

SRI DNR Government
Degree College for
Women, Palakollu,
west Godavari district.

CIRCULAR

15-6-20

On June 21st the eve of International Yoga
celebrations The Department of Physical Education
is conducting a competition on "YOGA POEST"
presentation in this connection interested students &
their names to L Ramesh Physical Director on
before 16-6-22 (Thursday) 4:00 P.M.

PHYSICAL DIRECTOR
Sri DNR Govt. Degree College Women
PALAKOL - 534 260, W.G.DL

PRIN. IPAL
Sri D.N.R. Govt. Degree Collage
for Women, PALAKOL - 534 260

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|-----|----|---------------|-----|-----|---------------|-----|-------|---------------|------|
| I | BA | Pr | I | BSC | Pr | I | B.com | Pr | Comp |
| II | BA | Pr | II | BSC | Pr | II | B.com | Pr | Comp |
| III | BA | Pr | III | BSC | Pr | III | B.com | Pr | Comp |

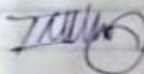
Circulate among staff
and students.

R. Rauli III B.sc
K. Kerali II B.com

CIRCULAR

20-6-22

on the June 21st the eve of Inter-National YOGA DAY The Department of Physical Education organize a seminar on "YOGA" by Dr. CH Chandra Shekar, AP State YOGA Association Secretary at seminar hall 3.30 PM. So we request all the faculty and students kindly participate in this seminar.



PHYSICAL DIRECTOR
Sri D.N.R. Govt. Degree College Women
PALAKOL - 534 280, W.G.D.C.



PRINCIPAL
Sri D.N.R. Govt. Degree College
For Women, PALAKOL - 534 280

- | | | | |
|-----|------------|---------------|---------------------------|
| I | BA | B.S.C | B.Com (ca) |
| II | BA | B.S.C
IMPL | B.Com (ca) Hsg
Com Hsg |
| III | BA | B.S.C | B.Com (ca) PA
Core PA |
| I | BA | | |
| I | B.Com (ca) | | |
| I | B.Com (A) | | |
| I | B.S. | | |



Sri DNR GDC(W)-Palakol,W.G.Dist

8th International Yoga Day Celebrations

On 21-06-2022

Time:3.30 to 4.30 P.M



INVITATION

Department of physical Education of our college

Cordially invites all Teaching and Non Teaching staff on the occasion of

8th INTERNATIONAL YOGA DAY CELEBRATIONS.

Date: 21st June 2022

Time:3.30 to 4.30 P.M

Venue: Sri DNR GDC(W)-Palakol, Seminar Hall

Special Guest of Honor: Dr P.SobhaRani

Chief Guest:Dr Chitturi Chandra Sekhar

(AP state Yoga Association secretary & International Yoga coach)

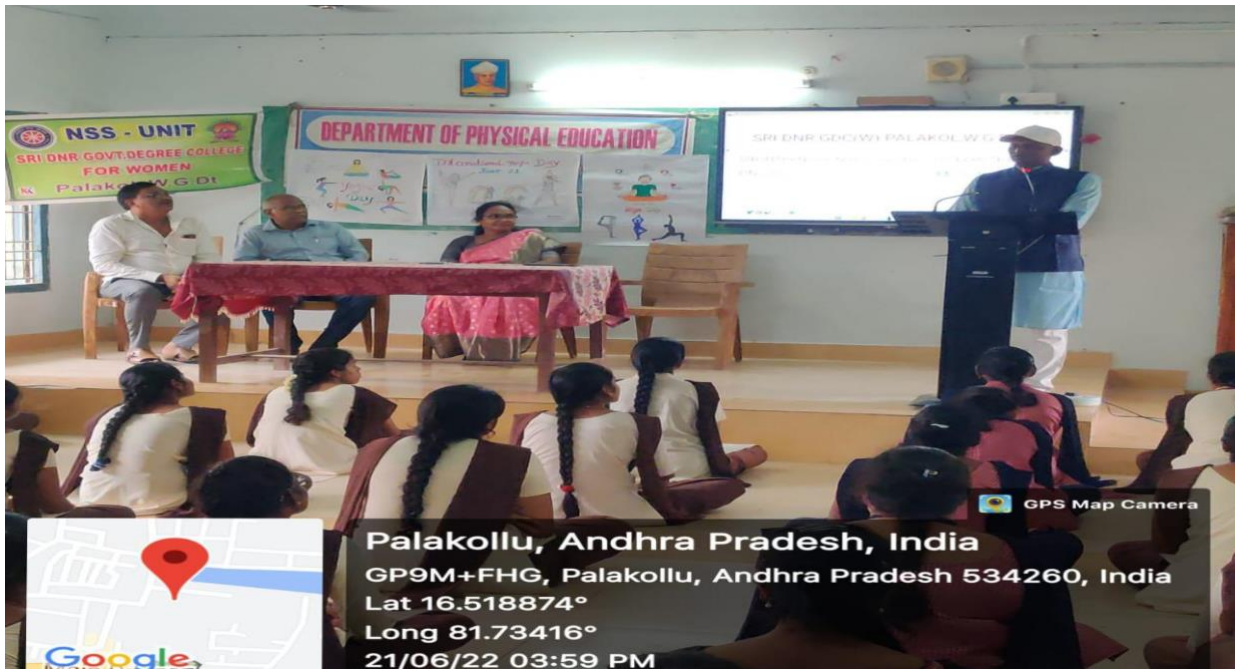
Guest of Honor:Sri C.Ravishankar

Vote of Thanks:Dr.A.Satyanarayana



By
Dept.Of Physical Education
&
NSS UNIT

Dr.ch.Chandrasekar , Secretary AP stat yoga Association addressed this



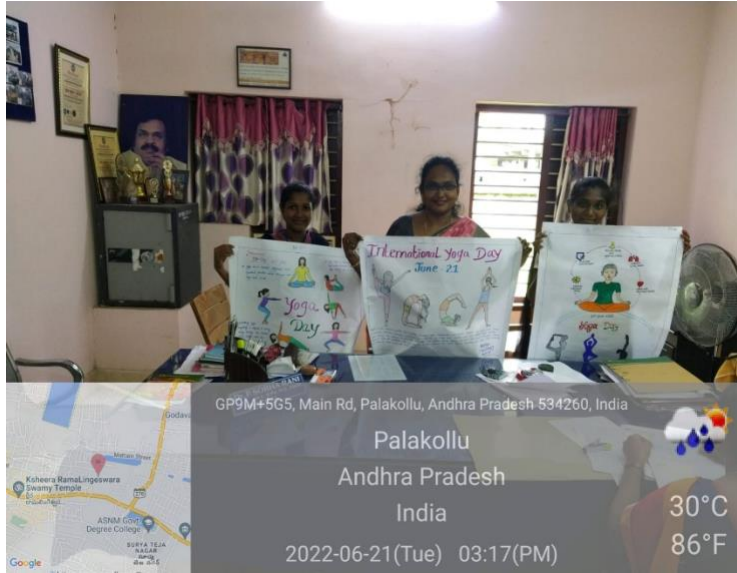
staff and student



SOME YOGASANES BY THE CHIF GUEST TO OUR STUDENTS



POSTER PRESENTATION ON YOGA DAY



Press Note on 26/06/2022 in Praja Shakthi & Eenadu



ఇన్ఫర్మేషనల్

మనసు ను నియంత్రించే శక్తి యోగా కే ఉంది

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పాలకొల్లు డిఎన్ఆర్ ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో, ఫిజికల్ ఎడ్యుకేషన్, ఎన్. ఎస్. ఎస్ శాఖల ఆధ్వర్యంలో యోగా దినోత్సవం జరిగింది. అంతర్జాతీయ యోగా శిక్షకులు, ఎపి బాక్సింగ్ అసోసియేషన్ జాయింట్ సెక్రటరీ డా. చిట్టూరి చంద్రశేఖర్ మాట్లాడుతూ శరీరం ద్వారా మనసును నియంత్రించే శక్తి యోగా ద్వారా సాధ్యమవుతుందని చెప్పారు. కొన్ని యోగాసనాలను విద్యార్థినులకు తెలిపారు.



Polisetty Tirumala Venkateswara Rao

21 జూన్

168 వీక్షించారు



On the Ocation of 8th International Yoga Day poster presentation complication was connected and awarded 1st& 2nd&3rd prizes to the winners.

Dr.CH.Chendrashekar, secretary AP State Yoga Association. Addressed the staff and students on importantance of YOGA and demonstrated some important yogasanas useful to the girl students and staff.

By Department of

Physical Education.