



WELCOME



PSC & KVSC GOVT. DEGREE COLLEGE
NANDYAL

Department of Commerce

YOGA WEEK CELEBRATIONS

Certificate Course in

STRESS MANAGEMENT - YOGA

16-06-2022 to 21-06-2022



PSC & KVSC GOVT. DEGREE COLLEGE
NANDYAL

Department of Physical Education

YOGA WEEK CELEBRATIONS

Certificate Course

YOGA & FITNESS

16-06-2022 to 21-06-2022



DATE: 13-06-2022

REQUISITION LETTER

From:

**The Department of Commerce &
The Department of Physical Education
PSC & KVSC Govt. Degree College,
Nandyala.**

To

**The Principal,
PSC & KVSC Govt. Degree College,
Nandyala.**

Respected Madam,

Sub: Requisition to organize the One Week Certificate Course in YOGA- Reg.

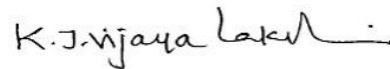
We, the departments of Commerce and Physical Education are planning to conduct a one-week Certificate Course on STRESS MANAGEMENT – YOGA and FITNESS, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

We choose, Smt. K. J. Sridevi, Department of Yoga, Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, TNPESU & MAHER, Chennai, as resource person for this program, who will give her services throughout one week to our students, by taking sessions in yoga.

Hence, we request you madam, kindly permit us to do this program for the benefit of our stakeholders.



**Department of Physical Education,
PSC & KVSC Govt. Degree College
Nandyala.**



**Department of Commerce,
PSC & KVSC Govt. Degree College
Nandyala.**



DATE: 14-06-2022

PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA- YOGA WEEK CELEBRATIONS
DEPARTMENT OF COMMERCE AND DEPARTMENT OF PHYSICAL EDUCATION - CIRCULAR / INVITATION



Dear all, Warm Greetings from the Department of Commerce & Physical Education 🌸

The department of Commerce, in association with the department of Physical Education, will be going to conduct an awareness Seminar in YOGA and one week Certificate Course in “STRESS MANAGEMENT – FITNESS AND YOGA”, to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.

Inaugural Function Timings: on 16-06-2022 – 2 p.m. at Virtual lab of PSC & KVSC Government Degree College, Nandyala. For this, the below mentioned programs were scheduled:

SN	TITLE OF THE PROGRAM	SCHEDULED DATE & DAY	RESOURCE PERSON/S JUDGE/S	EVENT ORGANIZER/S	EVENT LEVEL
1	INAUGURAL SESSION& AWARENESS SEMINAR ON STRESS MANAGEMENT (WITH PPT) & PRACTICE SESSION IN CHALANA KRIYAS AND YOGA BASICS	16-06-2022 THURSDAY	1. Chief Patron: Dr. N. Sasikala, Principal PSC & KVSC GDC, Nandyala. 2. Chief Guest & Resource Person: Smt. K. J. Sridevi, Department of Yoga, Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.	Dr. P. Venkateswarlu, Lec. in Commerce. Smt. K. J. Vijaya Lakshmi, Lec. in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty Sri. Pedda Swamy, Guest faculty Commerce	College level
2	PRACTICE SESSION IN YOGA AND YOGA PROTOCOL	17-06-2022 FRIDAY TO 20-06-2022 MONDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lec. in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce Smt. C. Rajani Kumari, GF Commerce Sri. Pedda Swamy, GF, Commerce	College Level
3	YOGA PROTOCOL & VALEDICTORY FUNCTION AND CERTIFICATES DISTRIBUTION	21-06-2022 TUESDAY	1. Chief Patron: Dr. N. Sasikala, Principal PSC & KVSC GDC, Nandyala. 2. Chief Guest & Resource Person: Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty, Commerce	College Level

Students those who were interested, join on 16-06-2022 in inaugural session by 2.00 p.m. Participants were awarded with participation certificate, on Valedictory function on International Yoga Day, which will be going to held on 21-06-2022. You all are cordially invited to this program and make this grand success.

With regards---Department of Commerce & Department of Physical Education, PSC & KVSC GDC Nandyala. 🙏

Sri. K. Srinivasulu
Physical Director
Coordinator

Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator

Dr. P. Venkateswarlu
Lecturer in Commerce
Dept. In charge

Principal
PSC&KVSC GDC, NDL



DATE: 15-06-2022

REMINDER CIRCULAR

PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA- YOGA WEEK CELEBRATIONS
DEPARTMENT OF COMMERCE AND DEPARTMENT OF PHYSICAL EDUCATION - CIRCULAR / INVITATION



Dear all, Warm Greetings from the Department of Commerce & Physical Education

The department of Commerce, in association with the department of Physical Education, will be going to conduct an awareness Seminar in YOGA and one week Certificate Course in "STRESS MANAGEMENT – FITNESS AND YOGA", to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.

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3	YOGA PROTOCOL & VALEDICTORY FUNCTION AND CERTIFICATES DISTRIBUTION	21-06-2022 TUESDAY	1. Chief Patron: Dr. N. Sasikala, Principal PSC & KVSC GDC, Nandyala. 2. Chief Guest & Resource Person: Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty, Commerce	College Level

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With regards---

Department of Commerce & Department of Physical Education, PSC & KVSC GDC Nandyala.

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Physical Director
Coordinator

Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator

Dr. P. Venkateswarlu
Lecturer in Commerce
Dept. In charge

Principal
PSC&KVSC GDC, NDL



DATE: 15-06-2022

PROGRAM SCHEDULE / INVITATION

**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA- YOGA WEEK CELEBRATIONS
DEPARTMENT OF COMMERCE & DEPARTMENT OF PHYSICAL EDUCATION**



Dear all, Warm Greetings from the Department of Commerce & Physical Education 🌸

The department of Commerce, in association with the department of Physical Education, will be going to conduct an awareness Seminar in YOGA and one week Certificate Course in “STRESS MANAGEMENT – FITNESS AND YOGA”, to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise.

Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai.

Inauguration Function Timings: on 16-06-2022 – 2 p.m. to 6 p.m. at Virtual lab of PSC & KVSC Government Degree College, Nandyala. For this, the bellow mentioned programs were scheduled:

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3	PRACTICE SESSION & YOGA PROTOCOL	18-06-2022 SATURDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lec. in Commerce. Sri. K. Srinivasulu, Physical Director. Smt. C. Rajani Kumari, GF Commerce	College Level
4	PRACTICE SESSION AND YOGA PROTOCOL	19-06-2022 SUNDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director.	College Level
5	PRACTICE SESSION IN YOGA AND PROTOCOL	20-06-2022 MONDAY	Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director.	College Level
6	YOGA PROTOCOL & VALEDICTORY AND CERTIFICATES DISTRIBUTION	21-06-2022 TUESDAY	Dr. N. Sasikala, Principal PSC & KVSC G.D.C. ND.L. Smt. K. J. Sridevi, Director Sri Yogalaya, Resource Person TNSU & MAHER, Chennai.	Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce. Sri. K. Srinivasulu, Physical Director. Sri. Nataraja Gupta, Lec. in Commerce. Smt. C. Rajani Kumari, Guest faculty, Commerce	College Level

Students those who were interested, join on 16-06-2022 in inaugural session by 2.00 p.m. Participants were awarded with participation certificate, on Valedictory function on International Yoga Day, which will be going to held on 21-06-2022. You all are cordially invited to this program and make this grand success.

With regards---Department of Commerce & Department of Physical Education, PSC & KVSC GDC Nandyala. 🙏

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Physical Director
Coordinator

Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
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Dr. P. Venkateswarlu
Lecturer in Commerce
Dept. In charge

Principal
PSC&KVSC GDC, ND.L



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA

YOGA WEEK CELEBRATIONS

DEPARTMENT OF COMMERCE & DEPARTMENT OF PHYSICAL EDUCATION

REPORT ON CERTIFICATE COURSE IN YOGA

“STRESS MANAGEMENT –FITNESS & YOGA”

FROM 16-06-2022 TO 21-06-2022



INTRODUCTION:

Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. The aim of Yoga practice is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras. After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day. In this way.

The department of Commerce, in association with the department of Physical Education, was organized an Awareness Seminar in YOGA and also one week Certificate Course in “STRESS MANAGEMENT – FITNESS AND YOGA”, to all the students of our college, from 16-06-2022 to 21-06-2022, on account of International Yoga Day Celebrations, which is to be celebrated on 21-06-2022 international wise. Resource person for this program is Smt. K. J. Sridevi, Department of Yoga, -Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai. This program consists of 30 hours in 6 days, scheduled from 16-06-22 to 21-06-22 continuously daily 4 hours some times more than that, from inaugural session to valedictory session by 2 p.m. to 6 p.m. at Virtual lab and Digital Class rooms of PSC & KVSC Government Degree College, Nandyala. Total 130 students and 30 faculty members attended this program and get benefitted through the practice of Yoga. Participants were awarded with Certificates in valedictory function.

OBJECTIVES OF CERTIFICATE COURSE: The main objective of this activity is to enable the

students:

- ❖ The Course intension is to create awareness, that the human beings are integral part of the nature, now how they facing typical situations for their survival, for this how they overcome this situation to inculcating the good habits and the practices required to protect them self.
- ❖ To provide Knowledge in yoga for the personality development in a form of Physical and Mental Fitness.
- ❖ To eliminate negative emotions like fear, anger, fatigue, depression, anxiety disorders and stress and leads to develop positive emotions.
- ❖ To improve concentration, memory, clarity of thought and willpower.
- ❖ To the management of stress related disorders.
- ❖ To Rejuvenates the whole body and mind giving them proper rest through Yoga Practices
- ❖ To improve self-realization.
- ❖ To show the easy and good way to live everyone with peace and harmony.

LEARNING OUTCOMES: After successful completion of the course, the students are able to;

- Understand the nature, cause and effects of YOGA and the importance.
- Understand the need of awareness
- Acquire knowledge on Yoga preparedness, recovery remedial measures and personal precautions.
- Prepare her/himself to act as a Volunteer in Yoga service activities.

ACTION PLAN: - The total activity planned in the month of June 2022, daily 3 to 4 hours in afternoon sessions in leisure hours and after college hours is over, in batches wise, organized by the faculty members from the department of commerce and physical Education. The selected students (all groups) will be asked to attend this Yoga Course classes, with Yoga mat and comfortable dress. The following Syllabus (topics) selected for Certificate course classis's purpose along with Power Point Presentation:

- ❖ Introduction to Yoga - Yoga in Daily Life – Stress Management
- ❖ Yoga and fitness
- ❖ Women related problems- Solutions through Yoga
- ❖ Yoga Protocol

PROCESS OF ORGANIZATION / PLAN OF APPLICATION: -

Venue: - Virtual room and Digital Class rooms 1 & 2 Timings: Between 2.00 p.m. To 6.00 p. m. Sunday: Morning & Evening between 8.00 a.m. to 6.00 p.m.

SL. NO	DATE	TOPIC	NO OF HOURS TAKEN	NO OF STUDENTS PARTICIPATED
1	16-06-22	1.Inaugural session 2. Seminar on Introduction to Yoga- Yoga in Daily Life- Stress Management 3. Yoga Practice	4 Hours	107 Students and 20 staff members

2	17-06-22	1.Yoga and Fitness- Seminar 2. Yoga Practice	4 Hours	61 students and 11 staff members
3	18-06-22	1. Women Problems- Yoga- Seminar 2. Yoga Protocol 3. Yoga Practice	4 Hours	63 students and 12 staff members
4	19-06-22	1.Yoga Protocol 2. Yoga Practice	8 Hours	43 students and 11 staff members
5	20-06-22	1.Yoga in Daily Life-Seminar 2. Yoga Protocol 3. Yoga Practice	4 Hours	62 students and 10 staff members
6	21-06-22	1.Yoga Protocol 2. Valedictory 3. Certificates Distribution 4. Yoga and Women Problems- Lecture (for Girls Hostel inmates) 5. Yoga Practice (for Girls Hostel inmates)	6 Hours	60 students and 11 staff members & 15 students and 2 faculty
Total 6 Days			30 Hours	Max 110 Students & 30 staff members Participated

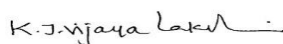
SUGGESTED ACTIVITY: Students were suggested to do practice yoga whatever they learn in class, daily early morning and evenings with empty stomach to get solutions for health problems facing by them in their daily life and also for their physical fitness, and mental strength and spread this knowledge and practice habits to others.

PARTICIPANTS FEED BACK:- Students attended the yoga classes regularly and understood the new topics Knowledge in yoga for the personality development in a form of Physical and Mental Fitness. They give their feedback as, they learn how to eliminate negative emotions like fear, anger, fatigue, depression, anxiety disorders, stress and learn how to develop positive emotions like: concentration, memory, clarity of thought and willpower. Also know how to Rejuvenates the whole body and mind giving them proper rest through Yoga Practices. They got self-realization and learn the easy and good way to live everyone with peace and harmony through yoga practices. They prepare themselves to act as a Volunteer in Yoga service activities to their family members, friends and relatives also.

CONCLUSSION: - We are very happy to provide the conceptual knowledge of Yoga in the minds of students, which doesn't know previously and also a practical experience, through the lectures and practice sessions given by the renowned resource person Dr. K. J. Sridevi, Department of Yoga, Director, Sri Yogalaya, Chennai, Resource Person & Guest Speaker, Tamil Nadu Sports University & Meenakshi Academy of Higher Education and Research, Chennai. We thank to our principal Dr. N. Sasikala madam garu, who encouraged and give support to us to organize this certificate course, which were very useful to the student community. We also thankful to each and every teaching and non-Teaching faculty and Student volunteers, who gave their support and help to organize this program, directly or indirectly.



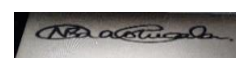
Sri. K. Srinivasulu
Physical Director
Coordinator
PSC&KVSC GDC, NDL



Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator
PSC&KVSC GDC, NDL



Dr. P. Venkateswarlu
Lecturer in Commerce
Commerce Dept. In charge
PSC&KVSC GDC, NDL



Dr. N. Sasikala
Principal
PSC&KVSC GDC, NDL

RESOURCE PERSON' S BIODATA

Name: K. J. SRIDEVI

Educational Qualifications: - M.Sc. (Yoga)., MCA., MBA(HR)., M. Phil in Yoga., DCO., P.G..D.Y.T., P.G..D.P.T., P.G.D.M.D.P.N, P.G.D.T, CCS, P.G.D.T.

Academic Achievements: -

Gold Medalist in M.Sc Yoga & Gold Medalist in M.Phil Yoga

Professional Qualifications: -

-UGC NET Qualified for Assistant Professor

-Qualified Level- 3 Yoga Teacher and Evaluator & Level-7

Therapeutic Yoga Consultant from YCB, Ministry of AYUSH, India

-Qualified Yoga Professional Examiner under Yoga Certification Scheme from QCI

Professional Courses: -

-Refresher Course in Yoga from National Institute of Sports, Sports Authority of India, Patiala.

-Done Six months Iyengar Yoga Course from IYD Centre, Chennai

-Online Assistant Yog Teachers Training Course from Patanjali Mahila Yog Samithi, Tamil Nadu

-National Judges Training Program from National Yogasana Sports Federation (NYSF)

-Transcendental Meditation Program from Mahesh Maharishi Yogi TM centre, Chetpet

-Teacher Training Course on Yoga Therapy for Pre Natal, Post Natal, PCOD and Prolapse; Teacher Training Course in Kids Yoga; Chakra Awareness Meditation from Shivdarshan Yog Vidhyalaya

-Online Breathing and Meditation Course Sri Sri Ravishankar Institute

-Online Buddha's 31 Breathing Techniques and Meditation – Basic level Course from Vipasana Centre , Madhurai

Member of Screening Committee: -

-Screened videos uploaded in Ayush Platform and social media for the video blogging contest #MylifeMyYoga by Ministry of Ayush

-Jury at Tamilnadu Youth Yogasana Sports Association (TNYISA)2021

Member of professional bodies: -

-Certified Yoga Professional (Yog Prashikshak) Member of Indian Yoga Association, New Delhi

Teaching experience: -

-Eight years of Teaching experience in IT Training Institute

Administrative experience: -

-Five years of administrative experience as an Executive at NIIT Kurnool

-Two Years of Administrative Experience as Centre Head at NIIT Narayanaguda & BSPL

-One Year as Senior Administrative Officer at ICFAI HQ (Deemed to be University) Hyderabad

Professional experience: -

- Teaching Yoga and Yoga Therapy at Namaskar Yoga Center & at Residence since 2014.
- Handled classes for PGDiploma and Diploma Yoga under Distance Education mode for Annamalai University
- Handling PCP Classes for Department of Yoga, Distance Education Wing, TNPESU since 2018.

Resource Person & Guest Lecturer: -

- Resource Person at more than 10 Workshops
- Handled more than 30 Guest lectures for UGC NET Exam Online Coaching Classes Conducted by FYST, MAHER
- Handled sessions on Research and Statistics

FDP Programs Attended: -

Attended more than 20 FDP Programs

No. of Research papers published in Journals

Publications:

-Published a Research Paper in Scopus Journal, two papers in UGC Care Listed Journals, Five papers in National & International Journals

Conference/Seminar Proceedings: -

-Eight papers in Conference /Seminar Proceedings and presented 27 papers at International/National Conferences/Seminars

Conference/Seminars /Workshops Attended: -

-Attended Nine International/National Conferences & Seminar and 13 workshops

Organizing Committee Member – Conferences / Seminars / Workshops: -

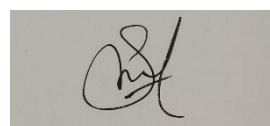
-Organizing Committee Member and meeting coordinator for more than 60 Programs conducted by FYST, MAHER

Jury member: -

-Jury for more than 5 International National Competitions

Awards Received: -

Yoga Ratna, Yoga Siromani, Golden Women, The Best Women Teacher of the Year-2020, Global Eminent Researcher Award, Yuva Shri, Thirumoolar Award, Best Teacher Award 2021.



(K.J.Sridevi)



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA

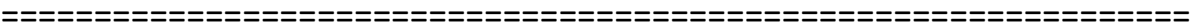


DEPARTMENT OF COMMERCE &

DEPARTMENT OF PHYSICAL EDUCATION



YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22



ACTIVITIES PHOTOS



DAY-1 --- 16-06-2022

Awareness Seminar on Yoga

Topic: STRESS MANAGEMENT

&

Practice Session in

Chalanakriyas and yoga basics

2021-22





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022**



WELCOMING THE GUESTS BY Smt. C. RAJANI KUMARI, GUEST FACULTY IN COMMERCE



OPENING REMARKS BY THE CHIEF PATRON Dr. N. SASIKALA, PRINCIPAL, PSC & KVSC GDC, NDL

On the Dies: From Left to Right:

- 1. Dr. Ganganna, Librarian.**
- 2. Sri. Nataraja Gupta, Lecturer in Commerce.**
- 3. Sri. K. Srinivasulu, Physical Director.**
- 4. Smt. K. J. Sridevi, Resource Person,**
- 5. Dr. N. Sasikala, Principal**
- 6. Smt. K. J. Vijaya Lakshmi, Lecturer in Commerce.**
- 7. Smt. Padmavathi, Lecturer in Physics.**



**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022**



RESOURCE PERSON'S INTRODUCTION BY Smt. K. J. VIJAYA LAKSHMI, LECTURER IN COMMERCE



SPEECH BY RESOURCE PERSON – Smt. K. J. SRIDEVI, RESOURCE PERSON, TNSU & MAHER, CHENNAI



**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022**



SEMINAR ON STRESS MANAGEMENT BY Smt. K. J. SRIDEVI, RESOURCE PERSON, TNSU & MAHER, CHENNAI



PARTICIPANTS: STUDENTS AND FACULTY



**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



Resource Person Smt. K. J. Sridevi Practice session by student – J. Madhu- II B. Com (G)





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

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Students practicing Chalana Kriyas (Loosening the Joints)





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
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PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



Students practicing Yoga





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



Students practicing Yoga





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND BASICS PRACTICE- 16-06-2022



Students practicing Yoga



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 17-06-2022



Boys practicing Yoga





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 17-06-2022





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 17-06-2022





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 17-06-2022





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 17-06-2022





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22**

AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 18-06-2022





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 18-06-2022





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
AWARENESS SEMINAR & YOGA CHALANAKRIYAS AND PROTOCOL PRACTICE- 18-06-2022





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

CHALANAKRIYAS & YOGA PROTOCOL- PRACTICE - 19-06-2022



POOJITHA- I B.COM(CA)





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
CHALANAKRIYAS & YOGA PROTOCOL- PRACTICE - 19-06-2022



TEJA – I B.COM (CA)





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

CHALANAKRIYAS & YOGA PROTOCOL- PRACTICE - 19-06-2022





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22
YOGA & FITNESS & CHALANAKRIYAS & YOGA PROTOCOL PRACTICE- 19-06-2022





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

WOMEN PROBLEMS-YOGA SOLUTIONS & YOGA & YOGA PROTOCOL PRACTICE- 20-06-22





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE

YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22

WOMEN PROBLEMS-YOGA SOLUTIONS & YOGA & YOGA PROTOCOL PRACTICE- 20-06-22





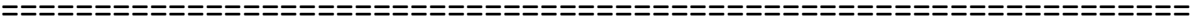
PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA



DEPARTMENT OF COMMERCE



YOGA WEEK CELEBRATIONS – 16-06-22 TO 21-06-22



DAY-6 --- 21-06-2022

Topic: Yoga Protocol

2021-22





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22**





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22**





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22**



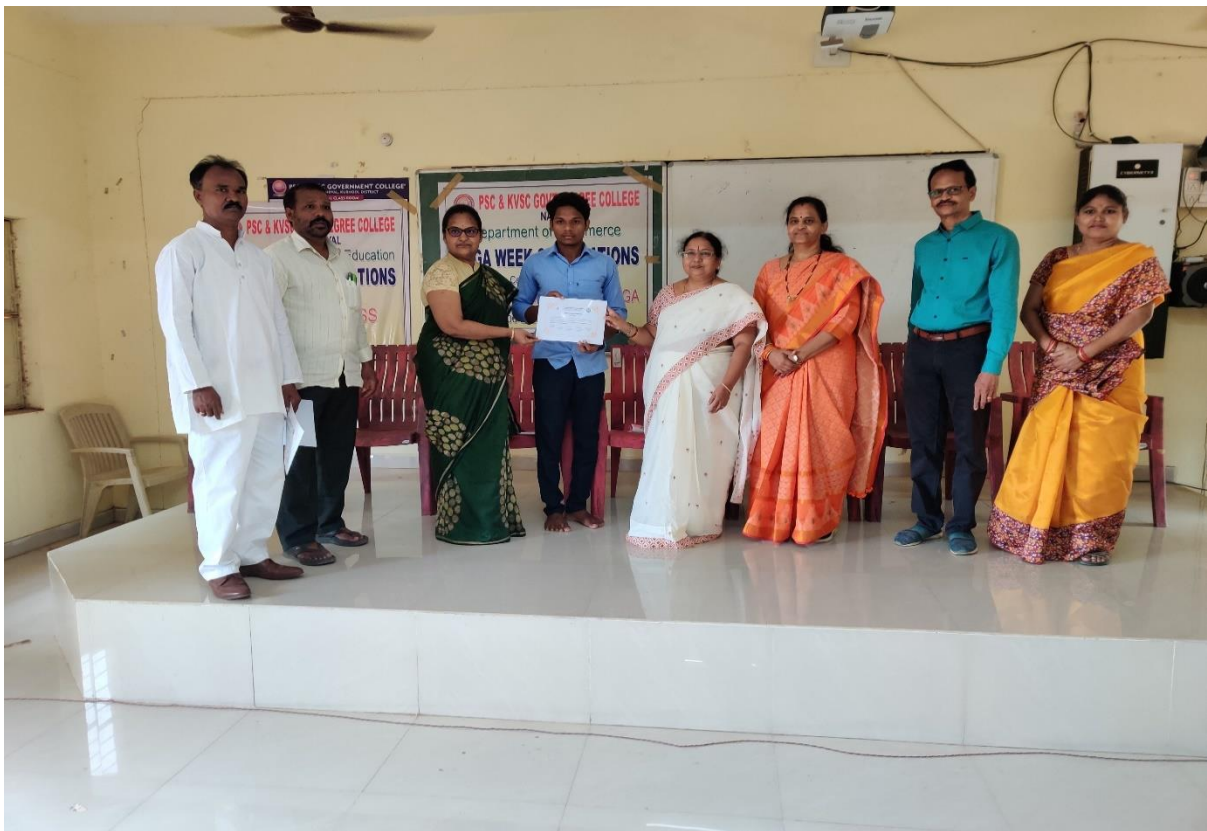


**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22**





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22**





PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22



PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA & YOGA PROTOCOL - 21-06-22**



PRINCIPAL & STAFF IN FELICITATIONS TO RESOURCE PERSON Dr. K. J. SRIDEVI



STUDENTS WITH YOGA CERTIFICATES



**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA SESSIONS IN GIRLS HOSTEL - 21-06-22**





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS – YOGA SESSIONS IN GIRLS HOSTEL - 21-06-22**

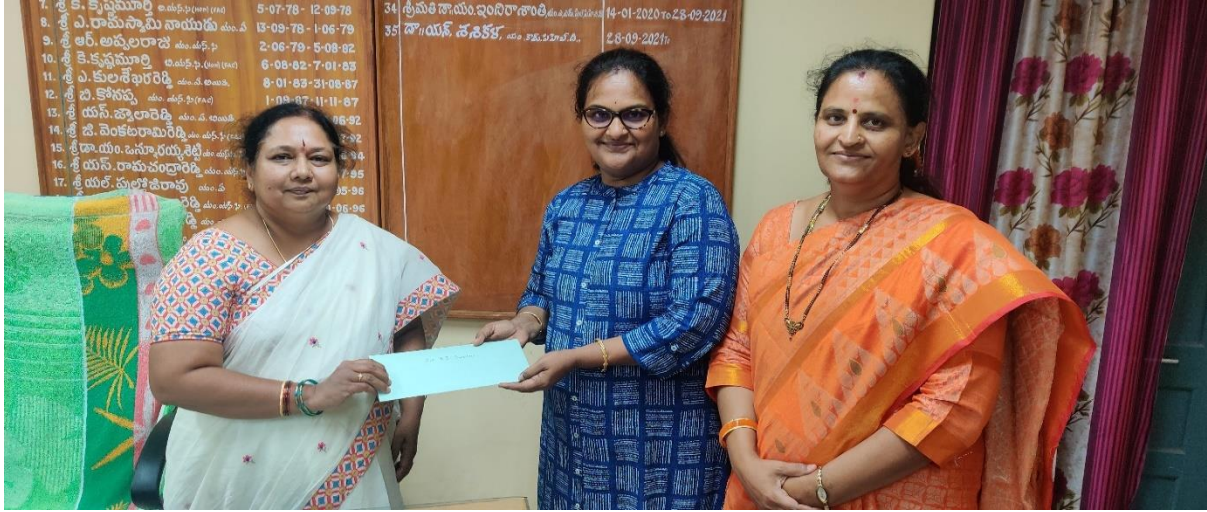


YOGA SESSION TO PRINCIPAL MADAM





**PSC & KVSC GOVERNMENT DEGREE COLLEGE- NANDYALA - DEPARTMENT OF COMMERCE
INTERNATIONAL YOGA DAY CELEBRATIONS - 21-06-22**



**ATTENDANCE CERTIFICATE AND HONORARIAM TO RESOURCE PERSON
NEWS PAPER CLIPPINGS - 22-06-22**



Sri. K. Srinivasulu
Physical Director
Coordinator
PSC & KVSC GDC, NDL

Smt. K. J. Vijaya Lakshmi
Lecturer in Commerce
Coordinator
PSC & KVSC GDC, NDL

Dr. P. Venkateswarlu
Lecturer in Commerce
Dept. In charge
PSC & KVSC GDC, NDL

Dr. N. Sasikala
Principal
PSC & KVSC GDC, NDL

DEPARTMENT OF COMMERCE & DEPARTMENT OF PHYSICAL EDUCATION

THANK YOU

