



# S.B.V.R. DEGREE COLLEGE

(Recognized by UGC under Section 2(f) & 12(B), Permanently Affiliated to Yogi Vemana University, Kadapa)

Mydukur Road, BADVEL - 516 227, Kadapa Dist. Andhra Pradesh, India.

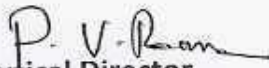
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## Department of Physical Education

Circular

01-11-2019

"All students are hereby notified that the Physical Education Department will be offering a course titled 'Transform Your Life with 45 Days of Yoga Practice' For those interested, please ensure you register with the Physical Director and obtain a course syllabus copy by the 10th of November 2019. The course is scheduled to begin on the 15th of November 2019 at 8:00 AM in the Seminar Hall."

  
Physical Director

  
Principal



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## A Report on "Transform Your Life with 45 Days of Yoga Practice" 15-11-2018 to 01-01-2019 for the academic year 2019-20

"The "Transform Your Life with 45 Days of Yoga Practice" program, organized by the Physical Education Department from November 15, 2019, to January 1, 2019, was a truly inspiring journey. With the participation of 168 students and 3 faculty members, the program aimed to introduce the transformative potential of yoga for improving both physical and mental well-being.


Designed to accommodate participants of all experience levels, the program featured daily sessions that included yoga poses, breathing exercises, and meditation techniques. These sessions enhanced physical fitness, mental clarity, and relaxation, and participants received personalized attention for a holistic experience.


Beyond the physical benefits, the program placed a strong emphasis on mental and spiritual growth. Participants learned mindfulness, stress management, and meditation, deepening their understanding of yoga. Nutritional guidance was also provided to encourage a balanced lifestyle.

The commitment and progress shown by the participants were truly commendable, resulting in improved fitness, reduced stress, enhanced concentration, and an overall sense of well-being. The closing ceremony provided a moment for participants to reflect on and express gratitude for their transformative experiences.

"Transform Your Life with 45 Days of Yoga Practice" had a lasting impact, introducing participants to the profound benefits of yoga and instilling a commitment to its practice. This program fostered a culture of physical and mental well-being within the institution, equipping the academic community with a valuable lifelong



  
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## Department of Physical Education

### A Course on Life Skills entitled "Transform Your Life with 45 Days of Yoga Practice" for the Academic Year 2019-20

This course is designed to provide students with a comprehensive understanding of yoga, its history, philosophy, and practical applications. Through a combination of theory and practice, students will explore various aspects of yoga, including postures, breathing techniques, meditation, and the philosophy behind this ancient practice.

#### Course Objectives:

- To introduce college students to the principles and practices of yoga as a holistic approach to physical and mental well-being.
- To develop an understanding of the history, philosophy, and various branches of yoga, including Hatha, Vinyasa, and Ashtanga.
- To cultivate self-awareness and mindfulness through the practice of yoga postures (asanas) and breathing techniques (pranayama).
- To provide tools for managing stress, enhancing concentration, and improving overall mental health.
- To promote physical fitness, flexibility, and strength through regular yoga practice.
- To explore the connection between yoga and a healthy lifestyle, including nutrition and stress management.

#### Course Outcomes: By the end of this course, students will be able to:

- Demonstrate a basic understanding of the history and philosophy of yoga and its relevance in the modern world.
- Perform a variety of yoga asanas and pranayama techniques with proper alignment and breath control.
- Develop a regular yoga practice that promotes physical well-being and flexibility.
- Apply mindfulness and relaxation techniques learned in the course to reduce stress and enhance mental health.
- Describe the benefits of yoga for physical fitness, stress management, and overall well-being.
- Create a personalized yoga and wellness routine to continue their practice beyond the course.

#### Unit 1: Foundations of Yoga (Days 1-15)

Introduction to Yoga: History and Philosophy of Yoga - Benefits of practicing Yoga -  
Basic Principles and ethics - Asana (Yoga Poses)



  
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**Learning and practicing foundational asanas:** Proper alignment and posture - Breathing techniques (Pranayama) - Meditation and Mindfulness

**Introduction to meditation:** Techniques for calming the mind - Mindfulness practices - Yogic Diet and Lifestyle

**Understanding a Yogic diet:** Maintaining a balanced lifestyle - Importance of sleep and relaxation - Anatomy and Physiology

**Basic understanding of the human body:** How Yoga Affects Different Systems - Preventing injuries.

## Unit 2: Intermediate Yoga Practices (Days 16-30)

**Advanced Asana Practice:** Progressing from basic to intermediate asanas - Holding poses and deepening stretches - Strength and flexibility training - Yoga Nidra and Deep Relaxation

**Understanding Yoga Nidra:** Guided sessions for deep relaxation - Stress management techniques - Pranayama and Breath Control

**Advanced breathing techniques:** Energy and breath control (Prana) - Breath awareness and regulation - Yogic Philosophy

**Delving deeper into Yoga philosophy:** The Eight Limbs of Yoga (Ashtanga Yoga) - Self-awareness and spiritual growth

## Unit 3: Specialized Yoga Practices (Days 31-45)

**Yoga for Health and Wellness:** Targeting specific health issues with Yoga - Customized practices for participants' needs - Therapeutic Yoga - Teaching Methodology

**Learning how to lead a Yoga class:** Sequencing and planning sessions - Effective communication and adjustments - Yoga for Daily Life

**Integrating Yoga into daily routines:** Creating a personal Yoga practice - Self-discipline and commitment

*D. V. Ram*  
Department of Physical Education



*Ram*  
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