



Dr. C.S.N. DEGREE & P.G. COLLEGE

BHIMAVARAM - 534 203, W.G.Dt., A.P., INDIA

Recognised by APSCHE, Approved by AICTE, AISCHE Code- C-23946

Affiliated to Adikavi Nannaya University, Rajamahendravaram

Ref :

Date :

CIRCULAR

Date :- 03-07-2021

All the Faculty members and the Students are hereby inform that the Women Empowerment Cell of our college is going to organize the YOGA & MEDITATION on 05-07-2021 at 10:00 A.M. Hence, all are instructed to attend the program without fail.

Copy to all HOD of Departments

Department of mathematical Sciences	
Department of Life Sciences	
Department of Commerce and Management Studies	
Department of Humanities	
Department of Chemistry	
Department of Computer Science	

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Signature of the Principal

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YOGA AND MEDITATION


On 05-07-2021, the Women Empowerment Cell collaborated with the Lions Club organised Yoga & Meditation program at our Dr. C. S. N. Degree & P.G college. The Women Empowerment Cell Incharge Dr. G. Sudha Sri Purna Garu explained yoga uses breathing techniques (pranayama) and meditation (dhyana) to quiet, clarify and discipline the mind. One should never forget that yoga is not a religion, but a way of living a healthy and peaceful state of mind. Yoga is a mindful movement practice that encompasses stretching, strengthening poses, meditation, and breathing exercises. Yoga uses body, breath, and the senses to reconnect the participant with the universe and move emotions and thoughts into stillness.

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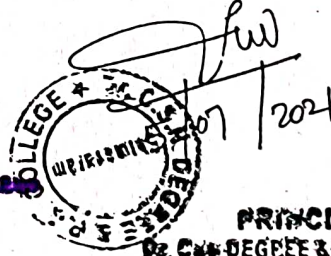
S. No	Regd. No.	Name of the Student	Group	Signature
1	2085410001	ACHANTA SOMI SAI KANAKA DURGA	MBA	Durga
2	2085410002	AJJADA DURGA RAO	MBA	A. Durga rao
3	2085410003	BANDI GANGA BHAVANI	MBA	B. Subendrar
4	2085410004	BHAVIREDDY SURENDRA	MBA	B. Surendra
5	2085410005	BOGIREDDY CHANDRA AVINASH	MBA	B. Chandrasirah
6	2085410006	BOLLA RAMA KRISHNA	MBA	Rama
7	2085410007	BOTTA LAHARI	MBA	B. Lahari
8	2085410008	BUGGE SURYA ANANDA KUMARI	MBA	B. Surya Ananda Kumari
9	2085410009	CHERUKURI SUPRIYA	MBA	C. Supriya
10	2085410010	CHINTAPALLI SUBRAHMANYA SWAMY	MBA	Swamy
11	2085410011	CHITTURI ANANDA BABU	MBA	C. Ananda babu
12	2085410012	DAKI MARY	MBA	D. Mary
13	2085410013	DANDE BALAYYA	MBA	D. Balayya
14	2085410014	DIDLA JHANSI	MBA	Didla balayya
15	2085410015	DONGA HARITHA	MBA	D. Haritha
16	2085410016	DONGA YAMINI	MBA	D. YAMINI
17	2085410017	DUMPALA MALLIKARJUN	MBA	D. mallik.
18	2085410018	ELI RAJESWARI	MBA	E. Rajeswari
19	2085410019	GALIDEVARA JAGADEESH	MBA	G. jagadesh
20	2085410020	GAVARA INDIRA DURGA	MBA	G. Indira Durga
21	2085410021	GORLA JAYA	MBA	G.
22	2085410022	GULLAPATI GANESH KUMAR	MBA	G.G. Kumar
23	2085410023	GUNNU SOWMYA SRI	MBA	G. Sowmya Sri
24	2085410024	GURADASU IMMANUEL RAJU	MBA	G.I. Raju
25	2085410025	GUTTULA PAVAN KUMAR	MBA	irvinika
26	2085410026	IRRINKI RAJESH	MBA	I. Rajesh
27	2085410027	JAKKAMPUDI CHANDRA SEKHAR	MBA	J. chandra sekhar
28	2085410028	JANGAM SMITH CLEMENT	MBA	J. SMITHcler
29	2085410029	JUTTIGA TEJA PARLA DURGESWARA RAO	MBA	J. teja parla durgeswararao
30	2085410030	KALE JAYA SATYA HARIKA	MBA	K.J.S. Harika
31	2085410031	KANDULAPATI ANUSHA	MBA	K. Anusha
32	2085410032	KANTHETI Koushik	MBA	K. Koushik
33	2085410033	KATAKAMSETTI MOUNIKA	MBA	Setti
34	2085410034	KATTA YATENDRA KUMAR	MBA	K. Y. K.
35	2085410035	KESANA RAMAKRISHNA PRASAD	MBA	K. Ramakrishna Prasad.
36	2085410036	KOLA PAVAN VENKATA KRISHNA	MBA	K.P.V. Krishna
37	2085410037	KOLLATI VARSHITHA PADMA	MBA	Padmani

38	2085410038	KOPPISHETTI SATISH	MBA	Satish
39	2085410039	KUNAPARAJU VENKATA SAI KIRAN RAJU	MBA	K. Kiran
40	2085410040	KUNUKU MAHESH KUMAR	MBA	
41	2085410041	LANKE VENKATESH	MBA	L. Venkatesh
42	2085410042	MANCHIGANTI NAVYA SUREKHA	MBA	M.N. Sureka
43	2085410043	MANDA SRUJANA	MBA	Srujana
44	2085410044	MARAMPUDI SWARUPA RANI	MBA	M.S. Rani
45	2085410045	MOTUPALLI JITENDRA KUMAR	MBA	Mekumara
46	2085410046	MUDUNDI RATNAM RAJU	MBA	M. Ratnam Raju
47	2085410047	PADALA JYOTHI VINAY	MBA	
48	2085410048	PALA JYOTHI	MBA	halajyothi
49	2085410049	PAMARTHI LAKSHMI SAILAJA	MBA	P. L. Sailaja
50	2085410050	SHAIK ABDUL KHADHEER	MBA	S. A. Khadheer
51	2085410051	SUNKARA ASWINI NAGENDRA	MBA	S. Aswini
52	2085410052	SUVVARI SIVA KUMAR	MBA	Siva Kumar
53	2085410053	TAMIRI RAMYA	MBA	T. Ramya
54	2085410054	TUMMAPALLI CHAITANYA KRISHNA	MBA	T. Chaitanya Krishna
55	2085410055	ULLAMPARTHI AKSHAY KUMAR	MBA	U. Akshay
56	2085410056	VEERAVALLI VEERA VENKATA SATYANARAYANA	MBA	V.V.V. Satyanarayana
57	2085410057	VEGI VIDYA	MBA	VIDYA
58	2085410058	VINJAMURI BHEEMESH	MBA	V. Bheemesh
59	2085410059	YERABOLU VENKATA MUTHYALU	MBA	P. V. Muthyalu
60	2085410060	VENKATA SURESH J	MBA	V. Suresh
61	2085410061	GANDI RAMYA	MBA	G. Ramya
62	2085410062	MAHABOOB JANI SHEIK	MBA	M. Jani Sheik
63	2085432001	ASUBOINA SURESH	MSC MB	Suresh
64	2085432002	BELEY VOSU PADMA	MSC MB	B. Vosu Padma
65	2085432003	GADIRAJU MOUNIKA DEVI	MSC MB	G. M. Devi
66	2085432004	GAVARA MUNNI	MSC MB	G. Munni
67	2085432005	GIDUGU JYOTHI	MSC MB	G. Jyothi
68	2085432006	JAYANA BABY MEGHANA	MSC MB	J. B. Meghana
69	2085432007	KOSURI MOUNIKA	MSC MB	K. Mounika
70	2085432008	KROVVIDI VENKATA SURYA SATYA SAI PRATAP	MSC MB	K. V. S. Pratap
71	2085432009	MADDULA SAI RAMYA	MSC MB	Ramya
72	2085432010	MALISSETTI KAVYA SRI	MSC MB	M. B. Sri
73	2085432011	MOKA SRI JASMI	MSC MB	Sri Jasmi
74	2085432012	MUKKURTHI AMARA JYOTHI	MSC MB	M. Amara Jyothi


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75	2085432013	MUNGARI ANKITHA	MSC MB	M. Ankitha
76	2085432014	MUPPIDI SRAVANI	MSC MB	
77	2085432015	MUPPIDI SRAVANTHI	MSC MB	M. Sravanthi
78	2085432016	NAGABHATLA AMRUTHA PRIYA	MSC MB	N. Amrutha Priya
79	2085432017	PALLI RAJESWARI	MSC MB	P. Rajeswari
80	2085432018	PALLI TEJA	MSC MB	P. TEJA
81	2085432019	PANCHAKARALA GREESHMA	MSC MB	P. Greeshma
82	2085432020	PULAVARTHI YUVA NAGA 'LAKSHMI PRASANNA	MSC MB	P.V.N.L. Poorna -anna
83	2085432021	SAMPENGA MOUNIKA	MSC MB	S. Mounika
84	2085432022	SAREDDY MOUNIKA	MSC MB	S. mounika
85	2085432023	SUNKARA YUGANTARA GANESH	MSC MB	S. yugantaraganesh
86	2085432024	SUNNAM RAMYA SREE	MSC MB	S. Ramya sree
87	2085432025	VASE GAYATHRI	MSC MB	V. Gayathri
88	2085432026	YADLA HARITHA PRIYA	MSC MB	Y. H. Priya
89	2085432027	YEDIDA ABHINAVI	MSC MB	Y. Abhinavi
90	2085432028	SURESH BABU TADEPALLI	MSC MB	SURESH
91	2085432029	NANDIRAJU GUMMADI	MSC MB	N. Gummadi
92	2085432030	HEPSIBHA KUNCHILAPALLI	MSC MB	H. Kunchilapalli
93	2085432031	PEETHANI MAHESH BABU	MSC MB	P. Mahesh babu
94	2085427001	BONDADA SINDHU SUPRIYA	MSC BT	B. Sindhu SUPRIYA
95	2085427002	GADDE SANDEEP	MSC BT	G. S.
96	2085427003	KAVURU YUVA KISHORE	MSC BT	K. Kishore
97	2085427004	KUKKALA MOUNIKA	MSC BT	K. MOUNIKA

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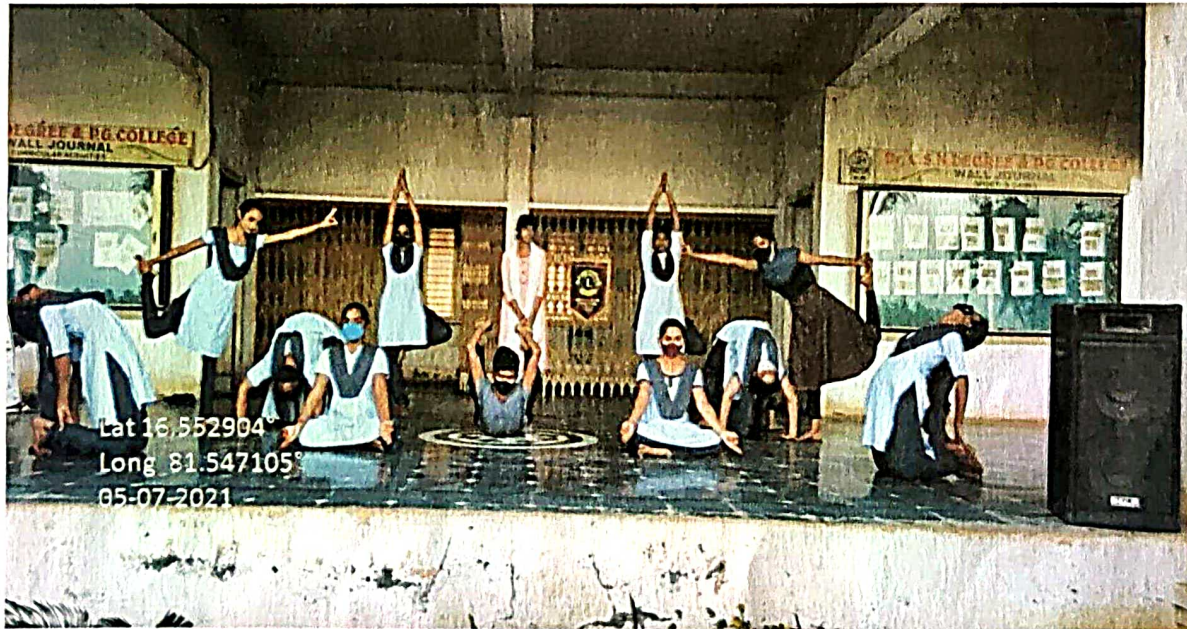
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