

IDEAL COLLEGE OF ARTS AND SCIENCES

Autonomous & NAAC B

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

5.1.3 (ii) Life skills

List of programs

S.NO	Title of program	Date of program	No. of participants
1	International day of yoga	21/06/2022	49
2	International day of yoga	21/06/2022	30
3	International day of yoga	21/06/2020	29
4	International day of yoga	21/06/2019	29
5	International day of yoga	21/06/2018	30



IQAC Coordinator

CO-ORDINATOR

IQAC

Ideal College of Arts & Sciences (A)
KAKINADA



Principal

Principal
Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

(Autonomous & NAAC B)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

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CIRCULAR

Dt : 16/06/2023

This is to inform you that the department of Physical Education is organizing “**Yoga Day**” on the eve of International Day of Yoga for all the staff & students on 21/06/2023.

All the staff & students are informed to participate in the program.

Venue: Seminar Hall

Time: 9 A.M.

T. Subramanyam
PRINCIPAL
Principal 16/6/2023
Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

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Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

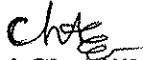
INVITATION

YOGADAY

The department of Physical Education of Ideal college of Arts and sciences(A), Kakinada is going to organize "Yoga Day" on the eve of International Day of Yoga 21.06.2023 by 9.00 A.M in the main campus.

- President : **Dr.T.Satyanarayana**
Principal,
Ideal College of Arts & Sciences, Kakinada
- ChiefGuest : **KomanaHareeshM.A.(philosophy)M.Sc.(Yoga)**
- Guest of Honour : **Dr.P.ChiranjeeviniKumari,M.A.,Ph.D.,**
Secretary & Correspondent,
Ideal College of Arts & Sciences, Kakinada

All the staff and Students are cordially invited and make the Programme successful.


Sri.Ch.Ajjibabu
Assistant prof of Physical Education
Convener


Principal
Principal
Ideal College of Arts & Sciences (A)
KAKINADA

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Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Name of the program : Yoga Day

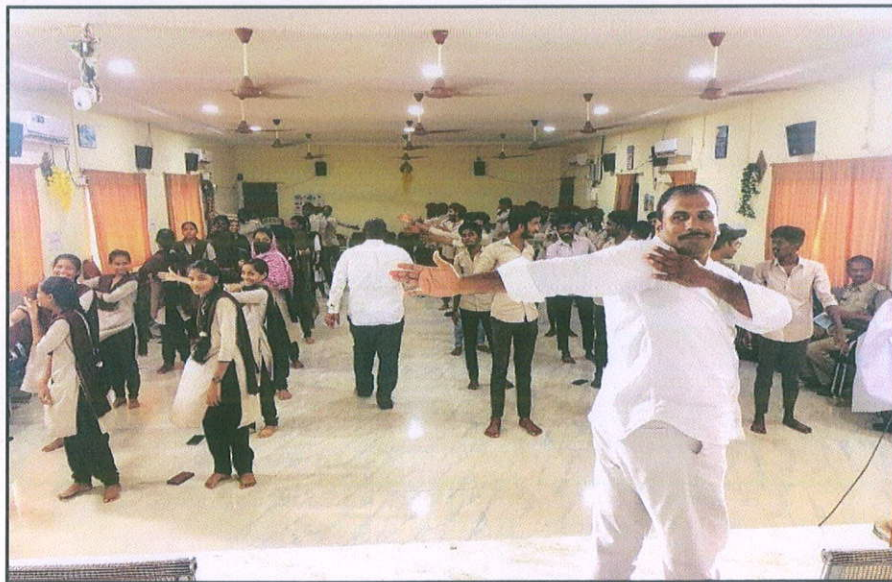
List of Participants

The following students are participate in the programme

1. K. Saibabu	I B.Sc	K. Saibabu
2. D. Sriani	II B.A	D. Sriani
3. B. Manikanta	II B.A	B. Manikanta
4. V. Veera Vanitha	III B.com	V. Veera Vanitha
5. Ch. Venkata Lakshmi	III B.com	Ch. Venkata Lakshmi
6. P. Priyanka	III B.A	P. Priyanka
7. B. Deepika	III B.A	B. Deepika
8. K. Govinda Raju	III B.com	K. Govinda Raju
9. SK. Lal Sahab	III B.com	SK. Lal Sahab
10. E. Manikanta	III B.com	E. Manikanta
11. B. Nani	III B.com	B. Nani
12. M.V.V. Satyanarayana	III B.com	M.V.V. Satyanarayana
13. K. Chandra Mauli	III B.com	K. Chandra Mauli
14. N. Pavan Kumar	III B.com	N. Pavan Kumar
15. K. Suresh Babu	III B.com	K. Suresh Babu
16. G. Praveen Ayush	III B.com	G. Praveen Ayush
17. Ch. Mahesh	III B.com	Ch. Mahesh
18. N. Krishnaraju	II B.com	N. Krishnaraju
19. V. Harika	II B.Sc	V. Harika
20. R. Durga Bhavani	II B.Sc	R. Durga Bhavani
21. P. Kalyani	II B.Sc	P. Kalyani
22. P. Lalitha	II B.Sc	P. Lalitha
23. J. Jayasri	II B.Sc	J. Jayasri
24. S. Durga Prasad	II B.Sc	S. Durga Prasad
25. G. Nani Babu	II B.Sc	G. Nani Babu

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KAKINADA

Name of the program : Yoga Day



Asanas were done by students

IDEAL COLLEGE OF ARTS AND SCIENCES
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KAKINADA

Name of the program : Yoga Day

Paper clipping

బడియల్ లో ఘనంగా అంతర్జాతీయ యోగా దినోత్సవం



కాకినాడ రూరల్ కోస్టా లీడర్ : సామర్లకోట రోడ్ కాకినాడ నందు గల బడియల్ డిగ్రీ కళాశాలలో 9వ అంతర్జాతీయ యోగా దినోత్సవంను వ్యాయామ విభాగాధిపతి చిక్కాల. అజ్జబాబు మరియు ఎన్.ఎస్.ఎస్ కో.ఆర్.ఎల్.నేటర్ వై.ఆర్.ఎల్ చౌదరి ఆధ్వర్యంలో విజయవంతంగా నిర్వహించారు. ఈ యోగా దినోత్సవానికి కళాశాల ప్రెస్సిపాల్ డాక్టర్ టి.సత్యనారాయణ అధ్యక్షత వహించారు. విశిష్ట అతిథిగా కళాశాల కరస్పాండెంట్ మరియు సెక్రటరీ డాక్టర్ పి. చిరంజీవిని కుమారి, ముఖ్యఅతిథిగా కొమ్మాన. హరీష్ యోగ చైతన్య సంస్థ, రామారావు పేట, కాకినాడ హాజరయ్యారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ యోగ యొక్క పుట్టుపూర్వతాలను, విశిష్టతను మరియు యోగ చేయడం వలన ఆరోగ్యం మరియు ఆధ్యాత్మికతను పొందవచ్చని తెలియ చెప్పారు మరియు విద్యార్థిని విద్యార్థులు చేత వివిధ యోగ ఆసనాలు చేయించారు. ఈ కార్యక్రమానికి కళాశాల అధ్యాపకులు డాక్టర్ జి.సీ.వెన్ రాజు, డాక్టర్ కె.స్వామీజీ, ఎ.సి హెచ్. ప్రవంతి, కె. ప్రభాకర్ రావు, ఎన్. శంకర్ ప్రసాద్, జి.రాజు, కె. వి. వి.సత్యనారాయణ, మార్తాండం, కె.మాచారావు మరియు విద్యార్థిని విద్యార్థులు అధిక సంఖ్యలో హాజరయ్యారు.

IDEAL COLLEGE OF ARTS AND SCIENCES
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Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Date:22/06/2023

REPORT

Name of the program :International Day of Yoga
Date :21/06/2023
ResourcepersonDetails
Name : Komana Hareesh
Designation :Yoga Chaitanya samsta kakinada
Place :Kakinada
ContactNo. :9849898934

The Department of Physical Education of Ideal college of arts & Sciences(A) conducted a session on“International Day of Yoga” in Auditorium on 21/06/2023. This program was started by Principal Dr.T.Satyanarayana with motivational Speech .

The resource person gave his talk briefly about Importance of Yoga is essentially a Spiritual discipline base on which focuses on bringing harmony between mind and body and is science for healthy living.

Sri.U.Nanibabu, Asst.professor of English gave the formal vote of thanks at end of the program.
No.of participants: 25

T. Subramanyam
PRINCIPAL

Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

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KAKINADA

CIRCULAR

Dt : 17/06/2022

This is to inform you that the department of Physical Education is organizing “**Yoga Day**” on the eve of International Day of Yoga for all the staff & students on 21/06/2022.

All the staff & students are informed to participate in the program.

Venue: Seminar Hall

Time: 9 A.M.

T. Sabitha
PRINCIPAL 17/6/2022
Principal
Ideal College of Arts & Sciences (A)
KAKINADA


IDEAL COLLEGE OF ARTS AND SCIENCES
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Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

INVITATION
YOGADAY

The department of Physical Education of Ideal college of Arts and sciences(A), Kakinada is going to organize “Yoga Day” on the eve of International Day of Yoga 21.06.2022 by 9.00 A.M in the main campus.

- President : **Dr.T.Satyanarayana**
Principal,
Ideal College of Arts & Sciences, Kakinada
- Chief Guest : **SadgurusrisachidanadaYogi**
Adi gurupitamSuryaraopeta,Kakinada
- Guest of Honour : **Dr.P.Chiranjeevini Kumari,M.A.,Ph.D.,**
Secretary & Correspondent,
Ideal College of Arts & Sciences , Kakinada

All the staff and Students are cordially invited and make the Programme successful.


Sri.Ch.Ajjibabu
Assistant prof of Physical Education
Convener


Principal
Principal
Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

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Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

Name of the program : Yoga Day

List of Participants

The following students are participate the program

1	A. Durga prasad	II B.A	2141077	A. Durga prasad
2	K. Suresh	III B.A	2141070	K. Suresh
3	D. Suresh	III B.A	2141034	D. Suresh
4	V. Talun namikanta	II B.A	2143150	V. Talun namikanta
5	A. Rahim Shaikh	II B.A	2143101	A. Rahim Shaikh
6	K. Chandrashekhara	II B.A	2143105	K. Chandrashekhara
7	K. Yashu	II B.A	2143065	K. Yashu
8	A. Parvathi Kalyan	II B.Sc	2142250	A. Parvathi Kalyan
9	G. Suresh	II B.Sc	2142133	G. Suresh
10	B. Shrinu Babu	II B.Sc	2142231	B. Shrinu Babu
11	D. V. Anand Kumar	II B.A	2151062	D. V. Anand Kumar
12	G. L. Shrinivas	II B.A	2151023	G. L. Shrinivas
13	T. K. Parvathi Kumar	II B.A	2151015	T. K. Parvathi Kumar
14	A. Veera Sekhara	II B.A	2151059	A. Veera Sekhara
15	D. Kalanidhi	II B.A	2151018	D. Kalanidhi
16	S. Durga prasad	II B.A	2153115	S. Durga prasad
17	G. Anand Kumar	II B.Sc	2152202	G. Anand Kumar
18	N. Shrinivas	II B.Sc	2152237	N. Shrinivas
19	A. Subba Rao	II B.Sc	2152039	A. Subba Rao
20	B. Raghu Varma	II B.Sc	2152127	B. Raghu Varma
21	R. Yashodhanam	II B.A	2161070	R. Yashodhanam
22	B. R. S. S. Kumar	II B.A	2161037	B. R. S. S. Kumar
23	K. Raju Kumar	II B.A	2161071	K. Raju Kumar
24	K. Anjala Raju	II B.A	2163104	K. Anjala Raju
25	M. Durga Shrinu	II B.A	2163119	M. Durga Shrinu
26	D. Sambhu	II B.A	2163140	D. Sambhu
27	K. Sri Ram	II B.Sc	2162130	K. Sri Ram
28	N. N. D. Lakshmi	II B.Sc	2162221	N. N. D. Lakshmi
29	M. Durga prasad	II B.Sc	2162111	M. Durga prasad
30	N. V. Ramana	II B.Sc	2162148	N. V. Ramana

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KAKINADA

Name of the program : Yoga Day



Asanas were guided by Sadguru sri sachidananda yogi

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KAKINADA

Name of the program : Yoga Day

Paper clipping

తనువు, మనసు, ఆత్మను
వికం చేసే సాధనం యోగా

- సద్గురు సచ్చిదానందన యోగి

అక్షర కేంద్రం
22/06



కాకినాడ రూరల్, అక్షర లీడర్ : తనువు మనసు ఆత్మను వికం చేసే సాధనం యోగా అని అదిగురువు యోగా పీఠం సద్గురు సచ్చిదానందన యోగి అన్నారు. కాకినాడ ఇంద్రపాలెం లాకుల వద్ద సామర్లకోట రోడ్డులో ఉన్న ఐడియల్ డిగ్రీ కళాశాలలో అంతర్జాతీయ యోగా దినోత్సవాన్ని ఘనంగా నిర్వహించారు. ఈ కార్యక్రమం ఐడియల్ డిగ్రీ కళాశాల వ్యాయమ విభాగం మరియు ఐడియల్ ఎస్.ఎస్.ఎస్ యూనిట్ ఆధ్వర్యంలో జరిగింది. ఈ కార్యక్రమానికి కళాశాల ప్రిన్సిపాల్ డా. డి. సత్యనారాయణ అధ్యక్షత వహించగా, ముఖ్య అతిథిగా అదిగురువు యోగా పీఠం సద్గురు సచ్చిదానందన యోగి విశిష్ట అతిథిగా ఐడియల్ కళాశాలల సెక్రెటరీ కరెస్పాండెంట్ డా.పి చిరంజీవిని కుమారి హాజరయ్యారు. ఈ సందర్భంగా డా. పి చిరంజీవిని కుమారి మాట్లాడుతూ యోగా చేయడం వళ్ళ ఎన్నో లాభాలు ఉన్నాయని ప్రతి ఒక్కరు యోగా చేయడమే కాకుండా మరొకరితో యోగా చేయించడం ద్వారా వారికి ఆరోగ్యవంతమైన జీవితాన్ని అందించవచ్చని అన్నారు. యోగా గురువు సద్గురు సచ్చిదానందన యోగి మాట్లాడుతూ ఏకాగ్రత పెరిగేకొద్దీ ఎక్కువ జ్ఞానాన్ని అర్జించవచ్చని ఎందుకంటే ఏకాగ్రతే జ్ఞానసముపార్జనకు ఏకైక మార్గమని అది కేవలం యోగాతో నే సాధ్యమని అన్నారు. ఈ కార్యక్రమంలో వ్యాయమ అధ్యాపకులు సీహెచ్ అజ్జి బాబు కళాశాల సూపిరెండెంట్ చైకుంఠ స్వామి తిరుపతి రావు అధ్యాపకులు డా జి స్టీవెన్ రాజు డా.కే స్వామిజి వై ఆర్ ఎల్ చౌదరి డి విశ్వనాథ్ రాజు శంకర్ ప్రసాద్ వై అయ్యన్న సీహెచ్ ప్రవంతి ఎం సిద్దిప్రదీప్ శాస్త్రి అనిల్ అధ్యాపకులు అధ్యాపకేతర సిబ్బంది విద్యార్థిని విద్యార్థులు తదితరులు సాగించారు.

IDEAL COLLEGE OF ARTS AND SCIENCES
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Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Date:22/06/2022

REPORT

Name of the program : Yoga Day
Date : 21/06/2022
Resource person Details
Name : Sadguru sri sachidananda yogi
Designation : Adiguru yoga pitam kakinada
Place : Kakinada
Contact No. : 8985118192

The Department of Physical Education of Ideal college of Arts & Sciences(A) conducted "Yoga Day" on the eve of International Day of Yoga in seminar hall on 21/06/2022. This program was started by principal Dr.T.Satyanarayana with a motivational speech.

The resource person gave his briefly about Importance of Yoga and which is essentially a spiritual discipline based on Which focuses on bringing harmony between mind and body and it is art and science for healthy living.

Sri.k.Macharao, Asst.professor of computer science gave the formal vote of thanks at end of the program.

No. of participants: 30

T. Subramanyam
PRINCIPAL
Principal
Ideal College of Arts & Sciences (A)
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IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

CIRCULAR

Dt :17 /06/2021

This is to inform you that the department of Physical Education is organizing “**Yoga Day**” on the eve of International Day of Yoga for all the staff & students on 21/06/2021.

All the staff & students are informed to participate in the program.

Venue: Seminar Hall

Time: 7 A.M.


PRINCIPAL
Principal
Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

INVITATION

YOGA DAY

The department of Physical Education of Ideal college of Arts and sciences(A), Kakinada is going to organize “**Yoga Day**” on the eve of International Day of Yoga 21.06.2021 by 7.00 A.M in the main campus.

President : **Dr.K . Jhansi Lakshmi M.Sc.,Ph.D**
Principal,
Ideal College of Arts & Sciences, Kakinada

Chief Guest : **Rajayogi Dillreddy**
Rajastan

Guest of Honour : **Dr. P.ChiranjeeviniKumari, M.A.,Ph.D.,**
Secretary & Correspondent,
Ideal College of Arts & Sciences, Kakinada

All the staff and Students are cordially invited and make the Programme successful.

Dr.S.V.V.L.G.Varma
Lecturer in Physical Education
Convener

Dr.K.Jhansi Lakshmi
Principal

IDEAL COLLEGE OF ARTS & SCIENCES (A)
(A.P.Govt Aided Autonomous & NAAC B)
Dr. P.V.N. Raju Vidyaprananam
KAKINADA

Name of the program : Yoga Day

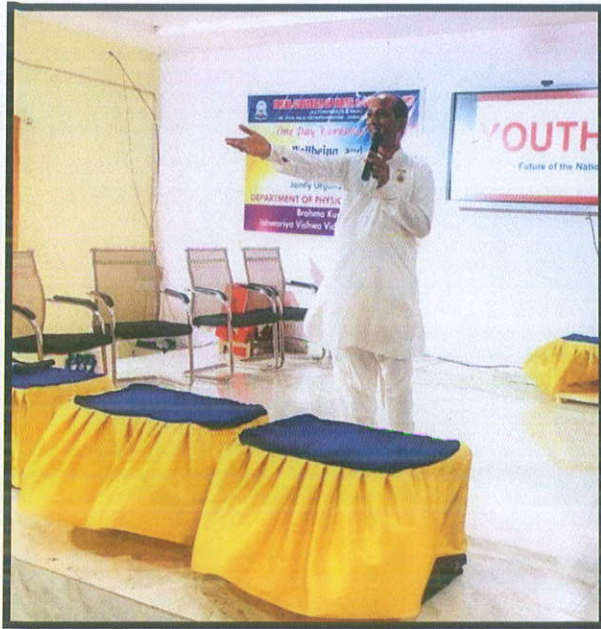
List of Participants

6

student names	class	Signature
P. Suneetha Kumar	B.com (1st yr)	Suneetha Kumar
T. Narasimha	B.com (Computer)	T. Narasimha
P. Madhu Babu	B.com (Computers)	P. Madhu
K. Giniyaga Pray	B.com (General)	Giniyaga Pray
D. Eswari Kumar	B.com (Computers)	Eswari
V. Aruga Prasanth	B.com (General)	V. Aruga Prasanth
B. Anitha Devi	B.com (General)	B. Anitha Devi
B. Sangeetha	B.com (General)	B. Sangeetha
K. Chaitanya Kumar	B.com (1st yr)	K. Chaitanya Kumar
P. Anil	B.com (Gen)	P. Anil
V. Venkatesh	B.com (General)	V. Venkatesh
V. Veerendra	B.com (General)	V. Veerendra
B. Ravi	B.com (General)	B. Ravi
K. Sathyanarayana	B.com (General)	K. Sathyanarayana
K. Raja	B.com (General)	K. Raja
M. Srinivas	B.com (General)	M. Srinivas
K. S. S. Goutham	B.com (General)	K. S. S. Goutham
V. Nagesh	B.com (General)	V. Nagesh
S. Rajesh	B.com (General)	S. Rajesh
P. Mahesh	B.com (General)	P. Mahesh
Ch. Sampath	B.com (General)	Ch. Sampath
Y. Sekhara	B.com (General)	Y. Sekhara
M. Pradeep	B.com (General)	M. Pradeep
S. Kalthite	B.com (General)	S. Kalthite
P. Anitha Kishore	B.com (General)	P. Anitha Kishore
P. Kiran Mali	B.com (General)	P. Kiran Mali
P. Anesh	B.com (General)	P. Anesh
P. Murali Chandra	B.com (Gen)	P. Murali
G.S.D. Vasa Prasad	B.com (Gen)	G.S.D. Vasa Prasad

IDEAL COLLEGE OF ARTS AND SCIENCES
(AP.Govt.Aided Autonomous & NAAC B)
Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Name of the program : Yoga Day



Lecture by Rajayogi Dill Reddy

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

Date: 22/06/2021

REPORT

Name of the program : International Day of Yoga
Date : 21/06/2021
Resource person Details
Name : Rajayogi Dill Reddy
Designation : Yoga Trainer
Place : Rajasthan
Contact No. : 9603883323

The Department of Physical Education of Ideal college of Arts & Sciences(A) conducted "Yoga Day" on the eve of International Day of Yoga in seminar hall on 21/06/2021. This program was started by Principal Dr.K.Jhansi Lakshmi with a motivational speech.

The resource person gave his briefly about Importance of Yoga and which is essentially a spiritual discipline based on Which focuses on bringing harmony between mind and body and it is art and science for healthy living .

Sri .Dr.S.V.V.L.G.Varma gave the formal vote of thanks at end of the program.

No.Of Participants: 29


PRINCIPAL
Principal
Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

CIRCULAR

Dt : 14/06/2019

This is to inform you that the department of Physical Education is organizing “**Yoga Day**” on the eve of International Day of Yoga for all the staff & students on 21/06/2019.

All the staff & students are informed to participate in the program.

Venue: Seminar Hall

Time: 7 A.M.


PRINCIPAL
Principal
Ideal College of Arts & Sciences (A)
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Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

INVITATION

YOGA DAY

The department of Physical Education of Ideal college of Arts and sciences(A), Kakinada is going to organize “**Yoga Day**” on the eve of International Day of Yoga 21.06.2019 by 7.00 A.M in the main campus.

President : **Sri.B.Ramamohana Rao**
Principal,
Ideal College of Arts & Sciences, Kakinada

Chief Guest : **Sri CH.Ajjibabu, M.A., Mped., PGDY**
D.R.K.Reddy College of Physical Education
G.mamidada

Guest of Honour : **Dr. P.ChiranjeeviniKumari, M.A.,Ph.D.,**
Secretary & Correspondent,
Ideal College of Arts & Sciences, Kakinada

All the staff and Students are cordially invited and make the Programme successfull.



Dr.S.V.V.L.G.Varma

Lecturer in Physical Education



Sri.B.RamaMohanarao

PRINCIPAL

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA Name of the program : Yoga Day

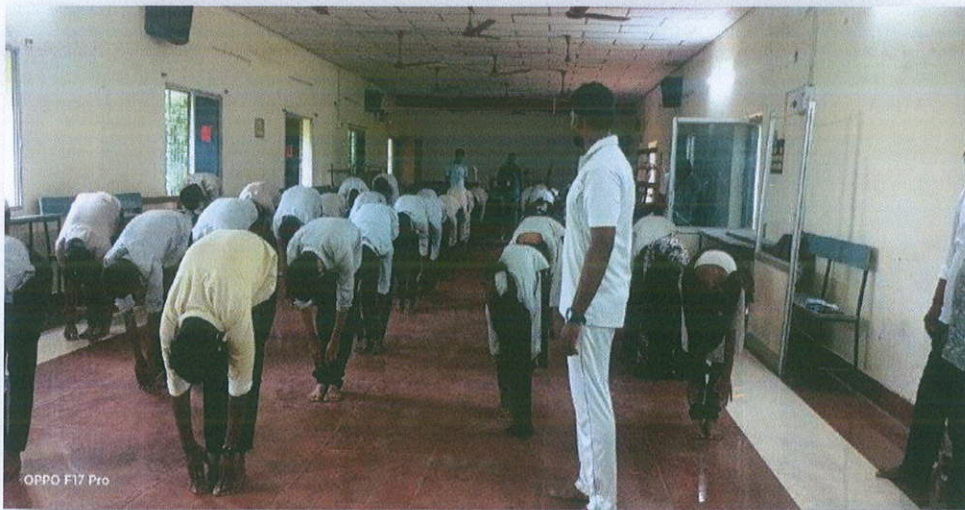
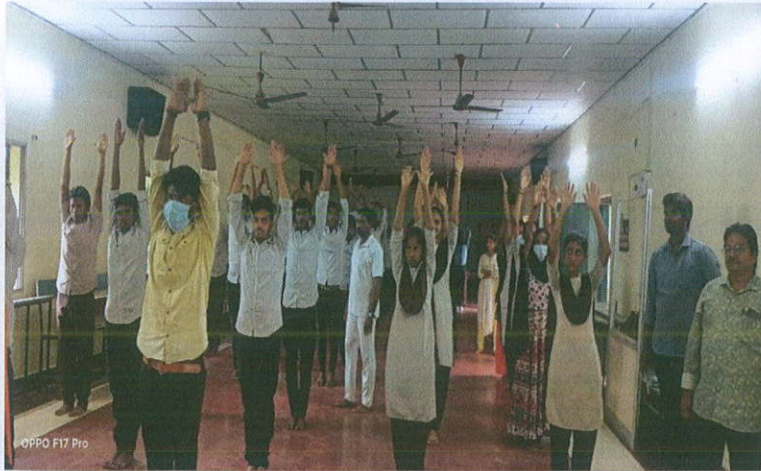
List of Participants

The following students are participate in the programme

1. B. Ramu	I B.A	B. Ramu
2. G. Satyanarayana	I B.com	G. Satya
3. V. Vinay	I B.com	V. Vinay
4. K. Ravi	I B.com	K. Ravi
5. V. Ratna Babu	I B.com	V. Ratna Babu
6. K. Siva Rama Krishna	I B.com	K. Siva Rama Krishna
7. P. Rambabu	I B.com	P. Rambabu
8. V. Siva Krishna	III B.com	V. Siva Krishna
9. N. Durga Prasad	III B.com	N. Durga Prasad
10. K. Jagadeesh	III B.com	K. Jagadeesh
11. N. K. Durga Prasad	I B.com	N. K. Durga Prasad
12. V. Sheshayya	III B.com	V. Sheshayya
13. D. Baby Bhargavi	I B.com	D. Baby Bhargavi
14. D. Anusha	I B.com	D. Anusha
15. D. Prasanthi	I B.com	D. Prasanthi
16. K. V. Satya	I B.com	K. V. Satya
17. M. V. V. Ratna	I B.com	M. V. V. Ratna
18. S. Haneeha	I B.com	S. Haneeha
19. Ch. Siva	I B.com	Ch. Siva
20. V. Malathi	I B.com	V. Malathi
21. D. Venkatesh	I B.com	D. Venkatesh
22. G. Sai Kiran	I B.com	G. Sai Kiran
23. Y. Anil	I B.com	Y. Anil
24. M. Sai	I B.com	M. Sai
25. P. Sureeth	II B.A	P. Sureeth
26. A. Siddhivinayaka	I B.A	A. Siddhivinayaka
27. K. V. Ramesh	II B.A	K. V. Ramesh
28. B. David Raju	II B.A	B. David Raju
29. S. Venkatesh	I B.com	S. Venkatesh

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Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Name of the program : Yoga Day



Asanas were done by students

IDEAL COLLEGE OF ARTS AND SCIENCES
(AP.Govt.Aided Autonomous & NAAC B)
Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Date: 22/06/2019

REPORT

Name of the program : Yoga Day
Date : 21/06/2019
Resource person Details
Name : CH.Ajjibabu,M.A.,Mped.,PGDY.,APSET
Designation : Lecturer in Physical Education,
Place : Drk Reddy College of Physical Education
Contact No. : 9949392057

The Department of Physical Education of Ideal college of Arts & Sciences(A) conducted "Yoga Day" on the eve of International Day of Yoga in seminar hall on 21/06/2018. This program was started by incharge principal Dr. K. Jhansi Lakshmi with a motivational speech.

The resource person gave his briefly about Importance of Yoga and which is essentially a spiritual discipline based on Which focuses on bringing harmony between mind and body and it is art and science for healthy living.

Dr.K.Swamiji, Asst. professor of politics gave the formal vote of thanks at end of the program.

No of participats -29


PRINCIPAL
Principal
Ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B++)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

CIRCULAR

Dt : 15/06/2018

This is to inform you that the department of Physical Education is organizing “**Yoga Day**” on the eve of International Day of Yoga for all the staff & students on 21/06/2018.

All the staff & students are informed to participate in the program.

Venue: Seminar Hall

Time: 7 A.M.



PRINCIPAL
Principal
ideal College of Arts & Sciences (A)
KAKINADA

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B++)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

INVITATION

YOGA DAY

The department of Physical Education of Ideal college of Arts and sciences(A), Kakinada is going to organize “Yoga Day” on the eve of International Day of Yoga 21.06.2018 by 7.00 A.M in the main campus.

President : Sri.D.Balarama Raju
Principal,
Ideal College of Arts & Sciences, Kakinada

Chief Guest : Sri CH.Ajjibabu, M.A., Mped., PGDY
D.R.K.Reddy College of Physical Education
G.mamidada

Guest of Honour : Dr. P.ChiranjeeviniKumari, M.A.,Ph.D.,
Secretary & Correspondent,
Ideal College of Arts & Sciences, Kakinada

All the staff and Students are cordially invited and make the Programme successfull.

Dr.S.V.V.L.G.Varma
Lecturer in Physical Education
Convener

Sri.D.Balarama Raju
Principal

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B++)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

Name of the program : International Day of Yoga

List of participants

YOGA

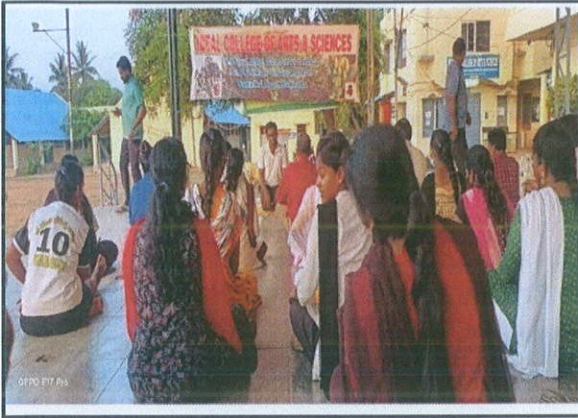
2018-2019

The following students are participate the programme

1	K. Appala Raju	III B Com 2163104	K. Appala Raju
2	M. Dulga Steenu	III B Com 2163119	M. Dulga Steenu
3	M. Veera Babu	III BA 2161061	M. Veera Babu
4	B.R.S.S. Kumar	III BA 2161037	B.R.S.S. Kumar
5	K. Raj Kumar	III BA 2161071	K. Raj Kumar
6	D. Ashok Kumar	II BSc 2172204	D. Ashok Kumar
7	S. Dulga Prasad	II BSc 2172106	S. Dulga Prasad
8	V. Parashram	II BSc 2172606	V. Parashram
9	P. Krishana Chaitanya	II BSc 2172149	P. Krishana Chaitanya
10	T. Githi Kumar	II BSc 2172210	T. Githi Kumar
11	R. Venkateswarulu	II BA 2171056	R. Venkateswarulu
12	R. Raja Babu	II BA 2171033	R. Raja Babu
13	K. Gokindam	II BA 2171062	K. Gokindam
14	S. Raja Rao	II BA 2171034	S. Raja Rao
15	G. Debi Naveen	II BA 2171008	G. Debi Naveen
16	M. Sai Kumar	II BA 2171062	M. Sai Kumar
17	P.A.V. Kumar	II BA 2171005	P.A.V. Kumar
18	Ms. Jyoti	I BSc 2182014	Ms. Jyoti
19	M. Sandeep	I BSc 2182239	M. Sandeep
20	P. Gopalram	I BSc 2182113	P. Gopalram
21	K. Uday Prakash	I BSc 2182256	K. Uday Prakash
22	P. Vivek Kumar	I BSc 2182256	P. Vivek Kumar
23	B. Dulga Prasad	I B Com 2183111	B. Dulga Prasad
24	M. Venkata Ramana	I BA 2182059	M. Venkata Ramana
25	Y. Shrinivas	I BA 2181044	Y. Shrinivas
26	J. Ravi Teja	I BA 2181036	J. Ravi Teja
27	Ch. Raju	I BA 2181034	Ch. Raju
28	K. Venkata Siva	I BA 2181053	K. Venkata Siva
29	P. Vijay	I BA 2181056	P. Vijay
30	D.V. Shastri	I BA 2181055	D.V. Shastri

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Dr. P.V.N. RAJU VIDYAPRANGANAM
KAKINADA

Name of the program : Yoga Day



Asanas were done by students

IDEAL COLLEGE OF ARTS AND SCIENCES

(AP.Govt.Aided Autonomous & NAAC B++)

Dr. P.V.N. RAJU VIDYAPRANGANAM

KAKINADA

Date: 22/06/2018

REPORT

Name of the program : Yoga Day
Date : 21/06/2018
Resource person Details
Name : CH.Ajjibabu,M.A.,Mped.,PGDY.,APSET
Designation : Lecturer in Physical Education,
Place : Drk Reddy College of Physical Education
Contact No. : 9949392057

The Department of Physical Education of Ideal college of Arts & Sciences(A) conducted "Yoga Day" on the eve of International Day of Yoga in seminar hall on 21/06/2018. This program was started by principal Sri.D.Balarama raju with a motivational speech.

The resource person gave his briefly about Importance of Yoga and which is essentially a spiritual discipline based on Which focuses on bringing harmony between mind and body and it is art and science for healthy living .

Dr.K.Swamiji, Asst. professor of politics gave the formal vote of thanks at end of the program.

No of participats -30

PRINCIPAL

Principal
Ideal College of Arts & Sciences (A)
KAKINADA