



Government Degree College

Affiliated to Andhra University

(Upgraded to Model Degree College under RUSA 2.0)

Paderu, Vishakapatnam -District, AP.



Est:1985 Naac "C" Grade phone no: 08935 295115 Email.ID :Paderu.jkc@gmail.com.

Department of Physical Education

Yoga for Healthy Life Style

2018-2019

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style "Training Programme for one week (06/02/2019 to 13/02/2019) for interested students for the academic year 2018-2019. Sri.K.Prasad Naidu, Lecturer in Physical Education is in charge of the course. A list of 50 students from various groups (BA,B.Com & B.Sc) attended the training Programme.

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CIRCULAR

It is informed to all of our staff and students that the department of Physical Education is going to conduct a Skill Enhancement Programme on "Yoga for Healthy Life style". It's a four day programme So we request all our staff members to encourage the students to this programme.

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DEPARTMENT OF PHYSICAL EDUCATION

TIME TABLE FOR YOGA FOR HEALTHY LIFE STYLE COURSE (2018-2019)

1	0 hour 7.00AM - 8.00AM	9.40- 10.30	10.30- 11.20	11.20- 12.10	12.10- 1.00	1.00- 2.00	2.00- 2.50	2.50- 3.40	3.40- 4.30
MON	YOGA					LUNCH BREAK			
TUE	YOGA								
WED	YOGA								
THURS	YOGA								
FRI	YOGA								

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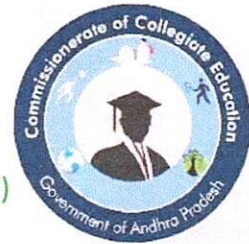
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STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2018-2019

S.NO	NAME OF THE STUDENTS	GROUP	SIGNATURE OF THE STUDENTS
1	BONGARAM UPENDRA BABU NAIDU	B.COM VOCATIONAL	B. Upendra Babu Naidu
2	GEMMELI BHAGYA SUDHA	B.COM VOCATIONAL	G. Bhagya Sudha
3	GOLLORI DHANUSH KUAMR	B.COM VOCATIONAL	G. Dhanush Kumar
4	GOLLORI GOVIND SAI KIRAN	B.COM VOCATIONAL	G. Govind Sai Kiran
5	JANNI MATHYARAJU	B.COM VOCATIONAL	J. Mathya Raju
6	KADIYA RENUKA DEVI	B.COM VOCATIONAL	K. Renuka Devi
7	KILLO CHANDRU BABU	B.COM VOCATIONAL	K. Chandru Babu
8	KIMUDU LAVANYA KUMARI	B.COM VOCATIONAL	K. Lavanya Kumari
9	KORRA KANAKALAMMA	B.COM VOCATIONAL	K. Kanakamma
10	KUTHANGI SARATH KUMAR	B.COM VOCATIONAL	K. Sarath Kumar
11	MAJJI RATNAKUMARI	B.COM VOCATIONAL	M. Ratna Kumari
12	ALLANGI VINAY KUMAR	BZH	A. Vinay Kumar
13	BAKURU KRISHNA GOPAL	BZH	B. Krishna Gopal
14	CHEEKATI PARVATHAMMA	BZH	Ch. Parvathamma
15	DEESARI MEENA	BZH	D. Meena
16	HARIBARIKI KAVITHA	BZH	H. Kavitha
17	KOPPALA DHAMAYANTHI	BZH	K. Dharmayanthi
18	KORABU JAGAPATHI NAIDU	BZH	K. Jagapathi Naidu
19	KUNDURU DHANALAKSHMI	BZH	K. Dhanalakshmi
20	MARRI DEVI	BZH	M. Devi
21	MINUMULA VARALAKSHMI	BZH	M. Varalakshmi
22	VARANAINI BHAVANI	BZH	V. Bhavani
23	PENTA SATYAVATHI	BZH	P. Satyavathi
24	SEEKARI SAI KIRAN	BZH	S. Sai Kiran
25	VANTHALA CHANDRAMMA	BZH	V. Chandramma
26	ALLANGI RAMADEVI	HEP	A. Ramadevi
27	ARMA VASANTHA	HEP	A. Vasantha
28	BADNAINI LALITHA	HEP	B. Lalitha
29	CHINTAPALLI SRINU	HEP	Ch. Srinu
30	DOBBATI SATISH KUMAR	HEP	D. Satish Kumar

31	GEMMELI YOHAN	HEP	G. Yohan
32	JANNI ESWARAMMA	HEP	J. Eswaramma
33	KIMUDU SIVA PRASAD	HEP	K. Sivaprasad
34	KINCHEI VIJAYA LAKSHMI	HEP	K. Vijay Lakshmi
35	KUDELI SAI KUMAR	HEP	K. Sai Kumar
36	KIMIDISSETTY JHANSI RANI	HEP	K. Jhansi Rani
37	MAJJI BALARAJU	HEP	M. Balaraju
38	MARRI ISSAK	HEP	M. Issak
39	MUDILI VENKATA RAMAYYA	HEP	M. Venkata Ramayya
40	NANDOLE SIMHACHALAM	HEP	N. Simhachalam
41	PALASI MADHAVI	HEP	P. Madhavi
42	ADERI SANDHYA RANI	B.A SPL ENGLISH	A. Sandhya Rani
43	BACHELI VENKATA RAMAYYA	B.A SPL ENGLISH	B. Venkata Ramayya
44	DEESARI BABY RANI	B.A SPL ENGLISH	D. Baby Rani
45	GOLLORI PURNIMA	B.A SPL ENGLISH	G. Purnima
46	POYA BHAVANI	B.A SPL ENGLISH	P. Bhavani
47	ADAPA BHUDEVI	B.A SPL TELUGU	A. Bhudevi
48	KUTHANGI DAYA RANI	B.A SPL TELUGU	K. Daya Rani
49	ULLI KUMARI	B.A SPL TELUGU	U. Kumari
50	VANTHALA ROJA	B.A SPL TELUGU	V. Roja

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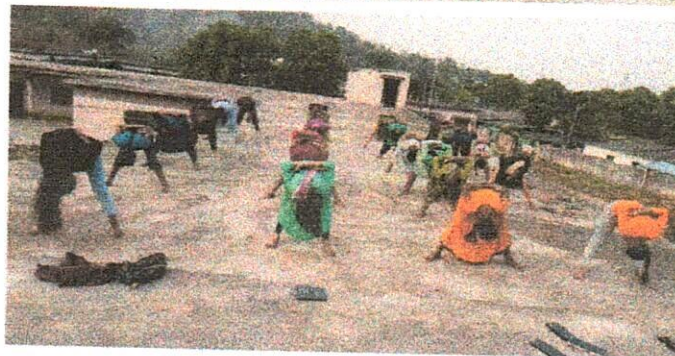
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Pogram international yoga day

Date : 06/02/2019

Day 1



YOGA MEDITATION COMBINED WITH A REGULAR YOGA PRACTICE CAN LOWER BLOOD PRESSURE AND HEART RATE, REDUCE INFLAMMATION IN THE BODY AND AID IN REDUCING CHRONIC PAIN ISSUES.


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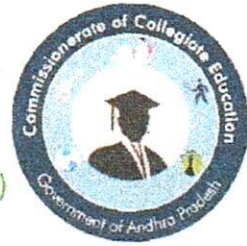
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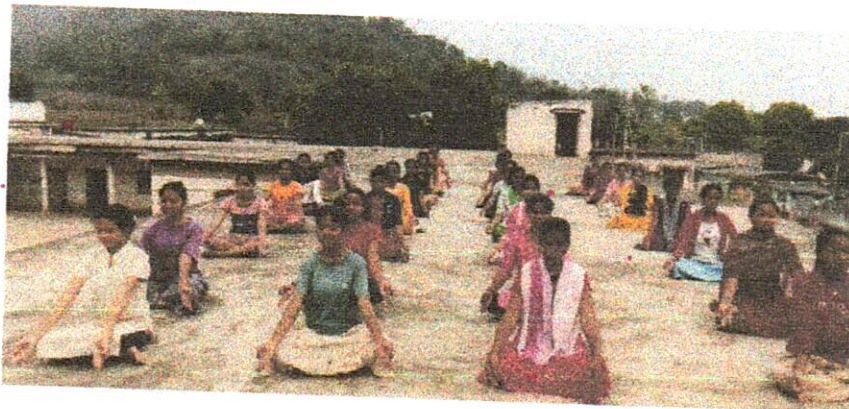
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Pogram international yoga day

Date : 07/06/2019

Day 2



YOGA AND MEDITATION DEVELOPS STRENGTH AND FLEXIBILITY


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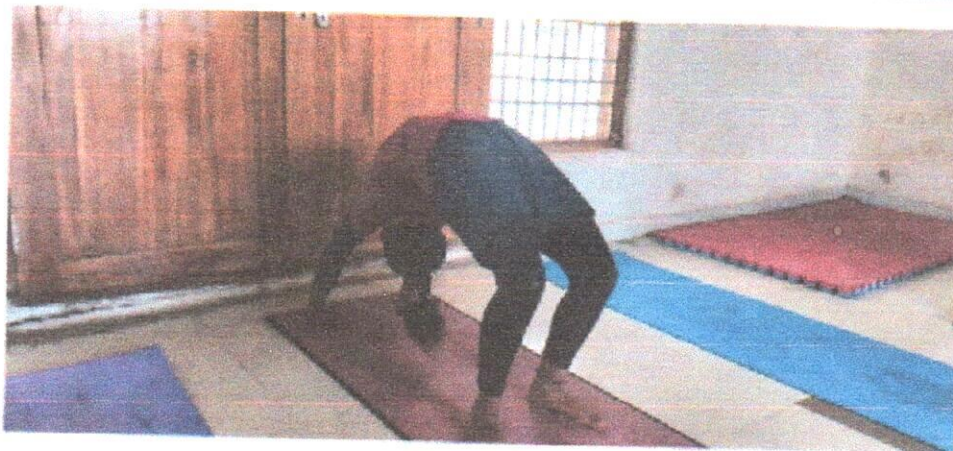
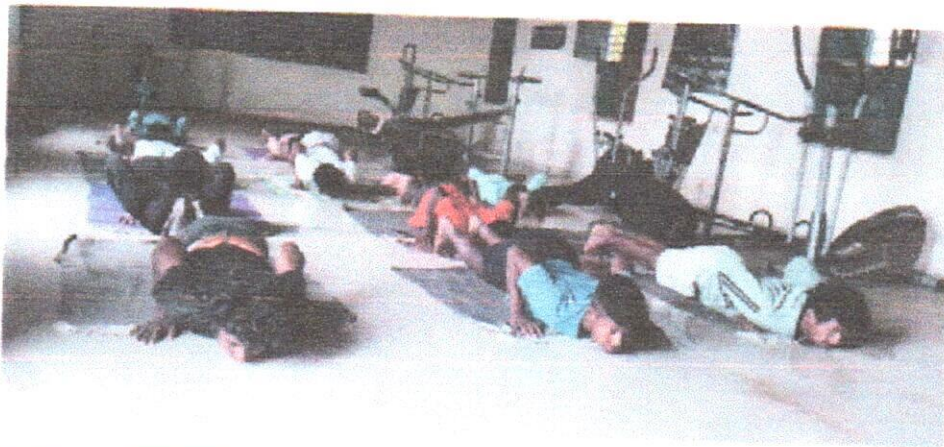
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Pogram international yoga day

Date : 08/06/2019

Day 3



HEALTH AND RECOVERY GOALS, AND IMPROVE YOUR OVERALL HELATH AND WELL BEING

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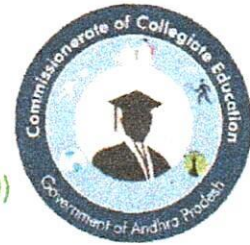
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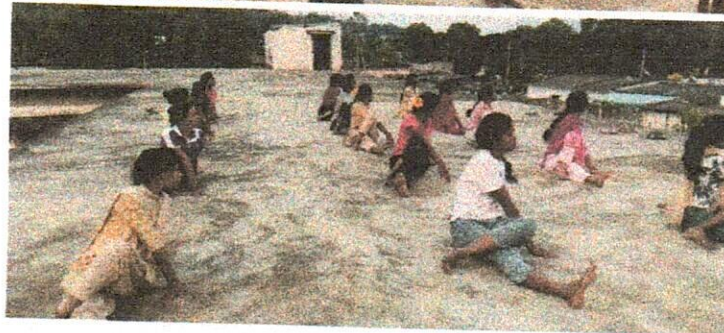
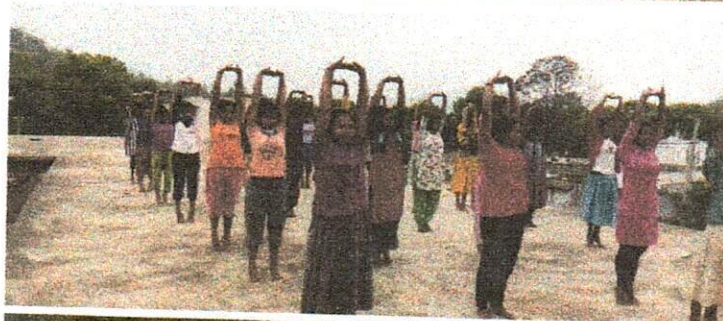
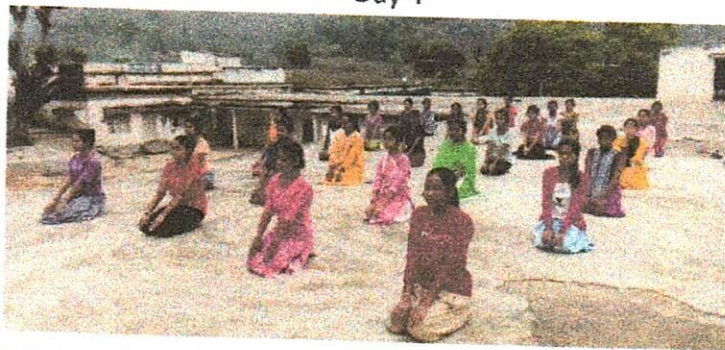
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Pogram international yoga day

Date : 11/06/2018

Day 4



YOGA AND MEDITATION PARTICIPATED STUDENTS


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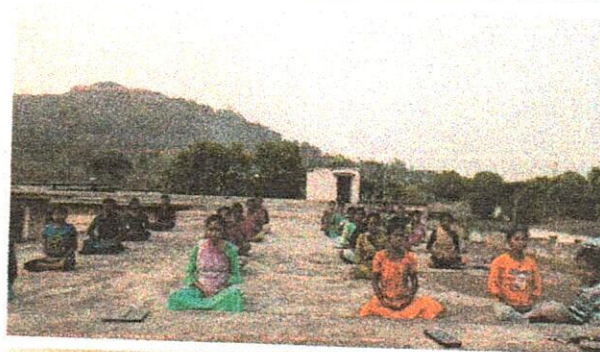
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Pogram international yoga day

Date 12/06/2018

Day 5



YOGA AND MEDITATION PARTICIPATED STUDENTS

Principal
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Visakhapatnam D.