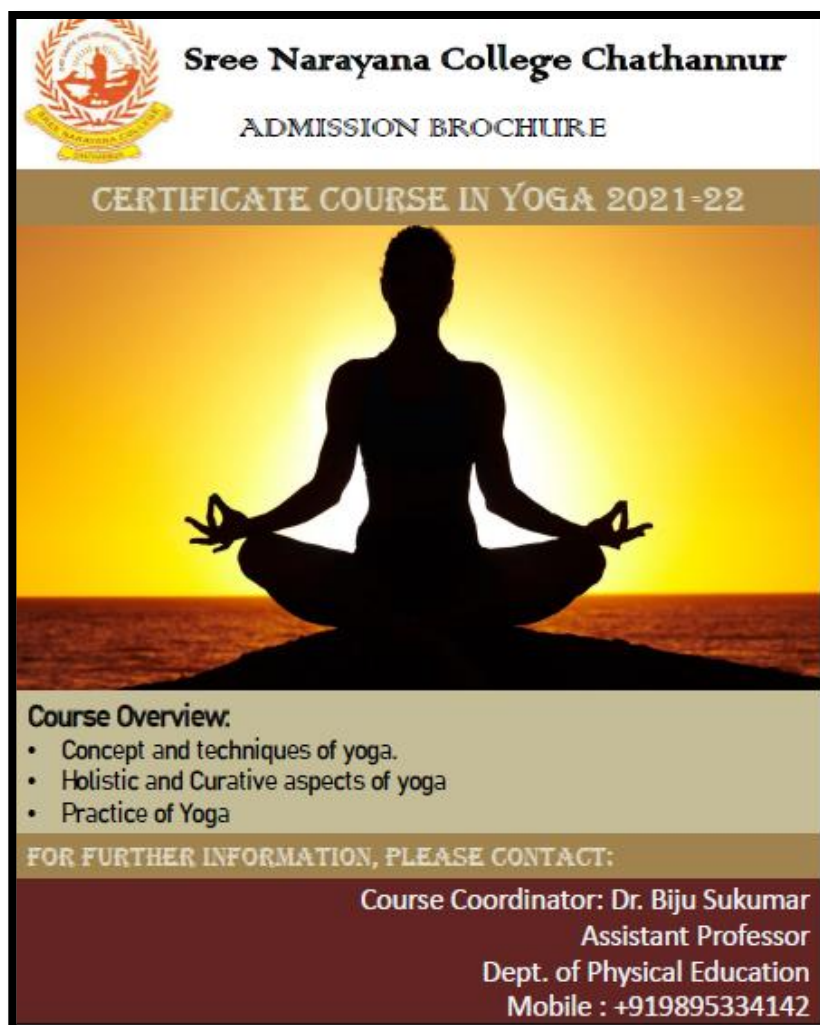


2021-2022

CERTIFICATE COURSE IN YOGA

CERTIFICATE COURSE IN YOGA (2021-2022)

Department of Physical Education well conducted its first **Certificate Course in Yoga** (30 hour practical oriented class) during the academic year 2021-2022. The duration of the course was one month and the course started with 160 first year student. Classes were handled by the Sri.Amjith.S, a qualified Yoga Practitioner and Assistant Professor, Sree Narayana college, Chempazanthy. First year UG&PG students were the beneficiaries, attended practical oriented classes on Saturday and Sunday on the month of March 2022 without disturbing there regular academic session. The course was Designed such a manner to reduce stress among students. Selected Asanas, Pranayama techniques were taught to students. On the final day Demonstration of taught skills and a Viva voce were conducted & course completion certificate were distributed..



Sree Narayana College Chathannur
ADMISSION BROCHURE
CERTIFICATE COURSE IN YOGA 2021-22

Course Overview:

- Concept and techniques of yoga.
- Holistic and Curative aspects of yoga
- Practice of Yoga

FOR FURTHER INFORMATION, PLEASE CONTACT:

Course Coordinator: Dr. Biju Sukumar
Assistant Professor
Dept. of Physical Education
Mobile : +919895334142

SYALABUS OF CERTIFICATE COURSE IN YOGA

Learning Outcome	Major Concepts	Startegies&Approaches	Assessment
1.To get Familiar with the concept and techniques of yoga. 2.Holistic and Curative aspects of yoga 3.Practice of Yoga	Yoga-30 hours -Meaning,concept -Principles of yoga -Elements of yoga. -Holistic and curative aspects of yoga. -Surya namaskara -Pranayama -Asanas . Tadasana .kattichakarasana .Vrikshasana .Padmasana .Vajrasana .Yoga mudra .Dhanurasana .Bhujangasana .Halasana .Naukasana	Theoretical Presentation Demonstration	.Practicing Yoga .Partner assessment .Individual assessment .viva voce



SRI. AMJITH.S handling classes



STUDENTS PERFORMING VRIKSHASANA



THEORY ORIENTATION



Ground Practice session

Register of Attendance and Fees for the Month of

MARCH 2022 Standard

Admission No.	S.No.	NAME	Days Eng. Date															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1		ABHIRAMI. B. U				X	X					X	X					
2		AKHILA. S			X	A						X	X					
3		AMAL. M			X	X						X	X					
4		ANAKHA. K			X	A						X	X					
5		ANJANA SUNIL			X	X						X	X					
6		APARNA. Y. SAJI			X	X						X	X					
7		BIBIN. P			X	X						X	X					
8		BIPIN. B			X	X						X	X					
9		GANGA. B. RAJ			X	X						X	X					
10		JAYATHRI. M			X	X						X	X					
11		JEVAN. P. NATH			X	X						X	X					
12		MEENAKSHI S. BIJU			X	X						X	X					
13		NIKHIL MADHUSOODHANAN			X	X						X	X					
14		NISHA. A. S			X	X						X	X					
15		PRAJANA DEVI. PL			X	X						X	X					
16		S. SONU			X	X						X	X					
17		SAJIN. S. KUMAR			X	X						X	X					
18		SHILPA. D. M			X	X						X	X					
19		SIDHARTH. S			X	X						X	X					
20		SONA. S			X	X						X	X					
21		SREE LAKSHMI. P. S			X	X						X	X					
22		SREE LAKSHMI. S			X	X						X	X					
23		SUHRUDHA SINGH			X	A						X	X					
24		VAISHNAV. B. S.			X	X						X	X					
25		VAISHNAV. A. K.			X	X						X	X					
26		VISITHA KRISHANAN. S			X	X						X	X					
27		ACHU. J			X	X						X	X					
28		AKASHANIL			X	X						X	X					
29		AKHILA. T			X	X						X	X					

															No. of days absent	No. of days up to roll in	Admission No.	Date of Payment	Tuition Fee		Special Fee		Total	Date of Payment	Remarks
		18	19	20	21	22	23	24	25	26	27	28	29	30					31	Rs.	Pi.	Rs.			
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										
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X	X													X	X										
X	X													X	X										
X	X													X	X										

No. PRESENT DAILY F.N. A.N.
PERCENTAGE

Average No. on roll during the month ...
Average Attendance ...
Total School Days ...

No. on roll at the beginning of the month ...
No. admitted during the month ...
No. left during the month ...
No. on roll at the end of the month ...

Current fees collected ...
Arrear fees collected ...
Fine ...

Balance of current fees due ...
Balance of arrear fees due ...
Balance of fine due ...

Total ...

Head Master

Inspecting Officer

Class Teacher

Register of Attendance and Fees for the month of

Admission No.	R.No.	NAME	Days Eng. Date	Days																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
30		ALAKIF		X	X							X	X							
31		AMINA.S		X	X						X	X								
32		ARATHY.S		X	X						X	X								
33		ATHIRA.B		X	X						X	X								
34		CHANDINI.M.S		X	X						X	X								
35		DEVU.J		X	X						X	X								
36		GEETHU.S		X	X						X	X								
37		GKEESHMA.S		X	X						X	X								
38		KANYA SONIL		X	X						X	X								
39		KHADEEJA BASHA.		X	X						X	X								
40		LITHIN THAMPI		X	X						X	X								
41		MALU.M.S		X	X						X	X								
42		MIKITHA.M		X	X						X	X								
43		NOUFIYA.S.N		X	X						X	X								
44		NUSMI.N		X	X						X	X								
45		RAHUL.S		X	X						X	X								
46		RAKHI.S.A.		X	X						X	X								
47		RAMSI.S		X	X						X	X								
48		SARATH.S		X	X						X	X								
49		SIVAJITH.S		X	X						X	X								
50		SREEJITH.S		X	X						X	X								
51		SRUTHIRAJ		X	X						X	X								
52		SUVARSHA.S		X	X						X	X								
53		SWATHI.S		X	X						X	X								
54		VAISAKHI.S		X	X						X	X								
55		ABHIKAMI DAS		X	X						X	X								
56		AISWARYA G.R		X	X						X	X								
57		AKHIL.M.ANSARI		X	X						X	X								
58		AMBILY.P.		X	X						X	X								

No. PRESENT DAILY F.N.
PERCENTAGE A.N.

No. on roll at the beginning of the month ...
 No. admitted during the month ...
 No. left during the month ...
 No. on roll at the end of the month ...

Average No. on roll during the month ...
 Average Attendance ...
 Total School Days ...

Class Teacher _____
 Inspecting Officer _____

MARCH 2012 Standard

Admission No.	R.No.	NAME	Days Eng. Date	Days																	No. of days present	No. of days absent	Tuition Fee	Special Fee	Total	Remarks
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17						
18				X	X						X	X														
19				X	X						X	X														
20				X	X						X	X														
21				X	X						X	X														
22				X	X						X	X														
23				X	X						X	X														
24				X	X						X	X														
25				X	X						X	X														
26				X	X						X	X														
27				X	X						X	X														
28				X	X						X	X														
29				X	X						X	X														
30				X	X						X	X														
31				X	X						X	X														

Current fees collected ...
 Arrear fees collected ...
 Fine ...
 Total ...

Balance of current fees due ...
 Balance of arrear fees due ...
 Balance of fine due ...
 Total ...
 Head Master

Register of Attendance and Fees for the Month of

MARCH 2022 Standard

Admission No.	S.No.	NAME	Days Eng. Date	Days														
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
88		ABHIRAMI.M			X	X							X	X				
89		ANUSREE.B			X	X							X	X				
90		AKHIL.S.B			X	X							X	X				
91		ANJANA.RAJESH.			X	X							X	X				
92		ANJANA.V.B			X	X							X	X				
93		ANUSREE.B			X	X							X	X				
94		ARATHI.A			X	X							X	X				
95		ARATHI.U			X	X							X	X				
96		ARDRANIJAY			X	X							X	X				
97		ARUN.S			X	X							X	X				
98		ASWANI.P.S			X	X							X	X				
99		ASWATHY.S			X	X							X	X				
100		ATHULYA.ASOKAN.			X	X							X	X				
101		ATHULYA.B			X	X							X	X				
102		BICHY.B			X	X							X	X				
103		DEVIKA.J			X	X							X	X				
104		GAUTHAM.GIRI			X	X							X	X				
105		GOPIKA.B			X	X							X	X				
106		GREESHMA.S.K.			X	X							X	X				
107		KRISHNA.ASOKHAN			X	X							X	X				
108		KRISHNAMAL.M.M.			X	X							X	X				
109		KRISHNA.PRIYA.P			X	X							X	X				
110		MUTHASINA.S			X	X							X	X				
111		NIKHIL.J.S			X	X							X	X				
112		NOYFIYA.N			X	X							X	X				
113		PRADITH.P			X	X							X	X				
114		RESHMA.L			X	X							X	X				
115		REVATHY.K.S			X	X							X	X				
116		RISANA.N.S			X	X							X	X				

No. of days present		No. of days absent		Total		Tuition Fee		Special Fee		Total		Parental Signature	Remarks
P	A	P	A	P	A	Rs.	P	Rs.	P	Rs.	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			X	X								
X	X			X	X								
X	X			X	X								
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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			X	X								

No. PRESENT DAILY F.N.
A.N.
PERCENTAGE

on roll at the beginning of the month ...
admitted during the month ...
left during the month ...
on roll at the end of the month ...

Average No. on roll during the month ...
Average Attendance ...
Total School Days ...

Inspecting Officer

Class Teacher

Current fees collected ...
Arrear fees collected ...
Fine ...
Total ...

Balance of current fees due ...
Balance of arrear fees due ...
Balance of fine due ...
Total ...

Head Master

Register of Attendance and Fees for the Month of

Month 2022 Standard

Mention No. R.No.	NAME	Days Eng. Date	Days																
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
142	KARTHIKA T.S					Y	Y												
143	KAVYA V.S					Y	Y												
144	NAIDINI M.					Y	Y												
150	BHADRA R.					A	Y												
151	PARVATHY A.S					A	Y												
152	PARVATHY R.					Y	Y												
153	SOOBYA SURESH					A	Y												
154	SREETHY MURALI					Y	Y												
155	SREETHU MURALI					A	Y												
156	ALSWARVA P.C					Y	L												
157	AKHILA A.L					Y	Y												
158	DEVCHANDRANA P.S					A	Y												
159	ARATHY B.					Y	Y												
160	VISHNURAJ R.					Y	Y												

Mention No.	NAME	Days Eng. Date	No. of days present	No. of days absent	Average Attendance	Tuition Fee	Special Fee				Total	Remarks
							Fee	Pen	Pen	Pen		
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												

No. PRESENT DAILY F.N.
A.N.
PERCENTAGE

Average No. on roll during the month ...
Average Attendance ...
Total School Days ...

Class Teacher
Inspecting Officer

Current fees collected ...
Arrear fees collected ...
Fine ...

Total ...

Balance of current fees due ...
Balance of arrear fees due ...
Balance of fine due ...

Total ...
Head Master



Sree Narayana College Chathannur

CERTIFICATE

This is to certify that ~~Ms~~/Mr **SIDHARTH. S**
has participated and completed the **Certificate Course in Yoga**
2021-22 organized by Sree Narayana College Chathannur

Course co-ordinator



Principal

REPORT OF CERIFICATE COURSE

A certificate course in yoga conducted by Department of Physical Education started during the academic year 221-2022. Course was conducted for two batches. The duration of the course was one month, and course started with 160 first year students. The classes were handled by the Sri.Amjith.S, a Qualified Yoga Practitioner and also working at Sree Narayana college, Chempazanthy as Physical education Faculty. Students attended practical oriented classes on Saturday & Sunday on the month of March 2022 without Disturbing their regular academic session. The course was Designed such a manner to reduce stress among students. Selected Asanas, Pranayama techniques were taught to students. Students completed the course by learning all techniques and they were given course completed certificates. The students were oriented about higher degree in yoga field.