



ST. ANN'S COLLEGE FOR WOMEN

(Affiliated to Acharya Nagarjuna University,
Recognized Under Section 2(f) of UGC Act 1956-New Delhi)
Amaravathi Road, Gorantla, Guntur – 522034 (A.P)

Email: st_anns_coll@yahoo.co.in Website: www.stannscollegeforwomen.org

Criterion - V

Metric – 5.1.3



Criterion – V

5.1 Student Support

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene)**
- 4. ICT/computing skills**

Life Skills



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DEPARTMENT OF PHYSICAL EDUCATION

CIRCULAR

Date:19-06-2023

This is to inform that International Yoga Day celebrations will held on 21st June 2023 in our collage. We the Department of Physical Education is inviting all the students of UG & PG to participate in the program.



Principal

PRINCIPAL

St. Ann's College for Women
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DEPARTMENT OF PHYSICAL EDUCATION

Name of the Activity : International Yoga Day

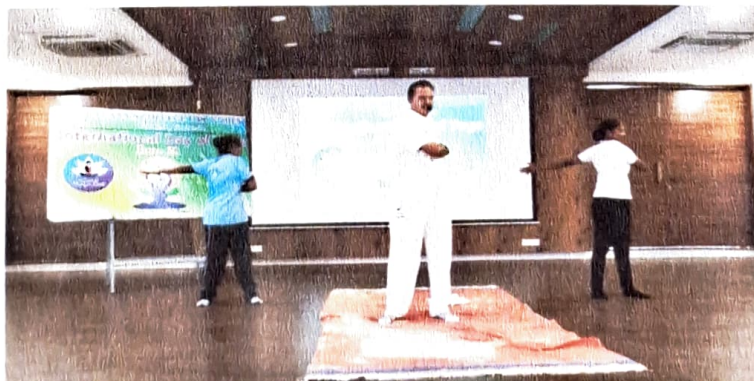
Date: 21-06-2023

The International Yoga Day was celebrated in our college auditorium with the Theme “Yoga for Heart” on 21-06-2023. 80 students were participated from all programs.

The session started with short prayer. The Principal and Correspondent Rev. Dr. Sr. Fatima Rani P, the chairperson of the program addressed the students on the importance of Yoga practice.

The practice of Yoga brings joy, health and peace from within and deepens a sense of connection between an individual inner consciousness and the external word. “Yoga cultivates the way of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions. Addressing was followed by Yoga session for the College students, Staff, NCC Cadets and NSS volunteers under the attentive supervision of the Principal.

The Yoga Trainer, Physical Director Mr. G. Balashow Reddy demonstrated Yoga Asanas in a number of postures standing, sitting and lying asanas. The session ended by performing relaxing asana, yoga oath and our National Anthem.





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Dr. S. Fatima Rana P
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List of the Students Participated in Yoga Day

S.No	Name Of The Student	Group	Signature of the Student
1.	Sk.Jainabi	II B.SC	Sk. Jainabi
2.	R.Shobha	II B.SC	R. Shobha
3.	K.Hyndavi	II B.SC	K. Hyndavi
4.	N.Myna	II B.SC	N. Myna
5.	P.Sandhya	II B.SC	P. Sandhya
6.	P.Sumalatha	II B.SC	P. Sumalatha
7.	B.Manasa	II B.SC	B. Manasa
8.	V.Gurulakshmi	II B.SC	V. Gurulakshmi.
9.	T.Navya	II B.SC	T. Navya
10.	P.Navajyothi	II B.SC	P. Navajyothi
11.	P.Nandini	II B.SC	P. Nandini
12.	B.Sruthi	II B.SC	B. Sruthi
13.	M.Swathi	II B.SC	M. Swathi
14.	P.Prameela	II B.SC	P. Prameela.
15.	S.Satwika	II B.SC	S. Satwika
16.	Sk.Karishma Begum	II B.SC	Sk. Karishma Begum
17.	T.Kavya	II B.SC	T. Kavya
18.	Y.Nithyasri	II B.SC	Y. Nithyasri
19.	B.Yasashwini	II B.SC	B. Yasashwini
20.	K.Deepika	II B.SC	K. Deepika
21.	Ch.Sailaja	II B.COM	Ch. Sailaja
22.	D.Manasa	II B.COM	D. Manasa
23.	Sk.Bhaji	II B.COM	Sk. Bhaji
24.	B.Kalyani	II B.COM	B. Kalyani
25.	N.Alekya	II B.COM	N. Alekya
26.	R.Bulibai	II B.COM	R. Bulibai
27.	Sk.Salma	II B.COM	Sk. Salma
28.	K.Srilathak.	II BCA	K. Srilathak.



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29.	M.Nikhithareddy	II BCA	M. Nikhithareddy
30.	O.Srilatha	II BCA	O. Srilatha
31.	S.Shinyglory	II BCA	S. Shinyglory
32.	D.Pujitha	II B.SC	D. Pujitha
33.	K.Susmitha	II B.SC	K. Joyce
34.	K.Joyce	II B.SC	K. Joyce
35.	B.Rechal	II B.SC	B. Rechal
36.	S.Ddepthichandrika	II B.Com	S. Ddepthichandrika
37.	T.Amareswari	II B.Com	T. Amareswari
38.	G.Harika	II B.Com	G. Harika
39.	N.Havila	II B.Com	N. Havila
40.	D.Venkata Radhika	II B.Com	D. Venkata Radhika
41.	Sk.Shabnam	II B.Com	Sk. Shabnam
42.	P.Nagadeepika	II B.Com	P. Nagadeepika
43.	T.Akhilaa	II B.Com	T. Akhilaa
44.	K.Priya Darsini	II B.Com	K. Priya Darsini
45.	G.Jyothi	II B.Com	G. Jyothi
46.	M.Satyapriya	II B.Com	M. Satyapriya
47.	Sk.Sahasta Ruksar	II B.SC	Sk. Sahasta Ruksar
48.	P.Moniya	II B.SC	P. Moniya
49.	N.Yamini	II B.SC	N. Yamini
50.	R.Navitha	II B.SC	R. Navitha
51.	B.Gayathri Amulya	II B.SC	B. Gayathri Amulya
52.	Bandi.Suvarna	II B.SC	D. Pujitha
53.	Daggula. Pujitha	II B.SC	D. Pujitha
54.	Dasari.Anusha	II B.SC	D. Anusha
55.	Gollapalli. Heypciba	II B.SC	G. Heypciba
56.	Gunturu .Trisha	II B.SC	G. Trisha
57.	Jinukuti.Yaronika	II B.SC	J. Yaronika
58.	Karri. Deva Mani	II B.SC	K. Devamani



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59.	Katari. Sirisha	II B.SC	K. Sirisha
60.	Katari. Sravanthi	II B.SC	K. Sravanthi
61.	Kodavati. Amulya	II B.SC	K. Amulya
62.	Kojja. Pavani	II B.SC	K. Pavani
63.	Korivi. Susmitha	II B.SC	K. Susmitha
64.	Kota. Joyce	II B.SC	K. Joyce
65.	Maddirala. Bindu Sree	II B.SC	M. Bindu Sree
66.	Namadi. Navya Sri	II B.SC	N. Navya Sri
67.	Narukulla. Navya Sri	II B.SC	N. Narukulla Navya Sri
68.	Remalla. Munny	II B.SC	R. Munny
69.	P. Chinna Sumathi	II B.SC	P. Chinna Sumathi
70.	Nosina. Gayathri	II B.SC	N. Gayathri
71.	Bandi. Suvarna	II B.SC	B. Suvarna
72.	Daggula. Pujitha	II B.SC	D. Pujitha
73.	Dasari. Anusha	II B.SC	D. Anusha
74.	Gollapalli. Heypciba	II B.SC	G. Heypciba
75.	Gunturu. Trisha	II B.SC	G. Trisha
76.	Jinukuti. Yaronika	II B.SC	J. Yaronika
77.	Karri. Deva Mani	II B.SC	K. Deva Mani
78.	Katari. Sirisha	II B.SC	K. Sravanthi
79.	Katari. Sravanthi	II B.SC	K. Sravanthi
80.	Kodavati. Amulya	II B.SC	K. Amulya



M. S. Fatima Rana P

PRINCIPAL

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