

MKR GOVT. DEGREE COLLEGE (Accredited with B⁺⁺ Grade by NAAC, ISO 9001-2015) Affiliated to Mahatma Gandhi University DEVARAKONDA, NALGONDA, TELANGANA



A REPORT

ON

Certificate Course in Basic Yoga



ORGANIZED

BY

Department of Physics



MKR GOVT. DEGREE COLLEGE (Accredited with B⁺⁺ Grade by NAAC, ISO 9001-2015) Affiliated to Mahatma Gandhi University DEVARAKONDA, NALGONDA, TELANGANA



S.No	Title of the Certificate Course	Duration & Dates	Academic Year
1	Basic Yoga	30 Days(19-04-2023 to 08-05-2023)	2022-23
2	Basic Yoga	30 Days(01-06-2022 to 18-06-2022)	2021-22
3	Basic Yoga	30 Days(08-02-2021 to 24-02-2021)	2020-21



MKR GOVT. DEGREE COLLEGE (Accredited with B⁺⁺ Grade by NAAC, ISO 9001-2015) Affiliated to Mahatma Gandhi University DEVARAKONDA, NALGONDA, TELANGANA



A Report on Certificate Course in Basic Yoga from 19-04-2023 to 08-05-2023.



2022-23

Organized

By

Department of Physics collaborating with Vedik Yog Peeth Trust, Nalgoda



MKR GOVERNMENT DEGREE COLLEGE

DEVARAKONDA (Dist. NALGONDA) - 508 248



CERTIFICATE COURSE ON BASIC YOGA

MKR Government Degree College, Devarakonda in association with Vaidik Yogpeeth Trust Nalgonda, is offering Certificate Course in Yoga with an aim to import basic concepts of Health and Yoga. Vaidik Yogpeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes and camps on Physical & Mental Health in the college.

Course Details:

Name of the Certificate Course: Basic Yoga

Duration: 30 Hours

Period: 19-04-2023 to 08-05-2023

Course Introductory Session: 19-04-2023

Course Objectives:

- > To describe the basic principles and practice of yoga.
- > To attain both physical and mental health through yoga.
- > To enable the student to have good health.
- > To practice mental hygiene.
- > To possess emotional stability.
- To integrate moral values.
- > To attain higher level of consciousness

Resource Person :	Sri M .Karunakar, Yoga guru, Vaidik Yogpeeth Trust , Nalgonda
Organising Committee	Sri G.Linga Reddy Lecturer in Physics
	Smt. S.Sarada Devi, Asst prof of Commerce
	Smt. Dr.M.Alivelu, Asst Prof of Chemistry
Advisory Committee:	Sri. N. Bala Naik, Asst prof of Commerce
	Smt Sk. Arifa, Lecturer in Mathematics
	Smt K.Renuka, Lecturer in History
Technical Assistant:	Sri. B.Suresh Kumar, Lecturer in Computer Science
Chairperson:	Dr.Ch.Rama Raju, Principal.





GPS Map Camera

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Devarakonda, Telangana, India 12-237, Mission compound Road, Devarakonda, Telangana 508248, India Lat 16.699609° Long 78.908651° 20/04/23 12:44 PM GMT +05:30

GPS Map Camera

Devarakonda, Telangana, India 12-237, Mission compound Road, Devarakonda, Telangana 508248, India Lat 16.6996° Long 78.90866° 20/04/23 01:10 PM GMT +05:30

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Day-15
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- Day: 1: Introduction of Yoga
- Day: 2: Meditation
- Day: 3: Sukshmavyayama
- Day: 4: Pranayama
- Day: 5: Practice of Asanas
- Day: 6: Brief introduction to human body
- Day: 7: Practice of Mudras and Bandha
- Day: 8: Yoga towards the health and diseases
- Day: 9: Practice of Asanas
- Day: 10: Practice of Nadi Shudhi

Day: 11: Meditation

Day: 12: Practice of Asanas

Day: 13: Practice of Asanas

Day: 14: Practice of Asanas

Day: 15: Practice of Asanas

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S.No	NAME OF THE STUDENT	1	Group	Signature of the candidate
1	A.Krishna	H.T NO. 20044026129502	B.A(EHP) III Year	1 brishpa
2	N.Srinkath		B.A(EHP) III Year	11 crikanto
3	D.Jawaharalal		B.A(EHP) III Year	D. Jawahaxa al
4	M.Srinu		B.A(EHP) III Year	M. WINH
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7	A.Pavithra	20044026405002	College States and a literative states and a second states and a second states and a second states and a second	A. Pavisting.
8	K.Anusha	2004402640500		K. Anutha
9	G.Bhavani	20044026405004		Bhayani
10	K.Anil	20044026405010		K. Anil
11	Bhagya	20044026405013	Second March 1	Bhagya
12	P.Shravan Kumar Reddy	20044026405014	B.Com III Year	Gravens
13	V.Mahesh	20044026405039	B.Com III Year	V.maheth
14	V.Venu	2004402640501		Villeny
15	N.Balram	20044026405044	B.Com III Year	Balsary
16	K PADMA	2004026405012	B.Z.C III Year	K. Palnta.
17	D MAHESHWARI	2004026445014	B.Z.C III Year	D. Makestinan
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19	V ROJA	2004026445032	B.Z.C III Year	. V. Roja
20	E.Kotesh	2004026468005	MPCS III Year	Eikotelh.
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21	NAZMA SHAIK	2004026468016	MPCS III Year	Masye there
22		2004026468017	MPCS III Year	Nateen.
23	N.Naveen	2004026468018	MPCS III Year	ASWA
24	N.Surendhar N.Hymavathi	2004026408018	MPCS III Year	Nottymavaths

Sample Certificate





Certificate Course

2021-22

DEPARTMENT OF PHYSICS

DEVARAKONDA

MKR GOVERNMENT DEGREE COLLGE

MKR GOVERNMENT DEGREE COLLEGE, DEVARAKONDA

Certificate Course on Basic Yoga

Course description

Yoga is a practice based on an extremely subtle science, which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical, mental and emotional well being. Yoga paves the way to discover the self, the external world and the nature. It is an art and science for healthy living. Yoga has several benefits including education, health and stress management. Keeping this in mind, a certificate program in Yoga is being launched by MKR Government Degree College, Devarakonda in association with VADIC YOGAPEETH TRUST, Nalgonda.

Duration of the Course: 30 Hrs. (Theory and Practice)

Objectives of the course: After going through this particular program the learner should able to

- To learn and achieve the basic principles and practice of yoga.
- To attain both physical and mental health through Yoga.
- > To enable the student to have good health.
- > To practice mental hygiene.
- > To possess emotional stability.
- > To integrate moral values.
- > To attain higher level of consciousness.

arning Outcomes

- The student will be able to demonstrate proficiency at the poses covered in syllabus (at a basic level)
- The student will increase their dynamic flexibility in the work outcomes.
- The student will get and experience proper breathing techniques.
- Synchronize the mind and body.

Assessment of performance

- Certificate of completion will be given to the students who attend all the classes and demonstrated well at end of course duration.
- Viva question for the theory and demonstration of practice is being observed by two examiners (one internal and one external).

vernment Degree College, Devarakonda, Nalgonda, Dt. 508248

Certificate Course on Basic Yoga

Syllabus

The course is designed on the basis of learning hours required by an average student.

Theory- 10 Hours

Unit 1 – Introduction to Yoga

- Yoga, definition, aims, and objectives.
- Rules and regulations to be followed by yoga practitioners.
- Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)

Unit 2 – Yoga for Health Promotion

- Brief introduction to human body
- Role of yoga for health promotion
- Yogic attitudes and practices
- Holistic approach of yoga towards the health and diseases
- Introduction to yoga diet and its relevance and importance in yoga Sadhana
- Dinacharya and Ruthucharya with respect of yogic Lifestyle

Practice- 20 Hours

- Practice of Sukshmavyayama
- 2. Practice of Surya Namaskar
- 3. Practice of Asanas
 - A. Practice of Halasana
 - B. Practice of Pawanmuktasana
 - C. Practice of Bhujangasana
 - D. Practice of Shalabhasana
 - E. Practice of Gomukhasana
 - F. Practice of Vakrasana
 - G. Practice of Ustrasana
 - H. Practice of Mandukasana
 - I. Practice of Shashankasana
 - J. Practice of Janusirasana
 - K. Practice of Vrukshasana
 - L. Practice of Padahastasana
 - M. Practice of Paschimottansana

- 4. Practice of Nadi Shudhi
- 5. Practice of Mudras and Bandha
- 6. Pranayamas
- 7. Meditation

Reference Books:

- 1. Light on Yoga by B.K.S. Ayengar, HarperCollins India, 2006
- The Yoga Sutras of Patanjali by Sri Swami Satchidananda, Integral Yoga Publications, 1999.

much 111 PRINCIPAL (FAC) M.K.B. Government Degree College, Devarakonda, Nalgonda. Dt. 508248



MIKR GOVERNMENT DEGREE COLLEGE DEVARAKONDA (Dist. NALGONDA) - 508 248



CERTIFICATE COURSE ON BASIC YOGA

MKR Government Degree College, Devarakonda in association with Vaidik Yogpeeth Trust Nalgonda, is offering Certificate Course in Yoga with an aim to import basic concepts of Health and Yoga.

Vaidik Yogpeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes and camps on Physical & Mental Health in the college.

Course Details:

Name of the Certificate Course: Basic Yoga Duration: 30 Hours Period: 01-06-2022 to 18-06-2022 Course Introductory Session: 01-06-2022

Course Objectives:

- To describe the basic principles and practice of yoga.
- To attain both physical and mental health through yoga.
- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness

Resource Person:	Sri M .Karunakar, Yoga guru, Vaidik Yogpeeth Trust , Nalgonda
Organising Committee	e: Sri G.Linga Reddy Lecturer in Physics
	Smt. S.Sarada Devi, Asst prof of Commerce
	Smt. Dr.M.Alivelu, Asst Prof of Chemistry
Advisory Committee:	Sri. N. Bala Naik, Asst prof of Commerce
	Smt Sk. Arifa, Lecturer in Mathematics
	Smt K.Renuka, Lecturer in History
Technical Assistant:	Srí. B.Suresh Kumar, Lecturer in Computer Science

Chairperson:

Dr.Ch.Rama Raju, Principal.

Ukawafat

PRINCIPAL (FAC) M.K.R. Government Degree College, Devarakonda, Nalgonda, Dt. 508240

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Day: 1: Introduction of Yoga

Day: 2: Meditation

Day: 3: Sukshmavyayama

Day: 4: Pranayamas

Day M. Practice of Asanas

Day: 6 : Brief introduction to human body

Day: 7: Practice of Mudras and Bandha

Day: 8: Yoga towards the health and diseases

Day: 9: Practice of Asanas

Day: 10: Practice of Nadi Shudhi

Day: 11: Meditation

Day: 12: Practice of Asanas

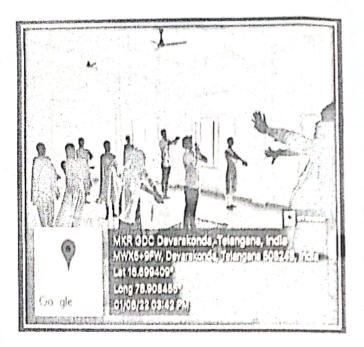
Day: 13: Practice of Asanas

Day: 14: Practice of Asanas

Day: 15: Practice of Asanas

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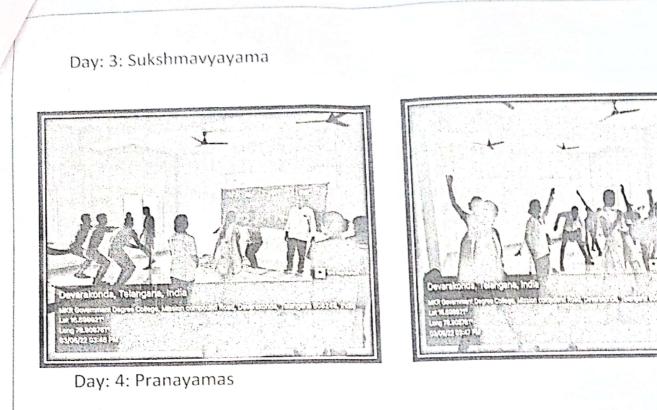


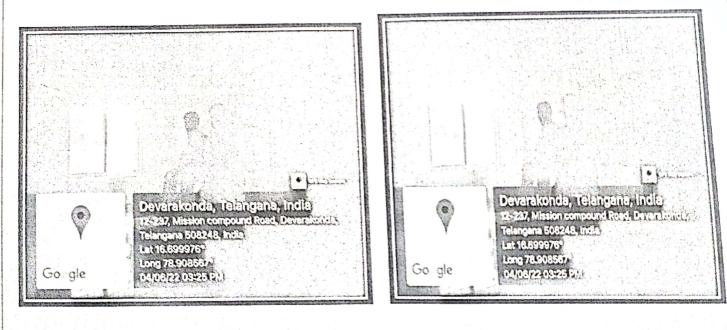




Day:2: Meditation

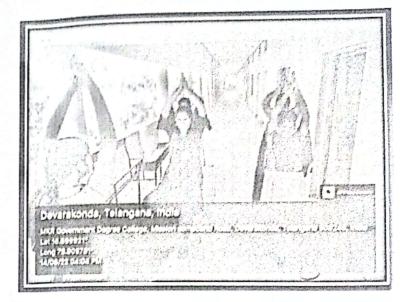




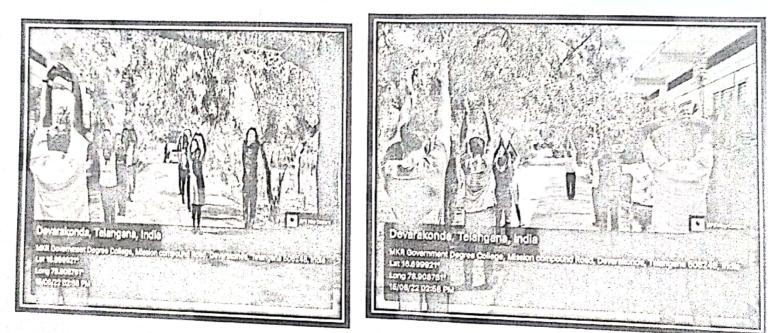


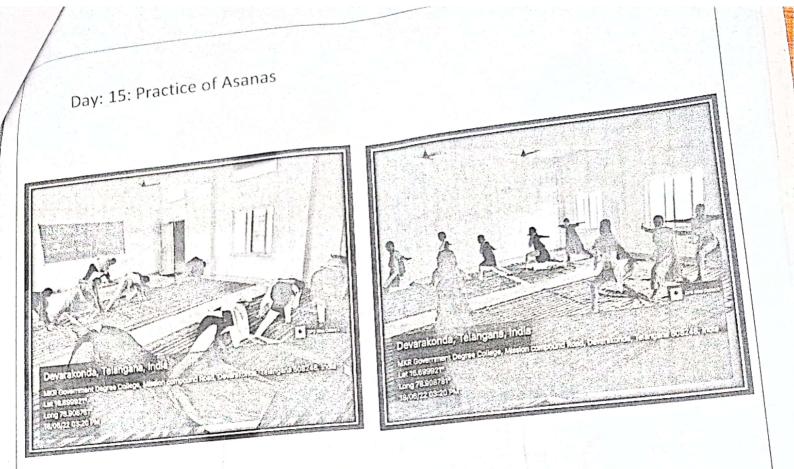
Day: 11: Meditation





Day: 12: Practice of Asanas





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MKR GOVERNMENT DEGREE COLLEGE DEVARAKONDA, NALGONDA (DIST)

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IN BASIC YOGA

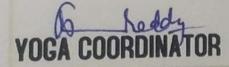
This Certificate is proudly presented to



of class BSC(BZC) 1st YEAR bearing the roll no. 210440264451023 has completed certificate course in "BASIC YOGA", conducted during 01 - 18 June, 2022.

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VAIDIK YOGPEETH TRUST



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		Certificate Cou	and a second	
		2021-		
		List of Can		the second of sta
.No	NAME OF THE STUDENT	H.T.NO.	Group	Signature of the candidate
1	WAHAJ HANEEF MOHAMMED	20044026129018	B.A(EHP) 2nd year	Vahort bert
2	K PADMA	2004026405012	B.Z.C 2nd year	padma
3	D MAHESHWARI	2004026445014	B.Z.C 2nd year	Mahr
4	M BHAGYA	2004026445016	B.Z.C 2nd year	Bagya
5	V ROJA	2004026445032	B.Z.C 2nd year	Rojá
6	MAKHIL	2004026468014	M.P.Cs 2nd Year	Nazma
7	NAZMA SHAIK	2004026408016	M.P.Cs 2nd Year	Ashwini
8	D ASHWINI	21040264681008	M.P.Cs 1st Year	Mounika
9	I ANUSHA	21040264681012	M.P.Cs 1st Year	foil
10	N MOUNIKA	21040264681021	M.P.Cs 1st Year	Nour
11		21040264681023	M.P.Cs 1st Year	Anic
17	R MAHENDRA	21040264681024	M.P.Cs 1st Year	- Naha Shahir
13	SHAHEEN SHAIK	21040264681028	M.P.Cs 1st Year	Anu
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1	5 V NAVEENA	21040264681032		
1	7 K NARESH	21040264681034		Nasch
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	24 K KAVYA		B.Com(CA) 1st Year	Havinga -Alay
	25 B AJAY	21040261291008	B.A(EHP) 1st Year	Y94

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MKR Government Degree College, Devarakonda

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MKR Govt. Degree College DEVARAKONDA, MILGONDA DIST.



Certificate Course

2020-21

DEPARTMENT OF PHYSICS

DEVARAKONDA

MKR GOVERNMENT DEGREE COLLGE





Memorandum of Agreement

Between

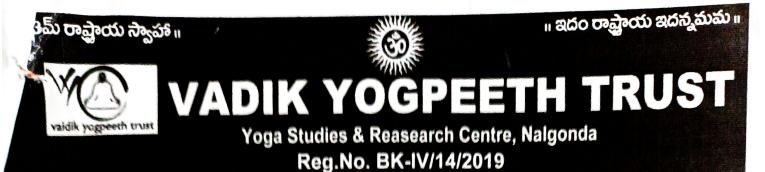
MKR Government Degree College

Devarakonda

&

Vaidik Yogpeeth Trust

Nalgonda.



కేంద్ర కార్యాలయం : 6-1-196/8, బోయవాద, నల్లగొంద. తెలంగాణ, దూరవాణి: 9989982335 Email : vaidikyogpeethtrust@gmail.com. Website: vaidikyogpeethtrust.org

Date : 03.02.2021

MEMORANDUM OF UNDERSTANDING

We, the MKR Government Degree College, Devarakonda, Nalgonda District and Vaidik Yogpeeth Trust, Nalgonda District hereby declare that both organizations are rendering social service in their respective capacity have come together to execute a memorandum of understanding to carry on the activities noted below.

- 1. We, would like to organise, the regular yogic exercises to our students such as Asanas, Pranayama, Meditation and Shatkriyas.
- 2. We would like to have certificate course in yoga, training Programs and yoga camps to be held in college campus.
- 3. We want to help, students to cultivate & develop the power of concentration with the cooperation of Vaidik Yogpeeth Trust.
- 4. We aim at physical fitness and overall development of student's personality of both mental and physical. We need counseling services from Vaidik Yogpeeth Trust.
- 5. The certificates would be issued to students, those who take part in various activities
- 6. Both organizations do not have any commercial considerations, but will aim at rendering of social service. The agreement shall be terminated as and when one of the organizations wish to do so.
- 7. This MOU is executed on 03-02-2021 in the presence of both the parties and witness for the duration of 3 Years.

WITNESS The Carmath). 2)

PARTIES

For: VAIDIK Y Founder Trustee

Rancha

PRINCIPAL (FAC) M.K.R. Government Degree College, Devarakonda, Nalgonda. Dt. 508148

Place: Nalgonda

MKR GOVERNMENT DEGREE COLLEGE, DEVARAKONDA

Certificate Course on Basic Yoga

Course description

Yoga is a practice based on an extremely subtle science, which focuses on bringing harmony between mind, body and spirit. It is a very powerful means to achieve physical, mental and emotional well being. Yoga paves the way to discover the self, the external world and the nature. It is an art and science for healthy living. Yoga has several benefits including education, health and stress management. Keeping this in mind, a certificate program in Yoga is being launched by MKR Government Degree College, Devarakonda in association with VADIC YOGAPEETH TRUST, Nalgonda.

Duration of the Course: 30 Hrs. (Theory and Practice)

Objectives of the course: After going through this particular program the learner should able to

- > To learn and achieve the basic principles and practice of yoga.
- > To attain both physical and mental health through Yoga.
- > To enable the student to have good health.
- > To practice mental hygiene.
- > To possess emotional stability.
- > To integrate moral values.
- > To attain higher level of consciousness.

Learning Outcomes

- The student will be able to demonstrate proficiency at the poses covered in syllabus (at a basic level)
- The student will increase their dynamic flexibility in the work outcomes.
- The student will get and experience proper breathing techniques.
- Synchronize the mind and body.

Assessment of performance

- Certificate of completion will be given to the students who attend all the classes and demonstrated well at end of course duration.
- Viva question for the theory and demonstration of practice is being observed by two examiners (one internal and one external).

ChRonner

PRINCIPAL (FĂC) M.K.R. Government Degree Collins Devarakonda, Nalgonda, Dt. 505249

For: VAIDIK YOGPEETH TRUST

Certificate Course on Basic Yoga

Syllabus

The course is designed on the basis of learning hours required by an average student.

Theory- 10 Hours

Unit 1 – Introduction to Yoga

- Yoga, definition, aims, and objectives.
- Rules and regulations to be followed by yoga practitioners.
- Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)

Unit 2 – Yoga for Health Promotion

- Brief introduction to human body
- Role of yoga for health promotion
- Yogic attitudes and practices
- Holistic approach of yoga towards the health and diseases
- Introduction to yoga diet and its relevance and importance in yoga Sadhana
- Dinacharya and Ruthucharya with respect of yogic Lifestyle

Practice- 20 Hours

- 1. Practice of Sukshmavyayama
- 2. Practice of Surya Namaskar
- 3. Practice of Asanas
 - A. Practice of Halasana
 - B. Practice of Pawanmuktasana
 - C. Practice of Bhujangasana
 - D. Practice of Shalabhasana
 - E. Practice of Gomukhasana
 - F. Practice of Vakrasana
 - G. Practice of Ustrasana
 - H. Practice of Mandukasana
 - I. Practice of Shashankasana
 - J. Practice of Janusirasana
 - K. Practice of Vrukshasana
 - L. Practice of Padahastasana
 - M. Practice of Paschimottansana

- Practice of Nadi Shudhi
- 5. Practice of Mudras and Bandha
- 6. Pranayamas
- 7. Meditation

Reference Books:

- 1. Light on Yoga by B.K.S. Ayengar, HarperCollins India, 2006
- The Yoga Sutras of Patanjali by Sri Swami Satchidananda, Integral Yoga Publications, 1999.

ChRomakay.

For: VAIDIK YOGPEETH TRUST



MKR Govt. Degree College Devarakonda, Nalgonda Dist.



CERTIFICATE COURSE ON BASIC YOGA

MKR Government Degree College, Devarakonda in association with Vadic Yogapeeth Trust, Nalgonda, is offering a Certificate Course in Yoga, with an aim to impart basic concepts of Health and Yoga.

Vadic Yogapeeth Trust, Nalgonda, is a Non- Governmental Organization (NGO), conducts Yoga classes & camps on Physical & Mental Health in the College.

Course Details:

Name of the Certificate Course: **Basic Yoga** Duration: **30 Hours** Period: **08- 24, February 2021** Course Introductory Session: **08-02-2021**

- Course Objectives:
 - > To describe the basic principles and practice of yoga.
 - > To attain both physical and mental health through Yoga.
 - > To enable the student to have good health.
 - To practice mental hygiene.
 - To possess emotional stability.
 - > To integrate moral values.
 - > To attain higher level of consciousness.

Resource Person: Sri M .Karunakar, Yoga guru, Vedic Yogapeeth Trust, Nalgonda

Organising Committee:Sri G. Lingareddy, Lecturer in Physics
Smt. S. Sarada Devi, Asst Prof of Commerce
Sri J. Viswanadh Kumar, Asst Prof of Telugu, NCC, ANO.Advisory Committee:Sri N. Bala Naik, Asst Prof of Commerce
Smt Sk Arifa, Lecturer in Mathematics
Smt K Renuka, Lecturer in History

Technical Assistant: Sri R. Shiva Krishna, TSKC FTM Chairperson: Dr Ch Rama Raju, Principal.

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PRINCIPAL (FAC) M.K.R. Government Degree College, Vevarakonda, Nalgonde: Bt: 505 253

For: VAIDIK YOGPEETH TRU Founder Trustee

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		List of Candidates	DEVAR
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2	18044026445012	M.Shiva Kuamr	M, Shive Kymon
3	18044026445015	P.Srikanth	P. Sollanth
4	18044026445505	G.Dinesh Kumar	Con Dinash & umat
5	18044026445506	G.Prasanna	G. prasama
6	18044026445508	M.Naga Raju	M. Nage Raju
7	18044026445512	R.Mothilal	R. Mothial
8	18044026445513	R.Sindhu	R.Singhu
9	18044026468006	B.Ramanjulu	B. Paman Jules
10	18044026468009	G.Naga Raju	Gi Nago rayu.
11	18044026468011	G.Kiran Kumar	G.Kiran kumar
12	18044026468012	I .Praveen Kumar	I. Proveen Kumar
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15	18044026468027	V.Praveen	V. praver
16	18044026468029	V.Rajendar	V. Rajeadan.
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21	18044026405030	V.Nagaraju	V. Nlægeoraju.
22	18044026405027	V.Prasanna	V. Ponsana
23	17044026405013	G.Vamshi	G-Vamshi ,
24	18044026401514	K.Dhanaiah	K. Dhamiah.
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27	18044026129013	P.Anil	(F. Huri
28	18044026129021	S.Sridhar	S. Gridhan.
29	18044026129504	E.Naveen	E. Navizzn
30	18044026129513	N.Sathish	N. Sathish.
31	18044026156508	K.Hari Krishna	K. Hari Krishng
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21	V.Nagaraju	B.Com (CA) III	V. Nagwin - V. Nageren Virlegeren V. Nagwin - V. Nagwing V.	

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25	B.Shiva	BA(EPP)III	B Shin	B. Shira	B. Shira R-Shira R. Shira B. Shira B. Shira B. Shira	R. Shiva	pulus.g	a. Show	R-2200	
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27	P.Anil	BA(EHP)III	RAul (R.D.G.1	RAUSIPANER PARI KANI AAKI PAR	PARI	LANY	GAR	P.A.K	
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29	E.Naveen	BA(EHP)III	R Naveon	7	ENGNER	E-Noner	ENGLEEN	E.Navera	ENANA	-
30	N.Sathish	BA(HHP)III	N. settich	N. Sothish	1. eather N. sathish N. sathish A. sathish N. satish N. Satish N. Satish	N.Satish	Al-Satta	N. Collin	N.Salis	PS-2
31	K.Hari Krishna	BA(HHP)III	when the	et bas eren K+ Hundern ket brite sans te Home wind to the was kot we brink the wind to	Let time and	te How with	de Henskinge	1 - Hubby	K4 bratin	ak -
32	R.Sravan	BA(HHP)III	R. SKOVAR	R. Showan R. Sravar R. Shavan R. Shavar R. Shavar R. Shavar R. Shavar	R-Skyrah	ABUPAL-A	R.SKeVan	10-Staval	A Sava	2

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