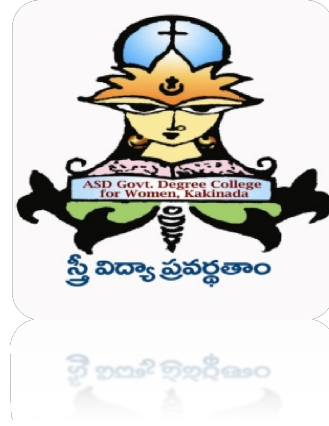


A.S.D. Govt. Degree College for Women (A) Kakinada

(Under Jurisdiction of AdikaviNannaya University, Rajamahendravaram)

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



Department of Physical Education

CERTIFICATE COURSE

on

YOGA & TAEKWONDO

2019~2020

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 & Taekwondo for the students of all college for the Academic Year 2019-2020

As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course titled Yoga & Taekwondo to all the college students with 100 intake from 21st June 2019. It is a 45 days course which focuses on equipping essential Yoga & Taekwondo skills. Hence I request you to grant permission to start the certificate course for the Academic year 2019-2020..

Thanking you madam

Yours faithfully,

H. Suvachala
19/6/19
PRINCIPAL
A.S.D.GOV.T.DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA



[Signature]
19/6/19
L.L. 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)

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

Circular

Date: 19.6.2019

All students of our College informed that Department of Physical Education has is going to conduct a Certificate Course on **Yoga & Taekwondo** for 45 Days(21st June 2019 to 20th August 2019. Those who are interested should enroll their names with Lt G.Pramila Rani HoD of Physical Education on or before 20th June 2019. 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 K. Yaen
II Year PV BQ
III Year BKA

B.Com.

I Year KEE
II Year KEE
III Year KEE

BSc.

I Year NUB
II Year Pa
III Year NUB

Department of Physical

M.A., M.P.Ed., M.Phil., UET
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA



H. Sivarachala
Principal
19/6/19
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 & Taekwondo to be held at on
21.6.2019

Resource Person :1 Ch. Satish (Taekwondo coach)

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

Venue : Open Ground


19/6/19
LT. G. PRAMILA RANI
M.A., M.Ped., M.Phil., SET
Lec' in Phy Edn
ASD.G.D.C. (W) (A)





19/6/19
PRINCIPAL
A.S.D.GOV.T.DEGREE COLLEGE (W)
AUTONOMOUS

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

Department of Physical Education

Activity Register 2019-2020

Date	21.6.2019 (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 & Taekwondo
Name of the department/ committee	Physical education
Details of resource persons (Name, Designation etc.,)	Mr.Ch.Satish (Taekwondo Coach) Lt.G.Pramila Rani, M.A.,M.PEd., MPhil., SET
No. of students participated	100
Brief report on the activity	Yoga for health , Taekwondo skills are use to self protection and others protection
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 TAEKWONDO CERTIFICATE COURSE CONDUCTED BY
PHYSICAL EDUCATION DEPARTMENT . (2019-2020)-Database**

SNO	Name	Group	SNO	Name	Group
1	G Jhansi Rani	I BCOM	26	Palepu Rjeswari	I BCOM
2	G Roshini	I MPCS	27	Chittimoju Pavani	I BCOM
3	D.Adilakshmi	I BCOM	28	V Leela Sirisha	I BA HEP
4	G.Srikanya	I BCOM	29	P Swojanya	I BCOM
5	N.Anusha	I BCOM	30	P Madhuri	I BCOM
6	Pitta Sai Priya	I BA HEP	31	M Veeraveni	I BCOM
7	P Uma Devi	I BCOM	32	Chokka Devi	I BA HEP
8	K Bagya sri	I BA HEP	33	Dasari Komalatha	I MPC
9	S.RamaDurga	I BA HEP	34	Y Ramadurga	I BCOM
10	T Sita Ratnam	I BA HEP	35	A S.J.S.Neeraja	I MPCS
11	Kanoori Tanuja	I MPC	36	Pabbineedi Devi	I MPCS
12	M Chandini	I CBZ	37	K D Sampathi	I MPCS
13	B Bhargavi	I MPCS	38	K saritha	I MPCS
14	M Geetha	I MPCS	39	Kadiri Pravallika	I MPCS
15	K.DurgaMounika	I BA HEP	40	V.Pujitha	I BCOM
16	G.H.V. Phaneendra	I MPCS	41	P. Anantha Swathi	I BCOM
17	B. N D Lakshmi	I MPC	42	Korupolu Devi	I BCOM
18	Karri Chinnari	I BA HEP	43	N Mounika	I BCOM
19	D. Swaroopa Rani	I BA HEP	44	Pikki Akhila Joythi	I MPC
20	Dunna.Santhi	I BA HEP	45	T Varalakshmi	I MPC
21	V Sai Lakshmi	I BA HEP	46	A Satyaveni	I BA HEP
22	Sirikolu Devi	I BA HEP	47	Kaanderi Dayana	I BA HEP
23	Kamidi Gayatri	I BCOM	48	K.Muttyalamma	I CBZ
24	Kusireddy Devi	I MPCS	49	A.Alekhy	I MPCS
25	Dadala Jahnvi	I CBZ	50	B Kruparani	I BA HEP

SNO	Name	Group	SNO	Name	Group
51	D Satya Veni	I MPC	76	K.Dhanalakshmi	I BCOM
52	B.chandana	I BA HEP	77	S.Krupa Sowndarya	I BCOM
53	D.Vijayalakshmi	I BA HEP	78	S.Karuna	I MPC
54	PEMMADI UMA DEVI	I BCOM	79	P.Venkatalakshmi	I MPC
55	KUKKALA BAGYA SRI	I BA HEP	80	V.D.Reshma	I MPC
56	SK.Basheerunnisa	I BA HEP	81	D.Mery	I BA HEP
57	G.Swathi	I BCOM	82	D.Syamala	I HSC
58	S URMILA	I BA THP	83	Y.Gangabhavani	I MPC
59	M.V PRASANNA	I BA THP	84	V.Leelasatyajyothi	I MPC
60	T.DHANAMAHALAKSHMI	I BA THP	85	P.Pushpalatha	I HSC
61	K.Satyaveni	I BCOM	86	G.Mariya	I BA HEP
62	K.Snehalatha	I CBZ	87	K.Sivarani	I BCOM
63	R.Mahalakshmi	I CBZ	88	P.Rajeswari	I BCOM
64	Ch.Kasturi	I BCOM	89	M.Phanikumari	I HSC
65	V.Parvathi Devi	I BCOM	90	P.Tejaswini	I MPSCS
66	A.Akhila	I MPC	91	Y.Jyothsna	I MPSCS
67	D.Ratnam	I BA HEP	92	A.Santhi Rupa	I CBZ
68	D.Balasri	I BCOM	93	B.SatyaDevi	I BCOM
69	UMMADI JYOTHI	I CBZ	94	N.Ruthurani	I BA HEP
70	PAKKURTHI RAJA KUMARI	I BA HEP	95	M.Gayatri	I BCOM
71	PALIVELA APARNA	I BA HEP	96	M.Sirisha	I BA HEP
72	R.Navyakumari	I BA THP	97	Ch.Vijayadurga	I BCOM
73	Ch.Ashajyothi	I BA THP	98	Illa.Satya Mounika	I MPC
74	K.Swathi	I BA HEP	99	V.Balalakshmi	I BCOM
75	R.Satyaveni	I BA HEP	100	K.Kumari	I BCOM

Department of Physical Education

Certificate of Yoga& Taekwondo -2019-20

A 45-day Taekwondo camp syllabus can encompass a wide range of techniques, forms (poomsae), sparring, self-defense, and physical conditioning. Here's a sample syllabus broken down by week:

Week 1-2: Introduction to Taekwondo Basics

Day 1-5: Taekwondo Fundamentals

- Introduction to Taekwondo history, philosophy, and etiquette
 - Basic stances (ap-seogi, niunja-seogi) and footwork
 - Punches (jireugi) and basic blocks (makgi)
 - Warm-up exercises and stretching routines

Day 6-10: Kicking Techniques

- Front kick (ap-chagi) and roundhouse kick (dollyo-chagi)
 - Side kick (yeop-chagi) and back kick (dwit-chagi)
 - Introduction to kicking combinations
- Practice drills for developing kicking speed and power

Week 3-4: Forms and Patterns

Day 11-15: Taekwondo Forms (Poomsae)

- Introduction to basic Taekwondo forms (e.g., Taeguk Il Jang)
 - Practice of form sequences, movements, and transitions
 - Emphasis on proper posture, balance, and focus

Day 16-20: Advanced Poomsae and Interpretation

- Progression to more advanced forms (e.g., Taeguk Pal Jang)
 - Interpretation of form applications (bunkai)
 - Group and individual performances with feedback

Week 5-6: Sparring and Competition

Day 21-25: Sparring Fundamentals

- Introduction to Taekwondo sparring rules and safety guidelines
- Basic sparring techniques (dodging, blocking, counterattacking)
- Controlled sparring drills for developing timing and distance control

Day 26-30: Sparring Strategies and Tactics

- Offensive and defensive strategies for sparring
- Footwork drills and movement patterns for effective sparring
- Application of techniques in simulated sparring matches

Week 7-8: Self-Defense and Breaking Techniques

Day 31-35: Self-Defense Techniques

- Techniques for defending against common attacks (e.g., grabs, punches)
 - Partner drills for practicing self-defense scenarios
 - Emphasis on control and non-violent resolution

Day 36-40: Breaking Techniques (Kyukpa)

- Introduction to breaking boards and concrete blocks
- Techniques for generating power and focus in breaking
- Gradual progression from basic to advanced breaking techniques

Week 9-10: Review, Testing, and Graduation

Day 41-43: Review and Testing

- Review of techniques, forms, and sparring skills learned throughout the camp
 - Belt testing for eligible participants
 - Individual feedback and assessment from instructors

Day 44-45: Graduation Ceremony and Demonstration

- Graduation ceremony with belt presentation for successful participants
- Demonstration of skills learned during the camp, including forms, sparring, self-defense, and breaking techniques
- Celebration and reflection on the accomplishments and experiences of the camp

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

ASD GOVT DEGREE COLLEGE FOR WOMEN (A), KAKINADA - YOGA AND TAEKWONDO CERTIFICATE COURSE CONDUCTED BY PHYSICAL EDUCATION DEPARTMENT . (2019-2020)-ATTENDANCE SHEET

SNO	Name	Group	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	32	33	34	35	36	37	38	39	40	41	42	43	44	45	TOTAL	%									
1	G Jhansi Rani	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40/45									
2	G Roshini	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40/45							
3	D.Adilakshmi	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41/45							
4	G.Srikanya	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	39/45							
5	N.Anusha	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	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						
6	Pitta Sai Priya	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	P	P	P	41/45							
7	P Uma Devi	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	39/45						
8	K Bagya sri	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	P	P	P	P	41/45						
9	S.RamaDurga	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	P	P	P	P	P	42/45					
10	T Sita Ratnam	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	P	P	P	P	P	40/45					
11	Kanoori Tanuja	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42/45					
12	M Chandini	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41/45					
13	B Bhargavi	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	44/45				
14	M Geetha	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	44/45				
15	K.DurgaMounika	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	P	P	P	P	P	P	41/45				
16	G.H.V. Phaneendra	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40/45				
17	B. N D Lakshmi	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	43/45			
18	Karri Chinnari	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	P	P	P	P	P	P	44/45				
19	D. Swaroopa Rani	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	P	P	P	P	P	P	40/45				
20	Dunna.Santhi	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	P	P	P	P	P	P	P	39/45			
21	V Sai Lakshmi	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	P	P	P	P	P	P	P	43/45			
22	Sirikolu Devi	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	P	P	P	P	P	P	P	39/45			
23	Kamidi Gayatri	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	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			
24	Kusireddy Devi	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41/45		
25	Dadala Jahnavi	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42/45			
26	Palepu Rjeswari	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	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			
27	Chittimoju Pavani	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	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		
28	V Leela Sirisha	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	P	P	P	P	P	P	P	P	41/45		
29	P Swojanya	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	40/45		
30	P Madhuri	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	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		
31	M Veeraveni	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	41/45		
32	Chokka Devi	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	P	P	P	P	P	P	P	P	44/45		
33	Dasari Komalatha	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42/45		
34	Y Ramadurga	I BCOM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	45/45		
35	A S.J.S.Neeraja	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42/45		
36	Pabbineedi Devi	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	44/45		
37	K D Sampathi	I 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	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	42/45	

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Department of Physical Education
Certificate of Yoga & Taekwondo 2019-20

Final Assessment and Graduation Day

Assessment*

1. *Technical Skills Demonstration

- Participants demonstrate proficiency in Taekwondo techniques, including stances, kicks, punches, blocks, and forms (poomsae).
- Instructors assess participants' technique, form, accuracy, and execution.

2. *Sparring Evaluation

- Participants engage in controlled sparring matches with fellow camp members.
- Evaluation of participants' ability to apply learned techniques, tactics, and strategies in sparring.

3. *Recognition of Achievements

- Participants receive certificates of completion and belts for successful belt testing.
- Special awards may be given for outstanding performance, dedication, and improvement during the camp.

4. *Taekwondo Demonstration and Showcase

- Participants showcase their Taekwondo skills through demonstrations of forms (poomsae), breaking techniques (kyukpa), and sparring matches.
- Showcase of proficiency, discipline, and athleticism developed during the camp.

5. *Instructor Remarks

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

6. *Closing Remarks and Reflection

- Participants and instructors reflect on the experiences, challenges, and growth experienced during the camp.
- Gratitude, appreciation, and well wishes for participants' continued journey in Taekwondo.

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 recognition for their achievements, and celebrate their growth and development in Taekwondo.

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

Department of Physical Education

Certificate course in Yoga & Taekwondo

2019-2020

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 self defence is very very. usefully for self protection yoga for health



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 & Taekwondo**” held from 21 June 2019 to 20 August 2019 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)