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తనువు, మనస్సు, ఆత్మను
ఏకం చేసే ఒక సాధనమే 'యోగా'



అంతర్జాతీయ యోగా దినోత్సవం
శుభాకాంక్షలు

#అంతర్జాతీయ యోగా దినోత్సవం



























































DEPARTMENT OF ENGLISH
SR & BGNR GOVT. ARTS & SCIENCE COLLGE (A),
KHAMMAM

One Day Workshop on
THE ROLE OF COMMUNICATION IN TEACHING -
COMPETENCE AND PERFORMANCE

REGISTRATION FORM

Name of the Faculty : V. SHANTHI KUMAR
Designation : Lecturer in Chemistry
Subject : CHEMISTRY
College : SR & BGNR GOVT. Arts & Science
Autonomous College, Khammam.
Mobile No. : 9852270009
e-mail ID : vskhud@gmail.com
Address : Chesuru Bazar, Khammam city.

Convenor _____
Signature of the Participant V. Shanthi Kumar 04/05/2019









21 जून, अन्तर्राष्ट्रीय योग दिवस

सामान्य योग अभ्यासक्रम (Common Yoga Protocol)

ॐ सगंधर्व्यं संधर्ष्यं सं सो जगतीजगतात्मं देवा भ्रानं यथा पूर्वं संजानता उपारते ।।

श्रीवा घासन

स्कन्ध खिचाव

स्कन्ध चक्र

कटिनिवृत्त संघासन

शुद्धा संघासन

ताडनासन

दृष्टासन

पादहस्तासन

अर्धपद्मासन

त्रिकोणासन

दण्डासन

भद्रासन

वज्रासन

अर्ध उष्ट्रासन

उष्ट्रासन

शशाङ्कासन

उत्तानमूलासन

भारीष्वासन / वक्रासन

मकरासन

भुजंगासन

शालभासन

सोपुष्प आसन

उत्तानपाद आसन

अर्धहस्तासन

पवन मुक्तासन

शवासन / योग भिद्रासन

कपालभ्राति

अमृतोम विरोम घाग्नायाम

शीतली घाग्नायाम

ब्रामरी घाग्नायाम

ध्यान

























REDMI NOTE 5 PRO
MI DUAL CAMERA



REDMI NOTE 5 PRO
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BLOOD DONATION CAMP CONDUCTED BY RPF/KHAMMAM







P. Joseph	—	94922 76204	SSC-98-98
M. Shyam	—	94926 43614	
B. Basu	—	97046 00102	
P. Janaiah	—	80028 24358	
M. Heeralal	—	96181 09989	
P. Ramesh	—	79870 52870	
B. Venkanna	—	888666 1294	
D. Veeranna	—		
B. Dasareth	—		Died
O. Bhaskar	—	96403 83123	
B.R. Varakumar	—	92429 89362	
B. Srinu	—		Died
D. Ramu	—	850038 6932	
D. Ravi	—	9666 277707	
K. Nagamani	—	95024 72149	
T. Sunitha	—		
V. Sailaja	—		
V. Vivekavathi	—	79012 53125	
P. Aruna Jyothi	—	96036 12163	
M. Vijaya	—	79957 57321	
B. Vinoda	—	99638 32326	





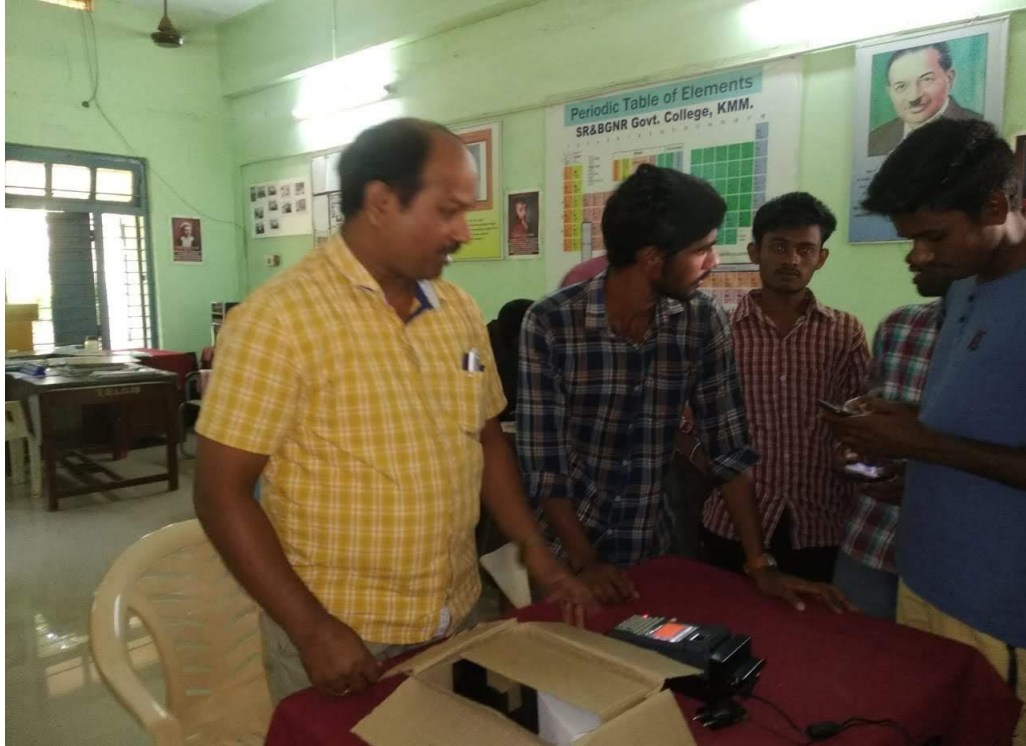
B. Swetha — 90102 06352
 N. Sunitha — 91212 09327
 B. Prasanna — 90102 06352
 Neelaveni — 91212 09327







































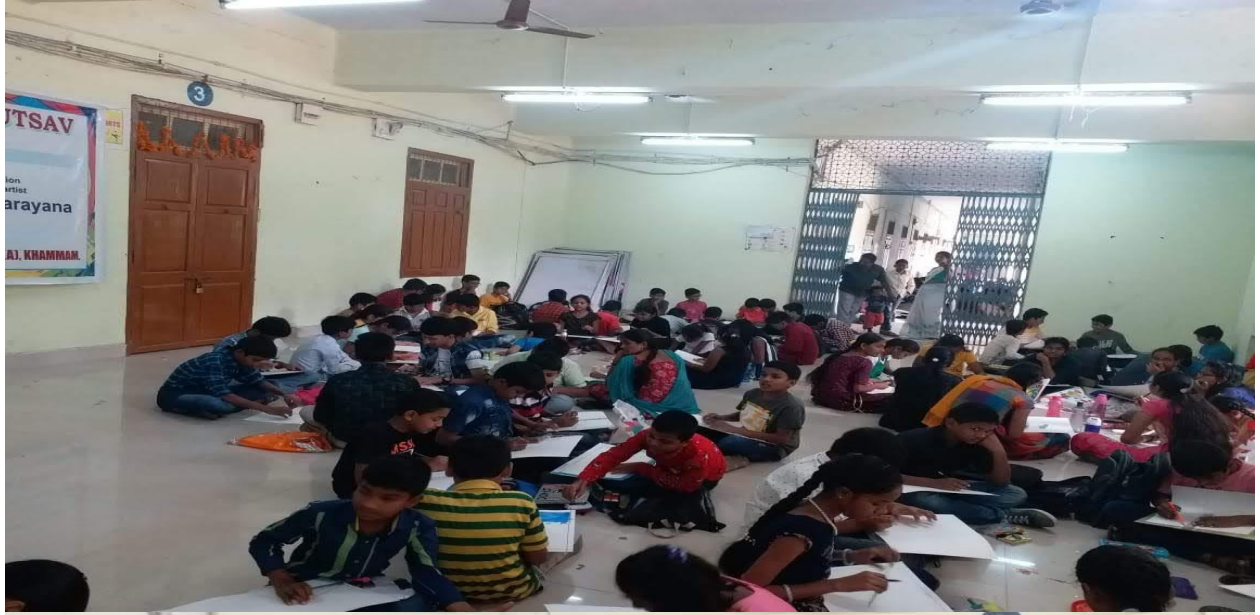
































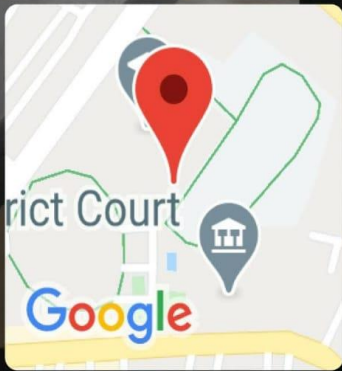












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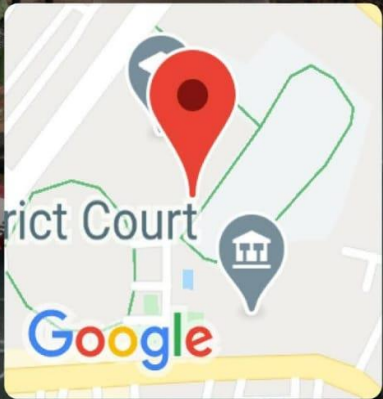
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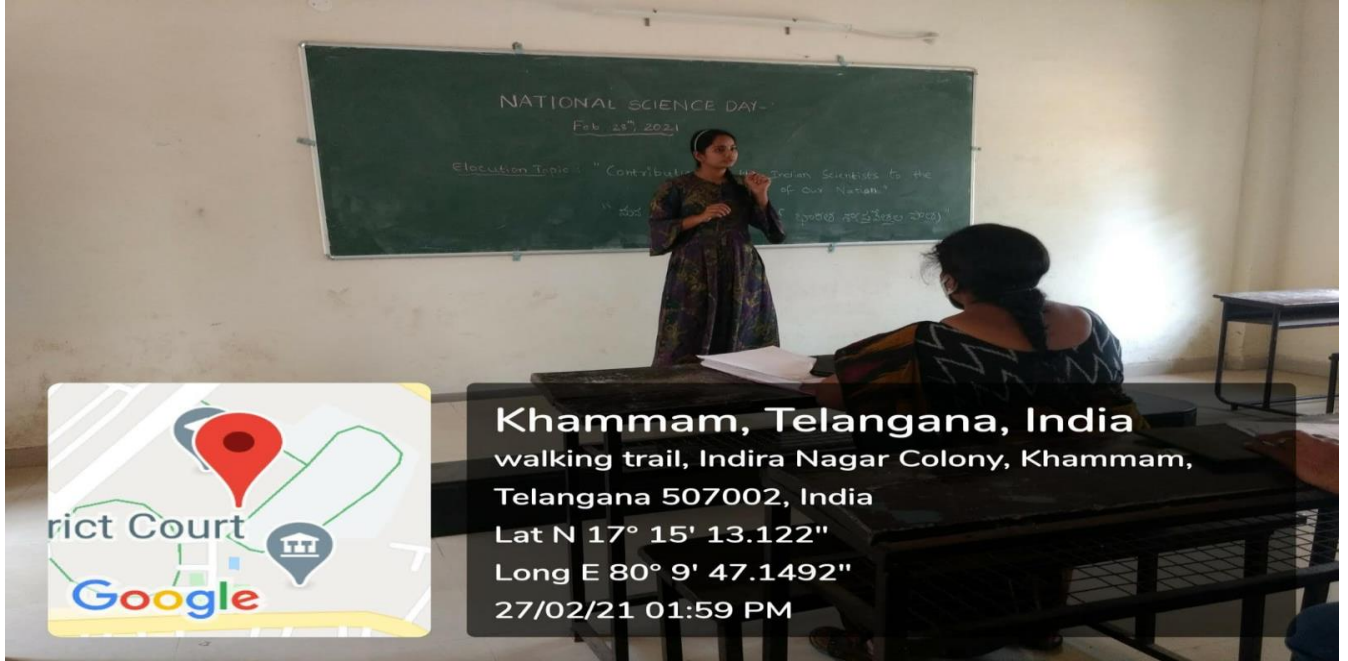
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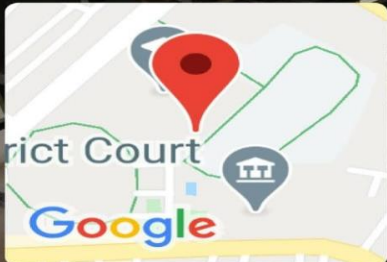
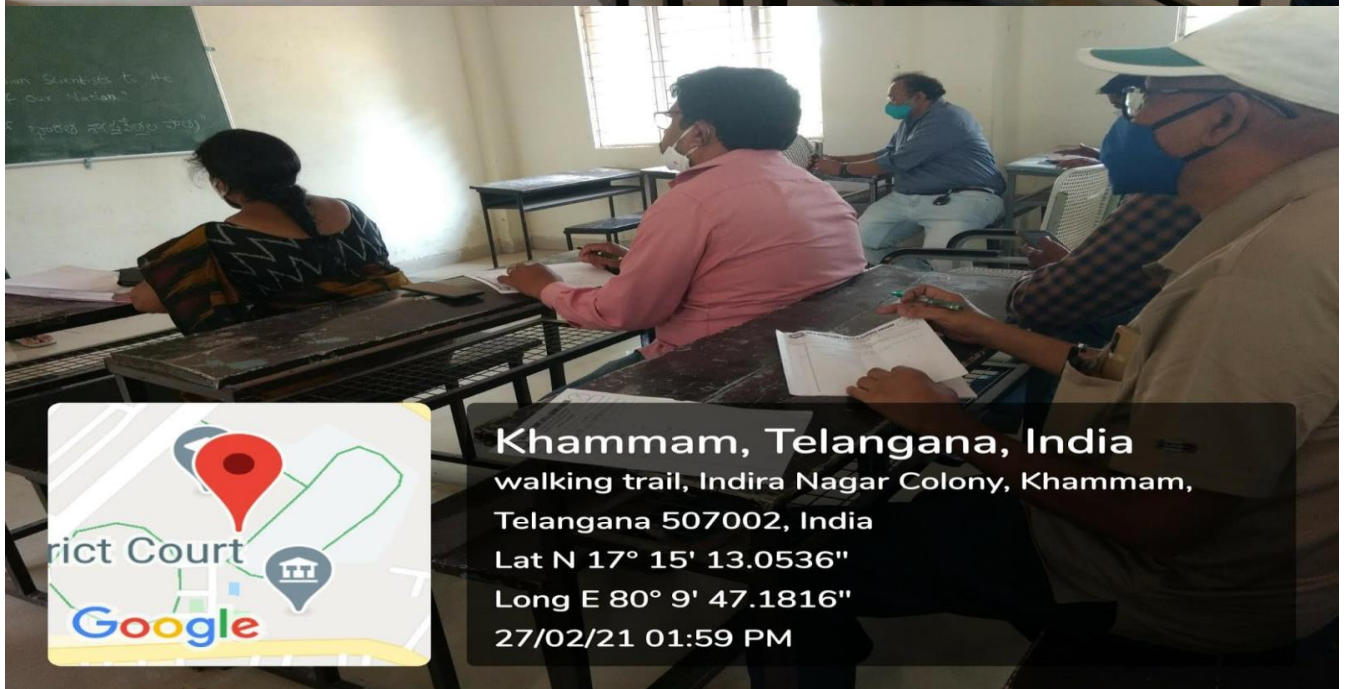
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walking trail, Indira Nagar Colony, Khammam,



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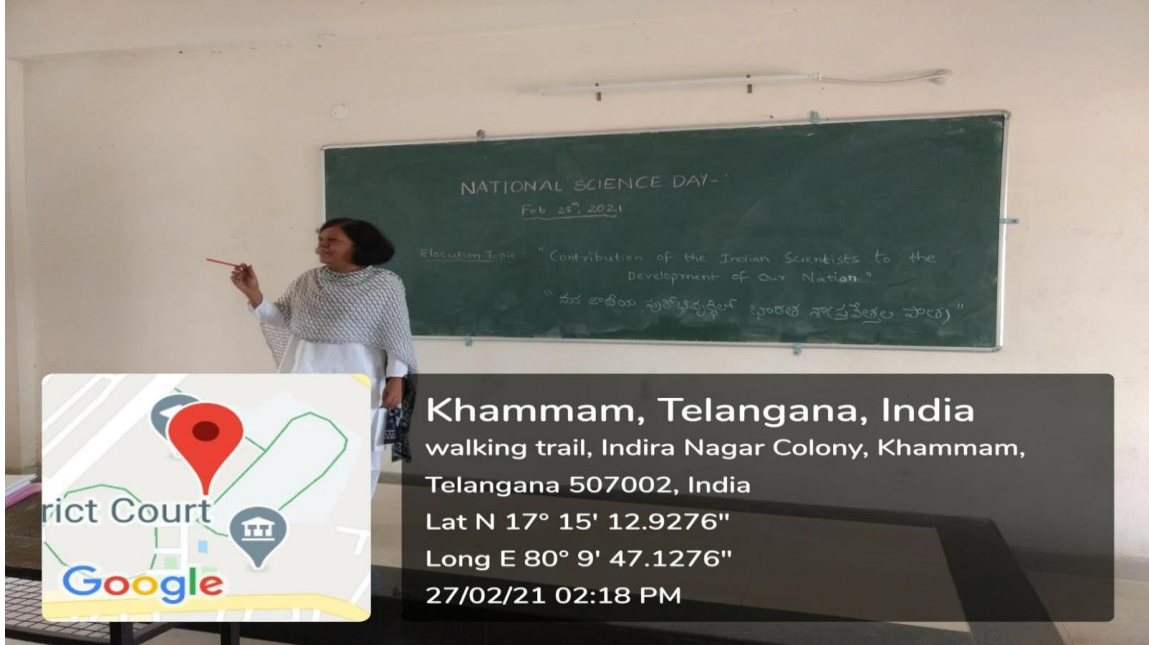
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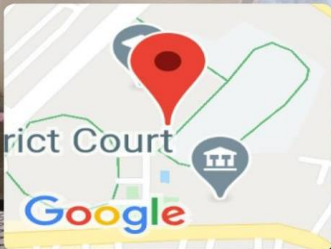
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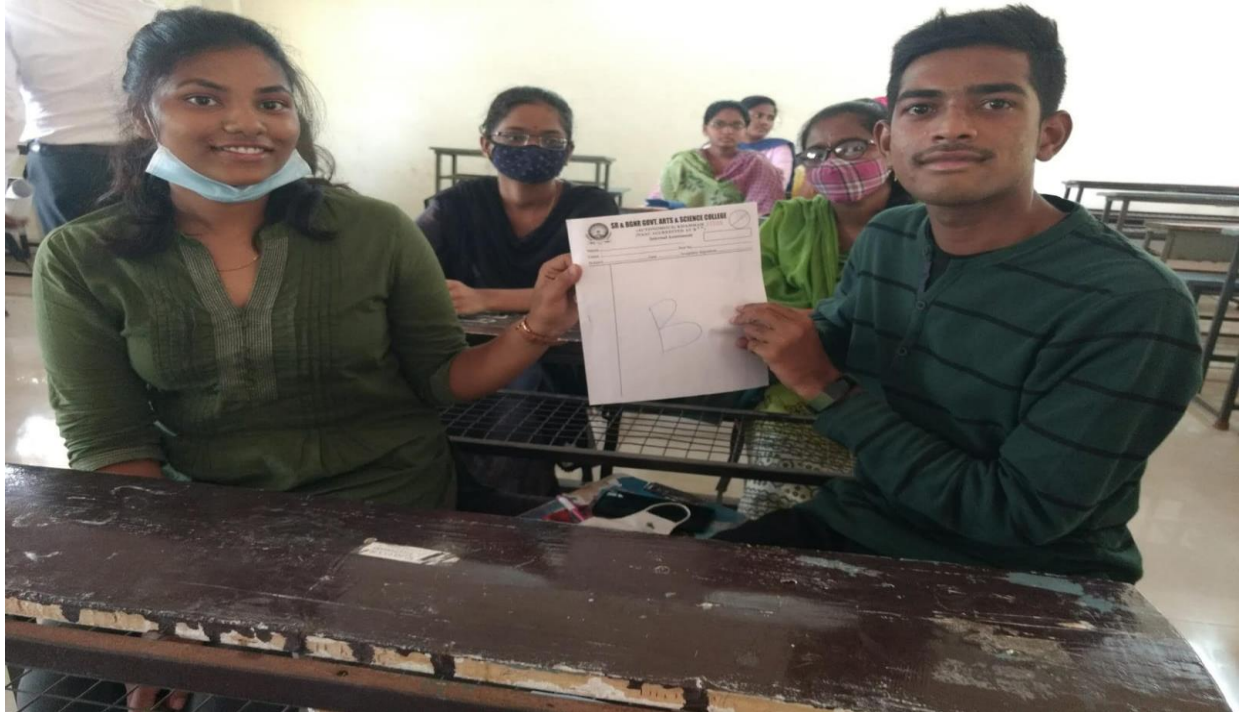
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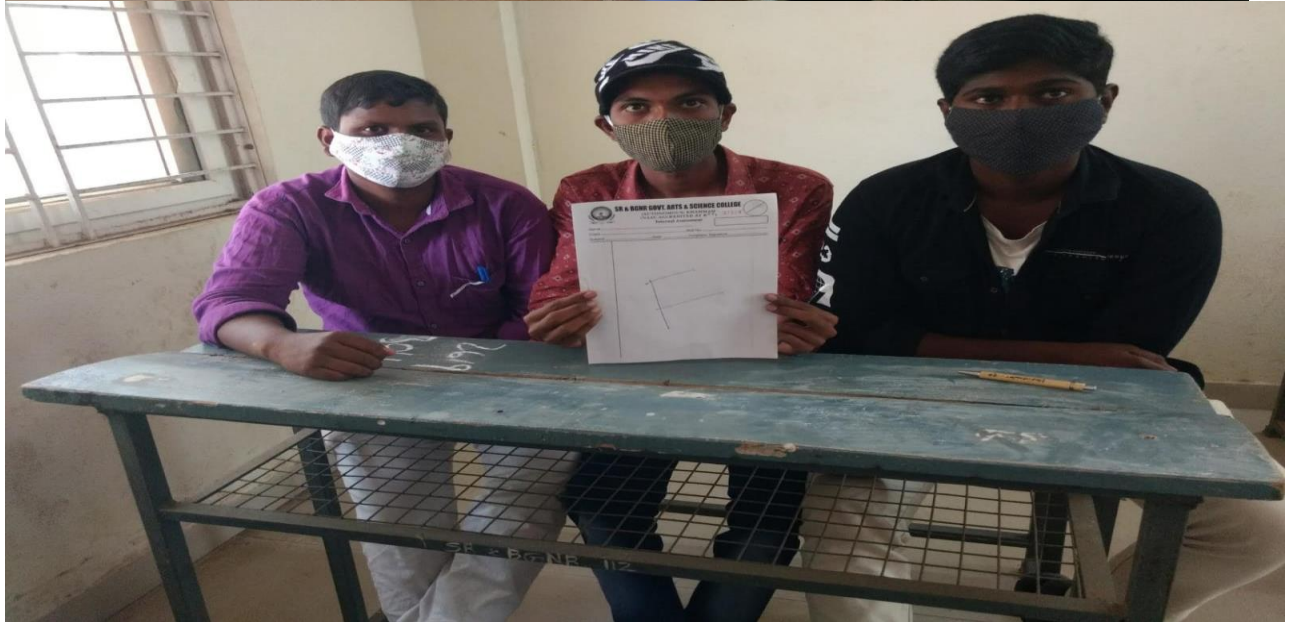
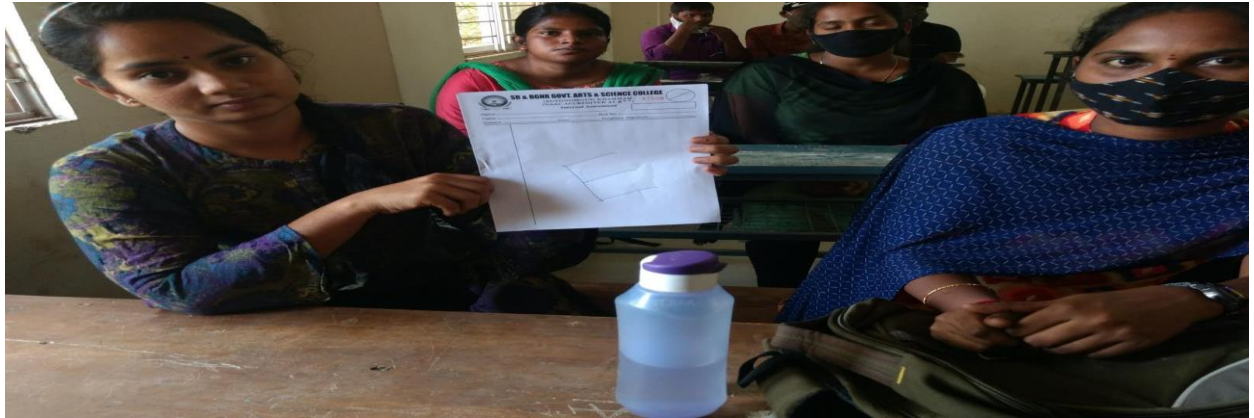
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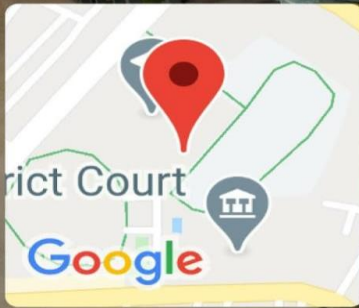








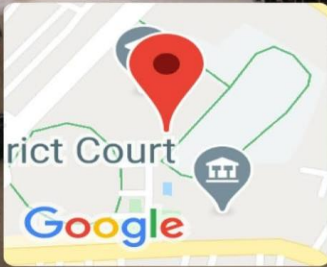




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Khammam, Telangana, India
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Telangana 507002, India
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Telangana 507002, India

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Khammam, Telangana, India

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Khammam, Telangana, India

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Telangana 507002, India

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