

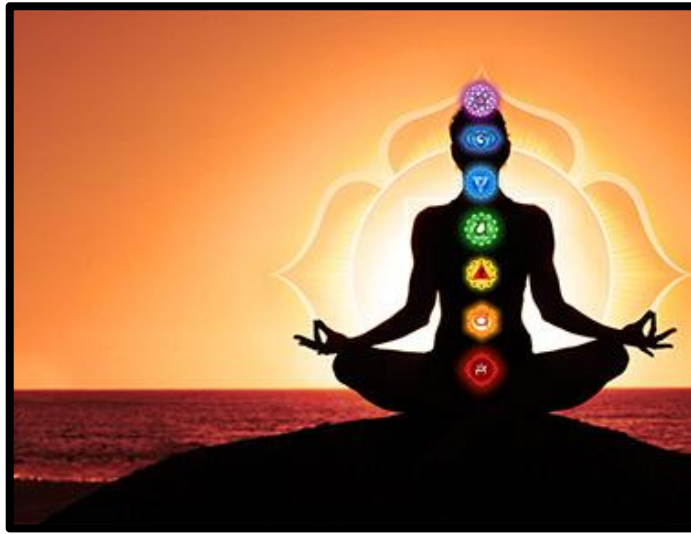
**GOVERNMENT DEGREE COLLEGE, SHADNAGAR**

**RANGAREDDY DISTRICT-509216**

*(Affiliated to palamuru university)*

**certificate course**

**on**



**“YOGA”**

Conducted by

**Women Empowerment Cell**

Academic year 2020-21

( 08-02-2021 to 03-03-2021)

**No of hours:30 hrs**

**Time :04-5 pm**

**No of participants:104**

**Resouce person:smt.M.Srilatha.**

# GOVERNMENT DEGREE COLLEGE, SHADNAGAR

To  
The Principal,  
Govt Degree College,  
Shadnagar.

Respected sir,

Sub:- **Women Empowerment Cell** - request for accord  
permission to conduct a Certificate Course on “YOGA” -reg.

It is submitted to your kind notice that the “**Women Empowerment Cell**” would like to conduct a certificate course on “YOGA”.  
Hence I request you to kindly permit to conduct the same.

Thanking you sir



Yours faithfully

Permitted  
  
**PRINCIPAL**  
**Govt. Degree College**  
**Shadnagar.**  
**Venasa Reddy P.**

# **GOVERNMENT DEGREE COLLEGE SHADNAGAR**

## **CIRCULAR**

All the students are informed that the Women Empowerment Cell is going to conduct a certificate course on 'YOGA' for the benefit of students. So who are interested asked to give their names to the faculty concerned and they are advised to make use of this opportunity. The certificate course will commence from **08-02-2021 to 03-03-2021**



  
**PRINCIPAL**  
**Govt. Degree College**  
**Shadnagar.**  
**Ranga Reddy Dist.**

**Principal**

1. **Title :**

The course shall be called “Certificate Course in Yoga “

2. **Duration:**

The course is extended over a period of one academic year 2020-21 comprising of 30 hours from 08-02-2021 to 03-03-2021

3. **Objectives :**

The course is designed

- To train the individual to promote his/her positive health.
- To train the individual for the personality development on the basis of physical, mental intellectual and spiritual health.
- To train the individual to undertake further study and practice in yoga.
- To impart scientific training to the individuals, in yoga studies (both in theory and practice), so as to enable them to serve as professional yoga teacher.

4. **Benefits of Yoga:**

1. Yoga can help us to treat diseases like diabetes, blood pressure digestive disorders, arthritis, asthma, heart problems etc.
2. Yoga can improve memory power, concentration, brings peace and harmony in human relationships.
3. Yoga helps in personality development.
4. Yoga can bring physical and mental health, emotional well being and spiritual enlightenment.
5. Yoga can eradicate social evils like terrorism, family divorces, violence, and corruption by bringing the self-confidence, love, peace in individuals

5. **OUTCOME :**

1. It develops the physical stability.
2. It keeps a person young.
3. It Strengthens the hamstring, calf, and back muscles.
4. It relieves the stiffness of joint, particularly at knee, hip and ankle.
5. it removes excess fat in the abdominal region
6. It gives more flexibility to the vertebral column
7. It is extremely beneficial to the spinal column.
8. It will enlarge the thoracic cavity.
9. It strengthens the back and abdomen muscles.
10. It helps to make the maximum range of movements in all directions in the hip joint.

6. **SYLLABUS:**

**Surya Nasmaskar :**

**05hours**

Asana-Uttanpadasan, Halasan, Pawanmuktasan, Makrasan, Bhujangasan  
Shaslabhasan, Dhanurasan, Ardha-Mastysyendrasan, Janushirasan, Supta-Vajrasan,  
Chakrasan, Tadasa, Uktatasan, Padamsan, Gomukhasan, Vajrasan, Pashchimottasan,  
Sarvangasan, Matsyasan.

**Pranayam:**

**05hours**

Nadi-Shodhan,Surya,Bhedi Ujjayi,Shitkari,Sheetali,Bhastrika, Bhramri.

**Shat-Karma(Cleansing process):**

**05hours**

Jal-Neti,Sutra Neti,Kunjil,Trataka,Kapalbhati

**Mudra**

**05 hours**

Mahamudra,Mahabandha,Viparitkarani,Shambhri,Kaki

**Bandh**

**05 hours**

Jalandhar-Bandh,Mool Bandh,Uiddiyan-BhandhDhyan(Meditation):"OM"recitation







**GOVERNMENT DEGREE COLLEGE SHADHNAGAR****CERTIFICATE COURSE****CERTIFICATE COURSE IN YOGA**

2020-2021

S.NO	NAME OF STUDENT	ENROLLMENT NUMBER	COURSE	REMARKS
1	B.UMA	20033067904001	B.Z..S IYr	COMPLETED
2	M.SAMEENA	20033067904012	B.Z..S I Yr	COMPLETED
3	P.BHAVANI	20033067904018	B.Z..S I Yr	COMPLETED
4	RESHMA	20033067904019	B.Z..S I Yr	COMPLETED
5	U.SANDHYA RANI	20033067904020	B.Z..S I Yr	COMPLETED
6	D. MOUNIKA	20033067441002	M.P.C I Yr	COMPLETED
7	K. NANDINI	20033067441004	M.P.C I Yr	COMPLETED
8	K.AKHILA	20033067441005	M.P.C I Yr	COMPLETED
9	P. RAMESHWARI	20033067441006	M.P.C I Yr	COMPLETED
10	A. SRAVANI	20033067468001	M.P.C.S I Yr	COMPLETED
11	E. PRAGNYA	20033067468002	M.P.C.S I Yr	COMPLETED
12	P.SAMARPANA	20033067468004	M.P.C.S I Yr	COMPLETED
13	G PRASANNA	20033067129004	B.A IYr	COMPLETED
14	NAZIA BEGUM	20033067129007	B.A IYr	COMPLETED
15	SANA BEGUM	20033067129009	B.A IYr	COMPLETED
16	SHEEMA MAIMUNA	20033067129010	B.A IYr	COMPLETED
17	TARRANUM BEGUM	20033067129012	B.A IYr	COMPLETED
18	Y SUSHMITHA	20033067129014	B.A IYr	COMPLETED
19	YASMEEN BEGUM	20033067129015	B.A IYr	COMPLETED
20	A PRATHYUSHA	20033067129502	B.A IYr	COMPLETED
21	B RAJITHA	20033067129503	B.A IYr	COMPLETED
22	B JYOTHI	20033067129505	B.A IYr	COMPLETED
23	B MAHESHWARI	20033067129508	B.A IYr	COMPLETED
24	J RAJESHWARI	20033067129512	B.A IYr	COMPLETED
25	K PRIYANKA	20033067129515	B.A IYr	COMPLETED
26	K SWATHI	20033067129516	B.A IYr	COMPLETED
27	K ROJA	20033067129517	B.A IYr	COMPLETED
28	M NANDINI	20033067129519	B.A IYr	COMPLETED
29	N SUNITHA	20033067129521	B.A IYr	COMPLETED
30	P JYOTHI	20033067129522	B.A IYr	COMPLETED
31	S VARA LAXMI	20033067129525	B.A IYr	COMPLETED
32	S DIVYA	20033067129527	B.A IYr	COMPLETED
33	B ANITHA	20033067405001	B.COM IYr	COMPLETED
34	B SUMA	20033067405002	B.COM IYr	COMPLETED
35	C MANISHA	20033067405003	B.COM IYr	COMPLETED
36	C ANUSHA	20033067405004	B.COM IYr	COMPLETED



37	C SUPRIYA	20033067405005	B.COM IYr	COMPLETED
38	G SUSHMITHA	20033067405007	B.COM IYr	COMPLETED
39	M SWETHA	20033067405008	B.COM IYr	COMPLETED
40	M LAXMI	20033067405010	B.COM IYr	COMPLETED
41	S RENUKA	20033067405012	B.COM IYr	COMPLETED
42	V PRATHYUSHA	20033067405014	B.COM IYr	COMPLETED
43	K.SHIREESHA	19033067445001	B.Z.C IYr	COMPLETED
44	N. SINDHUJA	19033067445002	B.Z.C IYr	COMPLETED
45	P.SUREKHA	19033067445003	B.Z.C IYr	COMPLETED
46	ASHWINI	19033067445501	B.Z.C IYr	COMPLETED
47	B. AKHILA	19033067445502	B.Z.C IYr	COMPLETED
48	G. PREMA LATHA	19033067445504	B.Z.C IYr	COMPLETED
49	K.ANITHA	19033067445505	B.Z.C IYr	COMPLETED
50	K. MAMATHA	19033067445506	B.Z.C IYr	COMPLETED
51	K. MOUNIKA	19033067445507	B.Z.C IYr	COMPLETED
52	K. DIVYA	19033067445508	B.Z.C IYr	COMPLETED
53	M. AKHILA	19033067445511	B.Z.C IYr	COMPLETED
54	M. APARNA	19033067445515	B.Z.C IYr	COMPLETED
55	M. NAVANEETHA	19033067445516	B.Z.C IYr	COMPLETED
56	P. ANUSHA	19033067445517	B.Z.C IYr	COMPLETED
57	P. MAMATHA	19033067445518	B.Z.C IYr	COMPLETED
58	S.SWATHI	19033067445519	B.Z.C IYr	COMPLETED
59	Y. NEERAJA	19033067445521	B.Z.C IYr	COMPLETED
60	A SRILATHA	19033067129501	B.A IYr	COMPLETED
61	B BHARGAVI	19033067129502	B.A IYr	COMPLETED
62	B UMA MAHESHWARI	19033067129504	B.A IYr	COMPLETED
63	C MOUNIKA	19033067129505	B.A IYr	COMPLETED
64	D SANDHYA	19033067129507	B.A IYr	COMPLETED
65	G CHANDANA	19033067129510	B.A IYr	COMPLETED
66	J KALPANA	19033067129512	B.A IYr	COMPLETED
67	K DIVYA	19033067129514	B.A IYr	COMPLETED
68	K DIVYA	19033067129517	B.A IYr	COMPLETED
69	K SRILATHA	19033067129522	B.A IYr	COMPLETED
70	M MOUNIKA	19033067129525	B.A IYr	COMPLETED
71	M RANI	19033067129527	B.A IYr	COMPLETED
72	P SARITHA	19033067129531	B.A IYr	COMPLETED
73	S SHIREESHA	19033067129538	B.A IYr	COMPLETED
74	S MOUNIKA	19033067129539	B.A IYr	COMPLETED
75	U SWAPNA	19033067129540	B.A IYr	COMPLETED
76	G. NANDINI	19033067156502	B.A IYr	COMPLETED
77	P. NAVANEETHA	19033067156506	B.A IYr	COMPLETED
78	R. SUSHMITHA	19033067156508	B.A IYr	COMPLETED

79	S. SHIRISHA	19033067156509	B.A IIYr	COMPLETED
80	U. PRAMEELA	19033067156511	B.A IIYr	COMPLETED
81	CH. SHIREESHA	19033067156513	B.A IIYr	COMPLETED
82	G. MAHESHWARI	19033067156514	B.A IIYr	NOT COMPLETED
83	U. MOUNIKA	19033067156515	B.A IIYr	COMPLETED
84	B. GEETHA	19033067405001	B.COM IIYr	COMPLETED
85	G. AKHILA	19033067405002	B.COM IIYr	COMPLETED
86	G. CHANDANA	19033067405003	B.COM IIYr	COMPLETED
87	G. GOUTHAM	19033067405004	B.COM IIYr	COMPLETED
88	J. SWAPNA	19033067405005	B.COM IIYr	COMPLETED
89	K. SHIVALEELA	19033067405008	B.COM IIYr	COMPLETED
90	M. MAMATHA	19033067405009	B.COM IIYr	COMPLETED
91	MD HASEENA	19033067405010	B.COM IIYr	COMPLETED
92	A PRAMEELA	19033067405501	B.COM IIYr	COMPLETED
93	CAKILA	19033067405505	B.COM IIYr	COMPLETED
94	D LAVANYA	19033067405506	B.COM IIYr	COMPLETED
95	G ARCHANA	19033067405507	B.COM IIYr	COMPLETED
96	G PRAKASHI	19033067405508	B.COM IIYr	COMPLETED
97	K NIKITHA	19033067405509	B.COM IIYr	COMPLETED
98	K BHAVANI	19033067405512	B.COM IIYr	COMPLETED
99	M APARNA	19033067405513	B.COM IIYr	COMPLETED
100	M SHIREESHA	19033067405514	B.COM IIYr	COMPLETED
101	MOHD SALMA	19033067405515	B.COM IIYr	COMPLETED
102	P MOUNIKA	19033067405521	B.COM IIYr	COMPLETED
103	S KAVYA	19033067405522	B.COM IIYr	COMPLETED
104	V NANDINI	19033067405524	B.COM IIYr	COMPLETED

  
**PRINCIPAL**  
 Govt. Degree College  
 Shadnagar,  
 Ganga Reddy Dist.

**Principal**

**STUDENTS ATTENDANCE  
CERTIFICATE COURSE ON YOGA**

**CONDUCTED BY WOMEN EMPOWERMENT CEL FOR THE ACADEMIC YEAR 2020-2021 (08-02-2021 to 03-03-2021)**

S.NO	NAME OF STUDENT	ENROLLMENT NUMBER	8/2	9/2	10/2	11/2	12/2	13	15	16	17	18	19	20	22	23	24	25	27	28	1/3	2/3	3/3	3/3	
1	B.UMA	20033067904001	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	3/3
2	M.SAMEENA	20033067904012	P	P	P	P	A	P	P	P	P	P	P	A	P	A	A	P	P	P	P	P	A	P	3/3
3	P.BHAVANI	20033067904018	P	P	A	P	P	P	P	P	P	P	P	A	P	A	A	P	P	P	P	A	P	P	3/3
4	RESHMA	20033067904019	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	3/3
5	U.SANDHYA RANI	20033067904020	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	3/3
6	D. MOUNIKA	20033067441002	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	3/3
7	K. NANDINI	20033067441004	P	P	P	P	P	A	A	A	A	A	A	A	A	A	A	P	P	P	P	P	P	P	3/3
8	K.AKHILA	20033067441005	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	3/3
9	P. RAMESHWARI	20033067441006	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	3/3
10	A. SRAVANI	20033067468001	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	3/3
11	E. PRAGNYA	20033067468002	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	3/3
13	G PRASANNA	20033067129004	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	3/3
14	NAZIA BEGUM	20033067129007	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	3/3
15	SANA BEGUM	20033067129009	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3/3
16	SHEEMA MAIMUNA	20033067129010	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	3/3
17	TARRANUM BEGUM	20033067129012	P	P	P	P	P	P	P	A	P	P	P	A	P	A	P	P	P	P	P	P	P	P	3/3
18	Y SUSHMITHA	20033067129014	P	P	P	A	A	P	A	A	A	A	A	A	A	A	A	P	P	P	A	A	P	P	3/3
19	YASMEEN BEGUM	20033067129015	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3/3
20	A PRATHYUSHA	20033067129502	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	3/3
21	B RAJITHA	20033067129503	A	P	P	P	P	P	A	P	A	A	P	A	P	P	P	A	P	P	P	P	P	P	3/3
22	B JYOTHI	20033067129505	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	3/3
23	B MAHESHWARI	20033067129508	P	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	3/3

S.NO	NAME OF STUDENT	ENROLLMENT NUMBER	8/2	9/2	10/2	11/2	12/2	13	15	16	17	18	19	20	22	23	24	25	27	28	1/3	2/3	3/3	Signature		
24	J RAJESHWARI	20033067129512	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Rajeshwari	
25	K PRIYANKA	20033067129515	P	P	P	P	P	P	P	A	A	A	A	P	A	P	P	P	P	P	P	P	A	P	Priyanka	
26	K SWATHI	20033067129516	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	Swathi	
27	K ROJA	20033067129517	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	ROJA	
28	M NANDINI	20033067129519	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Nandini	
29	N SUNITHA	20033067129521	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sunitha	
30	P JYOTHI	20033067129522	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	Jyothi	
31	S VARA LAXMI	20033067129525	A	P	P	P	P	P	P	P	A	P	A	P	P	A	P	A	P	P	P	P	P	P	Vara Laxmi	
32	S DIVYA	20033067129527	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	Divya	
33	B ANITHA	20033067405001	P	P	P	P	A	P	A	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	Anitha	
34	B SUMA	20033067405002	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Suma	
35	C MANISHA	20033067405003	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Manisha	
36	C ANUSHA	20033067405004	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anusha	
37	C SUPRIYA	20033067405005	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	Supriya	
38	G SUSHMITHA	20033067405007	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	Sushmitha	
39	M SWETHA	20033067405008	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	Swetha	
40	M LAXMI	20033067405010	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	Laxmi	
41	S RENUKA	20033067405012	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	Renuka	
42	V PRATHYUSHA	20033067405014	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	Prathyusha	
43	K.SHIREESHA	19033067445001	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	Shireesha	
44	N. SINDHUJA	19033067445002	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sindhujha	
45	P.SUREKHA	19033067445003	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	Surekha	
46	ASHWINI	19033067445501	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	Ashwini	
47	B. AKHILA	19033067445502	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	Akhila	
48	G. PREMA LATHA	19033067445504	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	Prema Latha
49	K.ANITHA	19033067445505	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anitha

S.NO	NAME OF STUDENT	ENROLLMENT NUMBER	8/2	9/2	10/2	11/2	12/2	13	15	16	17	18	19	20	22	23	24	25	27	28	1/3	2/3	3	3	
50	K. MAMATHA	19033067445506	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	3 1 use 3
51	K. MOUNIKA	19033067445507	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	3 3
52	K. DIVYA	19033067445508	A	P	P	P	A	P	A	A	A	A	A	A	A	A	A	A	P	P	P	A	P	P	3 3
53	M. AKHILA	19033067445511	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
54	M. APARNA	19033067445515	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	3 3
55	M. NAVANEETHA	19033067445516	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	3 3
56	P. ANUSHA	19033067445517	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	3 3
57	P. MAMATHA	19033067445518	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	3 3
58	S.SWATHI	19033067445519	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
59	Y. NEERAJA	19033067445521	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	3 3
60	A SRILATHA	19033067129501	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
61	B BHARGAVI	19033067129502	A	P	P	A	P	P	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	3 3
62	B UMA MAHESHWARI	19033067129504	P	P	P	P	A	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	P	P	3 3
63	C MOUNIKA	19033067129505	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	3 3
64	D SANDHYA	19033067129507	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
65	G CHANDANA	19033067129510	A	P	P	P	A	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	3 3
66	J KALPANA	19033067129512	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
67	K DIVYA	19033067129514	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
68	K DIVYA	19033067129517	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	3 3
69	K SRILATHA	19033067129522	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	3 3
70	M MOUNIKA	19033067129525	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	3 3
71	M RANI	19033067129527	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3
72	P SARITHA	19033067129531	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	3 3
73	S SHIREESHA	19033067129538	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	A	P	3 3
74	S MOUNIKA	19033067129539	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	3 3
75	U SWAPNA	19033067129540	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	3 3

S.NO	NAME OF STUDENT	ENROLLMENT NUMBER	8/2	9/2	10/2	11/2	12/2	13	15	16	17	18	19	20	22	23	24	25	27	28	1/3	2/3	3	3		
76	G. NANDINI	19033067156502	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	Signa / Eura	
77	P. NAVANEETHA	19033067156506	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	9 Nov	
78	R. SUSHMITHA	19033067156508	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	Navani	
79	S. SHIRISHA	19033067156509	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	Susmi	
80	U. PRAMEELA	19033067156511	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shiviy	
81	CH. SHIREESHA	19033067156513	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	Rozary	
82	G. MAHESHWARI	19033067156514	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	CH. Shi
83	U. MOUNIKA	19033067156515	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	Mahes	
84	B. GEETHA	19033067405001	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	MOUNIK
85	G. AKHILA	19033067405002	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Geethi
86	G. CHANDANA	19033067405003	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	AKHILA
87	G. GOUTHAM	19033067405004	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	MAHES
88	J. SWAPNA	19033067405005	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	Gowth
89	K. SHIVALEELA	19033067405008	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	J. Swa
90	M. MAMATHA	19033067405009	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	SWAPNA
91	MD HASEENA	19033067405010	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	MD HASEENA
92	A PFAMEELA	19033067405011	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	AKHILA
93	CAKILA	19033067405505	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	CAKILA
94	D LAVANYA	19033067405506	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	D LAVANYA
95	G ARCHANA	19033067405507	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	G ARCHANA
96	G PRAKASHI	19033067405508	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	G PRAKASHI
97	K NIKITHA	19033067405509	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	K NIKITHA
98	K BHAVANI	19033067405512	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	K BHAVANI
99	M APARNA	19033067405513	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	M APARNA
100	M SHIREESHA	19033067405514	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	M SHIREESHA
101	MOHD SALMA	19033067405515	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	MOHD SALMA

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102	P MOUNIKA	19033067405521	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	3 / 3 3 P Mounika
103	S KAVYA	19033067405522	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P S Kavya
104	V NANDINI	19033067405524	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P Nandini

M. S. S. S.  
WEC COORDINATOR

S. S. S. S.  
PRINCIPAL



**GDC SHADNAGAR**

*Ranga Reddy - Dist*



**WOMEN**  
EMPOWERMENT CELL

*Certificate Course on YOGA*  
**Certificate of Participation**

*This is to Certify that ----- has participated in  
Certificate Course on Yoga which is conducted by Women Empowerment Cell in this Academic Year  
2020 - 21. In this course his/her performance is Excellent.*

Women Empowerment Cell

Principal







Government Degree College, Shadnagar

Certificate Course on Yoga

2020-21

