



WELCOME



PSC & KVSC GOVT. DEGREE COLLEGE
NANDYAL

Department of Commerce

YOGA WEEK CELEBRATIONS

Certificate Course in

STRESS MANAGEMENT - YOGA

16-06-2022 to 21-06-2022



PSC & KVSC GOVT. DEGREE COLLEGE
NANDYAL

Department of Physical Education

YOGA WEEK CELEBRATIONS

Certificate Course

YOGA & FITNESS

16-06-2022 to 21-06-2022



DATE: 13-06-2022

REQUISITION LETTER

From:

**The Department of Commerce &
The Department of Physical Education
PSC & KVSC Govt. Degree College,
Nandyala.**

To

**The Principal,
PSC & KVSC Govt. Degree College,
Nandyala.**

Respected Madam,

Sub: Requisition to organize the One Week Certificate Course in YOGA- Reg.

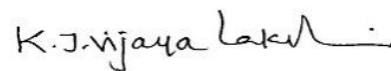
We, the departments of Commerce and Physical Education are planning to conduct a one-week Certificate Course on STRESS MANAGEMENT – YOGA and FITNESS, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

We choose, Smt. K. J. Sridevi, Department of Yoga, Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, TNPESU & MAHER, Chennai, as resource person for this program, who will give her services throughout one week to our students, by taking sessions in yoga.

Hence, we request you madam, kindly permit us to do this program for the benefit of our stakeholders.



**Department of Physical Education,
PSC & KVSC Govt. Degree College
Nandyala.**



**Department of Commerce,
PSC & KVSC Govt. Degree College
Nandyala.**



DATE: 14-06-2022

PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA- YOGA WEEK CELEBRATIONS
DEPARTMENT OF COMMERCE AND DEPARTMENT OF PHYSICAL EDUCATION - CIRCULAR / INVITATION



Dear all, Warm Greetings from the Department of Commerce & Physical Education 🌸

The department of Commerce, in association with the department of Physical Education, will be going to conduct an awareness Seminar in YOGA and one week Certificate Course in “STRESS MANAGEMENT – FITNESS AND YOGA”, to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.

Inaugural Function Timings: on 16-06-2022 – 2 p.m. at Virtual lab of PSC & KVSC Government Degree College, Nandyala. For this, the below mentioned programs were scheduled:

SN	TITLE OF THE PROGRAM	SCHEDULED DATE & DAY	RESOURCE PERSON/S JUDGE/S	EVENT ORGANIZER/S	EVENT LEVEL
1	INAUGURAL SESSION& AWARENESS SEMINAR ON STRESS MANAGEMENT (WITH PPT) & PRACTICE SESSION IN CHALANA KRIYAS AND YOGA BASICS	16-06-2022 THURSDAY	1. Chief Patron: Dr. N. Sasikala, Principal PSC & KVSC GDC, Nandyala. 2. Chief Guest & Resource Person: Smt. K. J. Sridevi, Department of Yoga, Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.	Dr. P. Venkateswarlu, Lec. in Commerce. Smt. K. J. Vijaya Lakshmi, Lec. in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty Sri. Pedda Swamy, Guest faculty Commerce	College level
2	PRACTICE SESSION IN YOGA AND YOGA PROTOCOL	17-06-2022 FRIDAY TO 20-06-2022 MONDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lec. in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce Smt. C. Rajani Kumari, GF Commerce Sri. Pedda Swamy, GF, Commerce	College Level
3	YOGA PROTOCOL & VALEDICTORY FUNCTION AND CERTIFICATES DISTRIBUTION	21-06-2022 TUESDAY	1. Chief Patron: Dr. N. Sasikala, Principal PSC & KVSC GDC, Nandyala. 2. Chief Guest & Resource Person: Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty, Commerce	College Level

Students those who were interested, join on 16-06-2022 in inaugural session by 2.00 p.m. Participants were awarded with participation certificate, on Valedictory function on International Yoga Day, which will be going to held on 21-06-2022. You all are cordially invited to this program and make this grand success.

With regards---Department of Commerce & Department of Physical Education, PSC & KVSC GDC Nandyala. 🙏

Sri. K. Srinivasulu
Physical Director
Coordinator

Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator

Dr. P. Venkateswarlu
Lecturer in Commerce
Dept. In charge

Principal
PSC&KVSC GDC, NDL



DATE: 15-06-2022

REMINDER CIRCULAR

PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA- YOGA WEEK CELEBRATIONS

DEPARTMENT OF COMMERCE AND DEPARTMENT OF PHYSICAL EDUCATION - CIRCULAR / INVITATION



Dear all, Warm Greetings from the Department of Commerce & Physical Education

The department of Commerce, in association with the department of Physical Education, will be going to conduct an awareness Seminar in YOGA and one week Certificate Course in "STRESS MANAGEMENT – FITNESS AND YOGA", to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.

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With regards---

Department of Commerce & Department of Physical Education, PSC & KVSC GDC Nandyala.

Sri. K. Srinivasulu
Physical Director
Coordinator

Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator

Dr. P. Venkateswarlu
Lecturer in Commerce
Dept. In charge

Principal
PSC&KVSC GDC, NDL



DATE: 15-06-2022

PROGRAM SCHEDULE / INVITATION

PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA- YOGA WEEK CELEBRATIONS DEPARTMENT OF COMMERCE & DEPARTMENT OF PHYSICAL EDUCATION



Dear all, Warm Greetings from the Department of Commerce & Physical Education 🌸

The department of Commerce, in association with the department of Physical Education, will be going to conduct an awareness Seminar in YOGA and one week Certificate Course in “STRESS MANAGEMENT – FITNESS AND YOGA”, to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.

Inauguration Function Timings: on 16-06-2022 – 2 p.m. to 6 p.m. at Virtual lab of PSC & KVSC Government Degree College, Nandyala. For this, the bellow mentioned programs were scheduled:

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3	PRACTICE SESSION & YOGA PROTOCOL	18-06-2022 SATURDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lec. in Commerce. Sri. K. Srinivasulu, Physical Director. Smt. C. Rajani Kumari, GF Commerce	College Level
4	PRACTICE SESSION AND YOGA PROTOCOL	19-06-2022 SUNDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director.	College Level
5	PRACTICE SESSION IN YOGA AND PROTOCOL	20-06-2022 MONDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director.	College Level
6	YOGA PROTOCOL & VALEDICTORY AND CERTIFICATES DISTRIBUTION	21-06-2022 TUESDAY	Dr. N. Sasikala, Principal PSC & KVSC G.D.C. NDL. Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty, Commerce	College Level

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With regards---Department of Commerce & Department of Physical Education, PSC & KVSC GDC Nandyala. 🙏

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PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA

YOGA WEEK CELEBRATIONS

DEPARTMENT OF COMMERCE & DEPARTMENT OF PHYSICAL EDUCATION

REPORT ON CERTIFICATE COURSE IN YOGA

“STRESS MANAGEMENT –FITNESS & YOGA”

FROM 16-06-2022 TO 21-06-2022



INTRODUCTION:

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. The aim of Yoga practice is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras. After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day. In this way.

The department of Commerce, in association with the department of Physical Education, was organized an Awareness Seminar in YOGA and also one week Certificate Course in “STRESS MANAGEMENT – FITNESS AND YOGA”, to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise. Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai. This program consists of 30 hours in 6 days, scheduled from 16-06-22 to 21-06-22 continuously daily 4 hours some times more than that, from inaugural session to valedictory session by 2 p.m. to 6 p.m. at Virtual lab and Digital Class rooms of PSC & KVSC Government Degree College, Nandyala. Total 130 students and 30 faculty members attended this program and get benefitted through the practice of Yoga. Participants were awarded with Certificates in valedictory function.

OBJECTIVES OF CERTIFICATE COURSE: The main objective of this activity is to enable the

students:

- ❖ The Course intension is to create awareness, that the human beings are integral part of the nature, now how they facing typical situations for their survival, for this how they overcome this situation to inculcating the good habits and the practices required to protect them self.
- ❖ To provide Knowledge in yoga for the personality development in a form of Physical and Mental Fitness.
- ❖ To eliminate negative emotions like fear, anger, fatigue, depression, anxiety disorders and stress and leads to develop positive emotions.
- ❖ To improve concentration, memory, clarity of thought and willpower.
- ❖ To the management of stress related disorders.
- ❖ To Rejuvenates the whole body and mind giving them proper rest through Yoga Practices
- ❖ To improve self-realization.
- ❖ To show the easy and good way to live everyone with peace and harmony.

LEARNING OUTCOMES: After successful completion of the course, the students are able to;

- Understand the nature, cause and effects of YOGA and the importance.
- Understand the need of awareness
- Acquire knowledge on Yoga preparedness, recovery remedial measures and personal precautions.
- Prepare her/himself to act as a Volunteer in Yoga service activities.

ACTION PLAN: - The total activity planned in the month of June 2022, daily 3 to 4 hours in afternoon sessions in leisure hours and after college hours is over, in batches wise, organized by the faculty members from the department of commerce and physical Education. The selected students (all groups) will be asked to attend this Yoga Course classes, with Yoga mat and comfortable dress. The following Syllabus (topics) selected for Certificate course classis's purpose along with Power Point Presentation:

- ❖ Introduction to Yoga - Yoga in Daily Life – Stress Management
- ❖ Yoga and fitness
- ❖ Women related problems- Solutions through Yoga
- ❖ Yoga Protocol

PROCESS OF ORGANIZATION / PLAN OF APPLICATION: -

Venue: - Virtual room and Digital Class rooms 1 & 2 Timings: Between 2.00 p.m. To 6.00 p. m. Sunday: Morning & Evening between 8.00 a.m. to 6.00 p.m.

SL. NO	DATE	TOPIC	NO OF HOURS TAKEN	NO OF STUDENTS PARTICIPATED
1	16-06-22	1. Inaugural session 2. Seminar on Introduction to Yoga- Yoga in Daily Life- Stress Management 3. Yoga Practice	4 Hours	107 Students and 20 staff members

2	17-06-22	1.Yoga and Fitness- Seminar 2. Yoga Practice	4 Hours	61 students and 11 staff members
3	18-06-22	1. Women Problems- Yoga- Seminar 2. Yoga Protocol 3. Yoga Practice	4 Hours	63 students and 12 staff members
4	19-06-22	1.Yoga Protocol 2. Yoga Practice	8 Hours	43 students and 11 staff members
5	20-06-22	1.Yoga in Daily Life-Seminar 2. Yoga Protocol 3. Yoga Practice	4 Hours	62 students and 10 staff members
6	21-06-22	1.Yoga Protocol 2. Valedictory 3. Certificates Distribution 4. Yoga and Women Problems- Lecture (for Girls Hostel inmates) 5. Yoga Practice (for Girls Hostel inmates)	6 Hours	60 students and 11 staff members & 15 students and 2 faculty
Total 6 Days			30 Hours	Max 110 Students & 30 staff members Participated

SUGGESTED ACTIVITY: Students were suggested to do practice yoga whatever they learn in class, daily early morning and evenings with empty stomach to get solutions for health problems facing by them in their daily life and also for their physical fitness, and mental strength and spread this knowledge and practice habits to others.

PARTICIPANTS FEED BACK:- Students attended the yoga classes regularly and understood the new topics Knowledge in yoga for the personality development in a form of Physical and Mental Fitness. They give their feedback as, they learn how to eliminate negative emotions like fear, anger, fatigue, depression, anxiety disorders, stress and learn how to develop positive emotions like: concentration, memory, clarity of thought and willpower. Also know how to Rejuvenates the whole body and mind giving them proper rest through Yoga Practices. They got self-realization and learn the easy and good way to live everyone with peace and harmony through yoga practices. They prepare themselves to act as a Volunteer in Yoga service activities to their family members, friends and relatives also.

CONCLUSSION: - We are very happy to provide the conceptual knowledge of Yoga in the minds of students, which doesn't know previously and also a practical experience, through the lectures and practice sessions given by the renowned resource person Dr. K. J. Sridevi, Department of Yoga, Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai. We thank to our principal Dr. N. Sasikala madam garu, who encouraged and give support to us to organize this certificate course, which were very useful to the student community. We also thankful to each and every teaching and non-Teaching faculty and Student volunteers, who gave their support and help to organize this program, directly or indirectly.



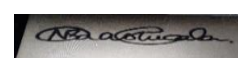
Sri. K. Srinivasulu
Physical Director
Coordinator
PSC&KVSC GDC, NDL



Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator
PSC&KVSC GDC, NDL



Dr. P. Venkateswarlu
Lecturer in Commerce
Commerce Dept. In charge
PSC&KVSC GDC, NDL



Dr. N. Sasikala
Principal
PSC&KVSC GDC, NDL

YOGA CERTIFICATE COURSE – MATERIAL

Introduction:-

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as mukti, nirvāna, kaivalya or mokṣa. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. Brief history and development of Yoga

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. The seers and sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi, who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life. Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation - dating back to 2700 BC - and has proven itself to cater to both material and spiritual upliftment of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhana suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagawadgita and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras. After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards prevention of diseases, and promotion of health. Millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day. The Fundamentals of Yoga

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: Karma Yoga where we utilise the body; Jñāna Yoga where we utilise the lighter mind; Bhakti Yoga where we utilise the emotion and Kriyā Yoga where we utilise the energy. Each system of Yoga we practice falls within the gamut of one or more of these categories. Every individual is a unique combination of these four factors. Only a Guru (teacher) can advocate the appropriate combination of the four fundamental paths as it is

necessary for each seeker. All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a Guru. Traditional schools of Yoga The different philosophies, traditions, lineages and Guru-shishya paramparas of Yoga led to the emergence of different traditional schools. These include Jñāna Yoga, Bhakti Yoga, Karma Yoga, Pātañjala Yoga, Kuṇḍalini Yoga, Haṭha Yoga, Dhyāna Yoga, Mantra Yoga, Laya Yoga, Rāja Yoga, Jain Yoga, Bouddha Yoga etc. Each school has its own approach and practices that lead to the ultimate aim and objectives of Yoga. Yogic practices for health and wellness The widely practiced Yoga sadhanas are: Yama, Niyama, Āsana, Prāṇāyāma, Pratyāhāra, Dhāraṇā, Dhyāna, Samādhi, Bandhās and Mudrās, Śaṭkarmas, Yuktāhāra, Mantra-japa, Yukta-karma etc. Yamas are restraints and Niyamas are observances. These are considered to be pre-requisites for further Yoga practice. Āsanās, capable of bringing about stability of body and mind, "kuryattadāsanam- sthairyam", involve adopting various psychophysical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time. Prāṇāyāma consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind. In the initial stages, this is done by developing awareness of the "flow of in-breath and out-breath" (śvāsa-praśvāsa) through nostrils, mouth and other body openings, its internal and external pathways and destinations. Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (śvāsa) leading to the awareness of the body space getting filled (pūraka), the space(s) remaining in a filled state (kumbhaka), and it getting emptied (recaka) during regulated, controlled and monitored exhalation (praśvāsa). Pratyāhāra indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. Dhāraṇā indicates broad based field of attention (inside the body and mind) which is usually understood as concentration. Dhyāna (meditation) is contemplation (focused attention inside the body and mind) and Samādhi (being constant). Bandhas and Mūdras are practices associated with Prāṇāyāma. They are viewed as the higher yogic practices that mainly adopt certain physical gestures along with control over respiration. This further facilitates control over mind and paves the way for a higher Yogic attainment. However, practice of dhyāna, which moves one towards self-realisation and leads one to transcendence, is considered the essence of Yoga Sādhana. Śaṭkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body. Yuktāhāra advocates appropriate food and food habits for healthy living. Mantra Japa: Japa is the meditative repetitions of a mantra or a divine consciousness. Mantra Japa produce positive mental tracts, helping us to gradually overcome stress. Yukta-karma advocates right karmas or actions for a healthy living.

General Guidelines for Yoga Practice Yoga practitioner should follow the guiding principles given below while performing Yogic practices:

BEFORE THE PRACTICE:

- Śaucha means cleanliness - an important prerequisite for Yoga practice. It includes cleanliness of surroundings, body and mind.

- Yoga practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yoga practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak. Bladder and bowels should be empty before starting Yogic practices.
- A mattress, Yoga mat, durrie or folded blanket should be used for the practice. Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in a state of exhaustion, illness, in a hurry or in an acute stress condition. In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
- Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.

DURING THE PRACTICE:

- Practice sessions should start with a prayer or an invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice. Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold the body tight or give undue jerks to the body.
- Perform the practices according to one's capacity. It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/ deep silence / Sankalpa / Śānti pāṭha etc

AFTER PRACTICE:

- Bath may be taken only after 20-30 minutes of Yoga practice.
- Food may be consumed only after 20-30 minutes of Yoga practice

FOOD FOR THOUGHT:

A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for Yoga practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.

HOW YOGA CAN HELP:

Yoga is essentially a path to get liberated from all the bondages. However, medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that:

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many life style related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress. Yoga helps to regulate menstrual and menopausal symptoms. In essence, Yoga is a process of creating body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

COMMON YOGA PROTOCOL

While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014, the Honourable Prime Minister of India Shri Narendra Modi urged the world community to adopt an International Day of Yoga. "Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day," Shri Modi said. On December 11, 2014, the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21 June as "International Day of Yoga". In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many life style related disorders. First International Day of Yoga at The Ministry of AYUSH successfully organised 1st International Day of Yoga (IDY) on 21 June, 2015 at Rajpath, New Delhi. Two Guinness World Records were made viz. the Largest Yoga Lesson involving 35,985 participants and maximum number of Nationalities (84) participated in a single Yoga lesson.

RESOURCE PERSON' S BIODATA

Name: K. J. SRIDEVI

Educational Qualifications: - M.Sc. (Yoga)., MCA., MBA(HR)., M. Phil in Yoga., DCO., P.G..D.Y.T., P.G..D.P.T., P.G.D.M.D.P.N, P.G.D.T, CCS, P.G.D.T.

Academic Achievements: -

Gold Medalist in M.Sc Yoga & Gold Medalist in M.Phil Yoga

Professional Qualifications: -

-UGC NET Qualified for Assistant Professor

-Qualified Level- 3 Yoga Teacher and Evaluator & Level-7

Therapeutic Yoga Consultant from YCB, Ministry of AYUSH, India

-Qualified Yoga Professional Examiner under Yoga Certification Scheme from QCI

Professional Courses: -

-Refresher Course in Yoga from National Institute of Sports, Sports Authority of India, Patiala.

-Done Six months Iyengar Yoga Course from IYD Centre, Chennai

-Online Assistant Yog Teachers Training Course from Patanjali Mahila Yog Samithi, Tamil Nadu

-National Judges Training Program from National Yogasana Sports Federation (NYSF)

-Transcendental Meditation Program from Mahesh Maharishi Yogi TM centre, Chetpet

-Teacher Training Course on Yoga Therapy for Pre Natal, Post Natal, PCOD and Prolapse; Teacher Training Course in Kids Yoga; Chakra Awareness Meditation from Shivdarshan Yog Vidhyalaya

-Online Breathing and Meditation Course Sri Sri Ravishankar Institute

-Online Buddha's 31 Breathing Techniques and Meditation – Basic level Course from Vipasana Centre , Madhurai

Member of Screening Committee: -

-Screened videos uploaded in Ayush Platform and social media for the video blogging contest #MylifeMyYoga by Ministry of Ayush

-Jury at Tamilnadu Youth Yogasana Sports Association (TNYYSa)2021

Member of professional bodies: -

-Certified Yoga Professional (Yog Prashikshak) Member of Indian Yoga Association, New Delhi

Teaching experience: -

-Eight years of Teaching experience in IT Training Institute

Administrative experience: -

-Five years of administrative experience as an Executive at NIIT Kurnool

-Two Years of Administrative Experience as Centre Head at NIIT Narayanaguda & BSPL

-One Year as Senior Administrative Officer at ICFAI HQ (Deemed to be University) Hyderabad

Professional experience: -

- Teaching Yoga and Yoga Therapy at Namaskar Yoga Center & at Residence since 2014.
- Handled classes for PGDiploma and Diploma Yoga under Distance Education mode for Annamalai University
- Handling PCP Classes for Department of Yoga, Distance Education Wing, TNPESU since 2018.

Resource Person & Guest Lecturer: -

- Resource Person at more than 10 Workshops
- Handled more than 30 Guest lectures for UGC NET Exam Online Coaching Classes Conducted by FYST, MAHER
- Handled sessions on Research and Statistics

FDP Programs Attended: -

Attended more than 20 FDP Programs

No. of Research papers published in Journals Publications:

-Published a Research Paper in Scopus Journal, two papers in UGC Care Listed Journals, Five papers in National & International Journals

Conference/Seminar Proceedings: -

-Eight papers in Conference /Seminar Proceedings and presented 27 papers at International/National Conferences/Seminars

Conference/Seminars /Workshops Attended: -

-Attended Nine International/National Conferences & Seminar and 13 workshops

Organizing Committee Member – Conferences / Seminars / Workshops: -

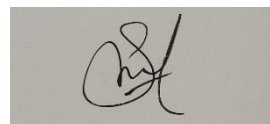
-Organizing Committee Member and meeting coordinator for more than 60 Programs conducted by FYST, MAHER

Jury member: -

-Jury for more than 5 International National Competitions

Awards Received: -

Yoga Ratna, Yoga Siromani, Golden Women, The Best Women Teacher of the Year-2020, Global Eminence Researcher Award, Yuva Shri, Thirumoolar Award, Best Teacher Award 2021.



(K.J.Sridevi)



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA

DEPARTMENT OF COMMERCE &

DEPARTMENT OF PHYSICAL EDUCATION

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

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ACTIVITIES PHOTOS

DAY-1 --- 16-06-2022

Awareness Seminar on Yoga

Topic: STRESS MANAGEMENT

&

Practice Session in

Chalanakriyas and yoga basics

2021-22



**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



WELCOMING THE GUESTS BY Smt. C. RAJANI KUMARI, GUEST FACULTY IN COMMERCE



OPENING REMARKS BY THE CHIEF PATRON Dr. N. SASIKALA, PRINCIPAL, PSC & KVSC GDC, NDL

On the Dies: From Left to Right:

- 1. Dr. Ganganna, Librarian. 2. Sri. Nataraja Gupta, Lecturer in Commerce. 3. Sri. K. Srinivasulu, Physical Director. 4. Smt. K. J. Sridevi, Resource Person, 5. Dr. N. Sasikala, Principal**
- 6. Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. 7. Smt. Padmavathi, Lecturer in Physics.**



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RESOURCE PERSON'S INTRODUCTION BY Smt. K. J. VIJAYA LAKSHMI, LECTURER IN COMMERCE



SPEECH BY RESOURCE PERSON – Smt. K. J. SRIDEVI, RESOURCE PERSON, TNSU & MAHER, CHENNAI



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SEMINAR ON STRESS MANAGEMENT BY Smt. K. J. SRIDEVI, RESOURCE PERSON, TNSU & MAHER, CHENNAI



PARTICIPANTS: STUDENTS AND FACULTY



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SEMINAR ON STRESS MANAGEMENT BY Smt. K. J. SRIDEVI, RESOURCE PERSON, TNSU & MAHER, CHENNAI



STUDENTS AND FACULTY



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
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**SEMINAR ON STRESS MANAGEMENT BY Smt. K. J. SRIDEVI, RESOURCE PERSON, CHENNAI
PRINCIPAL, STAFF AND STUDENTS**



PRINCIPAL STAFF AND STUDENTS IN SEMINAR



**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
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SEMINAR ON STRESS MANAGEMENT BY Smt. K. J. SRIDEVI, RESOURCE PERSON, CHENNAI



STAFF AND STUDENTS IN SEMINAR



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AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



Resource Person Smt. K. J. Sridevi Practice session by student – J. Madhu- II B. Com (G)



PRINCIPAL STAFF AND STUDENTS IN SEMINAR



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
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AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



Student practicing Dhyana with Chin mudra (Meditation in Chin mudra)





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Students practicing Chalana Kriyas (Loosening the Joints)





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Students practicing Chalana Kriyas (Loosening the Joints)





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Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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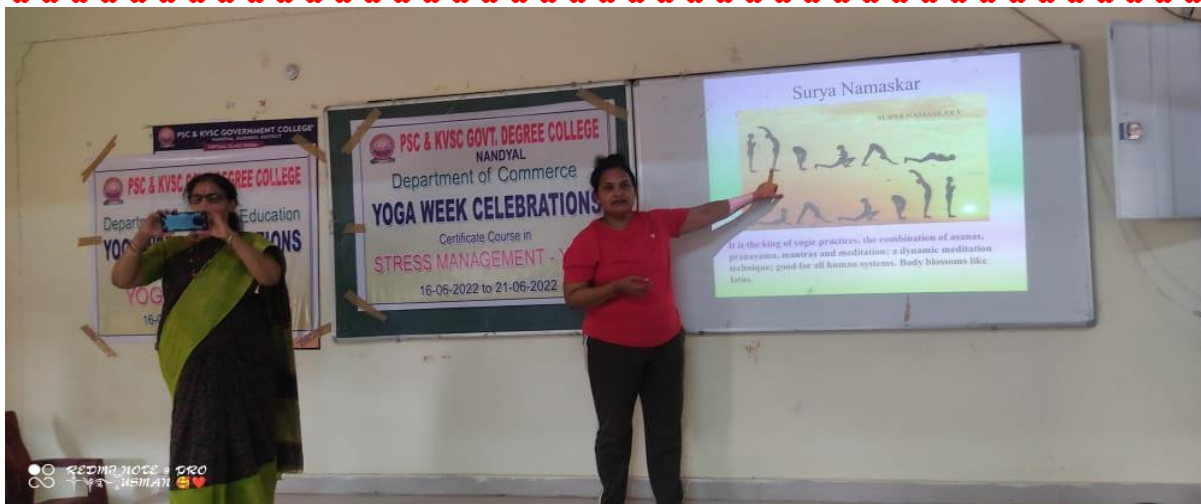


Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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Students practicing Yoga





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YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

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DAY-2 --- 17-06-2022

Awareness Seminar

Topic: YOGA & FITNESS

&

Practice Session in

**Chalanakriyas, Yoga and
Yoga Protocol**

2021-22



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AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 17-06-2022



Students practicing Yoga





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Boys practicing Yoga





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Girls Practicing Yoga



Girls Practicing Yoga



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Girls Practicing Yoga





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YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

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DAY-3 --- 18-06-2022

Awareness Seminar

Topic: YOGA & FITNESS

&

Practice Session in

**Chalanakriyas, Yoga and
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2021-22

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YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

AWARENESS SEMINAR &YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 18-06-2022





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B. Giriprasad and Teja of I B. Com (CA) with resource person Smt. K. J. Sridevi



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DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

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DAY-4 --- 19-06-2022

Awareness Seminar

Topic: YOGA & FITNESS

&

Practice Session in

Chalanakriyas and

Yoga Protocol

2021-22



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YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

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DAY-5 --- 20-06-2022

Awareness Seminar

Topic: Women health problems-
Yoga solutions

&

Practice Session in
Chalanakriyas and
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2021-22



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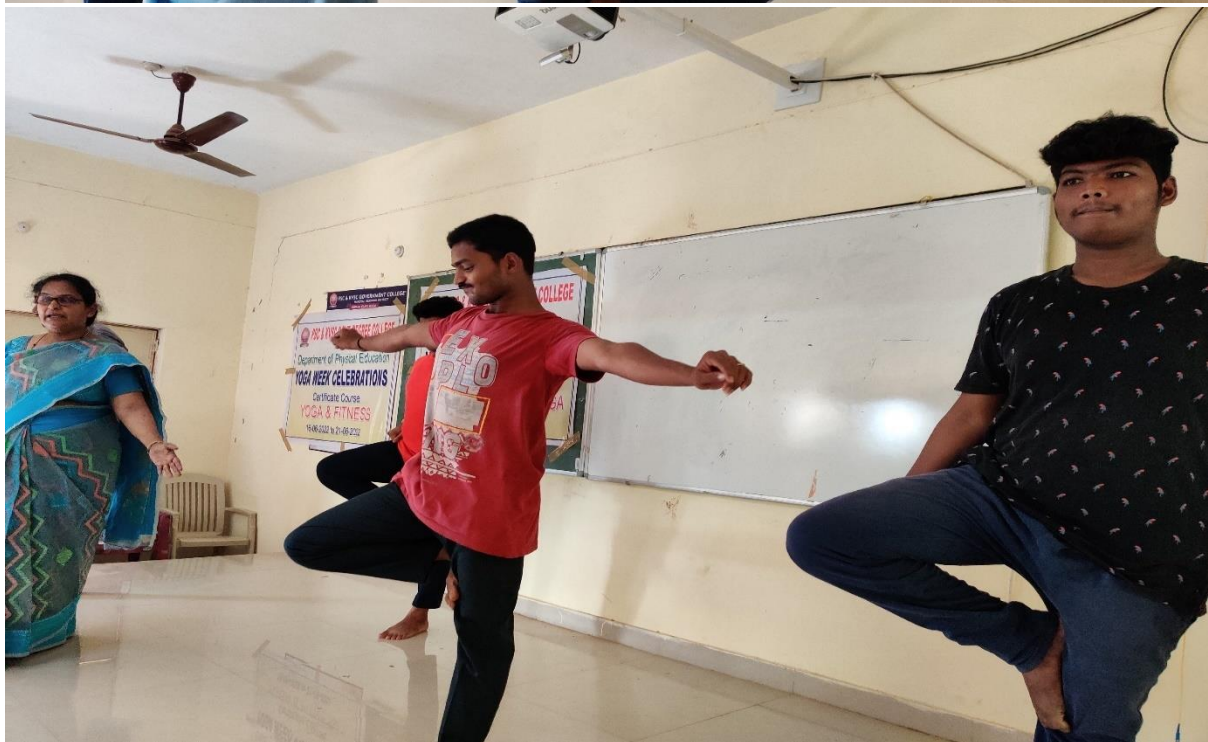


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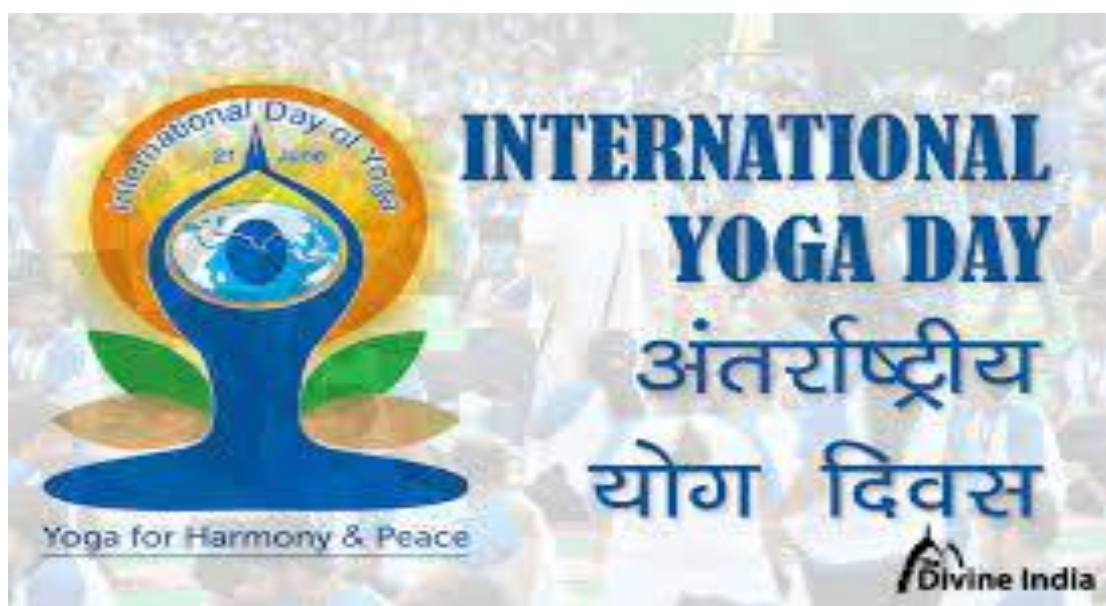


PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA

DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

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DAY-6 --- 21-06-2022

Topic: Yoga Protocol

2021-22



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

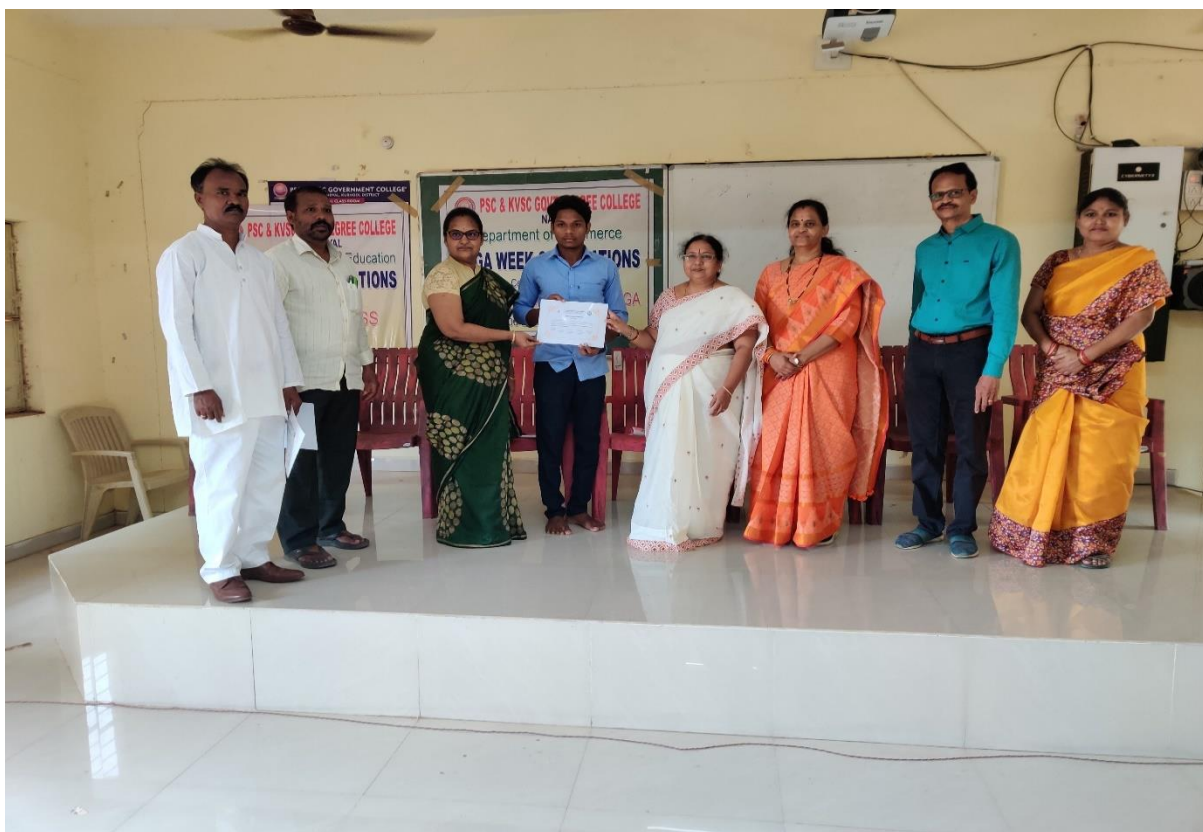
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





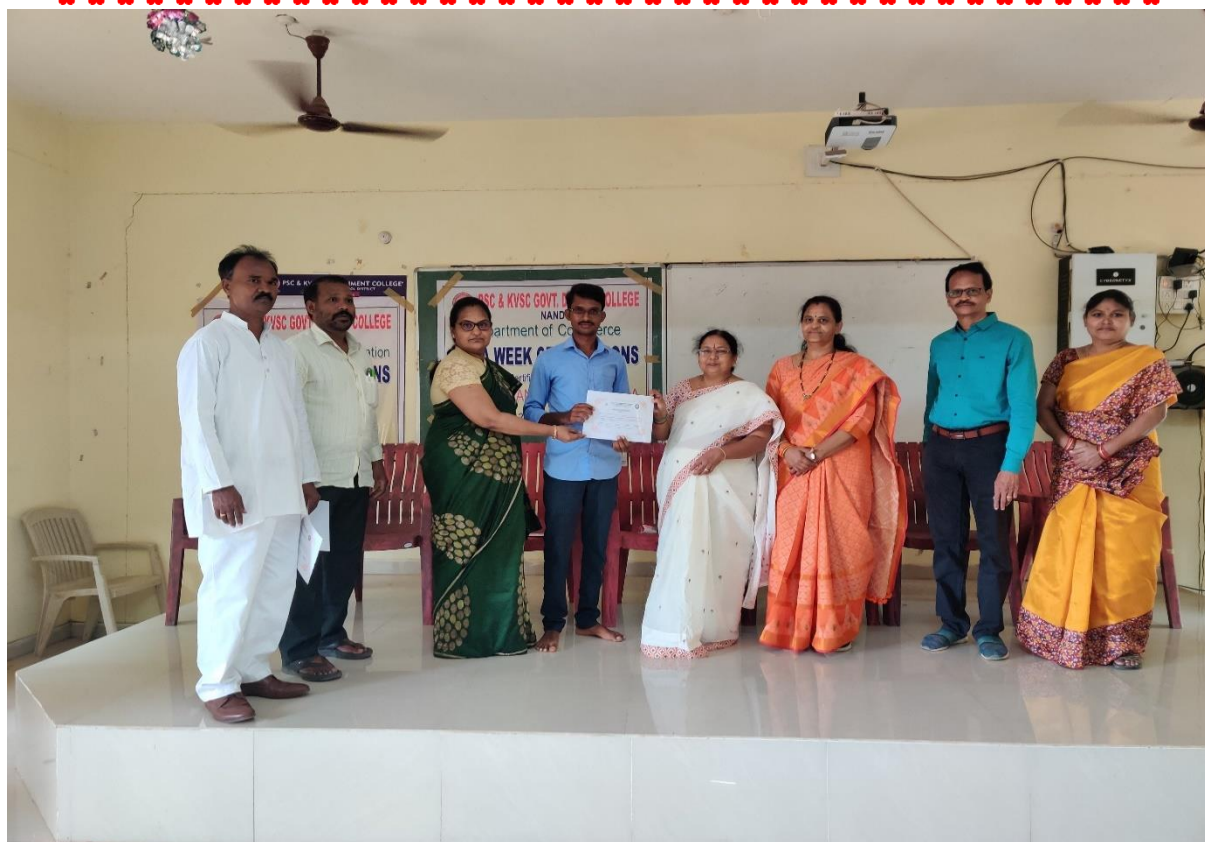
PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22



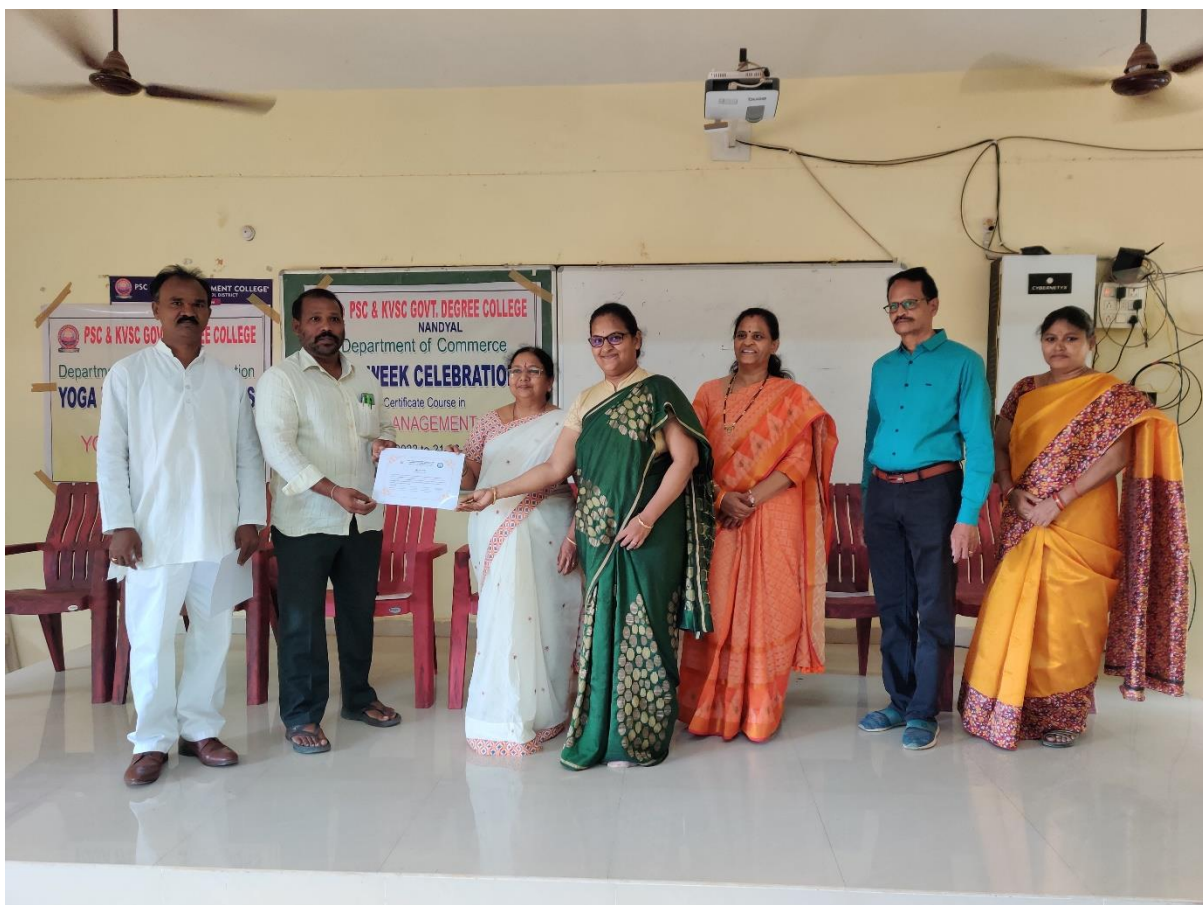
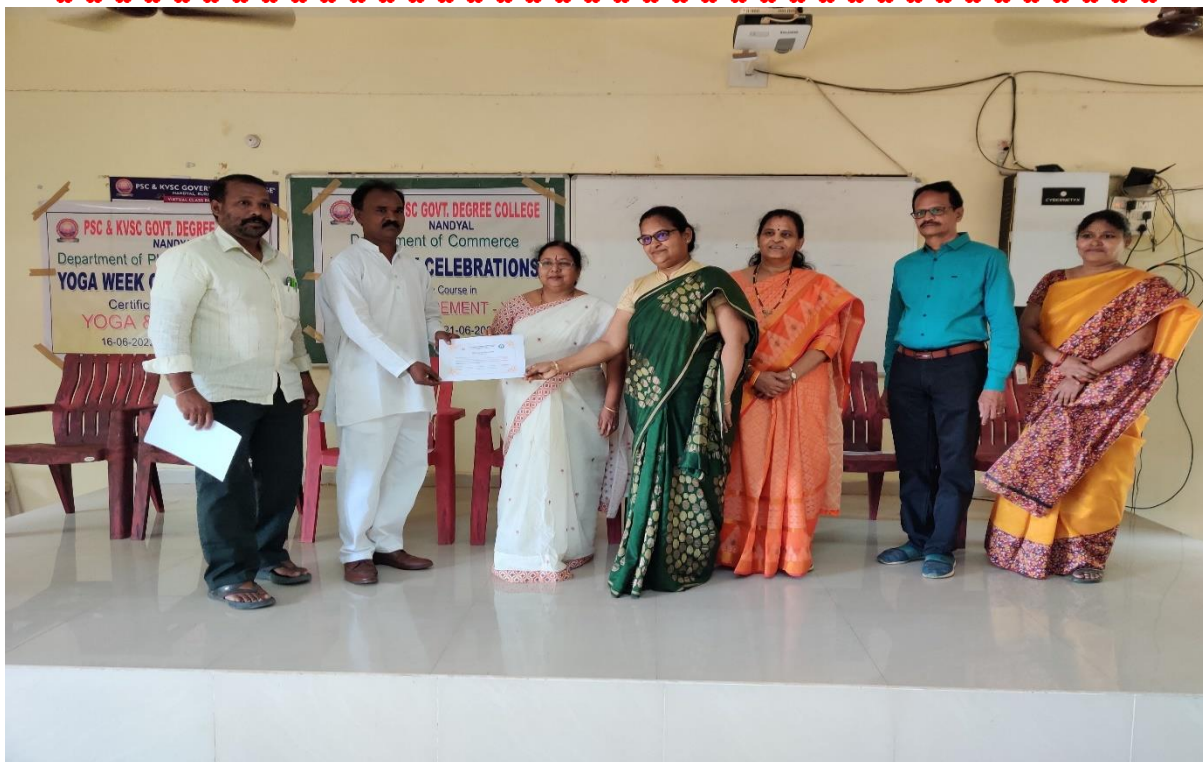


PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22



FROM LEFT TO RIGHT:

1. Dr. C. Ganganna, Lecturer in Library Science
2. Sri. K. Srinivasulu, Lecturer in Physical Education
3. Dr. K. J. Sridevi, Resource person
4. Dr. N. Sasikala, Principal
5. Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce
6. Sri. P. Nataraja Gupta, Lecturer in Commerce
7. Smt. P. Rajani, Lecturer in Commerce (Guest Faculty)



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





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INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22



PRINCIPAL & STAFF IN FELICITATIONS TO RESOURCE PERSON Dr. K. J. SRIDEVI



STUDENTS WITH YOGA CERTIFICATES



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA SESSIONS IN GIRLS HOSTEL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA SESSIONS IN GIRLS HOSTEL - 21-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA SESSIONS IN GIRLS HOSTEL - 21-06-22





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA SESSIONS IN GIRLS HOSTEL - 21-06-22**

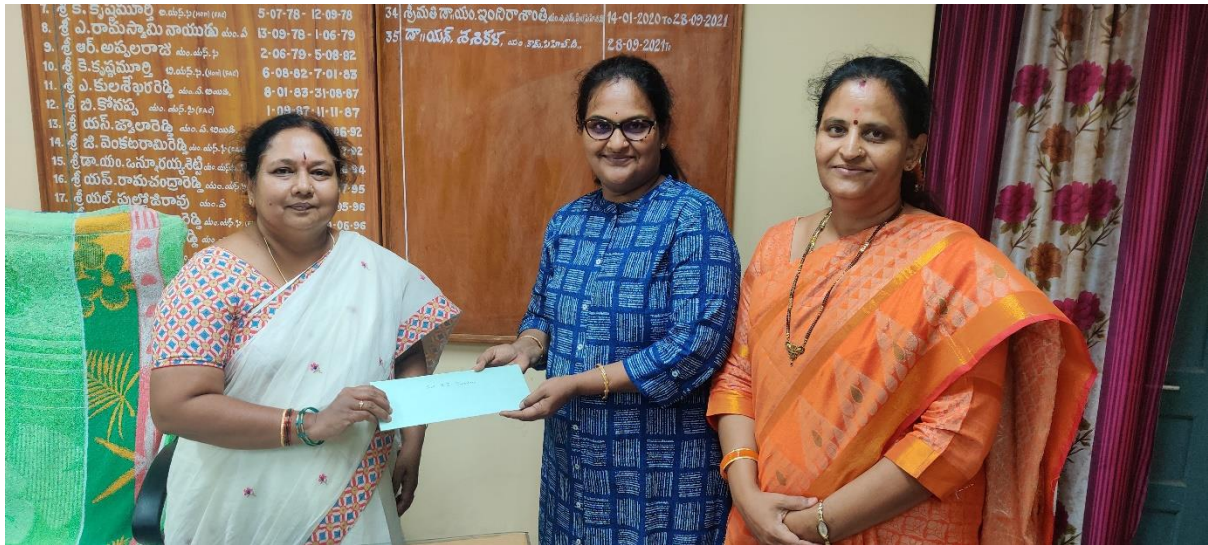


YOGA SESSION TO PRINCIPAL MADAM

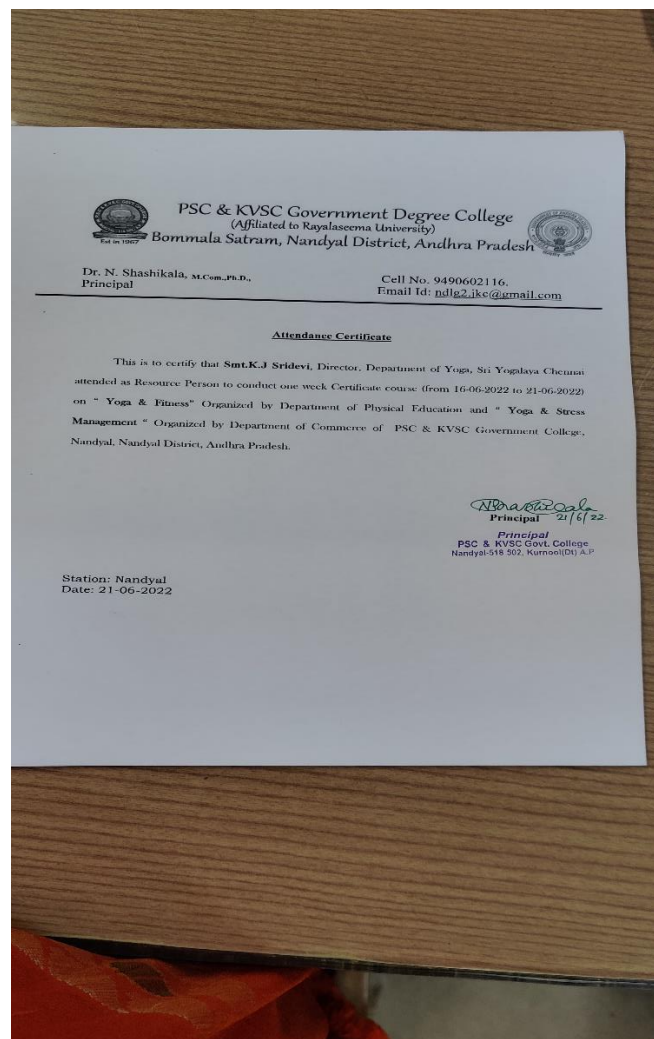




PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS - 21-06-22



ATTENDANCE CERTIFICATE AND HONORARIAM TO RESOURCE PERSON





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – NEWS PAPER CLIPPINGS - 22-06-22

పంత్
మలు,
రవి,
రులు

డాక్టర్ అంజనేయులు

యోగా సర్టిఫికేట్లు పొందిన విద్యార్థులతో కళాశాల ప్రెసిపాల్, అధ్యాపకులు

విద్యార్థులకు సర్టిఫికేట్లు

నంద్యాల(అర్బన్): స్థానిక ప్రభుత్వ డిగ్రీ కళాశాలలో అంతర్జాతీయ యోగా దినోత్సవాన్ని పురస్కరించుకొని శిక్షణ పొందిన డిగ్రీ విద్యార్థులకు మంగళ వారం సర్టిఫికేట్లు పంపిణీ చేశారు. చెన్నైకి చెందిన

యోగా డైరెక్టర్ శ్రీదేవి ఆధ్వర్యంలో విద్యార్థులకు వారం రోజుల పాటు శిక్షణ ఇచ్చారు. కార్యక్రమంలో ప్రెసిపాల్ డాక్టర్ శశికళ, ఎన్ఎస్ఎస్ సమన్వయ కర్తలు గంగన్న, శ్రీనివాసులు, ఎన్సీసీ ఆఫీసర్ నాగేంద్ర, నటరాజగుప్త, రజిని తదితరులు పాల్గొన్నారు.



PSC & KVSC GOVERNMENT DEGREE COLLEGE - NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – STUDENTS ATTENDANCE - 16-06-22



YOGA WEEK Celebrations		
26	Dept of Commerce & Phy. Edu	
	16-06-2022 - 21-06-2022	
	Inauguration session	
Name of the student	Group & Class	Signature
1. Shaik Shaimin	I B.com	Shaik
2. M. Afroz Basha	I B.C.M	M. Afroz Basha
3. S. Vali	I B.com (A)	S. Vali
4. V. Surendra	I B.com (A)	V. Surendra
5. P. Venkatesh	I B.com (A)	P. Venkatesh
6. J. Harinath	I B.com (C.A)	J. Harinath
7. M. Dharmarajulu	I B.com (C.A)	M. Dharmarajulu
8. P. Rajasree	I B.com (C.A)	P. Rajasree
9. P. Tejaswi	I B. COM (C.A)	P. Tejaswi
10. Y. Venkal	I B. COM (C.A)	Y. Venkal
11. S. Madhu sudhan	"	S. Madhu sudhan
12. D. Mani Kumar	"	D. Mani
13. K. Venkatesh	I B. COM (C.A)	K. Venkatesh
14. B. Giriprasad	I B. COM (C.A)	B. Giriprasad
15. M. Hussain	I B. COM (C.A)	M. Hussain
16. G. Francis	I B. COM (C.A)	G. Francis
17. V. Rajanitha Kumari	I B.C.C (C.A)	V. Rajanitha Kumari
18. N. Ahalya	I B.COM (C.A)	N. Ahalya
19. D. Lakshmi Chaitanya	I B.com (C.A)	D. Chaitanya
20. S. Akhila	I B.com (C.A)	S. Akhila
21. D. Kasamma	I BSC (C.A)	D. Kasamma
22. B. Tyoti	I Bsc (C.S)	B. Tyoti
23. M. Rajeswari	II BSC L	M. Rajeswari
24. D. Sangeetha	"	D. Sangeetha
25. B. Sudhananda	"	B. Sudhananda
26. M. Suchithra	II BSC BZ	M. Suchithra
27. D. Sumanjali	"	D. Sumanjali



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – STUDENTS ATTENDANCE - 16-06-22



28. S. Jyothi	II Bzc	S. Jyothi.
29. P. Nalabala Chini	"	P. Nalabala Chini
30. L. Sujatha	"	L. Sujatha
31. G. Sailaja	"	G. Sailaja
32. B. Mayuri	"	B. Mayuri
33. G. Annamma	"	G. Annamma
34. S.R. Hemant Kumar	II Bcom (G)	S.R. Hemant Kumar
35. D. Usman	II Bcom (G)	D. Usman.
36. D. Subrahmanyam	II Bcom (G)	D. Subrahmanyam
37. P. Xesudasu	II Bcom (G)	P. Xesudasu
38. G. Venkatesh	I. B.P.C (M.F.C.S)	G. Venkatesh
39. G. Ravi	"	G. Ravi
40. G. Rambhupal	"	G. Rambhupal
41. M. Profitha	I st Bcom (CA)	M. Profitha
42. K. Santosh	II nd B.P.C (M.F.C.S)	K. Santosh Kumar
43. K. Madan	"	"
44. U. V. Mahesh	II nd B.A (H.E.P)	U. Mahesh
45. M. Murali	"	M. Murali
46. G. Naraj	"	G. Naraj
47. D. Dhanu	II	D. Dhanu
48. M. Radha Krishna	II	M. Radha Krishna
49. B. Praneetha	II	B. Praneetha
50. D. Ravi	II Bcom (G)	D. Ravi
51. M. V. Mahesh	II B.A (H.E.P)	B. V. Mahesh
52. N. Bhanu Sangeetha	II Bcom (G)	N. Bhanu Sangeetha
53. M. Sumalatha	II B.A (H.E.P)	M. Sumalatha
54. T. Hemathi	II B.A	T. Hemathi
55. B. Sanitha	II B.A	B. Sanitha
56. K. Malli Karisuna	II Bcom (G)	K. Malli Karisuna
57. G. Sai Kumar Nava	II Bcom (G)	G. Sai Kumar Nava
58. K. Anusha	II Bcom (G)	K. Anusha
59. K. Anusha	I. Bcom (CA)	K. Anusha
Total = 59 attended.		



PSC & KVSC GOVERNMENT DEGREE COLLEGE - NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – STUDENTS ATTENDANCE - 17-06-22



28		17-06-2022	
G. Mahaboubkhan	I st B.2C	G. Mahaboubkhan	P. Yesud
N. Mahesh Nayak	II B.com (CA)	D. Subrisha	S. Vals
D. Shesha	II B.com (CA)	Y. Silpa	E. Saile
S. Silpa	II B.com (CA)		D. Ugras
P. Malliswasi	II B.com (CA)	Ribka	H. Abid
M. Ribka	II B.com (CA)	K. Lakshmi Narasimha	K. Mahesh
K. Lakshmi Narasimha	II B.com (CA)	B. Lakshmi Narasimha	S. Ranga Her
M. Ramanamma	II B.A	G. Francis	J. Mad
B. Lakshmi Narasimha	II B.COM (CA)	V. Shany Kumar	M. Rana
G. Francis	" "	B. Lakshmi	G. Yashu
X. Shany Kumar	" "	N. Vardhan	B. Nag
B. Naveen Kumar	II B.com (CA)	G. Prasad	S. Ch
V. Naveen	II B.com (CA)	P. Prasad	M. M
G. Francis	I BA (H.E.P)	Partha geet	D. S
P. Narasimha	I BA (H.E.P)	Ramend	M. G
D. Partha geet	II B.com (CA)	N. Akhil	B. A
P. Sadhana	I BA (H.E.P)	C. SRINIVAS	M. Poo
M. Akhil Raj	I B.com (CA)	C. Prasad	P. G
C. SRINIVAS	II B.com (CA)	G. Venkatesh	M. P
C. Prasad	II B.com (CA)	T. Raju	N. S
G. Venkatesh	I st B.2C	N. Rat	D.
T. Raju	I st B.S.C	N. Rat	A.
N. Rat	I st B.S.C	N. Rat	B. G
N. Lakshmi kanth	I st B.S.C	N. Rat	P.
D. Daheem	I st B.S.C	N. Rat	
P. Surendra	I M.P.C.S	N. Rat	
J. K. Shankar	I st M.P.C.S (B.S.C)	N. Rat	
S. Vals	I B.com (CA)	N. Rat	
P. Tejaswi	I B.com (CA)	N. Rat	
B. G. Prasad	I st B.com (CA)	N. Rat	
M. Abid Basha	I st B.com (CA)	N. Rat	
K. Anusha	I B.com (CA)	N. Rat	
M. Poojitha	" "	N. Rat	



PSC & KVSC GOVERNMENT DEGREE COLLEGE - NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – STUDENTS ATTENDANCE - 18-06-22



18/06/22			23
P. Yesu dasu	II B. Com (G)	P. Yesu dasu	
S. Vals	I B. Com (G)	S. Vals	
E. Saikumarapik	I B. Com (G)	Sol	
D. Usman	II B. Com (G)	D. Usman	
H. Afid Basha	I B. Com (G)	H. Afid Basha	
K. Maheshwara	II B. Com (G)	K. Maheshwara	
S. Ranga Hemanth Kumar	I B. Com (G)	S. Ranga Hemanth Kumar	
J. Madhu	II B. Com (G)	J. Madhu	
M. Ramarajeevulu	II B. Com (G)	M. Ramarajeevulu	
G. Yashodha Rani	II B. Com (G)	G. Yashodha Rani	
B. Nagamani	"	B. Nagamani	
S. Chandini	"	S. Chandini	
M. Madhavi	"	M. Madhavi	
D. Sangeeta	II B. Com (G)	D. Sangeeta	
M. Gaurthami	I B. Com (G)	M. Gaurthami	
B. Adilakshmi	I B. Com (G)	B. Adilakshmi	
M. Poojitha	I B. Com (G)	M. Poojitha	
P. G. Ramaramma	I B. Com (G)	P. G. Ramaramma	
M. Rishika	II B. Com (G)	M. Rishika	
N. Sravani	II B. Com (G)	N. Sravani	
D. Ravi	II B. Com (G)	D. Ravi	
A. Dharmaprakash	II B. Com (G)	A. Dharmaprakash	
B. Girish Prasad	I B. Com (G)	B. Girish Prasad	
P. Tejaswi	I B. Com (G)	P. Tejaswi	
K. Anusha	"	K. Anusha	



PSC & KVSC GOVERNMENT DEGREE COLLEGE - NANDYALA - DEPARTMENT OF COMMERCE

INTERNATIONAL YOGA DAY CELEBRATIONS – STUDENTS ATTENDANCE - 20-06-22



37		
20-6-2022		
P. Tejaswi	I st B.com(CA)	P. Tejaswi
S. Vals	I st B.com(CA)	S. Vals
M. Rajitha	I st B.com(CA)	M. Rajitha
K. Anusha	I st B.com(CA)	K. Anusha
M. Afsal Basha	I st B.com(CA)	M. Afsal Basha
B. Gopiprasad	I st B.com(CA)	B. Gopiprasad
N. Jagadish	I st B.A	N. Jagadish
S. Madhu sudhan	I st B.com(CA)	S. Madhu sudhan
K. Shavitha Kumari	I st B(CA)	K. Shavitha Kumari
V. Venkata Kumar	I st MBS(BSC)	V. Venkata Kumar
G. Srinivasulu	I st M.E.C.S(BSC)	G. Srinivasulu
P. Hariprasad	I st B.A. I+II P	P. Hariprasad
C. Chenna Krishna Reddy	I st BSC(MPCS)	C. Chenna Krishna Reddy
V. Venkata Sunil	I st BSC(MPCS)	V. Venkata Sunil
B. John Paul	I st BSC(B.Z.C)	B. John Paul
M. Shahul	I st B.A	M. Shahul
K. Prasad	I st B.A	K. Prasad
M. Anikanth	I st B.A	M. Anikanth
J. Raju	I st B.com(CA)	J. Raju
K. Narasimulu	II B.Z.C(BSC)	K. Narasimulu
B. Abhishek	II B.com(CA)	B. Abhishek
J. Swarna	II B.com(CA)	J. Swarna
S. Marykavitha	II B.com(CA)	S. Marykavitha
P. Shafida Begum	II B.A	P. Shafida Begum
V. Divya	II B.com(CA)	V. Divya
M. Praveen	II B.com(CA)	M. Praveen
M. Anusha	II B.com(CA)	M. Anusha
B. Madhu	II B.Z.C(BSC)	B. Madhu
M. Chander	II B.Z.C(BSC)	M. Chander
M. Kanthi	II B.Z.C(BSC)	M. Kanthi



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INTERNATIONAL YOGA DAY CELEBRATIONS – STUDENTS ATTENDANCE - 21-06-22

31		
B. Rakish	II B2C (EM)	B. Rakish
Y. Ravi Kiran	II B2C (EM)	Y. Ravi Kiran
A. Sagar	I MBG (BSC)	A. Sagar
K. Harendra	II B2C (EM)	K. Harendra
S. Afreed	II B2C (EM)	S. Afreed
S. Abul Ishaq	S. STC (H.E.R)	S. Abul Ishaq
	K. S. Vijaya Lakshmi	K. S. Vijaya Lakshmi
Revenue person.	Lecturer in Commerce	Lecturer in Commerce
20/6/22		



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THANK YOU

