



# 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.

Website : [www.sbvrdc.ac.in](http://www.sbvrdc.ac.in) e-mail : [principal.sbvrdc@sbvr.in](mailto:principal.sbvrdc@sbvr.in) ☎ : 08569-282021, ☎ : +91 75690 34175

## Department of Physical Education

Circular

01-08-2022

The Physical Education Department is pleased to announce the availability of a course named 'Transform Your Life with 45 Days of Yoga Practice.' If you wish to participate, kindly register with the Physical Director and collect a copy of the course syllabus no later than 17-04-2022.

The course is set to commence on 18-4-2022, at 8:00 AM in the Seminar Hall."

*P. V. Ravman*  
Physical Director



*Km...*  
Principal

PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.



*Km...*  
PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.



# 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.

Website : www.sbvrdc.ac.in e-mail : principal.sbvrdc@sbvr.in ☎: 08569-282021, 📞: +91 75690 34175

## Department of Physical Education

### A Course on Life Skills entitled “Transform Your Life with 45 Days of Yoga Practice” for the Academic Year 2021-22

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)



  
PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.



# 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.  
Website : www.sbvrdc.ac.in e-mail : principal.sbvrdc@sbvr.in ☎: 08569-282021, ☎: +91 75690 34175

**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



*P. V. Raman*  
Department of Physical Education

*[Signature]*  
PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.

*[Signature]*  
PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.



# 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.

Website : www.sbvrdc.ac.in e-mail : principal.sbvrdc@sbvr.in ☎ : 08569-282021, ☎ : +91 75690 34175

## A Report on "Transform Your Life with 45 Days of Yoga Practice" 18-04-2022 to 02-05-2022 for the academic year 2021-22


The 45-day yoga program organized by the Physical Education Department in 2022 was a transformative experience for the 185 students and 7 faculty members who participated. The program was designed to introduce the benefits of yoga for both physical and mental well-being, and it included daily sessions of yoga poses, breathing exercises, and meditation.


Participants of all experience levels were welcome, and the program provided personalized attention to ensure that everyone had a holistic experience. Beyond the physical benefits of increased fitness, mental clarity, and relaxation, the program also emphasized mental and spiritual growth. Participants learned mindfulness, stress management, and meditation, and they received nutritional guidance to encourage a balanced lifestyle.

The commitment and progress shown by the participants were commendable, and the program resulted in significant improvements in fitness, stress levels, concentration, and overall well-being. The closing ceremony provided a moment for participants to reflect on their transformative experiences and express gratitude.

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



  
PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.

  
PRINCIPAL  
S.B.V.R. DEGREE COLLEGE  
BADVEL-516 227, Kadapa Dist.