

## **2018- 2019**

1. A Field Trip to Electric power substation, Waddepally along with 15 students on 14/8/2018. The aim of the trip is to develop awareness among the students about the power supply to nearby houses of Waddepalli locality. The students have learnt about the process of distribution of power supply through feeders to nearby areas.



2. PG Entrance coaching is given to the students and as part of that an inaugural was held on 19/06/2019. This practice has been carried out by the department since past 5 years. In this academic year 13 students had been coached. 10 students secured PG seats in Physics at various universities across Telangana state.

## ఎమ్మెస్సీ ఫిజిక్స్ ప్రవేశ పరీక్షకు శిక్షణ

విద్యారణ్యపురి/కాజీపేట: హన్మకొండలోని పింగళి ప్రభుత్వ మహిళా కళాశాలలో ఫిజిక్స్ విభాగం ఆధ్వర్యంలో ఈనెల 20నూంచి ఎమ్మెస్సీ ఫిజిక్స్ ప్రవేశ పరీక్షకు ఉచిత శిక్షణ తరగతులు నిర్వహించనున్నట్లు ఆ కళాశాల ప్రెసిపాల్ డాక్టర్ బి.లీల మంగళవారం తెలిపారు. గత 5 సంవత్సరాలుగా ఇలా ఫిజిక్స్ ప్రవేశపరీక్షకు తమ కళాశాలలో ఉచితశిక్షణ ఇస్తున్నామన్నారు. ఈ అవకాశాన్ని ఎమ్మెస్సీ ఫిజిక్స్ ప్రవేశపరీక్షకు హాజరయ్యే విద్యార్థులు వినియోగించుకోవాలని కోరారు. ఈ ఉచిత శిక్షణ కోఆర్డినేటర్గా ఆ కళాశాల ఫిజిక్స్ విభాగం అధ్యాపకులు డాక్టర్ మార్క శంకర్నారాయణ వ్యవహరిస్తారన్నారు. పూర్తి వివరాలకు 9908416664లో సంప్రదించాలన్నారు.

**సాక్షి**  
ఆంధ్ర ప్రదేశ్

Wed, 19 June 2019

<https://epaper.sakshi.com/c/>

## 2017-2018

1. PG Entrance coaching is given to the students and as part of that an inaugural was held on 23/04/2018. This practice has been carried out by the department since past 4 years. In this academic year 7 students had been coached.



**2019-2020**

## **1. Fieldtrip to Regional science centre, telangana**

We visited Regional science center along with 20 students on 10-01-2020. Our students explored the physics principles behind the magics , they have seen there.





## 2. ONE DAY WORKSHOP ON “ APPLICATIONS OF RAMAN EFFECT IN DAILY LIFE ”

Science day is celebrated on 28-02-2020. Prof. D. Dinakar, Professor of Physics, NIT Warangal and Dr.N. Venkat Ramana, Retd. Principal are guests of the programme. The students have been enlightened about the importance of science and abolishment of superstitions prevailing in the society. A Quiz programme was conducted to the students of all streams and prizes were distributed to the first and second winning groups. And workshop was conducted on “ The applications of Raman Effect in daily life.”



**20-21**

**1. Art of living Navachethana one week online national workshop.**

**<sup>w</sup> PINGLE GOVERNMENT COLLEGE  
FOR WOMEN**

**WADDEPALLY, WARANGAL (URBAN)**

***DEPARTMENT OF PHYSICS***

**NAVACHETHANA NATIONAL LEVEL WORKSHOP**

**(ONLINE)**



*Enter to Learn, Leave to Serve*

**ONE WEEK WORKSHOP ON**

**YOGA & MEDITATION**  
**DT : 28-12-2020 to 2-01-2021**

# NAVACHETANA NATIONAL LEVEL WORKSHOP

We, The **DEPARTMENT OF PHYSICS & INTERNAL COMPLAINT CELL** of **PINGLE GOVERNMENT COLLEGE FOR WOMEN, WADDEPALLY** in association with **Sri Sri Ravishankar's ART OF LIVING FOUNDATION** have conducted one week national level online workshop on **YOGA, MEDITATION & PERSONALITY DEVELOPMENT** for all, from 28-12-2020 to 02-01-2021. We also telecasted this program through You tube live.

**Sri K.Gopalasarma Garu**, Art of living faculty from **Bhimavaram, West Godavari district, Andhra Pradesh** have taught different asanas, breathing techniques to improve concentration, immunity etc. He also extended lectures on personality development. Almost hundred students and thirty members of faculty have benefitted through this programme. Also the instructor, **Sri Sarma Garu** encouraged the students to do practice daily From 5 AM to 6PM through Zoom App.

In the valedictory function **Sri Dr. Marka Sankarnarayana**, former incharge of Physics Department has invited as chief guest. He joined the programme from US.

  			Pingle Government College for Women, Waddepally, Hanamkonda				
<b>Nav Chetna Workshop .online</b> (also called the Breath-Water-Sound workshop)			<b>Free Session</b>				
Date: 28-12-2020 to 02-01-2021 Time: 05:00 pm to 06:00 pm			Zoom ID : 837 0101 6120 Password : Will be shared to registered Participants				
Why Nav Chetna Shivir? To achieve and get ✓ Calm and Focused mind ✓ Energizing Pranayama's ✓ Boost Immunity ✓ Eliminate Stress & Anxiety ✓ Enjoy Present ✓ Relaxing through meditation & Yoga			<b>Google Form:</b> Fill the Gform and Join WhatsApp group provided in the Gform ↓ <a href="https://docs.google.com/forms/d/e/1FAIpQLScIMHUppaeM8EMOVUvC7G2e1eNa8rkp8x-yZcFHJuF0ZAszvg/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLScIMHUppaeM8EMOVUvC7G2e1eNa8rkp8x-yZcFHJuF0ZAszvg/viewform?usp=sf_link</a>				
 			 Mr. Kaligotla Gopala Sarma -Art Of Living Faculty			 Dr. G.Raja Reddy -Principal	 Mrs. Goparaju Savitri -HOD Physics Dept & ICC Convenor
			Contact Details : 7842498036 (Goparaju Savitri) 9290719983 (Gopala Sarma)				



### **ZOOM invitation for one week national workshop.:**

Gopala Sarma Kaligotla is inviting you to a scheduled Zoom meeting.

Topic: Goparaju Savitri Inviting Zoom for Nava Chetana Programme(Art Of Living)

Time: Dec 28, 2020 05:00 PM India

Join Zoom Meeting

<https://us02web.zoom.us/j/83701016120?pwd=Rk5wbIRxbzRFUloyMkdjcUFvNEFxQT09>

Meeting ID: 837 0101 6120

Passcode: 123456

### **Zoom invitation for daily sadhana:**

Gopala Sarma Kaligotla is inviting you to a scheduled Zoom meeting.

Topic: Daily Sadhana Morning 5 to 6.30

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting


<https://us02web.zoom.us/j/83453878042?pwd=ckhxdStUbmVqMHN6cWVCazgyNW1PUT09Me>  
eting ID: 834 5387 8042

Passcode: 359125





Close

## Participants (100)






Search

- 





Kruthi V (me)


- 





Gopala Sarma Kalig... (Host)


- 





<Goparaju Savitri> <Pingle G...


- 





4009 MPC K.sunitha


- 





4010 mpc Pravalika peggapu...


- 




4012 MPC Sabamuskan


- 

4105 Mpcs A.Manjula


- 

4106 Mpcs A.Sarika



Invite

## **YOUTUBE links of workshop**

<http://www.youtube.com/watch?v=9nrKyxVsVzQ> 28/12/2020

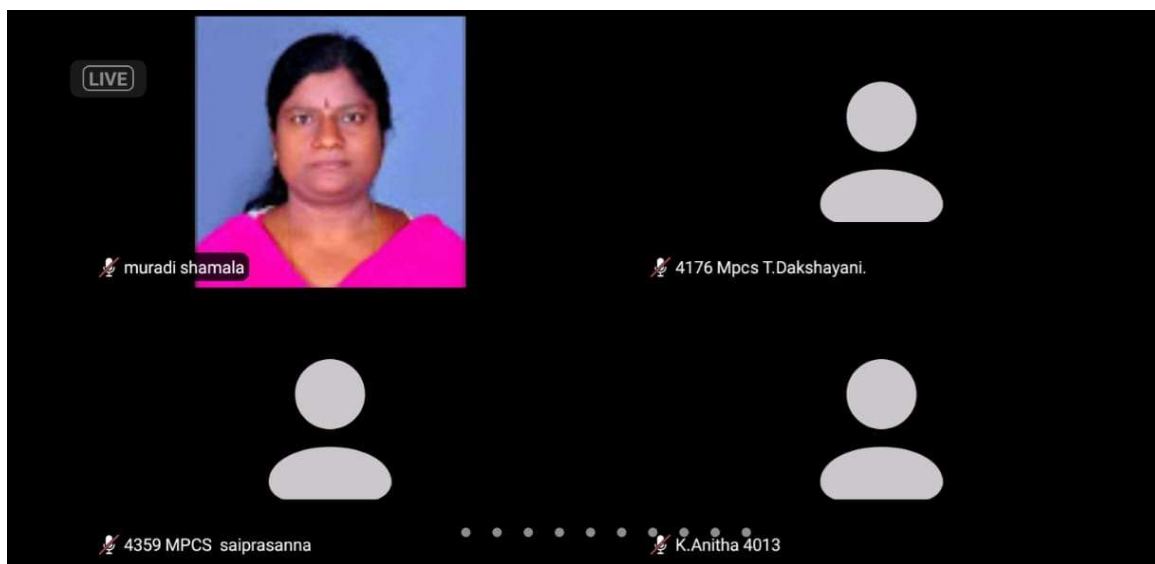
<https://youtu.be/N0Ym33EqtM0> 29/12/2020

<http://www.youtube.com/watch?v=jF-5aqkTung> 30/12/2020

<http://www.youtube.com/watch?v=-7a6ujcM7gk> 31/12/2020

<http://www.youtube.com/watch?v=nKA-mkQ7bNI> 1/1/2021

<http://www.youtube.com/watch?v=Kkjt6zBC94A> 2/1/2021



LIVE

Mankenashirisha4179

4166 Mpcs Pala sneha

Rapelli Deepthi 4208

Anitha Reddy



LIVE

Dr. N.Rajasree

4329 MPCs B Susmitha

4319Sripriya muppidi mpc

4357 G. Navya mpcs

HA

From Hajira Akhtar B.A [H.E.P]E/M (Direct Message)  
GOOD EVENING MAM.





















Zoom

Leave



Hajira Akhtar B.A [H.E.P]E/M



P.sreenidhi



Reshma4211



4364, MPCs, K. SHRUTHI

Unmute

Start Video

Share

Participants

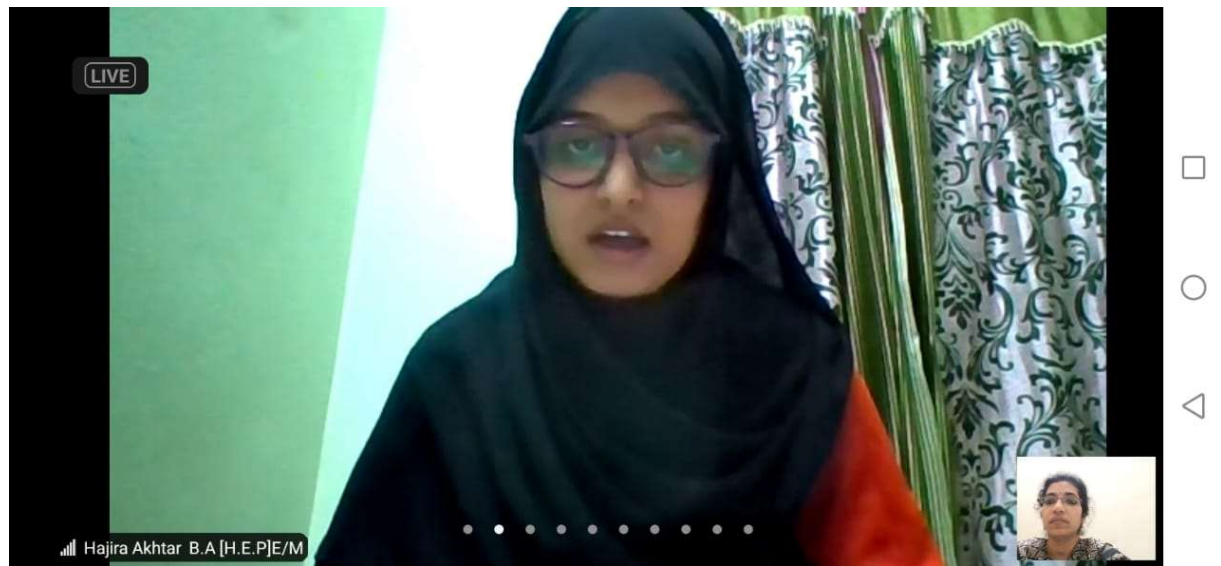
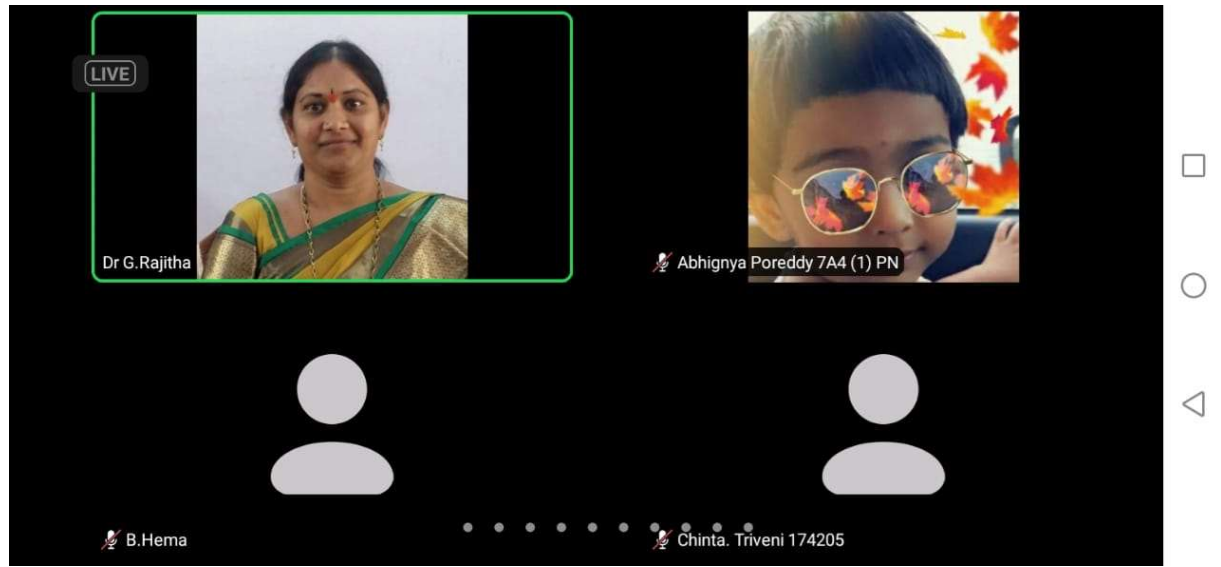
More

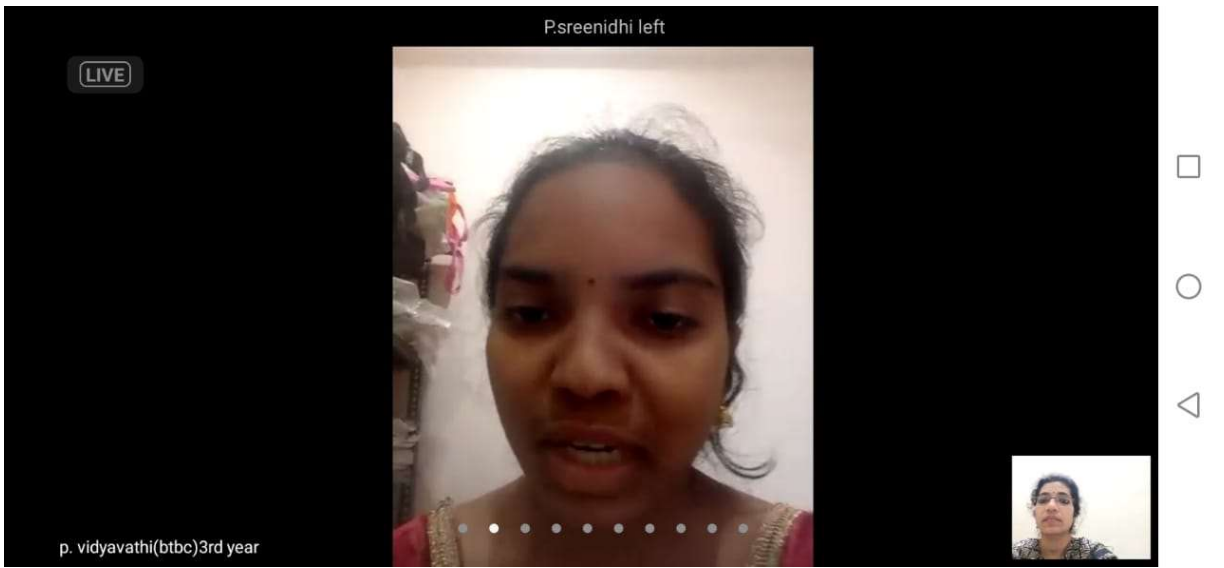






## FEEDBACK FROM STUDENTS & STAFF









## Art Of Living NavaChetan

Bhaskar, Bitla Pravallika, Fathima Madam,...



**Rajasri Physics**

Thank you very much Gopala Sharma  
guruvugaru 🙏 🙏 🙏 🙏

6:14 PM

From Pingle Government College for  
Women Warangal

6:14 PM

**Mogilicherla Mounika**

Tq sir and madams

6:19 PM

**Monica 2nd Year**

Thank you so much Sir for  
conducting this wonderful session  
🙏 🙏 .

6:19 PM

**Bitla Pravallika**

Thank you sir and Savitri mam  
snehalatha mam and rajasri mam for  
this wonderful session mam we  
promise that we will continue yoja  
and meditation every day

6:19 PM

Gopala Sarma Garu, Telugu Sir  
Thank you for one & all

6:20 PM





This is to certify that **Mrs.E.Kavitha** of G.D.C,  
Bhupalapally has successfully participated in one week online  
workshop "Nav Chetana " on yoga and meditation conducted by  
Department of Physics & ICC of



Pingle Government college for women, Waddepally in  
collaboration with

"The Art Of Living" from 28-12-2020 to 02-01 -2021



G. Savitree

Convenor

Smt. G. Savitri

Sri K. Gopala Sarma

AOL teacher

Sri.K.Gopala Sarma

G. Raja Reddy

Principal

Dr. G.Raja Reddy



## CERTIFICATE FOR PARTICIPATION

We have conducted one week online workshop on **Yoga & Meditation** in collaboration with **Sri Sri Ravishankar's Art of living foundation** from **28-12-2020** to **02-01-2021**. Art of living faculty **Sri Gopalasarma garu**