



NAGARJUNA GOVERNMENT COLLEGE(A)

NALGONDA DISTRICT. TS.



DEPARTMENT OF PHYSICAL EDUCATION
Organised

AWARENESS PROGRAM ON MEDITATION, MEDICATION
AND YOGA

BY

KADARI MALLESH MA., MPEd., SET.

PHYSICAL DIRECTOR

NAGARJUNA GOVERNMENT COLLEGE (A), NALGONDA

AWARENESS PROGRAM ON MEDITATION MEDICATION AND YOGA 2019-20

REPORT

We conducted a awareness program on Meditation, Medication and Yoga association with Sathya Sai Deva Mandali, Nalgonda in our college Alumni hall on 22nd November, 2019 at 11 AM in the morning in this event total of 200 members from students and staff were participated and the students and staff done the Yoga, Meditation the principal and yoga guru Prasad garu explained the importance and benefits of Yoga and Meditation.

The inauguration of the program was done by the Principal Sri K. ChandraShekar of Nagarjuna Government College (A), Nalgonda, and Yoga Guru Sri Prasad, and the closing ceremony of the awareness program done on the same day 1.00 PM in the afternoon.



Physical Director



Principal
Principal
Nagarjuna Govt. College
(Autonomous) NALGONDA.



NAGARJUNA GOVERNMENT COLLEGE (A) NALGONDA

Circular for Students and Staff

Date: 21-10-2019

The Department of Physical Education is going to conducting an awareness Program on "**Meditation, Medication and Yoga**" Association with Sathya Sai Dhyana Mandali. on 22-10-2019 at 11AM in the College Alumni Hall hence all the students and staff members attend the program.

Resource Person: Sri. Prasad, Yoga Guru

PROGRAM COORDINATER

PRINCIPAL
Principal

Nagarjuna Govt. College
(Autonomous) NALGONDA.



AWARENESS PROGRAMME ON MEDITATION, MEDITATION AND YOGA on 22-11-2019



NAGARJUNA GOVERNMENT COLLEGE (A) NALGONDA

Name of the Programme : Awareness Programme on Meditation, Medication and Yoga
 Organized by : Department of Physical Education
 Date : 22-11-2019



Participants List

S.No	Name of the Student/Participant	Class/ Designation	Roll Number	Signature
1	M. Bramhataju	BSC BZG	19044028446045	M. Bramhataju
2	M. Rajesh	B.com (CA)	19044028446068	M. Rajesh
3	M. Murali Krishna	BSC (B-ZG)	19044028446046	M. Murali Krishna
4	M. Nanya	B.com (CA)	19044028446069	M. Nanya
5	M. Vasu	BSC [BZG]	19044028446047	M. Vasu
6	MD. Amreen	Bsc (BZG)	19044028446050	MD Amreen
7	M. Vishwani	B.Sc (BZG)	19044028446051	Vishwani
8	Mustafa Khan	B.com (CA)	19044028446075	Mustafa
9	M. Sujith	BSC (BZG)	19044028446055	Sujith
10	MD. Thanveer	B.com (CA)	19044028446076	Thanveer
11	Maudula Manjusha	B.Sc (BZG)	19044028446000	Maudula
12	Madhupathy Swamy	B.com (CA)	19044028446086	N. Swamy
13	Murugani Srikanth	B.com (CA)	19044028446083	M. Srikanth
14	P. Abhishek	BSC (BZG)	19044028446059	P. Abhishek
15	P. Manisha	BSC (BZG)	19044028446058	P. Manisha
16	M. Geetha Devi	B.Sc (B-ZG)	19044028446052	M. Geetha Devi
17	N. Shiva Shankar	BSC (BZG)	19044028446055	N. Shiva Shankar
18	N. Madhu	BSC (BZG)	19044028446054	N. Madhu
19	M. Krishnaneni	B.com (CA)	19044028446059	M. Krishnaneni
20	M. Usha	B.com (CA)	19044028446080	M. Usha
21	M. Sai Rushika	B.com (CA)	19044028446081	M. Rushika
22	M. Chetkar	B.com (CA)	19044028446082	M. Chetkar
23	MD. Reshma	B.com (CA)	19044028446087	MD. Reshma
24	MD. Ayyub	B.com (CA)	19044028446082	Ayyub
25	P. Sandeep	B.com (CA)	190440284460216	P. Sandeep
26	P. Srikanth	B.com (CA)	190440284460218	P. Srikanth
27	P. Anurida Chary	B.com (CA)	190440284460220	P. Anurida Chary
28	P. Ramya	B.com (CA)	190440284460221	P. Ramya

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S.No	Name of the Student/Participant	Class/ Designation	Roll Number	Signature
1	S. Nethaji	B. Com (CA)	19044028405246	S. Nethaji
2	Ch. Shashi dhar	B. SC (M.P.CS)	19044028468056	Ch. Shashi dhar
3	SK. Abdul Rahman	B. Com (CA)	19044028405248	SK. Rahman
4	D. Sanjay Kumar	B. Sc (MPCS)	19044028468057	D. Sanjay
5	D. Manasa	BSC (MPCS)	19044028468058	D. Manasa
6	D. Sahithi	BSC - MPCS	19044028468060	D. Sahithi
7	D. Sandeep Reddy	BSC (MPCS)	19044028468061	D. Sandeep Reddy
8	Dakshini Johny	B. SC (MPCS)	19044028468062	Dakshini
9	Choppari. Mamatha	B. SC (MPCS)	19044028468055	CH. Mamatha
10	S. Sathya Narayan	B. Com (CA)	19044028405247	S. Sathya
11	R. Shiva Raju	B. Com (CA)	19044028405243	R. Shiva Raju
12	CH. Kavya	B. SC (MPCS)	19044028468059	CH. Kavya
13	Ch. Ramana	B. SC (MPCS)	19044028468057	Ch. Ramana
14	R. Akhil	B. Com (CA)	19044028405242	R. Akhil
15	R. Ganesh	B. Com (CA)	19044028405240	R. Ganesh
16	Ch. Murali Krishna	B. SC (MPCS)	19044028468052	Ch. Murali Krishna
17	CH. Mamatha	B. SC (MPCS)	19044028468051	CH. Mamatha
18	R. Manoj Kumar	B. Com (CA)	19044028405239	R. Manoj
19	R. Hanumanth	B. Com (CA)	19044028405238	R. Hanumanth
20	Ch. Mahen	B. SC (MPCS)	19044022462050	Ch. Mahen
21	SK. Divisha	B. Com (CA)	19044028405249	SK. Divisha
22	SK. Partha	B. Com (CA)	19044028405250	SK. Partha
23	SK. Sajid	B. Com (CA)	19044028405251	SK. Sajid
24	SK. Sameer	B. Com (CA)	19044028405252	SK. Sameer

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No	Name of the Student/Participant	Class/ Designation	Roll Number	Signature
	B. Srinu	student	19044028468036	B. Srinu.
	P. soujanya	student	1904402840523	P. soujanya
	P. Sai Kumar	student	19044028405224	P. Sai Kumar
	R. Shikha nagaraju	student	19044028468038	R. Shikha
	B. Shrawya Reddy	student	19044028468039	B. Shrawya Reddy
	Ch. Anishyulu	student	19044028468040	Ch. Anishyulu
	Ch. Nageswara Babu	student	19044028468041	Ch. Nageswara Babu
	Ch. Sowmya	student	19044028468042	Ch. Sowmya
	Ch. Bharathi	student	19044028468048	Ch. Bharathi
	Ch. Naveen	student	19044028468047	Ch. Naveen
	Ch. Anitha	student	19044028468046	Ch. Anitha
	Ch. Tejaswini	student	19044028468045	Ch. Tejaswini
	P. Sai Anjali	student	19044028405233	P. Sai Anjali
	R. Teja	student	19044028405236	R. Teja
	Ch. Salkumar	student	19044028468044	Ch. Salkumar
	P. Madhu	student	19044028405232	P. Madhu
	P. Anjali	student	19044028405230	P. Anjali
	Ch. Nagesh Kumar	student	19044028468043	Ch. Nagesh Kumar
	P. Tharun	student	19044028405235	P. Tharun
	P. Siddartha	student	19044028405237	P. Siddartha
	P. Praveen	student	19044028405238	P. Praveen
	P. Vijaya	student	19044028405229	P. Vijaya
	R. Naveen	student	19044028405235	R. Naveen
	R. Hanumanth	student	19044028405237	R. Hanumanth

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No	Name of the Student/Participant	Class/ Designation	Roll Number	Signature
1.	Bellamkonda Reshma	B.Sc MPCS	19044028468023	B. Reshma
2.	Paladyu Kranthi Kumar	B.com (CA)	19044028405207	P. Kranthi Kumar
3.	Palakuzi Swamy	B. Com (CA)	19044028405208	P. Swamy
4.	Bandaru Rishitha	B.Sc MPCS	19044028468018	B. Rishitha
5.	Nimmalapati Venkatesh	B.com (CA)	19044028405202	N. Venkatesh
6.	Bandi Prashanth	B.Sc (MPCS)	19044028468020	B. Prashanth
7.	Nimmalapati Radhika	B.com (CA)	19044028405203	N. Radhika
8.	Ganesh Ugesudhar	B.Sc (MPCS)	19044028468004	G. Ugesudhar
9.	Nuthi Vishwateja	B.com [CA]	19044028405204	N. Vishwateja
10.	Boddu Sathi	B.Sc (MPCS)	19044028468030	B. Sathi
11.	Panga Anusha	B.com (CA)	19044028405214	P. Anusha
12.	Bollam Renuka	B.Sc (MPCS)	19044028468031	B. Renuka
13.	Parangi Sandeep	B.com (CA)	19044028405216	P. Sandeep
14.	Parthasarathi Srikanth	B.com (CA)	19044028405218	P. Srikanth
15.	Bollam Sathi	B.Sc (MPCS)	19044028468032	B. Sathi
16.	Bollam Swetha	B.Sc (MPCS)	19044028468033	B. Swetha
17.	Bollam Pavani	B.Sc (MPCS)	19044028468034	B. Pavani
18.	Penjarla Ramya	B.com (CA)	19044028405221	P. Ramya
19.	Nimmalapati Sairathana	B.com (CA)	19044028405190	N. Sairathana
20.	Koravath Sipayi	B.Sc (MPCS)	19044028468019	K. Sipayi
21.	Nimmala Kantlary	B.com (CA)	19044028405200	N. Kantlary
22.	Bandi Anusha	B.Sc (MPCS)	19044028468019	B. Anusha

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1.	N. Rony	BSC (BZC)	19044028445147	N Rony
2.	Ch. Sai Teja	BA (H.G.P)	19044028274008	Ch. Sai Teja
3.	N. Pavan	BSC (BZC)	19044028445148	N. Pavan
4.	Ch. Nirali	BA (HPG)	19044028274007	Nirali
5.	N. Uday Prakash	BSC (BZC)	19044028445149	N. Uday
6.	Ch. Laxminarayana	BA (H.P.G)	19044028274010	Ch. Laxminarayana
7.	Nedunghat Vishnu	BSC (BZC)	19044028445150	Nedunghat Vishnu
8.	D. Bopi Rajak	BA (HPG)	19044028274001	D. Bopi
9.	D. Shiva Reddy	BA (HPG)	19044028274002	D. Shiva Reddy
10.	N. Sandhya	BSC (BZC)	19044028445151	N. Sandhya
11.	N. Navya	BSC (BZC)	19044028445152	Navya
12.	E. Suresh Babu	B.A. (H.P.G)	19044028274013	E. Suresh Babu
13.	B. Raksh	B.A (H.P.G)	19044028274007	B. Raksh
14.	M. Shivasai	BSC (BZC)	19044028445146	M. Shivasai
15.	M. Upendhachary	B.Z.C	19044028445145	M. Chary
16.	B. Vinod	BA (HPG)	19044028274006	B. Vinod
17.	B. Srimannarayana	BA (HPG)	19044028274005	B. Srimannarayana
18.	M. Srikanth	BZC	19044028445144	M. Srikanth
19.	B. Ramalingam	B.A (H.P.G)	19044028274004	B. Ram
20.	M. Ramu	B.Z.C	19044028445142	M. Ramu
21.	M. Kalyani	BZC (BSC)	19044028445141	M. Kalyani
22.	M. d. Sujaya	B.Z.C	19044028445138	M. d. Sujaya
23.	A. Manika	BA (HPG)	19044028274002	A. Manika

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1.	G. Meghana	B.Sc - MPCs	19044028468075	G. Meghana
2.	G. Sandhya	B.Sc - MPCs	19044028468076	G. Sandhya
3.	G. Shankar	B.Sc - MPCs	19044028468077	G. Shankar
4.	G. Nagarajy	B.Sc - MPCs	19044028468079	G. Nagarajy
5.	G. Sanath Kumar	B.Sc - MPCs	19044028468080	G. Sanath Kumar
6.	G. Nageswara chary	B.Sc - MPCs	19044028468081	G. Nageswara chary
7.	J. Naresht	B.Sc - MPCs	19044028468087	J. Naresht
8.	J. Manasa	B.Sc - MPCs	19044028468086	J. Manasa
9.	G. Shiva Kumar	B.Sc - MPCs	19044028468084	G. Shiva
10.	G. Ashok	B.Sc - MPCs	19044028468082	G. Ashok
11.	V. Vsha	B.Com - CA	19044028405283	V. Vsha
12.	V. Vinay	B.Com - CA	19044028405283	V. Vinay
13.	V. Ravi	B.Com - CA	19044028405284	V. Ravi
14.	Y. Srikanth	B.Com (A)	19044028405285	Y. Srikanth
15.	Y. Balareju	B.Com (CA)	19044028405286	Y. Balareju
16.	Y. Srinu	B.Com (CA)	19044028405287	Y. Srinu
17.	O. Raju	B.Com (CA)	19044028401041	O. Raju

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Participants List

S.No	Name of the Student/Participant	Class/ Designation	Roll Number	Signature
1.	M. Mahesh	B.Sc (BZC)	19044028445124	M. Mahesh
2.	S. Shiva Raju	BA (EHP)	17044028445128	S. Shivaraju
3.	A. pre mchomd	BA (HPP)	19044028156001	A. pramod
4.	M. Radhika	B.Sc (BZC)	19044028445125	M. Radhika
5.	N. shiraveni	B.Sc (BZC)	19044028445126	N. shiraveni
6.	M. Vennela	BSc (BZC)	19044028445127	M. Vennela
7.	G. Narven	BA (HPP)	19044028156003	G. Narven
8.	P. Arun Kumar	BA (HPP)	19044028156005	P. Arun Kumar
9.	li. Uday Deepak	BA (HPP)	19044028156006	li. Uday
10.	S. Anjaneyulu	BA (HPPA)	18044028156004	S. Anjaneyulu
11.	M. Uma	B.Sc (BZC)	19044028445129	M. Uma
12.	M. Nidhisi	BSC (BZC)	19044028445129	M. Nidhisi
13.	M. Sandhya	BSC (BZC)	19044028445128	M. Sandhya
14.	P. Navesh	BA (H.P.P)	19044028156509	P. Navesh
15.	M. ONEE	BA (H.P.P)	19044028156507	M. ONEE
16.	G. Madhu	BA (H.P.P)	19044028156505	G. Madhu
17.	GH. Srikanth	B.A (H.P.P)	19044028156502	GH. Srikanth
18.	M. Gowthami	B.S.C (B.ZC)	19044028445135	M. Gowthami
19.	M. Laccadhi	B.S.C (BZC)	19044028445136	M. Laccadhi
20.	M. Shirisha	B.S.C (BZC)	19044028445134	M. Shirisha
21.	M. Navya	B.S.C (BZC)	19044028445132	M. Navya
22.	M. Sathwika	B.S.C (BZC)	19044028445130	M. Sathwika

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S.No	Name of the Student/Participant	Class/ Designation	Roll Number	Signature
1.	N. Bhavana	Bsc (MBC)	19044028458005	N. Bhavana.
2.	B. Gauthami	Bcom	19044028458044	B Gauthami
3.	M. Jyavani	Bsc	19044028489004	Jyavani