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# **ONE WEEK WORKSHOP ON YOGA & MEDITATION**

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**Dt : 28-12-2020 to 2-01-2021**  
**NAVACHETHANA NATIONAL LEVEL WORKSHOP**  
**(ONLINE)**



*Enter to Learn, Leave to Serve*



**PINGLE GOVERNMENT COLLEGE FOR WOMEN WADDEPALLY,  
NAAC 'A' Grade, ISO 9001:2015 Certified  
WARANGAL (URBAN) DEPARTMENT OF PHYSICS**

# INDEX

S.NO	CONTENT	PAGE NO.
1	Introduction	2
2	Day wise Schedule	4
3	Zoom invitation	5
4	Screen Shots During session	6 to 8
5	Valedictory Session	9 to 10
6	Daily Sadhana	11 to 15
7	Feedback by Students and Staff	16 to 18
8	List of Participants	19 to 24
9	Certificate for Participants	25
10	Press Notice	26

## **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 28-12-2021 to 2-12-2021. 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 benefited 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 Sankarnrayana, former incharge of Physics Department has invited as chief guest. He joined the programme from US.

### **INTRODUCTION**

Yoga helps to instil confidence and to bring learning to individual on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

The practice of yoga is gaining worldwide appreciation and popularity. People all over the world are moving toward practicing yoga for having a healthy life adopting the illness-free lifestyle or Nirogi Jeevan. Yoga is a holistic approach. It uses various postures, exercises, mantras, and meditation that enhances the thoughts and changes the mindset of the person adopting it. It enhances the mind power and also keeps us cool. It overall makes us more positive, energetic, happy, and effective and increases self-control.

Yoga is truest sense can be defined at the art of living. It is timeless and limitless. It has been with us for centuries. Additionally, it can be taught to the people of any age group right from the student to the Prime minister of India . Yoga is not attributed to any religion or caste. It is a Universal subject and an art of healthy living. With the help of yoga, we can balance our mental situation and physical situation both. Medical professionals and celebrities are also adapting yoga nowadays. Yoga is not about the different types of postures you need to do and holding your breath; it helps to see and directly experience the reality through meditation.

Due to various qualities linked to yoga, it is increasingly becoming popular. The youth of today in India and worldwide are eager to learn and adopt yoga as compared to other methods of excising. Teaching yoga to youth is very important today. Practicing yoga has immense emotional and physical benefits. Other than increased strength and flexibility, yoga helps to treat symptoms of mental health problems like anxiety, depression, and unwarranted stress. One of the most common problems faced by the students while preparing for exams is that they are unable to memorize and retain what they have studied. It is due to many reasons including lack of sleep, less concentration, less energy and general tiredness. Practicing yoga will not only help sharpen the brain but will also improve the memory, concentration and will help score well in your exams.

This one week workshop is designed to introduce new yoga students to the basic yoga techniques and meditation to create flexibility, strength, peace and harmony in the body and mind.

The introduction session will be held on a Monday(28-12-2020) and will be two hours long in the evening from 5 -7 PM. We offer a variety of beginners classes, each day of the week, in different yoga styles. At the end of this program, participants will be confident in continuing with our regular monitoring for one month.

We will cover:

- Introduction to “What is yoga?”
- Basic breathing techniques
- Warm-up poses, including the sun salutations
- Basic standing postures to cultivate strength and balance
- Basic backbends to cultivate mobility in the spine and to awaken your energy
- Sitting postures like forward-bends for flexibility and to calm down
- Restorative ending poses for relaxation
- Meditation

To conclude, having a better lifestyle is possible. The only need is to change how we live today and move toward accepting yoga as a part of life.

## Day wise Schedule

<b>NAV CHETANA YOGA AND MEDITATION WORKSHOP BY ART OF LIVING FACULTY SCHEDULE</b>			
		<b>28-12-2021 TO 02-01-2021</b>	
<b>Day</b>	<b>Date</b>	<b>Activity</b>	<b>Remarks (Youtube Links for Live session)</b>
Day 1	28-12-2020	<b>Introduction about Yoga and Meditation</b>	<a href="http://www.youtube.com/watch?v=9nrKyxVsVzQ">http://www.youtube.com/watch?v=9nrKyxVsVzQ</a>
		<b>Tadasan, Vrikshsan, Pada hastasan</b>	
Day 2	29-12-2020	<b>Practice Previous day/s Asanas</b>	<a href="https://youtu.be/NOYm33EqtM0">https://youtu.be/NOYm33EqtM0</a>
		<b>Artha Chakrasan, Trikonasan, Bhadrasan</b>	
Day 3	30-12-2020	<b>Practice Previous day/s Asanas</b>	
		<b>Vajrasan, Ardha Vrustrasana, Vrustrasana</b>	<a href="http://www.youtube.com/watch?v=jF-5aqtTung">http://www.youtube.com/watch?v=jF-5aqtTung</a>
Day 4	31-12-2020	<b>Practice Previous day/s Asanas</b>	
		<b>Makarasan, Bhujangasan, Vuddana Padasan,</b>	<a href="http://www.youtube.com/watch?v=-7a6ujcM7gk">http://www.youtube.com/watch?v=-7a6ujcM7gk</a>
Day 5	01-01-2021	<b>Practice Previous day/s Asanas</b>	
		<b>Bhastrika Pranayama, Kapala Bhati ,</b>	<a href="http://www.youtube.com/watch?v=nKA-mkQ7bNI">http://www.youtube.com/watch?v=nKA-mkQ7bNI</a>
Day 6	02-01-2021	<b>Practice Previous day/s Asanas</b>	
		<b>Practice Pranayama</b>	<a href="http://www.youtube.com/watch?v=Kkjt6zBC94A">http://www.youtube.com/watch?v=Kkjt6zBC94A</a>
		<b>Closing Remarks</b>	

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



**Pingle Government College for Women, Waddepally, Hanamkonda**  
**Nav Chetna Workshop online** **Free Session**  
(also called the Breath-Water-Sound workshop)

**Date:** 28-12-2020 to 02-01-2021 **Zoom ID:** 837 0101 6120 **Password:** Will be shared to registered Participants  
**Time:** 05:00 pm to 06:00 pm

**Google Form:** Fill the Gform and Join WhatsApp group provided in the Gform  
[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)

<p><b>Why Nav Chetna Shivr?</b> <b>To achieve and get</b></p> <ul style="list-style-type: none"><li>✓ Calm and Focused mind</li><li>✓ Energizing Pranayama's</li><li>✓ Boost Immunity</li><li>✓ Eliminate Stress &amp; Anxiety</li><li>✓ Enjoy Present</li><li>✓ Relaxing through meditation &amp; Yoga</li></ul>  	 <p>Mr. Kaligotla Gopala Sarma -Art Of Living Faculty</p>  <p>Dr. G.Raja Reddy -Principal</p>  <p>Mrs. Goparaju Savitri -HOD Physics Dept &amp; ICC Convenor</p>
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**Contact Details :** 7842498036(Goparaju Savitri)  
9290719983 (Gopala Sarma)

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

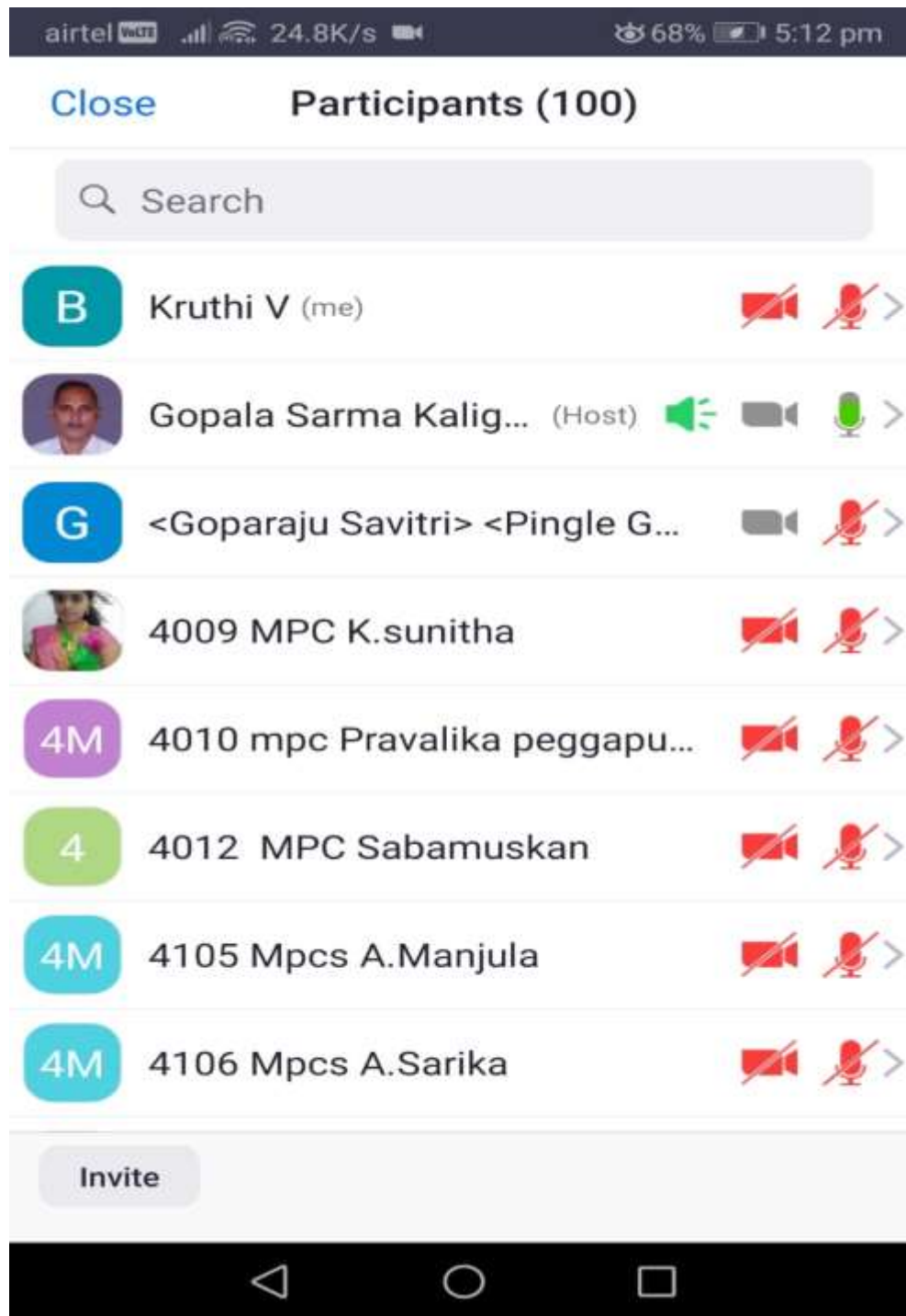
Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/83453878042?pwd=ckhxdStUbmVqMHN6cWVCazgyNW1PUT09Meeting>  
ID: 834 5387 8042

Passcode: 359125

## Screenshots of Zoom during Session



Screen shot during Zoom Session(Various Yogasanas)

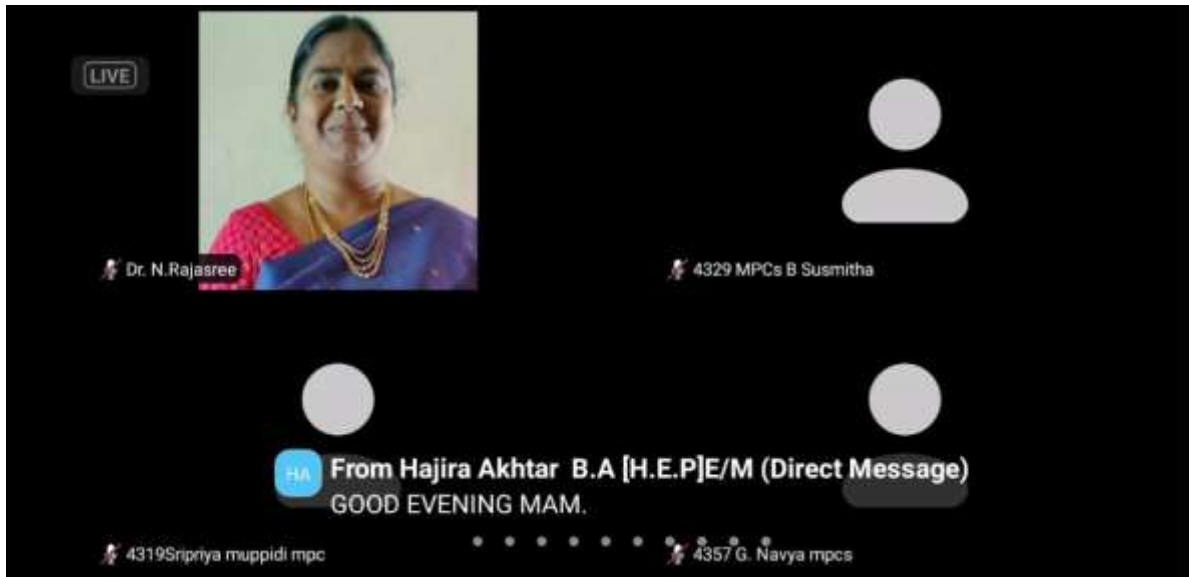






## Valedictory Session





# Sadhna by Students







Zoom

Leave



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



P.sreenidhi



Reshma4211



4364, MPCs, K. SHRUTHI



Unmute



Start Video



Share



Participants



More







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



P.sreenidhi



Reshma4211

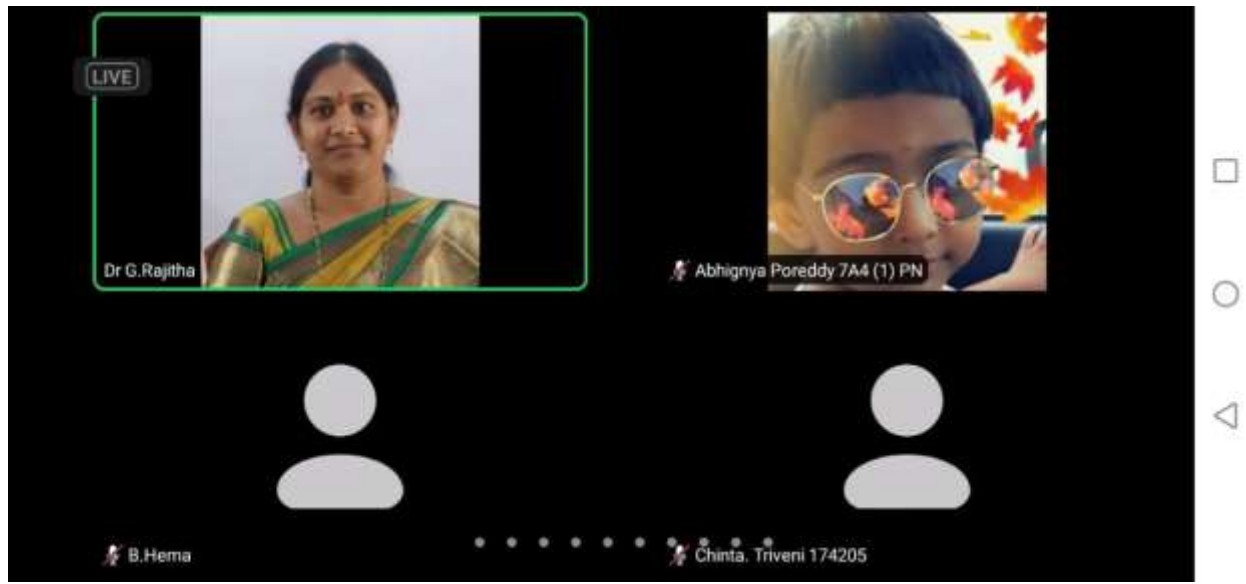


4364, MPCs, K. SHRUTHI





## Feedback from Students and Staff







## List of Participants Faculty

Timestamp	Name of the faculty	Designation
2021/01/11 8:35:08 pm GMT+5:30	Dr. N. Rajasree	Assistant Professor of Economics
2021/01/11 8:35:37 pm GMT+5:30	Taduru Aruna	Lecturer
2021/01/11 8:35:49 pm GMT+5:30	Dr.G.Raja Reddy	Lecturer in Commerce
2021/01/11 8:35:52 pm GMT+5:30	Dr.Shabeeh Fatima	Asst. Professor
2021/01/11 8:40:25 pm GMT+5:30	Dr.T.Kalpana	Lecturer
2021/01/11 8:43:51 pm GMT+5:30	B SWARNALATHA	Lecturer
2021/01/11 8:44:58 pm GMT+5:30	B. Jagadish	Librarian
2021/01/11 8:49:03 pm GMT+5:30	E.Anitha	Lecturer
2021/01/11 9:00:01 pm GMT+5:30	Dr.Ramavath Ravi	Assistant Professor of Commerce
2021/01/11 9:00:37 pm GMT+5:30	B.Shirisha	Lecturer
2021/01/11 9:06:31 pm GMT+5:30	M.Shailaja	Assistant professor
2021/01/11 9:08:28 pm GMT+5:30	Dr.Ch.Bhaskar	Assistant Professor of Commerce
2021/01/11 9:10:16 pm GMT+5:30	Dr. Snehalatha Reddy Chitla	Assistant Professor of Physics
2021/01/11 9:18:55 pm GMT+5:30	Dr D.Ramakrishna Reddy	Asst.Professor
2021/01/11 9:21:49 pm GMT+5:30	Kattula Rajeshwari	Lecturer
2021/01/11 9:28:03 pm GMT+5:30	Dr. M. Shamala	Asst. Professor of Telugu
2021/01/11 9:29:01 pm GMT+5:30	Dr. Munagala Alivelu â°	Asst professor
2021/01/11 9:55:37 pm GMT+5:30	H.Pallavi	Assistant professor

2021/01/11 10:00:29 pm GMT+5:30	D Radhika	Asst professor
2021/01/11 10:08:51 pm GMT+5:30	Smt Goparaju Savitri	Assistant professor of Physics
2021/01/11 10:48:35 pm GMT+5:30	B. Kalpana	Asst.Professor
2021/01/11 10:57:25 pm GMT+5:30	Dr.D.Parvathi	Lecturer in Botany
2021/01/11 11:15:09 pm GMT+5:30	Pulloori Prathibha	Lecturer
2021/01/11 11:33:15 pm GMT+5:30	Dr. G. Suhasini	Asst. Professor of Zoology
2021/01/12 7:53:43 am GMT+5:30	I MANGAMMA	Lecturer
2021/01/12 12:01:15 pm GMT+5:30	Dr.P.Brahmam	Faculty of zoology
2021/01/12 12:55:16 pm GMT+5:30	K.Saritha	Asst.Prof of Botany
2021/01/12 3:31:45 pm GMT+5:30	Dr.D.ANANTHALAKSHMI	LECTURER IN HINDI
2021/01/12 6:04:48 pm GMT+5:30	Dr G.Rajitha	Assistant professor
2021/01/13 11:36:47 am GMT+5:30	Dr.Ch.Bhaskar	Assistant Professor of Commerce
2021/01/13 4:23:27 pm GMT+5:30	Dr D.Ramakrishna Reddy	Asst.Professor
2021/01/13 4:23:27 pm GMT+5:30	A.Rajasri	Lecturer

## List Of Participants (Students)

Timestamp	Name	Year	Course
2021/01/11 8:33:32 pm GMT+5:30	Adidala Bhargavi	Second	B.Sc ( Physical sciences )
2021/01/11 8:33:54 pm GMT+5:30	Mettupally Manichandana	Third	B.Sc ( Physical sciences )
2021/01/11 8:34:08 pm GMT+5:30	Sana Farhana	Second	B.Com (C.A)
2021/01/11 8:34:09 pm GMT+5:30	Deepthi Kandikonda	Second	B.Sc ( Physical sciences )
2021/01/11 8:34:36 pm GMT+5:30	Gugulothu priyanka	First	B.Sc ( Physical sciences )
2021/01/11 8:35:03 pm GMT+5:30	Mettupally Manichandana	Third	B.Sc ( Physical sciences )
2021/01/11 8:35:08 pm GMT+5:30	Bhumpelly Supriya	First	B.Sc ( Physical sciences )
2021/01/11 8:35:20 pm GMT+5:30	Kottem keerthipriya	Third	B.Com (C.A)
2021/01/11 8:35:29 pm GMT+5:30	Monika	Second	B.Sc ( Physical sciences )
2021/01/11 8:35:41 pm GMT+5:30	Akhila kandikonda	Third	B.Sc ( Physical sciences )
2021/01/11 8:35:43 pm GMT+5:30	B. Ramya	Third	B.Sc ( Life sciences )
2021/01/11 8:36:02 pm GMT+5:30	Dussa Bhargavi	Third	B.Sc ( Physical sciences )
2021/01/11 8:36:49 pm GMT+5:30	Mohammad Fouziya	Third	B.Sc ( Physical sciences )
2021/01/11 8:36:52 pm GMT+5:30	Alla. Divya	Third	B.Sc ( Physical sciences )
2021/01/11 8:37:03 pm GMT+5:30	Bhumpelly Supriya	First	B.Sc ( Physical sciences )
2021/01/11 8:37:04 pm GMT+5:30	Yathipathi Soumya Sri	Second	B.Com (C.A)
2021/01/11 8:37:52 pm GMT+5:30	Sowmya kaveri	Third	B.Com (C.A)
2021/01/11 8:38:06 pm GMT+5:30	SABAMUSKAN	Second	B.Sc ( Physical sciences )
2021/01/11 8:38:42 pm GMT+5:30	thathashylaja1122	First	B A
2021/01/11 8:39:15 pm GMT+5:30	Rachana	Second	B.Sc ( Life sciences )
2021/01/11 8:40:51 pm GMT+5:30	B. Latha	Second	B.Sc ( Physical sciences )
2021/01/11 8:41:31 pm GMT+5:30	Komala thodusu	Third	B.Sc ( Physical sciences )
2021/01/11 8:41:59 pm	Kolipaka Bhavani	Second	B.Com (C.A)

GMT+5:30			
2021/01/11 8:42:05 pm GMT+5:30	Neeraja Madishetty	Second	B.Com (C.A)
2021/01/11 8:43:38 pm GMT+5:30	M.spandana	Third	B A
2021/01/11 8:44:51 pm GMT+5:30	K.Ankitha	First	B.Sc ( Physical sciences )
2021/01/11 8:45:44 pm GMT+5:30	Surneni Rajani	Third	B.Sc ( Physical sciences )
2021/01/11 8:46:04 pm GMT+5:30	R.meghana	First	B.Sc ( Physical sciences )
2021/01/11 8:46:22 pm GMT+5:30	Ch. Sowmya	Third	B.Sc ( Physical sciences )
2021/01/11 8:48:04 pm GMT+5:30	Shirisha Nesa	Third	B.Sc ( Physical sciences )
2021/01/11 8:48:17 pm GMT+5:30	Pagidipala Usha	Third	B.Sc ( Physical sciences )
2021/01/11 8:48:32 pm GMT+5:30	Lingala sunitha	Third	B.Sc ( Physical sciences )
2021/01/11 8:48:41 pm GMT+5:30	Kommaganti Anupriya	Second	B.Sc ( Physical sciences )
2021/01/11 8:50:57 pm GMT+5:30	Mudavath prameela	Third	B A
2021/01/11 8:51:03 pm GMT+5:30	B. Latha	Second	B.Sc ( Physical sciences )
2021/01/11 8:51:28 pm GMT+5:30	Thakalapally kavya	Third	B.Sc ( Physical sciences )
2021/01/11 8:51:50 pm GMT+5:30	Nagurla Manasa	Third	B.Sc ( Physical sciences )
2021/01/11 8:52:23 pm GMT+5:30	Puppala Manasa	Third	B.Sc ( Physical sciences )
2021/01/11 8:53:46 pm GMT+5:30	P. Rishika	Second	B A
2021/01/11 8:54:04 pm GMT+5:30	BOLLEMPALLY SABITHA	Third	B.Sc ( Physical sciences )
2021/01/11 8:56:00 pm GMT+5:30	Banoth soujanya	Third	B.Sc ( Physical sciences )
2021/01/11 8:56:58 pm GMT+5:30	Banoth soujanya	Third	B.Sc ( Physical sciences )
2021/01/11 8:57:21 pm GMT+5:30	Chenna Shivani	Third	B.Sc ( Physical sciences )
2021/01/11 8:59:20 pm GMT+5:30	Challa.jyothsna	Third	B.Sc ( Physical sciences )
2021/01/11 8:59:43 pm GMT+5:30	A.prasanna	Third	B.Sc ( Physical sciences )
2021/01/11 9:00:14 pm GMT+5:30	Ravali	Third	B.Com (C.A)
2021/01/11 9:01:32 pm	Polagani Ajuba Rani	Third	B.Sc ( Physical sciences )

GMT+5:30			)
2021/01/11 9:01:40 pm GMT+5:30	ALLENKI TEJASWINI	Third	B.Sc ( Physical sciences )
2021/01/11 9:01:54 pm GMT+5:30	Boda Mounika	Third	B.Sc ( Physical sciences )
2021/01/11 9:03:21 pm GMT+5:30	Banoth Akhila	Third	B.Sc ( Physical sciences )
2021/01/11 9:06:03 pm GMT+5:30	M. Suchithra	First	B.Sc ( Physical sciences )
2021/01/11 9:10:04 pm GMT+5:30	Mourya Ramya	Second	B.Sc ( Physical sciences )
2021/01/11 9:11:16 pm GMT+5:30	Mogilicherla Mounika	Third	B.Sc ( Physical sciences )
2021/01/11 9:17:01 pm GMT+5:30	Bhumpelly Supriya	First	B.Sc ( Physical sciences )
2021/01/11 9:25:10 pm GMT+5:30	Sarayu Bonala	Third	B.Sc ( Physical sciences )
2021/01/11 9:30:36 pm GMT+5:30	Vallala Akhila	Third	B A
2021/01/11 9:41:13 pm GMT+5:30	Pavani	Second	B.Com (C.A)
2021/01/11 9:46:15 pm GMT+5:30	Pavani	Second	B.Com (C.A)
2021/01/11 9:57:05 pm GMT+5:30	Aishwarya vuppugalla	Third	B A
2021/01/11 9:57:43 pm GMT+5:30	Rangu Ramya	First	B.Sc ( Physical sciences )
2021/01/11 10:10:15 pm GMT+5:30	Bontha Ujwala	Second	B.Sc ( Life sciences )
2021/01/11 10:22:31 pm GMT+5:30	Shirisha Nesa	Third	B.Sc ( Physical sciences )
2021/01/11 10:55:08 pm GMT+5:30	Ananthoju Anusha	Third	B.Sc ( Life sciences )
2021/01/11 11:20:52 pm GMT+5:30	Medipelly Srividya	Third	B.Sc ( Physical sciences )
2021/01/12 2:33:44 am GMT+5:30	Mandala.Srividya	Second	B.Sc ( Physical sciences )
2021/01/12 7:56:23 am GMT+5:30	Cheruku shravani	First	B.Sc ( Physical sciences )
2021/01/12 7:58:07 am GMT+5:30	Cheruku shravani	First	B.Sc ( Physical sciences )
2021/01/12 8:10:46 am GMT+5:30	Allati Deepthi	First	B.Sc ( Physical sciences )
2021/01/12 8:36:46 am GMT+5:30	KOUDAGANI SHRUTHI	First	B.Sc ( Physical sciences )
2021/01/12 8:37:40 am GMT+5:30	KOUDAGANI SHRUTHI	First	B.Sc ( Physical sciences )
2021/01/12 8:40:37 am	Gone Archana	Second	B.Sc ( Physical sciences )



GMT+5:30			)
2021/01/12 9:03:59 am GMT+5:30	T.Dakshayani	Second	B.Sc ( Physical sciences )
2021/01/12 9:04:57 am GMT+5:30	Ponaganti Sangeetha	Third	B.Sc ( Life sciences )
2021/01/12 9:18:34 am GMT+5:30	Guguloth padma	Third	B.Sc ( Physical sciences )
2021/01/12 9:23:07 am GMT+5:30	Pinreddy srija	First	B.Sc ( Life sciences )
2021/01/12 9:31:03 am GMT+5:30	Sunitha	Second	B.Sc ( Physical sciences )
2021/01/12 9:33:24 am GMT+5:30	Bamandlapelli Shivarthika	First	B.Sc ( Life sciences )
2021/01/12 10:05:19 am GMT+5:30	Vidyavathi Lavudya	Third	B.Sc ( Physical sciences )
2021/01/12 10:41:04 am GMT+5:30	Namani Anusha	Second	B.Sc ( Physical sciences )
2021/01/12 10:48:24 am GMT+5:30	Nukala srujana	Second	B.Sc ( Physical sciences )
2021/01/12 10:59:15 am GMT+5:30	Hajira Akhtar	First	B A
2021/01/12 11:03:32 am GMT+5:30	Kisar Santhoshini	Third	B A
2021/01/12 11:12:56 am GMT+5:30	Bontha Ujwala	Second	B.Sc ( Physical sciences )
2021/01/12 11:18:58 am GMT+5:30	Boini kaveri	Third	B.Sc ( Physical sciences )
2021/01/12 11:36:56 am GMT+5:30	J. Amulya	Second	B.Sc ( Life sciences )
2021/01/12 12:48:56 pm GMT+5:30	Chinta.Triveni	Second	B.Sc ( Physical sciences )
2021/01/12 12:54:09 pm GMT+5:30	Sk.Rehana	Second	B.Sc ( Physical sciences )
2021/01/12 2:01:55 pm GMT+5:30	G.Nikitha	Second	B.Sc ( Physical sciences )
2021/01/12 4:02:12 pm GMT+5:30	Muppidi sripriya	First	B.Sc ( Physical sciences )
2021/01/13 9:55:59 am GMT+5:30	Orre Swathi	Second	B.Sc ( Physical sciences )
2021/01/13 7:39:44 pm GMT+5:30	Lingala Sravya	Third	B A

# CERTIFICATE OF PARTICIPATION



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

*Dr. G. Raja Reddy*  
Principal  
Dr. G.Raja Reddy



