

**RRDS GOVT. DEGREE COLLEGE, BHIMAVARAM, W.G.Dt, A.P**

(Affiliated to Adkavi Nannayya University, Rajamahendravaram)

Estd:1972

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Accredited by NAAC

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**RRDS Government Degree College, Bhimavaram  
Department of Physical Education  
Notice**

All the students and faculty are here by informed that there will be a training programme on **Shushman Kriya Yoga** on 20.07.2022 at 2 p.m in the college. Divya Babaji Shusumna Kriya Yoga foundation organizer Smt. Atmanandamayi will explain the benefits of yoga and train the students and staff on various techniques of Shusumna Kriya Yoga.

So all the faculty and students are requested to participate and avail this opportunity.

Date: 19.07.2022

*Ch. Sateesh*  
Physical Director

Circulated to ~~staff~~ <sup>students</sup>

I B.ZC ✓  
I B.A ✓  
II B.A ✓  
III B.A ✓  
I B.COM ✓  
II B.COM ✓  
III B.COM ✓  
I B.SC ✓  
II B.SC ✓

Circulated to ~~students~~ <sup>staff</sup>

✓- ✓  
G.V. Mahesh  
Gm  
P.A. ✓  
S. ✓  
N. ✓

**Brief Report**  
**Shusumna Kriya Yoga Training Programme**

As a part of life skills enhancement among the students, a training programme on Shusumna Kriya Yoga was conducted in the college on 20.07.2022. Divya Babaji Shusumna Kriya Yoga foundation organizer Smt. Atmanandamayi explained about the benefits of Shusumna Kriya Yoga and trained the students and staff on various techniques of Shusumna Kriya Yoga. She also explained about the benefits of this yoga especially for the students. All the students participated in this event and benefitted a lot.

*Ch. Sateesh*

Physical Director

*M. Subha*  
PRINCIPAL

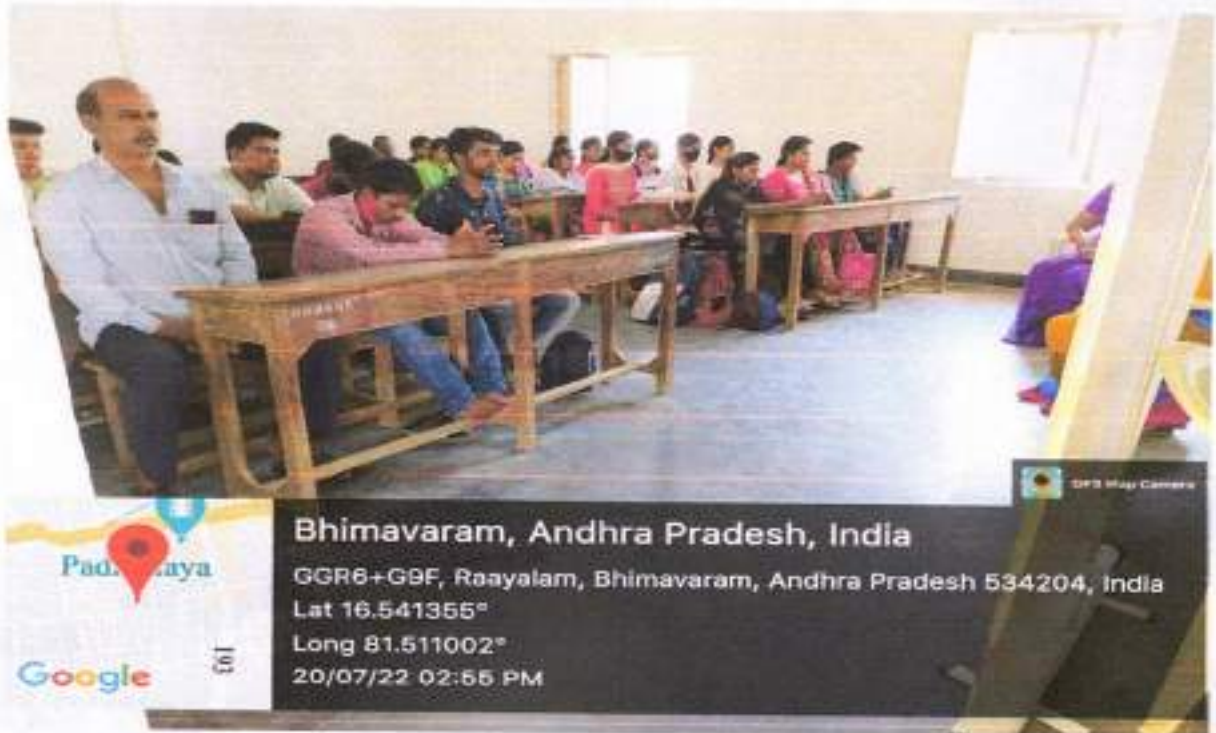
R.R.D.S. Govt. Degree College  
BHIMAVARAM-534 202.



**Photographs**  
**Training on Shushman Kriya Yoga**



**Meditation**



**Bhimavaram, Andhra Pradesh, India**  
GGR6+G9F, Raayalam, Bhimavaram, Andhra Pradesh 534204, India  
Lat 16.541355°  
Long 81.511002°  
20/07/22 02:55 PM



**Explaining the benefits of Yoga**



**RRDS Government Degree College, Bhimavaram**  
**Department of Physical Education**  
**Student Attendance Sheet**

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Name of the Programme : **Shushman kriya Yoga.**

Date & Time: **20.07.2022**

S.No	Name of the Student	Class	Signature
1	M. vijaya pradheepthi	I.B.A	M. vijaya pradheepthi
2	K. Pavani	I.B.A.	K. Pavani
3	B. likitha	I.B.com	B. likitha
4	P. Balasai	I.B.com	P. Sai
5	B. siva pravalhi	I.B.com	siva pravalhi
6	S.C.N Mounika	T.B.com	S.C.N Mounika
7	P. Adhi Lakshmi	I.B.com	P. Adhi Lakshmi
8	B. Bhagyaa Sui	T.B.com.	B. Bhagyaa Sui
9	M. haasitha	T.B.sc	M. haasitha
10	A. Poornima	T.B.sc.	A. Poornima
11	V. Hema.	I.B.sc	V. Hema.
12	A. Roshitha	T.B.sc	A. Roshitha
13	R. Raj KUMAR	I.B.sc.	R. Raj KUMAR.
14	S. Satish	D.BA	S. Satish
15	G. Sai Geetha	D.BA	G. Sai Geetha
16	T. shalini Raju	D.B.A	T. shalini Raju
17	K. vijay	I.BA	K. vijay
18	P. Gopi	I.B.A.	P. Gopi
19	T. Pandu Ranga	I.B.com	T. Pandu Ranga
20	N. Ravi Teja	I.B.com	N. Ravi Teja



**V. Prasad**  
 PRINCIPAL  
 R.R.D.S. Govt. Degree College  
 BHIMAVARAM-534 202.