



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

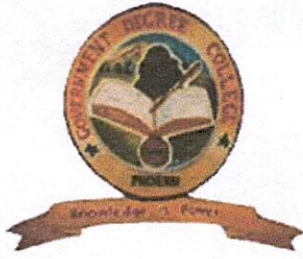
Yoga for Healthy Life Style

2021-2022

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style" Training Programme for one week (03/12/2021 to 08/12/2021) for interested students for the academic year 2021-2022. 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.

V. U. f
Principal
Govt. Degree College
PADERU 531 024
Vishakhapatnam Dist



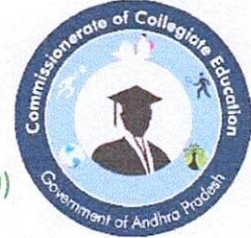
Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

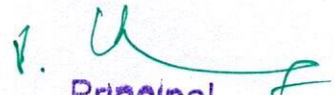
Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

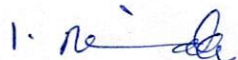
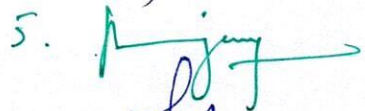
Paderu.jkc@gmail.com



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. 
Principal
Govt. Degree College
PADERU-531001
Sitharama P.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 



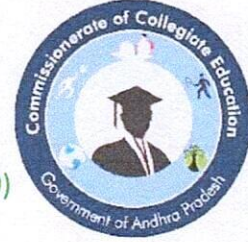
Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



DEPARTMENT OF PHYSICAL EDUCATION

TIME TABLE FOR YOGA FOR HEALTHY LIFE STYLE COURSE (2021-2022)

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								


Principal
Govt. Degree C
PADERU-53
Muri Sitharama T



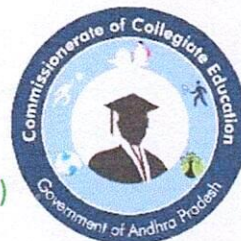
Government Degree College Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2021-2022

S.NO	NAME OF THE STUDENTS	GROUP	SIGNATURE OF THE STUDENTS
1	DADIYA SUPRAJA	B.COM GENERAL	D. Supraja
2	DALAPATHI BALAKRISHNA	B.COM GENERAL	D. Balakrishna
3	GOLLORI MADHURI	B.COM GENERAL	G. Madhuri
4	KILLO DANNE RAO	B.COM GENERAL	K. Danne Rao
5	KILLO PARAMESWARA RAO	B.COM GENERAL	K. Parameswara Rao
6	ARLABU SAIKIRAN	B.COM VOCATIONAL	A. Saikiran
7	JANNI TEJASWI	B.COM VOCATIONAL	J. Tejaswi
8	KORRA AMBIKA	B.COM VOCATIONAL	K. Ambika
9	MATTAM JHANSI RANI	B.COM VOCATIONAL	M. Jhansi Rani
10	SEEDARI CHITTI BABU	B.COM VOCATIONALC	S. Chitti Babu
11	SINGAMPALLI THARUN	MPC	S. Nandhini
12	GAMPARAI NANDINI	MPC	G. Nandhini
13	BHANU KUMAR SAGAR	MPC	B. Kumar Sagar
14	ARLABU MANOJ KUMAR	MPC	A. Manoj Kumar
15	KOTA PAVANI	MPC	K. Pavani
16	KORABU RAJU	MPCS	K. Raju
17	ALI AHAMED MOHAMED MAHADHIR	MPCS	A. Mohamed Mahadhir
18	BOINI BHADRAGIRI	MPCS	B. Bhadragir
19	KILLO JEEVAN KUMAR	MPCS	K. Jeevan Kumar
20	MINUMULA UDAY KIRAN PATRUDU	MPCS	M. Uday Kiran Patrudu
21	ALLANGI SRINIVASA RAO	CBZ	A. Srinivasa Rao
22	GEMMELI ABBAI NAIDU	CBZ	G. Abba Naidu
23	KORRA DIVYA	CBZ	K. Divya
24	KUDA SWETHA	CBZ	K. Swetha
25	MAJJI ANITHA	CBZ	M. Anitha
26	BONDA PADMAVATHI	BZH	B. Padma vathi
27	MAKIREDDI NAVEEN	BZH	M. Naveen
28	BADNAYINI SWATHI	BZH	B. Swathi
29	BOINI SIMHADRI	BZH	B. Simhadri
30	CHEEKATI SURESH	BZH	C. Suresh

31	VANTHALA ABBAS	MP WEB	V. Abbas
32	GAMPARAI RAMESH BABU	MP WEB	G. Ramesh Babu
33	ARLABU PRUDHVI	MP WEB	A. Prudhvi
34	BODACHETTI MADHAVI	MP WEB	B. Madhavi
35	SASIKIRAN THUBE	MP WEB	S. Thube
36	BADNAYINI TULASI KANTH	SEED TECH	B. Tulasi Kanth
37	BURIDI HYMAVATHI	SEED TECH	B. Hymavathi
38	CHITTAPULI NAVEEN KUMAR	SEED TECH	C. Naveen Kumar
39	MARRI GOPI	SEED TECH	M. Gopi
40	VANTHALA SUSEELA	SEED TECH	V. Suseela
41	GEMMELI PUSHPAVATHI	HEP	G. Pushpavathi
42	ADAPA MANOJ KUMAR	HEP	A. Manoj Kumar
43	BADNAYINI VENKAT	HEP	B. Venkat
44	JANNI PUSHPA	HEP	J. Pushpa
45	KILLO SAI PRASAD	HEP	K. Sai Prasad
46	MAJJI GOVIND	B.A. SPL ENGLISH	M. Sai Prasad
47	MARLE TRIMURTHULU	B.A. SPL ENGLISH	M. Trimurthulu
48	PALLI SATYAVENI	B.A. SPL ENGLISH	P. Satyaveni
49	SEEDARI PRASAD	B.A. SPL ENGLISH	S. Prasad
50	TALABU PRASAD	B.A. SPL ENGLISH	T. Prasad


 Principal
 Govt. Degree College
 PADERU-5310
 Alluri Sitharama Raju District



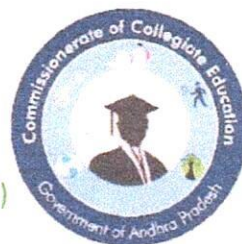
Government Degree College Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

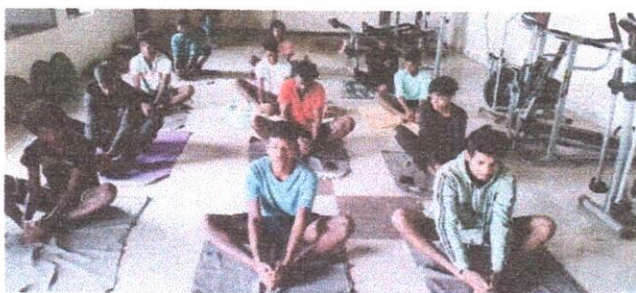
Paderu.jkc@gmail.com



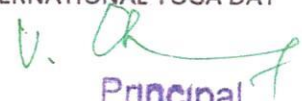
Pogram international yoga day

03/12/2021
Date : 21/06/2020

Day 1



YOGA AND MEDITATION, STUDENTS, SIRS AND MADAMS PARTICIPATED INTERNATIONAL YOGA DAY

V. 
Principal
Govt. Degree College
PADERU-53102
Suri Sitharama Rao



Government Degree College Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

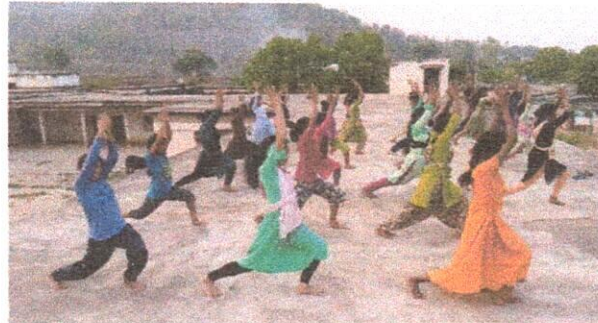
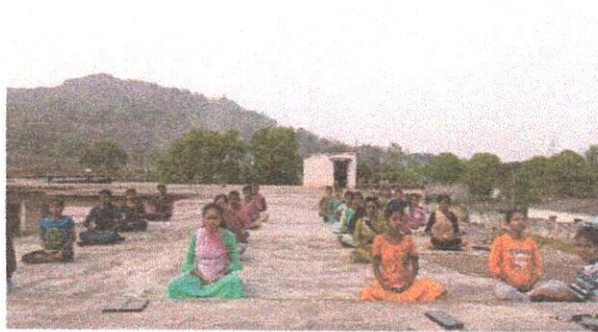
Paderu.jkc@gmail.com



Pogram international yoga day

04/12/2021
Date : ~~22/06/2020~~

Day 2



YOGA AND MEDITATION, EXTENDED SIDE ANGLE POSE, UTTITHA PARSVAKONASANA

U. V. Principal
Govt. Degree
PADERU-53
Suri Sitharama F



Government Degree College Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



Pogram international yoga day

06/12/2021

Date : 23/06/2020

Day 3



SURYANAMASKAR IS A COMPLETE BODY WORKOUT THAT BOOSTS FLEXIBILITY STRENGTH AND WARMUP

V. Ch
Principal
Govt. Degree C.
PADERU-53
Sri Sitharama



Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

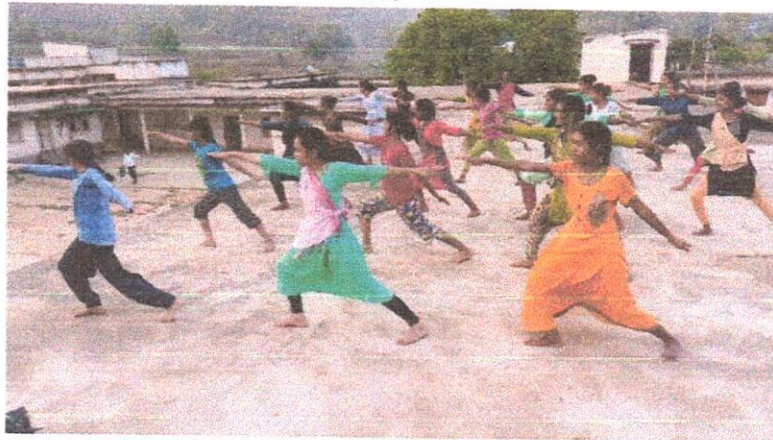
Paderu.jkc@gmail.com



Pogram international yoga day

Date : 24/06/2020

Day 4



YOGA MEDITATION, STUDENTS PARTICIPATED IN YOGA

V.

Principal
Govt. Degree College
PADERU-531001
Tiluri Sitharama Rao



Government Degree College Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com

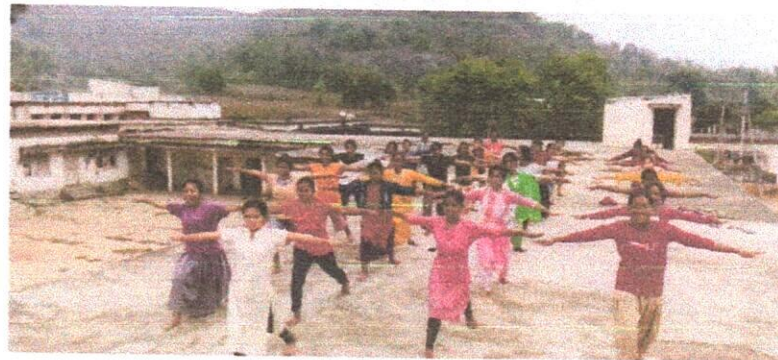


Pogram international yoga day

08/12/2021

Date : ~~25/06/2020~~

Day 5



YOGA AND MEDITATION, WARMUP WHOLE BODY RISES HEALTH RATE, TONES MUSCLES, IMPROVES FLEXIBILITY, BOOSTS IMMUNE SYSTEM


Principal
Govt. Degree College
PADERU-53107
Turi Siharama Rao