



S.A.S. GOVERNMENT DEGREE COLLEGE
NARAYANAPURAM, W.G DISTRICT – 534406
(AFFILIATED TO ADIKAABI NANNAYA UNIVERSITY, RAJAMAHENDRAVARAM)
 Phone: 08818 252189, E-mail: narayapuram.jkc@gmail.com



DEPARTMENT OF PHYSICS
ACTIVITYREPORT FOR THE ACADEMIC YEAR 2019-2020

| S.NO | PARTICULARS | DETAILS OF THE EVENT |
|------|--------------------------------------------------------------------------------------|-------------------------------------------|
| 1 | NAME OF THE EVENT | INTERNATIONAL YOGA DAY |
| 2 | TITLE OF THE EVENT | AWERNESS PROGRAM ON YOGA |
| 3 | DATE OF THE EVENT | 21-06-2019 |
| 4 | ORANIZED BY | DEPARTMENT OF PHYSICS |
| 5 | NAME OF THE EVENT COORDINATOR | Y. RADHA KRISHNA |
| 6 | COURSE/CLASS/ GROUP PARTICIPATED | BA/BSC/B.COM |
| 7 | NO. OF STUDENTS PARTICIPATED | 50 |
| 8 | NAME OF THE RESOURCE PERSON | DR. T.K VISWESVARA RAO (PRINCIPAL) |
| 9 | OBJECTIVE(S) OF THE EVENT | 1. TO PRACTICE MENTAL HYGIENE |
| | | 2. TO PROCESS EMOTIONAL STABILITY |
| | | 3. TO INCREASE PRODUCTIVITY IN LIFE |
| | | 4. TO ATTAIN HIGHER LEVEL OF CONSEQUENCES |
| 10 | OUTCOME(S) OF THE EVENT | 1. YOGA HELPS WITH BACK PAIN RELIEF |
| | | 2. YOGA BENEFITS HEART HEALTH |
| | | 3. YOGA HELPS TO MANAGE STRESS |
| | | 4. YOGA IMPROVES STRENGTH AND WEALTH |
| 11 | WHETHER THE EVENT PUBLISHED IN THE NEWSPAPER? IF YES, ATTACH THE NEWSPAPER CLIPPINGS | NO |
| 12 | PHOTO GALLERY (USE SEPARATE SHEETS FOR PHOTOS) | ENCLOSED |

[Signature]
 Department of Commerce
 S.A.S. GOVERNMENT DEGREE COLLEGE
 NARAYANAPURAM, W.G. DISTRICT - 534406
SIGNATURE OF THE CO-ORDINATOR

[Signature]
PRINCIPAL
SAS GOVT. DEGREE COLLEGE
SIGNATURE OF THE PRINCIPAL
 West Godavari District.
 Pin: 534 406, Andhra Pradesh



[Signature]

Incharge
Department of Commerce
SAS GOVERNMENT DEGREE COLLEGE
NARAYANAPURAM-534 406



[Signature]

PRINCIPAL
SAS GOVT. DEGREE COLLEGE
NARAYANAPURAM
West Godavari District.
Pin: 534 406, Andhra Pradesh