

A.S.D.Govt.DegreeCollegeforWomen(A) Kakinada

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

Re-accredited by NAAC with "B ++" Grade in Cycle IV



Department of Physical Education

CERTIFICATE COURSE

on

Yoga & Meditation

2025-2026

From
Capt Dr 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

Respected Madam,

Sub: - Seeking Permission to start a certificate course organise in blended mode on YOGA & MEDITATION for the students of all college for the Academic Year 2025-2026.

* * *

As per the resolutions taken in the Games & Sports Committee, the Department of Physical Education would like to start a certificate course organise in blended mode titled YOGA & MEDITATION to all college students with 50 intake from 21st May 2025. It is a 45 days course which focuses on equipping essential Yoga & Meditation.

Hence I request you to grant permission to start the certificate course for the Academic year 2025-2026.

Thanking you madam

Yours faithfully



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

Date: 12.5.2025

45-day Yoga & Meditation Program that balances body + mind. It starts gentle and builds up so you form a real habit.

Total time: 30-50 min/day

Best slot: Morning empty stomach, but pick any time you can stick to

Gear: Yoga mat, comfy clothes, quiet corner

Week 1-2: Foundation | Days 1-14

Goal: Learn basics + build consistency | 30-35 min total

Yoga – 15-20 min

1. **Warm-up 3 min:** Neck rolls, shoulder rolls, cat-cow stretches
2. **Sun Salutation:** Start 3 rounds, work up to 5 by Day 14
3. **Standing poses:** Tadasana, Vrikshasana 30 sec each side
4. **Floor poses:** Bhujangasana, Balasana, Supine twist 30 sec each
5. **Savasana 2 min:** Lie flat, consciously relax

Breathing – 5 min

Deep belly breathing + Anulom Vilom 5 rounds

Meditation – 10 min

Breath awareness. Sit tall, watch natural inhale/exhale. Count 1-10, repeat. Label wandering as “thinking” and return.

Rest day: Every Sunday. Just 10 min stretching + 5 min gratitude sit.

Week 3-4: Build Strength & Focus | Days 15-28

Goal: Add flow + deeper calm | 35-45 min total

Yoga – 20-25 min

1. **Warm-up 2 min:** Joint rotations
2. **Sun Salutation:** 6-8 rounds with breath sync
3. **New asanas:** Add Warrior 1 & 2, Trikonasana, Setu Bandhasana, Paschimottanasana
4. **Core:** Navasana/Boat 20 sec x 2
5. **Savasana 3 min**

Breathing – 5-7 min

Anulom Vilom 7 rounds + Kapalabhati 2 rounds x 30 strokes

Meditation – 15 min

- **Days 15-21:** Body Scan meditation

Week 5-6: Deepen Practice | Days 29-42

Today

Goal: Consistency + calm mind

- **Yoga (25-30 min)**

Sun Salutation – 9-12 rounds

Add: Utkatasana, Dhanurasana, Ardha Matsyendrasana

5 min Yoga Nidra for relaxation

- **Breathing (5 min)**

Bhramari + Ujjayi breathing

- **Meditation (15-20 min)**

Silent sitting or Loving-Kindness meditation

Last 3 Days: Integrate | Days 43-45

- **Day 43:** Full 45-min flow + 20 min meditation. See how far you've come

- **Day 44:** Gentle restorative yoga + Yoga Nidra 30 min

- **Day 45:** Your own flow. Pick favorites + 20 min silent meditation + journal how you feel

Weekly Structure Tips

1. **6 days on, 1 day rest:** Use rest day for light stretching or just meditation
2. **Sundays:** Longer relaxation – Yoga Nidra or walk in nature instead of intense practice
3. **Track it:** Put a ✓ on calendar. Missing one day is fine, just continue next day

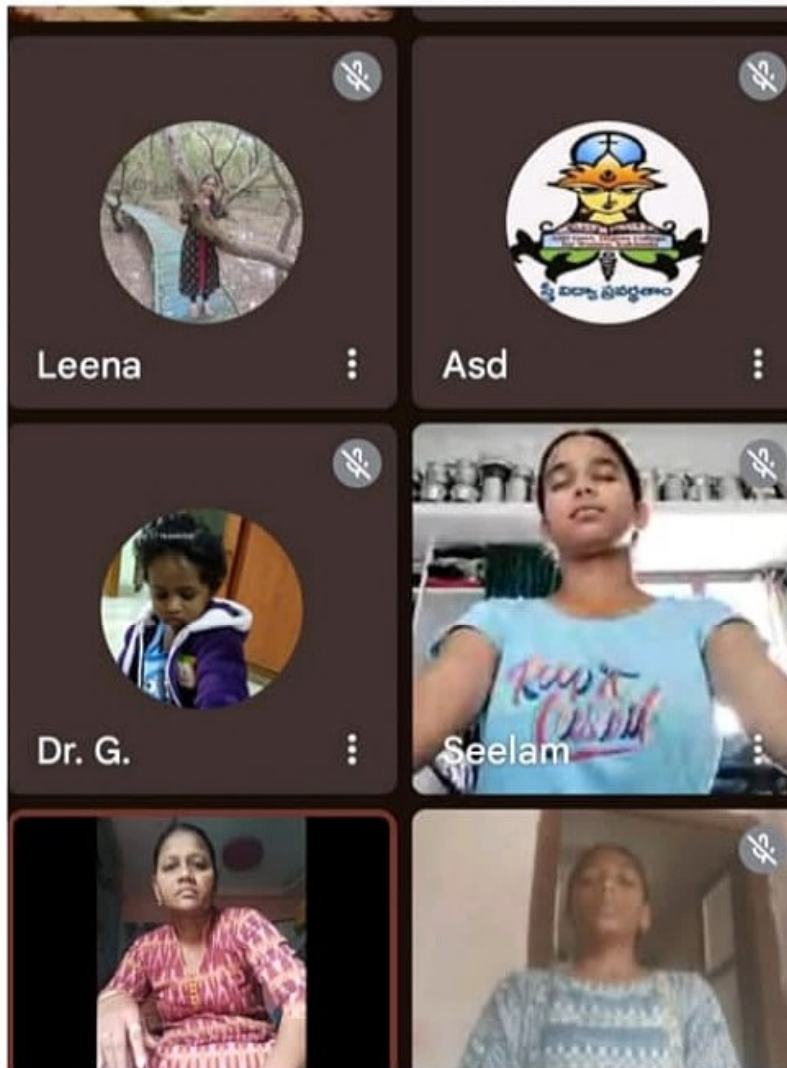
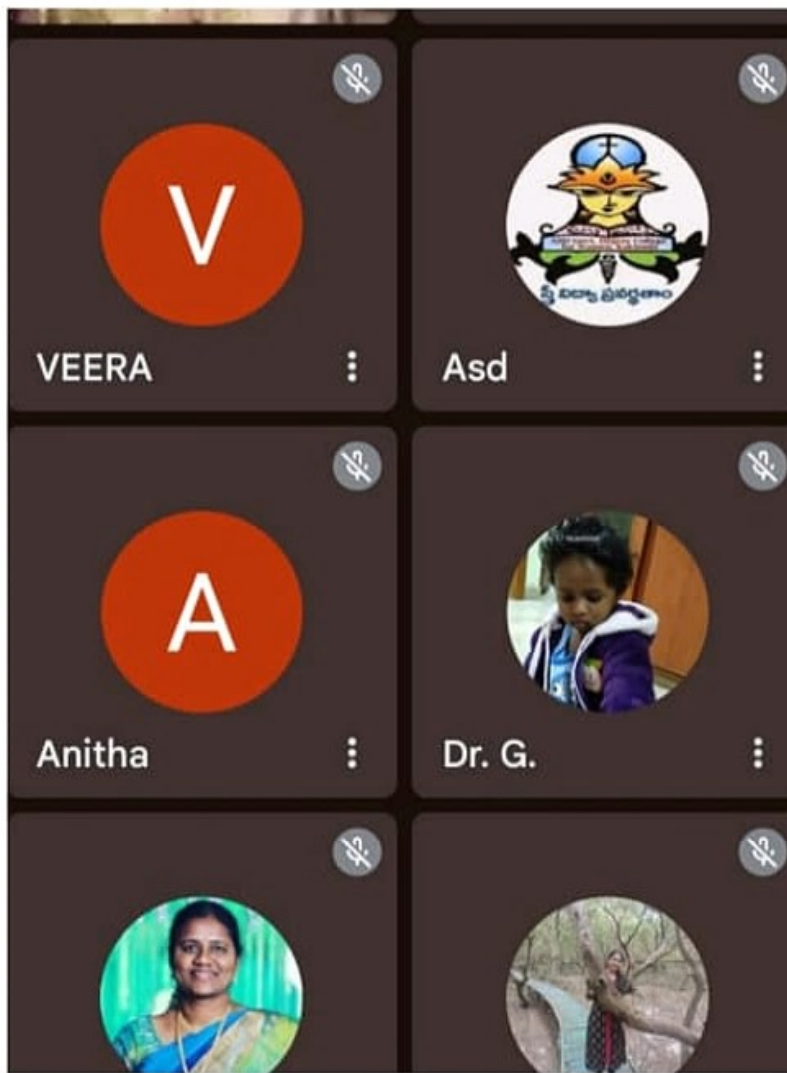
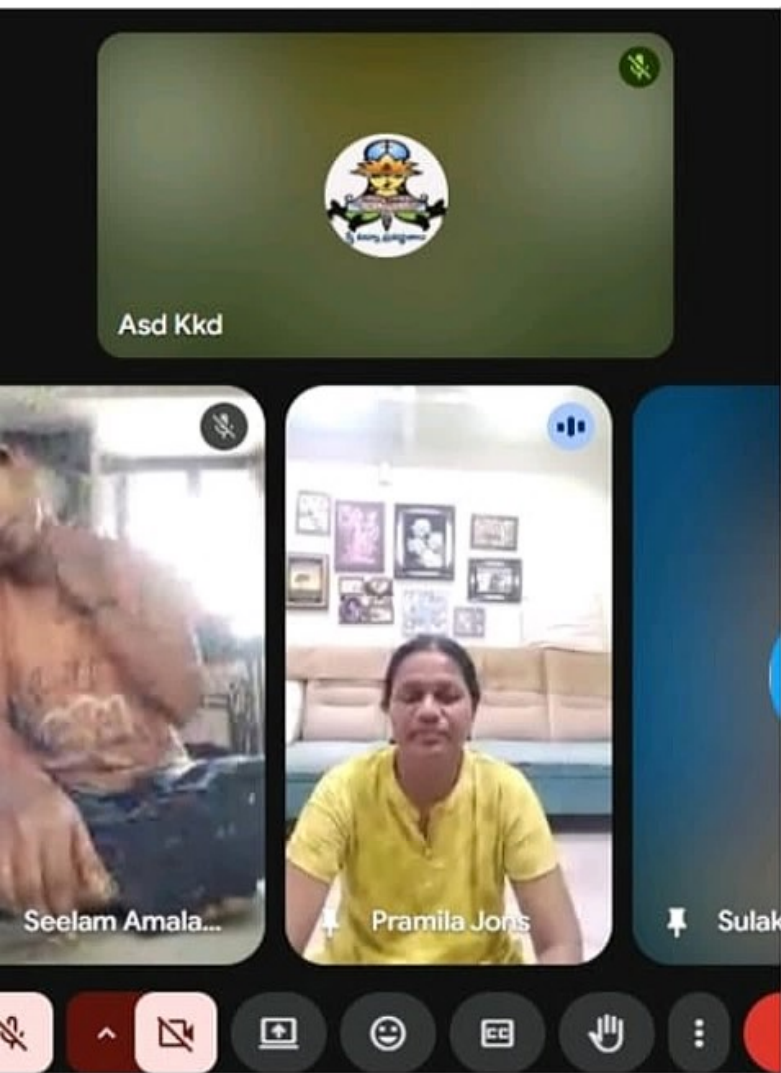
Want me to adjust this for any specific goal – like weight loss, stress relief, or flexibility? And do you prefer morning or evening?

Rules to Make This Stick

1. **6 days on, 1 day rest:** Rest day keeps burnout away
2. **Progress over perfection:** 15 min is better than 0. Missed a day? Just resume.
3. **Track it:** Mark ✓ on a calendar. Visual streaks are motivating
4. **Listen to body:** Sharp pain = stop. Mild stretch = good

Want to customize? Tell me your main goal and I'll tweak it:

- **Stress/anxiety** → more Bhramari + longer meditation
- **Flexibility** → more hip/hamstring openers
- **Energy/focus** → more Sun Salutations + Kapalabhati
- **Sleep** → evening routine with legs-up-wall + Yoga Nidra







Subbalakshmi Narapureddy

A woman in an orange t-shirt with a yellow Om symbol and a yellow sari is sitting cross-legged on a red mat. She has her hands in a prayer position. The background shows a room with a window and a chair.



Rajeswari Done

A woman in a pink t-shirt and white pants is sitting cross-legged on a white mat. She has her hands in a prayer position. The background shows a room with a staircase.



Seelam Amala...

A woman in an orange t-shirt and blue pants is sitting cross-legged on a blue mat. She has her hands in a prayer position. The background shows a room with a window.



Pramila J

A green video feed with a white Om symbol in the top right corner. The name Pramila J is visible at the bottom.



Anantha Laks...

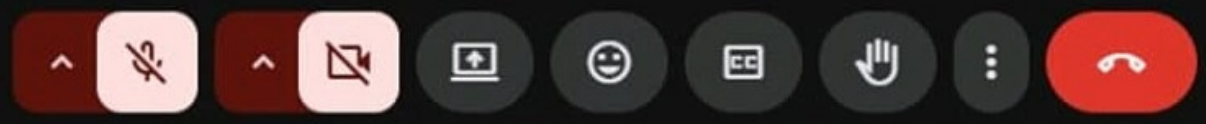
A woman with glasses and a purple top is sitting cross-legged. The background shows a room with a white wall and a window.



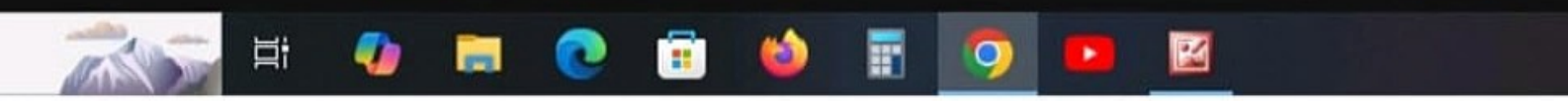
Asd Kkd

A green video feed with a circular logo in the center. The logo features a sun, a lotus, and a banner with the text 'International Day of Yoga'. The name Asd Kkd is visible at the bottom.

International Day of Yoga - ASD Go...



A row of Zoom meeting controls including: a volume icon, a mute icon, a video icon, a chat icon, a hand icon, a settings icon, and a red hang-up icon.



A Windows taskbar with various application icons including File Explorer, Edge, Calendar, Firefox, Excel, Chrome, YouTube, and Zoom.



Zoom meeting thumbnail showing three participants: Rajeswari Done, Seelam Amala..., and Pramila J. A green 'P' icon is in the center.



Zoom meeting thumbnail showing three participants: Anantha Lakshmi Vadipati, Pramila J, and Asd Kkd. A green 'P' icon is in the center.



Zoom meeting thumbnail showing three participants: Seelam Amalavathi, Pramila J, and another participant. A green 'P' icon is in the center.







Yoga & Meditation Certificate Course -2025-2026





International Day of Yoga Yogandhra online classes -2025

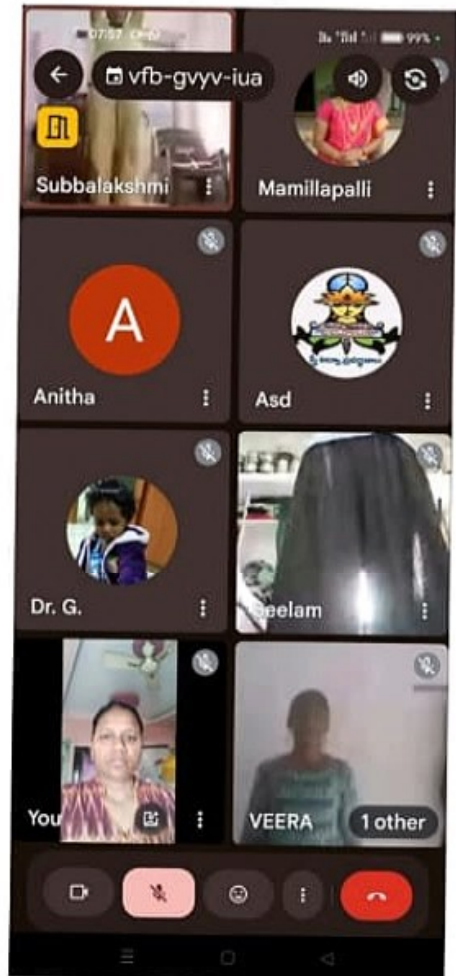
యోగాతో ఆరోగ్యం పదిలం

సాంబమూర్తి నగర్: యోగాతో ఆరోగ్యం పదిలంగా ఉంటుందని అన్నవరం సత్యవతిదేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాల ప్రిన్సిపల్ డాక్టర్ వి.అనంత లక్ష్మి అన్నారు. అంతర్జాతీయ యోగా దినోత్సవం, ఎస్టిఆర్ జయంతి ఉత్సవాన్ని పురస్కరించుకుని కళాశాలలో శుక్రవారం యోగా కార్యక్రమాలు నిర్వహించారు. పీడీ, కెఫ్ఛెన్ డా.జి.ప్రమీలరాణి సారధ్యంలో ప్రత్యక్షంగా, ఆన్లైన్ ద్వారా విద్యార్థినులకు శిక్షణ ఇచ్చారు. యోగా ఆవశ్యకత, ప్రముఖ ఆసనాలు, ఆరోగ్యంపై అవగాహన



సాధన చేస్తున్న విద్యార్థినులు

కల్పించారు. కార్యక్రమంలో వైస్ ప్రిన్సిపల్ డా.ఎం.సువర్ణల, ఐక్యూఎస్, యూజీసీ, జేకేసీ కోఆర్డినేటర్లు ఎం.వసంతలక్ష్మి, జి.అనితా, పి.సంజోత, సూర్యనారాయణ దేవర, డి.జయశ్రీ, శ్రీనివాసాచార్యులు, అధ్యాపక, అధ్యాపకేతర సిబ్బంది, విద్యార్థినులు పాల్గొన్నారు.



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

Department of Physical Education

Certificate course

in

Yoga & Meditation

2025-2026

Feedback Form

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?	✓				

1. The above course on yoga and meditation is very useful for unique sport that offers numerous benefits for young people yoga is essentially a spiritual discipline based on 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 & Meditation" held from 21st May 2025 to 04th July 2025 conducted by Department of Physical Education, A.S.D. Government Degree College for Women Autonomous Kakinada.

Physical Director

Yoga Trainer

Principal

ASD Govt. Degree College (W) (A)

ASD Govt. Degree College (W)(A)