

UGC APPROVED CERTIFICATE COURSE IN **YOGA AND STRESS MANAGEMENT**

SREE NARAYANA COLLEGE KOLLAM
DEPARTMENT OF PHILOSOPHY AND PSYCHOLOGY

Qualification
+2 PASS
(Duration 6 months)

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Supported By
**Sivananda International
School of Yoga**



**30
SEATS**

YOGA AND STRESS MANAGEMENT

CODE	COURSE TITLE	CREDIT	INSTRUCTIONAL HOURS	CA	MARKS ESA	TOTAL	
YS01	FUNDAMENTALS OF YOGIC PRACTICE	4	60	20	80	100	
YS02	INTRODUCTION TO PATANJALA YOGASUTRA, HATHYOGA PRADIPIKA, GHERANDA SAMHITA AND SHIVAYOGADIPIKA	4	60	20	80	100	
YS03	STRESS MANAGEMENT THROUGH YOGA	4	60	20	80	100	
YS04	ASANAS AND PRANAYAMAS - PRACTICAL	8	120	20	80	100	
YS05	INTERNSHIP AND REPORT	5	75	20	80	100	
YS06	PROJECT/VIVA	5	75	20	80	100	
		30	450			600	


 Principal
 Sree Narayana College
 Kollam



YS01 FUNDAMENTALS OF YOGIC PRACTICES

Unit I

Meaning and definition of Yoga – aims & objectives of yoga – misconception about yoga. Historical perspective on yoga – yoga before the time of Patanjali (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas). Contributions of Patanjali and Thirumular to yoga. Yoga practices and other systems of exercises.

Unit II

Schools of Yoga: Bhakthi Yoga, Jnana Yoga, Karma Yoga, Kundalini Yoga, Mantra Yoga, Hatha Yoga, Raja Yoga. Eight Limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samathi. General principles of practicing Asana, Pranayama, Meditation, Kriyas Bandhas and Mudra.

Unit III

Classification of Asanas - Meditative Asanas – Relaxative Asanas – Cultural Asanas. - safety measure and precautions while performing asanas. Pranayama – different phases in Pranayama practices: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation), - safety measures and precautions while performing pranayama. Meditation - Its techniques & benefits. Practicing methods and benefits of Kriyas, Bandha and Mudra.

Unit IV

Impact of Yoga on Muscular system, Respiratory System, Circulatory system, Nervous system, Digestive system and Endocrine system

Unit V

Yoga and development of Social qualities of personality – Co-operation – Simplicity – Tolerance – Social adjustments – Yoga and personal efficiency. Improvement of personal efficiency through yoga.

Reference

- Author's guide, (2003). Yoga – The Science of Holistic living. Chennai: Vivekananda Kendra Prakashana trust
- Chandrasekaran, K., (1999) Sound Health through Yoga. Sedapatti: Prem Kalyan Publications.
- Maguire, Imelda., (2005) Yoga for a Healthy Body. London: Greenwich Editions. Mariayyah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House.
- Tummers, Nanette. E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.

YS02 introduction to Patanjala Yogasutra, Hathyoga pradipika, Gheranda Samhita and Shivayogadipika

1. Orientation to Patanjala Yogasutra:

Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chitta vrittis. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Chittavikshepa, Chittaprasadana and its associates, control of chitta-vikshepa, different methods of manasthiti and its benefits, Samapatti. Sukshma-vishayatwa, Sabijasamadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasamadhi, Kriya-yoga and its benefits; Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhyathi, Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.

2. Orientation of Hathyoga pradipika :

Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya.

Rules in food taking, Hathayoga achievements. Pranayama - Benefits of Pranayama, Nadishuddhi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddhi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhathi, Gajakarani, Importance of Pranayama practice. Symptoms of Nadishuddhi, Manonmani, Varieties of Kumbhaka-Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana.

3. Orientation to Gheranda Samhita :

Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing methods and benefits. Mudra - Introduction, 25 mudras - Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

4. Orientation to Shivayogadipika :

Shivayogadipika - Introduction, classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga. Evolution theory, two types of Shivajnana, qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga. Antaranga yoga, Yama, Niyama, Asana, Place of practice of Hathayoga. Pranayama, Prakrtayoga, Vaikrtayoga. Kevalakumbhaka, Amana yoga, Ajapagayatri, Nadi, Pranava, Bandha, duration of Pranayama, meditation, Antarangayoga - Pratyahara, object for meditation, posture, chakra, adhara, means to control chitta,

dharana, duration and objects of dharana, Samadhi and definition, Conductives for Samadhi, benefits of Astangayoga - Hathayoga - Layayoga - Mantrayoga.

REFERENCE BOOKS:

1. Rajayoga - Swami Vivekananda -
Ramakrishna Ashrama
Publications.
2. Hathayoga Pradipika of Swatmarama - Kaivalyadhama, Lonavala
3. The Science of Yoga - Taimini - Theosophical Publishing House,
Adyar, Madras.
4. Yogasutras of Patanjali - Hariharananda Aranya, University of
Calcutta Press, Calcutta.
5. Patanjali Yoga Pradeepa Omananda Tirtha- Geeta
Press, Gorakhpur.
6. Gherandasamhita - Bihar School of Yoga, Munger, Bihar.
7. Shivayogadipika - Sadashivabrahmendra, Ananda
Ashramagranthavali, Choukhamba Press.
8. Yoga Darshan : Swami Niranjanananda-Sri Panchadashanam
Paramahansa Alakh Bara, Deoghar.
9. Four chapters on Freedom (commentary on the Yoga sutras of
Patanjali), Swami Satyananda (1983), Bihar School of Yoga,
Munger.

YS03 STRESS MANAGEMENT THROUGH YOGA

Unit I

Meaning and Definition of Stress. Causes, Types: Eustress, Distress, Anticipatory Anxiety, Symptoms of Stress - Physical - Psychological - Behavioural. Social factors in stress Intense Anxiety and Depression.

Meaning of Management – Stress Management. Coping with stress - relaxation - life style management.

Unit II

Concept of Stress according to Yoga: Patanjali aphorism (PYS II - 3) Avidya Asmita. Bhagavad – Gita (Gita II 62-63) Dhayato Visayam Punsah ... Yoga Vasistha and Upanishad.

Unit III

Physiology of Stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex and Neurohumours.

Unit IV

Mechanism of Stress related diseases: Psychic, Psychosomatic, Somatic and Organic phase. Role of Meditation & Pranayama on stress – physiological aspect of Meditation. Constant stress & strain, anxiety, conflicts resulting in fatigue Contribution of Yoga to solve the stress related problems

Unit V

Meaning and definition of Health – various dimensions of health (Physical, Mental, Social and Spiritual) – Yoga and health – Yoga as therapy. Physical fitness. Stress control exercise – Sitting meditation, Walking meditation, Progressive muscular relaxation, Gentle stretches and Massage.

Reference

- Andrews, Linda Wasmer., (2005). Stress Control for peace of Mind. London: Greenwich Editions
- Lalvani, Vimla., (1998). Yoga for stress. London: Hamlyn
- Nagendra, H.R., and Nagarathana, R., (2004). Yoga perspective in stress management. Bangalore: Swami Vivekananda Yoga Prakashana.

Nagendra, H.R., and Nagarathana, R., (2004). Yoga practices for anxiety & depression. Bangalore: Swami Sukhabodhanandha Yoga Prakashana.
Sukhabodhanandha, Swami., (2002). Stress Management. Bangalore: Prasanna trust.
Udupa, K.N., (1996). Stress management by Yoga. NewDelhi: Motilal Banaridass Publishers Private Limited.

YS 04 ASANAS AND PRANAYAMAS – PRACTICAL

UNIT I

Meditative Asanas: 1. Sukhasana, 2. Siddhaasana (or) Siddhayoniasana, 3.Ardha Padmasana (or) Padmasana 4.Vajrasana **Relaxative Asanas** 5. Makarasana 6. Advasana 7. Matsya Kridasana 8. Shavasana,9. Jyestikasana

UNIT II

Cultural Asanas: 10.Tadasana, 11.Ardha Katti Chakarasana, 12. Pada Hastasana, 13. Utkattasana 14. Parivruthu Trikonasana, 15. Garudasana, 16. Bakasana, 17. Sithilai Tadasana 18. Ardha Chakrasana 19. Vrksasana 20.

Trikonasana, 21. Natarajasana, 22. Virabhadrasana

Sitting Postures: 23. Machiyasana, 24. Sasangasana 25. Parvatasana, 26. Dandasana, 27. Janu Sirshasana 28. Ardha Padma Pachimottasana, 29. Ustrasana, 30. Baddha Padmasana,31.Tolasana 32. Tolangulasana, 33. Supta Vajrasana, 34. Vakrasana, 35. Ardha Sirsasana, 36. Baddha Konasana 37.Sithilai Dandasana, 38. Pachimottasana, 39. Ardha Ustrasana, 40. Yoga Mudra, 41. Saithalyasana 42. Gomukasana, 43. Veerasana, 44. Baddha Padmasana.

UNIT III

Prone Postures: 45. Bhujangasana, 46. Salabhasana, 47. Naukasana, 48. Ardha Salabhasana, 49. Dhanurasana, 50. Sarpasana.

Supine Postures:

- | | |
|--------------------------|------------------------|
| 51. Navasana | 59. Pawanamuktasana |
| 52. Viparitha Karani | 60. Padma sarvangasana |
| 53. Uttana Padasana | 61. Halasana |
| 54. Chakrasana | 62. Marjariasana |
| 55. Tolangulasana | 63. Sarvangasana |
| 56. Matsyasana | 64. Ardha Hanlasana |
| 57. Ardha Padma Halasana | 65. Uttana Padasna |
| 58. Sethu Bandhasana | |

UNIT IV

Pranayamas

- | | |
|------------------------------|-----------------------------------|
| 1. Suha Pranayama | 6. Chandra Anuloma Viloma |
| 2. Chandra Bhedana Pranayama | 7. Nadi Shodhana |
| 3. Sitkari Pranayama | 8. Surya Anuloma Viloma Pranayama |
| 4. Surya Bhedana Pranayama | 9. Bharamari Pranayama |
| 5. Sitali Pranayama | |

UNIT V

Preparation for Meditation, (sitting in meditative Asanas with Concentration on Tip of the Nose and Centre of eye brow) pranadarana (Body awareness) - Yoga Nidra.

Reference

Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.

Maguire, Imelda., (2005). Yoga for a Healthy Body. London: Greenwich Editions.

Ravishankar.N.S., (2001). Yoga for Health. New Delhi: Pustak Mahal.

Tummers, Nanette, E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.

Yogendra, Hansa Jayadeva and Desai, Armaiti Neriosand., (1991) Yoga for back and joint disorders. Mumbai: Dr.Jayadeva Yogendra for the yoga institute.

MEMORANDUM OF UNDERSTANDING (MoU)

BETWEEN

SREE NARAYANA COLLEGE, KOLLAM

&

SIVANANDA INTERNATIONAL SCHOOL OF YOGA, KERALA

Vaishnavam, Kadalundi Calicut

REG. NO. 168/14

FOR

**SKILL DEVELOPMENT, OUTCOME BASED TRAININGS,
PLACEMENT, R&D SERVICES AND RELATED SERVICES**

MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding (hereinafter called as the 'MOU') is entered into on this the 15 day of - JULY - Two Thousand and Twenty (2020), by and between

DEPARTMENT OF PHILOSOPHY, SREE NARAYANA COLLEGE, KOLLAM, the First Party represented herein by its Name of Competent Authority / Representative (hereinafter referred as 'First Party', the institution which expression, unless excluded by or repugnant to the subject or context shall include its successors - in-office, administrators, and assigns).

AND

SIVANANDA INTERNATIONAL SCHOOL OF YOGA, KERALA VAISHNAVAM, KADALUNDI CALICUT - KERALA the Second Party, and represented herein by its Zonal / Divisional Head, Name of Competent Authority / Representative, (hereinafter referred to as "Second Party", company which expression, unless excluded by or repugnant to the subject or context shall include its successors - in-office, administrators and assigns).

(First Party and Second Party are hereinafter jointly referred to as 'Parties' and individually as 'Party') as

WHEREAS:

- A) First Party is a Higher Educational Institution named:
(i) SREE NARAYANA COLLEGE, KOLLAM
- B) First Party & Second Party believe that collaboration and co-operation between themselves will promote more effective use of each of their resources and provide each of them with enhanced opportunities.
- C) The Parties intent to cooperate and focus their efforts on cooperation within area of Skill Based Training, Education and Research.
- D) Both Parties, being legal entities in themselves desire to sign this MOU for advancing their mutual interests.
- E) SIVANANDA INTERNATIONAL SCHOOL OF YOGA, KERALA the Second Party is engaged in Skill Development, Education and R&D Services in the fields of - YOGA
- F) Sivananda International School of Yoga, Kerala, Valshnavam, Kadalundi Calicut - Kerala, the Second Party is promoted by promoter name Group; Address and background of the Company.

Principal
Sree Narayana College
Kollam

Director

M. Suresh Kumar

Page 2 of 8

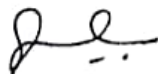


G) Sivananda International School of Yoga, Kerala has been contributing his service disseminating the YOGIC wisdom for the physical, Societal, Cultural and Spiritual wellbeing in and around Kerala. With a humble objective to spread the merits of YOGA surpassing all barriers of Religion, caste, creed, race, gender, and even political inclinations. The organization sustains its determination even after two long decades on the task. Sivananda International School of Yoga today stands tall with its branches all over Kerala. The programmes under the organization is 1. YOGA RETREAT programme beginning on 1st of all months 2. YOGA Teachers' Training (ASTANGA YOGA - 200 HOUR/30 DAYS). Course is offered under the leadership of Yogacharya M.Surendranath ji and by the team of experienced teachers After successfully completing the course the candidates will be certified Yoga Siromani (Yoga Teacher) by the Yoga Alliance International and from Sivananda International School of Yoga, Kerala. 3. Advanced teachers training course (ATTC) the duration of course is 300 hours. After successfully completing the course the candidates will be awarded Yogacharya(Advanced Yoga Teacher) by the Yoga Alliance International and from Sivananda International School of Yoga, Kerala. 4. Guided Meditation A SEVEN DAYS GUIDE-SESSION is yet another programme. 5. Panchakarma Detoxification (7 DAYS SESSION) is also offered. 6. PRANAYAMA YANJA & CLASSES is being offered. The institution conducts numerous pranayama yajna all over Kerala charging no fees from the students. It has been imparting this know-how in and around Kerala for the past 2 decades. 7. YOGA SIROMANI COURSE (Traditional Yoga TTC) In 2009, Sivananda School of yoga started YOGA SIROMANI Course in Alappuzha for with an intention to produce yoga-teachers. The mission is still going on successfully and has spread to all the districts in Kerala. 8. MINISTRY OF AYUSH (Professional Certification of Yoga Professionals) This is basically a preparatory course (12 months) preparing aspiring candidates for Central Government Yoga Teachers Training Examination and has their professional yoga certification. It is an International approved Certificate which is conducted by the Ministry of AYUSH, Govt. of India. and Morarji Desai National Institute of Yoga. The courses are done at all our study centres in Kerala and have no stringent eligibility criteria.

9. Sivananda School of yoga offers various affiliated courses like diploma, PG diploma, BSc yoga, MSc yoga etc.

10. In 2017, Sivananda School of Yoga started YIC; the bridge courses mandatory for higher degrees like B.Sc., M.Sc., Ph.D. conducted by S-VYASA University, Bangalore.

- Principal
Sree Narayana College
Kollam




Director
M. Surendranath


NOW THEREFORE, IN CONSIDERATION OF THE MUTUAL PROMISES SET FORTH IN THIS MOU, THE PARTIES HERE TO AGREE AS FOLLOWS:

CLAUSE 1 CO-OPERATION

- 1.1 Both Parties are united by common interests and objectives, and they shall establish channels of communication and co-operation that will promote and advance their respective operations within the Institution and its related wings. The Parties shall keep each other informed of potential opportunities and shall share all information that may be relevant to secure additional opportunities for one another.
- 1.2 First Party and Second Party co-operation will facilitate effective utilization of the intellectual capabilities of the faculty of First Party providing significant inputs to them in developing suitable teaching / training systems, keeping in mind the needs of the industry, the Second Party.
- 1.3 The general terms of co-operation shall be governed by this MOU. The Parties shall cooperate with each other and shall, as promptly as is reasonably practical, enter into all relevant agreements, deeds and documents (the 'Definitive Documents') as may be required to give effect to the actions contemplated in terms of this MOU. The term of Definitive Documents shall be mutually decided between the Parties. Along with the Definitive Documents, this MOU shall represent the entire understanding as to the subject matter hereof and shall supersede any prior understanding between the Parties on the subject matter hereof.

CLAUSE 2 SCOPE OF THE MoU

- 2.1 The budding graduates from the institutions could play a key role in up-gradation, innovation, and competitiveness of institution. Both parties believe that close co-operation between the two would be of major benefit to the student community to enhance their skills and knowledge.
- 2.2 Curriculum Design: Second Party will give valuable inputs to the First Party in teaching / training methodology.
- 2.3 Visits: Institution interaction will give an insight in to the latest developments / requirements of the industries; the Second Party to permit the Faculty and Students of the First Party to visit its institutions and also involve in Training Programs for the First Party. The training and exposure provided to students and faculty through this association will build confidence and prepare the students to have a smooth transition from academic to working career. The Second Party will provide hands-on training of the learners enrolled with the First Party.
- 2.4 Research and Development: Both Parties have agreed to carry out the joint research activities in the fields of - YOGA

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Sree Narayana College
Kollam



Director
M. Suresh Kumar
SCHOOL OF YOGA CHARITABLE TRUST
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Kadalundy P. O
Kozhikode

- 2.5 **Skill Development Programs:** Second Party to train the students of First Party on the emerging technologies in order to bridge the skill gap and make them industry ready.
- 2.6 **Guest Lectures:** Second Party to extend the necessary support to deliver guest lectures to the students of the First Party on the trends and in-house requirements.
- 2.7 **Faculty Development Programs:** Second Party to train the Faculties of First Party for imparting training as per the requirements considering the National Occupational Standards in concerned sector, if available.
- 2.8 **Placement of Trained Students:** Second Party will actively engage to help the delivery of the training and placement of students of the First Party into internships/jobs; and will facilitate placements for at least 50% of the students. The Second Party will itself absorb at least 50 percentage of the trained students.
- 2.9 Both Parties to obtain all internal approvals, consents, permissions, and licenses of whatsoever nature required for offering the Programmes on the terms specified herein.
- 2.10 There is no financial commitment on the part of the **SREE NARAYANA COLLEGE, KOLLAM**, the First Party to take up any programme mentioned in the MoU. If there is any financial consideration, it will be dealt separately.

CLAUSE 3 INTELLECTUAL PROPERTY

- 3.1 Nothing contained in this MOU shall, by express grant, implication, Estoppel or otherwise, create in either Party any right, title, interest, or license in or to the intellectual property (including but not limited to know-how, inventions, patents, copy rights and designs) of the other Party.

CLAUSE 4 VALIDITY

- 4.1 This Agreement will be valid until it is expressly terminated by either Party on mutually agreed terms, during which period, **SIVANANDA INTERNATIONAL SCHOOL OF YOGA, KERALA** the Second Party, as the case may be, will take effective steps for implementation of this MOU. Any act on the part of **SIVANANDA INTERNATIONAL SCHOOL OF YOGA**, the Second Party after termination of this Agreement by way of communication, correspondence etc., shall not be construed as an extension of this MOU.
- 4.2 Both Parties may terminate this MOU upon 30 calendar days' notice in writing. In the event of Termination, both parties have to discharge their obligations

Principal
Sree Narayana College
Kollam

[Signature]

[Signature]
Director
M. Surendran


CLAUSE 5 RELATIONSHIP BETWEEN THE PARTIES

- 5.1 It is expressly agreed that **First Party** and **Second Party** are acting under this MOU as independent contractors, and the relationship established under this MOU shall not be construed as a partnership. Neither Party is authorized to use the other Party's name in any way, to make any representations or create any obligation or liability, expressed or implied, on behalf of the other Party, without the prior written consent of the other Party. Neither Party shall have, nor represent itself as having, any authority under the terms of this MOU to make agreements of any kind in the name of or binding upon the other Party, to pledge the other Party's credit, or to extend credit on behalf of the other Party.

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Kollam

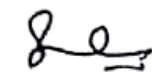
Director
M. Swendranath

First Party

Second Party

Any divergence or difference derived from the interpretation or application of the MoU shall be resolved by arbitration between the parties as per the Arbitration Act, 1996. The place of the arbitration shall be at District Head Quarters of the First Party. This undertaking is to be construed in accordance with Indian Law with exclusive jurisdiction in the Courts of Kollam.

AGREED:



First party

- Principal
Sree Narayana College
Kollam



Second party

Director
Surenranath

For SIVANANDA
INTERNATIONAL SCHOOL
OF YOGA, KERALA
Valshnavam, Kadalundi Calicut



Authorized Signatory

- Principal
Sree Narayana College
Kollam



Authorized Signatory

Director
Sivananda School



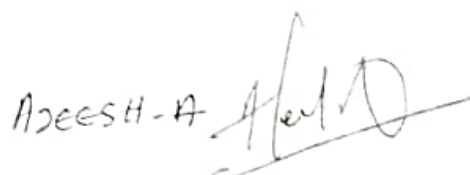
Dr. R. SUNILKUMAR, M.A., MPhil., Ph.D.	Yogacharya M. SURENDRANATH
Sree Narayana College, Kollam District, Kerala	SIVANANDA INTERNATIONAL SCHOOL OF YOGA, KERALA Valshnavam, Kadalundi Calicut
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691001	http://yogaatsivananda.com/

Contact details:
Sri. Anil Raj V. (General Co-ordinator)
Ph. no. 9895722326
anilvaradara@gmail.com

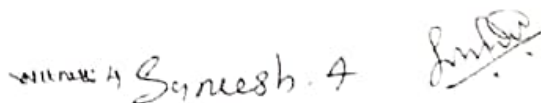
Dr. Soumya R.V. (Course co-ordinator)
soumya.rjndrn@gmail.com
Ph. no. 7994489491

Witness 1:

Witness 2:



Witness 3:



NOTICE

According to the UGC-NSQF Meeting held on 06.07.2021, at G2 seminar hall, there will be a department level meeting on 07.07.2021 at 1.pm. all teachers are requested to attend the meeting without fail.

Kollam

06.07.2021

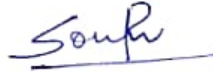
Dr. Soumya R.V. (H.o.D)



Agenda:

1. Designing new UGC NSQF Certificate course.
2. Discuss the guidelines mentioned in UGC
3. Selecting course coordinator
4. Any other matter

1. Dr. Soumya R.V., Asst. Professor & H.o.D.



2. Dr. Laiju S., Assistant Professor

3. Dr. Thushara C.S., Assistant Professor



MINUTES OF THE MEETING HELD ON 07.07.2021

Decisions taken

1. Decided to apply for new certificate course.
2. Dr.Soumya R.V. has been assigned the coordinator of the course.
3. The name of the course is fixed YOGA and stress management.
4. Decided to design the syllabus and financial budget of the course.
5. It was decided to sign MoU with an industry partner.

Minutes approved by
Dr. Soumya R.V.



NOTICE

In accordance with the college level meeting held on 06.07.2021 a department level meeting will be held at 08.07.2021 to discuss the classes and conduct of new certificate course. All teachers are requested to attend the meeting without fail.

Kollam

08.07.2021.

Agenda

1. Conducting new course.
2. Selection of external BoS members.
3. MoU formation

1. Dr.Soumya R.V.

2. Dr. Laiju S.

3. Dr. Thushara C.S.



Minutes of the Meeting held on 08.07.202

Approval of Agenda

1. Running of new course
2. Dr. Letha T.S. was selected the external board of studies member and subject expert.
3. Decided to sign MoU with Sivananda Foundation.

Minutes Approved by

A handwritten signature in blue ink, appearing to be 'Sofu', written over a horizontal line.

NOTICE

In accordance with the college level meeting held on 09.11.2021 department level meeting of the board of studies members and teachers of Philosophy will be held on 11.11.2021. All teachers are requested to attend the meeting without fail.

Kollam
11.11.2021

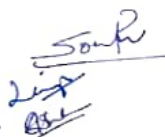
Course coordinator
Dr.Soumya R.V.



Agenda

1. Applications received for course.
2. Date of Admission
3. Admission Procedure
4. Submission of documents regarding the admission
5. Starting classes
6. Any other matter

1. Dr. Soumya R.V.
2. Dr.Laiju S.
3. Dr. Thushara C.S.



**Approval of the Minutes of the Meeting held on 11.11.2021 at Department of
Philosophy**

- 1. Decided the admission dates on 27th and 28th November 2021.**
- 2. Hard and soft copies of syllabus and scheme**

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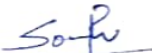
SREE NARAYANA COLLEGE, KOLLAM

UGC NSQF 2020-21

CERTIFICATE PROGRAMME IN YOGA AND STRESS MANAGEMENT



BOARD OF STUDIES MEMBERS

1. Dr. R. SUNIL KUMAR, PRINCIPAL, S.N. COLLEGE, KOLLAM
2. Dr. LETHA T.S., SUBJECT EXPERT AND RESOURCE PERSON (Retd. H.o.D., PHILOSOPHY, SN COLLEGE, KOLLAM) 
3. HONEY THATTIL, INSTRUCTOR 
4. Dr.S.V. MANOJ , IQAC COORDINATOR
5. ANIL RAJ V., COLLEGE LEVEL COURSE CO-ORDINATOR 
6. Dr. SOUMYA R.V., H.O.D, PHILOSOPHY & COURSE COORDINATOR 

NOTICE

According to the UGC-NSQF Meeting held on 06.07.2020, at G2 seminar hall, there will be a department level meeting on 07.07.2020 at 1.p.m. all teachers are requested to attend the meeting without fail.

Dr. Soumya R.V. (H.O.D)

Kollam

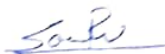
06.07.2020



Agenda:

1. Designing new UGC NSQF Certificate course.
2. Discuss the guidelines mentioned in UGC
3. Selecting course coordinator
4. Any other matter

1. Dr. Soumya R.V., Asst. Professor & H.O.D.
2. Dr. Laiju S., Assistant Professor
3. Dr. Thushara C.S., Assistant Professor



NOTICE

In accordance with the college level meeting held on 06.07.2020 a department level meeting will be held at 08.07.2020 to discuss the classes and conduct of new certificate course. All teachers are requested to attend the meeting without fail.

Kollam

08.07.2020.

Agenda

1. Conducting new course.
2. Selection of external BoS members.
3. MoU formation

1. Dr.Soumya R.V.

2. Dr. Laiju S.

3. Dr. Thushara C.S.



NOTICE

In accordance with the college level meeting held on 09.11.2020 s department level meeting of the board of studies members and teachers of Philosophy will be held on 11.11.2020. All teachers are requested to attend the meeting without fail.

Kollam

11.11.2020

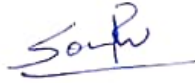
Course coordinator
Dr.Soumya R.V.



Agenda

1. Applications received for course.
2. Date of Admission
3. Admission Procedure
4. Submission of documents regarding the admission
5. Starting classes
6. Any other matter

1. Dr. Soumya R.V.



2. Dr.Laiju S.

3. Dr. Thushara C.S.



MINUTES OF THE MEETING HELD ON 07.07.2020

Decisions taken

1. Decided to apply for new certificate course.
2. Dr.Soumya R.V. has been assigned the coordinator of the course.
3. The name of the course is fixed YOGA and stress management.
4. Decided to design the syllabus and financial budget of the course.
5. It was decided to sign MoU with an industry partner.

Minutes approved by
Dr.Soumya R.V.





SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala

NAAC Re-Accredited with 'A' Grade

CERTIFICATE COURSE IN YOGA AND STRESS MANAGEMENT

UGC-NSQF CERTIFICATE COURSE CLASS DETAILS 2021-22

DATE	TIME	TOPIC	MODE OF CLASS	
20.07.2021	1.30PM -2.30 PM	FYP	LIVE CLASS WITH ICT (1 HR)	
20.07.2021	2.45 PM-3.45 PM	FYP	LIVE CLASS WITH ICT (1 HR)	
21.07.2021	1.30PM -2.30 PM	FYP	LIVE CLASS WITH ICT (1 HR)	
21.07.2021	2.45 PM-3.45 PM	FYP	LIVE CLASS WITH ICT (1 HR)	
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15.08.2021	2.45 PM-3.45 PM	SMY	LIVE CLASS WITH ICT (1 HR)	
15.08.2021	6.00PM-7.00PM	SMY	LIVE CLASS WITH ICT	

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17.08.2021	1.30PM -2.30 PM	SMY	LIVE CLASS WITH ICT (1 HR)	
17.08.2021	2.45 PM-3.45 PM	SMY	LIVE CLASS WITH ICT (1 HR)	
18.08.2021	1.30PM -2.30 PM	SMY	LIVE CLASS WITH ICT (1 HR)	
18.08.2021	2.45 PM-3.45 PM	SMY	LIVE CLASS WITH ICT (1 HR)	
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06.11.2021	2.45 PM-3.45 PM	PGT	LIVE CLASS WITH ICT (1 HR)	
07.11.2021	1.30PM -2.30 PM	PGT	LIVE CLASS WITH ICT (1 HR)	
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14.11.2021	2.45 PM-3.45 PM	APP	(I HR) LIVE CLASS WITH ICT (I HR)	
14.11.2021	6.00PM-7.00PM	APP	LIVE CLASS WITH ICT (I HR)	





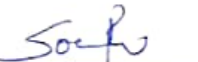
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UGC NSQF 2021-22

CERTIFICATE PROGRAMME IN YOGA AND STRESS MANAGEMENT

BOARD OF STUDIES MEMBERS

1. Dr. R. SUNIL KUMAR, PRINCIPAL, S.N. COLLEGE, KOLLAM
2. Dr. LETHA T.S., SUBJECT EXPERT AND RESOURCE PERSON (Retd. H.o.D., PHILOSOPHY, SN COLLEGE, KOLLAM 
3. HONEY THATTIL, INSTRUCTOR 
4. Dr.S.V. MANOJ , IQAC COORDINATOR
5. ANIL RAJ V., COLLEGE LEVEL COURSE CO-ORDINATOR
6. Dr. SOUMYA R.V., H.O.D, PHILOSOPHY & COURSE COORDINATOR 



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LIST OF STUDENTS PASSED THE UGC-NSQF COURSE DEPT. OF PHILOSOPHY, SREE NARAYANA COLLEGE, KOLLAM CERTIFICATE PROGRAMME IN YOGA AND STRESS MANAGEMENT

2021-2022

SL NO	NAME
1	AADITHYA SAI SANKAR
2	AISWARYA. J
4	AJMAL U.
5	AKSHAY GITA NAND
6	GEETHU G. S
7	HARI. S. S
8	MIDHILA. M. S
9	MOHITH KUMAR. V. S
10	SNEHA M. S
11	VIJESH V S
12	VISHNU V
13	ABHIRAMI. S
14	ANJALI S
15	ARAVIND. S
16	SHIJU S.

Adithya
Aishwarya
Ajmal
Akshay
Geethu
Hari S.S.
Midhila
Mohith Kumar
Sneha
Vijesh
Vishnu
Abhirami
Anjali
Aravind S.
Shiju



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UGC-NSQF COURSE








DEPT. OF PHILOSOPHY, SREE NARAYANA COLLEGE, KOLLAM





CERTIFICATE PROGRAMME IN PHILOSOPHY

2020-2021

BIODATA OF STUDENTS

1.	AADITHYA SAI SANKAR	12/09/2000	NEDUMCHIRA KAINADY P O KAINADY P O 686534	
2.	AISWARYA. J	10/05/2000	VISHNUKRIPA ERAVIPURAM P O ERAVIPURAM 691011	
3.	AJMAL U.	18/07/2000	Ameer manzil kureepally kannanallkannanalloor P. O Kollam Kollam 691576	
4.	AKSHAY GITA NAND	13/04/2000	Vayalil Puthen Veedu Karicode TKMC PO. 691005	

5.	GEETHU . G . S	23/08/1999	KOLOOR NADUVILA VEEDU PALLIMON PALLIMON 691576	
6.	HARI. S. S	07/09/2000	HARINANDANAM NAVAIKULAM NAVAIKULAM 695603	
70	MIDHILA. M. S	07/06/2000	Kochethu veedu Thattamala Thattamala 691020	
8.	MOHITH KUMAR. V. S	20/08/2000	SUNDHARA VILASAM KILIKOLOOR KILIKOLOOR P O 691004 Mob: 7356578137	
9.	SNEHA.M.S	15/06/2000	RAJ BHAVAN VARINJAM EDANADU 691579	
10	VIJESH V S	11/01/2000	SHEEBA NIVAS NAGARoor ALTHARAMOODU P O 695102	
11	VISHNU V	08/08/2000	VISHNU NIVAS NEDUMPANA NEDUMPANA 691576	

12	ABHIRAMI. S	31/07/2000	PERUMBALATHU VEEDU KOTTAMKARA TKMC PO 691005	
13	ANJALI S	12/01/2000	VILAYIL PUTHEN VEEDU MURUNTHAL PERINAD 691601	
14	ARAVIND. S	09/09/1998	KALIYILIL PADINJATTATHIL VEEDU DECENT JUNCTION P O DECENT JUNCTION 691577	
15	SHIJU S	09/11/1999	SHEELAVILASAM PANMANA CHAVARA 691583	



SREE NARAYANA COLLEGE, KOLLAM

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LIST OF STUDENTS SELECTED THE UGC-NSQF COURSE DEPT. OF PHILOSOPHY, SREE NARAYANA COLLEGE, KOLLAM CERTIFICATE PROGRAMME IN PHILOSOPHY

2021-2022

SL NO	NAME	
1	AADITHYA SAI SANKAR	<u>As</u>
2	AISWARYA. J	Aiswarya
3	AJMAL U.	<u>A</u>
4	AKSHAY GITA NAND	Akshay
5	GEETHU G. S	Geethu
6	HARI. S. S	<u>H</u>
7	MIDHILA. M. S	<u>M</u>
8	MOHITH KUMAR. V. S	Mohith Kumar V.S.
9	SNEHA M. S	<u>S</u>
10	VIJESH V S	Vijesh
11	VISHNU V	<u>V</u>
12	ABHIRAMI. S	Abhirami
13	ANJALI S	<u>A</u>
14	ARAVIND. S	Aravind S.
15	SHIJU S.	<u>S</u>



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LIST OF STUDENTS PASSED THE UGC-NSQF COURSE
DEPT. OF PHILOSOPHY, SREE NARAYANA COLLEGE, KOLLAM
CERTIFICATE PROGRAMME IN PHILOSOPHY

2021-2022

SL NO	NAME	MARKS OBTAINED	TOTAL MARKS	GRADE
1	AADITHYA SAI SANKAR	560	600	A+
2	AISWARYA. J	568	600	A+
3	AJMAL U.	556	600	A+
4	AKSHAY GITA NAND	520	600	A
5	GEETHU G. S	510	600	A
6	HARI. S. S	501	600	A
7	MIDHILA. M. S	567	600	A+
8	MOHITH KUMAR. V. S	510	600	A
9	SNEHA M. S	498	600	A
10	VIJESH V S	497	600	A
11	VISHNU V	567	600	A+
12	ABHIRAMI. S	569	600	A+
13	ANJALI S	572	600	A+
14	ARAVIND. S	490	600	A
15	SHIJU S.	570	600	A+

A+ Excellent

A Very good

B Above average



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LIST OF TEACHERS HANDLING THE CLASSES

Dr.Soumya R.V. – HoD, Philosophy

Dr.Laiju S.- HoD, Psychology

Mrs.HoneyThattil- Yoga Trainer

Soumya



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that [✓]Mr./Ms./Mrs. Aadithya Sai Sankas
Reg. No. PL001 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

COURSE CO-ORDINATOR



PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. *ALSWARYA J.*
Reg. No. *PL002* has successfully completed UGC approved
certificate course in *Yoga and Stress Management*
during *2021-22*

Santh
COURSE CO-ORDINATOR



Se
PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that [✓]Mr./Ms./Mrs. AJMAL U
Reg. No. PL 003 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22



COURSE CO-ORDINATOR


PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

✓
This is to certify that Mr./Ms./Mrs. AKSHAY GITA NAND
Reg. No. PL004 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

COURSE CO-ORDINATOR


PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. Geetha G.S.
Reg. No. PL005 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22


COURSE CO-ORDINATOR




PRINCIPAL



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CERTIFICATE

This is to certify that Mr./Ms./Mrs. Hari S. S.
Reg. No. PL006 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

Soupu

COURSE CO-ORDINATOR



De

PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. **MIDHILA M.S** *.....*

Reg. No. **PL007** *..... has successfully completed UGC approved*
certificate course in **Yoga and Stress Management** *.....*
during **2021-22** *.....*



Soufr

COURSE CO-ORDINATOR

Se

PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. *Mohithkumar U.S.*

Reg. No. *PL008* has successfully completed UGC approved
certificate course in *Yoga and Stress Management*
during *2021-22*

COURSE CO-ORDINATOR



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CERTIFICATE

This is to certify that Mr./Ms./Mrs. Sneha M.S.
Reg. No. PL009 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

Soupu
COURSE CO-ORDINATOR



[Signature]
PRINCIPAL



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CERTIFICATE

This is to certify that Mr./Ms./Mrs. Vijesh V.S.
Reg. No. PL0010 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22



Souh
COURSE CO-ORDINATOR

De
PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. Vishnu V.
Reg. No. PL0011 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

COURSE CO-ORDINATOR



PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. ABHIRAMI S
Reg. No. PL0012 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

COURSE CO-ORDINATOR



PRINCIPAL



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UGC – NSQF CERTIFICATE COURSES

CERTIFICATE

This is to certify that Mr./Ms./Mrs. Shiju S
Reg. No. PL0016 has successfully completed UGC approved
certificate course in Yoga and Stress Management
during 2021-22

Soumya P
COURSE CO-ORDINATOR



Thiruvalluvar
Principal
Sree Narayana College
Kollam

[Signature]
PRINCIPAL

