DEPARTMENT OF PHYSICAL EDUCATION

GOVERNMENT DEGREE COLLEGE FOR WOMEN NALGONDA



CERTIFICATE COURSE IN YOGA

FROM 08-02-2017 TO 20-02-2017

The department of physical education of Government Degree College for Women, Nalgonda organized a certificate course in Yoga from 08-02-2017 to 20-02-2017.

The schedule and time table for this certificate course as follows.

Daily 12-00 to 1-00 pm Theory class

Daily 3-30 to 5-30 pm Practical session.

Venue: College Play Ground

YOGA GURU: Y.SHANKARAIAH.

Chief Guest: - Dr. Alivelu Mangamma.

N. Bharadwaj SBI Manager

YOGA Convener: Sri. S. Raja Ram Librarian, GDC(W), Nalognda

Organising Secretary: Dr. Ch. Krishna Reddy, Physical Director

GOVERNMENT DEGREE COLLEGE FOR WOMEN-NALGONDA CERTIFICATE COURSE IN YOGA

SYLLABUS (30 Hours) – 2016-17

(Theory – 10 hours + Practice Session – 20 hours)

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANOTOMY AND PHISIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Aasana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

LIST OF THE STUDENTS

	TTENDANCE REGISTER C	Taras Tre		-	1	1	T					丰	1		600
		MONTH			-	-	-	+	+	+	+	+	-		1
	NAME OF THE	DATE INITIAL OF		_	-	-	\dashv	-	+	+	+	+	+	4	
ROLL NO.	STUDENT	LECTURER						-	4	_	-	_	1		
		NO. OF LECTURES	1	2	2	4	5	6	7	8	9	10	11	12	1
1	S. Rajeshwani (1	A Illyr)	x	Х	Х	X	×	X	X	×	a	X	+		
2_	T. Namada	1) 0	X	χ	X	X	a	X	×	×	X	X	-	_	_
3	k. prsyanka	n 1)	X	Х	X	X	X	χ	X				-		-
4	P. Santhoshini	11 0	X	X			X			X			-		-
5	G. Modhavi	11 11	X	X	X	X	X	X	7.4	X		X			-
6	J. Komali (B.S	c TIL year)	X	X	a		X		100	X	X	X		-	ļ
٦	cy. keesthi n	d.	×	X	Х	×	×	X	X		-	X		_	ļ
8	k shilpa r	ą	X	X	Х	X	X		X	X	Х	X			4
9	B. Navecha "	1]	X	X	X	a		X	X	X	X	X			1
10	E. Suritha .	1 11	X	X	X	X	λ	X	X	X	X	X		_	1
11	Heera Angum	, 11	X	X	×	X	X	_	X	x	X	a			
12	B. savitha	4 4	X	X	a	X	X	X	X	x	X	X			
13	R. Sherisha	11 11	x	X	X	X	X	X	×	χ	X	X			
14	V Sandhya	11	X	X	X	X	X	X	X	X	X	X			
15	14 1	4 0	X	x	X	X	X	X	X	X	X	a			
16	A suhasing	0 8	×	X	X	×	×	X	X	X	X	X			
17	K. Jyothi	4 4	x	X	a	x	X	X	x	X	x	X			
18	V. Amulya	. ,	X	V	X	x	X	X	a	X	X	×			
19	M. Chaslaja		X	x	×	×	1	X	×	×		1		T	_
20	B. Rupa	a 11	a	a			×	-		100	1			+	_
21	B. prathyasha	n et	×	×	100			×			1			+	_
22	N Jyoshnaders	<i>b</i>	×			-						X	+	+	
23	G. Karuna		×	x	×	×	×			1	, X	X	-	+	-
24	G. Rajeshwari		X	×	~	×	-	1	1	1	\ X	X	+	+	_
25	Sana Tabassum		~	7	1	(X	X	X	1	X	+	+	_
26	K. Bharathi		2	4	a	X	X	×	0	X	X	(x	4	+	_
27	CH. Navua	a n	7		X	X	X	X	X	X	×	X	4	+	
28	EArhoen Tabassum	et 19	٨	X	X	X	V	a	a	X	4 7	1	4		
29	Uma (ma Carre) 11 11	X	X	X	X	X	X.	×	X	×	(x	:		
	Umasma Camreca	11 11													
	M. Laxmi prasanna A Nagoshuxus (B													1	
32	(7 Shalfni		hv	Y	×	V		1		,	1	1	1	+	_

	DANCE REGISTER OF	MONTH	Т	T	Т	Ť	T	Т	T	T		T	
		DATE	+	+	+	+	+	+	7	\neg		\top	-
ROLL NO.	NAME OF THE STUDENT	INITIAL OF	1	1	1		1	1	1				
		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11
33	J. Kalyani (B. com	TT year)	x	×	×	X	X	x	a	X	X	a	
34	CH. Ramya "	ų	x	X	×		×	×	×	X	x	X	
35	R. Swaths "	n	×	×	a	a	×	X	×	X	X	X	
36	N. chericha "		X	×	×	×	x	X	×	x	X	X	
31	D. Swetha		x	W. 100	X	X	a	X	×	X	a	X	
38	e 1	u n		X			X					X	
39	ال م ما ال	41 1)	a	a				X		X	1		Ī
40	K. Nagamani	n n	X	×	×		1		1			X	t
41	R. Mouneka	6 n	×	×				×	1	1000	A 1 6 0	2000	t
42	S. Kaustha	b n	×	100		100		×		0		1	t
43	P. Ramadoni		X			1.				(×			
44	B. Madhusi		×		1		×	1	Ť	T			
45	G. Marijula		x	$\overline{}$			1	(X	1	X		X	
40	K. Umarani		×	Т		1		X			(x		
47	CH. Manatha		×			T						1	
4.8	J. Rajeshwasi		×	T		T	() x					+	Ì
49		n 11										YX	
50	A. Naveena	1 -9 1		,		1					X		3
51	Sana Afreen (SA TITUE	1	1	7			- 1			X		_
52	Ruheena paween	11 11			- 1			- 1	- 1	- 1	- 1	X 2	
53	Neha larannum	0 1			Ž (X				X	X
54	Meraj unnisa			\neg		X					X	X	X
55	Farhat Anjum					- 1	X	X			X	T	>
56	Ayesha shaba				X	-31	X					X)	7
57	Decba			X	X	X	X	X	- 1		$\overline{}$	-	3
55	Rubcera Begun		_		17		X		- 1		X		1
59	Ruheena Tabass				X				100		X		
60	P. Suather		17	- 1	X		X		0.000	X		×	
61	o Ramanjamma	21 11	-		X				X			X	
62	T. Shobha Ch	ABC III YI	1		X	X	a	×	×		X		
63	B. Janei	11 0	_	×	×	X	×	×	X	×	X	a	
64	D. Ramadevi	11 "		q	×	>	×	X	X	X	X	X	

Ī	REGISTER OF		******				YEA	R	2	2.0.	1.6	1.1			
	2000	монтн			Г					1	L				
ROLL NO.	NAME OF THE	DATE										L			
	STUDENT	INITIAL OF LECTURER													
(=		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12	13
66	N. Shouth!	· ·)	Y	X	X	×	a	×	×	a	X	X			_
67	M. Chauthi	Λ	x	X	X	X	X	X	×	X	X	X			_
	(1 kcerthi	0 11	×	a	×	X	a	x	X	×	v	V			
68	J. Komali	1) 11	V	X	X	X	X	X	X	X	X	X			
69	G. psyanka	0 11	X	X	X	X	X	X	X	X	X	X			
70	Husna shabnum	1) 4	X	x	a	У	×	X	x	X	X	a			
71	Reshma	11 11	×	×	x	X	X	x	×	×	X	X			
72	Manazza Zahera		X	x	x	X	x	x	X	X	X	×			
73	CT. Madhuri (B.7		X	X	X	a	X	X	×	X	X	X			
74	M. Varalavini		Х	x	X	X	X	X	X	X	X	X			
15	-A chandana		X	X	X	X	X	X	χ	х	X	χ			
76.	B. sherisha	0 1	a	X	X	X	X	a	X	X	X	X			
77	.S. Navya	n v	×	×	ス	X	X	X	×	×	X	X	_	4	
78	P. Sardhya Kani	0 11	×	X	a	Х.	x	X				X	4		
79	CT. Mamatha	0 0	X	χ	χ	X	χ	X		×	X	X	4	4	_
80	K. Shobha	(1 11	X		100	Χ	х	1.0	X	X	X	X	4	4	_
81	M. Shobarans	0 0	X	x	X	100	X		X	X	X	¥	4	-	-
82-	K. Swathi	., ,,	X	X	1777	X	210	X	1000		100	X	+	-	4
83	Manazza Ambrec	enur	X	X	0	X	X	X	- 1				4	+	_
84	M. Akanksha	n a	X.	X	X	Х	X	X			X	X	-	-	+
85	R. Sandhya	11 !!	X	Χ.	×	×	×	X	X.	X	X	X	+	+	+
86	NA Royathi	11 21	X	×	X	X	X	a	X	X	X	X	+	+	+
87	P. Kalyani R. Shailaga	u_u	X	X	X	X	X	X	X		X	X	+	+	+
88	R. Shailaga	11 4	×	X	X	×	×.	X	X	X	X	<u> </u>	+	+	+
81	M. soilather	11 #	_	X	×	X	X	~	X	X	X	X	+	+	+
90	M. Tajsuras (B)	nm Ilyc)	X	V	^	X	×	×	×	~	x	X	\dagger	+	1
91	B. poda	el 11				X						X			1
92	S. Lavanya					×							+		1
93						X								1	1
94	6. Sony	. 1 11	×	×	×	×	×	×	X	X	x	X			
95	on Netrucka On Wifayasni K. Mounika	11 9	X	a	x	X X	X	X	a	X	X	X			
96	K. Mount	1/2				-00					-7.	1 =010			

A	TTENDANCE REGISTER OF	MC	HTMC							AR.	<u></u>	J.	6-	<u>.l;</u>	Ŀ	****
	NAME OF THE	D	ATE			-	-								+	1
ROLL NO.	STUDENT	LEC	TURER											-	+	+
		LEC	O. OF TURES	1	2	3	4	5	6	7	8	9	10	11	12	13
97	I. shevani	el	D	×	X	ス	X	×	Κ	a	χ	χ	Χ			
98	B. Krishnaveni	н	U	X	Х	X	×	Χ	χ	X	Χ	×	X			
99	B. Renuka	н	IJ	X	X	a	Χ	X	Χ	χ	X	χ	χ			
(00	P. Vijaya	и	u	×	X	X	X	X	×	X	a	X	X			
	3 0											_		-	_	
				_								-	-	-	_	L
				_							H	-	\vdash	\vdash	-	\vdash
				-						\vdash	\vdash	\vdash	\vdash	+	\vdash	\vdash
				_	-	-	\vdash			\vdash	\vdash	+	+	+	+	+
-				-	\vdash	-	-			\vdash		+	+	+	+	+
				_	-	-	+	-	-	+	-	+	+	+	+	+





నిత్యం యోగా సాధన ఉపయుక్తం

రామగిల : నిత్యయోగా సాధన ఎంతో ఉపయుక్తమని, ప్రతి ఒక్కరూ యోగా ఆవశ్యకతను తెలుసుకోవాలని యోగా రిసోర్సు పర్సన్ మాదగోని శంకరయ్యగౌడ్ అన్నారు. నల్లగొండలో ఉమెన్స్ కళాశాలలో శుక్రవారం నిర్వహించి యోగా సర్టిఫికెట్ కోర్సు ముగింపులో ఆయన పాల్గొని మాట్లాడారు. కార్యక్రమంలో కళా శాల ప్రిన్సిపాల్ అలివేలుమంగమ్మ, ఎస్బీహెచ్ రామగిరి బ్రాంచ్ మేనేజర్ భరద్వాజ్, శిక్షణ ఆర్గనైజర్ సీహెచ్ కృష్ణారెడ్డి, కన్వీనర్



సర్టిఫికెట్ అందజేస్తున్న శంకరయ్యగౌడ్ తచితరులు

రాజారామ్, అధ్యాపకులు ఝాన్సీరాణి, పల్లవి, పునం, విజయలక్ష్మి, విజయరాఘవి పాల్గొన్నారు.



Sat, 18 February 2017 epaper.namasthetelangaana.com//c/16934960

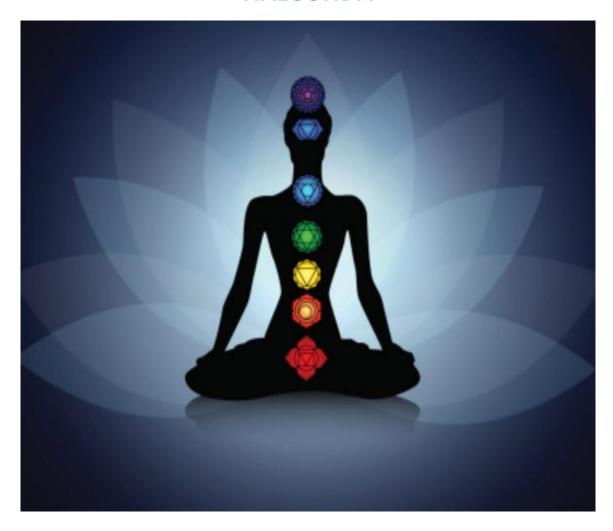


GOVERNMENT DEGREE COLLEGE FOR WOMEN, NALGONDA DEPARTMENT OF PHYSICAL EDUCATION Report on Certificate Course in "YOGA"

The department of Physical Education has organized a certificate Course in Yoga for the Period of 30 hrs from 08/02/2017 to 20/02/2017, the total number of students registered for this Course were 100. The course was taught under the supervision of Sri. Y. Shankaraiaha Garu, Yoga (Guru) Trainer. Certificates were issued to the students after completion of the course.

DEPARTMENT OF PHYSICAL EDUCATION

GOVERNMENT DEGREE COLLEGE FOR WOMEN NALGONDA



CERTIFICATE COURSE IN YOGA

FROM 01-02-2018 TO 15-02-2018

The department of physical education of Government Degree College for Women, Nalgonda organized a certificate course in Yoga from 01-02-2018 to 15-02-2018.

The schedule and time table for this certificate course as follows.

Daily 12-00 to 1-00 pm Theory class

Daily 3-30 to 5-30 pm Practical session.

Venue: College Play Ground

YOGA GURU: Y.SHANKARAIAH.

Chief Guest: - Dr. Alivelu Mangamma, Principal Govrenment Degree

College for Women, Nalgonda

Organising Secretary: Dr.Ch. Krishna Reddy, Physical Director

GOVERNMENT DEGREE COLLEGE FOR WOMEN-NALGONDA CERTIFICATE COURSE IN YOGA SYLLABUS (30 Hours) – 2017-18

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANOTOMY AND PHISIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Aasana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

LIST OF THE STUDENTS

-	TTENDANCE REGISTER	OF.	1		20220	2444		Y	EAI	R.,	2	11		20	10
		MONTH	1										T	T	Ť
ROLL NO.	NAME OF THE	DATE	1		1									1	+
	STUDENT	INITIAL OF LECTURER													1
		NO. OF LECTURES		1 3	2 1	3 0	1	5 6	1	1 8	9	10	, ,,	12	1
01	B. Pallewi	BA Mys	2	1 7	1)	17)	7	7	()	×	7	1	1
02	B. Nikitha	")	7	Y	1	4 7	5	X 7	1	1	1	()	X	X	1
03	Ch. sunithe	· ·	7	1	4)	()	5)	3	1	(X	1	X	X	X	1
04	a. Sai Shiva		Y	Y	Y	0	1	١,	X	X	×	×	7	Y	5
05	J. Trieveni	·	×	X	X	X	y	X	X	X)	< ×	· X	×	X
06	K. Swathi		7	X	X	X	X)	X	χ	7	X	X	X	1
07	K. Sandya		X	×	X	X	Y	X	X	9	9	X	X	×	X
08	A. Anitha B	Com DI	7	4	X	×	×	7	×	>	X	×	7	×	>
09	R. Sai gouthour		×	X	×	>	9	×	X	7	1	X	1	X	1
Lo	M south	BAR	X	9	X)	7	X	X	7	X	X	X	χ	1
11	R. Raja	G.	X	X	X	X	Y	X	X	X	X	X	人	X	V
12	R. Vijaya laz	mi "	×	X	X	X	X	X	X		X	X	X	X	5
13	R. PRavalika	L ,	×	X	X	X	X	9	×	X	X	X	X	X	×
14	St. Salma	47	x	X	X	×	X	X	X	X	X	X	X	X	X
15	T. Mounila	£4:	X	X	a	X	X	X	×	X	X	X	χ	x	X
16	T. Shailaga	4	7	X	×	X	×	X	X	X	X	×	×	X	Х
17	E Anjali	~	×	9	X	×	×	X	×	X	X	X	X	X	X
18	G. Prashande	ų ·	×	X	X	×	×	x	x	X	×	X			
19	6 Tyothi	•	x	X	х	x	×	X	9	X	Х	X	_		
20	10 Sandya Ro	ul.	×	X	X	×	X	X	×	X	X	X			
21	K. Prrethi	٠	9	×	×	X	X	×	X	X	X	Χ			
22	MD. Nishthe S	auga"	×	×	×	×	×	×	×	×	X				
23	N. Mounita	4	X		X	x			×	X	100				
24	R. Swiatha		X	X	x	x	×	X	x	x	×	x			
25	T. Sony		2	9	X	X	X	×	X	×	X	X			
	A. SviTeja	L	×	×	X	X	X		x		×	X			
27	B. Maryala		×	×	×	×	x			X					
28	B. Anusha	1,	x	x	X	×	×	×	X						
29	ch. Sandya Rav ch. Madavi ch. Shivisha D. V. Juya	a	×	X.	X	9	X	× × x	X	X		X			
30	ch. Madavi		×	X	X	×	X	X	x	×		X			
31	ch Shivishe	G	9	X	x	×	×	X	x	X		X		1	
32	D. Vijaya	1		×		- 1		×	- 1	×	- 1	X	\forall	\dashv	

ATTEN	IDANCE REGISTER OF	MONTH											
Alle		DATE											-
	NAME OF THE STUDENT	INITIAL OF LECTURER											
ROLL NO.	STUDENT	NO. OF LECTURES	1	2	3	4	5	6	7	В	9	10	,
		mps 3	X	X	Y.	X	Y	X	a	1	Y	X	L
33	D. Sayafirethi	Blom 2	X	X	×	X	X	X	x	×	X	×	L
34	B. Navi Yadar	11	X	X	X	χ	X	X	X	X	X	+	
35	P. Jyothi	Lj	x	X	a	X	X	X	x	X	х	7	
36	S. Jyothi	BA 2	×	X	X	X	X	×	×	X	01	9	
37	B. Navya	Dri e	X	X	X	x	X	X	X	X	X	X	
38	Ch. Priyanka		×	X	×	x	x	X	X	X	X	х	
39	R. Pramecle	4	X	X	X	X	X	X	X	X	×	x	
40	A. Sunitha	1	X	X	X	×	X	X	X	×	X	X	
41	A. Pavani	200	X	X		X	X	X	X	X	X	x	Ī
42	a suversion	3 A 12	X	×	x	X	X	×	X	X	x	X	Ī
43	G. Pravalika		X	X	X	x		a	a	9	X	X	t
44	J Saritha		X	X	X	×	x	X	X	x	X	X	t
45	Ic Naga Tyoth	-	X		X	X	X	X	X	X	X	X	t
46	K. Pravauga			X		×	x	X	X	X	X	a	4
47	m. Ashwini		X		X	X	X		X	X		X	f
48	1c. Rajeshwavi		×	X				X			X	X	t
49	R. Renula		9	9	X	X	X	X	X	X			t
50	S. Jyothi		X	×	X	X	×	X	X	X	X	X	t
31	k · Sravani		X	X	χ	χ	X	X	X	X	X	X	_
52	B. Swath: BSC	Pyear		X				X			-	X	ł
53	S. Shivani 2	2 mpca		X	χ	X	X		X	X	a	X	+
54	G. Renuka		X		X		X	X	X	X		X	+
54	k. Pravalika		x	X	a	a	X	X	×	X	X	X	+
56	B. Nagamani		X	X	X	X	X	X	X	X	X	X	+
57 58 59	P. Tyothi	٦	X	X	X		X	X	X			X	+
58	5. Geetly N		X	X	X	X		X				X	+
59	Effath Seltling	4	X	X	X	X	X	X	×	X	X	X	+
60	P. Navya	1	X			X		X	X	X	X	X	1
61	S. Pravalita		X	×	x	x	x	a	×	×	X	X	+
62	m. Shashikala		×	x	X	×	X	X	x	X	X	X	1
63	P. Jayesvi N. Swapna		X	X	X	01	X	X	x	X	X	X X X X X X X X X X	1
64			1		_		X					1	1

DANCE REGISTER OF	LMONTH											*****
			-	+		-			_	_	_	_
	INITIAL OF			\dashv	+						-	_
STODENT	NO. OF	1	2	3	4	5	6	7	В	0	10	-
P Sai a II		a	×	×	×	~		_	_			11
T. Sin Jouthan	2 7	×										
m. Payari		X	7							270		
CI III		_										_
B. W. anye												-
The state of the s	,											
The state of the s		-										_
1746										X		_
	1	-								X		_
	7	+	1									
T. Kelish	`	1										_
Ic. Marila	b	1		_	_							
S. Clasurday	- 71											_
K. Noelayen	PRO	$\overline{}$	-									
P. Kvishmun		1					1					_
P. Shaba Rani	5									<i>X</i>		
			1							X		
Ch. Pr; yanka	4			-					_			
		-				1		V	~			
A. Surithe	ų											
		>								×		
G. Taninga	Bcom 2	_ >	< x	X					X	9		
V. Srilatha	4											
T. Shivisha	٦	×										
S. Tyothi	١		_	X	9							
p. Jyothi	4	_	X	X			$\overline{}$	X	X	X	X	
S. Rajeshevert	BA D	C	X	×		$\overline{}$	×					
0 000	1/0	1	114	1	×	1	9	X	1 200	×	X	
	NAME OF THE STUDENT R. Sai goutloon J. Saidamme M. Pavani R. Manishe Ch. Vdaye R. Manishe Ch. Vdaye R. Anushe K. Shivishe K. Shivishe K. Shivishe K. Mourika S. Chandan K. Ne claven P. Icvishneve P. Sheba Rani B. Navye Ch. Priyanka Ch. Priyanka Ch. Gouthami G. Manyatha R. Prameela A. Pavani G. Tannija V. Skilatha T. Shivisha S. Jyothi P. Tyothi S. Rajesheveri	NAME OF THE STUDENT NAME OF THE STUDENT R. Sai Jouthami MPGP J. Saidamme P Ram M. Pavani 4 R. Manishe Cla. V days R. Manishe Cla. V days R. Anushe K. Shivishe G. Shivishe T. Kalipana K. Ne claveni PBSC P. Kvishnaveni P. Sheba Rani R. Prameela R. Prameela R. Prameela R. Pavani G. Tanija Boom P V. Srilatha T. Shivisha S. Tyothi S. Tyothi S. Rajesheveni BA D S. Rajesheveni BA P. Tyothi S. Rajesheveni BA P. Tyothi	NAME OF THE STUDENT NAME OF THE STUDENT R. Sai Jouttomi Misser R. Sai Jouttomi Misser R. Sai Jouttomi Misser R. Mauishe Ch. Vdaye R. Mauishe K. Shivani M. Shivishe K. Shivani K. Shivani K. Shivani K. Shivishe R. Mounika R. Anushe K. Shivani K. Shivani K. Shivani K. Shivani K. Shivishe K. Shivishe K. Neelaveur PBSC R. Nauya R. Prameela K. R. R. Prameela K. R. Prameela K. R. R. Prameela K. R. R. Prameela K. R. R. Prameela K. R. R. R. R. Prameela K. R.	NAME OF THE STUDENT R. Sai Joutton MPGP a X R. Sai Joutton MPGP a X T. Saidamme PRam X X M. Pavani 4 X X R. Manishe 4 X X R. Manishe 4 X X R. Anushe 5 X X K. Shivani 4 X X K. Shivishe 6 X X K. Shivishe 7 X X K. Neclaven 9BX X P. Kvishnaven 7 X X P. Shoba Rani 6 X X Ch. Priyanka 4 X X Ch. Priyanka 4 X X Ch. Gouthami 5 X A R. Prameela 7 X X A. Sunithe 6 X X A. Sunithe 6 X X A. Sunithe 7 X X S. Tanneja Boom D X X V. Sxilatha 7 X X S. Rajeshern BA D 9 X X S. Rajeshern BA D 9 X X S. Rajeshern BA D 9 X X	NAME OF THE STUDENT R. Sai Joutlam MRSJ a X X R. Sai Joutlam MRSJ a X X M. Pavani 4 X X X B. Manishe 7 X X R. Anushe 4 X X R. Anushe 7 X X K. Shivani 7 X X K. Shivani 8 X X M. Shivishe 7 X X Ch. Vayane 8 X X Ch. Shivishe 8 X X Ch. Mounika 7 X X Ch. Shivishe 8 X X Ch. Mounika 7 X X Ch. Mounika 7 X X Ch. Shivishe 8 X X Ch. Pounika 7 X X R. Neclaveni 8 B 2 X X Ch. Priyanka 7 X X A. Sunithe 8 X X A. Panani 8 X X A. Panani 8 X X T. Shivisha 7 X X S. Tyothi 8 X X S. Rajesherri BA 7 4 X X X X X X X X X X X X X X	NAME OF THE STUDENT R. Sai Joutham MPS Ja X X X R. Sai Joutham MPS Ja X X X M. Pavani 4 X X X X R. Manishe 7 X X X X R. Manishe 4 X X X R. Anushe 7 X X X X K. Shivishe 7 X X X X M. Shivishe 7 X X X X K. Mounika 7 X X X X M. Shivishe 7 X X X X K. Nounika 7 X X X X R. Pounika 7 X X X X P. Sheba Rani 8 X X X Ch. Priyanke 7 X X X X R. Prameda 7 X X X X A. Pavani 8 Rom D X X X X Y. Skilatha 7 X X X X S. Tyothi 7 X X X S. Rajeshwari BA D 4 X X X S. Rajeshwari BA D 4 X X X S. Rajeshwari BA D 4 X X X	NAME OF THE STUDENT NAME OF THE STUDENT R. Sai Jouttom MPSJA X X X X X X X X X X X X X X X X X X X	NAME OF THE STUDENT NAME OF THE STUDENT R. Sai Jouttom: MPSJ a X X X X X X X X X X X X X X X X X X	NAME OF THE STUDENT R. Sai Jouttom MPS A X X X X X X X X X X X X X X X X X X	NAME OF THE STUDENT R. Sai Joutton MPSJ a X X X X X X X X X X X X X X X X X X	NAME OF THE STUDENT R. Sai Joutlani MPISI a X X X X X X X X X X X X X X X X X X	NAME OF THE STUDENT R. Sai Joutton MYSJ & X X X X X X X X X X X X X X X X X X

	THE RESERVE	Yoge						YEA	R.	20	17	- (8	
A	TTENDANCE REGISTER OF	MONTH												1
ROLL NO.	NAME OF THE STUDENT	DATE INITIAL OF LECTURER NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12 1
	F	BADIU	X	X	X	X	X	X	9	X	X	x		1
97	Ch. Nagamani N. Sujatha P. Mounika S. Sulthana	4	X	X	X	9	X	X	X	X	X	X		
98	N. Sujatha	и	×	X	X	X	X	X	X	1	X	X		
99	C. S. Hoana	ч	X	X	>	a	X	X	X	X	X	X		1
100	S. Sacreta			-	-		-				-			-
					-	-	-			+				
				-		-	H			1				
				-	-			T						
			t									T		
			t	T		T								
													-	
									-				-	+
				1						+	1	+	+	+
					-	-	-			+	-	+	+	
						-	-		-	-		-		+
			-	1	-	-		-			-	-		+
TO VICE						-	-						-	+
					-		-	-						1

GOVERNMENT DEGREE COLLEGE FOR WOMEN, NALGONDA DEPARTMENT OF PHYSICAL EDUCATION Certificate Course in "YOGA" - Report

The department of Physical Education has organized certificate Course in Yoga from 01/02/2018 to 15/02/2018 with 30 hours duration. The total number of students registered for this Course was 100. The course was conducted under the supervision of Sri. Y. Shankaraiaha Garu, Yoga Trainer. Certificates were issued to the students after completion of the course.





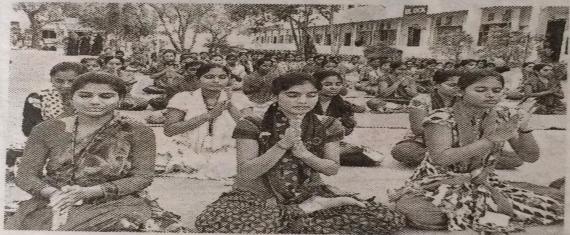




ಮಪಿತಾ ಕತಾಕಾಲಲಿ⁵

ವಿದ್ಯಾಲ್ಥಿಸುಲಕು ಯಾಗಾ ಸಿಕ್ಷಣ

నల్గొండ టౌన్, న్యూస్ట్ టుడే: నల్గొండ పట్టణంలోని ప్రభుత్వ మహిళ కళాశాలలో గురువారం విద్యార్థులకు యోగా శిక్షణ కార్యక్రమం చేపట్టారు. యోగా శిక్షకులు శంకరయ్య ఆధ్వర్యంలో విద్యార్థులకు యోగా పాఠాలు



ಯಾಗಾ ಸಿಕ್ಷಣ పాಂದುತುನ್ನ ವಿದ್ಯಾರ್ಥುಲು

నేర్పించారు. ఈ సందర్భంగా కళాశాల ట్రిన్సిపల్ అలి వేలు మంగమ్మ మాట్లాడుతూ విద్యార్థులకు యోగా సాధన ఎంతో అవసరమని సూచించారు. యోగా ద్వారా ఫూర్తి ఆరోగ్యకరంగా ఉండవచ్చన్నారు. యోగా ద్వారా ఎన్నో లాభాలు ఉన్నాయని, ప్రతి ఒక్కరు యోగాకు ప్రాధాన్యం ఇవ్వాలని కోరారు. ఈ కార్యక్ర మంలో కళాశాల అధ్యాపకులు కృష్ణారెడ్డి, రాజారామ్, పల్లవి, జబీన్, తదితరులు పాల్గొన్నారు.

GOVERNMENT DEGREE COLLEGE FOR WOMEN NALGONDA

DEPARTMENT OF PHYSICAL EDUCATION



CERTIFICATE COURSE IN YOGA

FROM 01-02-2019 TO 12-02-2019

Ramagiri, Nalgonda, T.S - 508 001

Dr. GhanshyamM.A., M.Phil, Ph.D
Principal

Government Degree College for Women, Nalgonda Department Of Physical Education CERTIFICATE COURSE IN YOGA

Course Duration (30 Hours) from 01-02-2019 to 12-02-2019

TIME TABLE

Theory class: 12-00 to 1-00 pm

Practice Session 3-30 to 5-30

Venue: College Play Ground

TRAINER: YOGA GURU: Sri Y.SHANKARAIAH

Chief Guest: - Dr. GHANASHYAM PRINCIPAL GDC(W), NALGONDA

Organising Secretary: Dr. T. KALYANI, Physical Director

(Affiliated to Mahatma Gandhi University)
Ramagiri, Nalgonda, T.S - 508 001

Office: © 08682-222689/690

Website: gdcts.cgg.gov.in/ramagiri.edu

E-mail: prl-gdcw-nlg-ce@telangana.gov.in

E-mail: officegdcw.nlg@gmail.com

Dr. Ghanshyam
M.A., M.Phil, Ph.D
Principal

CERTIFICATE COURSE IN YOGA SYLLABUS (30 Hours)— 2018-19

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga - aims and objectives of yoga - concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANOTOMY AND PHISIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Aasana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasan- Yog Mudra Shashankasan-Ardhaushtrasan-Parvatasan-Gomukhasan

2. Standing asanas – 2 hours

Tadasan-Vrushasan-Natarajasan-Garudasan-Katichakrasan

3. Relaxative Asanas-2hours

Shavasan-Makarasan

4. Supine Lying Asanas-5hours

Naukasan-Setubandhasan-Pavanamuktasan-Ardhahalasan-Simple Matyasan-Sarvangasan

5. Prone Lying Asanas-3hours

Bhujangasan- Ardhahshalabhasan-Niralambasan

6. Pranayamam-Breathing practices – Meditation – 5 hours

LIST OF THE STUDENTS

- M	DANCE REGISTER OF	1. 170	ilv	in	109.	Y	ΈA	R				1	1			
14 11	NETER OF.	TANONTH										-	-	I	1	
TEN	DANCE REGISTE	MONTE		7	100	April 1			_	_					1	
ATTE	- TUF	TOTAL OF		=											1	-
	NAME OF THE	LECTURE		-	-	-	5	6	7	8	9	10	11	12	13	
ROLL NO.	STUDENT	NO. OF LECTURES	1	2	3	4	×	×	×	×	X	х		+	-	
ROLL		Oliver, and the second	X	×	×	a	_	×	X	X	a	×		\vdash	+	
	P. Tyothi Blox	n	×	×	X	×	×	_	×	×	X	X		H	+	
01	0.1		×	×	×	X	×	X	_	×	×	×	-	\vdash	-	
62	HI MICA	12	×	×	X	X	×	×	×		×	X	_	H		1
03	B. Navya	3	x	×	×	×	×	×	×	×			_			
04	ch Prigantes		X	X	X	×	×	×	×	a	×	X	_			
05	R. Bicheela			×	a	×	×	×	×	×	X	X				
06_	A Simithe		×		X	X	×	X	X	X	X	X	-			
0#	A Pavari Bo	on M	X	a		a	X	×	X	×	X	×				
08	O Sai gouther	MPCSD	X	×	×	-	a	a	×	×	×	×				
09		MPCSP	×	X	×	×	_	×	a	×	×	×				
T .	D Swarwathi		x	a	X	×	×	_	×	×	×	×				
10	B. Naviyadawi	Sicon y	a	×	X	×	×	×			×	×				
12_	B. Mounika	4	X	×	×	a	X	×	×	X	-					
13	R. Anusha	4	x	X	X	×	X	×	X	×	×	X	L			
14	K. Shivani	•	×	X	χ	X	7	×	X	X	X	X	_	-		_
15	m. shirishe.	4	X	x	×	a	X	X	×	×	X	X	_	-		
16	6. Shiveeshe	ч	×	x	X	X	9	X	X	a	X	*	L			
(3	T. Kalapane	4	x	X	x	X	×	х	X	X	X	X				
18	K. Mourilea.	u	1	x	×	X	×	X	×	×	×	X				
19	5. chandham	a Bloom []	+	×	X	×	×	X	×	×	X	×				
20	k Nedaveni	BSC	X	_		_	_	-	×	×	×	×				
21	G. Rushmithe	Brom I	-	X		_		X	×	×	×	X		Г		
2-2-	P Jyothi	и	X	-	X			_	×	×	X	×			Г	
2.3	K. Ashwini	4	×	-	a		×		-	X	×	×	\vdash	\vdash	T	
0.2	G. Chartany	2	×	X	X	X		X	X	-	-	-	-	-		-
IL OIL	A. Sulthana		X	X	X	0	X	X		Х	×	X	\vdash	\vdash	-	
(e) 25.	B. Pallari		X	X	X	X	a	X	X	X	a	X	-	+	-	
26.	B. Nikitha		×	×	X	X	9	X	a	X	X	X	-	-	-	-
27.	Ch. Sunitha	Tu i	a	·X	x	a	X	x	X	a	X	X	_	-	-	-
28.	G. Saishive	ຳຕະ	x	x	1		x	x	X	2	X	X_	_	-	-	
29	J. Toniveni		x		1	200	x		x	1	X	X	L	_	-	
30	1 k. C. 118		λ	0.11	a	1000000	X	1			2.5	X			-	
31	K. Sandhyo	4,00	100	1	×				4		X	X			3	

ATTENDANCE REGISTER OF MONTH NAME OF THE STUDENT STUDENT SOLETURES NO. OF LECTURES NO.	3 9 X X X X X X X X X X X X X X X X X X	10 X X X X	1 1	1 / 2 / /
ROLL NO. NAME OF THE STUDENT INITIAL OF LECTURES NO. OF LECTURES 1 2 3 4 5 6 7 0 X X X X X X X X X X X X X X X X X X	(X (X (X (X (X (X (X (X (X (X	XXXX	1 1 1	1/1/2///
32. M. Sanitha XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	(X (X (X (X (X (X (X (X (X (X	XXXX	(=)	1/2///
33. Ro Roja XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	(X (X (X (X (X (X (X (X (X (X	XXXX	=	20
33. Ro Roja Xa X X X 9 X 34. R. vijaya lazmi XX A X X X A X X 35. R. pravalika XX X X A X X X X X X X X X X X X X X X	(X (X (X	XXX		
34. P. vijaya lazmi XX a X X X A X X X X X X X X X X X X X	(x (X (X	X		
36. Silma XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	XX	χ		1
36. Salma XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	X			7
36. Silma XXXXX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		1X		1
3+· 1. Houring	X		Ц	T
32. Ti Skallaja XXXXXX		X	H	
			H	1
B.A. 39. D. Akstaya XXXXXXXX			H	\Box
THE SAN	2	15	H	\mathbb{H}
41. G. Prashardu			-	+
12. 4. 1001111	XX		-	+
43. K. Sandhya Mani XXXXXX	- C	7	+	-
nui ki paterali	YA		+	+
45. 110. VISATA SUNGO	XX		\vdash	+
46. N. 140 UNITY	XX		+	+
17. K. Sa, wing	XX		\top	+
48. T. Sony axxaxxxx			+	+
BAIII 49. A. Soitesa XXXXXXX	X			+
E66 20. P. Hansald		X	\neg	+
(TM) 51. B. Anusha PXXXXXXX				+
52. Ch. Sandhya Jani Xa X X X X X				+
53. Ch. Madhari XXXXXXX	X /	4	+	+
54. Ch. stinisha axxxxxxx	XX	4	+	+†
CC. VIJONA XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	XX		+	+
56. D. Cagasunthi Xa XXXXX	Y	-	\neg	+
57. G. Suspeka XXXXXX	7	1	+	+
53. G. poavalika XXXXXXX		XX		+
cg. J. Sanitha Manna				+
60. G. vaga syalli XXXXXX	X		<u>X</u>	+
61. K. Pravanya XXXXX	9			++
A.I. S. XXXXX	X	4	+	+
62. H. Ashwill X a X X X X X	2)	x /	X	

-	- AT	TENDANCE REGISTER O	MONTH	İΠ		T				-				9200
				\vdash	-		-		-	-	-	-		_
		NAME OF THE	DATE INITIAL OF	H	-	-	-		-					_
	ROLL NO.	STUDENT	LECTURER					_						_
			NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11
	64.	P. Renuta		×	9	X	Х		0	100	100	x	X	
	65.	S. jyothi		9	χ	X	X	X	a		138		X	_
82·C	66.	K. Stavani	ille c	χ	χ	አ	æ	X	X	4	100		x	_
DAGE!		(1. Asha)		γ	χ	9	×	X	×		X		X	
10.	68.	ch. Shivani	1000	х	X	X	ex	X	X	9	X	X	X	
	69	m. Nagalaxmi		X	X	X	a	×	×	9	×	×	*	
	70'	ch. swapha	0.000	X	X	X	ભ	X	X	9	X	X	4	_
	71.	Y. shirisha		×	X	X	×	9	+	X	×	x	x	_
	71	B. Shiva Prasanno	1	λ	X	×	2	x	X	9	*	*	4	
	-33.	G. Renuka		x	x	x	×	a.	x	9	×	×	X	
	24	V. Renuka		×	x	a	x	X	X	a	×	×	4	_
		Gr. manasa		x	X	X	a	9	*	×	×	+	4	
	25.	K. deepika		×	×	X	×	2	×	×	+	4	¢	
	77	K. Sunitho		X	χ	a	χ	Х	9	X	χ	X	X	
	78	y. Sowvanya		X	X	X	æ	X	X	X	x	X	X	_
	79	B. slivan?		X	9	x	X	х	x	9	X	X	X	
	80	M. Radhika		χ	X	a	χ	X	x	X.	a	X-	~	
		M. Pallavi		X	χ	9	r	X	x	X	ጽ	X.	x	
	32 32 32 84	M. Mamatha		×	X	X	9	X	x	_	X	X.	x	-
B.S	QEM 83	C. Gootha		x	X	×	X	9	×	×	×	×	x	_
CHI	84	Iffath sullto	ina	x	9	×	×	×	×	2	×	×	×	_
-	85	P. Navya		9	×	x	x	æ	×	X	×	X	χ	_
	86	S. pravallika	,	×	×	n	×	×	×	×	9	x	X	_
10.5	0) 97	B. Swathi	200	×	×	x	9	×	×	.9	×	X	Х	_
MP	() 97 (A) 88 (A) 09	S. Chevani	-	×	9	×	X	×	x	a	x	X	X	_
3	89	G. Renuka		×	×	x	a	×	X	×	X	1	×	-
	90	K pravallika		×	9	×	×	×	×	×	×	x	a	_
	91	B. Nagamani		×	X	9	×	X	X	×	X	9	×	-
B.GL	92	- HO		*	1	1	9	×	×	×	u	×	X	-
M.8.	yes 93	M. Chashus		×	1			×	1		×	1	×	-
2	94	p. Tayasri		9	×	×	X	a	×	X	X	9		-
	95	1 42000	-	×	X	X		×	×	-	×	_ X	X	

	A.1	NDANCE REGISTER OF	MONTH						T			T		T	···	_
		NAME OF THE	DATE	-										-	1	_
	ROLL NO.	STUDENT	INITIAL OF LECTURER						-							-
			NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11	12	1
c re	A) 76	R. Meghana		×	X	X	a	X	X	×	X	X	X			-
100	97	T. Kavitha		X	X	X	X	a	X	X	X	a	a*			T
	98	R. Ramya		X	X	X	9	X	X	٩	x	x	X			T
	99	R. Maroatta		X	X	X	X	X	×	X	X	X	X			
	Gas	R. Meghana T. Kavitha R. Ramya R. Marosatha K. Marondha		X	X	X	a	X	X	9			1			1
	1-100000					L						1		1	1	1
				_		L	_		L	1	1	1	1	1	1	1
						L	_	_	_		1	1	1	1	1	
						_	_	1	_	1	1	1	1	1	1	
		- 103000		_	_	1	1	1	1	1	1	1	1	1	1	
				1	\perp	1	1	1	1	1	1	4	4	1	4	_
		- Charles		_	1	_	\perp	1	1	1	1	1	_			1
				\perp	1	1	\perp	1	+	1	4	4	4			_
									1		1	- 1	١			

Report of Certificate Course in YOGA

Department of Physical Education, GDC(W), Nalognda has conducted a certificate course in yoga from 01-02-2019 To 12-02-2019 for the improvement of the physical fitness of the students. Total 100 students from various programs (B.A, B.Com and B. Sc) participated enthusiastically and completed their course successfully. All the participants have been issued certificates at valedictory function of the course.





GOVERNMENT DEGREE COLLEGE FOR WOMEN NALGONDA

DEPARTMENT OF PHYSICAL EDUCATION



CERTIFICATE COURSE IN YOGA

FROM 02-03-2020 TO 14-03-2020

Ramagiri, Nalgonda, T.S - 508 001

Dr. Ghanshyam
M.A., M.Phil, Ph.D
Principal

Government Degree College for Women, Nalgonda Department Of Physical Education CERTIFICATE COURSE IN YOGA

Course Duration (30 Hours) from 02-03-2020 to 14-03-2020

Time Table

Theory class: 12-00 to 1-00 pm

Practice Session 3-30 to 5-30

Venue: College Play Ground

TRAINER: YOGA Guru: Sri Y.SHANKARAIAH.

Chief Guest:- Dr. GHANASHYAM PRINCIPAL GDC(W), NALGONDA

Organising Secretary :Dr. T. Kalyani, Physical Director



Website: gdcts.cgg.gov.in/ramagiri.edu

E-mail: prl-gdcw-nlg-ce@telangana.gov.in
E-mail: officegdcw.nlg@gmail.com

Dr. Ghanshyam
M.A., M.Phil, Ph.D
Principal

CERTIFICATE COURSE IN YOGA SYLLABUS (30 Hours) – 2019-20

(Theory – 10 hours + Practice Session – 20 hours)

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANOTOMY AND PHISIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Aasana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasan- Yog Mudra Shashankasan-Ardhaushtrasan- Parvatasan-Gomukhasan

2. Standing asanas – 2 hours

Tadasan-Vrushasan-Natarajasan-Garudasan-Katichakrasan

3. Relaxative Asanas-2hours

Shavasan-Makarasan

4. Supine Lying Asanas-5hours

Naukasan-Setubandhasan-Pavanamuktasan-Ardhahalasan-Simple Matyasan-Sarvangasan

5. Prone Lying Asanas-3hours

Bhujangasan- Ardhahshalabhasan-Niralambasan

6. Pranayamam-Breathing practices – Meditation – 5 hours

LIST OF THE STUDENTS

	NUANCE REGISTER OF	ih	49			YEA	AR	.2.0	2.			
		МОИТН	Γ	T	T							-
ROLL NO.	NAME OF THE	DATE	Г									L
NOLE NO.	STUDENT	INITIAL OF LECTURER						L		-	_	-
1		NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10
1	MUDHIGONDA PAL	LAVI (BZC	X	x	X	X	X	X	X	X	×	2
2.	KALLEM SUNITHA		×	1	1	X	X	X	X	a	X	-
3.	MUDHIGONDA MA	MJULA	X	×	X	X	X	X	X	+	×	
4.	RACHAKONDATRI	VENI	*	X	X	X	1	+	1	a	X	X
530	Vallakari Suka	nya	7	1	X	X	×	X	X	X	X	1
6	Bathúka Mo	unita	7	X	X	X	×	1	X	X	×	X
71.1	Nukala mo		+	X	X	X	X	X	X	X	X	
8.1	Navabara Va	rshitha	X	X	X	X	X	X	X	Y	2ª	10
19.	Boddupally M	K. CONTACT	X	X	X	X	X	X	X	X	12	X
15.		no Brom	1	X	X	X	X	X	X		×	
44	Karali Bhangani	11 41 42	X	X	X	×	*	X	X	X	X	X
(12.)	Maddineri Blace		a	X	X	X	X	X	X	X	X	Y
13.	Rachakonda Mana		+	X	X	X	X	X	X	X	X	X
	Yalamakanti Dix		X	X	×	X	1	1	X	a	X	X
15	Vutukun Devinay	mada	X	X	X	Х	X	X	X	X	-	X
16.	Bollam Supring		X	X	X	X	X	+	X	X	7	×
	Marepally Dee	patho	X	X	χ	X	X	X	X	X	$\frac{1}{2}$	X
17.	EEPun Ahusha		a	0	3	a	X	X	X	,	}	<u>^</u>
18)	D- depode S	Migerya	X	X	X	X	X	1	X	X		_
19)	Dharavath Yasho	Ag B Comc	4	X	X	Х	X	싀	X	9	×	X
20)	Pagadoju posi	9	X	X	X	X	9	Х	1	<u> </u>	λ	4
20	Medi Salafa		X	X	X	X	X	X	+	7	X	X
(60)	chittimalla Divya		X	X	م	X	X	X	Х	X.	X	X
23)	danaroth street	0	X	X	a	a	X	X	X	X	Х	×
(24)	and soboing Roy	pa	X	X	×	a	X	Χ	Х	X	X	×
23/	12 Adupally	vani	X	Х	×	X	X	X	X	9	X	X
2 (614)	No noth va	savio	4	X	4	X	X	7	1	X	^	×
1 St X 1 St	SKILLED Suy	iatha	X	1	X	X	X	X	X	7	X	~
0 000	Nasaboina	vaesh	Æ.	X.	X	X	X	X	+	X	Х	X
2	Anisthati Va	ni	+	X)	X	X	X	X	X	X	Х	×
AU 211	Kacine vonjedo		H	1	×	X	X	X	X	X	X	+
No of way	NULLS TESTSWIF	n j	Y	a	X	X	4	X	X	X.	X	X
8 35	Marga H Salla Par	tange com	(_	4	1	1 1	-	1	1	_		,

			7	_ (CLA	ss			SUBJECT	THE PARTY NAMED IN
-	\vdash	-	_						SUBJECT	
25 226	227	228	229	230	231	232	233	234	TOTAL NO. OF	REMARKS
XX	X	X	X	X	Y	X	X	v	32	G. Shouthi(HEES) In
1	X	7	1	X	X	0	a	x	34	
X	0	X	X	1	X	1	X	*		M. SOLDMYa (HISCS)
Y	×	1	X	1	K	X	a	+	35	B. Saidhamma(Hozza)
X	X	×	1	X	a	V	×	+	36	B. Swapna (Mses) 4
X	0	Y	Y	X	1	X	X	x	37	ch. Kavya (HSCS) 4
a	x	X	X	V	X		V	*	36	K. bikitha Rani (rece) por
1/	X	V	X	7		X	1	1	39 6,90	Gousta (MRS)
×		1	X	1	1	7	1	1	4.084 3 16	Congrathi Silaxmi (MP)
1	X	1		X	X	y	X	1	41	N Soujanya (MBC) The
X	X	X	×	7	X	1	Х.		112	is thoose It is
4 7	X	1	X	X	X	9	X	4	43	M. Shivani (BZC) And
X	X	X	X	×	X	X	X,	K	714	A. Dhanalaxmi MPCS TE
< X	X	X	X	X	X	4	Y	X	45	MAnjali
×	X	X	X	×	X	X	X	-1	St 46	M. Mounika Moralett
X 7	1	X	X	X	X	X	X	x	maps 217	B. Maneesha Bellians
1/	X	X	X	X	X	X	X	x	भाड	D. Anitha
XX	1	X	x	X	X	X	1	*	49	M. KAVAVI -1-1
y y	1	X	X	X	X	X	X	×	(MESES) 50	L. greeshma
11	11	×	X	X	X	y	X	+	8	R. Sai gatham MPGS-11
Xa	×	1×	X	1	X	χ	×	X	52	K Baygavi B. 30-TO
	XX	x	X	X	X	X	9	+	53	N. handhini
	XX	X	X	X	X	X	1	1	54	T. ramy Kisc Miner
大	LI X	×	1	×	X	X	4	x	55	c. Tulausi
1	14	X	X	X	X	X	X	x	56 1	N. Hemalatharsempe
7	×	×	×	X	×	×	X	×	-57	Ch. Naga Ixathe
71	XX	X	X	X	X	X	1	4	- 28	Ch. (Rockika
1		1	1	X	x	X	X	X	69	B: Anlisha
4	X X	1 -1	×	x	4	×	Х	×	6d)	B. Vani mes a
2	12	*	X	X	X	D	X	X	(61 (P. Sarasuralhi year
	710	X	X	X	X	X	X	X	762	M. Kerlyani
攻	X	X	X	×	1	×	X	X	(63	M. Shikishe
7	7	X	X	X	×	X	X	X	- Ch	Not Swapana 1
	x >	1		X	V	X	X	×	es wi	EM. Hilling (022)
1	1	1	1	1	1	1	/	1	1	M. Navya

Po.	NAME	1	T	T	T		YE	AR.	1	9	2	0.	
ROLL NO.	NAME OF THE	DATE			\vdash						+	+	1
34	STUDENT	INITIAL OF LECTURER		T	T							+	+
066	Ke that	NO. OF LECTURES	1	2	3	4	5	6	7	8	9	10	11
36027	ko tha sue tha		X	4	V	X	*	X	X	4	1	X	1
60	Bodder Sowjan	49	4	X	X	X	X	X	X	1	×	1	1
1 70	1000	avan	+	+	1	X	4	X	X	1	4	Y	1
Par 20	- Vallatu. Bindu sv		4	X	a	Y	X	X	X	X	X	Y	1
st year	Time to Na . Marasa		X	X	Х	¥	X	X	X	X	X	X	V
1st year.	Chittimallo soive	m ²	+	X	x	v	y	x	х	Y	A	y	X
1st year	Grundory Ushowan	0	+	X	×	X	X	X	X	Y	1	X	X
73	Poligie Manisha		100		4	.,	×	X	*	x	1	X	
74		LOTT	+	1	X	X	4	X	X	X	X	^	X
	Rasamalla & Mahil		_	a		×	X	X	×	×	4	a	X
	Cherupally Dinga Sti		X		X	a	×	X	X	1	×	×	X
77	Kododala chanda		X		a	×	×	X	x	X	V		1
18	Welskinton Krishnak		-			,			,	-	ŕ		_
40	Neelakartam claff			•									
	Konselving shiraro					,							
	Perika Pallar												
82	Beelangs Maurik	0	,	·•		,							
82	Lokasani Greesh	2004	+	X	X	χ	X	X	X	X			
157/6		PC5/3841	1	×	X	X	X	X	X	X		Ŧ	-
81	R Mekala	N	1	×	X	Y	√	1	X	V			
	Bandaru pavani (*	4 SLWI	IS	×	X	x	×	×	X	V			
So	Chinthokayala Da	0.	×	X			X	9	,	-			
27	6 1		X	X		X			X	1	X	×	M
<u> </u>	Paka Kalpana		+	メ		X	X	×	X	X	*	Xr	
_89	Lingala Macha	V/	+	X	-	_	_					X,	70
90	ye maboing Prat		7		×	X	*	×	X	-	9		
91	pothonoboina Maheshu	1101		X	X	,	X	Х	4	Y	V		MPO
92	Teegala Steeja		+	X.	9	X	X	X	X	X	X		_
93-	dutagya samodh	mi	1	Х	01	X	¥	X	X	Х	X		
94	Nette Nagamma		1	X	X	×	+	X	X	X	X	M	P. 0
95	Dandonpally Ashor	nì	*	*	X	X	X	Х	X	X	Y	-	PE
	Pachipalo Anush Avirendla. Manju p. Jazaszi (nipcs) 254 G. zenuka		X	X	X	X	X	x	X	X	Y	m	cs
	. 0 . 11. Mani	ila i	X	1		x	X	V	V	X	a		

ROLL.	LIENDANCE REGISTER OF	MONTH	T	100	T	T	T	YE	AR	Τ	T	T-2	Seri.		****	des.
ROLL NO.	NAME OF THE	DATE	t		\vdash	+	+	+	+	+	+	+	+	+	1	1
	STUDENT	INITIAL OF LECTURER	T			T		-	-	+	\vdash	+	+	+	-	+
200		NO. OF LECTURES	,	2	3	4	5	6	7	B	9	10	+	-	L	1
48	Boda Navighday		x	X	1		~	1	1		1	10	11	12	13	1
99	Boda Mounita		X	2	X	X	5	1	X	X	X	X	X	B	(0	4
100	Rovula - Anusha		X	-	X	X	X	1	X	X	X	X	X	B	CO	4
101	Kambhampati Shi	/a P		X	X	X	1	1	X	X	X	Y	X		CO	т
102	Mari . shirisha	vani	X	Χ.	X	X	1	1	X	X	X	X	X		Cor	Т
103	Grandhacin shire	-1	X	X	X	X	X	X	X	X	X	X	X	B	CON	4
104	Thornola 12-12	2500	X	Х	X	X	X	X	X	X	X	X	X	B	Cot	4
105	Theegala. Kalpan	<u>a</u>	X	X	X	Х	Y	X	X	×	X	X	X	13.	cor	N
106	Kandhikatte Moun	ka	X	Х	Χ	X	X	X	X	X	X	X	X	B	co	
107	Ale Divya		X	7	Y	X	X	X	X	X	×	X	X			T
	Makeler foodstoom	-	-		•				-	_	-				-	T
100	Renurunta Grajak	γ_i	×	×	X	X							1			İ
	Desharu Sindhu		A	a	01	on	-								-	
110	Katta . Sandhy	a	×	×	X	X	X	X	X							-
11)	Badini Shisis	ha	X	X	X	X	X	X	X					7		-
112	Madaly Mounife	A 054	X	X	X	X	+	1	*	X	x]	x				-
113	VECRIA. MANAS	A(MPCS)	×	×	X	X	X	х	X	X	-	X	1			1
114	pasileti. Mamatha	MPCS	*	х	X	Х	X	X	х	X	x	X	1	П		t
115	uggidi. Aniali (MPCS)	X	X	χ	Χ	X	X	γ	x	X	X	1			t
116.	ckeratoreans. Ro	(12 (24)	X	X	X	X	X	X	У	x	X	X	1	\vdash	\vdash	1
- 117	Sunda gan Anges	(54)	×	×	X	X	X	X	X	x		X	-	\vdash	+	
118	Pulusu. Novya	T2+)	X	X	X	X	X	X	x	×	X		1	+	+	
119	Polefally, Madhur	. 256)		V	X	X	X		×	X				+	+	-
120	Munagoti sony	Jan Jan	,	a	CI					-	'	1	1	\pm	+	_
121	Bommania Bring No	.211.	,	X	X	K	v	~	-	-	-		+	+	+	
127	Konopokula madh	1-11	X	X	×	X	X	X	-	1	1	X	a	+	+	_
123	vatti Madhari			2		X	1	X	X	×	X	+	X	+	+	_
124	Kalakam Munik		X	^	X	X	X	1.	Y	1	X	*	X	1	1	
125	Batasam xidby 1	31 11	×	A	4	X	X	X	1	X	X	X	X	1		
and the second	Bakasam Pavani	Show hi	×	X	^	Х	X	X	X	a	9	X	Y			
	jokkali saidham	16		X	X	×	X	1	×	×	X	X	1			
127	I - IN Pavor	111	4	×	4	X	Y	X	V	X	×	X	1	T		
123	Bodypalli Manis	10-COMICE A)	1	Y	Y	X	×	×	X	×	X	X	1	1	1	
129	Brougatti	-	×	1	X	a	X	1	1	×	y	X	×	1	+	-

CLASS SUBJ	ECT
TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS
XXXXX P. varagatha	1.21 •
XXXXXX F. Cravani B.A	132 DAJING CO,
XXXXX Y. Ruparathi	133
XXXX Y J. Gayetmi	134
XXXX a S. Mamatha	135
XXXXX G. Hanka	136
XXXX a Mi euchanith	137
XXXX Y. SWADNA	138
XXXX T. Shailaic	139
XXXXXA. COMO Des	140
X a X X X G. Ganga bhaga Di	الما
Ind 1xxxxxx x T. Walithya	11.2
SIMAXXXXXX P- Sweetha	14.3
5 Thox XXXXXX P. Sravya	161
29 MM X X X X X X X B ADUSTICE	1).(
37707 XXXXX B. Karyer	146
STINOXXXXXXX T. Sreeja	149
1 + X X X X X D. Mounika	17/8
In 1++++ + y y Sovjanya	1149
XXXXXX Y. Shirisha	1.60
XXXXX ! K Divyala	1.0
XXXXXXXXX B. Thans, Rans	- 1 - 1
XXXXXXX Ginectina	183 MBC-Final
Y a x x x x x x x K keerthi.	154 B. com (CA) - Final
XXXX axx s.chandhana	155 B. (OM (CA)-11)
XXX a aX X v. Aparna	156
XXXXXXXX K. Neelaveni	1,57 B.SC(MRA-11)
(XXXXXXXX) P. Krichmeni	158 B.sc(mpu)-10
XXXXXXXXXXX P. Snobbsecmi	1.9 B.sc(mpcs)
VXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	160
(XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	MIMORIAN ANDIO ST.

	DANCE REGISTER OF	MONTH	T	7	T	T	Ť	T	T	T	T	2	T
ROLL NO.	NAME OF THE	DATE	1.	1	+	+	+	+	+	+	+	+	+
	STUDENT	INITIAL OF LECTURER				T	t		T	T	\dagger	+	+
16),	0	NO, OF LECTURES	1	2	3	4	5	6	7	8	9	10	1
	Gando. Shrava	ani	X	,	a	X	17	(v	1/x	X	X	11	T
165	sectha. Stur	do	×	×	x	1×	1	Y	1 x	Ty	1		T
166	Jawall Anum	. 0	X	7	X	1	1	x	×	x	T		T
167	Junda Thaning	B COLOR	×	X	X	×	V	V	X	X	×	X	1
163	THE CHAIN CHAIN	21622-171	12	×	X	V	v	X	Ý	x	X	x	X
169	Thorumani Shine	LOS TICO	X	X	V	V	X	1	X	X	x	x	
46170	Kamalla Shire	Oto:	X		X	V	X	5	1	Ŷ	X		X
171	Ambati Renuse	an	X	X	1	Y	X	y	X	У	Y	\vdash	
172	solivoju shin		X			X	×	X	X	X	, v	\vdash	
173	Rolland Sagur		-	×	×	1	×	X	X	X V	X		
174	Karnati pring		X	X	X	X	X	X		X	Ý		
175	-Alakuntin. Banc	-	X	~	X	X	X	V	X	5	×		
176	Donthi Rackly.			X	V	0	X	X	X	X	X	П	
127	Edukuda. Boseth		X	X	Y	X	V	X	X	X	X,		
138	Borngiri . Hous		X	a	×	۵	X	X	Х	X	Y	9	
179	Grogula- Kaves		X	a	X	~	X	X	X	ÿ	V		1
180	Dugyala can	and Kini	X	a	X	X	X	X	X		X		-1
181	tarah Anjali	,	メ	X	X	X	X	X	Х	X	×		
182	Sathanapally Byd	ti	X		×	×						cr	7
183	Daladian 12/0/5		×	X	X	X	X	X	X	80	10	6	4
184	Garldam Rashmith	a mas	X	ķ		X	×				X	×	1
125	Balam Shivani	J	×	X	×			X	х	X	X		
186	Ajunagala Cows		X		×		×			X	X		
107	R. Navys	Ph 10	X	X	X	X	V		X	x	y	V	
188	ch. priyanks	Fre	1	X	X	x	x	X	x	+	x	x	
189	ch. Gowtani		1	X	X	X	X		X	t	x	×	
190	G. Manatha		1	X	X	X	X	X	×	×	×		
191	Bollom Eglpa	ng(KIPG)	+	×	X	1	X	1	X	X	X		
192	se Gowestia	and the second s	X	1	x	X		×	~	V	X		
193	K. Likhith	a i	X	\rightarrow	V	X	XX	×	X			H	
194	P. Manjula	1	X	X	X	1	y	K	/	X		H	-
195	p- Manasa	1	X	X	4	X	-	1.	7	X	X		-

		-1/		
	CLASS	SUBJEC	T	
		TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS	
224 225 226 227 228 229 230		mamatha	197	
XXXX	ZXXXS	(Durreya)	198	
XXXX	XXXX	mounda	190	
LVXV	XXXX T	THIVEDI	200	
1 1 1 1 1	XVAX O	Chandara	20)	
1 1 1 X X	X X / G	Panta	202	. ~
S A P S	XXXR	Promeda	×203 BA III EHIM	1 43
1 x x 4 x x x	1. 1.	sustli.	204 BA 1 E PP	
		,	205	
		Umade U	204	
		torraig	207 (50)	dy
		upavalu_	1208 BA THEN	J. Aly
XXXXXXX	XY B.	cardlys	AATT FREE	10K
XXXXXXX	XXXP.	namothe	209 10	· //
444 4 4 4 4	XYV P.	<u>oklila</u>	710	
XXXXXX	XXX A.	athing	211 311 100	
XXXXXXX	XXX.	saliatha	212 C	
XXXXXXX	XXXX	uma	(A TITY (LEOI)	
XXXXXXXX	XXX	sur-tha	214 183 114 115	
XVVXXXX	XYX P.	chandonal	3. LOWER THORONG	i I
XXXXXXX	XXX -D.	another	216 (13 (20 LD) 111, 2010)	
NA CARE	. e=	Politha	217	
	. \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	bagyasti	218	À
	. P. c		2.19	
XXXXXXX	XXX A.	Pavari	220 (R·A) E.P.CA II)	es &
11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	A Su	akiita	221	
	A 3.	maisha	22	
14440		Novyta (223 -	
17-17-15-15-15-15-15-15-15-15-15-15-15-15-15-	11/1/	muki	221,	
XXXXXX	1112	rishpolyto	225	
	VIA	1.511	226	
194/4		. 6.		
	Also of the second second	Ten nex	222 John John	XX
1000	Pm		353 PH (4.6.b)	No.
JXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	X X M 10		229 B.A (E PP) AA	dino
XXXXXX	XX M. S	nivanimpostast	230 - MPCS 8	0

						CLA	SS			SUDJEU.	
205	225	227	228	229	230	231	232	233	234	TOTAL NO. OF LECTURES ATTENDED BY STUDENTS	REMARKS
1	· a		X	X	X	X	X	X	Χ,	23 / Taral	a T. Anjali (Mprs xea)
V. V	X	a	×	×	X	a	Y.	7.	X	232	M. Wally
X	x	×	X	X	X	X	×	X	X	233	A - Shaba BrombA)2nd
+	X	7	X	X	X	×	X	X	X	234	N. mamathe
×		X	X	X	X	×	X	X	X	235	B. Roja
	d	X	X	1	V	X	X	X	X	236	7- Kith
×	×	a	×	Y	×	×	a	X	×	237	R. Alila
×	a	X	X	X	X	χ	X	R	Y	238	G- Psam Jysthi
7	X	a	X	X	X	X	X	X	4	239	L. Shashivile
X	a	X	×	X	X	X	メ	X	X	240	Sle. Asma
X	X	X	X	X	X	X	X	X	X	241	P. Yashaswini
K	×	×	X	X	×	X	Χ	X,	Y	242	Ch. Anusha
×	a	×	X	X	X	X	X	X	X	243	a. Vichneni
Ŋ	χ	X	7	X	X	X	X	X	٨	244	V · Akhila
X	K	X	X		X	X	X	X	X	245	Vo Thansi
X	X	X	X	X	X	X	X	X	X	246	M. Sxilatha(BA) Epp
X	Х	a	X	>	入	X	X	X	X	247	E. Shitath
X	X		X	X	X		X	X	X	- 248	K. Sumlathe B
χ	a	X	χ	X	X	X	X	X	X	249	Ch. Bown
X	a	X	X	X	X	X	X	X	X	250	T. Kajeshava

Scanned with CamScanner

Report of Certificate Course in YOGA

Department of Physical Education, GDC(W), Nalognda has conducted a certificate course in yoga from 02-03-2020 To 14-03-2020 for the improvement of the physical fitness of the students. Total 250 students from various programs (B.A, B.Com and B. Sc) participated enthusiastically and completed their course successfully. All the participants have been issued certificates at valedictory function of the course.













GOVERNMENT DEGREE COLLEGE FOR WOMEN NALGONDA

DEPARTMENT OF PHYSICAL EDUCATION



ONLINE CERTIFICATE COURSE IN YOGA

FROM 01-02-2021 TO 11-02-2021

Government Degree College for Women, Nalgonda Department Of Physical Education CERTIFICATE COURSE IN YOGA

Course Duration (30 Hours) from 01-02-2021 to 11-02-2021

The schedule and time table for this certificate course as follows

Daily 12:00 pm to 1-00 pm Theory class

Daily 6: 00 am to 7: 00 am & 5: 00 pm to 6: 00 pm Practice session.

TRAINER: YOGA Guru: Sri N.SIMHACHALAM

MSc & PGD in YOGA.

Chief Guest:- Dr. GHANASHYAM(PRINCIPAL GDC(w), NALGONDA

Organising Secretary: Dr. T. Kalyani, Physical Director

(Affiliated to Mahatma Gandhi University)
Ramagiri, Nalgonda, T.S - 508 001

Office: © 08682-222689/690

Website: gdcts.cgg.gov.in/ramagiri.edu

E-mail: prl-gdcw-nlg-ce@telangana.gov.in

E-mail: officegdcw.nlg@gmail.com

Dr. Ghanshyam

M.A., M.Phil, Ph.D

Principal

CERTIFICATE COURSE IN YOGA SYLLABUS (30 Hours) – 2020-21

(Theory – 10 hours + Practice Session – 20 hours)

MODULE-I - YOGA AND PHYSICAL EDUCATION (3 hours)

Concepts of yoga- aims and objectives of yoga- concept of exercise in physical education and its comparison with yogic practices.

MODULE-II - ANOTOMY AND PHISIOLOGY OF YOGIC PRACTICES (5 hours)

Introduction to human body and systems in brief with special reference to respiratory, digestive, muscular and nervous systems.

MODULE-III - ASHTANGA YOGA (2 hours)

1. Yama 2. Niyama 3. Aasana 4. Pranayama 5. Pratyahara 6. Dharana 7. Dhyan 8. Samadhi

PRACTICALS (PRACTICE SESSION) (20 hours)

1. Sitting asanas – 3 hours

Janu shirshasan- Vakrasan- Mandukasan- Yog Mudra Shashankasan-Ardhaushtrasan-Parvatasan-Gomukhasan

2. Standing asanas – 2 hours

Tadasan-Vrushasan-Natarajasan-Garudasan-Katichakrasan

3. Relaxative Asanas-2hours

Shavasan-Makarasan

4. Supine Lying Asanas-5hours

Naukasan-Setubandhasan-Pavanamuktasan-Ardhahalasan-Simple Matyasan-Sarvangasan

5. Prone Lying Asanas-3hours

Bhujangasan- Ardhahshalabhasan-Niralambasan

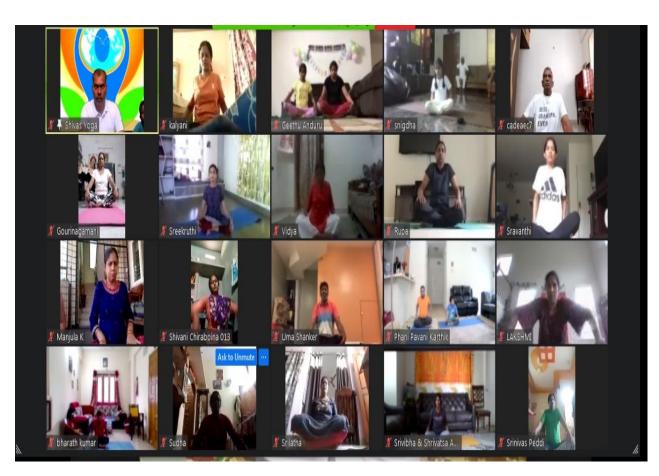
6. Pranayamam-Breathing practices – Meditation – 5 hours

LIST OF THE STUDENTS

	ATTENDANCE REGISTER C	MONTH	er	2,	····	T	<u>.</u>	TE	AR.			<u>-1</u>	"			4
		DATE				-						-	-	+		1
ROLL NO.	NAME OF THE STUDENT	INITIAL OF	_					\neg					-	+	1	
MOLL NO.	STODENT	NO. OF	1	2	3	4	5	6	7	8	9	10		4	1	
		LECTURES					100				(A.C.)		11	12	13	
	A. Mounika		X	Х	Time of	X	X	X	9	X	X	X			1	
B.	G. Shravani-	BLOM	X	X	X	X	X	X	X	X	X	X	-	\vdash	1	
3.	B. Arusha 1	37C 11	X	X	X	Х	X	X	X	200	X	X	-	-	_	-
4.	S. Sameera	3com II	X	X	X	X	×	X	×	X	01	X.	\vdash	-	_	1
5.	M. Pallaus -	BZCII	X	X	X	X	X	9	ot.	2	X	X	H	-	-	1
6.	R. Triveni -	BZCIII	X	X	X	X	X	X	X	X	X	X	┝	-	-	4
	B. Ashwini	BZCI	X	X	X	X	X	X	X	X	1X	X	\vdash	-	-	1
8.	V. Salatha	BCOM III	X	X	X	X	X	X	X	X	X	1	-	-	-	-
9.	Ch. Divya -	Sri BCONT	X	X	X	X	X	人	X	X	X	X	+	+	-	_
10.	.S. Tasneem	-BCOMI	a	X	X	X	X	X	X	X	X	X	+	+	-	_
11.	S. Doojitha	-BZCI	X	X	X	X	X	×	X	×	X	×	+	+	-	_
12.	A. Sowny	a-BSCI	X	X	X	X	X	×	X	X	X	Y	+	+	+	_
13.	R. Mahith	- Boom To	X	X	X	a	X	X	X	X	X	X	+	+	+	_
14.	K. Chapaha	a-BCOMT	1	X	×	X	X	×	9	×	X	×	4	+	+	_
15.	A. Dragna	- BCOM'T	×	X	X	7	×	X	X	X	×	C	+	+	+	_
16.	y. Smarni	- BOONT	1	X	7	×	×	×	×	X	×	×	4	+	-	_
17.	B. Shalin	- BSC. T	X	X	×	>	X	>	×	×	X	د :	4	+	+	_
18.	A. Tetasree.	- BZCTU	×	a	. ×	×	X	X	X	X	. ×	X	4	+	+	_
19.	6. Showth?	- BSC II		100	X	X.	×	×	×	X	×	9		-	-	
æn.	M. Cowmya	-BSC III	×	X	0	4	10	2	*>	< >	<>	(×	1	+	+	_
21.	B. osaidamma	- Вsc. Ш	7	17	X	4	1	X	<>	X	1		1		1	_
	1. 0		1	17	X	×	X	7	X	X	×	×	1	1	1	
22.	V. Madhavi	MacT	×	X	X	X	×	×	×	×	2	4	1	1	1	
23.	V. Srilatha-1	Para	. 0		(A)	4 >	4>	(X)	x 3	x.	X	1		
24.	V. Orlatha-1	XI(EII)	1	7		X	4	<>		a	X	X	<			1
25.	M. Hari Driga	- BZC_IL	1	1,		6		2	9	ge :	X	X	X			1
26.	11/1 0		4	. >	,				×	4	X	×	×			
27.	1	AU														
28.	N. Divlya -	BAIL	1						×	-			7		T	-
	R. Srivani -	B.AI	_				X		X			1.5	1	.1	+	
29.	ch. Siri -	BA I	_	10	-	_			X			1	X		1	_
30.	2 /			1										1	+	_
31.	C. Lavanya			1	N	X	9	9	a	X	X	X	-	4		
32.	p. Marratha	R.H II	Т,													

		MONTH	Т		Т	T				40	-2	1:	4	-
	NAME OF THE	DATE				-		-	4	4	I	T	T	1
ROLL NO.	NAME OF THE STUDENT	INITIAL OF						+	+	4	-	1		
		NO. OF	1	2	3	4	5			-	1			
77	14 40	LECTURES	2	200	3	9	0	6	7	8	9 10	11	12	1 2
33.	Ve Antha - BZ	CIL		1	X	X.	X	4	X	×)	X			2/
34.	B. Vennala-B	ATIL	X	Х	X	1	×	X Z	Χ.	X ;	K X			\
32.	R. Yashoda-1	SATIL	X	X	Х	X	X	X.	X :	X	X			1
36.	T. Dhevani- N	DCS TIT	X	X	X	X	X	XX	x >	()	X			-
37.	B. clusons-1	houst	X.	X	X	X	X	XX	(x	×	X			\
38.	Ch. Kavya - M	DUSTIL	X	a	a	a	a	XX	0	4>	X		7	/
39.	1 10 01/1	Y S TITE	2	X	X	X	X	X	()	1>			+	1
40.	0 1	CSTI	X	X	X	x i	2 0	a X	X	X	X		+	_
41.	A Comment		X	X :	X-	1	XX	<	×	×			+	_
40	N. Sowtanial	13	X			XX			×		X	1	+	-
43.	0 H 100 c		X				\top	X		×	4	1	+	-
44.	24 10 2		X	\top				X			V	1	+	+
45.	A. Devalax Shrui-			47		20	×,				X	+	+	+
46.	a le	IDCS TE	2	4			X		×	100	×	1	+	+
41.	M. Mounika-	1			Ť	1					X	+	1	+
48.	B. Manesha-N		1			×	1	×		X		1	\dagger	+
49.	. 011	.]	4>	1					a		X	1	T	1
50.	10 10 01		n X	1	T					x.	X	T		1
51.	L. greeshma-1	The second secon	4×	×	×	9	٩	a.	7	4,		T		T
52.	R. Wai gouthan	HYDCE WY						X			4	T	T	1
53	B. Blorgani-							4			×			2
54.	M. Nanollini	BZCTILX	X	a	X	X	X	X	4:	× ·	×			1
55.	T. Ranga-M	DC2	X	×	4	×	X	2	x.	*		1		
56.	S. Tulasi - M	PCSIM	X	1	+	X	4	9	×	×	x			
57.	N. Herralatha-M	XIIIX	Y	>	4.>	17	*	a	×	X	4	1	1	1
58.	Ch. Naga Joth ?4	PUT X	X	X	×	1	X	X	*	X	9		1	
59.	Ch. Raysika - M	DU IIX	X	X	×	4	X	X	X	X	X	1		
60.	B. Anusha - M.	DU IIX	×	+	×	X	X	×	X	X	X			
61.		X IT W		X	X	a	X	×	X	X	X			
62.	D. Saraswathi	You TIX	a	X	1	X	X	×	×	X	X			
63		BZCIIZ			X	1	×	9	×	X	x			
64.	M HOA CA	XIIIX		+	7	1			-	1				

	REGISTER OF	ولمطه					YE/	\R	2	20		ii.			
		МОИТН				T	YE/	T		1.2	Q.,	.2	T	-	é
ROLL NO.	NAME OF THE	DATE							+	-	\vdash	-	-		
	STUDENT	INITIAL OF LECTURER							-	+	-	-	-	_	-
Cr		NO. OF LECTURES	.1	2	3	4	5	6	7	8	9	10	-	_	-
<u>65.</u>	M. Navya M	DCS II)	Х	X	a	X	X	X	X	X	X	X	11	12	1
- 66.	T. Anjalio (M	DU II)	a	X	X	X	100	4		X	X	X	-	-	-
67	A. Shaba B	(om III	X	X	a	a	X	X	X	X	X	X		-	-
68.	M. Solatha (BAII)	X	a	X	X	X	Χ	×	χ	X	X		-	-
69.	B. Lokotha (4 pc TI	X	X	X	X	X	X	×	X	X	X		+	-
₹0.	B. Pavani (1	1pcs II	X	X	X	X	X	X	X	X	X	X	1	+	-
IE	A. Irilatha (1pcs 11)	X	X	X	X	X.	X	X	X	X	7	1	+	-
72.	B. Sow Janya	Bcom	X	a.	X	X	Q	X	X	X	7	X		+	-
- 73.	V. Bindusty -	Bramil	χ	χ	X	X	Х	X	X	γ	+	X			-
74	A. Manasa-	Beam	X	X	a	a	1.	X	×	X	X	X			
72.	C. Stivari -	MpcII	X	X	X	X	X	Х	X	X	X	X			
76.	G. Usha Kani	MDI	χ	Χ	X	*	*	X	9	9	×	X			
77	D. Maneesta	-Mixs II	X	X	X	X	X	7	X	X	X	X			
+8.	P. Mahesh	Wari-Mpcii	α	X	X	X	X	X	X	X	7	X			
79.	1 /1	Noyber	X	X	X	X	a	X	X	X	X	X			
80.		Apcs IT	a	X,	X,	X	X	X	7	1	X	X		_	
81.	1 1 1	Mpcs II	X	X	X	X				X	X	X	1	_	L
82.	1	-Hocs II	-	X.		X	X	-	X	X	1	X	-	4	_
83.	Manasa.	2000	-5	X	X	X	X	X	X	X		X	+	+	_
84	Ch. Vuphay		50.	N .	\mathbb{H}	X	× .	X.		X		X	+	+	_
85.	D. Maohin Dr	ye- Main	-X	X	X			4	X		X		+	+	_
86.	D' Warya! -	Mac -II	Y	O		X	H	4	4	X	X	1	+	+	_
87. 88.	G. Amilha:	MALI	$\frac{\wedge}{}$	Х	_		X	X	X	X	7	X	+	+	_
89.	C. Kadhika-			X		X	X.	X	\ \ \	V	X			-	
90.	1 do		X	7	X	X	V	~	×	V	A a	X		1	
	Divya-	Mpu II		7	1		^	/\	1	~		χ			-
91.	D. Swathi-	Mpcs TI	X		7	X	X	~	X	7	X				+
92.	p. Wanashar	MPaI	-	1	1	~	X	X	X	X	X	X		_	+
93.	Manada-	Mpatt	X	X	X	×	a X	×		X					+
94.		Mperil	-	-	X	$\overline{}$	K	X				-	-	-	+
95.	J. Warya	-	X		Λ	X			7	a		1		-	+
96.	D. Drivanta	- Musin	X	a	X	X	X	X	X	18	X	X			1





PRINCIPAL GDC(W) Dr. GHANSHYAM





Certificate Course in YOGA - Report

Department of Physical Education, GDC(W), Nalognda has conducted a certificate course in yoga from 01-03-2021 To 11-03-2021 for the improvement of the physical fitness of the students. Total 96 students from various programs (B.A, B.Com and B. Sc) participated enthusiastically and completed their course successfully. All the participants have been issued certificates at valedictory function of the course.