

# 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 & JUDO

2020~2021

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 & JUDO for the students of all college for the Academic Year 2020-2021

As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course titled Yoga & JUDO to all the college students with 50 intake from 14<sup>th</sup> October 2020. It is a 45 days course which focuses on equipping essential Yoga & JUDO skills

Hence I request you to grant permission to start the certificate course for the Academic year 2020-2021.

Thanking you madam

*H. Sivarajah.*

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



Yours faithfully,

*LT. G. PRAMILA RANI*  
**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**

# INVITATION

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




**Department of Physical Education invites  
you all to enroll Certificate Courses in  
Yoga & Judo to be held at on 14.10.2021**

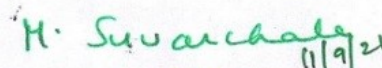
Resource Person : 1 ChSatish (Judo Coach)

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

Venue : Open Ground

  
11/9/21  
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  
PRINCIPAL  
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 2020-2021

Date	14.10.2020 (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 & Judo
Name of the department/ committee	Physical education
Details of resource persons (Name, Designation etc.,)	Mr.Ch.Satish Judo Coach Lt.G.Pramila Rani, M.A.,M.PEd., MPhil., SET
No. of students participated	50
Brief report on the activity	
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	M. Suvachala
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 JUDO CERTIFICATE COURSE CONDUCTED BY  
PHYSICAL EDUCATION DEPARTMENT . (2020-2021)-Database**

SNO	Name	Group	SNO	Name	Group
1	KONADA.SIREESHA	I BCOM	26	P.B. PREM AGNES	I INTER
2	B.S SRILEKHA	I BCOM	27	P.K.S. PRASANNA	I INTER
3	KONDRU.DEEPIKA	I BA HEP	28	CH. VARSHITHA	I INTER
4	P. DIVYA RAJAMANI	I HSC	29	B. J. N.L.BHAVANI	I BCOM
5	L.SUBBALAKSHMI	I BA HEP	30	D.MANASA	I BCOM
6	CHITIKELA.SRAVANI	I HSC	31	K. MOUNIKA	I MPSC
7	T.CHAITHAINYA SRI	I MPC	32	B. MERCY GRACE	I INTER
8	MALLADI SWATHI	I BA HEP	33	R.REVATHI	I BCOM
9	GANJA MOUNIKA	I BCOM	34	KANEEZ ZEHRA	I INTER
10	DOMMETI SUJITHA	I HSC	35	MOKA DIVYA	I INTER
11	LALAM RAVEENA	I BCOM	36	B SURYAVATHI	I MPC
12	SANGADI ANJALI	I HSC	37	UNDURTHI. ANJALI	I BCOM
13	G.V.ANURADHA	I BCOM	38	V. GOWSYA REKHA	I CBZ
14	P.BHARGHAVI	I CBZ	39	JUTTUKA. AKSHAYA	I CBZ
15	P. DURGA DEVI	I BCOM	40	SAPPA. DEEPIKA	I MPSC
16	LANKE MALLIKA	I BCOM	41	K. PAVANI	I HSC
17	V.D. SATYA SREE	I BA HEP	42	B. BHARATHI	I BCOM
18	SANGANI SRAVYA	I BA HEP	43	G.YAMINI	I CZAQT
19	M. SWAPNA LATHA	I BA HEP	44	A.B.VEERA DEEPIKA	I CZAQT
20	V.CHERSIA	I INTER	45	B.V.PRABHAASWINI	I MPSC
21	R.V. MOUNIKA	I BCOM	46	K. LAKSHMI DEVI	I BA HEP
22	M.VEERA VENI	I MPSC	47	O. K MAHALAKSHMI	I BA HEP
23	N.MAHA LAXMI	I BCOM	48	CH. RAMYA SRI	I MPC
24	M.NIKHITHA	I INTER	49	V. PRIYADARSHINI	I BA HEP
25	ZIA-E-FATHEMA	I INTER	50	C. PUSHPANJALI	I BA HEP

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

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## *Department of Physical Education*

### **45-day judo camp: Syllabus**

#### **### Week 1: Foundations of Judo**

##### **\*Day 1-2: Introduction to Judo\***

- History and philosophy of Judo
  - Basic rules and etiquette
- Warm-up exercises and stretching

##### **\*Day 3-4: Ukemi (Breakfalls)\***

- Learning how to fall safely
- Front, back, side breakfalls
  - Rolling techniques

##### **\*Day 5-6: Basic Throws\***

- Practice basic throws such as Osoto-gari, Uchi-gari, Seoi-nage
  - Partner drills for throwing techniques
  - Focus on proper posture and balance

##### **\*Day 7-8: Groundwork Introduction\***

- Introduction to ne-waza (ground techniques)

- Basic pins, holds, and submissions
- Escape techniques from various positions

### **### Week 2: Developing Fundamentals**

#### **\*Day 9-11: Review and Refinement\***

- Review of techniques learned in week 1
  - Individual feedback and correction
  - Emphasis on technique improvement

#### **\*Day 12-14: Basic Techniques Consolidation\***

- Reinforcement of basic throws and groundwork
  - Partner drills for precision and timing
  - Introduction to combination techniques

#### **\*Day 15-17: Grip Fighting and Movement\***

- Understanding grip strategies in judo
- Footwork drills for improved mobility
- Application of movement in executing techniques

### **### Week 3: Intermediate Level Training**

#### **\*Day 18-20: Intermediate Throws\***

- Uchi-mata, Harai-goshi, Tai-otoshi variations
- Counters and combinations from intermediate throws
  - Focus on fluid transitions between techniques

#### **\*Day 21-23: Advanced Groundwork\***

- Intermediate pins, holds, and submissions

- Escapes and reversals from advanced positions
- Controlled sparring sessions to apply learned techniques

**\*Day 24-26: Tactical Analysis and Randori\***

- Analysis of opponents' tendencies in randori
- Developing tactical strategies for different opponents
- Competitive drills and situational sparring

**### Week 4: Advanced Techniques and Strategies**

**\*Day 27-29: Advanced Throws and Combinations\***

- Advanced throws such as Sode-tsurikomi-goshi, Ura-nage
  - Complex combination techniques
- Timing drills for executing advanced techniques

**\*Day 30-32: Counter Techniques and Defense\***

- Advanced counters to common throws
- Defensive strategies against various attacks
- Application of effective defense in live situations

**\*Day 33-35: Competition Preparation\***

- Mock matches and simulated tournament scenarios
- Mental preparation and visualization techniques
- Refinement of techniques for competition readiness

**### Week 5: Review and Application**

**\*Day 36-38: Review and Refinement\***

- Fine-tuning of techniques learned throughout the camp



**- Individual feedback and correction**

**- Video analysis of performances**

**\*Day 39-41: Specialized Training\***

**- Focus on specific areas of improvement based on individual needs**

**- Guest lectures or demonstrations by experienced judoka**

**- Goal setting for further progression**

**\*Day 42-45: Final Assessments and Graduation\***

**- Assessment of overall progress and skill development**

**- Graduation ceremony and distribution of certificates**

**- Closure session with reflection on the camp experience**







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

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## *Department of Physical Education*

### Final Week Assessment and Graduation (JUDO)

#### 1. \*Technical Assessment:\*

- Demonstration of proficiency: Participants will be required to demonstrate a selection of fundamental throws, groundwork techniques, and transitions to instructors.
- Precision and control: Assessment will focus on participants' ability to execute techniques with proper posture, balance, and control.
- Feedback and correction: Instructors will provide real-time feedback to participants during their demonstrations, addressing any technical errors and offering suggestions for improvement.

#### 2. \*Randori Performance:\*

- Live sparring evaluation: Participants will engage in controlled randori sessions with partners of similar skill levels, allowing instructors to assess their ability to apply learned techniques in live situations.
- Adaptability and strategy: Assessment will focus on participants' ability to adapt to different opponents, utilize effective grip fighting, and implement tactical strategies to gain advantages during sparring.

#### 3. \*Groundwork Assessment:\*

- Application of groundwork techniques: Participants will be evaluated on their execution of pins, holds, escapes, and submissions during live grappling sessions.
- Transition proficiency: Assessment will include participants' ability to transition smoothly between standing and ground techniques, demonstrating fluidity and awareness of opportunities.

#### 4. \*Fitness and Conditioning:\*

- Endurance and resilience: Participants will be assessed on their ability to maintain physical exertion and focus throughout the assessment period, reflecting their overall fitness level and mental resilience.

- Flexibility and agility: Assessment will involve participants' flexibility and agility in executing techniques and evading opponents' attacks, indicating their range of motion and mobility.

#### 5. \*Knowledge and Understanding:\*

- Verbal assessment: Participants will be quizzed on judo rules, terminology, and etiquette to evaluate their understanding of the sport's principles and traditions.

- Tactical analysis: Assessment will include participants' comprehension of judo strategies, such as grip fighting, movement patterns, and match management, demonstrated through verbal explanations or written responses.

#### 6. \*Feedback and Evaluation:\*

- Individual feedback session: Instructors will provide personalized feedback to each participant, highlighting their strengths, areas for improvement, and overall progress throughout the camp.

- Goal setting: Participants will have the opportunity to discuss their future goals in judo with instructors, who will offer guidance and recommendations for continued growth and development.

#### 7. \*Graduation Ceremony:\*

- Recognition of achievements: Participants will receive certificates of completion and recognition for their dedication and progress during the camp.

- Closure and reflection: The graduation ceremony will serve as a culmination of the camp experience, allowing participants to reflect on their journey, celebrate their accomplishments, and express gratitude to instructors and fellow participants.

By conducting this comprehensive assessment during the final week, participants will have the opportunity to showcase their skills, receive constructive feedback, and celebrate their achievements before graduating from the judo camp.

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

Department of Physical Education

Certificate course in Yoga & Judo

2020 - 2021

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 in Yoga & Judo is very useful for self protection and others protection too. Yoga is for health and fitness.



**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 &  
Judo” held from 14 October 2020 to 04 December 2020 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)