



# 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

18-10-2023

All the students are informed that the Physical Education Department is conducting a course on Yoga entitled "Transform Your Life with 45 Days of Yoga Practice". In this connection, all the interested students are instructed to enroll their names with Physical Director on or before 28-10-2023 and collect the syllabus copy of the course. The said course will commence from 01-11-2023 at 8:00 AM in the Seminar Hall.

*P. V. Rama*  
Physical Director



*K...*  
Principal

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



*K...*  
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.sbvrc.ac.in e-mail : principal.sbvrc@sbc.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 2023-24

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.sbvrc.ac.in](http://www.sbvrc.ac.in) e-mail : [principal.sbvrc@sbvr.in](mailto:principal.sbvrc@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. Ramar*  
Department of Physical Education



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

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

## A Report on "Transform Your Life with 45 Days of Yoga Practice" from 01-11-2023 to 15-12-2023 for the academic year 2023-24 organized by the Physical Education Department

The "Transform Your Life with 45 Days of Yoga Practice" course, conducted by the Physical Education Department from 01-11-2023, for 45 days and conducted valedictory on 15-12-2023, proved to be an inspiring journey. With 155 students and 5 faculty members in attendance, the course aimed to introduce the transformative power of yoga to enhance physical and mental well-being.

Structured for participants of all experience levels, daily sessions were conducted. These sessions included asanas, pranayama, and meditation techniques, improving physical fitness, mental clarity, and relaxation. Participants received individualized attention, ensuring a holistic experience.

Beyond physical benefits, the course emphasized mental and spiritual growth. Participants learned mindfulness, stress management, and meditation, deepening their understanding of yoga. Nutritional guidance was also offered to promote a balanced lifestyle.

The commitment and progress of participants were truly commendable. Improved fitness, reduced stress, enhanced concentration, and overall well-being were the rewards of their dedication. The closing ceremony was a moment of reflection and gratitude, with participants sharing their transformative experiences.

"Transform Your Life with 45 Days of Yoga Practice" left a lasting impact. It introduced the participants to the profound benefits of yoga, instilling a commitment to its practice. The course fostered a culture of physical and mental well-being within the institution, equipping the academic community with a valuable tool for life.



  
PRINCIPAL

S.B.V.R. DEGREE COLLEGE

BADVEL-516 227, Kadapa Dist.

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