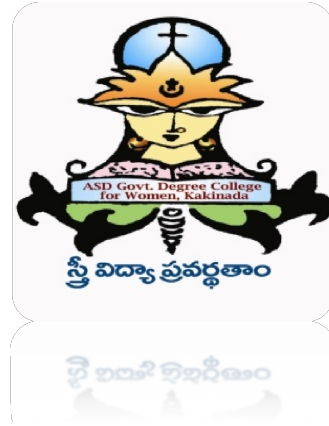


A.S.D. Govt. Degree College for Women (A) Kakinada

(Under Jurisdiction of AdikaviNannaya University, Rajamahendravaram)

Re-accredited by NAAC with "B" Grade in Cycle III



Department of Physical Education

CERTIFICATE COURSE

on

YOGA & ARCHERY

2023~2024

10
21/7/23
From
Lt G.Pramila Rani
Physical Director
Department of Physical Education
ASD Govt Degree College (W)(A),
Kakinada.

To
The Principal
ASD Govt Degree College (W)(A),
Kakinada.

Madam,

Sub: Seeking Permission to start a certificate course on YOGA & ARCHERY for the students of all college for the Academic Year 2023-2024

As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course titled YOGA & ARCHERY to all college students with 50 intake from 24th JULY 2023. It is a 45 days course which focuses on equipping essential Yoga & ARCHERY skills.

Hence I request you to grant permission to start the certificate course for the Academic year 2023-2024.

Thanking you madam



Yours faithfully,

G. Pramila Rani
22/7/23

LT. G. PRAMILA RANI
M.A., M.PED., M.PHIL., SET
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA

A.S.D. Govt. Degree College for Women (A), Kakinada

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

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Circular

Date: 22.7.2023

All students of our College informed that Department of Physical Education has is going to conduct a Certificate Course on **Yoga & Archery** for 45 Days on(24th July 2023 to 30th September 2023). Those who are interested should enroll their names with Lt. Dr. G.Pramila Rani HoD of Physical Education on or before 23rd July 2023. The Certificate Course timings will be in the afternoon session 4 to 5p.m every day. Time table in detail will be intimated shortly.

Name of the Resource person : 1. Mr.P.Vijay kumar,(DSACoach)

2 Smt.M.Subbalakshmi,(Yoga Trainer)

Time : 4.00 Pm to 05.00pm

BA.

I Year

II Year

III Year

B.Com.

I Year

II Year

III Year

BSc.

I Year

II Year

III Year

Department of Physical

[Signature] 22/7/23
LT. G.PRAMILA RANI
M.A.,M.Ped.,M.Phil.,SET
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA



[Signature]
Principal
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA
22/7/23

**A.S.D.Govt. Degree College for Women (Autonomous) Kakinada
(Reaccredited by NAAC with B Grade)**

**Department of Physical Education
CERTIFICATE COURSE
2023-2024**

YOGA & ARCHERY -Syllabus

45-DAY ARCHERY

Week 1-2: Introduction to Archery Basics

Day 1-5: Archery Safety and Equipment Introduction

- Safety rules and protocols on the range
- Introduction to different types of bows (recurve, compound, traditional)
- Proper handling, care, and maintenance of archery equipment

Day 6-10: Archery Fundamentals

- Correct shooting stance and posture
- Nocking the arrow and gripping the bow
- Basic aiming and release techniques

Week 3-4: Shooting Techniques and Form Development

Day 11-15: Drawing and Anchoring

- Proper drawing technique and anchoring points
- Consistency in anchor position for accuracy
- Practice drills for improving drawing and anchoring

Day 16-20: Expansion and Release

- Focus on expansion techniques for smooth and consistent release
 - Release aids and finger release techniques
- Drills to develop a clean release and follow-through

Week 5-6: Aiming and Sight Alignment

Day 21-25: Aiming Methods

- Introduction to aiming techniques (gap shooting, string walking, instinctive)
 - Practice drills for consistent aiming and sight alignment
- Understanding arrow trajectory and aiming at different distances

Day 26-30: Sight Adjustment and Tuning

- Adjusting bow sights for elevation and windage
- Tuning the bow and arrow setup for optimal performance
- Fine-tuning aiming and sight alignment for increased accuracy

Week 7-8: Advanced Techniques and Shot Execution

Day 31-35: Shot Execution Drills

- Dynamic shooting drills for improving shot execution under pressure
- Focus on maintaining form and technique during dynamic shooting scenarios
 - Mental training techniques for focus and concentration

Day 36-40: Advanced Shooting Techniques

- Shooting from different positions (kneeling, sitting, and standing)
- Shooting on uneven terrain and in varying lighting conditions

- Application of advanced techniques for competitive shooting

Week 9-10: Competition Preparation and Review

Day 41-45: Competition Simulation

- Mock tournament or competition setup
- Competitive shooting drills and scenarios
- Review of individual performance and feedback session

Throughout the camp, participants will also engage in physical conditioning exercises, flexibility training, and mental preparation sessions to enhance their overall archery performance. Additionally, there will be opportunities for individual feedback, goal setting, and reflection to support participants' development and progression in archery.

Name of the Office : Yogad Attendance
ASD GDC (WCA), KARNATAKA

Attendance Register

YOGA & ARCHERY

Certificate Course-2023-24
 Attendance sheets

Month : 24.7.2023 - 2024
 Year : 2023 - 2024

S. No.	NAME	Designation	2023										2024										Total	%												
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			21	22	23	24	25	26	27	28	29	30	31	
1	B. Suryavathi	11 MPC	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	44	
2	S. Ramul	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
3	T. Ramalakshmi	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
4	Ch. Geetha	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
5	K. Amulya	11 BA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
6	M. Lakshmi Prasanna	1 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
7	B. Gnyatri	1 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
8	B. Lakshmi Prasanna	1 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
9	K. Pswarya	11 BA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
10	Y. Abhishikta	11 BA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
11	M. Manuatha	11 BA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
12	Ch. Divya	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40	
13	K.M. Surya Kumari	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40	
14	M. Teekla Gracy	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
15	V. Gowrya Rakha	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	39	
16	V. Meghana	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
17	K. Amulya	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
18	D. Silakshmi	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
19	L. Durga Anasurya	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41	
20	T. Davi	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
21	S. Jyothi	11 CBZ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
22	M. Geetha	11 CBHT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40	
23	K. Purnima	1 CBHT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
24	R. Sri Devi	11 CBHT	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41	
25	G. Sai Parvati	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
26	K. Aparna	1 MPC	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
27	S.N. Ambika	1 MPC	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	39	
28	B. Sirisha	11 MPC	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40	
29	P. Syamala	11 MPC	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	
30	G. Sravani	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
31	N. Kusuma	11 BA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41	
32	Ch. Nagamani	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40	
33	Ch. Sirisha	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
34	M. Sailu Bhanu	11 B.com	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42	
35	P. G. D. Bhavani	11 BA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43	

Total Present: 1450 Total Absent: 100 Total: 1550







Department of Physical Education
Certificate of Yoga & Archery 2023-24
Final Assessment and Graduation Day

Assessment*

1. *Technical Skills Demonstration

- Participants demonstrate proficiency in archery fundamentals, including stance, drawing, anchoring, aiming, and release techniques.
- Instructors assess participants' technique, form, consistency, and accuracy.

2. *Target Shooting Evaluation

- Participants engage in target shooting sessions at varying distances.
- Evaluation of participants' accuracy, precision, and grouping on the target.

3. *Equipment Inspection and Knowledge Test

- Participants demonstrate knowledge of archery equipment, including bow types, arrow components, and accessory usage.
- Written or verbal test to assess participants' understanding of archery equipment and maintenance.

Afternoon Session: Graduation Ceremony

4. *Recognition of Achievements

- Participants receive certificates of completion and special awards for outstanding performance or contributions during the camp.
- Recognition of dedication, progress, and commitment to archery.

5. *Archery Demonstration and Showcase

- Participants showcase their archery skills through shooting demonstrations at different distances and target types.
- Showcase of improved proficiency and application of learned techniques.

6. *Instructor Remarks

- Instructors address participants, sharing insights, encouragement, and reflections on their journey throughout the camp.
- Commendation for hard work, perseverance, and dedication to archery.

7. *Closing Remarks and Reflection

- Participants and instructors reflect on experiences, lessons learned, and personal growth during the camp.
- Gratitude, appreciation, and well wishes for participants' continued journey in archery.

By conducting a comprehensive final assessment and graduation ceremony on the last day of the camp, participants have the opportunity to demonstrate their skills, receive feedback on their performance, and celebrate their achievements in archery.

A.S.D.GOVERNMENT DEGREE COLLEGE FOR WOMEN (AUTONOMOUS), KAKINADA

Department of Physical Education

Certificate course in Yoga & Archery

2023 - 2024

S.No	QUESTIONS	Score Range 5 Indicate: Excellent 1 Indicate : Poor				
		Excellent	Very Good	Good	Average	Poor
1	How do you rate the Training programme you gone through?	✓				
2	Is Training program enhanced your Soft skills?	✓				
3	Is the training on Goal setting help you to fix your goal?	✓				
4	Is the training program is interactive or not?		✓			
5	How well were trainers able to communicate with you?	✓				
6	Is the institution take interest to promote such Training Programs?	✓				
7	How do you rate the teaching and Mentoring process?	✓				
8	Is the training program help you to identify your weaknesses and make you to overcome?		✓			
9	Do you feel that the training programme is useful to you?	✓				
10	Overall rating on various activities you participated during the training?	✓				

The above course on Yoga & Archery is very useful for unique sport that offers numerous benefits for young people. Yoga is essentially a spiritual discipline based on an extremely subtle science which focus on bringing harmony between mind and body.



Annavaram Satyavathi Devi
GOVERNMENT DEGREE COLLEGE FOR WOMEN (AUTONOMOUS), KAKINADA

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

Re-accredited by NAAC with B Grade

CERTIFICATE

*This is to certify that Miss.of
..... Class successfully completed 45 days Certificate Course in “**Yoga & Archery**” held from 24 July 2023 to 30 September 2023 conducted by Department of Physical Education, A.S.D. Government Degree College for Women Autonomous Kakinada*

Physical Director
ASD Govt. Degree College (W) (A)

Yoga Trainer/NIC Coach

Principal
ASD Govt. Degree College (W)(A)