

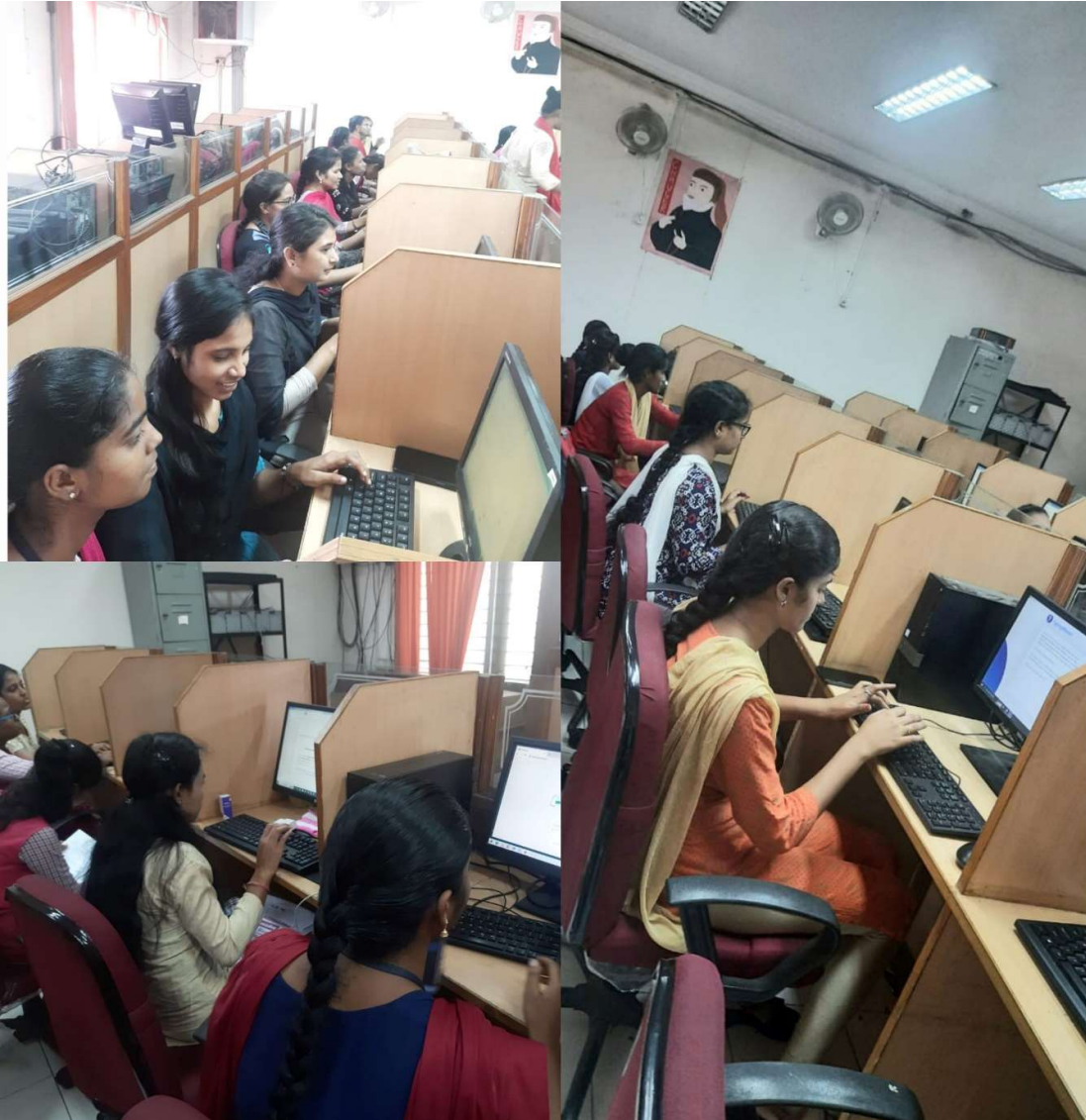
5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT ACTIVITIES



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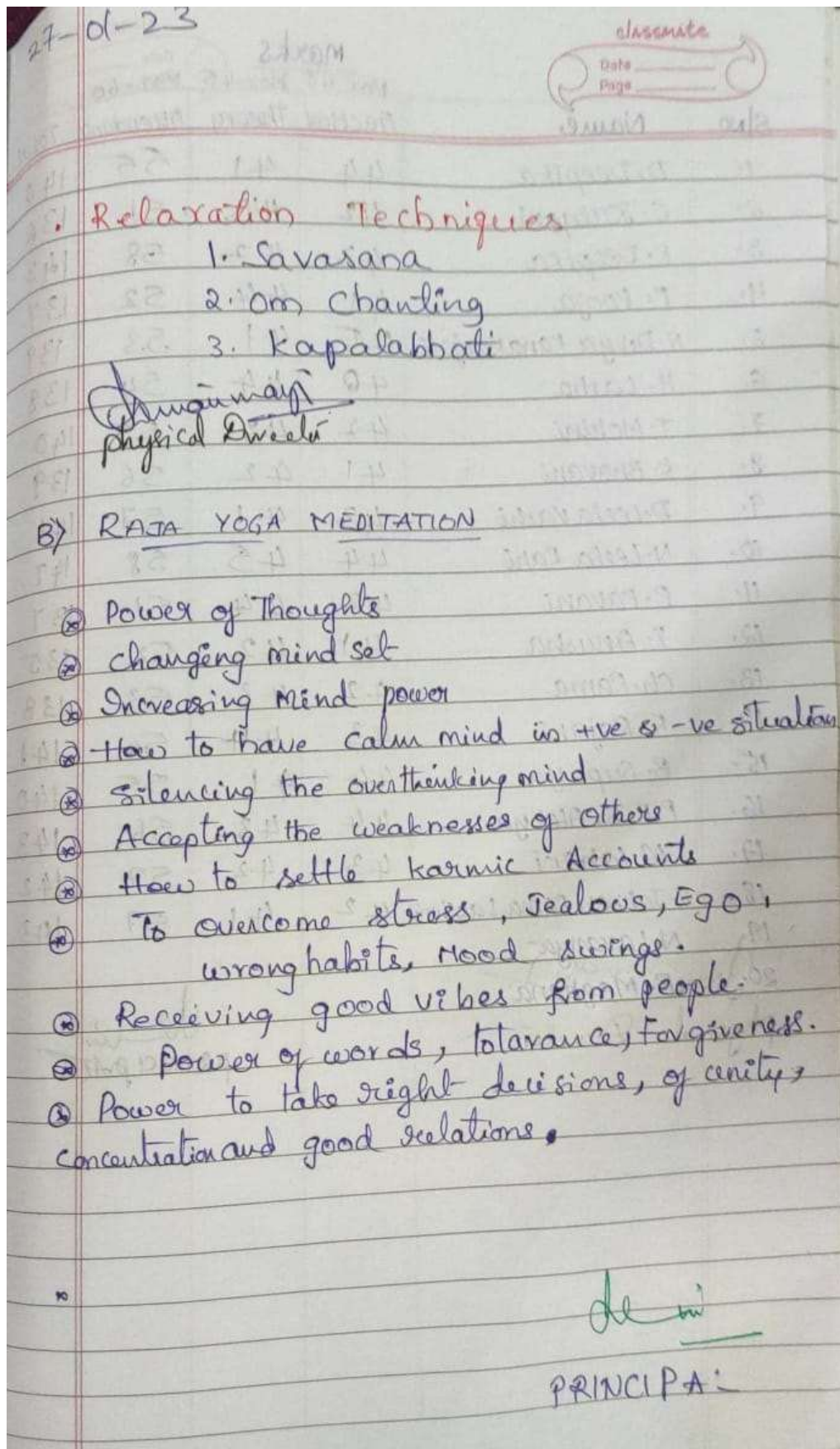


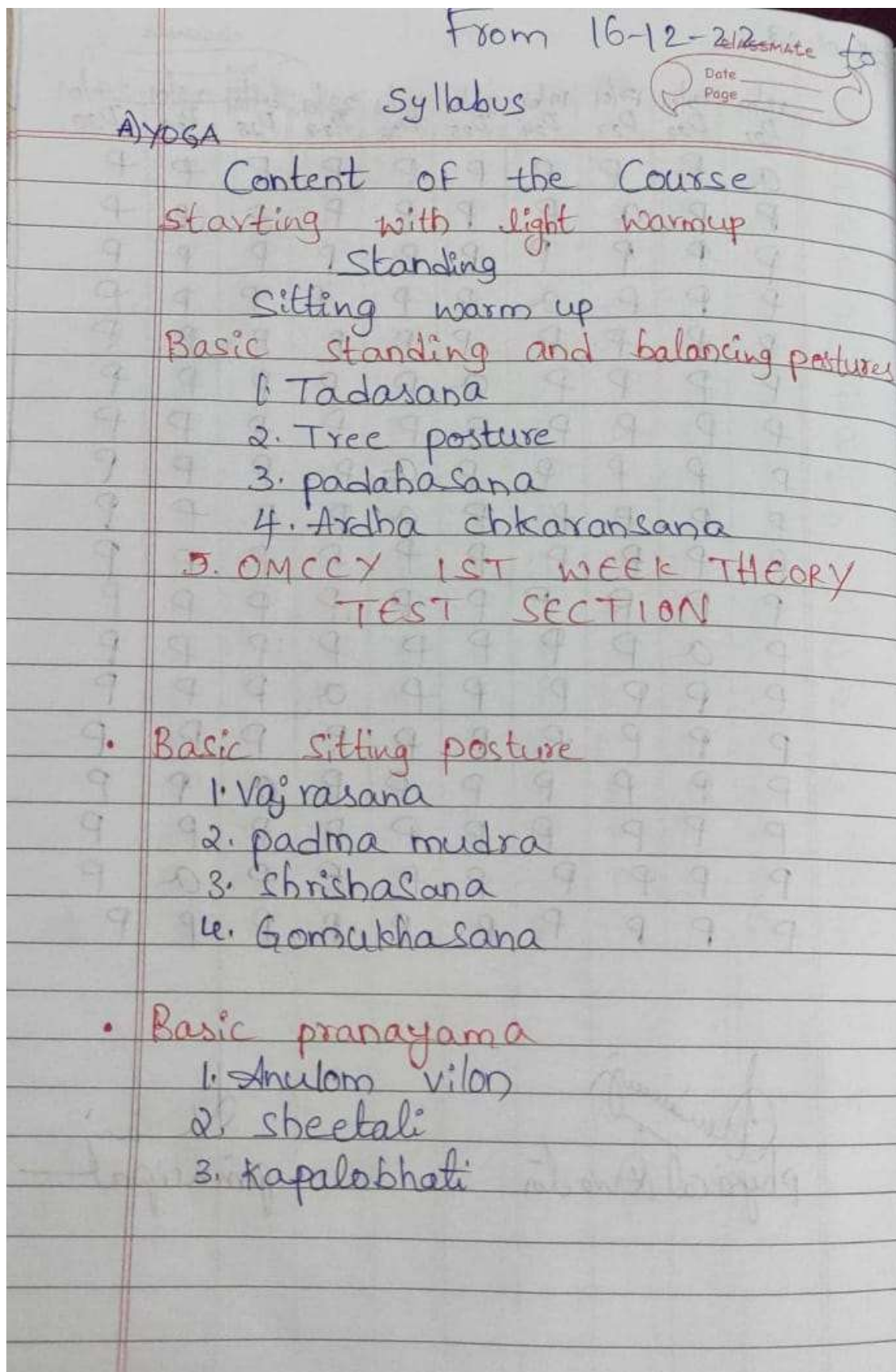
5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT ACTIVITIES

Sl.No.	Name	Marks		Attendance	Total
		Max-45	Max-45		
1.	D. Deepika	44	41	55	140
2.	S. Kalyani	42	43	51	136
3.	K. Deepika	43	42	58	143
4.	P. Pooja	41	44	52	137
5.	N. Divya kanakanjali	45	41	53	139
6.	H. Latha	40	44	54	138
7.	T. Mohini	42	43	55	140
8.	K. Bhavani	41	42	56	139
9.	D. Leela rathi	43	41	57	141
10.	N. Leela Rani	44	45	58	147
11.	P. Pavani	42	44	51	137
12.	Y. Anusha	41	42	52	135
13.	Ch. Rama	42	43	53	138
14.	K. Rajani	43	44	54	141
15.	B. Supriya	44	41	55	140
16.	P.E.S. Alekya	44	43	56	143
17.	M. Lahari	43	42	57	142
18.	V. Jahnvi Rama Lakshmi	42	41	59	143

(Signature)
Physical Director

(Signature)
PRINCIPAL





From 16-12-2022 to

Date _____
Page _____

Syllabus

AYOGA

Content of the Course

Starting with light warmup

Standing

Sitting warm up

Basic standing and balancing postures

1. Tadasana

2. Tree posture

3. padmasana

4. Ardha chakrasana

5. OMCCY 1ST WEEK THEORY

TEST SECTION

• Basic sitting posture

1. Vajrasana

2. padma mudra

3. shrisahasana

4. Gomukhasana

• Basic pranayama

1. Anulom vilan

2. sheetal

3. kapalobhati

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT ACTIVITIES

classmate

Date									
12/01 D ₂₁	13/01 D ₂₂	17/01 D ₂₃	19/01 D ₂₄	20/01 D ₂₅	21/01 D ₂₆	23/01 D ₂₇	24/01 D ₂₈	25/01 D ₂₉	29/01 D ₃₀
a	P	P	P	P	P	P	P	P	P
P	P	a	P	P	P	P	P	P	P
P	P	P	P	P	P	P	P	P	P
P	P	P	a	P	P	P	P	P	P
P	P	P	P	P	P	P	P	P	P
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P	P	P	P	P	P	P	P	P	P
P	P	P	P	P	P	P	P	a	P
P	P	P	P	P	P	P	P	P	P
P	P	P	P	P	P	P	P	P	P

physical Director

principal

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT ACTIVITIES

	30/12 D11	02/01 D12	03/01 D13	04/01 D14	05/01 D15	06/01 D16	07/01 D17	08/01 D18	09/01 D19	10/01 D20
	P	P	P	P	P	P	P	P	P	P
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	P	P	P	P	P	P	P	P	P	P
	P	P	P	P	P	P	P	P	P	A
	A	P	P	P	P	P	P	P	P	P
18	P	P	P	P	P	P	P	A	P	P

Diarmas
 physical Director

Devi
 principal

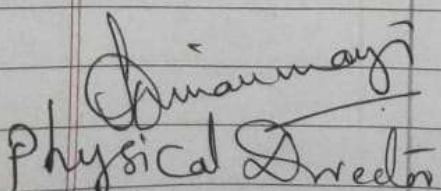
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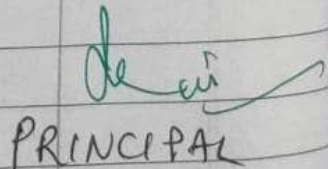
From 16-12-22 to ^{classmate} _____

Date _____
Page _____

STUDENTS ENROLLED

Sl.No.	Name	class	Admn.No.	Contact No
1.	D. Deepika	MSc. CS	910	6304123578
2.	S. Kalyani	MSc. CS	909	8639141668
3.	K. Deepika	MSc. CS	901	7093979817
4.	P. Pooja	MSc. CS	922	7093128728
5.	N. Divya kankaranjali	MSc. CS	899	93467580911
6.	H. Latha	MSc. CS	905	9381790623
7.	T. Mohini	MSc. CS	904	7735417967
8.	K. Bhavani	MSc. CS	916	9492726939
9.	D. Leelavathi	MSc. CS	919	8179817519
10.	N. Leela Rani	MSc. CS	917	6305223346
11.	P. Pavani	MSc. CS	915	9391294928
12.	Y. Anusha	MSc. CS	903	7660840693
13.	Ch. Rama	MSc. CS	900	9063589905
14.	K. Rajni	MSc. CS	923	7093911969
15.	B. Supriya	MSc. CS	911	8367274167
16.	P.E.S. Alekya	BBA. Hcm	13740	9502280763
17.	M. Lahari	MSc. CS	902	6309588669
18.	V. Jahnvi Rama Lakshmi	MSc. CS	920	9391159833
19.	N. Lavanya	BBA	13816	7661022652
20.	R. Meghana	BA Journalism	13077	8142134414


 Physical Director

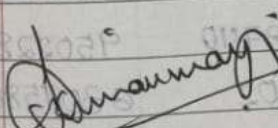

 PRINCIPAL

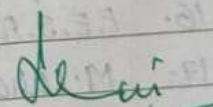
CLASSMATE
Date _____
Page _____

CIRCULAR

Department of physical Education in collaboration with Prajapiltha Brahma Kumaris Gshwariya Vishwa Vidyalaya is going to organize 30 days value added certificate course in YOGA and HUMAN EXCELLENCE to our students from 15-12-2022. This course helps in attaining physical and mental health, emotional well-being, knowledge in the Hatha Yoga and Raja Yoga class will be in the evening from 4:00-4:45pm theory and 4:15 to 5:30pm practicals.

Interested students can ~~recatt~~ enroll at the department of physical education.


Physical Director


Principal

All classes PG and UG.

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(Signature)
Physical Director

(Signature)
PRINCIPAL

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT ACTIVITIES

VISAKHA GOVT. DEGREE COLLEGE for WOMEN
Re-Accredited With 'B' Grade by NAAC Old Jail Road, Visakhapatnam-20, Andhra Pradesh

DEPARTMENT OF PHYSICAL EDUCATION
In Collaboration with
PRAJAPITHA BRAHMAKUMARIS ESHWARIYA VISHWA VIDYALAYA

Offering **Certificate Course**
in
YOGA & wellness

Objectives

- Physical & Mental Health
- Emotional Well Being
- Hatha Yoga
- Raja yoga

Faculty

1. **Sister B.K. Madhuri**
Sr. Raja Yoga Trainer
2. **R. Meghana**
Yoga Instructor

Timings

Theory : 4 pm to 4:45 pm
Practical: 4:45 to 5:30 pm

Course Coordinator
Dr.R.Kiranmayi
Physical Director

Course Director
DR.S.SHOBA RANI
Principal