

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

(Affiliated to Adkavi Nannayya University, Rajamahendravaram)

Estd:1972

08816-223458

www.rrdsgdc.ac.in



Accredited by NAAC

AISHE:C-24023

gdcbhimavaram.jkc@gmail.com

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 Yoga from 15.06.2023 to 21.06.2023.

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

Date: 13.06.2023

M. S. Naseer Khan

Physical Director

Circulated to staff:

G. V. Mahesh
Gm

S. Jothi

N. Malhi

Group

P. S. T.

Circulated to students:

IBA

II BA

III BA

IBLom

II BLOm

III BLOm

I MPES

II MPES

II BLC

Brief Report
Yoga Training Programme

As a part of life skills enhancement among the students, a training programme on Yoga was conducted in the college from 15.06.2023 to 21.06.2023 .

Sri M Siva Naga Raju ,faculty of Physical Education conducted these YOGA Classes. 20 students trained through these classes.

Yogasanas which will be beneficial to health , concentration power were learned in this programme.

Distributed prizes to Best performers and also given certificates to students.

M. S. Nagarajan
Physical Director



V. Anandha
PRINCIPAL
R.R.D.S. Govt. Degree College
Principal
BHIMAVARAM-534 202

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

Name of the Programme : Training Programme on Yoga

Date & Time:

S.No	Name of the Student	Class	15.06.23	16.06.23	17.06.23	18.06.23	19.06.23	20.06.23	Signature
1	B. Srissha	II BZC	P	A	P	P	A	P	B. Srissha
2	B. Lavanya	II BZC	P	P	A	P	A	A	B. Lavanya
3	S.S.N. Mounika	II B Com	A	P	P	A	P	P	S.S.N. Mounika
4	B. Sivapavathi	II B Com	P	P	A	P	P	P	B. Siva.
5	M. Harika	II BZC	P	A	P	P	A	P	M. Harika
6	V. Meruy	I. B.com	P	A	A	P	A	P	v. Meruy.
7	G. Aurga	I. B.com	P	P	A	P	A	P	G. Aurga
8	P. Adilakshmi	II B Com	P	P	P	A	P	P	P. Adilakshmi
9	SK. Roshan	II BZC I B Com	P	P	P	P	A	P	SK. Roshan
10	P. Saravani	I B Com	P	A	P	P	P	A	P. Saravani
11	G. Ravi Teja	I B Com	P	P	A	A	P	P	G. Ravi Teja
12	B. L. Ki. tha	II B Com	P	A	P	P	A	P	B. L. Ki. tha.
13	J. Greetha	II B Com	P	P	A	P	P	A	J. Greetha
14	D. NANI	I B Com	P	A	P	P	A	P	D. NANI
15	N. Ratna Rao	I B Com	P	P	P	A	P	P	N. Ratna Rao
16	P. Balasai	II B Com	P	P	P	P	P	P	P. Balasai
17	P. Raviteja	II BZC	P	A	P	A	P	P	P. Raviteja
18	K. Tyothi	I B Com	P	P	A	P	P	P	K. Tyothi
19	S.D.N. Lahari	II BZC	P	A	P	P	A	P	S.D.N. Lahari
20	B. Suryakumari	II BZC	A	P	P	A	P	P	B.S. Kumari

M. S. Nagappa

Signature of Physical Director



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

On 15.06.2023



On 16.06.2023



On 17.06.2023



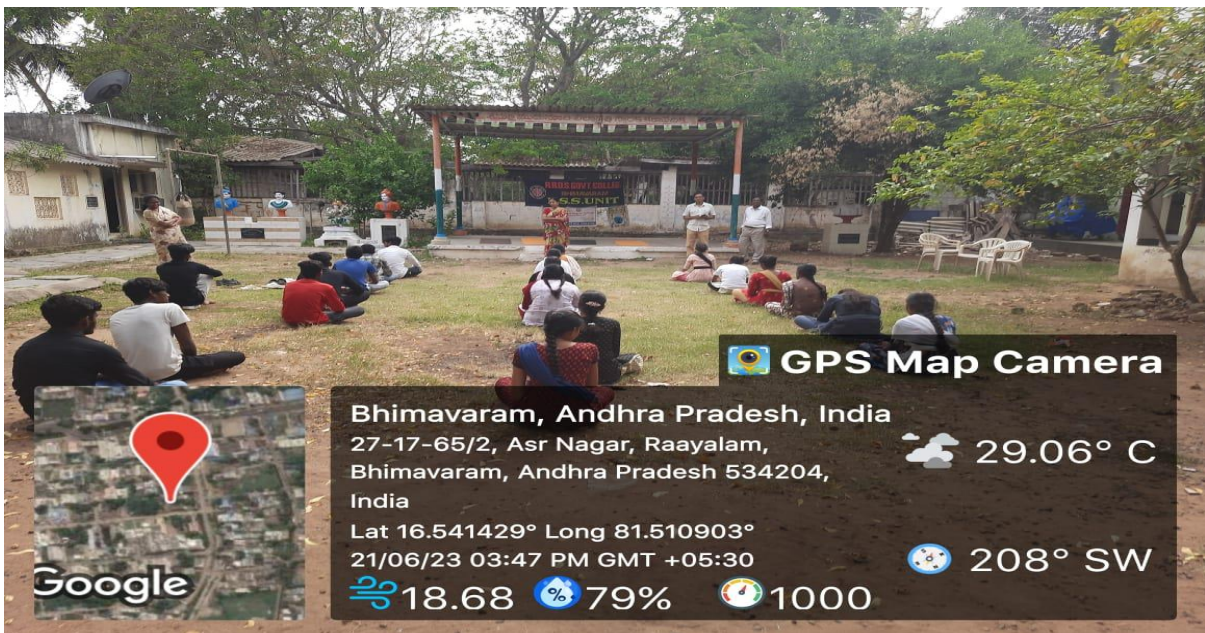
On 19.06.2023



On 20.06.2023



On 21.06.2023



GPS Map Camera

Bhimavaram, Andhra Pradesh, India
27-17-65/2, Asr Nagar, Raayalam,
Bhimavaram, Andhra Pradesh 534204,
India

29.06° C

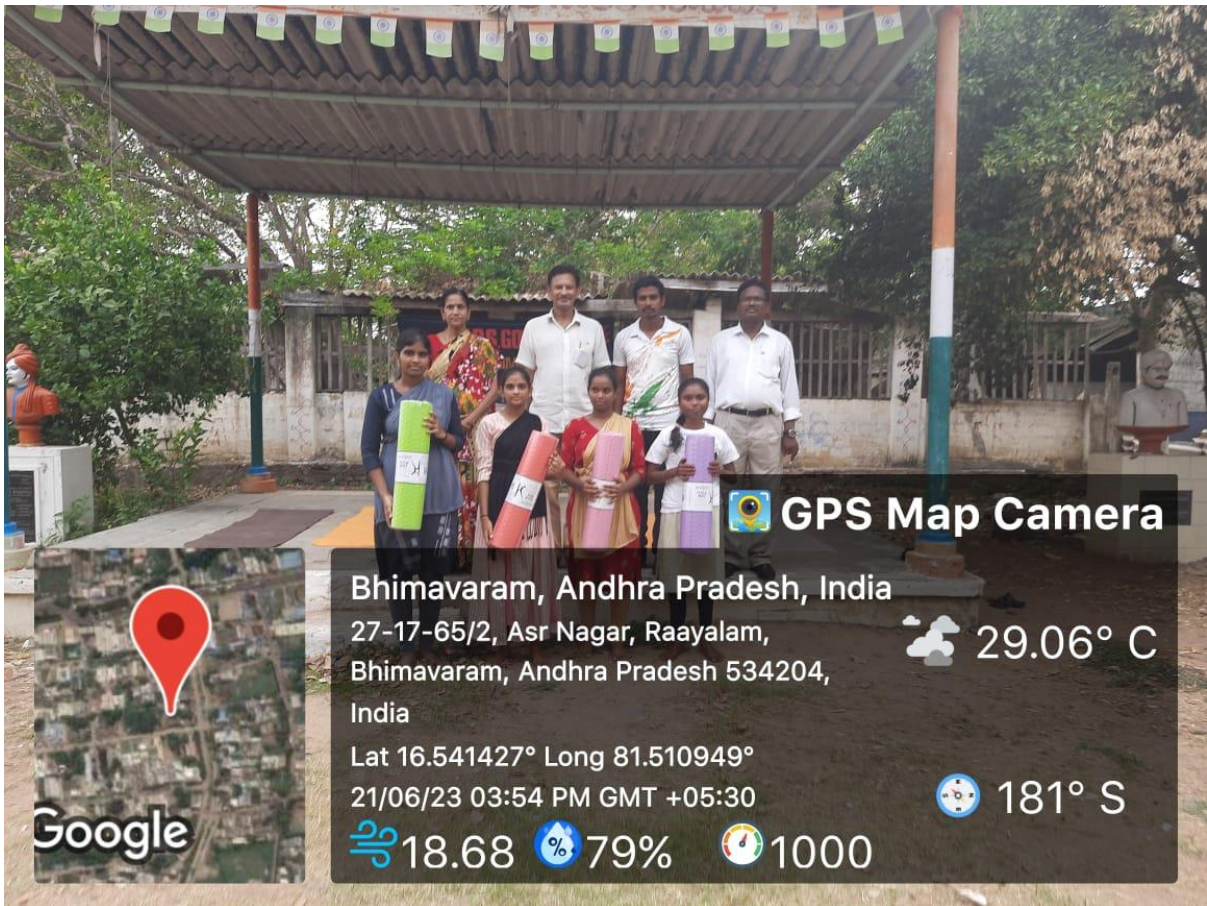
Lat 16.541429° Long 81.510903°
21/06/23 03:47 PM GMT +05:30

208° SW

18.68 79% 1000

Google





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