Diploma in Yoga Science (D.Y.Sc.)

- Diploma in Yoga Science for Graduates (D.Y.Sc.) is a full time, regular, non-residential course.
- The course is designed to impart knowledge and skills of Yoga to enable the aspirants to institutionally qualified Yoga Instructors.
- Eligibility: A candidate possessing a Intermediate (qualifying examination)
- Duration: The course will be of 1 year (2 semester) duration.

Diploma in Yoga Therapy

COURSE OVERVIEW

Diploma in Yoga Teacher Training is a 1 year course that can be studied as a skill enhancement course for the people who want to work as a Yoga Instructor. The DYT course is structured to help individuals become well rounded, competent, professional and highly skilled yoga instructors

To pursue Diploma in Yoga, candidates should have a minimum aggregate score of 50%-60% in class 12th from a recognized Board with relevant subjects. However, there is no restriction on the highest qualification i.e. candidates who have passed graduation are also equally eligible. There are no entrance tests for admission but there might be a personal interview or group discussion for final selection in this course.

JOB POSITIONS

Naturopathy Teacher, Yoga Instructor, Yoga Therapist, Yoga Teacher, Researcher.

TOP RECRUITING AREAS

Ayurvedic Centre, Naturopathy Centre, Therapeutic Centre,Government Hospitals, Rehabilitation Centre.

PVKN GOVERNMENT COLLEGE(AUTONOMOUS), CHITTOOR, AP

DEPARTMENT OF PHYSICAL EDUCATION

BOARD OF STUDIES IN YOGA
ACADEMIC YEAR-2020-2021

AGENDA

1. Approval of course structure for Diploma in Yoga
2. Approval Certificate course for Diploma in Yoga, Semester 1 and 2 syllabus
3. Approval for Foundation course - Fundamentals of Yoga for PG 1st 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	**Dr.Mohano Behara** Course coordinator, Lecturer in Botany, PVKN Govt College (A), Chittoor. E-mail: mohanbehara2020@gmail.com	**Chair Person** 70131 05563

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

	One meritorious alumnus to be nominated by the Principal	E-mail: sivaamvi@gmail.com	9014188891

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 - 2020-2021

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 - 2020-2021

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, faitage 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. AGNISARADOUTHI

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 - 2020-2021

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. 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 textsand 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

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, tonsilitis, wet dreams

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 DOUTHI

BHANDHAS

1. JALANDHARABHANDHA
2. UDDIYANABHANDHA
3. MULABHANDHA

PRANAYAMAS

1. ANULOMA – VILOMA
2. SEETHKARI

3. BRAMARI

SURYANAMASKARAS – 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 DOUTHI

MUDRAS

1. SHANMUKHI
2. AADHIMUDRA
3. BRAHMAMUDRA

PRANAYAMAS

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

S. No.	Regd. No.	Name	FATHER NAME	MOTHER NAME	AADHAR NUMBER
1	D210804501	DOMMETI ARUNA JYOTHI	DOMMETI GOPAL	DOMMETI MANGA	612897262068
2	D210804502	THIMMISETTI ARUNA KUMARI	T NARAYANA	T LAKSHMI DEVI	348060085355
3	D210804503	PUSIREDDY BRAHMINI	P.GANGIREDDY	P.SAVITHRI	712686690443
4	D210804505	D GAMITHA BEE	S.H.KHADAR BASHA	S. JAMEELA	978382117380
5	D210804506	K C GAYATHRI ROY	K VENKATESWARA RAO	K VANI	912236261175
6	D210804508	JAGAN MOHAN S	E.SHANMUGAM	MUTHEESWARI	445678883732
7	D210804509	V JAYACHANDRA	V ROJAIAH	V KALAVATHI	417001435373
8	D210804510	KUSUMA K	KV SUBRAMANYAM	KV USHA RANI	232270182916
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10	D210804515	P ROHITH	P RAVINDRA REDDY	B R LOKESWARI	394408807669
11	D210804516	YANAMADALA SIVA KUMAR	Y BHIMA RAJU	Y.RAMA LAKSHMI	336207572789
12	D210804519	SURYAPRAKASHNAIK BUKEE	PARSHIA NAIK BUKKE	PARVATHI BAI BUKKE	263320052740
13	D210804520	PULLATI VAMSI	P JAGANMOHAN RAO	P ANURADHA	406934860941
14	D210804522	VINOD KUMAR M	G GOPALA SWAMY	G CHANDRAVATHI	446088284197

2020-21 Diploma in yoga students with faculty members

EXPRESS

14 yoga students get diploma certificates

Chittoor: District collector M Harinarayanan presented diploma certificates to 14 yoga students of PVKN Government College's 2020-21 batch, in Chittoor town on Friday. The collector on the occasion promoted daily practice of yoga exercises which he said could give people relief from many ailments. He praised the college for designing and offering diploma and certificate courses in yoga. Principal Dr G Ananda Reddy, said the college was accredited 'A' grade by NAAC.

THE NEW INDIAN EXPRESS
Sat, 23 July 2022
https://epaper.newindianexpress.com/c/

ABN ఆంధ్రజ్యోతి

యువతతోనే దేశ భవిష్యత్తు : కలెక్టర్

చిత్తూరు (సెంట్రల్), జూలై 22: దేశ భవిష్యత్తు యువతపైనే ఆధార పడి ఉందని కలెక్టర్ హరినారాయణన్ అన్నారు. శుక్రవారం స్థానిక పీవీకేఎన్ ప్రభుత్వ డిగ్రీ కళాశాలలో యోగా డిప్లొమా కోర్సు పూర్తి చేసిన తొలి బ్యాచ్ విద్యార్థులకు ఆయన ధ్రువీకరణ పత్రాలు అందజేశారు. కలెక్టర్ మాట్లాడుతూ యాంత్రీకరణకు అలవాటుపడిన నేటి తరంలో యోగా వ్యక్తిత్వ వికాసానికి ఉపయోగపడుతుందన్నారు. ప్రిన్సిపాల్ ఆనందరెడ్డి, చిత్తూరు జిల్లా యోగా అసోసియేషన్ ఫౌండర్, సెక్రటరీ శ్రీనివాసులునాయుడు పాల్గొన్నారు.

యోగా విద్యార్థులకు ధ్రువీకరణ పత్రాలు అందజేస్తున్న కలెక్టర్ హరినారాయణన్

District collector of Chittoor M.Hari narayana presented diploma in yoga certificates to students

చిత్తూరు

● చిత్తూరు ● పూతలపట్టు ● గంగాధరనెల్లూరు ● నగరి

ఇన్‌ఛార్జి తహసీల్దారుగా బెన్నురాజ్

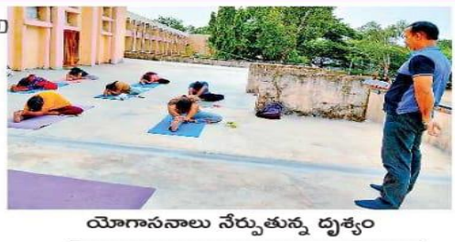
తవణంపల్లె: ఐరాల తహసీల్దారుగా పనిచేస్తున్న బెన్నురాజ్ తవణంపల్లె ఇన్‌చార్జి తహసీల్దారుగా బుధవారం బాధ్యతలు చేపట్టారు. గతంలో పనిచేస్తున్న మోహనవళ్లిని కలెక్టర్ కార్యాలయానికి తరలించారు. ఈ మేరకు ఉన్నతాధికారులు ఆదేశాలిచ్చారు.

యోగా శిక్షణ.. ఆరోగ్యానికి రక్షణ

● సామాజిక సేవలో వైఏసీడీ ● ఉచిత శిక్షణతో ప్రముఖుల ప్రశంస

న్యూస్‌టుడే, చిత్తూరు నగరం

'యో'గా' నేటి జీవనశైలిలో ఓ భాగమైంది. బాలల నుంచి వృద్ధుల వరకు అనారోగ్య సమస్యల్ని దూరం చేయడానికి ఇదో సంప్రదాయబద్ధమైన వైద్యంగా మారింది. ఇదే ఆరోగ్య మంత్రాన్ని ప్రజలకు చేరువ చేయాలన్న తలంపుతో యోగా అసోసియేషన్ ఆఫ్ చిత్తూరు డిస్ట్రిక్(వైఏసీడీ) నిర్విరామ కృషి చేస్తోంది.



యోగాసనాలు నేర్పుతున్న దృశ్యం

2015లో ఏర్పాటైన వైఏసీడీ యోగాను ప్రజల్లోకి తీసుకెళ్లడానికి నగరంలో పలు కార్యక్రమాలు నిర్వహి స్తోంది. యువతను శిక్షణ ఇచ్చే మాస్టర్లుగా తయారుచేస్తూ.. ఇటు మధ్యవయస్కుల వారికి ఆసనాలు నేర్పుతూ వారిని అనారోగ్యం నుంచి కోలుకునేలా చేస్తున్నారు. నిస్వార్థ సేవలతో వైఏసీడీ.. ఉన్న తాధికారులు, ప్రజాప్రతినిధుల నుంచి ప్రశంసలు అందుకుంది.

యోగ్రామా..

2017లో నాటి కలెక్టర్ ప్రద్యుమ్న పిలుపు మేరకు వైఏసీడీ ద్వారా గ్రామ, పట్టణ స్థాయిలో ప్రజలకు యోగాసనాలపై అవగాహన కల్పించడానికి యోగ్రామ కార్యక్రమాన్ని నిర్వహించారు. నగర శివారులోని గాజులపల్లె వద్ద దీన్ని ప్రారంభించి జిల్లా వ్యాప్తంగా వెయ్యిమందికి శిక్షణ ఇచ్చారు. ఏపీ నైపుణ్యాభివృద్ధి సంస్థ వైఏసీడీ సంయుక్త ఆధ్వర్యంలో 2019లో పీవీకేఎన్ డిగ్రీ కళాశాలలో వంద రోజుల్లో 400 గంటల పాటు నగర యువతకు ఉచిత శిక్షణ ఇచ్చారు. నిరుద్యోగ యువతను యోగా ఇన్‌స్ట్రక్టర్లుగా తీర్చిదిద్దడమే లక్ష్యం. ఏటా రథసప్తమి సందర్భంగా నగరపాలక, ఏపీ గురుకుల పాఠశాలల్లో సూర్య నమస్కారాలపై విద్యార్థులకు శిక్షణ ఇస్తున్నారు. ఇది నిర్విరామంగా కొన సాగుతోంది. స్వాతంత్ర, గణతంత్ర దినోత్సవాల వేళ పరేడ్ మైదానంలో నిర్వహించే సాంస్కృతిక కార్యక్రమాల్లో అయిదేళ్ల నుంచి 20 ఏళ్ల లోపు యోగాలో నైపుణ్యం పొందిన పిల్లలతో ఈ విన్యాసాలు చేయించి ప్రముఖుల ప్రశంసలు అందుకున్నారు. పీవీకేఎన్ ప్రభుత్వ డిగ్రీ కళాశాలలో డిప్లొమా ఇన్ యోగా తరగతుల్ని వైఏసీడీ ద్వారా కొనసాగిస్తున్నారు. యోగా మాస్టర్ల కొరత ఉన్న కారణంగా ఎక్కువ మందిని శిక్షకులుగా తయారుచేయడానికి కోర్సు ఉపయోగపడుతోంది. ఏటా జూన్ 21 నాడు 'ఇంటర్నేషన్ యోగా డే'ను పురస్కరించుకుని వైఏసీడీ ద్వారా వందల మందితో స్థానిక మెసానికల్ మైదానంలో యోగా దినోత్సవాన్ని ఘనంగా నిర్వహిస్తారు. యోగా విశిష్టతను చాటిచెప్పేలా అవగాహన కార్యక్రమాలు నిర్వహిస్తారు. వైఏసీడీ తరపున నగరపాలక పట్టణ పేదల రాత్రి వసతిగృహంలో నిరాశ్రయులైన 50 మందికి యోగాసనాలపై ఇటీవల 15రోజుల ఉచిత శిక్షణ పూర్తిచేశారు.

మరింత విస్తరిస్తాం..

యోగా వ్యాయామ సాధానాల సమాహారాల ఆధ్యాత్మిక రూపం. ఇది చాలా శక్తివంతమైన జీవన మార్గం. ఈ విద్యను ప్రజల్లోకి తీసుకెళ్లి అనారోగ్యం బారి నుంచి తప్పించాలని మా అసోసియేషన్ కృషి చేస్తోంది. దీనిలో భాగంగానే ఉచిత శిక్షణ తరగతులతో పాటు యువతను మాస్టర్లుగా తీర్చిదిద్దడానికి శిక్షణ ఇస్తున్నాం. అసోసియేషన్ ద్వారా మరిన్ని సేవా కార్యక్రమాలను భవిష్యత్తులో విస్తృతం చేస్తాం.

-ఎస్.శ్రీనివాసులు నాయుడు, వ్యవస్థాపక కార్యదర్శి, వైఏసీడీ

Eenadu article for Yoga practice session under guidance of YACD secretary S. Srinivasulu naidu

CONTROLLER OF EXAMINATIONS

PVKN GOVT. COLLEGE (AUTONOMOUS), CHITTOOR- 517001

DIPLOMA IN YOGA I YEAR II SEMESTER JANUARY-2022

S. No	Regd. No	Name	FATHER NAME	MOTHER NAME	AADHAR NUMBER	YOGA AND ALLIED SCIENCES						INTRODUCTION TO YOGA THERAPY						PRACTICAL																		SGPA	REMARKS
						21-DIY-201						21-DIY-202						20-DIY-203						21-DIY-201P						21-DIY-202P					
						CREDITS-4						CREDITS-4						CREDITS-4						CREDITS-6						CREDITS-6					
						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	D210804501	DOMMETI ARUNA JYOTHI	DOMMETI GOPAL	DOMMETI MANGA	612897262068	20	60	80	8.0	A	P	21	53	74	7.4	B	P	23	71	94	9.4	E	P	20	64	84	8.4	A	P	19	64	83	8.3	A	P	8.3	P
2	D210804502	THIMMISETTI ARUNA KUMARI	T NARAYANA	T LAKSHMI DEVI	348060085355	21	62	83	8.3	A	P	20	63	83	8.3	A	P	21	71	92	9.2	E	P	16	63	79	7.9	A	P	16	64	80	8.0	A	P	8.3	P
3	D210804503	PUSIREDDY BRAHMINI	P.GANGIREDDY	P.SAVITHRI	712686690443	21	58	79	7.9	A	P	22	56	78	7.8	A	P	20	72	92	9.2	E	P	21	70	91	9.1	E	P	22	72	94	9.4	E	P	8.8	P
4	D210804505	D GAMITHA BEE	S.H.KHADAR BASHA	S. JAMEELA	978382117380	20	63	83	8.3	A	P	19	58	77	7.7	A	P	19	70	89	8.9	E	P	18	62	80	8.0	A	P	17	64	81	8.1	A	P	8.2	P
5	D210804506	K C GAYATHRI ROY	K VENKATESWARA RAO	K VANI	912236261175	23	61	84	8.4	A	P	23	64	87	8.7	E	P	23	71	94	9.4	E	P	21	70	91	9.1	E	P	22	72	94	9.4	E	P	9.0	P
6	D210804508	JAGAN MOHAN S	E.SHANMUGAM	MUTHEESWARI	445678883732	20	66	86	8.6	E	P	20	64	84	8.4	A	P	17	72	89	8.9	E	P	18	60	78	7.8	A	P	18	63	81	8.1	A	P	8.3	P
7	D210804509	V JAYACHANDRA	V ROJAIAH	V KALAVATHI	417001435373	18	53	71	7.1	B	P	19	57	76	7.6	A	P	22	72	94	9.4	E	P	16	51	67	6.7	B	P	16	46	62	6.2	B	P	7.2	P
8	D210804510	KUSUMA K	KV SUBRAMANYAM	KV USHA RANI	232270182916	22	61	83	8.3	A	P	23	57	80	8.0	A	P	23	70	93	9.3	E	P	22	65	87	8.7	E	P	21	67	88	8.8	E	P	8.6	P
9	D210804511	MURALI MOHAN C	M. CHINNABBA	M. SANTHAMMA	780660122213	22	38	60	6.0	B	P	22	59	81	8.1	A	P	22	71	93	9.3	E	P	21	65	86	8.6	E	P	22	64	86	8.6	E	P	8.2	P
10	D210804515	P ROHITH	P RAVINDRA REDDY	B R LOKESWARI	394408807669	21	52	73	7.3	B	P	20	58	78	7.8	A	P	22	70	92	9.2	E	P	22	69	91	9.1	E	P	23	70	93	9.3	E	P	8.7	P
11	D210804516	YANAMADALA SIVA KUMAR	Y BHIMA RAJU	Y.RAMA LAKSHMI	336207572789	22	48	70	7.0	B	P	21	59	80	8.0	A	P	22	71	93	9.3	E	P	21	68	89	8.9	E	P	21	69	90	9.0	E	P	8.5	P
12	D210804519	SURYAPRAKASHNAIK BUKEE	PARSHIA NAIK BUKKE	PARVATHI BAI BUKKE	263320052740	19	53	72	7.2	B	P	18	59	77	7.7	A	P	17	72	89	8.9	E	P	16	60	76	7.6	A	P	16	59	75	7.5	A	P	7.7	P
13	D210804520	PULLATI VAMSI	P JAGANMOHAN RAO	P ANURADHA	406934860941	23	64	87	8.7	E	P	23	63	86	8.6	E	P	23	72	95	9.5	O	P	21	68	89	8.9	E	P	22	70	92	9.2	E	P	9.0	P
14	D210804522	VINOD KUMAR M	G GOPALA SWAMY	G CHANDRAVATHI	446088284197	18	52	70	7.0	B	P	19	47	66	6.6	B	P	18	70	88	8.8	E	P	20	60	80	8.0	A	P	20	58	78	7.8	A	P	7.7	P

Sri Venkateswara University, Tirupati

PVKN GOVT. COLLEGE (AUTONOMOUS) - CHITTOOR

(Accredited with "A" Grade by NAAC)

Choice Based Credit System (CBCS)

S.No. 02099

STATEMENT OF MARKS & GRADES

CUM

DIPLOMA CERTIFICATE

This is to certify that Mr./Ms. ***K C GAYATHRI ROY*** *has qualified himself/herself for the Programme DIPLOMA IN YOGA in this Institution, he/she having been declared to have passed the examination in* Distinction *prescribed therefor as follows and that he/she has fulfilled all the requirements for the formal presentation of DIPLOMA IN YOGA (ENGLISH Medium).*

The following are the grades secured by the candidate.

Father's Name : K VENKATESWARA RAO **Regd No** : **D210804506**

Mother's Name : K VANI Aadhar No 912236261175 Month&Year of Exam : Jan-2022

Course Code	Course	Title of the Course	CRD	Maximum Marks			Marks Secured			Grade Points	Grade	Year of Pass
				CIA	SEA	Total	CIA	SEA	Total			
SEMESTER 1												
PART-I : CORE COURSES												
20-DIY-101	THEORY PAPER-I	INTRODUCTION TO YOGA	4	25	75	100	22	65	87	8.7	E	Aug-21
20-DIY-102	THEORY PAPER-II	FUNDAMENTALS OF HUMAN ANATOMY AND PSYCHOLOGY	4	25	75	100	22	63	85	8.5	E	Aug-21
20-DIY-103	THEORY PAPER-III	PRINCIPLES OF PSYCHOLOGY	4	25	75	100	23	62	85	8.5	E	Aug-21
PART-II : PRACTICAL COURSES												
20-DIY-101P	PRACTICAL PAPER-I	METHODOLOGY OF YOGA PRACTISE:I	6	25	75	100	21	62	83	8.3	A	Aug-21
20-DIY-102P	PRACTICAL PAPER-II	METHODOLOGY OF YOGA PRACTISE:II	6	25	75	100	22	64	86	8.6	E	Aug-21
Semester Grade Point Average (SGPA) : **8.5**									Semester Grade :		E	
SEMESTER 2												
PART-I : CORE COURSES												
21-DIY-201	THEORY PAPER-IV	YOGA AND ALLIED SCIENCES	4	25	75	100	23	61	84	8.4	A	Jan-22
21-DIY-202	THEORY PAPER-V	INTRODUCTION TO YOGA THERAPY	4	25	75	100	23	64	87	8.7	E	Jan-22
21-DIY-203	THEORY PAPER-VI	INTERSHIP AND PROJECT WORK	4	25	75	100	23	71	94	9.4	E	Jan-22
PART-II : PRACTICAL COURSES												
21-DIY-201P	PRACTICAL PAPER-III	YOGA PRACTICALS-I	6	25	75	100	21	70	91	9.1	E	Jan-22
21-DIY-202P	PRACTICAL PAPER-IV	YOGA PRACTICALS-II	6	25	75	100	22	72	94	9.4	E	Jan-22
Semester Grade Point Average (SGPA) : **9.0**									Semester Grade :		E	

CLASS : Distinction **CGPA 8.8** **GRADE : E**

Date : 10-Mar-2022

Seal :

CONTROLLER OF EXAMINATIONS

PRINCIPAL

CUM

DIPLOMA CERTIFICATE

This is to certify that Mr./Ms. ***PULLOORU BHAVANA*** *has qualified himself/herself for the Programme Diploma in Yoga in this Institution, he/she having been declared to have passed the examination in* Distinction *prescribed therefor as follows and that he/she has fulfilled all the requirements for the formal presentation of Diploma in Yoga (ENGLISH Medium).*
The following are the grades secured by the candidate.

Father's Name :P SRIDHARAN **Regd No : D220804501**

Mother's Name :P HAMSAVALLI Aadhar No 411865250778 Month&Year of Exam : Jan-2022

Course Code	Course	Title of the Course	CRD	Maximum Marks			Marks Secured			Grade Points	Grade	Year of Pass
				CIA	SEA	Total	CIA	SEA	Total			
SEMESTER 1												
CORE COURSES												
20-DIY-101	THEORY PAPER-I	INTRODUCTION TO YOGA	4	25	75	100	23	61	84	8.4	A	Sep-22
20-DIY-102	THEORY PAPER-II	FUNDAMENTALS OF HUMAN ANATOMY AND PSYCHOLOGY	4	25	75	100	23	64	87	8.7	E	Sep-22
20-DIY-103	THEORY PAPER-III	PRINCIPLES OF PSYCHOLOGY	4	25	75	100	23	65	88	8.8	E	Sep-22
PRACTICAL COURSES												
20-DIY-101P	PRACTICAL PAPER-I	METHODOLOGY OF YOGA PRACTISE:I	6	25	75	100	23	67	90	9.0	E	Sep-22
20-DIY-102P	PRACTICAL PAPER-II	METHODOLOGY OF YOGA PRACTISE:II	6	25	75	100	23	66	89	8.9	E	Sep-22
Semester Grade Point Average (SGPA) : **8.8**							Semester Grade : E					
SEMESTER 2												
CORE COURSES												
21-DIY-201	THEORY PAPER-IV	YOGA AND ALLIED SCIENCES	4	25	75	100	22	62	84	8.4	A	Feb-23
21-DIY-202	THEORY PAPER-V	INTRODUCTION TO YOGA THERAPY	4	25	75	100	23	64	87	8.7	E	Feb-23
21-DIY-203	THEORY PAPER-VI	INTERSHIP AND PROJECT WORK	4	25	75	100	20	50	70	7.0	B	Feb-23
PRACTICAL COURSES												
21-DIY-201P	PRACTICAL PAPER-III	YOGA PRACTICALS-I	6	25	75	100	21	60	81	8.1	A	Feb-23
21-DIY-202P	PRACTICAL PAPER-IV	YOGA PRACTICALS-II	6	25	75	100	20	58	78	7.8	A	Feb-23
Semester Grade Point Average (SGPA) : **8.0**							Semester Grade : A					

CLASS : Distinction **CGPA 8.4** **GRADE : A**

20-Mar-2023

CUM

DIPLOMA CERTIFICATE

This is to certify that Mr./Ms. ***G CHAITHANYA KIRAN*** *has qualified himself/herself for the Programme Diploma in Yoga in this Institution, he/she having been declared to have passed the examination in* Distinction *prescribed therefor as follows and that he/she has fulfilled all the requirements for the formal presentation of Diploma in Yoga (ENGLISH Medium).*
The following are the grades secured by the candidate.

Father's Name :G HARI BABU **Regd No : D220804503**

Mother's Name :G PRABHAVATHI Aadhar No 233938561372 Month&Year of Exam : Jan-2022

Course Code	Course	Title of the Course	CRD	Maximum Marks			Marks Secured			Grade Points	Grade	Year of Pass
				CIA	SEA	Total	CIA	SEA	Total			
SEMESTER 1												
CORE COURSES												
20-DIY-101	THEORY PAPER-I	INTRODUCTION TO YOGA	4	25	75	100	21	62	83	8.3	A	Sep-22
20-DIY-102	THEORY PAPER-II	FUNDAMENTALS OF HUMAN ANATOMY AND PSYCHOLOGY	4	25	75	100	22	64	86	8.6	E	Sep-22
20-DIY-103	THEORY PAPER-III	PRINCIPLES OF PSYCHOLOGY	4	25	75	100	22	66	88	8.8	E	Sep-22
PRACTICAL COURSES												
20-DIY-101P	PRACTICAL PAPER-I	METHODOLOGY OF YOGA PRACTISE:I	6	25	75	100	22	68	90	9.0	E	Sep-22
20-DIY-102P	PRACTICAL PAPER-II	METHODOLOGY OF YOGA PRACTISE:II	6	25	75	100	22	69	91	9.1	E	Sep-22
Semester Grade Point Average (SGPA) : **8.8**							Semester Grade : E					
SEMESTER 2												
CORE COURSES												
21-DIY-201	THEORY PAPER-IV	YOGA AND ALLIED SCIENCES	4	25	75	100	21	64	85	8.5	E	Feb-23
21-DIY-202	THEORY PAPER-V	INTRODUCTION TO YOGA THERAPY	4	25	75	100	22	64	86	8.6	E	Feb-23
21-DIY-203	THEORY PAPER-VI	INTERSHIP AND PROJECT WORK	4	25	75	100	21	58	79	7.9	A	Feb-23

CUM

DIPLOMA CERTIFICATE

This is to certify that Mr./Ms. ***PULLOORU BHAVANA*** *has qualified himself/herself for the Programme Diploma in Yoga in this Institution, he/she having been declared to have passed the examination in* Distinction *prescribed therefor as follows and that he/she has fulfilled all the requirements for the formal presentation of Diploma in Yoga (ENGLISH Medium).*
The following are the grades secured by the candidate.

Father's Name :P SRIDHARAN **Regd No : D220804501**

Mother's Name :P HAMSAVALLI Aadhar No 411865250778 Month&Year of Exam : Jan-2022

Course Code	Course	Title of the Course	CRD	Maximum Marks			Marks Secured			Grade Points	Grade	Year of Pass
				CIA	SEA	Total	CIA	SEA	Total			
SEMESTER 1												
CORE COURSES												
20-DIY-101	THEORY PAPER-I	INTRODUCTION TO YOGA	4	25	75	100	23	61	84	8.4	A	Sep-22
20-DIY-102	THEORY PAPER-II	FUNDAMENTALS OF HUMAN ANATOMY AND PSYCHOLOGY	4	25	75	100	23	64	87	8.7	E	Sep-22
20-DIY-103	THEORY PAPER-III	PRINCIPLES OF PSYCHOLOGY	4	25	75	100	23	65	88	8.8	E	Sep-22
PRACTICAL COURSES												
20-DIY-101P	PRACTICAL PAPER-I	METHODOLOGY OF YOGA PRACTISE:I	6	25	75	100	23	67	90	9.0	E	Sep-22
20-DIY-102P	PRACTICAL PAPER-II	METHODOLOGY OF YOGA PRACTISE:II	6	25	75	100	23	66	89	8.9	E	Sep-22
Semester Grade Point Average (SGPA) : **8.8**							Semester Grade : E					
SEMESTER 2												
CORE COURSES												
21-DIY-201	THEORY PAPER-IV	YOGA AND ALLIED SCIENCES	4	25	75	100	22	62	84	8.4	A	Feb-23
21-DIY-202	THEORY PAPER-V	INTRODUCTION TO YOGA THERAPY	4	25	75	100	23	64	87	8.7	E	Feb-23
21-DIY-203	THEORY PAPER-VI	INTERSHIP AND PROJECT WORK	4	25	75	100	20	50	70	7.0	B	Feb-23
PRACTICAL COURSES												
21-DIY-201P	PRACTICAL PAPER-III	YOGA PRACTICALS-I	6	25	75	100	21	60	81	8.1	A	Feb-23
21-DIY-202P	PRACTICAL PAPER-IV	YOGA PRACTICALS-II	6	25	75	100	20	58	78	7.8	A	Feb-23
Semester Grade Point Average (SGPA) : **8.0**							Semester Grade : A					

CLASS : Distinction **CGPA 8.4** **GRADE : A**

20-Mar-2023

CUM

DIPLOMA CERTIFICATE

This is to certify that Mr./Ms. ***G CHAITHANYA KIRAN*** *has qualified himself/herself for the Programme Diploma in Yoga in this Institution, he/she having been declared to have passed the examination in* Distinction *prescribed therefor as follows and that he/she has fulfilled all the requirements for the formal presentation of Diploma in Yoga (ENGLISH Medium).*
The following are the grades secured by the candidate.

Father's Name :G HARI BABU **Regd No : D220804503**

Mother's Name :G PRABHAVATHI Aadhar No 233938561372 Month&Year of Exam : Jan-2022

Course Code	Course	Title of the Course	CRD	Maximum Marks	Marks Secured	Grade Points	Grade	Year of Pass

PVKN GOVT. COLLEGE (AUTONOMOUS)-CHITTOOR

(Affiliated to S.V. University, Tirupathi)

ONE YEAR DIPLOMA IN YOGA -SEMESTER END EXAMINATIONS-JANUARY, 2022

II SEMESTER-PAPER-I

YOGA AND ALLIED SCIENCES

TIME:3 HRS MAX.MARKS: 75

Section – A

Answer any four of the following **4X15= 60 M**

1. Explain basic principles of Ayurveda.
2. Describe the importance and contribution of counseling in Psychology.
3. Elucidate the importance of Naturopathy in Health Management.
4. Explain in detail about Dinacharya according to Ayurveda.
5. Describe the functions of Saptadhatus as explained in Ayurveda.
6. Write about the benefits of Mudbath and Steambath according to Naturopathy.
7. Compare and Contrast Yogic Science with Ayurveda and Naturopathy .

Section – B

Answer any Three of the following questions **3X5= 15 M**

8. Ayurvedic Texts and Authors
9. Characteristics of Trigunas
10. Fasting and its uses
11. Definition of Psychology
12. Eliminative Diet in Naturopathy
13. Mahabhutas.

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