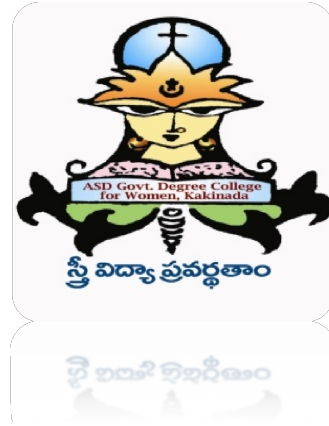


A.S.D. Govt. Degree College for Women (A) Kakinada

(Under Jurisdiction of AdikaviNannaya University, Rajamahendravaram)

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



Department of Physical Education

CERTIFICATE COURSE

on

YOGA & KARATE

2021~2022

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 & KARATE for the students of all college for the Academic Year 2021-2022

As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course titled Yoga & KARATE to all the college students with 50 intake from 13th September 2021. It is a 45 days course which focuses on equipping essential Yoga & Karate skills.
Hence I request you to grant permission to start the certificate course for the Academic year 2021-2022.

Thanking you madam

Yours faithfully,

H. Suvarchala
11/9/21

PRINCIPAL
S.D.GOV.T.DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA



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
11/9/21

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

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

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

Circular

Date: 11.9.2021

All students of our College informed that Department of Physical Education has is going to conduct a Certificate Course on **Yoga & Karate** for 45 Days on(13th September 2021 to 3rd November 2021). Those who are interested should enroll their names with Lt. G.Pramila Rani HoD of Physical Education on or before 12th September2021. 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. Ch.Satish.,(NIS Coach)

2.Lt G.Pramila Rani ,PD(Yoga)

Time : 4.00 Pm to 05.00pm

BA.

I Year *pu p d.*
II Year *pu p d.*
III Year *k. yaen*

B.Com.

I Year *q. h. f.*
II Year *ku*
III Year *ku*

BSc.

I Year *ku*
II Year *N. h.*
III Year *ku*

Effoy - 11/9/21
Department of Physical
M.A., M.Ped., M.Phil., SET
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA



H. Suvachala
11/9/21
Principal
PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

INVITATION

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




**Department of Physical Education invites
you all to enroll Certificate Courses in
Yoga & Karate to be held at on 13.9.2021**

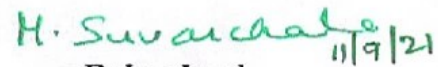
Resource Person :1 ChSatish (Karate Trainer)

: 2.Lt. G.Pramila Rani (Yoga)

Venue : Open Ground


Department of Physical Education
G.P. PRAMILA RANI
M.A., M.Ped., M.Phil., SET
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA





Principal
PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA

A.S.D.GOV.T. DEGREE COLLEGE FOR WOMEN (AUTONOMOUS) KAKINADA

Department of Physical Education

Activity Register 2021-2022

Date	13.9.2021 (45 days)
Conducted through (DRC/ JKC/NCC/NSS/Departments etc.,)	Department of physical education
Nature of activity (seminar/workshop/Extn, Lecture etc /.,)	Certificate course
Title of the activity	Yoga & Karate
Name of the department/ committee	Physical Education
Details of resource persons (Name, Designation etc.,)	Mr.Ch.Satish (Karate Trainer) Lt.G.Pramila Rani, M.A.,M.PEd., MPhil., SET
No.of students participated	50
Brief report on the activity	Yoga for health and fitness,Karate for protecting ourselves and others protection also
Name of the lecturers who planned & conducted the activity	Lt.G.Pramila Rani, M.A., MPed., MPhil., SET
Signature of the dept. Incharge/ convener of the committee	
Signature of the principal	<i>M. Suvarchala</i>
Remarks	

(Brief Report of the activity has to be submitted along with evidences Correspondence, Photographs, Paper Clippings, and Student Feedback etc.) A separate record has to be prepared for each Academic year. The College Activity register shall be with the Principal. All activities have to be recorded and the serial no of the activity has to be mentioned on the report of the activity)

**ASD GOVT DEGREE COLLEGE FOR WOMEN (A), KAKINADA -
YOGA AND KARATE CERTIFICATE COURSE CONDUCTED BY
PHYSICAL EDUCATION DEPARTMENT . (2021-2022)-Database**

SNO	Name	Group	SNO	Name	Group
1	O.HARIKA	I BCOM	26	CH.SATYAVENI	I MPCS
2	K.RATHNAM	I BA HEP	27	SK.B. CHANDHINI	I INTER
3	V.SADA	I BA HEP	28	Y.SHANTHI	I INTER
4	M.JHANSI	I BA HEP	29	D.PAVANI	I INTER
5	CH.NAGAMANI	I HSC	30	B.VIJAYA BHARATHI	I INTER
6	N.SIROMANI	I BA HEP	31	B.SONIYA	I INTER
7	K.PRAVALLIKA	I MPCS	32	V.SRI VARSHA	I INTER
8	S.LAVANYA	I MPCS	33	B.DEVI SRI	I INTER
9	M.MALINI	I MPC	34	P.JHANSI RANI	I BA HEP
10	K.NAGA SUSHMA SRI	ICBMB	35	CH.DEVI	I INTER
11	I.ANNAPURNA	I CBMB	36	S.MAHALAKSHMI	I INTER
12	S.PRAGNYA SRI	I CBZ	37	T.ANANTHA	I MPC
13	M.TEKLA GRACY	I CBZ	38	B.SRI RAMYA PRIYA	I MPCS
14	M.CHANTI	I BCOM	39	K.KASTHURI MAHALAXMI	I MPCS
15	P.KRISHNAVENI	I BCOM	40	CH.LAVANYA	I BCOM
16	G.NAVYA MAMATHA	IMPCS	41	M.KEERTHI	I INTER
17	L.SATYA KUMARI	I BCOM	42	R.SYAMALA DEVI	I MPCS
18	B.GAYATHRI DEVI	I MPCS	43	T.MANGA	I CBZ
19	B.GAYATHRI	I BCOM	44	R.SUNEETHA	I BCOM
20	A.SIRI CHANDANA	I MPC	45	S.SAMMAKKA	I MPC
21	P.RENUKA	I BCOM	46	R.VIMALA	I BA HEP
22	K.VEEHAVENI	I MPC	47	P.POOJA	I BA HEP
23	P.V. SHIVANI	I BCOM	48	S.V.PADMAVATHI	I MPCS
24	P.HARI PRIYA	I BCOM	49	K.SATYA SRI	I MPCS
25	P.VENKATA POOJA	I BCOM	50	V.VIJAYA LAXMI	I BA HEP

A.S.D.GOV.T. DEGREE COLLEGE FOR WOMEN (AUTONOMOUS) KAKINADA

Department of Physical Education

Syllabus

45-day karate camp syllabus:

Week 1-2: Introduction to Karate Basics

Day 1-5: Basic Stances and Strikes

- Introduction to karate stances (zenkutsu-dachi, kokutsu-dachi, neko-ashi-dachi)

- Practice basic strikes (oi-zuki, gyaku-zuki, age-uke)

- Emphasis on proper alignment, balance, and technique

Day 6-10: Blocks and Kicks

- Learn basic blocks (gedan-barai, soto-uke, uchi-uke)

- Introduction to basic kicks (mae-geri, mawashi-geri, yoko-geri)

- Partner drills for blocking and kicking techniques

Week 3-4: Kata and Forms

Day 11-15: Kata Introduction

- Introduction to fundamental kata (e.g., Heian Shodan, Heian Nidan)

- Practice kata movements, sequences, and applications

- Focus on kata performance, timing, and rhythm

Day 16-20: Kata Refinement

- Refinement of kata techniques and transitions

- Application of bunkai (kata applications) for self-defense scenarios

- Individual and group kata performances with feedback

Week 5-6: Sparring and Kumite

Day 21-25: Kumite Basics

- Introduction to kumite (sparring) concepts and etiquette
- Practice basic kumite drills (ippon kumite, sanbon kumite)
 - Focus on distance, timing, and control in sparring

Day 26-30: Sparring Techniques

- Learn sparring techniques (jabs, crosses, hooks) and combinations
- Controlled sparring sessions with emphasis on applying techniques learned
 - Introduction to scoring and defensive strategies in kumite

Week 7-8: Advanced Techniques

Day 31-35: Advanced Strikes and Blocks

- Practice advanced striking techniques (uraken, shuto, nukite)
 - Advanced blocking techniques against multiple attacks
- Partner drills for combining strikes, blocks, and footwork

Day 36-40: Advanced Kicking Techniques

- Introduction to jumping and spinning kicks (tobi-geri, ushiro-geri, spinning hook kick)
 - Practice combinations involving advanced kicks
- Focus on speed, precision, and timing in kicking techniques

Week 9-10: Advanced Kata and Kumite

Day 41-45: Advanced Kata and Sparring

- Advanced kata training focusing on higher-level kata (e.g., Bassai Dai, Jion)
 - Application of advanced bunkai for kata movements
 - Advanced kumite drills and scenarios (jiyu kumite)
- Graduation ceremony and demonstration of skills learned during the camp

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

SNO	Name	Group	13/9	14/9	15/9	16/9	17/9	18/9	20/9	21/9	22/9	23/9	24/9	25/9	27/9	28/9	29/9	30/9	1/10	2/10	4/10	5/10	6/10	7/10	8/10	9/10	11/10	12/10	13/10	14/10	15/10	16/10	18/10	19/10	20/10	21/10	22/10	23/10	24/10	25/10	26/10	27/10	28/10	29/10	30/10	1/11	2/11	3/11	TOTAL	%
48	S.V.PADMAVATHI	I MPCS	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42/45		
49	K.SATYA SRI	I MPCS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43/45	
50	V.VIJAYA LAXMI	I BA HEP	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	44/45		





Department of Physical Education

Certificate of Yoga & Karate 2021-22

Final Assessment and Graduation Day (Karate)

1. ***Technical Skills Demonstration:***

- Participants demonstrate proficiency in basic stances, strikes, blocks, kicks, and kata.
- Instructors assess technique, posture, timing, and overall performance.

2. ***Kumite Evaluation :***

- Controlled sparring sessions (kumite) with fellow camp members.
- Evaluation of participants' application of techniques, distance management, and control.

3. ***Bunkai Application :***

- Demonstration of bunkai (applications) for selected kata movements.
- Practical self-defense scenarios to showcase understanding and effectiveness of bunkai.

4. ***Demonstration and Showcase:***

- Participants perform demonstrations of selected techniques, kata, or sparring matches.
- Showcase of skills and achievements acquired during the camp.

5. ***Instructor Remarks :***

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

6. ***Recognition of Achievements :***

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

7. ***Closing Remarks and Reflection:***

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

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

Department of Physical Education

Certificate course in Yoga & Karate

2021-2022

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 & karate is very very usefully for those who wants make a career in Prothisianals & players also useful for students.



Annaram 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 &
Karate” held from 13 September 2021 to 03 November 2021 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)