



# 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 :- 17-08-2019

All the Faculty members and the Students are hereby inform that the NSS Cell of our college is going to organize a programme on importance of BALANCE YOGA on 19-08-2019 at 02:00 P.M. Hence, all are instructed to attend the program without fail.

Copy to all HOD of Departments

Department of mathematical Sciences	Ch. Balavalli
Department of Life Sciences	[Signature]
Department of Commerce and Management Studies	[Signature]
Department of Humanities	[Signature]
Department of Chemistry	Ch. Neel
Department of Computer Science	Uday.



[Signature]

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

Signature of the Principal

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## BALANCE YOGA

On 19-08-2019 organized a program on Balance Yoga by Lions Club, Bhimavaram. Dr.V. Vamsi Garu has done yoga with the students in Dr. C.S.N Degree & PG College. He also explains that Balance yoga emphasizes achieving equilibrium in various aspects of life, including physical, mental, and spiritual dimensions. He also said that, in today's fast-paced world, where stress and imbalance prevail, yoga provides a holistic approach to unify the mind, body, and soul. With diverse practices encompassing physical exercises, breathing techniques, and meditation, yoga has evolved throughout history while remaining a powerful medium for connecting with our true nature and inner selves. Extensively studied, yoga offers proven benefits for physical fitness and mental well-being. Regular practice cultivates balance, tranquillity, and resilience, enabling us to gracefully navigate life's challenges.

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BALANCE YOGA				
S.NO	REG.NO	NAME OF THE CANDIDATE	GROUP	SIGN
1	183068200001	AARIPAKA NIRIKSHANA	B.COM COMP	A. Nirikshana
2	183068200002	BANDARU DEVIKA	B.COM COMP	B. Devika
3	183068200003	BHIMAVARAPU SAI KUMARI	B.COM COMP	B.C. Kumari
4	183068200004	BORRA SURESH	B.COM COMP	B. Suresh
5	183068200005	BUSI RAKESH	B.COM COMP	B. RAKESH
6	183068200006	BYREDDY CHANDU	B.COM COMP	Chandu
7	183068200007	CHENNU GAYATRI NAGA MOUNIKA	B.COM COMP	Ch Naga
8	183068200008	DODDAVARAPU SAI MOUNIKA	B.COM COMP	D. Sai Mounika
9	183068200009	DUNDI KRISHNA VAMSI	B.COM COMP	Vamsi
10	183068200010	GODI MANISHA	B.COM COMP	G. Manisha
11	183068200011	GUBBALA DIVYA KUMARI	B.COM COMP	G. Divya Kumari
12	183068200012	GUNUPUDI VARA SAI RAMA KRISHNA	B.COM COMP	G. Divya
13	183068200013	GUTTULA DIVYA	B.COM COMP	Divya
14	183068200014	ILLA VENKATA KRISHNA	B.COM COMP	T. Venkata Krishna
15	183068200015	JANGAM RAVI KUMAR	B.COM COMP	J. Ravi Kumar
16	183068200016	KATTA SURESH	B.COM COMP	K. Suresh
17	183068200017	KAVURU RAVI KUMAR	B.COM COMP	Kumar
18	183068200018	KOLLAPARTHI DURGA BHAVANI	B.COM COMP	Durga Bhavani
19	183068200019	KOLLEPARA DURGA PHANI SAI KUMAR	B.COM COMP	K. Durga Phani Sai Kumar
20	183068200020	KUNA GANESH	B.COM COMP	ganesh
21	183068200021	KURUKUNTI SNEHA	B.COM COMP	SNEHA
22	183068200022	MALLUVALASA MOUNIKA	B.COM COMP	M. Mounika
23	183068200023	MOHAMMAD SABIYA	B.COM COMP	Sabiya
24	183068200024	OGGU JAGADEESH	B.COM COMP	J. Jagadeesh
25	183068200025	PAKA VAMSI	B.COM COMP	Vamsi
26	183068200026	PASALAPUDI NARASIMHA	B.COM COMP	D. Narasimha
27	183068200027	PETETI NAGA CHAITANYA BABU	B.COM COMP	P. Chaitanya babu
28	183068200028	SANDHI SAGAR	B.COM COMP	S. Sagar
29	183068200029	TADI SRAVANI	B.COM COMP	T. sravani
30	183068200030	VASAMSETTI GANESH	B.COM COMP	V. Ganesh
31	183068200031	VASARLA HARIKA	B.COM COMP	V. Harika
32	183068200032	VENDRA SAI TEJA	B.COM COMP	Sai Teja

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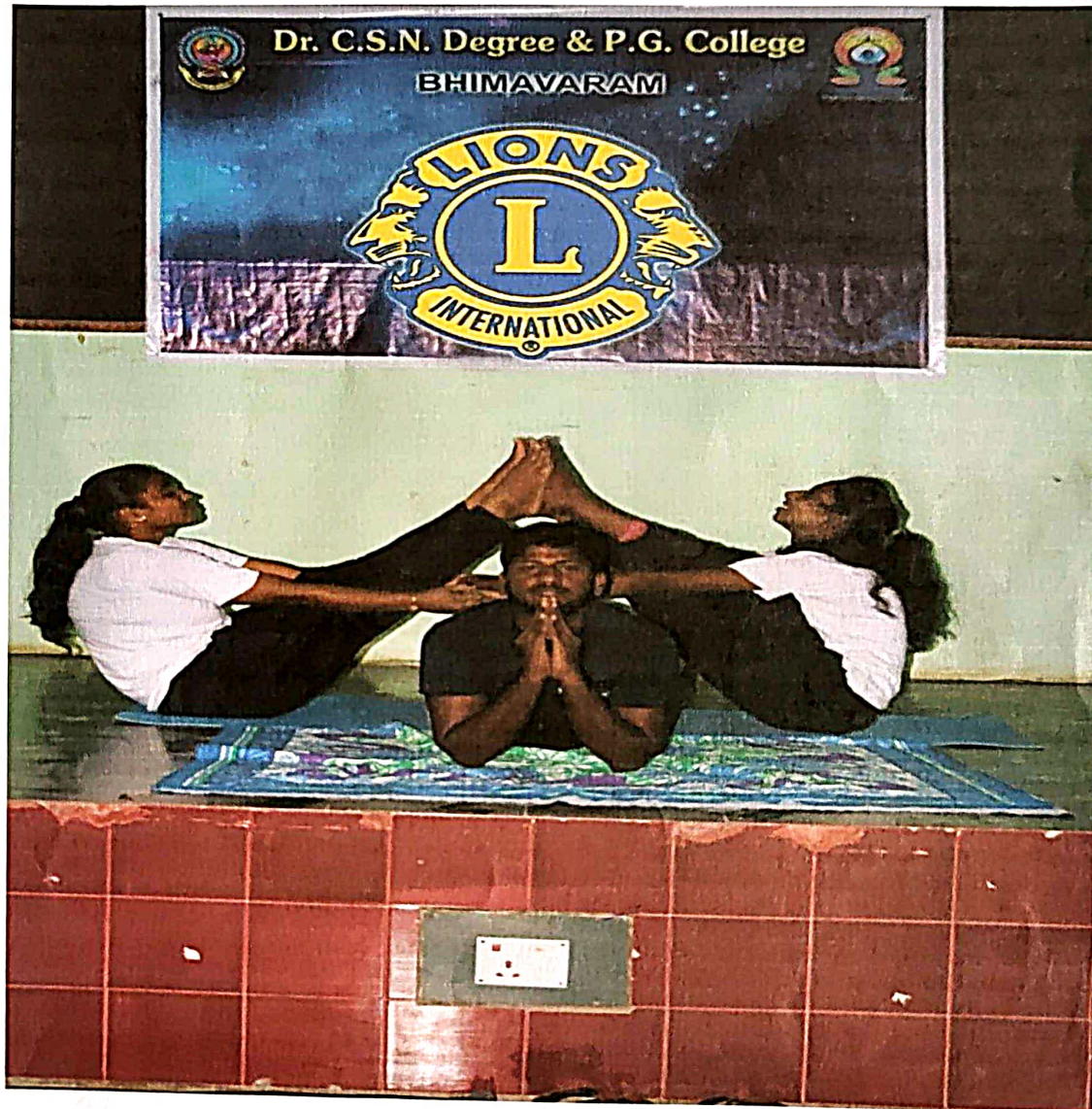
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