


5.1.2(3) – LIFE SKILLS


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INDEX

A.Y	DATE	NAME OF THE EVENT	NO OF STUDENTS	TYPE	Resources Person
2022-23	23-03-23	Workshop on Physical Fitness	54	Life skills -Physical Fitness	D.RATHNA BABU Assistant Professor Vikas College of Physical Education Nunna, Vijayawada
2021-22	18-07-22	Workshop on physical activity and yoga	131	Life skills -Yoga	Sri Krishnaji Founder of WYCM Bathallavallam, Andhra Pradesh
2020-21	01-02-21	Workshop on physical activity and yoga	128	Life skills -Yoga	Sri Krishnaji Founder of WYCM Bathallavallam, Andhra Pradesh
2019-20	21-06-19	Workshop on physical activity and yoga	147	Life skills -Yoga	Sri Krishnaji Founder of WYCM Bathallavallam, Andhra Pradesh
2018-19	21-06-18	Workshop on physical activity and yoga	125	Life skills -Yoga	Sri Krishnaji Founder of WYCM Bathallavallam, Andhra Pradesh

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Date: 16-03-2023

CIRCULAR


This is to inform all UG and PG students that the Training and Placement Department is organizing a “Workshop on Physical Fitness” by Mr D.RATHNA BABU, Assistant Professor, Vikas College of Physical Education, on 23-03-2023.

The interested students enrolled in the program before 20-03-2023. Enrolled Students attend the program without fail.


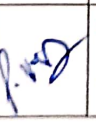


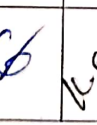


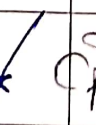
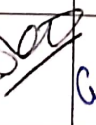
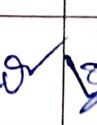


Venue :Room No: VGTN-Ground


Coordinator: Mr K.Gurumurthy, Assistant Prof, MECH Dept.


Program Coordinator


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LIST OF ENROLLED STUDENT'S

NAME OF THE PROGRAMME : WORKSHOP ON PHYSICAL FITNESS
RESOURCE PERSON : D.RATHNA BABU
DATE : 23-03-2023

Sl.No	Roll Number	Name of the Student	Program
1	199T1A0102	BARMA PAVAN KALYAN	IV B.TECH
2	199T1A0115	SAGAR BUDHOKI	IV B.TECH
3	199T1A0203	DOPPALAPUDI CRISPU	IV B.TECH
4	199T1A0207	LINGADARI SANKAR	IV B.TECH
5	209T5A0201	AREPALLI SUNIL KUMAR	IV B.TECH
6	209T5A0203	JANGAM SAROJA	IV B.TECH
7	209T5A0208	TIRUNALA VENKATRAMAIAH	IV B.TECH
8	199T5A0201	AACHANTA HEMANIDEEP	IV B.TECH
9	199T1A0304	BIRUDU PRADEEP	IV B.TECH
10	199T1A0311	ORUGU BALAJI	IV B.TECH
11	199T1A0314	VEERANKI RAKESH	IV B.TECH
12	209T5A0303	GADE NAGA RAGHAVA SAI	IV B.TECH
13	209T5A0306	KODALI GOPALAKRISHNA	IV B.TECH
14	209T5A0309	MUDIKONDA SRINIVASA RAO	IV B.TECH
15	209T5A0313	SHINDE HEMANTH	IV B.TECH
16	199T1A3503	CH RAMANIKA	IV B.TECH
17	199T1A3511	GOLLAPALLI DIVYA	IV B.TECH
18	199T1A3517	MADDIRALA ANANTH RAAG	IV B.TECH
19	209T5A3505	CHINTHALA VINAY	IV B.TECH
20	199T1A0406	CHIMATA KRANTHI KUMAR	IV B.TECH
21	199T1A0415	GUDIVAKA MEGHANA DEVI	IV B.TECH
22	199T1A0435	PEDAPUDI KAMAKSHI	IV B.TECH
23	199T1A0451	VADALI SRILAKSHMI	IV B.TECH
24	199T1A0505	ANNAPUREDDI SAINAGA	IV B.TECH
25	199T1A0545	KANAPARTHI SATYA SRI	IV B.TECH
26	199T1A0559	MOKA PRANEETH	IV B.TECH
27	199T1A0578	PANDI NAVEEN	IV B.TECH
28	199T1A0590	SAMMITA RAM MANIKANTA	IV B.TECH
29	209T1A0201	ALTHI DHARMA RAO	III B.TECH
30	209T1A0204	TIRUPATHI VEKATA SAI TEJA	III B.TECH
31	219T5A0202	KATHARU SAI ABHI RAM	III B.TECH
32	219T5A0205	PEDAVALI MONIKA	III B.TECH
33	209T1A0301	KURUBA NIKHIL	III B.TECH

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34	219T5A0301	BALARAJU SANNITHIVARMA	III B.TECH
35	219T5A0305	JANGAM VINAY BABU	III B.TECH
36	219T5A0307	PATHAN VAHID KHAN	III B.TECH
37	209T1A0402	BALLA NAVYA SRI	III B.TECH
38	209T1A0407	DUPATI MOUNIKA	III B.TECH
39	209T1A0415	LAVETI KARTHIK	III B.TECH
40	209T1A0420	RADHAVARAPU SIRISHA	III B.TECH
41	209T1A0426	TUMMA VANAJAKSHI	III B.TECH
42	209T1A0506	BANDI SUBBARAYUDU	III B.TECH
43	209T1A0511	BOLLIGARLA ANUSHA	III B.TECH
44	209T1A0516	CHATLA ISSAK	III B.TECH
45	209T1A0523	DASARI ANUSHA	III B.TECH
46	209T1A0527	GALI DEEPTHI	III B.TECH
47	209T1A0540	JANGILI KAVYA JYOTHI	III B.TECH
48	209T1A0548	KONKA SREESHAN	III B.TECH
49	209T1A0557	MODUGU TRISHA	III B.TECH
50	209T1A0567	PENDEM VENU	III B.TECH
51	209T1A3504	BINGARI PRANAY TEJA	III B.TECH
52	209T1A3506	BULLA SUDHEER	III B.TECH
53	209T1A3509	KARISHA SATISH	III B.TECH
54	209T1A3514	PALLAGANI GANESH	III B.TECH

V. C. P. V.
Coordinator

D. D. Rathnababu
Instructor

P. S. S. R. R.
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Date:24-03-2023

PROGRAMME REPORT

Name Of The Programme : Workshop on Physical Fitness
Date : 23-03-2023
Resource Person : D.RATHNA BABU
Assistant Professor
Vikas College of Physical Education
Nunna, Vijayawada.
rathnam.nischi@gmail.com
9492152335
No. of students enrolled :54

Objective of the Programme:

- Participate daily in physical activity.
- Analyze the personal benefits that result from participating in physical activity, both as individuals and with others.
- Analyze factors that influence personal physical activity patterns throughout life.
- Demonstrate health-related fitness by improving, meeting and/or sustaining gender and age related fitness standards as defined by approved tests.
- Demonstrate an understanding that physical fitness is a part of a lifelong wellness program.
- Propose ways to reduce health problems
- Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- Access valid and reliable health information, products, and services.
- Analyze the role of individual responsibility in enhancing health.
- Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others

Topics covered

- Lunges
- Pushups
- Squats

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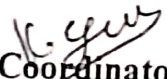
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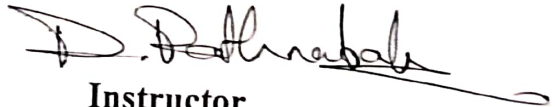
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- Burpees
- Planks

Learning Outcomes:

- Students will develop competency in many movement activities.
- Students will understand *how* and *why* they move in a variety of situations and use this information to enhance their own skills.
- Students will achieve and maintain a health-enhancing level of physical fitness.
- Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.
- Students will demonstrate responsible personal behavior while participating in movement activities.
- Students will demonstrate responsible social behavior while participating in movement activities.
- Students will understand the importance of respect for others.


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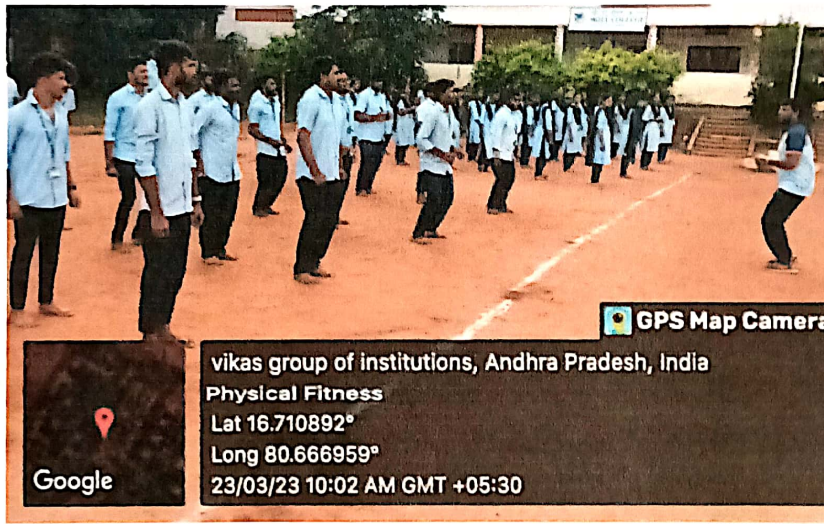
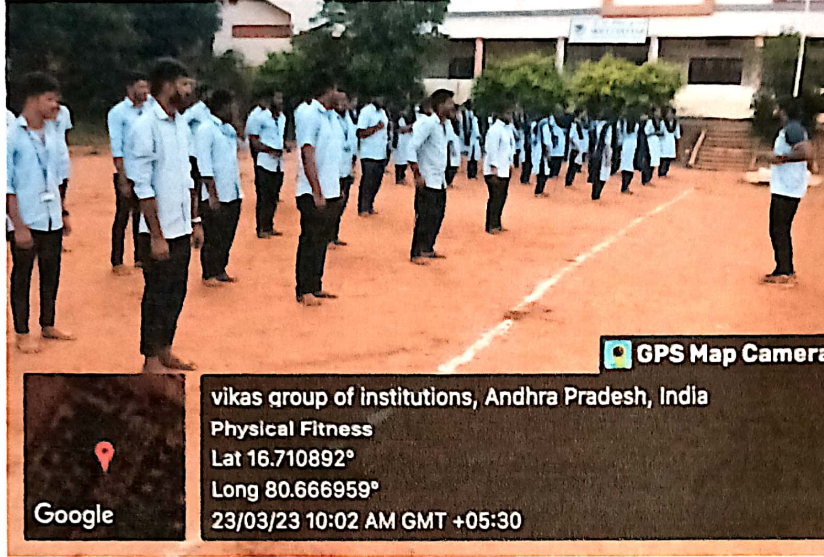
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PHOTOS



J.C. Eswar
Coordinator

P. Dethinobala
Instructor

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Date: 12-07-2022

CIRCULAR

This is to inform all UG and PG students that the Training and Placement Department is organizing a "Workshop on physical activity and yoga" by Sri Krishnaji, Founder of World Young Change Makers (WYCM), on 18-07-2022.

The interested students enrolled in the program before 14-07-2022. Enrolled Students attend the program without fail.

Venue : Room No: B001

Coordinator: Mr K.Gurumurthy, Assistant Prof, MECH Dept.

K. Gurumurthy
Program Coordinator

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LIST OF ENROLLED STUDENT'S

NAME OF THE PROGRAMME : **workshop on physical activity and yoga**
RESOURCE PERSON : **Sri Krishnaji**
DATE : **18-07-2022**

Sl.No	Roll Number	Name of the Student	Program
1	189T1A0101	ADAMALLI AKHILESWAR	IV B.TECH
2	189T1A0107	BANAVATHU SAI KUMAR	IV B.TECH
3	189T1A0120	PAGIDIPALLI SURESH	IV B.TECH
4	199T5A0105	DANKARI SIVA KRISHNA	IV B.TECH
5	199T5A0110	KOTHAPALLI AJAY KUMAR	IV B.TECH
6	199T5A0118	PERUGU LAKSHMI DEVI	IV B.TECH
7	199T5A0129	UNDELA KRISHNA REDDY	IV B.TECH
8	189T1A0202	DERANGULA VIJAYA RAGHAVA	IV B.TECH
9	189T1A0206	SK.FAROOQ	IV B.TECH
10	199T5A0202	ANANTHA MANOJ KUMAR	IV B.TECH
11	199T5A0207	JUMJU HOMANAMOULI	IV B.TECH
12	199T5A0210	KOTHAKOTA POOJITHA	IV B.TECH
13	199T5A0216	PALAGIRI MANOJKUMAR	IV B.TECH
14	199T5A0219	SONARI DURGA PRASAD	IV B.TECH
15	199T5A0221	TELLA KALYAN	IV B.TECH
16	199T5A0224	YARAM MOHAN	IV B.TECH
17	189T1A0301	ANAGANI SAI TEJA	IV B.TECH
18	189T1A0305	BARLAPUDI PRAVEEN	IV B.TECH
19	189T1A0309	GUNTAKA UPENDRA	IV B.TECH
20	189T1A0313	KONDAPATURI GOVINDHU	IV B.TECH
21	199T5A0302	ALLAM HARI NARAYANA	IV B.TECH
22	199T5A0308	DASARI PRASAD	IV B.TECH
23	199T5A0322	MODUGU VENU	IV B.TECH
24	199T5A0329	PEDDINTI SAI AKHIL	IV B.TECH
25	199T5A0334	THOTA ANILKUMAR	IV B.TECH
26	199T5A0335	THOTA SAI NAGENDRA	IV B.TECH
27	199T5A0340	VARRI ANAND SAI	IV B.TECH
28	199T5A0342	YARNOKA NARESH	IV B.TECH
29	189T1A3503	BAJARU NAGA HARSHA VARDHANI	IV B.TECH
30	189T1A3508	CHINNI RAVI	IV B.TECH
31	189T1A3509	CHAVALI SUDHEER	IV B.TECH
32	189T1A3517	DULLA LAVANYA	IV B.TECH

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33	189T1A3521	GOSU SAI KRISHNA	IV B.TECH
34	189T1A3539	N SAI CHANDRAHAS	IV B.TECH
35	189T1A3545	POLAKATI BHAVANA JYOTHI	IV B.TECH
36	189T1A3551	SAGARLA RAJA RAVI KISHORE	IV B.TECH
37	189T1A3558	VASAMSETTI SIVA DHARANI	IV B.TECH
38	199T5A3502	KANCHARLA GIDYON	IV B.TECH
39	199T5A3508	BATHINA NAVEEN	IV B.TECH
40	199T5A3512	KATIKENI GAYATHRI	IV B.TECH
41	189T1R0004	A. JAYA SRI	IV B.Pharm
42	189T1R0013	D.HARSHA	IV B.Pharm
43	189T1R0021	K. ANUSHA	IV B.Pharm
44	189T1R0038	N. NAVA KANTH	IV B.Pharm
45	189T1R0045	V. SAHITHI	IV B.Pharm
46	189T1R0051	V.NANDINI	IV B.Pharm
47	189T1R0055	Z. SINDHU PRIYA	IV B.Pharm
48	199T1A0102	BARMA PAVAN KALYAN	III B.TECH
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70	199T1A0406	CHIMATA KRANTHI KUMAR	III B.TECH
71	199T1A0415	GUDIVAKA MEGHANA DEVI	III B.TECH
72	199T1A0421	KAMPASATI DURGA RAO	III B.TECH
73	199T1A0435	PEDAPUDI KAMAKSHI	III B.TECH

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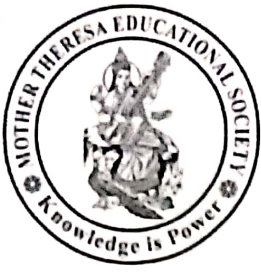
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74	199T1A0451	VADALI SRILAKSHMI	III B.TECH
75	199T1A0505	ANNAPUREDDI SAINAGA	III B.TECH
76	199T1A0517	NARAGAM DINESH GOUD	III B.TECH
77	199T1A0529	GALLA NAGENDRA	III B.TECH
78	199T1A0545	KANAPARTHI SATYA SRI	III B.TECH
79	199T1A0559	MOKA PRANEETH	III B.TECH
80	199T1A0578	PANDI NAVEEN	III B.TECH
81	199T1A0590	SAMMITA RAM MANIKANTA	III B.TECH
82	199T1E0005	BONKURI SIREESHA	III B.Pharm
83	199T1E0013	DANKARI DURGA RAO	III B.Pharm
84	199T1E0025	K NAGA DURGA	III B.Pharm
85	199T1E0034	KODAVATI RAVINDRA	III B.Pharm
86	199T1E0047	MEDISE'TI DEEPIKA	III B.Pharm
87	199T1E0058	NUNNA RAMYA	III B.Pharm
88	199T1E0068	TANGELLA SAI RAM	III B.Pharm
89	199T1E0082	VINUKONDA AMULYA	III B.Pharm
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91	209T1A0201	ALTHI DHARMA RAO	II B.TECH
92	209T1A0204	TIRUPATHI VEKATA SAI TEJA	II B.TECH
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114	209T1A0567	PENDEM VENU	II B.TECH
115	209T1A3504	BINGARI PRANAY TEJA	II B.TECH

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Email: principal.9t@gmail.com

116	209T1A3506	BULLA SUDHEER	II B.TECH
117	209T1A3509	KARISHA SATISH	II B.TECH
118	209T1A3514	PALLAGANI GANESH	II B.TECH
119	209T1A3516	SINGISALA KRANTHI KIRAN	II B.TECH
120	209T1E0003	BACHHU NARENDRA SAI KUMAR	II B.Pharm
121	209T1E0007	DALIPARTHI RAVIKANTH	II B.Pharm
122	209T1E0012	SHAIK IMRAN	II B.Pharm
123	209T1E0023	PALA DIVYA	II B.Pharm
124	209T1E0030	USTALA MEGHANA PRIYA	II B.Pharm
125	209T1E0038	YARASANI KISHORE KUMAR	II B.Pharm
126	209T1E0044	SHAIK JANI	II B.Pharm
127	209T1E0048	ITTIBOINA GOPICHAND	II B.Pharm
128	209T1E0050	BOPPANA TANMAYI	II B.Pharm
129	209T1E0067	NAKKA RAMA DEVI	II B.Pharm
130	209T1E0068	BOLLEBOINA PAVAN KALYAN	II B.Pharm
131	209T1E0069	PETALA VENKATA RAJU KUMAR	II B.Pharm

K. eju
Coordinator

Y. Srinasi
Yoga Instructor

PS Suresh
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Email: principal.9t@gmail.com

Date:19-07-2022

PROGRAMME REPORT

Name Of The Programme : workshop on physical activity and yoga
Date : 18-07-2022
Resource Person : Sri Krishnaji
Founder of WYCM
Bathallavallam, Andhra Pradesh
WWW.WYCM.ORG
Info@wycm.org
7095001991
No. of students enrolled :131

Objective of the Programme:

- To let people to know amazing health benefits of yoga
- To reduce health problems
- To spread peace in the world
- To promote good mental and physical health of people through yoga.
- To connect people through international yoga day.
- To connect people to the nature by practicing yoga.
- To make people get used of mediation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.
- To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.
- To bring communities much close together to spend a day for health from busy schedule.
- To strengthen the global coordination among people through yoga.
- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To reduce the rate of health challenging diseases all over the world.
- To get win over all the health challenges through regular yoga practice.
- To link between protection of health and sustainable health development.

Topics covered

- Mountain Pose
- Chair Pose
- Down Dog on a chair
- Downward-Facing Dog
- Warrior II
- Triangle Pose

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- Tree Pose
- Bridge Pose
- Bound Ankle Pose
- Seated Forward Fold

Learning Outcomes:

- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic sequencing, and effective group management.
- Demonstrate the ability to create and present various yoga sequences.
- Demonstrate an understanding of health-related fitness components.
- Assess current personal fitness levels

K. Gay
Coordinator

V. Srinivas
Yoga Instructor

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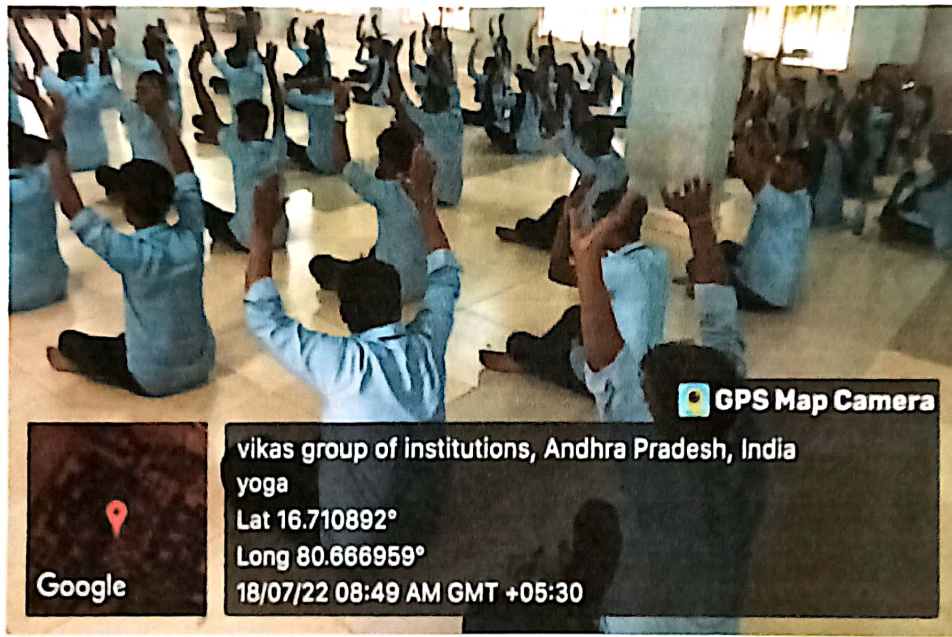
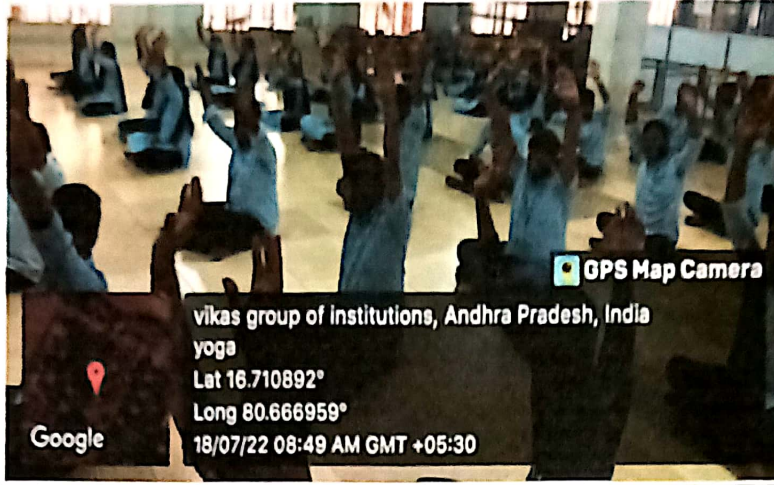
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PHOTOS



[Signature]
Coordinator

[Signature]
Yoga Instructor

[Signature]
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2020-21

Date: 27-01-2021

CIRCULAR

This is to inform all UG and PG students that the Training and Placement Department is organizing a "Workshop on physical activity and yoga" by Sri Krishnaji, Founder of World Young Change Makers (WYCM), on 01-02-2021.

The interested students enrolled in the program before 29-01-2021. Enrolled Students attend the program without fail.




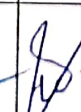

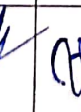




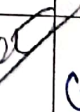
Venue : Room No: B001


Coordinator: Mr P V Pandu Ranga Rao, Assistant Prof, MECH Dept.


Program Coordinator


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LIST OF ENROLLED STUDENT'S

NAME OF THE PROGRAMME : workshop on physical activity and yoga
RESOURCE PERSON : Sri Krishnaji
DATE :01-02-2021

Sl.No	Roll Number	Name of the Student	Program
1	179T1A0104	BANKURU APPALA NAIDU	IV B.TECH
2	179T1A0110	DASI KALYANI	IV B.TECH
3	179T1A0115	GUDLA TIRUMALA	IV B.TECH
4	179T1A0128	PALAGANI RAJESH	IV B.TECH
5	179T1A0133	SAMUDRALA PRANAY KUMAR	IV B.TECH
6	189T5A0103	DASARI VAMSI SRI	IV B.TECH
7	189T5A0113	REDDY VENKATA VYDEHI	IV B.TECH
8	179T1A0202	BOLLEPOGU RAVI	IV B.TECH
9	179T1A0211	MIKKILI MERCY KUMARI	IV B.TECH
10	179T1A0214	RACHAMALLU JANARDHAN REDDY	IV B.TECH
11	189T5A0201	BALAKRISHNA NERUSU	IV B.TECH
12	189T5A0204	MARUTHAI SENTHIL SIDDHARTHA	IV B.TECH
13	189T5A0208	SOWJANYA RALLY	IV B.TECH
14	179T1A0304	BHUKYA MURALI	IV B.TECH
15	179T1A0305	BOLLAM K H NAGA SAI MANIKANTA	IV B.TECH
16	179T1A0309	CHIRRA VAMSI	IV B.TECH
17	179T1A0313	GAJJALA SATISH	IV B.TECH
18	179T1A0318	KONDAPALLI KALYAN KUMAR	IV B.TECH
19	179T1A0323	NAKKA TARUN	IV B.TECH
20	179T1A0328	YANTRAPATI CHINNA	IV B.TECH
21	179T1A0333	VEMPATI PREM CHAND	IV B.TECH
22	189T5A0305	BANAVATHU VINAYAK	IV B.TECH
23	189T5A0313	MANIKALA SAI	IV B.TECH
24	189T5A0320	UPPU NAVEEN	IV B.TECH
25	179T1A3505	CHILUMURI VAMSI KRISHNA	IV B.TECH
26	179T1A3512	GANTA KOTESWARA RAO	IV B.TECH
27	179T1A3517	KANKATA MRUDULA	IV B.TECH
28	179T1A3521	KOKKILIGADDA NAVYA SRI	IV B.TECH
29	179T1A3539	PRATHIPATI SONY	IV B.TECH

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30	179T1A3552	UPPY MOUNIKA RANI	IV B.TECH
31	189T5A3504	KODIMELLA MANI KUMAR	IV B.TECH
32	17MR1A3518	PESANAGANTI REVANTH	IV B.TECH
33	179T1R0004	CH.SAHANA	IV B.Pharm
34	179T1R0013	D.PALLAVI ROSE	IV B.Pharm
35	179T1R0022	J. MAHESH BABU	IV B.Pharm
36	179T1R0031	K. PAVANI	IV B.Pharm
37	179T1R0047	N. VIJAY RATNAM	IV B.Pharm
38	179T1R0055	P.SEKHAR	IV B.Pharm
39	179T1R0070	V.SWAPNA	IV B.Pharm
40	189T1A0101	ADAMALLI AKHILESWAR	III B.TECH
41	189T1A0107	BANAVATHU SAI KUMAR	III B.TECH
42	189T1A0120	PAGIDIPALLI SURESH	III B.TECH
43	199T5A0105	DANKARI SIVA KRISHNA	III B.TECH
44	199T5A0110	KOTHAPALLI AJAY KUMAR	III B.TECH
45	199T5A0118	PERUGU LAKSHMI DEVI	III B.TECH
46	199T5A0129	UNDELA KRISHNA REDDY	III B.TECH
47	189T1A0202	DERANGULA VIJAYA RAGHAVA	III B.TECH
48	189T1A0206	SK.FAROOQ	III B.TECH
49	199T5A0202	ANANTHA MANOJ KUMAR	III B.TECH
50	199T5A0207	JUMJU HOMANAMOULI	III B.TECH
51	199T5A0210	KOTHAKOTA POOJITHA	III B.TECH
52	199T5A0216	PALAGIRI MANOJKUMAR	III B.TECH
53	199T5A0219	SONARI DURGA PRASAD	III B.TECH
54	199T5A0221	TELLA KALYAN	III B.TECH
55	199T5A0224	YARAM MOHAN	III B.TECH
56	189T1A0301	ANAGANI SAI TEJA	III B.TECH
57	189T1A0305	BARLAPUDI PRAVEEN	III B.TECH
58	189T1A0309	GUNTAKA UPENDRA	III B.TECH
59	189T1A0313	KONDAPATURI GOVINDHU	III B.TECH
60	199T5A0302	ALLAM HARI NARAYANA	III B.TECH
61	199T5A0308	DASARI PRASAD	III B.TECH
62	199T5A0322	MODUGU VENU	III B.TECH
63	199T5A0329	PEDDINTI SAI AKHIL	III B.TECH
64	199T5A0334	THOTA ANILKUMAR	III B.TECH
65	199T5A0335	THOTA SAI NAGENDRA	III B.TECH
66	199T5A0340	VARRI ANAND SAI	III B.TECH
67	199T5A0342	YARNOKA NARESH	III B.TECH
68	189T1A3503	BAJARU NAGA HARSHA VARDHANI	III B.TECH
69	189T1A3508	CHINNI RAVI	III B.TECH

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70	189T1A3509	CHAVALI SUDHEER	III B.TECH
71	189T1A3517	DULLA LAVANYA	III B.TECH
72	189T1A3521	GOSU SAI KRISHNA	III B.TECH
73	189T1A3539	N SAI CHANDRAHAS	III B.TECH
74	189T1A3545	POLAKATI BHAVANA JYOTHI	III B.TECH
75	189T1A3551	SAGARLA RAJA RAVI KISHORE	III B.TECH
76	189T1A3558	VASAMSETTI SIVA DHARANI	III B.TECH
77	199T5A3502	KANCHARLA GIDYON	III B.TECH
78	199T5A3508	BATHINA NAVEEN	III B.TECH
79	199T5A3512	KATIKENI GAYATHRI	III B.TECH
80	189T1R0004	A. JAYA SRI	III B.Pharm
81	189T1R0013	D.HARSHA	III B.Pharm
82	189T1R0021	K. ANUSHA	III B.Pharm
83	189T1R0038	N. NAVA KANTH	III B.Pharm
84	189T1R0045	V. SAHITHI	III B.Pharm
85	189T1R0051	V.NANDINI	III B.Pharm
86	189T1R0055	Z. SINDHU PRIYA	III B.Pharm
87	199T1A0102	BARMA PAVAN KALYAN	II B.TECH
88	199T1A0109	KADIYAM MOULI BHASKAR	II B.TECH
89	199T1A0115	SAGAR BUDHOKI	II B.TECH
90	199T1A0203	DOPPALAPUDI CRISPU	II B.TECH
91	199T1A0207	LINGADARI SANKAR	II B.TECH
92	209T5A0201	AREPALLI SUNIL KUMAR	II B.TECH
93	209T5A0203	JANGAM SAROJA	II B.TECH
94	209T5A0208	TIRUNALA VENKATRAMAIAH	II B.TECH
95	199T5A0201	AACHANTA HEMANIDEEP	II B.TECH
96	199T1A0304	BIRUDU PRADEEP	II B.TECH
97	199T1A0307	MANDA RAVI KIRAN	II B.TECH
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107	199T1A3526	TIRUPATHI VENKATESWARARAO	II B.TECH
108	209T5A3505	CHINTHALA VINAY	II B.TECH
109	199T1A0406	CHIMATA KRANTHI KUMAR	II B.TECH
110	199T1A0415	GUDIVAKA MEGHANA DEVI	II B.TECH

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111	199T1A0421	KAMPASATI DURGA RAO	II B.TECH
112	199T1A0435	PEDAPUDI KAMAKSHI	II B.TECH
113	199T1A0451	VADALI SRILAKSHMI	II B.TECH
114	199T1A0505	ANNAPUREDDI SAINAGA	II B.TECH
115	199T1A0517	NARAGAM DINESH GOUD	II B.TECH
116	199T1A0529	GALLA NAGENDRA	II B.TECH
117	199T1A0545	KANAPARTHI SATYA SRI	II B.TECH
118	199T1A0559	MOKA PRANEETH	II B.TECH
119	199T1A0578	PANDI NAVEEN	II B.TECH
120	199T1A0590	SAMMITA RAM MANIKANTA	II B.TECH
121	199T1E0005	BONKURI SIREESHA	II B.Pharm
122	199T1E0013	DANKARI DURGA RAO	II B.Pharm
123	199T1E0025	K NAGA DURGA	II B.Pharm
124	199T1E0034	KODAVATI RAVINDRA	II B.Pharm
125	199T1E0047	MEDISETTI DEEPIKA	II B.Pharm
126	199T1E0058	NUNNA RAMYA	II B.Pharm
127	199T1E0068	TANGELLA SAI RAM	II B.Pharm
128	199T1E0082	VINUKONDA AMULYA	II B.Pharm


Coordinator


Yoga Instructor


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Email: principal.9t@gmail.com

Date:02-02-2021

PROGRAMME REPORT

Name Of The Programme : workshop on physical activity and yoga
Date : 01-02-2021
Resource Person : Sri Krishnaji
Founder of WYCM
Bathallavallam, Andhra Pradesh
WWW.WYCM.ORG
Info@wycm.org
7095001991
No. of students enrolled : 128

Objective of the Programme:

- To let people to know amazing health benefits of yoga
- To reduce health problems
- To spread peace in the world
- To promote good mental and physical health of people through yoga.
- To connect people through international yoga day.
- To connect people to the nature by practicing yoga.
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- To bring communities much close together to spend a day for health from busy schedule.
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- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To reduce the rate of health challenging diseases all over the world.
- To get win over all the health challenges through regular yoga practice.
- To link between protection of health and sustainable health development.

Topics covered

- Mountain Pose
- Chair Pose
- Down Dog on a chair
- Downward-Facing Dog
- Warrior II
- Triangle Pose

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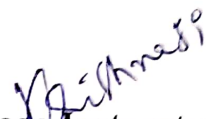
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- Tree Pose
- Bridge Pose
- Bound Ankle Pose
- Seated Forward Fold

Learning Outcomes:

- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic sequencing, and effective group management.
- Demonstrate the ability to create and present various yoga sequences.
- Demonstrate an understanding of health-related fitness components.
- Assess current personal fitness levels


Coordinator


Yoga Instructor





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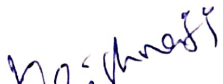
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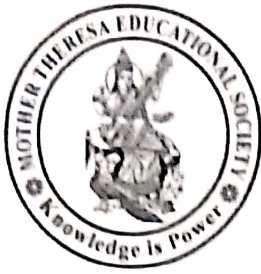
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Yoga Instructor


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Date: 13-06-2019

CIRCULAR

This is to inform all UG and PG students that the Training and Placement Department is organizing a "Workshop on physical activity and yoga" by Sri Krishnaji, Founder of World Young Change Makers (WYCM), on 21-06-2019.

The interested students enrolled in the program before 19-06-2019. Enrolled Students attend the program without fail.












Venue : Room No: B001


Coordinator: Mr S. Kishore babu, Assistant Prof, ECE Dept.


Program Coordinator


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Email: principal.9t@gmail.com

LIST OF ENROLLED STUDENT'S

NAME OF THE PROGRAMME : workshop on physical activity and yoga
RESOURCE PERSON : Sri Krishnaji
DATE :21-06-2019

Sl.No	Roll Number	Name of the Student	Program
1	169T1A0105	GADDALA UMA	IV BTECH
2	169T1A0110	JANGA KUMAR	IV BTECH
3	169T1A0116	MAMIDI DIVYA	IV BTECH
4	169T1A0123	SUNKARA LOKESH	IV BTECH
5	179T5A0102	KANCHARLA SRAVANTHI	IV BTECH
6	169T1A0202	DONDAPATI JEEVAN KUMAR	IV BTECH
7	169T1A0207	KOMMA JASWANTH	IV BTECH
8	179T5A0203	BODI CHANDRIKA	IV BTECH
9	179T5A0206	CHINTHA VENKATA SAI	IV BTECH
10	179T5A0209	GOLKONDA SAI KRISHNA	IV BTECH
11	179T5A0213	KOMMERA UPENDRA	IV BTECH
12	179T5A0216	TUMMALA HEMANTH SAI KIRAN	IV BTECH
13	169T1A0302	CHIRRA GOPI	IV BTECH
14	169T1A0305	KOKKERAGADDA RAJASEKHAR	IV BTECH
15	169T1A0310	MALLA RAJESH	IV BTECH
16	169T1A0315	SHAIK SUBHANI	IV BTECH
17	169T1A0319	YAMADRI RAJKAMAL	IV BTECH
18	179T5A0303	KOLLI SAI KUMAR	IV BTECH
19	179T5A0307	UBBARA RAJESH	IV BTECH
20	169T1A0401	AVUTHU YAMINI	IV BTECH
21	169T1A0405	GANGIPOGU VIVEK	IV BTECH
22	169T1A0412	KUNJAM BHANU PRASAD	IV BTECH
23	169T1A0417	PODILA SOWJANYA	IV BTECH
24	169T1A0422	KASU SIVA REDDY	IV BTECH
25	179T5A0410	VEMULA PAVANI	IV BTECH
26	169T1A0503	BATULLA SUHASINI	IV BTECH
27	169T1A0508	CHATLA MAHESH BABU	IV BTECH
28	169T1A0513	DOMATHOTI ANNAMANI	IV BTECH
29	169T1A0525	KANACHARLA SYAMSUNDAR	IV BTECH
30	169T1A0527	KANDULA RAJESWRI	IV BTECH
31	169T1A0536	MAAKANI KOMALI	IV BTECH
32	169T1A0556	REMAILI PRIYANKA	IV BTECH
33	169T1A0565	THIGIRIPALLI MAMATHA	IV BTECH
34	169T1A0577	DUBBAKU PRATYUSHA	IV BTECH
35	169T1A3503	ARLAPATI SRAVANI	IV BTECH

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36	169T1A3511	BOKINALA ANITHA	IV BTECH
37	169T1A3517	GINNEPALLI HARITHA	IV BTECH
38	169T1A3535	PALLAM PAVAN KUMAR	IV BTECH
39	169T1A3541	SHAIK SHAHANAZ	IV BTECH
40	169T1A3550	PUPPALA RAVI KUMAR	IV BTECH
41	169T1R0003	B. SIRISHA	IV B.Pharm
42	169T1R0008	B. JYOTHSNA	IV B.Pharm
43	169T1R0014	D. NAGAMANI	IV B.Pharm
44	169T1R0019	D. SUDEEPHI	IV B.Pharm
45	169T1R0020	D. MALATHI	IV B.Pharm
46	169T1R0025	G. NIRUPA	IV B.Pharm
47	169T1R0041	M. NAVEEN BABU	IV B.Pharm
48	169T1R0054	P. ANUSHA	IV B.Pharm
49	169T1R0069	S. SAI KUMAR	IV B.Pharm
50	169T1R0005	B. DEVI SARASWATHI	IV B.Pharm
51	179T1A0104	BANKURU APPALA NAIDU	III B.TECH
52	179T1A0110	DASI KALYANI	III B.TECH
53	179T1A0115	GUDLA TIRUMALA	III B.TECH
54	179T1A0128	PALAGANI RAJESH	III B.TECH
55	179T1A0133	SAMUDRALA PRANAY KUMAR	III B.TECH
56	189T5A0103	DASARI VAMSI SRI	III B.TECH
57	189T5A0113	REDDY VENKATA VYDEHI	III B.TECH
58	179T1A0202	BOLLEPOGU RAVI	III B.TECH
59	179T1A0211	MIKKILI MERCY KUMARI	III B.TECH
60	179T1A0214	RACHAMALLU JANARDHAN REDDY	III B.TECH
61	189T5A0201	BALAKRISHNA NERUSU	III B.TECH
62	189T5A0204	MARUTHAI SENTHIL SIDDHARTHA	III B.TECH
63	189T5A0208	SOWJANYA RALLY	III B.TECH
64	179T1A0304	BHUKYA MURALI	III B.TECH
65	179T1A0305	BOLLAM K H NAGA SAI MANIKANTA	III B.TECH
66	179T1A0309	CHIRRA VAMSI	III B.TECH
67	179T1A0313	GAJJALA SATISH	III B.TECH
68	179T1A0318	KONDAPALLI KALYAN KUMAR	III B.TECH
69	179T1A0323	NAKKA TARUN	III B.TECH
70	179T1A0328	YANTRAPATI CHINNA	III B.TECH
71	179T1A0333	VEMPATI PREM CHAND	III B.TECH
72	189T5A0305	BANAVATHU VINAYAK	III B.TECH
73	189T5A0313	MANIKALA SAI	III B.TECH
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75	179T1A3505	CHILUMURI VAMSI KRISHNA	III B.TECH
76	179T1A3512	GANTA KOTESWARA RAO	III B.TECH
77	179T1A3517	KANKATA MRUDULA	III B.TECH
78	179T1A3521	KOKKILIGADDA NAVYA SRI	III B.TECH

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79	179T1A3539	PRATHIPATI SONY	III B.TECH
80	179T1A3552	UPPY MOUNIKA RANI	III B.TECH
81	189T5A3504	KODIMELLA MANI KUMAR	III B.TECH
82	17MR1A3518	PESANAGANTI REVANTH	III B.TECH
83	179T1R0004	CH.SAHANA	III B.Pharm
84	179T1R0013	D.PALLAVI ROSE	III B.Pharm
85	179T1R0022	J. MAHESH BABU	III B.Pharm
86	179T1R0031	K. PAVANI	III B.Pharm
87	179T1R0047	N. VIJAY RATNAM	III B.Pharm
88	179T1R0055	P.SEKHAR	III B.Pharm
89	179T1R0070	V.SWAPNA	III B.Pharm
90	189T1A0101	ADAMALLI AKHILESWAR	II B.TECH
91	189T1A0107	BANAVATHU SAI KUMAR	II B.TECH
92	189T1A0120	PAGIDIPALLI SURESH	II B.TECH
93	199T5A0105	DANKARI SIVA KRISHNA	II B.TECH
94	199T5A0110	KOTHAPALLI AJAY KUMAR	II B.TECH
95	199T5A0118	PERUGU LAKSHMI DEVI	II B.TECH
96	199T5A0129	UNDELA KRISHNA REDDY	II B.TECH
97	189T1A0202	DERANGULA VIJAYA RAGHAVA	II B.TECH
98	189T1A0206	SK.FAROOQ	II B.TECH
99	199T5A0202	ANANTHA MANOJ KUMAR	II B.TECH
100	199T5A0207	JUMJU HOMANAMOULI	II B.TECH
101	199T5A0210	KOTHAKOTA POOJITHA	II B.TECH
102	199T5A0216	PALAGIRI MANOJKUMAR	II B.TECH
103	199T5A0219	SONARI DURGA PRASAD	II B.TECH
104	199T5A0221	TELLA KALYAN	II B.TECH
105	199T5A0224	YARAM MOHAN	II B.TECH
106	189T1A0301	ANAGANI SAI TEJA	II B.TECH
107	189T1A0305	BARLAPUDI PRAVEEN	II B.TECH
108	189T1A0309	GUNTAKA UPENDRA	II B.TECH
109	189T1A0313	KONDAPATURI GOVINDHU	II B.TECH
110	199T5A0302	ALLAM HARI NARAYANA	II B.TECH
111	199T5A0308	DASARI PRASAD	II B.TECH
112	199T5A0322	MODUGU VENU	II B.TECH
113	199T5A0329	PEDDINTI SAI AKHIL	II B.TECH
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116	199T5A0340	VARRI ANAND SAI	II B.TECH
117	199T5A0342	YARNOKA NARESH	II B.TECH
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119	189T1A3508	CHINNI RAVI	II B.TECH
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122	189T1A3521	GOSU SAI KRISHNA	II B.TECH
123	189T1A3539	N SAI CHANDRAHAS	II B.TECH

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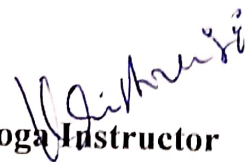
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124	189T1A3545	POLAKATI BHAVANA JYOTHI	II B.TECH
125	189T1A3551	SAGARLA RAJA RAVI KISHORE	II B.TECH
126	189T1A3558	VASAMSETTI SIVA DHARANI	II B.TECH
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128	199T5A3508	BATHINA NAVEEN	II B.TECH
129	199T5A3512	KATIKENI GAYATHRI	II B.TECH
130	189T1R0004	A. JAYA SRI	II B.Pharm
131	189T1R0013	D.HARSHA	II B.Pharm
132	189T1R0021	K. ANUSHA	II B.Pharm
133	189T1R0038	N. NAVA KANTH	II B.Pharm
134	189T1R0045	V. SAHITHI	II B.Pharm
135	189T1R0051	V.NANDINI	II B.Pharm
136	189T1R0055	Z. SINDHU PRIYA	II B.Pharm
137	189T1E0002	ANKIREDDY DAMODAR REDDY	MBA
138	189T1E0007	BATTULA SAMBAIAH	MBA
139	189T1E0014	BUGATHA BHAVANI	MBA
140	189T1E0019	EJJIGANI VENU BABU	MBA
141	189T1E0025	JUJUVARAPU MANOHAR	MBA
142	189T1E0041	MALLELLI CHENNARAO	MBA
143	189T1E0048	OGIRALA SOWJANYA	MBA
144	189T1E0055	SANDIPAMU GOPIKRISHNA	MBA
145	189T1E0079	VINAY RATNA KANTH KALLA	MBA
146	189T1E0088	SEEMAKURTHI PRATAP	MBA
147	189T1E0092	RENTAPALLI MAHESH	MBA


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Yoga Instructor


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Email: principal.9t@gmail.com

Date:24-06-2019

PROGRAMME REPORT

Name Of The Programme : workshop on physical activity and yoga
Date : 21-06-2019
Resource Person : Sri Krishnaji
Founder of WYCM
Bathallavallam, Andhra Pradesh
WWW.WYCM.ORG
Info@wycm.org
7095001991
No. of students enrolled :147

Objective of the Programme:

- To let people to know amazing health benefits of yoga
- To reduce health problems
- To spread peace in the world
- To promote good mental and physical health of people through yoga.
- To connect people through international yoga day.
- To connect people to the nature by practicing yoga.
- To make people get used of mediation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.
- To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.
- To bring communities much close together to spend a day for health from busy schedule.
- To strengthen the global coordination among people through yoga.
- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To reduce the rate of health challenging diseases all over the world.
- To get win over all the health challenges through regular yoga practice.
- To link between protection of health and sustainable health development.

Topics covered

- Mountain Pose
- Chair Pose
- Down Dog on a chair
- Downward-Facing Dog
- Warrior II
- Triangle Pose

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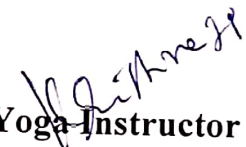
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- Tree Pose
- Bridge Pose
- Bound Ankle Pose
- Seated Forward Fold

Learning Outcomes:

- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic sequencing, and effective group management.
- Demonstrate the ability to create and present various yoga sequences.
- Demonstrate an understanding of health-related fitness components.
- Assess current personal fitness levels


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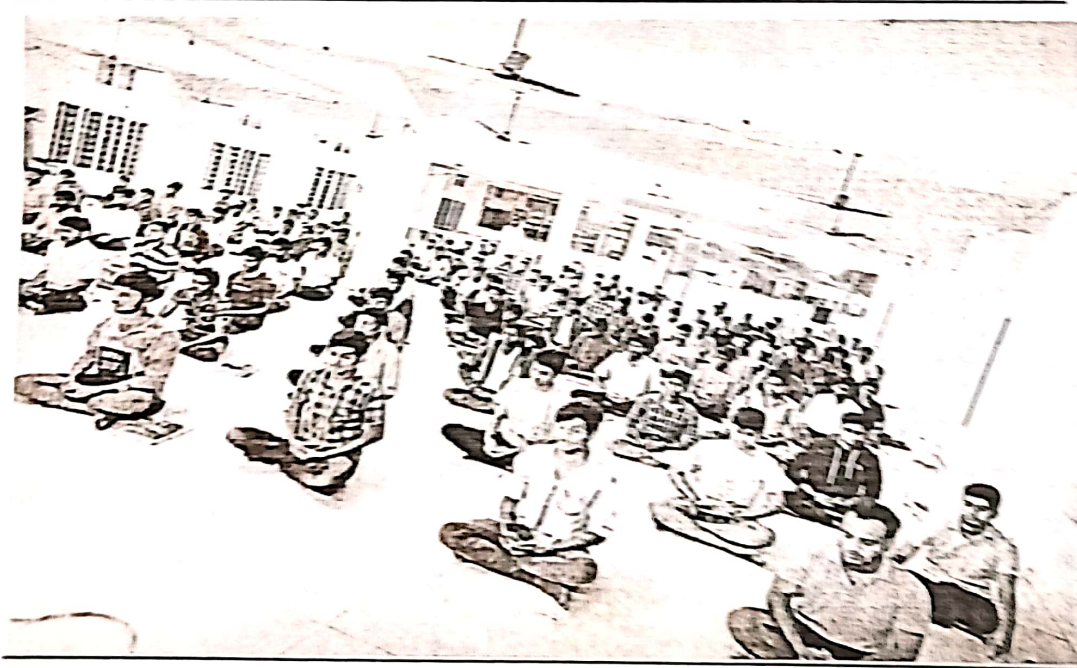
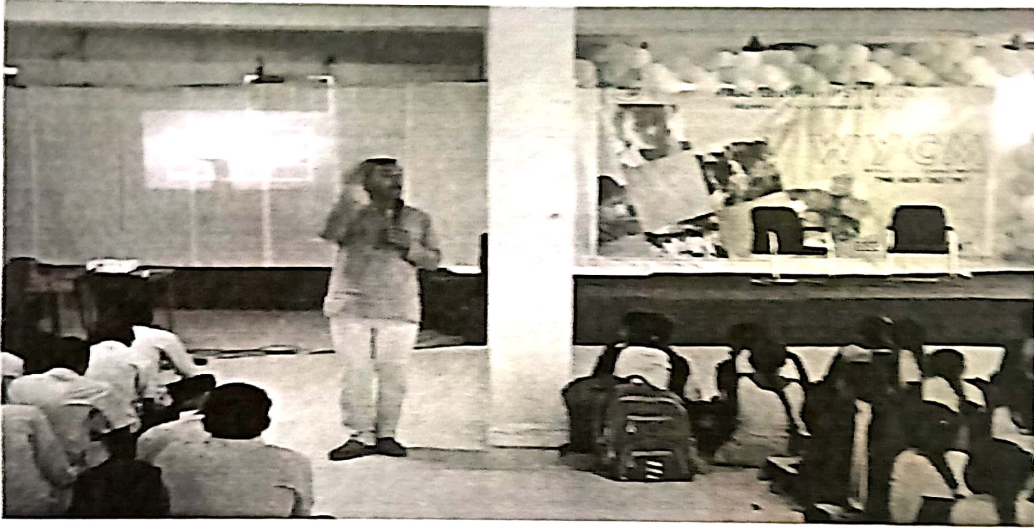
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Email: principal_9t@gmail.com

PHOTOS



S. Be
Coordinator

Prishu
Yoga Instructor

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2018-19

Date: 15-06-2018

CIRCULAR

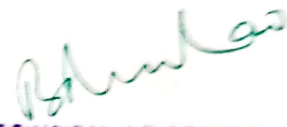
This is to inform all UG and PG students that the Training and Placement Department is organizing a "Workshop on physical activity and yoga" by Sri Krishnaji, Founder of World Young Change Makers (WYCM), on 21-06-2018.

The interested students enrolled in the program before 18-06-2018. Enrolled Students attend the program without fail.












Venue : Room No: B001

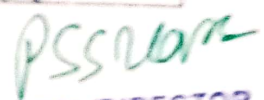
Coordinator: Mr S. Kishore babu, Assistant Prof, ECE Dept.


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LIST OF ENROLLED STUDENT'S

NAME OF THE PROGRAMME : workshop on physical activity and yoga
RESOURCE PERSON : Sri Krishnaji
DATE :21-06-2018

Sl.No	Roll Number	Name of the Student	Program
1	159T1E0001	ABBURI VIMALA KUMARI	IV B.Pharm
2	159T1E0003	AKULA VENKATA DURGA SAI SIVA SHANKAR	IV B.Pharm
3	159T1E0006	B CHANDRA SEKHAR	IV B.Pharm
4	159T1E0007	B HEMA CHANDRA RAJA	IV B.Pharm
5	159T1E0014	CHANDALOORI ROOPA DEVI	IV B.Pharm
6	159T1E0019	DASARI RAVI TEJA	IV B.Pharm
7	159T1E0025	GANDHAM VENKATESH	IV B.Pharm
8	159T1E0033	GURIVINDAPALLI RAMAKRISHNA	IV B.Pharm
9	159T1E0037	KOKKILIGADDA PAVAN KUMAR	IV B.Pharm
10	159T1E0044	KOYYA JEEVA JYOTHI	IV B.Pharm
11	159T1E0050	MANGANTI MAHESWARI	IV B.Pharm
12	159T1E0066	RAYI NARENDRA	IV B.Pharm
13	159T1E0087	KOPURI N C SUBHAKAR	IV B.Pharm
14	159T1A0104	DASI AVINASH	IV BTECH
15	159T1A0108	GUTALA NAVEEN KUMAR	IV BTECH
16	159T1A0112	MADIPALLI VENKATA SAIKISHORE	IV BTECH
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18	169T5A0101	BODICHARLA PAVAN KUMAR	IV BTECH
19	169T5A0106	KUNNERLA SUNEEL	IV BTECH
20	169T5A0109	PINNIBOYINA MASTAN	IV BTECH
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22	159T1A0205	KALI MANEESHA	IV BTECH
23	159T1A0208	RAMISETTI SRIKANTH	IV BTECH
24	169T5A0201	ANDRA DURGA KOTESH	IV BTECH
25	169T5A0209	YANDRA SAMUEL	IV BTECH
26	159T1A0303	BAYYE SURESH KUMAR	IV BTECH
27	159T1A0308	CHILUVERU NAGARAJU	IV BTECH
28	159T1A0310	GOLLA KUMAR RAJA	IV BTECH
29	159T1A0316	MAMIDI CHINNAREDDY	IV BTECH

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30	159T1A0322	PENDELA RANJIT BABU	IV BTECH
31	159T1A0326	SHAIK BAKARSA	IV BTECH
32	169T5A0301	ABBADASARI PRUDHVI	IV BTECH
33	169T5A0306	SWARNALA NAGA SIRISHA	IV BTECH
34	169T5A0307	TULIMELLI PREM KUMAR	IV BTECH
35	159T1A0402	ALAVALA BHARGAVI	IV BTECH
36	159T1A0406	CHENNU SRAVANI	IV BTECH
37	159T1A0412	GANDETI RAMYA KRISHNA	IV BTECH
38	159T1A0417	KANCHARLA PAVAN KUMAR	IV BTECH
39	159T1A0420	KOPPANATHI LAKSHMI RAJANI	IV BTECH
40	159T1A0426	MANDAVA RAMIREDDY	IV BTECH
41	159T1A0428	MERUGU SURESH	IV BTECH
42	159T1A0436	SAKIRI MAMATHA	IV BTECH
43	159T1A0439	SYED KHALIDA KOUSER	IV BTECH
44	159T1A0444	VEERABATTINI NAVYA	IV BTECH
45	169T5A0401	AARLA NEELAVENI	IV BTECH
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48	159T1A0516	GONEPALLI RAJESH	IV BTECH
49	159T1A0524	LAKSHMI SWATHIKA	IV BTECH
50	159T1A0538	NAGARAJU NARADALA	IV BTECH
51	159T1A0544	SUGGALA BARGAVI	IV BTECH
52	159T1A0546	TADIKAMALLA DEVI PAVANI	IV BTECH
53	159T1A0547	TADEPALLI MOUNICA	IV BTECH
54	159T1A0550	TELUGU MONICA MAHESHWARI	IV BTECH
55	159T1A0556	M.MANO HAR REDDY	IV BTECH
56	169T5A0501	THANDA RAJEEV BABBU	IV BTECH
57	159T1A3502	BALLAM ANUSHA	IV BTECH
58	159T1A3506	BEJJAM SAI SUSRITHA	IV BTECH
59	159T1A3512	EVURI TRIVENI	IV BTECH
60	159T1A3517	KORRA GOPI	IV BTECH
61	159T1A3534	VEMPATI PRAVEEN PRAKASH	IV BTECH
62	169T1A0110	JANGA KUMAR	III BTECH
63	179T5A0102	KANCHARLA SRAVANTHI	III BTECH
64	169T1A0207	KOMMA JASWANTH	III BTECH
65	179T5A0209	GOLKONDA SAI KRISHNA	III BTECH
66	179T5A0216	TUMMALA HEMANTH SAI KIRAN	III BTECH
67	169T1A0305	KOKKERAGADDA RAJASEKHAR	III BTECH

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68	169T1A0310	MALLA RAJESH	III BTECH
69	179T5A0307	UBBARA RAJESH	III BTECH
70	169T1A0412	KUNJAM BHANU PRASAD	III BTECH
71	179T5A0410	DEMULA PAVANI	III BTECH
72	169T1A0513	DOMATHOTI ANNAMANI	III BTECH
73	169T1A0525	KANACHARLA SYAMSUNDAR	III BTECH
74	169T1A0577	DUBBAKU PRATYUSHA	III BTECH
75	169T1A3503	ARLAPATI SRAVANI	III BTECH
76	169T1A3535	PALLAM PAVAN KUMAR	III BTECH
77	169T1R0008	B. JYOTHSNA	III B.Pharm
78	169T1R0014	D. NAGAMANI	III B.Pharm
79	169T1R0025	G. NIRUPA	III B.Pharm
80	169T1R0069	S. SAI KUMAR	III B.Pharm
81	179T1A0110	DASI KALYANI	II BTECH
82	179T1A0133	SAMUDRALA PRANAY KUMAR	II BTECH
83	189T5A0103	DASARI VAMSI SRI	II BTECH
84	189T5A0113	REDDY VENKATA VYDEHI	II BTECH
85	179T1A0202	BOLLEPOGU RAVI	II BTECH
86	179T1A0214	RACHAMALLU JANARDHAN REDDY	II BTECH
87	189T5A0201	BALAKRISHNA NERUSU	II BTECH
88	179T1A0304	BHUKYA MURALI	II BTECH
89	179T1A0314	JAKKAMPUDI SAI GANESH	II BTECH
90	179T1A0333	VEMPATI PREM CHAND	II BTECH
91	189T5A0301	ALLA BULLI RAMA KRISHNA	II BTECH
92	179T1A0403	BADISA NAGA RAJU	II BTECH
93	179T1A0409	B.MOUNIKA	II BTECH
94	179T1A0415	CHINNUBOYINA SUBBA RAO	II BTECH
95	179T1A0421	DOKKU NAGA LAKSHMI	II BTECH
96	179T1A0427	GIDDALURI. JYOTHIRMAI	II BTECH
97	179T1A0430	GOWRASAN. AKHILA	II BTECH
98	179T1A0439	KALUVALA RAJESH	II BTECH
99	179T1A0451	KURRA RAJESH	II BTECH
100	179T1A0458	MUMGAMURI VENKATA SUDHAKAR	II BTECH
101	179T1A0467	GURIJALA PRATHYUSHA	II BTECH
102	179T1A0478	THOTA PAVAN KUMAR	II BTECH
103	179T1A0488	YASAM. DIVYA	II BTECH
104	179T1A0504	B.RAMYA	II BTECH
105	179T1A0511	B.CHANDU PRIYA	II BTECH
106	179T1A0524	GANTA APARNA	II BTECH
107	179T1A0531	J.VENKATA MAHA LAKSHMI	II BTECH

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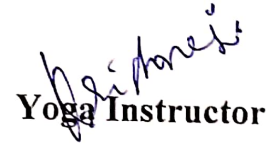
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108	179T1A0538	K.AMRUTHA	II BTECH
109	179T1A0551	MALLAMPUDI SURESH	II BTECH
110	179T1A0567	PENKE EVANJALI	II BTECH
111	179T1A0579	S.SUREKHA	II BTECH
112	179T1A0590	T.NAVYA	II BTECH
113	179T1A3508	DODDA NAVEEN	II BTECH
114	179T1A3517	KANKATA MRUDULA	II BTECH
115	179T1A3528	MUDDA BALA SUNDARA RAJU	II BTECH
116	179T1A3539	REBBA KAVITHA	II BTECH
117	179T1A3558	YARRAKULA SRAVAN KUMAR	II BTECH
118	179T1E0009	CHITTA KARTHIK	II B.Pharm
119	179T1E0023	JAKKAM RAVI TEJA	II B.Pharm
120	179T1E0031	KATARI ABINASH	II B.Pharm
121	179T1E0048	NAGIDI DHARMA RAJU	II B.Pharm
122	179T1E0056	PALAGANI NAGANJALI	II B.Pharm
123	179T1E0070	PRANOOSHA TAMMA	II B.Pharm
124	179T1E0081	VEMPATI SURESH	II B.Pharm
125	179T1E0096	DAPPILI NARENDRA REDDY	II B.Pharm


Coordinator


Yoga Instructor

PSSRAPS

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Email: principal.9t@gmail.com

Date:22-06-2018

PROGRAMME REPORT

Name Of The Programme : workshop on physical activity and yoga
Date : 21-06-2018
Resource Person : Sri Krishnaji
Founder of WYCM
Bathallavallam, Andhra Pradesh
WWW.WYCM.ORG
Info@wycm.org
7095001991

No. of students enrolled :125

Objective of the Programme:

- To let people to know amazing health benefits of yoga
- To reduce health problems
- To spread peace in the world
- To promote good mental and physical health of people through yoga.
- To connect people through international yoga day.
- To connect people to the nature by practicing yoga.
- To make people get used of mediation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.
- To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.
- To bring communities much close together to spend a day for health from busy schedule.
- To strengthen the global coordination among people through yoga.
- To make people aware of physical and mental diseases and its solutions through practicing yoga.
- To reduce the rate of health challenging diseases all over the world.
- To get win over all the health challenges through regular yoga practice.
- To link between protection of health and sustainable health development.

Topics covered

- Mountain Pose
- Chair Pose
- Down Dog on a chair
- Downward-Facing Dog
- Warrior II

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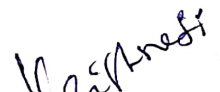
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- Triangle Pose
- Tree Pose
- Bridge Pose
- Bound Ankle Pose
- Seated Forward Fold

Learning Outcomes:

- Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic sequencing, and effective group management.
- Demonstrate the ability to create and present various yoga sequences.
- Demonstrate an understanding of health-related fitness components.
- Assess current personal fitness levels


Coordinator


Yoga Instructor


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Coordinator

Yogacharya
Yoga Instructor

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