

LIFE SKILLS
(Yoga, Physical fitness, Health
and Hygiene)
2022 - 2023



ADITYA COLLEGE OF PHARMACY

(Affiliated to JNTUK, Approved by AICTE)



(ADITYA NAGAR, ADB ROAD, SURAMPALEM 533 437, E.G.Dt, Ph.9949876664, 08852-200005)

Website: www.acop.edu.in, Email: office@acop.edu.in

PROPOSAL LETTER

Date-18/06/2022

To,

The Principal,

Aditya College of Pharmacy,

Surampalem.

Subject-Permission for conducting one day yoga program

Respected sir,

I am the NSS co-ordinator of Aditya College of pharmacy writing this letter to ask your consent for **conducting one day yoga program** for the III B Pharm students .It is decided to conduct this program on **21/06/2022**. Kindly grant the permission to conduct the one day yoga program by utilizing the facilities.

Thanking you sir,

Yours faithfully

NSS CO-ORDINATOR



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Date: 20-06-2022

CIRCULAR

This is to inform that our college is conducting a **one day yoga program** for the **IIIrd B Pharm students on 21-06-2022**. Hence the interested students are hereby invited to attend the seminar


PRINCIPAL



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YA NAGAR, ADB ROAD, SURAMPALEM 533 437, E.G.Dt, Ph.9949876664, 08852-200005)

Website: www.acop.edu.in, Email: office@acop.edu.

Date: 21-06-2022

REPORT

Name of the Programme: One day yoga program

Duration of Programme: 2 hour

Resource Person Details: Dr. Vijay Bhaskar Reddy

Yoga trainer

Kakinada

Aditya College of Pharmacy organized a one day yoga program for the faculty and students on **21-06-2022** under the assistance of yoga trainer **Dr. Vijaya Bhaskar Reddy**

The trainer started the session by talking about the benefits this way of life offers like improving digestion, boosting metabolism and banishing symptoms of PMS. He later taught 5 Pranayamas that should be a part of everyone's daily fitness schedule. He taught everyone 5 pranayamas namely Bhramari, Ujjayi, Bhastrika, Kapalbhathi, Anulom- vilom pranayamas. These breathing exercises are good to suppress distress frustrations. The speaker conveyed the importance of making yoga an integral part of daily lives by extending the practice of yoga beyond the mat. The session was very beneficial and active participation was seen from students and staffs. Around **55 students** attended the yoga and meditation program. An interactive session was kept towards the end to address the queries of staffs and students. Lastly our principal Prof. K. Ravishankar thanked him for sharing knowledge with students.


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PRINCIPAL
Aditya College of Pharmacy
Surampalem 533 437

K. Smith
COORDINATOR



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LIST OF PARTICIPANTS

Name of the Program: *One day yoga Program*

Date: *21-06-2022*

Year: *2022-23*

S.No	Name of the student	Roll no	Year & course	signature
1	ADAM USHARANI	203H1R0001	3 rd B-pharm	Usharani
2	A. K. Chakra Madhulakshmi	203H1R0002	3 rd B-pharm	Madhulakshmi
3	A. T. Ga	203H1R0003	3 rd B-pharm	A. T. Ga
4	A. Mahesh Babu	203H1R0004	3 rd B-pharm	Mahesh Babu
5	Bala Bhaskarudu peddiredy	203H1R0005	3 rd B-pharm	Bhaskar
6	B.N. Ramya Krishna	203H1R0006	3 rd B-pharm	Ramya
7	C. Balasree	203H1R0007	III Bpharm	Bala
8	C. Naga Suender	203H1R0008	3 rd B-pharm	Suender
9	C. Sri Kalayani	203H1R0009	3 rd B-pharm	Kalayani
10	C.S.V. Leela Kumar	203H1R0010	III Bpharm	Leela
11	C. Dayakar	203H1R0011	III B-pharm	Dayakar
12	D. Sirisha	203H1R0012	3 rd B-pharm	Sirisha
13	D. Sandhya	203H1R0013	3 rd B-pharm	Sandhya
14	E.D.N. Vyshnavi	203H1R0014	III Bpharm	Vyshnavi
15	G. Manasa	203H1R0015	III Bpharm	Manasa
16	G. Vamsi Krishna	203H1R0016	III B-pharm	Vamsi
17	Gonipati Bhaskathi	203H1R0017	III-B-pharm	Bhaskathi
18	K. Lakshmi prasanna	203H1R0018	3 rd B-pharm	prasanna
19	K. Kanya Sindhu	203H1R0019	3 rd B-pharm	Kanya
20	K. Shobha Rani	203H1R0018	3 rd B-pharm	Shobharani
21	Ketha Gowri Sri	203H1R0021	III-B-pharm	Gowri Sri
22	K. Devi Chandrika	203H1R0022	III Bpharm	Chandrika
23	K. V. P. G. Monika	203H1R0023	III-B-pharm	Monika

24	M. Gani Lakshmi	203HIR0024	3 rd B-pharm	Ganilakshmi
25	M. Samyuktha	203HIR0025	3 rd B-pharm	Samyuktha
26	Uppathi Anil kumar	203HIR0025	II B-pharm	Anilkumar
26	Mane Anusutha	203HIR0026	III B-pharm	Anusutha
27	M. Sri Suoya Kala	203HIR0027	III B-pharm	Kala
28	M. S. Bhukta lakshmi	203HIR0028	III B-pharm	lakshmi
29	M. pullaiah	203HIR0029	III B-pharm	pullaiah.
30	N. Lohitha	203HIR0030	3 rd B-pharm	Lohitha
31	N. Sandhya	203HIR0031	3 rd B-pharm	Sandhya
32	N. Satish	203HIR0032	II B-pharm	Satish
33	N. Mahalakshmi	203HIR0033	3 rd B-pharm	M. Mahalakshmi
34	Narheela. Begam	203HIR0034	III B-pharm	Begam
35	N. Jessy Elizabetha	203HIR0035	3 rd B-pharm	N. Jessy
36	N. Varitha	203HIR0036	3 rd B-pharm	Varitha
37	P. Prathap	203HIR0037	3 rd B-pharm	Prathap
38	P. Suratna	203HIR0038	II B-pharm	Suratna
39	P. Nannutha nagi	203HIR0039	III B-pharm	Nannutha
40	P. Lakshmi Lahari	203HIR0040	III B-pharm	Lahari
41	P. Titus	203HIR0041	II B-pharm	Titus
42	P. Lakshmi Tulasi	203HIR0042	3 rd B-pharm	Tulasi
43	P. Baji chadrika	203HIR0043	3 rd B-pharm	Chadrika
44	R. Bharath Kumar	203HIR0044	II B-pharm	Bharathi
45	S. Anil Kumar			
46	S. Anil Kumar	203HIR0046	III B-pharm	Anil.
47	S. Pushpa	203HIR0047	3 rd B-pharm	Pushpa
48	T. Lakshmi Lalithya	203HIR0048	II B-pharm	Lalithya
49	T. Likitha Rajya Sri	203HIR0049	3 rd B-pharm	Likitha Rajya Sri

