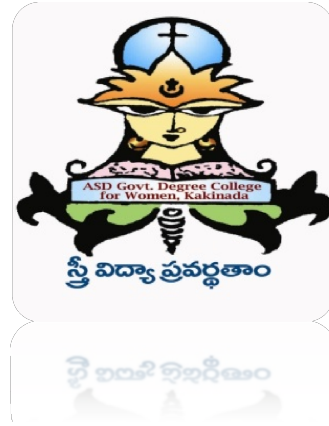


A.S.D. Govt. Degree College for Women (A) Kakinada

(Under Jurisdiction of AdikaviNannaya University, Rajamahendravaram)

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



Department of Physical Education

CERTIFICATE COURSE

on

YOGA & SELF DEFENCE

2018~2019

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 & Self Defence for the students of all college for the Academic Year 2018-2019

As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course titled Yoga & Self Defence to all the college students with 50 intake from 21st June 2018. It is a 45 days course which focuses on equipping essential Yoga & Self Defence skills.

Hence I request you to grant permission to start the certificate course for the Academic year 2018-2019.

Thanking you madam

Yours faithfully,

M. Suvachana
PRINCIPAL 19/6/18
A.S.D.GOV.T.DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA



G. Pramila Rani
-19/6/18
LT. G. PRAMILA RANI
M.A., M. PEd., M. Phil.
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: 19.6.2018

All students of our College informed that Department of Physical Education has is going to conduct a Certificate Course on **Yoga & Self Defence** for 45 Days on(21st June 2018 to 13th August 2018). Those who are interested should enroll their names with Lt G.Pramila Rani HoD of Physical Education on or before 20th June 2018. 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 M.B.R.
II Year R. Yano
III Year B.R.

B.Com.

I Year Kee
II Year G. J.
III Year Kee

BSc.

I Year K.V.S.
II Year M.B.
III Year M.



Department of Physical Education

Lt. G. PRAMILA RANI
Lec' in Phy Edn
ASD GDC (W) (A)
3(A) Girls Bn NCC
KAKINADA

M. Sivarajulu
19/6/18

Principal

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 enrol Certificate Courses in
Yoga & Self-Defence to be held at on
21.6.2018**

Resource Person :1. Ch.Satish (Self-Defence Trainer)

: 2. Lt. G.PramilaRani(Yoga)

Venue : Open Ground



-19/6/18
Lt. G. PRAMILA RANI
M.A., M. Ped., M. Phil., SET
Lect' in Phy Edn.
A.S.D. GOVT. DEGREE COLLEGE (W)


-19/6/18
H. Svarchala
PRINCIPAL
A.S.D.GOV.T.DEGREE COLLEGE (W)

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

Department of Physical Education

Activity Register 2018-2019

Date	21.6.2018 (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 & self Defence
Name of the department/ committee	Physical education
Details of resource persons (Name, Designation etc.,)	Mr. Ch. Satish (self defence trainer) Lt.G.PramilaRani, M.A.,M.PEd., MPhil., SET
No.of students participated	50
Brief report on the activity	Yoga for health, self Defence for protection
Name of the lecturers who planned & conducted the activity	Lt.G.PramilaRani, 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 SELF DEFENCE CERTIFICATE COURSE CONDUCTED BY
PHYSICAL EDUCATION DEPARTMENT . (2018-2019)-Database**

SNO	Name	Group	SNO	Name	Group
1	BONDALA SATYA DURGA	I BA HEP	26	K. S. D. MAHALAKSHMI	I MPCS
2	BEERAKA YAMINI	I BCOM	27	KANTUMUTCHU DURGA	I BCOM
3	BIRUDA MOUNIKA	I BCOM	28	KARRI APPARNA	I BA HEP
4	B. NIRMALA KUMARI	I HSC	29	MEKA SAI LAKSHMI	I BA HEP
5	GUTHULA DEVI	I BCOM	30	MYLAPALLI DHARANI	I BCOM
6	GUNNAM LAVANYA	I HSC	31	PINAPOTHU GOWTHAMI	I MPCS
7	INTHA MANASA JYOTHI	I BCOM	32	PESINGI NAVEENA	I BA HEP
8	KARRI ESWARI	I BA HEP	33	RACHA BHAVANI	I MPC
9	KARAKA DEVIKA	I HSC	34	TILLIPUDI SRI SOWJANYA	I BCOM
10	MANTRI RAMYA	I MPC	35	VOLETI PREMA KUMARI	I BA HEP
11	MUDUKU PRASANNA JYOTHI	I HSC	36	YELUGUBANTI SRAVYA	I MPCS
12	PAMPANI GANGA BHAVANI	I HSC	37	YANALA VIJAYA SANTHI	I BA HEP
13	PALEPU KUMARI	I BCOM	38	DARAPU SUSHMA	I MPCS
14	RAYAVARAPU LALITHA DEVI	I BCOM	39	PEMMADI BINDU	I BCOM
15	R. SATYA SANTHOSHI	I BCOM	40	PINAPOTHU SURYATEJA	I MPC
16	SANGANI LAVANYA	I BA HEP	41	G. BABY SYAMALA	I HSC
17	VEERESHU DURGA DEVISRI	I BA HEP	42	BODDU SIMHACHALAM	I BCOM
18	Y. SANDHYA RANI	I BA HEP	43	GEDELA JYOTHI	I BCOM
19	ADAPA JAYALAKSHMI	I MPC	44	K VENKATALAKSHMI	I BA HEP
20	B.V. VENKATALAKSHMI	I BA HEP	45	M SANDHYARANI	I BA HEP
21	CHIPURUPALLI HIMABINDU	I BA HEP	46	SETTI RAMASIVA	I BA HEP
22	CHINTHALAPUDI SWAPNA	I BA HEP	47	MEDISETTI SRIDEVI	I BA HEP
23	VASAMSETTI MADHAVI	I BCOM	48	TULAGAPU JAYALAKSHMI	I CBZ
24	DOMA SRI DEVI PRIYANKA	I MPCS	49	MUMMASANI GOWTHAMI	I MPCS
25	KALLADI SUDHA RANI	I BCOM	50	S. K. DHANESWARI	I BA HEP

Department of Physical Education

Certificate of Yoga& Self Defence-2018-19

A 45-day self-defence camp syllabus can cover a variety of techniques and strategies designed to empower participants with practical skills for personal safety. Here's a sample syllabus broken down by week:

1. Week 1-2: Introduction to Self-Defence Principles and Awareness & Yoga Introduction

2. *Day 1-5: Understanding Self-Defense* What Is Yoga& Basic Principles of Yoga

- Introduction to the concept of self-defense and its importance
- Awareness training: recognizing and avoiding potential threats
- Verbal de-escalation techniques for diffusing confrontational situations

Day 6-10: Basic Physical Techniques

- Fundamentals of striking (palm strikes, elbow strikes, knee strikes)
- Simple escapes from grabs and holds
- Practice drills for maintaining distance and creating space

- Pahchimotansan
- Bhujangasan
- Urdharv sarvangasan
- Halasan
- Karnpirasan

Week 3-4: Ground Defense and Escapes

Day 11-15: Ground Defense Basics

- Introduction to ground defense techniques (guard, mount, side control)
- Escapes from common ground positions (shrimping, bridging)
- Ground survival drills and situational awareness exercises

Shalbhasan

Dhanurasan

Ushtrasan

Chakrasan

Janushirshasan

Day 16-20: Ground Fighting and Submissions

- Basic ground fighting techniques (guard passes, sweeps)
- Introduction to submissions (chokes, joint locks)
- Controlled sparring sessions for ground defense practice

Week 5-6: Defense Against Weapons

Day 21-25: Knife Defense

- Knife awareness and threat recognition
- Techniques for disarming an attacker armed with a knife
- Knife defense drills and scenario training

Trikonasan

Matsayasan

Mayurasan

Gomukhasan

Day 26-30: Improvised Weapons and Defense

- Identification of improvised weapons in the environment
- Techniques for using common objects for self-defense
- Practice scenarios involving improvised weapon defense

Week 7-8: Scenario Training and Realistic Simulations

Day 31-35: Scenario-Based Training

- Simulation of real-life self-defense scenarios (e.g., parking lot attack, home invasion)

- Role-playing exercises for responding to various threats
- Debriefing sessions to analyze responses and decision-making

Ardhmatsyendrasan

Bhadrasan

Badhapadmasan

Shirshasan

Shavasan

Padmasan

Day 36-40: Stress Inoculation and Adrenaline Management

- Exposure to stress-inducing scenarios and simulations
- Techniques for managing adrenaline and maintaining focus under pressure
- Gradual escalation of intensity in training drills

Week 9-10: Review, Application, and Graduation

Day 41-45: Review and Application

- Review of techniques learned throughout the camp
- Application of self-defense skills in realistic scenarios
- Graduation ceremony and demonstration of skills learned during the camp

Throughout the camp, emphasis should be placed on building confidence, assertiveness, and situational awareness, in addition to physical techniques. Participants should also be encouraged to practice self-defense principles outside of class and to seek further training beyond the camp for continued skill development.





Department of Physical Education
Certificate of Yoga & Self Defence 2018-19
Final Assessment and Graduation Day

Assessment*

1. *Skill Demonstration

- Participants demonstrate proficiency in a variety of self-defense techniques learned during the camp, including striking, escapes, ground defense, and defense against weapons.
- Instructors assess participants' technique, effectiveness, and confidence in executing the techniques.

2. *Scenario-Based Evaluations

- Participants engage in scenario-based evaluations where they respond to simulated real-life self-defense situations.
- Evaluation of participants' ability to assess threats, make quick decisions, and effectively apply learned techniques in dynamic scenarios.

*Lunch Break and Preparation for Graduation Ceremony

Afternoon Session: Graduation Ceremony

3. *Recognition of Achievements

- Participants receive certificates of completion and special awards for outstanding performance, dedication, and contributions during the camp.
- Recognition of participants' commitment to self-improvement and personal safety.

4. *Demonstration and Showcase

- Participants showcase their self-defense skills through demonstrations of techniques and scenarios learned during the camp.
- Showcase of improved confidence, assertiveness, and situational awareness.

5. *Instructor Remarks

- Instructors address participants, sharing insights, encouragement, and reflections on their journey throughout the camp.

- Commendation for participants' hard work, perseverance, and dedication to self-improvement.

6. *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 self-defense and personal safety.

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 empowerment through self-defense training.

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

Department of Physical Education

Certificate course in Yoga & Self Defence

2018 - 2019

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 &
Self Defence” held from 21 June 2018 to 13 August 2018 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)