



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

2019-2020

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style "Training Programme for one week (19/09/2019 to 25/09/2019) for interested students for the academic year 2019-2020. 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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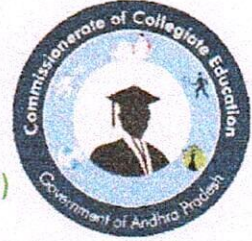
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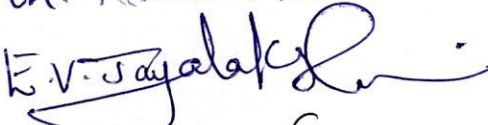
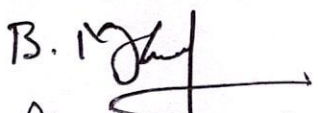
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CIRCULAR

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.

1. 
2. Mr. Anurag Reddy
3. E.V. Jayalakshmi 
4. G.S. Nallabelli 
5. B. N. Jyoti 
6. K. Prasanna Kumar 


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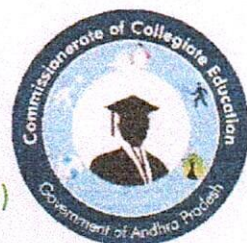
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DEPARTMENT OF PHYSICAL EDUCATION

TIME TABLE FOR YOGA FOR HEALTHY LIFE STYLE COURSE (2019-2020)

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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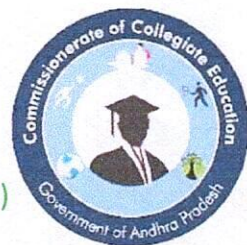
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STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2019-2020

S.NO	NAME OF THE STUDENTS	GROUP	SIGNATURE OF THE STUDENTS
1	ARMA SAILAJA	B.COM GENERAL	A. Sailaja
2	BADAGALA VISWANADHAM	B.COM GENERAL	B. Viswanadham
3	BACHELI SURIBABU	B.COM GENERAL	B. Suribabu
4	GEMMELI SANTOSH	B.COM GENERAL	G. Santhosh
5	GOLICHETTY VARUN KUMAR	B.COM GENERAL	G. Varunkumar
6	JANNI JYOTHI	B.COM GENERAL	J. Jyothi
7	KAKARA DEVI PRASAD	B.COM GENERAL	K. Devi prasad
8	KILLO KONDALARAO	B.COM GENERAL	K. Kondala Rao
9	KORRA LAXMAN	B.COM GENERAL	K. Laxman
10	KORRA SEETHA	B.COM GENERAL	K. Seetha
11	KORRA SURIBABU	B.COM GENERAL	K. Suribabu
12	KUDA SAIKIRAN	B.COM GENERAL	K. Saikiran
13	MAJJI SUSEELA	B.COM GENERAL	M. Suseela
14	CHELLURI SRINIVAS	MPC	C. Srinivas
15	SURICHETTY MOHAN	MPC	S. Mohan
16	AVVABU KONDABABU	MPC	A. Kondababu
17	DOLIYA DAVID	MPC	D. David
18	GOLLORI MOUNIKA	MPC	G. Mounika
19	JARSINGI VIJAYASANTHI	MPC	J. Vijaya Santhi
20	KAKARI PUNYAVATHI	MPC	K. Punyavathi
21	KANCHAM SAILAJA	MPC	K. Sailaja
22	KILLO KAVITHA	MPC	K. Kavitha
23	KUNTHURU MANJULA	MPC	K. Manjula
24	MARRI JOHN	MPC	M. John
25	NANDOLE SYAMALA	MPC	N. Syamala
26	ARLABU PRAVEEN KUMAR	MPCS	A. Praveen Kumar
27	AVASARALA VENKATA RAMA KAUSHIL	MPCS	A. Venkata Rama Kaushil
28	BARISINGI TIRUMALA SAI	MPCS	B. Tirumala Sai
29	BERA BHARATH KUMAR	MPCS	B. Bharath Kumar
30	BOINI PADMA	MPCS	B. Padma

31	GOLLORI DHARMA NAIDU	MPCS	
32	JANGIDI SUJATHA	MPCS	
33	KIMUDU RAVIKANTH NAIDU	MPCS	J. Sujatha
34	KIMUDU BOINA SATISH KUMAR	MPCS	K. Ravikanth Rao
35	KIRASANI KRISHNA KUMARI	MPCS	K.B. Satish Kumar
36	MARRI BUJJI	MPCS	K. Krishna Kumar
37	POTTANGI PRAVEEN KUMAR	MPCS	M. Bujji
38	TAMBELI SRINU	MPCS	P. Praveen Kumar
39	TURAYI GANESH	MPCS	T. Grinu
40	ULLI PRAKASH	MPCS	T. Ganesh
41	ADELA TIRUPATHI BABU	CBZ	U. Prakash
42	BARLE LAKSHMI	CBZ	A. Tirupathi Babu
43	BASUVA NISHA	CBZ	B. Lakshmi
44	KILLU BHUVANESWARI	CBZ	B. Nisha
45	KIMUDU BALARAJU	CBZ	K. Bhuvaneshwari
46	PUJARI KASULAMMA	CBZ	K. Balaraju
47	PUJARI VIJAYABHARATHI	CBZ	P. Kasulamma
48	SEEDARI ANUSHA	CBZ	P. Vijaya Bharathi
49	SEGGE INDRAVENI	CBZ	S. Anusha
50	ULLI SAILAJA	CBZ	S. Indragan
			U. Sailaja

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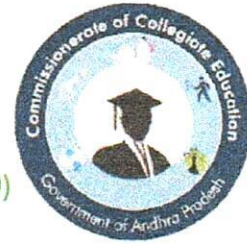
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Pogram international yoga day

Date /06/2019

Day 1



WARMS UP WHOLE BODY, RAISES HEART RATE, TONES MUSCLES, IMPROVES FLEXIBILITY, BOOSTS IMMUNE SYSTEM

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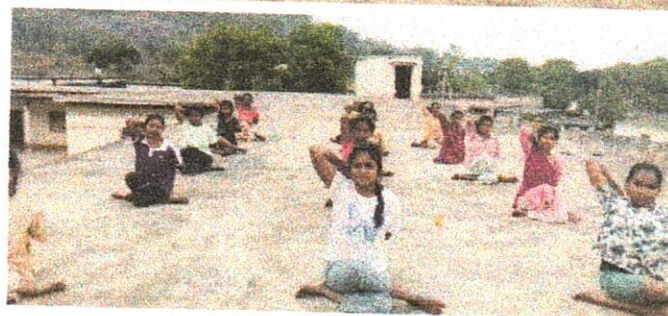
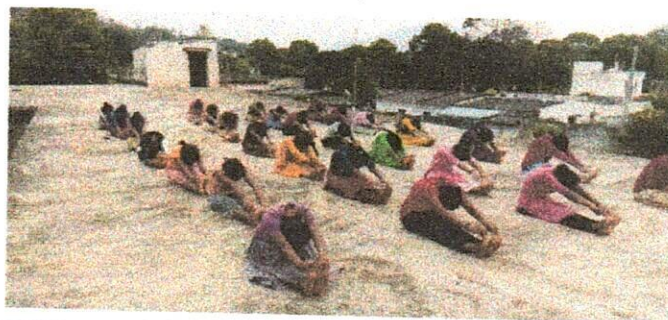
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Pogram international yoga day

Date : 19/09/2019

Day 2



YOGA AND MEDITATION, STUDENTS PARTICIPATED YOGA


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Pogram international yoga day

Date 20/09/2019

Day 3



YOGA AND MEDITATION, STUDENTS PARTICIPATED YOGA

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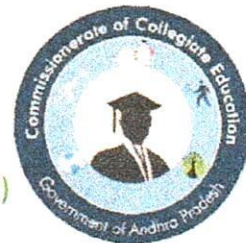
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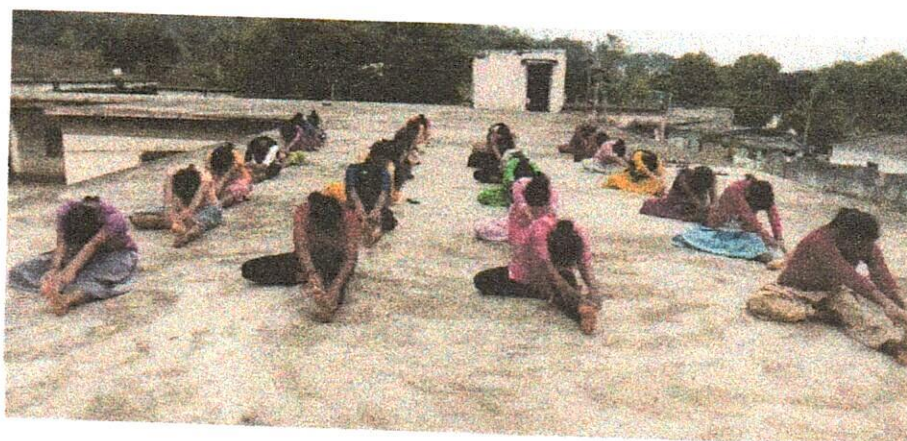
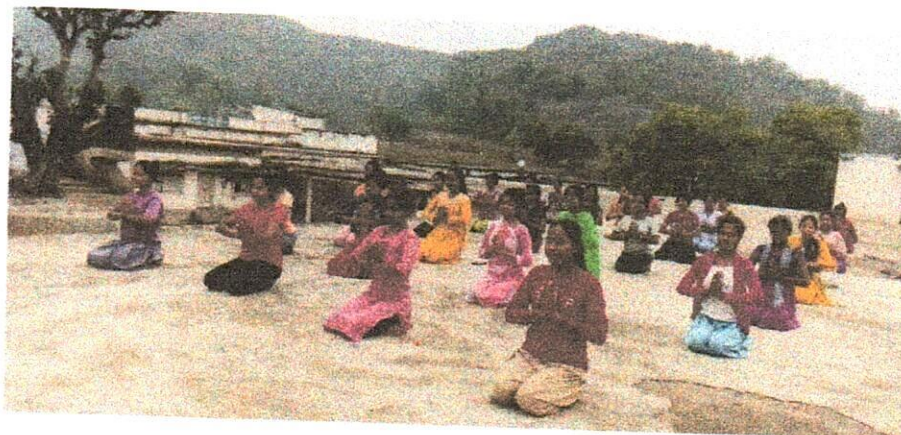
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Pogram international yoga day

Date : 21/06/2019

Day 4



STUDENTS WERE ENROLED IN THIS PROGRAMME AND ALL THE ENROLLED STUDENTS WERE ACTIVELY PARTICIPATED


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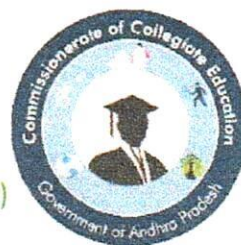
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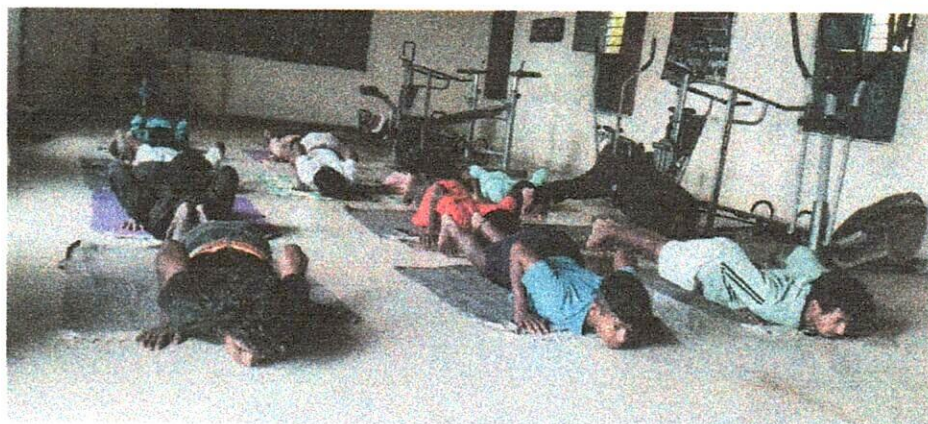
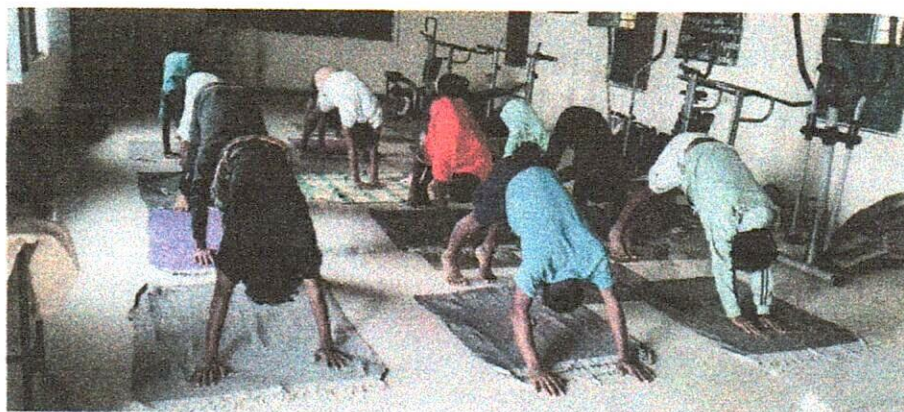
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Pogram international yoga day

Date : 25/06/2019

Day 5



YOGA STRENGTHENS MUSCLES,IMPROVES BALANCE AND HEALTHY BODY

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