



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

2022-2023

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style "Training Programme for one week (16/06/2022 to 21/06/2022) for interested students for the academic year 2022-2023. 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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Vishakhapatnam Dist



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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.

Course Coordinator

K. prasad Dasgupta

P. vijaya Lakshmi

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DEPARTMENT OF PHYSICAL EDUCATION

TIME TABLE FOR YOGA FOR HEALTHY LIFE STYLE COURSE(2022-2023)

	O 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					<u>Lunch Break</u>			
TUE	YOGA								
WED	YOGA								
THUR	YOGA								


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STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2022-23

S.NO	Name of the students	Group	Signature of the students
1	GEMMELI PUSHPAVATHI	HEP 2 ND YEAR	G. pusphavathi
2	ADAPA MANOJ KUMAR	HEP 2 ND YEAR	A. Manoj Kumar
3	BADNAINI VENKAT	HEP 2 ND YEAR	B. Venkat
4	DALAI MATYARAJU	HEP 2 ND YEAR	D. Matyarakam,
5	KAMBA SIRISHA	HEP 2 ND YEAR	K. Sirisha
6	LAKE NAVEEN KUMAR	HEP 2 ND YEAR	L. Naveen Kumar.
7	MAJJI CHILAKAMMA	HEP 2 ND YEAR	M. Chilakamma
8	OLESU AKHILESH	HEP 2 ND YEAR	O. Akilesh
9	ONDRU PRAGNASH	HEP 2 ND YEAR	O. pranash
10	PANGI ATCHYUTH	HEP 2 ND YEAR	P. atchyuth
11	RADA BALAJI	HEP 2 ND YEAR	R. Balaji
12	REGAM HARIKRISHNA	HEP 2 ND YEAR	R. harikrishna.
13	THANGULA KAMESWARA RAO	HEP 2 ND YEAR	T. Kameshwar Rao
14	THUBURU LAKSHMI	HEP 2 ND YEAR	T. Lakshmi
15	BADNAINI SRAVANI	SPL ENG 2 ND YEAR	B. Sravani
16	DURU SAILAJA	SPL ENG 2 ND YEAR	D. Sailaja.
17	GEMMELI RAJESWARI	SPL ENG 2 ND YEAR	G. Rajeswari
18	GOLLORI NAGESWARA RAO	SPL ENG 2 ND YEAR	G. Nageswar Rao
19	KILLO NAGA KONDABABU	SPL ENG 2 ND YEAR	K. Mahesh Babu
20	KORABU MAHESH BABU	SPL ENG 2 ND YEAR	K. mahesh Babu.
21	MAJJI GOVIND	SPL ENG 2 ND YEAR	M. Govind.
22	LAKE JASHNAVI	SPL ENG 2 ND YEAR	L. Jashnavi
23	SAKERI LAKSHMI	SPL ENG 2 ND YEAR	S. Laxmi
24	SOMELI KRISHNAVENI	SPL ENG 2 ND YEAR	S. Krishnaveni
25	BOYINI LAKSHMI	SPL ENG 2 ND YEAR	B. Laxmi
26	ARLABU ROHINI	BA SPL TEL 2 ND YEAR	A. Rohini

27	BADAM ARUN KUMAR	BA SPL TEL 2 ND YEAR	B. Arun Kumar.
28	BOINI DHANALAKSHMI	BA SPL TEL 2 ND YEAR	B. DHANALAKSHMI
29	CHENDA UDAY KIRAN	BA SPL TEL 2 ND YEAR	CH. Uday Kiran
30	JARLU NAGENDRA BABU	BA SPL TEL 2 ND YEAR	J. Nagendra Babu
31	KORRA MOHAN RAO	BA SPL TEL 2 ND YEAR	K. Mohan Rao
32	KUNTHURU NANI BABU	BA SPL TEL 2 ND YEAR	K. Nani Babu
33	MARAVADA LOVA GANESH	BA SPL TEL 2 ND YEAR	M. Ganesh
34	NAIDU SWAPNA SRI	BA SPL TEL 2 ND YEAR	N. Swapna Sri
35	NAINI MATYARAJU	BA SPL TEL 2 ND YEAR	N. Matya Raju.
36	PALASI ARUN	BA SPL TEL 2 ND YEAR	P. Arun
37	PANGI GANESH	BA SPL TEL 2 ND YEAR	P. Ganesh
38	POIBA GOPICHAND	BA SPL TEL 2 ND YEAR	P. Ganesh
39	PUJARI MURALIKRISHNA	BA SPL TEL 2 ND YEAR	P. murali Krishna.
40	SALABANGI SUNIL KUMAR	BA SPL TEL 2 ND YEAR	S. sunil Kumar
41	SOBHA LAKSHMAN	BA SPL TEL 2 ND YEAR	S. lakshman
42	TEKURI SIVAYYA	BA SPL TEL 2 ND YEAR	T. Sivayya
43	VANCHURBA MALAMDORA	BA SPL TEL 2 ND YEAR	V. malamdora.
44	VANTHALA YOSUPH	BA SPL TEL 2 ND YEAR	V. yosuph.
45	VECHANGI SRIKANYA	BA SPL TEL 2 ND YEAR	V. srikanya.
46	THALLABU BALAJI	BA SPL TEL 2 ND YEAR	T. BALAJI
47	ARLABU RAVI PRASAD	JAMC 2 ND YEAR	A. Ravi Prasad
48	DORA JANAKI	JAMC 2 ND YEAR	D. Janaki
49	GAMPA VENKATESH	JAMC 2 ND YEAR	G. Venkatesh
50	KILLO RAMESH	JAMC 2 ND YEAR	K. Ramesh


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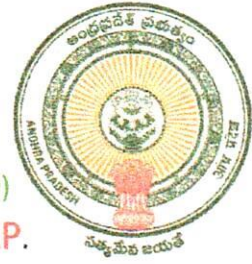
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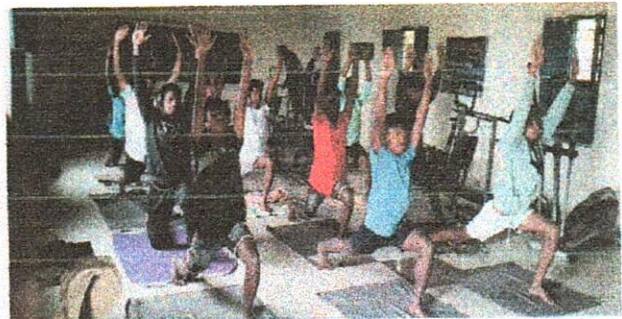
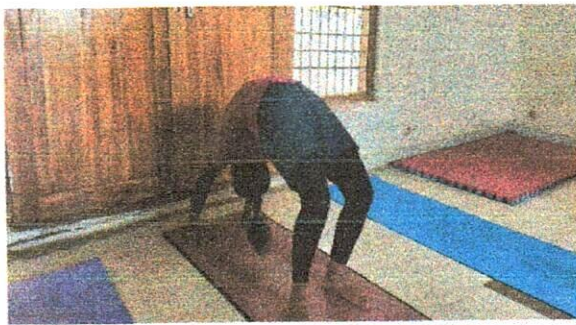
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Program International Yoga day

Date : ~~16~~06-2022

DAY 1



HELPS YOU FOCUS, BOOSTS HAPPINESS, HELPS YOUR HEART STAY STRONG, INCREASE
FLEXIBILITY, IMPROVES BALANCE

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17/06/2022

DAY 2



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


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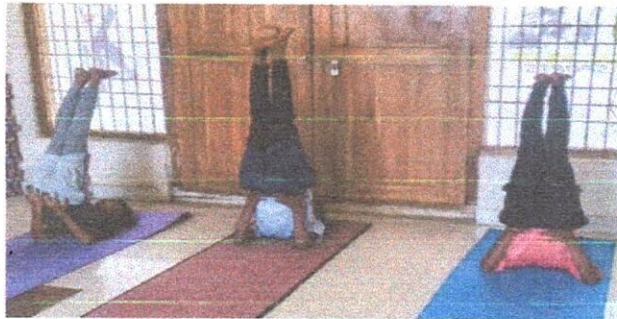
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DAY 3

18/06/2022



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


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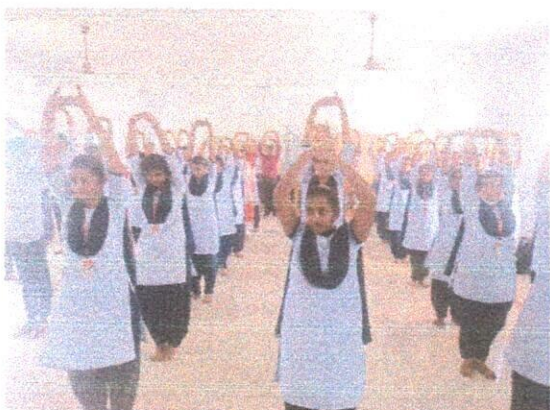
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DAY 4

20/06/2022



STUDENTS WERE ENROLED IN THIS PROGRAMME AND ALL THE ENROLLED STUDENTS WERE ACTIVELY PARTICIPATED AND ALL THE STAFF HAVE ALSO PARTICIPATED IN THIS PROGRAMME.

V. U



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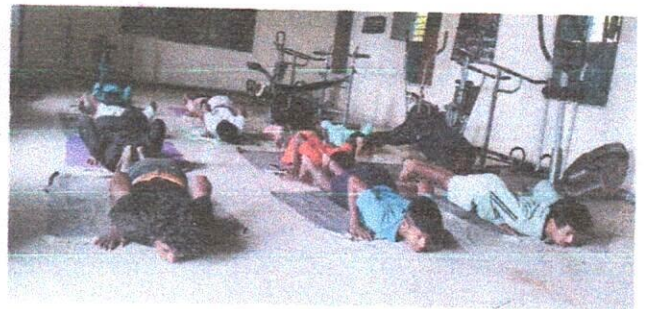
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Program International Yoga day

Date : 21-06-2022

DAY 5



SURYANAMASKAR IS A COMPLETE BODY WORKOUT THAT BOOSTS FLEXIBILITY STRENGTH AND STAMINA WARMS UP YOUR WHOLE BODY RAISES HEART RATE TONES MUSCLES IMPROVES FLEXIBILITY BOOSTS IMMUNE SYSTEM.

V. K. S.

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