

Godutai Doddappa Appa Arts & Commerce College for Women, Kalaburagi.

Department of Sports Certificate Course – 2012-13 Yoga [15 days camp]

- 1] Standing Asanas
- 2] Sitting Asanas
- 3] Shatkriyas
- 4] Meditation

- 1] Board of Study List
- 2] Syllabus Copy
- 3] Students List

Board of Study

- 1] Smt. Janaki Hosur - Chairman & Co-ordinator
- 2] Sri. Chandrakannth Biradar - Member
[Yoga Teacher Gulbarga University Gulbarga]
- 3] Sri. Nagaraj R.S. - Member
[Yoga Teacher Vivek Jagruta Yoga Vidya Peeth Gulbarga]
- 4] Smt. Sharanamma Kuppi - Member
[Physical Director PDA Engineering College Gulbarga]
- 5] Smt. Jyoti Patil - Member
[Physical Director Govt. First Grade Womens College Gulbarga]

Syllabus

- I.
 1. Introduction
 2. Diet
 3. Astang Yoga
 4. Asanas
 5. Shatkriyas
 6. Meditation
 7. Effects of Yoga

II. Standing Asanas

1. SuryaNamaskar
2. Vrikshasana
3. Chakrasana
4. Natarajasana
5. Ek Pada Padma Hastasana

III. Sitting Asanas

1. Paschimottanasana
2. Dhanurasana
3. Rajakapotasana
4. Padmasana
5. Matsendrasana

IV. Shatkriyas

1. Jalaneti
2. Jala Kapalabhati
3. Sutra Neti

V. Meditation

Godutai Doddappa Appa Arts & Commerce College for Women, Kalaburagi

Department of Sports Certificate Course – 2013-14 Yoga [15 days Camp]

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V. Meditation

Godutai Doddappa Appa Arts & Commerce College for Women, Kalaburagi.

Department of Sports Certificate Course -2014-15 Self Defence Skill Karate [3 Months]

- 1] Blocks
- 2] Stance
- 3] Affence & defence Skills
- 4] Basic Katas
- 5] Kicks

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Board of Study

- | | | | |
|----|-------------------------|---|-------------------------|
| 1] | Smt. Janaki Hosur | - | Chairman & Co-ordinator |
| 2] | Shri. Ajayakumar Chavan | - | Member |
| 3] | Shri Goparao Chavan | - | Member |
| 4] | Shri Rajavardhan Chavan | - | Member |

Godutai Doddappa Appa Arts & Commerce College for Women, Kalaburagi.

Syllabus

- I.
 1. Introduction
 2. Uniform
 3. Commanding Capacity
 4. Team Spirit
 5. Punctuality
 6. Art of living
 7. Skills

II. Skill and Techniques

- 1] Meditation
- 2] Blocks
- 3] Stance
- 4] Host Stance and Punches
- 5] Affence and Defence Skills [Ten Serial And Five Serial]

III. Basic Katas

- 1] Syllabus Katas:
- 2] Japanese Katas
- 3] Hiyan Series Katas
- IV Kicks:
 - 1] Threst Kick
 - 2] Side Kick
 - 3] Bowun Kick

4] Rounds slap kick, etc

**Godutai Doddappa Appa Arts & Commerce College for
Women, Kalaburagi**

Department of Sports

**Certificate Course – 2015-16
Yoga [One Week Camp]**

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- 2] Sitting Asanas
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Vivek Jagruta Yoga Vidya Peeth Kalaburagi
- 3] Sri. Nagaraj R.S. - Member
[Yoga Teacher Vivek Jagruta Yoga Vidya Peeth Kalaburagi]
- 4] Smt.Madhuri C Biradar - Member
[President Vivek Jagruta Yoga Vidya Peeth Kalaburagi]
- 5] Smt.Amarja V Shetkar - Member
[Yoga Teacher Chittapur]

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IV. Shatkriyas

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3. Sutra Neti

V. Meditation

Certificates

