



Government Degree College (M), Srikakulam



Department of Physical Education

Minutes of the meeting

19-06-2019

The department of Physical education meeting was organized on 19-06-2019 under the chairmanship of the coordinator to discuss the following agenda.

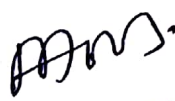
Agenda:

1. To discuss on observing International Yoga Day.

After a brief discussion on the agenda the following resolutions have been passed by the committee.

1. To seek permission from the Principal to observe International Yoga Day on 21-06-2019.
2. To prepare a circular and circulate it among all the classes.

Signatures:-


Physical Director
Govt. Degree College (Men)
SRIKAKULAM-532001

Request Letter

Srikakulam.

Date: 18-06-2019.

From
Incharge,
Department of Physical Education,
Govt. Degree College (Men),
Srikakulam.

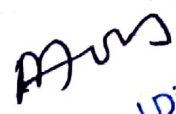
To
The Principal,
Government Degree College (Men),
Srikakulam

Sir,

The Department of Physical Education in its meeting held on 18-06-2019. in Department Of Physical Education passed a resolution to observe International Yoga Day on 21-06-2019. Hence we request you to kindly grant the permission to organize the program.

Thanking you madam,

Yours Sincerely,

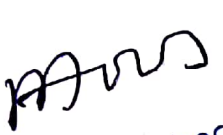

Physical Director
Physical College (Men)
Govt. Degree College (Men)
Srikakulam
18-06-2019

CIRCULAR

19-06-2019

On the eve of International Yoga Day Celebration on 21-06-2019. It is proposed to Celebrate International Yoga Day

Hence all the students and staff are requested to participate in the International Yoga Day.


Physical Director
Govt. Degree College (Men)
SRIKAKULAM

PRINCIPAL
Govt. Degree College (Men)
SRIKAKULAM



INVITATION



**Department of Physical Education
Government Degree College (men) -Srikakulam**

Cordially invites you to participate in

INTERNATIONAL YOGA DAY

On

21-06-2019

At open auditorium

New Block

**Government Degree College (Men)
Srikakulam.**



Government Degree College (M), Srikakulam



International Yoga Day Event Organized Report

2019-20

Name of Department/ Cell	Department of Physical Education
Name of Event Organized	International Yoga Day
Title of the Event	International Yoga Day
Date of Event Organized	21-06-2019
Name of the coordinator of the Event	A. Mohan Raj
No. of Students Participated	100
Name of the Expert with designation	
Contact number & Address of the Expert	
Objective of the Event	The primary goal of the event is to inculcate the benefits and importance of Yoga to students.
Description of the event	<p>On 21-06-2019, The department of Physical Education Government Degree College (M), Srikakulam observed the International Yoga Day. All the staff and students attended the programme and made it a grand success. All the participant actively participated in different Asanas and Mudras The Principal of the college also joined us for the event.</p> <p>The main goal of the event was to help everyone of the college students to know more about the benefits of Yoga in modern days through International Yoga Day . It showed that Government Degree College (M), Srikakulam, cares about physical as well as mental health of the students</p>
Out come of the Event	The event successfully gave awareness about Yoga and its benefits. Understanding various Asanas and Mudras which helps to our body. Attendees left with improved knowledge about Yoga at Government Degree College (M), Srikakulam.

Event Coordinator

A. Mohan Raj
Physical Director
Govt. Degree College (Men)
Srikakulam-532001



Government Degree College (M), Srikakulam
International YOGA Day [21-06-2019]

Name of the Student:-

R. Ravindra

K. Rama

L. Radha

L. Lemanth

S. Radika

K. Ramana

S. Vinod Kumar

R. Naveen

G. Rajesh

K. Krupa

S. Latha

B. Radhi

Ch. Raju

P. Santhos

K. Rajesh

R. Lemanth

K. Purnavaro

Signatures
Ravindra

Rama
Radha

Lemanth
Radhika

Ramana

Vinod Kumar
Naveen

Rajesh
Krupa

Latha
Radhi

Raju
Santhos

Rajesh

L Lemanth
Purnavaro

Ch. hemalatha
S. harika
K. Sravanthi
K. Koupavathi
S. Ganesh
M. Ramana
Y. Yugandhar
K. Ganesh
Y. Rajeshkar
P. Yuvaraj
M. Naveen
K. Lokesh
K. geetha
R. indhumathi
K. hemalatha

Ch. hemalatha
S. harika
K. Sravanthi
K. Koupavathi
Ganesh
Ramana
Yugandhar
Ganesh
Rajeshkar
Yuvaraj
Naveen
Lokesh
geetha
Indumathi
Hemalatha



Government Degree College (M), Srikakulam



Feedback

Name of the event	International Yoga Day
Department	Department Of Physical Education
Date	21-06-2019
Name of student	S. Raju
Class	3rd physical.
Mobile no.	7207564876

1. Did the event fulfil it's objectives?

✓ Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5
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2. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5
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3. List the key takeaway points from the events.

- A Good Knowledge on Various Asanas and mudras.
- Learned the importance of Yoga and its benefits for our body.

4. Suggestions if any

- I suggest to conduct more such Programmes.

Signature of the Student
S. Raju



Government Degree College (M), Srikakulam



Feedback

Name of the event	International Yoga Day
Department	Department Of Physical Education
Date	21-06-2019
Name of student	Dowasei
Class	2nd BZC
Mobile no.	7386354392

1. Did the event fulfil its objectives?

✓
Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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2. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4 ✓	5
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3. List the key takeaway points from the events.

- A Good Knowledge on Various Asanas and mudras.
- Learned the importance of Yoga and its benefits for our body.

4. Suggestions if any

- I suggest to conduct more such Programmes.

Dowasei
Signature Of the Student



Government Degree College (M), Srikakulam



Feedback

Name of the event	International Yoga Day
Department	Department Of Physical Education
Date	21-06-2019
Name of student	T. Govind
Class	3rd Chemistry
Mobile no.	9997285548

1. Did the event fulfil its objectives?

Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4	5
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2. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5
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3. List the key takeaway points from the events.

- A Good Knowledge on Various Asanas and mudras.
- Learned the importance of Yoga and its benefits for our body.

4. Suggestions if any

- I suggest to conduct more such Programmes.

T. Govind,
Signature Of the Student