARANI MUDRASANA
5. SAVASANA

## **PRONE ASANAS**

1. MAKARASANA
2. BHUJANGASANA
3. SALABHASANA

## **KRIYAS**

1. AGNISARADOUTHY
2. JALANETHI

## **BHANDHAS**

1. JALANDHARABHANDHA
2. UDDIYANABHANDHA
3. MULABHANDHA

## **PRANAYAMAS**

1. ANULOMA – VILOMA
2. SURYABHEDANA
3. BRAMARI

**PVKN. GOVERNMENT COLLEGE (AUTONOMOUS), CHITTOOR, A.P.**

**DEPARTMENT OF PHYSICAL EDUCATION**

**DIPLOMA IN YOGA ACADEMIC YEAR - 2022-2023**

**METHODOLOGY OF YOGA PRACTICE PAPER-2**

**SURYANAMASKARAS – 12 STEPS STANDING ASANAS**

1. PADAHASTHASANA
2. UTTHITHA PADAMGUSTASANA
3. ARDHA KATI CHAKRASANA
4. PARIVRUTHA TRIKONASANA
5. PARSVOTTHANASANA
6. VEERABHADRASANA – 2

**SITTING ASANAS**

1. VAJRASANA
2. SUPTHA VAJRASANA
3. SASANKASANA
4. PATCHIMOTTANASANA
5. POORVOTTHANASANA
6. ARDHA MATCHYENDRASANA
7. BADDA PADMASANA
8. AAKARNA DHANURASANA
9. BADDHAKONASANA
10. MARJALASANA

**SUPINE ASANAS**

1. JATARA PARIVRUTTHANASANA
2. SARVANGASANA
3. MATCHYASANA
4. SAVASANA

## PRONE ASANAS

1. SARPASANA
2. DHANURASANA
3. VIPAREETHA NOUKASANA

## KRIYAS

1. KAPALABHATI
2. SUTRANETHI

## MUDRAS

1. CHINMUDRA
2. PRANAMUDRA
3. APANAMUDRA

## PRANAYAMAS

1. NADISUDDI
2. UJJAI
3. SEETHALI

**PVKN. GOVERNMENT COLLEGE (AUTONOMOUS), CHITTOOR, A.P.**

**DEPARTMENT OF PHYSICAL EDUCATION DIPLOMA IN YOGA**

**SEMESTER - II**

**Yoga and Allied Sciences**

**Unit – 1**

Introduction to Ayurveda - Meaning, definition, branches, limitations, historical development, ayurvedic texts and authors.

Unit – 2

Elementary knowledge of Ayurveda - Tridosha, sapthadhathu, trigunas, mahabhutas, dinacharya, ritucharya

Unit – 3

Introduction to naturopathy - Definition, concepts, aims and objectives, naturopathy, and yoga, Concepts of natural diet, fasting, naturopathy diet, eliminative diet, soothing diet, constructive diet.

Unit – 4

Mud bath, mud pack, steam bath, sun bath, heat jet, spray massage.

Unit – 5

Introduction to Psychology, Definition of counselling, Scope of counselling, Necessity of counselling

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## Yoga Therapy

### **UNIT-1**

Introduction to yoga therapy - Definitions, concepts, aims and objectives, nature, need, scope, Differences between yoga therapy and exercise therapy

### UNIT-2

Principles of yoga therapy, Panchakosha, role of yogic exercises in yoga therapy

### **UNIT-3**

Meaning of hypertension, stress, and heart disease - Assessment, clinical history, causes, treatment through yoga for hypertension, stress and heart diseases. contraindications of yogic therapy.

### **UNIT-4**

Meaning of metabolic disorders (diabetes, obesity and thyroid) - Assessment, clinical history, causes, Treatment through yoga for metabolic disorders, contraindications of yogic therapy

### **UNIT-5**

Chronic complaints amenable to yoga therapy - Asthma, arthritis, back pain, menstrual disorders, piles, acidosis, anemia, duodenal ulcer, hernia, paralysis, tonsillitis, wet dreams

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## **SURYANAMASKARAS – 9 STEPS**

### **STANDING ASANAS**

1. TADASANA
2. GARUDASANA
3. UTTKATASANA
4. PRASARITHA PADOTTANASANA

### **SITTING ASANAS**

1. SWASTHIKASANA
2. UPAVISTAKONASANA
3. BADDAKONASANA (TITILASANA/BUTTERFLY)
4. MARICHASANA - 1
5. MARICHASANA - 2
6. PASASANA
7. KURMASANA
8. EKAPADASIRSHASANA
9. DWIPADASIRSHASANA
10. YOGANIDRA

### **SUPINE ASANAS**

1. SUPTA PADAMGUSTASANA
2. SUPTA PARSVASAHITHA PADAMGUSTASANA
3. HALASANA
4. SUPTHAKONASANA
5. SAVASANA

### **PRONE ASANAS**

1. MAKARASANA
2. BHUJANGASANA
3. SALABHASANA

### **KRIYAS**

1. TRATAKA
2. VAMANA DOUTHY

### **BHANDHAS**

1. JALANDHARABHANDHA
2. UDDIYANABHANDHA
3. MULABHANDHA

### **PRANAYAMAS**

1. ANULOMA – VILOMA
2. SEETHKARI

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## **SURYANAM**

**ASKARAS –**

**17 STEPS**

**STANDING**

**ASANAS**

- I. PARIGASANA
- II. VATAYANASANA
- III. BHAKASANA
- IV. ARDHABADDAPADAPADMOTTASANA

## **SITTING ASANAS**

1. SIDDASANA
2. ARDHA MATCHYENDRASANA
3. PADMASANA
4. GARBHAPINDASANA
5. KUKKUTASANA
6. YOGAMUDRASANA
7. BHARADWAJASANA
8. KROUNCHASANA
9. URDHVAMUKHA PASCHIMOTTANASANA
10. SIRSHASANA

## **SUPINE ASANAS**

1. JATARA PARIVRUTTHANASANA
2. SARVANGASANA PADMASANA
3. SATHUBHANDHASANA
4. CHAKRASANA
5. SAVASANA

## **PRONE ASANAS**

1. SARPASANA
2. DHANURASANA
3. VIPAREETHA NOUKASANA

## **KRIYAS**

- 
1. NOULI KRIYA
  2. VASTRA DOUTHU

#### **MUDRAS**

1. SHANMUKHI
2. AADHIMUDRA
3. BRAHMAMUDRA

#### **PRANAYAMAS**

1. NADISUDDI
2. PURAKA – KUMBAKA – RECHAKA
3. BASTRIKA

**PVKN GOVT. COLLEGE (AUTONOMOUS) - CHITTOOR**

(Affiliated to S.V. University, Tirupati)

ONE YEAR DIPLOMA IN YOGA SEMESTER END EXAMINATIONS - AUGUST - 2021

SEMESTER - I-PAPER-II

**FUNDAMENTALS OF HUMAN ANATOMY AND PHYSIOLOGY**

Time: 3 Hrs.

MAX.MARKS-75

**Section -A**

Answer any FOUR of the following questions

4x15=60 M

1. Explain the role of Yogic practices on Muscular System.
- 2/ Describe the Functions of Kidneys with diagram.
- 3/ Draw the diagram of Nerve cell structure and explain.
4. Write about the role Yogic Practices on Excretory system.
- 5/ Elucidate the mechanism of Digestive System.
- 6/ Explain about various types of Bones from Skeletal System.
7. Draw the diagram of Brain and explain.

**Section -B**

Answer any THREE of the following questions

3x5=15 M

8. Yoga for Knee Pain.
- 9/ Asanas for Digestive System.
10. Yogic practices for Obesity.
- 11/ Functions of Cell.
12. Yoga for Migraine Headache.
- 13/ Role of Yoga for Health.

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## **P.V.K.N Govt College(A)**

### **List of students for diploma in yoga**

#### **2022-23 batch**

<b>S. No.</b>	<b>Regd. No.</b>	<b>Name</b>
1	D230804501	P.Chandana Silpa
2	D230804502	M.K. Dinesh
3	D230804503	Geetha Vani Peruru
4	D230804504	Gungi Krishna Veni
5	D230804505	S.S.Lahari
6	D230804506	K.Manohar
7	D230804507	P.Praveen Kumar
8	D230804508	Kommaragunta Rajesh Kumar Reddy
9	D230804509	Sai Prathap Reddy Obula
10	D230804510	B.K.Udaya Sree
11	D230804511	N. Veena
12	D230804512	J.B. Vinodh
13	D230804513	P.Yugandhar
14	D230804514	S.Yuktha Chowdhary











**Diploma in Yoga Batch 2023-24**





**CONTROLLER OF EXAMINATIONS**  
**P.V.N. GOVT. COLLEGE (AUTONOMOUS), CHITTOOR-517001**  
**DIPLOMA IN YOGA 1 YEAR I SEMESTER, SEPTEMBER 2023**

S. No.	Regd. No.	Name	PRACTICAL																								SGPA	REMARKS	YEAR OF PASS						
			INTRODUCTION TO YOGA						FUNDAMENTALS OF HUMAN ANATOMY AND PSYCHOLOGY						PRINCIPLES OF PSYCHOLOGY						METHODOLOGY OF YOGA PRACTISE-I									METHODOLOGY OF YOGA PRACTISE-II					
			22-DY-101						22-DY-102						22-DY-103						22-DY-104									22-DY-105					
			IN	EX	Total	GP	GRADE	REMARKS	IN	EX	Total	GP	GRADE	REMARKS	IN	EX	Total	GP	GRADE	REMARKS	IN	EX	Total	GP	GRADE	REMARKS				IN	EX	Total	GP	GRADE	REMARKS
1	D130804501	P.Chandana Silpa	20	53	73	7.3	B	P	21	50	71	7.1	B	P	20	68	88	8.8	E	P	20	68	88	8.8	E	P	19	67	86	8.6	E	P	8.2	P	Sep-23
2	D130804502	M.K. Dinesh	19	53	72	7.2	B	P	20	46	66	6.6	B	P	20	45	65	6.5	B	P	21	62	83	8.3	A	P	21	63	84	8.4	A	P	7.6	P	Sep-23
3	D130804503	Geetha Vani Peruru	20	72	92	9.2	E	P	20	59	79	7.9	A	P	19	70	89	8.9	E	P	20	69	89	8.9	E	P	19	70	89	8.9	E	P	8.8	P	Sep-23
4	D130804504	Gungi Krishna Veni	16	30	46	4.6	D	P	17	35	56	5.6	C	P	16	40	56	5.6	C	P	19	61	80	8.0	A	P	18	60	78	7.8	A	P	6.6	P	Sep-23
5	D130804505	S.S.Lahari	16	17	28	2.8	F	F	18	23	41	4.1	D	F	17	23	40	4.0	D	F	18	57	75	7.5	A	P	17	55	72	7.2	B	P	5.5	F	
6	D130804506	K.Manohar	19	73	92	9.2	E	P	20	30	50	5.0	C	P	21	30	51	5.1	C	P	21	66	87	8.7	E	P	20	65	85	8.5	E	P	6.7	F	
7	D130804507	P.Praveen Kumar	20	64	84	8.4	A	P	21	48	69	6.9	B	P	20	65	85	8.5	E	P	21	68	89	8.9	E	P	20	66	86	8.6	E	P	8.3	P	Sep-23
8	D130804508	Kommaragunta Rajesh Kumar	21	61	82	8.2	A	P	21	59	80	8.0	A	P	20	65	85	8.5	E	P	22	66	88	8.8	E	P	21	65	86	8.6	E	P	8.5	P	Sep-23
9	D130804509	Sai Prathap Reddy, Obula	20	66	86	8.6	E	P	20	59	79	7.9	A	P	21	66	87	8.7	E	P	22	67	89	8.9	E	P	20	66	86	8.6	E	P	8.6	P	Sep-23
10	D130804510	B.K.Udaya Sree	21	66	87	8.7	E	P	20	52	72	7.2	B	P	20	66	86	8.6	E	P	22	67	89	8.9	E	P	21	68	89	8.9	E	P	8.5	P	Sep-23
11	D130804511	N. Veena	20	55	75	7.5	A	P	19	30	49	4.9	D	P	20	32	52	5.2	C	P	20	64	84	8.4	A	P	19	63	82	8.2	A	P	7.1	P	Sep-23
12	D130804512	J.B. Vinodh	15	45	60	6.0	B	P	14	33	47	4.7	D	P	14	56	70	7.0	B	P	13	52	65	6.5	B	P	12	50	62	6.2	B	P	6.1	P	Sep-23
13	D130804513	P.Yugandhar	18	35	53	5.3	C	P	17	39	56	5.6	C	P	17	56	73	7.3	B	P	21	65	86	8.6	E	P	20	64	84	8.4	A	P	7.3	P	Sep-23
14	D130804514	S.Yuktha	22	72	94	9.4	E	P	21	50	71	7.1	B	P	22	64	86	8.6	E	P	23	69	92	9.2	E	P	22	70	92	9.2	E	P	8.9	P	Sep-23