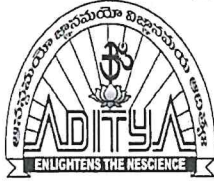


LIFE SKILLS
(Yoga, Physical fitness, Health
and Hygiene)
2023-2024



ADITYA COLLEGE OF PHARMACY(A)

(An Autonomous Institution)

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Ph. 99498 76664, Email: offic@acop.edu.in, www.acop.edu.in

PROPOSAL LETTER

Date:17/06/2023

To,

The Principal,

Aditya College of Pharmacy,

Surampalem.

Subject- Permission for conducting one day yoga program

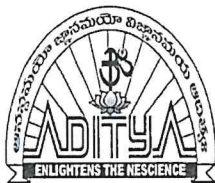
Respected sir,

I the NSS co-ordinator of Aditya college of pharmacy writing this letter to ask your consent for conducting **one day yoga program** for the **IVth B Pharm students**. On the occasion of International Yoga Day It is planned to be held on **21/06/2023**. Kindly grant the permission to conduct the Yoga Programme by utilizing the facilities.

Thanking you sir,

Yours faithfully


NSS CO-ORDINATOR



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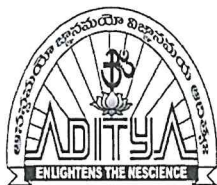
Ph. 99498 76664, Email: office@acop.edu.in, www.acop.edu.in

Date: 19-06-2023

CIRCULAR

This is to inform that our college is conducting a **one-day yoga program** for the **IVth B Pharm** students on **21-06-2023**. Hence the interested students are hereby invited to attend the program.

Xuan.chan
PRINCIPAL



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Ph. 99498 76664, Email: office@acop.edu.in, www.acop.edu.in

Date: 21-06-2023

REPORT

Name of the Programme: One day yoga program

Duration of Programme: 3 hours

Resource Person Details: Shivaji Sagar Narala

Kakinada center coordinator.

Isha Yoga centre ,Kakinada

Mobile: 961818529

Aditya College of Pharmacy organized a **one day yoga program for the IVth B Pharm students** on **21-06-2023** under the assistance of yoga trainer **Mr. Shivaji Sagar Narala**.

The trainer started the session by talking about the benefits of Yoga which improves 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. Around **86 students** attended the yoga and meditation program. An interactive session was kept towards the end to address the queries of students. Lastly our principal Prof. K. Ravishankar thanked him for sharing knowledge with students.

K. Ravishankar
PRINCIPAL



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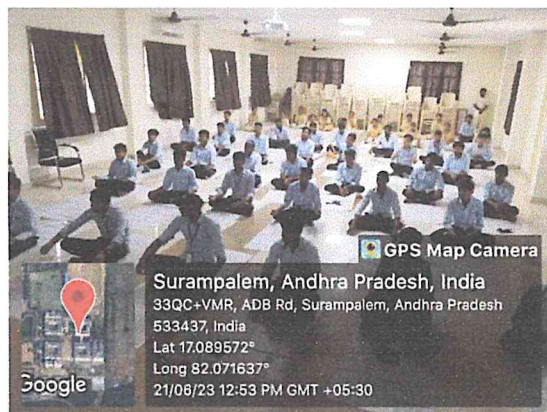
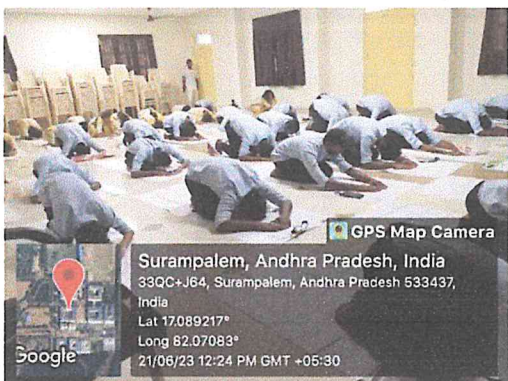
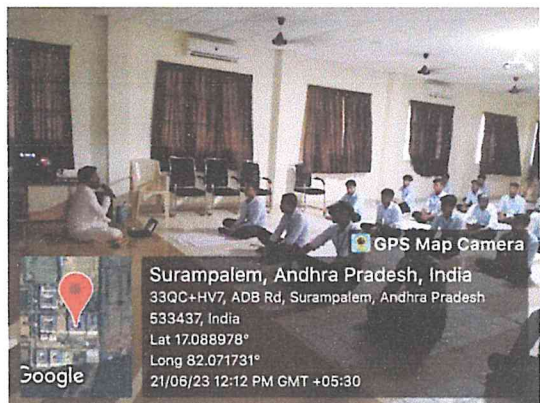
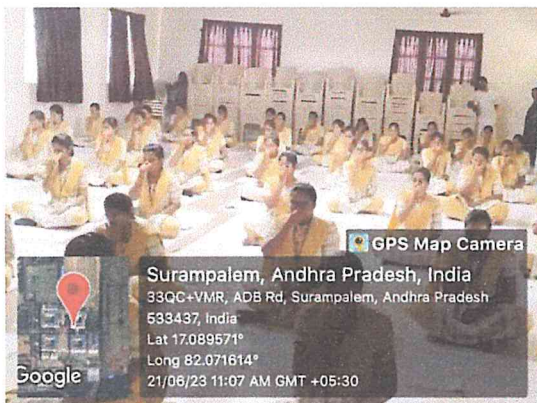
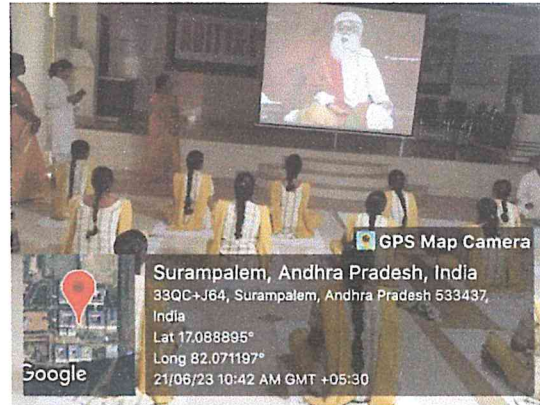
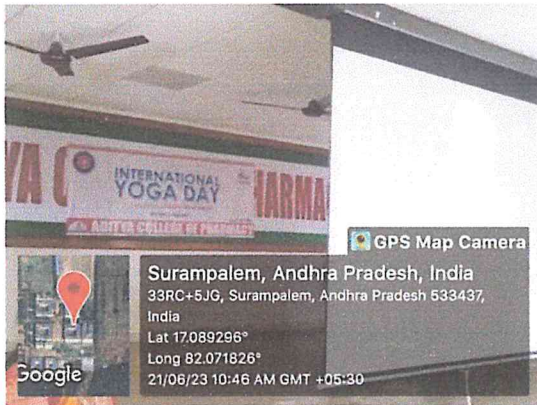
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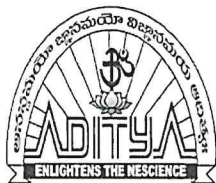
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P. S. Sathi



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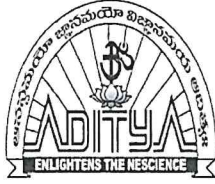
Name of the Programme: One day Yoga program

Date: 21-06-2023

Academic Year: 2023-2024

LIST OF STUDENTS ENROLLED

S.No	Roll No	Name of the Student
1	203H1R0005	Peddireddy
2	203H1R0006	Ramya Krishna
3	203H1R0010	Deela Kumar
4	203H1R0012	Sirisha
5	203H1R0018	Lakshmi Prasanna
6	203H1R0020	Shobarani
7	203H1R0025	Samyuktha
8	203H1R0024	Surakala
9	203H1R0013	Dilla Sandhya
10	203H1R0023	Monika
11	203H1R0022	Devi Chandrika
12	203H1R0017	Bhaskar
13	203H1R0014	Vyshavi
14	203H1R0016	Vamshi Krishna
15	203H1R0077	Manuvaran
16	203H1R0079	Mona Sri Neha
17	203H1R0073	Davan Satya
18	203H1R0096	Sangeetha
19	203H1R0088	Prityanka
20	203H1R0084	Likitha
21	203H1R00A1	Sudeep Hanra
22	203H1R00A3	Sunil Kumar
23	203H1R0089	Vishnu Gowdya
24	203H1R0082	Durga Prasad
25	203H1R0087	Rohit Yadav
26	203H1R0090	Aswatha
27	203H1R0097	Santhosh Das
28	203H1R0099	Mayan Rani
29	203H1R0093	Divya Sri Devi



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S.No	Roll No	Name of the Student
30	213H5R0001	B. Jayanthi
31	203HIR00036	N. Vanitha
32	203HIR00042	P. NVDG Lakshmi kulasi
33	203HIR00047	S. Pushpa
34	203HIR00051	V. Rositha
35	203HIR00043	P. Raji Chandrika
36	213H5R0002	P. Sai Sri Varsha
37	203HIR00041	P. Titus
38	203HIR00044	R. Bharath Kumar
39	203HIR00052	V. Surekha
40	203HIR00054	V. Veera Kumari
41	203HIR00046	S. Anil Kumar
42	203HIR00053	Vegi Sujala
43	203HIR00055	V. Anil Kumar
44	203HIR00048	T. Lakshmi Lalithya
45	203HIR00035	N. Jessy Elizabeth
46	203HIR00040	P. Lakshmi Lohari
47	203HIR00049	T. Likitha Rajasri
48	203HIR00069	K. Akhila
49	203HIR00076	M. Rupika Reddy
50	203HIR00071	K. Mohan Krishna
51	203HIR00037	P. Pratap
52	203HIR00038	P. Surabina
53	203HIR00050	T. Lakshmi Sai Keerthana
54	203HIR00070	K. Shyam Sandeep Reddy
55	203HIR00072	K. Divya
56	203HIR00039	P. Namasatha Raga
57	203HIR00074	M. Vinet chowdary
58	203HIR00078	M. Vinay Kumar chowdary



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S.No	Roll No	Name of the Student
Sq	203HIR0002	A.K.C. Madhu Lakshmi
60	203HIR0019	K. Kavya Sindhu
61	203HIR0009	Sri Kalyani
62	203HIR0003	A. Teja
63	213HIR0094	T. Swathi sree
64	213HIR0037	P. roopa divya
65	203HIR0076	M. Rupika
66	203HIR0001	A. osha rani
67	203HIR0021	K. gaxori Sri
68	213HIR0097	T. Gamy a shvi
69	213HIR0040	S. Surendra
70	203HIR0081	M. Sesha sailaja
71	203HIR0007	Ch. Ravi Sri.
72	203HIR0008	roopa Surendra
73	203HIR0098	S. A. Vanama Reddy
74	213HIR0051	Mahato. Adhishok.
75	203HIR0083	O. Kavya
76	203HIR0011	Chennam. dhayakar.
77	223H5R00P1	R. N. Rajeswari
78	213HIR0052	A. divya
79	213HIR0053	AMAN KUNAR RAWANI
80	203HIR0015	A. Manasa
	223H5R0002	S. Ganga leeta vari
82	213HIR0047	V. Divya
83	213HIR0041	S. Sai
84	203HIR0024	M. gani lakshmi
85	203HIR0026	M. Anvutha.
86	213HIR0066	G. Sanjeev

P. Praveen