



Dr V S Krishna Government Degree College(A)
An Autonomous Institution Affiliated to Andhra University
Reaccredited by NAAC with "A" Grade(3rd Cycle)
District Resource Centre & Centre for Research Studies



Department of Physics

**Certificate
course**



11-08-2020

to

05-10-2020

Yoga and Meditation



P.Jagga Rao
Course Coordinator

Dr. V.Chandra Sekhar
Principal



Dr.V.S.KRISHNA GOVT. DEGREE COLLEGE

(An Autonomous Institution Affiliated to Andhra University)

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District Resource Centre & Center for Research Studies
Maddurapalem, VISAJIAPATNAM 530 011, Andhra Pradesh



Department of Physics **ADD ON COURSE ON** **YOGA AND MEDITATION** **2020 – 2021** **Syllabus**

I. Introduction

- (a) Yoga – Meaning – Origin-Definitions-Scope
- (b) Different schools of Yoga – Saptanga/ Ashtanga Yoga
- (c) Compare and contrast between Yoga and Physical Exercises
- (d) Yogic diet
- (e) Important norms to be followed by Yoga practitioners
- (f) Yoga Sutras

II. Asanas

Sukshma Vyayama

Asanas

- (a) Pawan Muktasana Group of Asanas

Uttana Padasana – Chakrasana- Pada Sanchalanasana-Chakki Chalasana-Nava Sanchalanasana.

- (b) Vajrasana Group of Asanas

Vajrasana – Vyagrasana- Shashankasana- Ushtrasana-Supta Vajrasana- Shshanka Bhujangasana

(c) Balancing Postures

Vrikshasana-Natarajasana- Veera Bhadrasana- Garudasana

(d) Meditative Postures

Sukhasana-Siddhasana-Vajrasana-Padmasana

(e) Relaxation Postures

Shavasana- Advasana-Makarasana-Matsya Kridasana-Dandasana

(f) Forward Bending Asanas

Janu Shirasana- Paschimottanasana – Sarvangasana-Vakrasana- Ardha Matsyendriyasana- Halasana-Gomukhasana

(g) Backward Bending Asanas

Bhujangasana – Sarpasana – Shalabhasana – Dhanurasana – Chakrasana – Sethu bandhsana - Naukasana

(h) Padmasana Series

Padmasana – Gupta padmasana - Matyasana.

(i) Surya Namaskaras

III Pranayama: Types-Uses

(a) Kapala Bhati

(b) Bhastrika

(c) Nadi Sudhi (Anuloma Viloma)

(d) Seethali

(e) Bhramari

IV Meditation:

Major Types –Practices-Uses



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Department of Physics
ADD ON COURSE ON
YOGA AND MEDITATION
2020 - 2021
Modal Question Paper

Max Marks :50

Time:3 hrs

-
1. Answer any five questions
 1. Compare and contrast physical exercises and yoga
 2. List the various chakras and explain their functions
 3. What are the different types of Pranayama? Detail the benefits of each
 4. Present a note on Vajrasana group of Asanas?
 5. Enumerate the 12 names of the Sun God and illustrate the importance of Suryanamaskarams.
 6. Make a note on Pavan Muktasana series of Asanas
 7. What are the eight parts of Ashtanga Yoga?
 8. Brief
 - (a) Standing Asanas
 - (b) Sitting Asanas
 9. Forward and Backward Bending Asanas

II. Write Short notes on Any five Questions

1. Yama
2. Niyama
3. Mudras
4. Three Parts of Yoga
5. Bandhas
6. Significance of Omkara-AUM sound
7. Meditation
8. Balancing Postures
9. Panchakoshas
10. Ideal Diet to be taken during practice of yoga

III. Fill in the blanks with correct answers

1. Yoga is derived from the Sanskrit root word _____
2. The important Yama is _____
3. Practitioners of Yoga are supported to take _____ diet.
4. The nerve which runs through the body connecting all the chakras is _____
5. Om is a combination of the three sounds (letters)

IV. Choose correct answers from the options given below

1. Yoga means

- (a) Sorrow (b) Union (c) Happiness (d) kindness

2. Sheetal Pranayama technique produces

- (a) Heat (b) Confusion (c) Cooling (d) Clarity

3. In Pranayama Techniques purakam means

- (a) Exhalation (b) Retention of breath (c) Inhalation (d) none of the above

4. Meditation is based on

- (a) Knowledge (b) Intelligence (c) Attention (d) Ignorance

5. Through Bandhas

- (a) Energy is sealed (b) Nadis are purified (c) Concentration is improved
(d) Energy is released

V. Match the following Groups:

A

B

1. Yoga Sutras
2. Pingala Nadi
3. Kapalabatti
4. Uddiyana Bandha
5. Ida Nadi

- (a) Pranayama
- (b) Left Nostril
- (c) Sage Patanjali
- (d) Right Nostril
- (e) Abdominal Region
- (f) Eye Brow Centre
- (g) Meditation Technique

**Registered Candidates List
(2020-2021)**

SL. NO.	NAME OF THE STUDENT	Group	REGD NO
1	D. Mahesh	IIMCIC	E19207016
2	M. Manikanta	IIMCIC	E19207017
3	P. Manikanata	IIMCIC	E19207018
4	R. Manikanata	IIMCIC	E19207019
5	M. Mutyala Naidu	IIMCIC	E19207020
6	D. Nainulu	IIMCIC	E19207021
7	M. Narendra	IIMCIC	E19207022
8	B. Naveen	IIMCIC	E19207023
9	P. Naveen	IIMCIC	E19207024
10	K. Prudvi Raj	IIMCIC	E19207025
11	C. Ramesh	IIMCIC	E19207026
12	M. Raviteja	IIMCIC	E19207027
13	B. Sai Kiran	IIMCIC	E19207028
14	K. Sai Kiran	IIMCIC	E19207029
15	P. Sanju	IIMCIC	E19207030

(2020-2021)

16	G.Thrimurthulu	IIMCIC	E19207031
17	P.Tulasi	IIMCIC	E19207032
18	S.Vishnu	IIMCIC	E19207033
19	B.Yerri Naidu	IIMCIC	E19207034
20	V.Yerri Naidu	IIMCIC	E19207035
21	M.Yugandhar	IIMCIC	E19207036
22	P.Chiranjeevi	IIMCIC	E19207006
23	B.Ganesh	IIMCIC	E19207007
24	I.Ganesh	IIMCIC	E19207008
25	V.Gowni Sankar	IIMCIC	E19207009
26	B.hari	IIMCIC	E19207010
27	P.Hemanth	IIMCIC	E19207011
28	D.Jagadeesh	IIMCIC	E19207012
29	Y.Kalyan	IIMCIC	E19207013
30	S.Laxman	IIMCIC	E19207014

No.

సంవత్సరము

Pupils Attendance Register

పిల్లల

1	2	3	4	5																			
				18/9	19/9	21/9	22/9	23/9	24/9	25/9	26/9	27/9	28/9	29/9	30/9	1/10	2/10	5/10	14	15	16	17	
ఉ.నెం.	ప.నెం.	పేరు	వయస్సు																				
E19207016		D. Mahesh		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207017		M. Manikanta		P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207018		P. Manikanta		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207019		R. Manikanta		A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
E19207020		M. Mutyala Naidu		P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
E19207021		D. Naidu		P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
E19207022		N. Nagendra		P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
E19207023		B. Naveen		P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
E19207024		P. Naveen		P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
E19207025		K. Prudvi Raj		P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
E19207026		C. Ramesh		P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
E19207027		M. Raviteja		P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
E19207028		B. Saikiran		A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
E19207029		K. Saikiran		P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
E19207030		P. Sanju		P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
E19207031		G. Thaimurthulu		P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
E19207032		P. Tulasi		A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207033		S. Vishnu		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207034		B. Yeesi Naidu		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207035		V. Yeesi Naidu		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207036		M. Yugandhar		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207006		P. Chinanjeevi		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
E19207007		B. Ganesh		A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207008		J. Ganesh		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207009		V. Gowdi Sankar		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207010		B. Hari		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207011		P. Hemanth		A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207012		D. Jayadeesh		P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
E19207013		Y. Kalyan		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
E19207014		S. Lakshman		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P

ఉదయం హాజరు : బాలుడు బాలికలు

ఉపాధ్యక్షుని సంతకం :

సాయంత్రం హాజరు : బాలుడు బాలికలు

ఉపాధ్యక్షుని సంతకం :



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Value Added Course Certificate

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.....grade.

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Coordinator**

**IQAC
Coordinator**

**Course
Coordinator**



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II MCIChas successfully completed the Value Added Course in YOGA & MEDITATION
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Course
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