



# V. V. INSTITUTE OF PHARMACEUTICAL SCIENCES

Seshadri Rao Knowledge Village, GUDLAVALLERU - 521 356, Krishna District, A.P.

(Approved by AICTE & PCI, New Delhi and Affiliated to JNTUK, Kakinada)

Sponsored by A.A.N.M. & V.V.R.S.R. Educational Society

Phone : 08674-274649, Fax : 08674-274441

E-mail : venkatadripharmacy@gmail.com, Website : www.vvipsgudlavalleru.ac.in

Date: 16-03-2023.

## CIRCULAR

All the students, teaching and non-teaching staff members are informed that V. V. Institute of Pharmaceutical Sciences is conducting a program "Yoga for IQ Development" on 25-03-2023. Hence all the students and staff members are invited to take part in this program.

Venue: Seminar hall, V. V. Institute of Pharmaceutical Sciences.

*T. Sravani*

*V. Vinu*  
*St. A. S.*  
*T. P. S. S.*  
*K. L. S.*

*D. Lavanya*



*Principal*

**PRINCIPAL**  
**V. V. Institute of**  
**Pharmaceutical Sciences**  
Seshadri Rao Knowledge Village  
GUDLAVALLERU - 521 356



# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

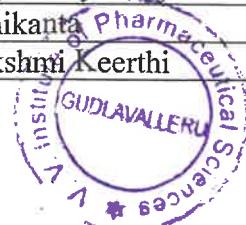
Date: 25-03-2023.

Name of the Program: "Yoga for IQ Development"

Date of the Program: 25-03-2023

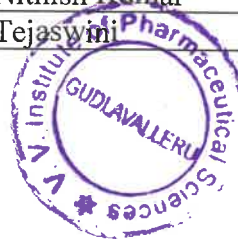
## LIST OF STUDENTS

S. No	Roll Number	Name of the Student
1.	199V1R0001	A. Siddharth
2.	199V1R0002	K. Rohitha Reddy
3.	199V1R0003	N. Ramya Sri Sai
4.	199V1R0004	P. Sriharsha
5.	199V1R0005	P. Sandeep
6.	199V1R0006	T. Ravi Varma
7.	199V1R0007	Abdul Ashrafunnisa
8.	199V1R0008	Abdul Raheema
9.	199V1R0009	A. Harsha Priya
10.	199V1R0010	A. Durga Pavani
11.	199V1R0011	Ashrafunnisa
12.	199V1R0012	A. Jishnu Sri
13.	199V1R0013	A. Rama Krishna
14.	199V1R0014	B. Naga Venkata Niharika
15.	199V1R0015	B. Pranavi
16.	199V1R0016	B. Anusha
17.	199V1R0017	B. Hari Priya
18.	199V1R0018	B. Madhu Kiran
19.	199V1R0019	B. Lakshmi Manasa
20.	199V1R0020	B. Vamsi Kumar
21.	199V1R0021	C. Teja Prasanna Swaroop
22.	199V1R0022	C. MahiSai
23.	199V1R0023	C. Mounika Sai Sri
24.	199V1R0024	C. Jhansi
25.	199V1R0025	C. Lavanya Reshma
26.	199V1R0026	D. Bhargavi
27.	199V1R0027	D. Prem Kumar
28.	199V1R0028	G. Padmaja
29.	199V1R0029	G Chandini Naga Mallika
30.	199V1R0030	H. Bhargavi
31.	199V1R0031	I. Hema Latha
32.	199V1R0032	I. Baby PushyaRaajita
33.	199V1R0033	J. Manikanta
34.	199V1R0034	K. Lakshmi Keerthi



*[Signature]*  
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35.	199V1R0035	K. Neha
36.	199V1R0036	K. Devi Mallika
37.	199V1R0037	K. Kiran Kalyan
38.	199V1R0038	K. Sireesha
39.	199V1R0039	K. Anusha
40.	199V1R0040	K. Naga Lakshmi
41.	199V1R0041	K. L. Naga Durga Satya Sri
42.	199V1R0042	K. Gopal
43.	199V1R0043	K. Subramanya Swamy
44.	199V1R0044	K. Alekhya
45.	199V1R0045	K. Shiny
46.	199V1R0046	K. Vijay
47.	199V1R0047	K. Rajitha
48.	199V1R0049	K. HimajaKasthuri
49.	199V1R0050	K. Siromani
50.	199V1R0051	K. Harshitha
51.	199V1R0052	M. Mohan Sai
52.	199V1R0053	M. Tejaswi
53.	199V1R0054	M. Lakshmi Priya
54.	199V1R0055	N. Jhansi Rani
55.	199V1R0056	N. Mahesh Chandra Narayana
56.	199V1R0057	P. Durga Bhavani
57.	199V1R0058	P. Bhargavi
58.	199V1R0060	P. Yamini Padma Bhavani
59.	199V1R0061	P. Meghana
60.	199V1R0062	P. Sumaja
61.	199V1R0063	Pravallika G
62.	199V1R0064	P. Naga Sai
63.	199V1R0065	P.Y.S.S. Phani Sri
64.	199V1R0066	R. Likhitha
65.	199V1R0067	R. Rachana
66.	199V1R0068	R. Sindhu Sri
67.	199V1R0069	R. Kiran Kumar
68.	199V1R0071	S. Pranathi
69.	199V1R0072	S. Hari Babu
70.	199V1R0073	S. Naga Venkata Karthik
71.	199V1R0074	Shaher Banu
72.	199V1R0075	S. RatnaLahari
73.	199V1R0076	S. Rushitha
74.	199V1R0077	N. Sowmya
75.	199V1R0078	T. Nagamani
76.	199V1R0079	T. Kavyasri
77.	199V1R0080	T. Sowmya Sri
78.	199V1R0081	T. Akhila
79.	199V1R0082	T. Raj Kumar
80.	199V1R0083	V. Chaitanya Lakshmi
81.	199V1R0084	G. Vasavi Raja Rajeswari
82.	199V1R0085	V. Deepthi
83.	199V1R0086	V. Adithya
84.	199V1R0087	V. Nithish Kumar
85.	199V1R0088	V. Tejaswini



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86.	199V1R0089	Y. Siva Ram Kumar
87.	199V1R0090	Y. Sahithya
88.	199V1R0091	Y. Sri Akhil
89.	199V1R0092	Y. Sunil
90.	189V1R0038	K. BlessyPragna
91.	189V1R0049	M. Praneeth Varma

*AMSD*



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**Sri Venkateswara Vallabhaneni Knowledge Village**

**GUDLAVALLERU - 521 356**



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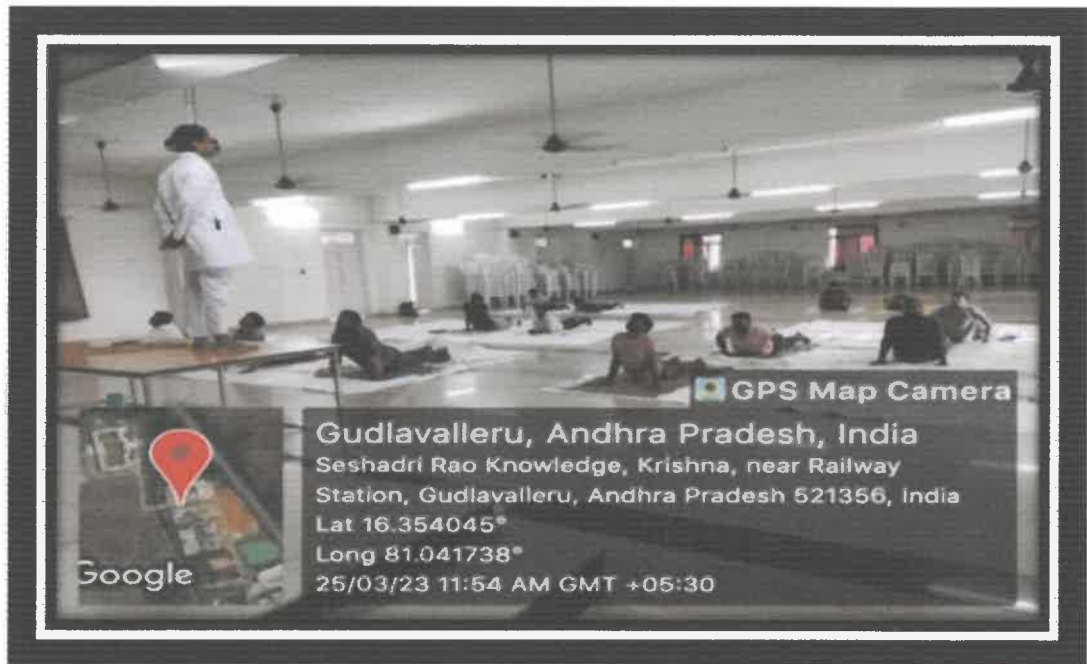
Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 25-03-2023.

Name of the Program: "YOGA FOR IQ DEVELOPMENT"

Date of the Program: 25-03-2023.

Resource Person Details: Swami Atmaswarup



*Swami Atmaswarup*  
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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlalleru-521356.

Date: 25-03-2023

Name of the Program: "YOGA FOR IQ DEVELOPMENT"

Date of the Program: 25-03-2023

Resource Person Details: Swami Atmaswarup

## REPORT

V. V. Institute of Pharmaceutical Sciences organized a Program on "YOGA FOR IQ DEVELOPMENT" 25-03-2023 by Swami Atmaswarup, Yoga Trainer, the main goal of this program is the role of Yoga in enhancing Intelligence Quotient (IQ) Yoga is a holistic practice that offers numerous physical, mental, and emotional benefits, which can indirectly contribute to cognitive development and potentially enhance IQ (Intelligence Quotient). While there's no direct scientific evidence to suggest that practicing yoga will significantly increase your IQ, there are several ways in which yoga can positively impact cognitive functioning:


Yoga promotes relaxation and stress reduction through deep breathing, meditation, and mindfulness techniques. Lowering stress levels can help improve focus, memory, and overall mental clarity.

Yoga practices often involve concentration and mindfulness exercises. These exercises can train the mind to focus better, which can be beneficial for academic or intellectual pursuits.

Regular yoga practice is associated with improved mental health, reduced anxiety, and reduced symptoms of depression. When mental health improves, cognitive functions tend to perform better are explained in this session. Students participated and the feedback form was collected, the students found it informative and enhanced them to develop their yoga skills.

The Management & Dr. A. Lakshmana Rao Principal of V. V. Institute of pharmaceutical sciences expressed gratitude for sharing her expertise with students.



  
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E-mail : venkatadripharmacy@gmail.com, Website : www.vvipsgudlavalleru.ac.in

Date:28-01-2022

## CIRCULAR

All the students, teaching and non-teaching staff members are informed that V. V. Institute of Pharmaceutical Sciences is conducting a program "Yoga for Stress Management" on 07-02-2022. Hence all the students and staff members are invited to take part in this program.

**Venue:** Seminar hall, V. V. Institute of Pharmaceutical Sciences.

*Satyajit B*

*A. Sankar*

*T. Sravani*

*T. Prasanna*

*V. Vinod*

*K. Lal*

*8k-1-9*

*D. Lavanya*



*Amos*

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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 07-02-2022

Name of the Program: "Yoga for Stress Management"

Date of the Program: 07-02-2022.

## LIST OF STUDENTS

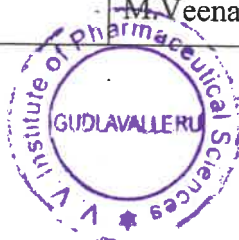
S. No	Roll number	Name of the Student
1.	209V1R0001	A.Siva Narayana
2.	209V1R0002	B.Harathi
3.	209V1R0003	Ch. Kusumanjali Devi
4.	209V1R0004	G Himaja
5.	209V1R0005	K. HimaBindu
6.	209V1R0006	Bharath
7.	209V1R0007	D. Nageswara Rao
8.	209V1R0008	S.Pramodh
9.	209V1R0009	T.Chandana Sai
10.	209V1R0010	V.Akhila Lakshmi
11.	209V1R0011	A. Pavani
12.	209V1R0012	A.Rupa Devi
13.	209V1R0013	A. Sankardeekshith
14.	209V1R0014	A. Veda Sri
15.	209V1R0015	Ayisha Begum
16.	209V1R0016	B. Brahmaji
17.	209V1R0017	B. Sai Prasanna
18.	209V1R0018	B.D.L.N.Pattabhiram
19.	209V1R0019	B. Tejaswini
20.	209V1R0020	B.Uma Meenakshi
21.	209V1R0021	B. Ramya Sree
22.	209V1R0022	B.V.Vinayak
23.	209V1R0023	Ch. Suvarna
24.	209V1R0024	CH. Gayathri



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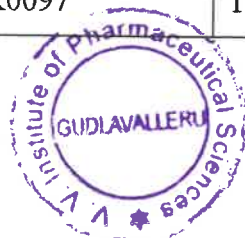


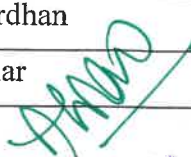
25.	209VIR0025	Ch.Srija
26.	209V1R0026	Ch.Naveen Kumar
27.	209V1R0027	Ch.Ram Pandu
28.	209V1R0028	Ch.Keerthi
29.	209V1R0029	D. Mrudula Sruthi
30.	209V1R0030	Dh.Rama Lakshmi.
31.	209V1R0031	D.Praneetha
32.	209V1R0032	D. Gayathri
33.	209V1R0033	G. Karthika
34.	209V1R0034	G. Harshini
35.	209V1R0035	G.Pravallika
36.	209V1R0036	G. Vijaya Amrutha
37.	209V1R0037	G.Sneha
38.	209V1R0038	G.Yuvasri Durga
39.	209V1R0039	G.Chandrika
40.	209V1R0041	G.RojaSumanjali
41.	209V1R0042	I. Raja
42.	209V1R0043	J. Sai Pavan
43.	209V1R0044	J. Meghana
44.	209V1R0045	J. Durga Phani Sri
45.	209V1R0046	K.G.N. Venkata Sai Sudeepthi
46.	209V1R0047	K. Sirisha
47.	209V1R0048	K.DevendraBabu
48.	209V1R0049	K. Navyasri
49.	209V1R0050	K.Naveena
50.	209V1R0051	Kareenacorreya
51.	209V1R0052	K. Krishna Vinay Kumar
52.	209V1R0053	K. Lakshmi Niharika
53.	209V1R0054	Sowmya. K
54.	209V1R0055	K. Harshitha
55.	209V1R0056	K. Sambaiah
56.	209V1R0057	K. TejaSree
57.	209V1R0058	K.C. Lakshmi Ramadevi
58.	209V1R0059	M.Veena Madhuri



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59.	209V1R0060	M. Kusuma Siri
60.	209V1R0061	M. Siva ram
61.	209V1R0062	M. Manasa
62.	209V1R0063	M.Tejawini
63.	209V1R0064	M. Namitha
64.	209V1R0065	M. Kusumanjali
65.	209V1R0067	Md.Gousheen
66.	209V1R0068	Md.Maimunnisa
67.	209V1R0069	M. Sravani
68.	209V1R0070	M. Kavya
69.	209V1R0071	M. Narasimha Naidu
70.	209V1R0072	M. Pujitha
71.	209V1R0073	N. Sravani
72.	209v1R0074	P. Soujanya
73.	209V1R0075	P. Narayana Rao
74.	209V1R0076	P.Satya Swetha
75.	209V1R0077	P. Keerthi Venugopal
76.	209V1R0079	P. Hemavalli
77.	209V1R0080	P. Srujana
78.	209V1R0082	P.Raja Rajeswari
79.	209V1R0083	Leela Sai
80.	209V1R0084	R.Manoja
81.	209V1R0085	RaeesaMehajabeen
82.	209V1R0086	R. Vaishnavi
83.	209V1R0087	S. Eswar Kumar
84.	209V1R0088	Saleha Bushra
85.	209V1R0089	S.Hemasree
86.	209V1R0090	S. Tanuja
87.	209v1R0091	S.Sasi Vardhan
88.	209V1R0093	Sk.Khamarjaha
89.	209V1R0094	SK.NehaSulthana
90.	209V1R0095	S. Apurva
91.	209V1R0096	S. Harsha Vardhan
92.	209V1R0097	T. Uday Kumar



  
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 GUDI AVALLERU - 521 356

93.	209V1R0098	T.Sathvika
94.	209V1R00A0	M.Rishita
95.	209V1R00A1	V.N.D.S.S.Mani Deep
96.	209V1R00A2	V. Vasudeva Rao
97.	209V1R00A3	V.Lasya
98.	209V1R00A4	V Smitha Chowdary
99.	209V1R00A5	Y. Jushma Lakshmi
100.	209V1R00A6	Y. Sunny
101.	219V5 R0001	P. Yashoda
102.	219V5R0002	B. Sai Ramya Sri



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**Venkatesh Rao Knowledge Village**

**GUDLAVALLERU - 521 356**



# V. V. Institute Of Pharmaceutical Sciences

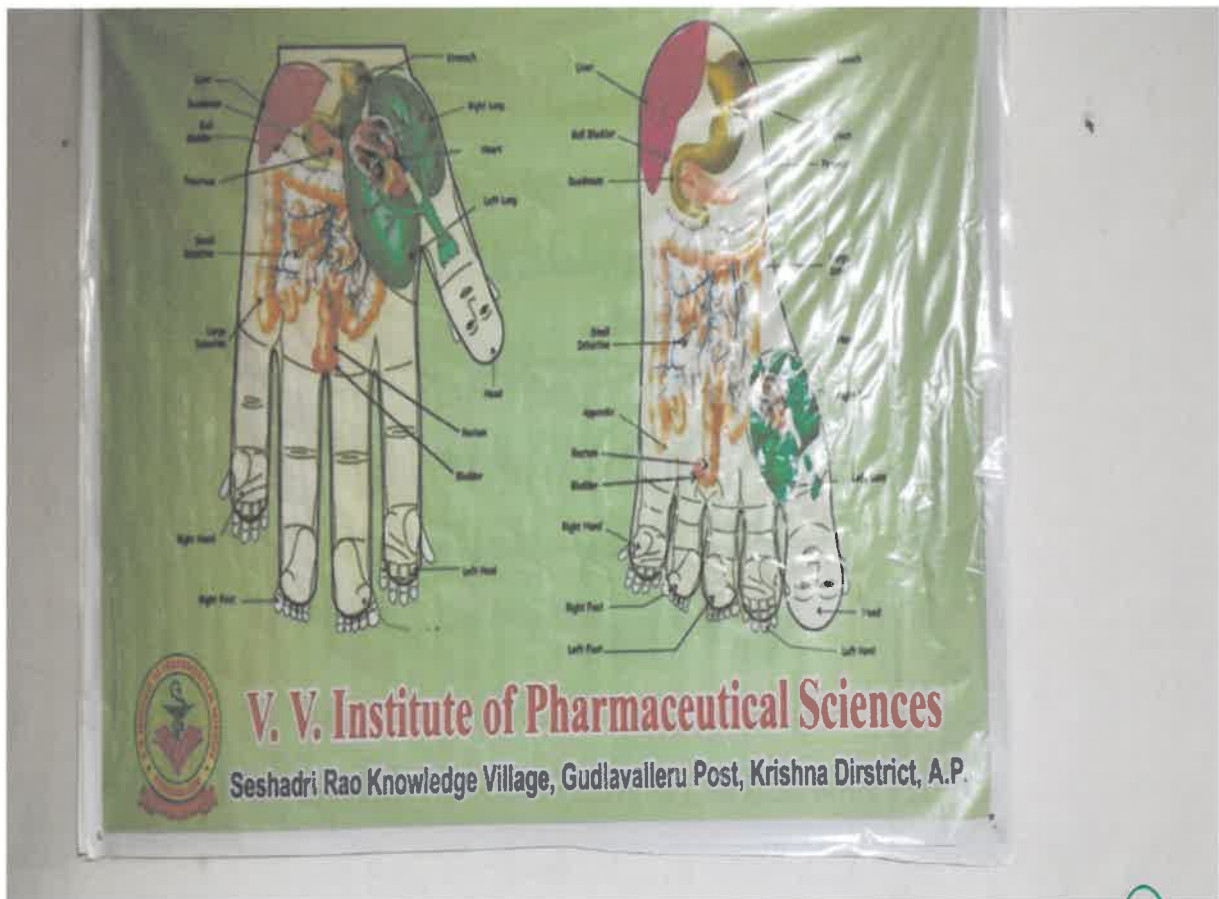
Seshadri Rao Knowledge Village, Gudlalleru-521356.

Date: 07-02-2022

Name of the Program: "Yoga for Stress Management"

Date of the Program: 07-02-2022.

Resource Person Detail: Mr. T. Sarath Kumar.



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Seshadri Rao Knowledge Village  
GUDLALLERU - 521 356**



# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavaluru-521356.

Date: 07-02-2022.

Name of the Program: "YOGA FOR STRESS MANAGEMENT"

Date of the Program: 07-02-2022.

Resource Person Detail: Mr. T. Sarath Kumar.

## REPORT

V. V. Institute of Pharmaceutical Sciences organized a program on "YOGA FOR STRESS MANAGEMENT" for students by Mr. T. Sarath Kumar, Yoga Faculty, Gudivada, on 07-02-2022. The main goal of this program is Yoga is widely recognized for its effectiveness in stress management. The practice of yoga involves physical postures, breathing exercises, meditation, and mindfulness techniques that can help reduce stress and promote relaxation. Here are some ways in which yoga can be beneficial for stress management: Physical Relaxation: Yoga involves various physical postures (asanas) that stretch and relax the muscles. These poses can release physical tension stored in the body, providing a sense of relaxation and relief from stress.

Yoga helps in breath control, mental calmness by meditation and mindfulness are integral components of yoga. Regular meditation practice can help quiet the mind, reduce racing thoughts, and promote a sense of inner peace, which is essential for managing stress.

Students participated and the feedback form was collected, the students told it is very useful for improving their health.

The Management & Dr. A. Lakshmana Rao Principal of V. V. Institute of pharmaceutical sciences expressed gratitude for sharing her expertise with students.



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# V. V. INSTITUTE OF PHARMACEUTICAL SCIENCES

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Phone : 08674-274649, Fax : 08674-274441

E-mail : venkatadripharmacy@gmail.com, Website : www.vvipsgudlavalleru.ac.in

Date: 16-03-2021

## CIRCULAR

All the students, teaching and non-teaching staff members are informed that V. V. Institute of Pharmaceutical Sciences is conducting a program "Awareness on Physical Fitness" on 25-03-2021. Hence all the students and staff members are invited to take part in this program.

Venue: Seminar hall, V. V. Institute of Pharmaceutical Sciences.

D. Lavanya  
Patyal  
A. Sathya  
T. Saravani  
T. Prasanna  
N. Vinod  
Dr. H. S.  
K. Lal



*Ammao*

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**Pharmaceutical Sciences**  
Seshadri Rao Knowledge Village  
GUDLAVALLERU - 521 356



# V. V. Institute of Pharmaceutical Sciences

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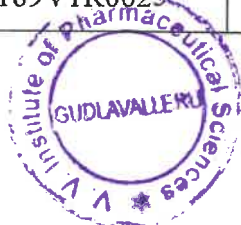
Date: 25-03-2021.

Name of the Program: "Awareness on physical fitness"

Date of the Program: 25-03-2021.

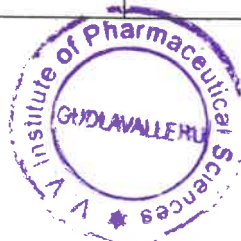
## LIST OF STUDENTS

S. No	Roll Number	Name of the student
1.	189V1R0001	K. Jyothsna
2.	189V1R0002	S. Kavya Sri
3.	189V1R0004	A. Keerthi Priyanka
4.	189V1R0005	A. Rikith Swamy
5.	189V1R0006	Ayesha Fathima
6.	189V1R0008	B. L. Murali Krishna
7.	189V1R0009	B. SriHarshitha
8.	189V1R0010	B. Naga Kalyan
9.	189V1R0011	B. Sudha Rani
10.	189V1R0012	B. Divyateja
11.	189V1R0013	B. Pavan
12.	189V1R0014	B. Venkateswara Rao
13.	189V1R0015	B. Swetha Priyanka
14.	189V1R0016	B. Jahnavi
15.	189V1R0018	Ch. Shivani
16.	189V1R0019	Ch. Pranitha
17.	189V1R0020	Ch. Sumanthi
18.	189V1R0021	D. Suvarna
19.	189V1R0022	D. Chandrakanth
20.	189V1R0023	G. Akhila
21.	189V1R0024	G.B. Harish Kumar C
22.	189V1R0025	G. Rajitha



*Principal*  
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Seshadri Rao Knowledge Village  
GUDLALLERU - 521356

23.	189V1R0026	G. Bhavyasri
24.	189V1R0027	G. Raja Singh
25.	189V1R0028	G. DhamaSri
26.	189V1R0029	J. Sony
27.	189V1R0030	J. TejaSree
28.	189V1R0031	K. Sushmitha
29.	189V1R0032	K. Rajya Lakshmi
30.	189V1R0033	K. Meghana
31.	189V1R0034	K. MadhaviSri
32.	189V1R0035	K. Keerthi
33.	189V1R0036	K. Avinash
34.	189V1R0037	K. Indraja
35.	189V1R0039	K. Naga Devika
36.	189V1R0040	K. MathaManogna
37.	189V1R0041	K. Ramya Sri
38.	189V1R0042	K. Jyosna Sri
39.	189V1R0044	K. Bhumika
40.	189V1R0045	K. Akhila
41.	189V1R0046	L. Pavan Kumar
42.	189V1R0047	L. Kavya
43.	189V1R0048	M. Iswarya
44.	189V1R0050	M. Swapna Sri
45.	189V1R0051	M. Janaki Ram
46.	189V1R0052	M. Venkata Sai Keerthi
47.	189V1R0053	M. Jyothir Mai
48.	189V1R0054	M. Sandhya
49.	189V1R0055	M. Sravani
50.	189V1R0056	M. Rambabu
51.	189V1R0057	M. Jeevana Kumari
52.	189V1R0058	M. Hepsibha
53.	189V1R0059	Md. Naseemunnisa
54.	189V1R0060	M.B.D. Venkata Vinayaki
55.	189V1R0061	Mohammed Zakir
56.	189V1R0062	M. Sri Snigdhanjani



  
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**V. V. Institute of**  
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 Seshadri Rao Knowledge Village,  
 GUDLAVALLERU - 521 356



57.	189V1R0064	N. Pavani
58.	189V1R0065	Noorjaha Begum
59.	189V1R0067	P. Jaya Durga
60.	189V1R0068	P. Bhargavi
61.	189V1R0069	P. Bhargavi
62.	189V1R0071	P. Pravallika
63.	189V1R0072	R. Yamini
64.	189V1R0073	R. Sowjanya
65.	189V1R0075	S. Vijaya Naga Babu
66.	189V1R0076	S. Tulasi
67.	189V1R0077	S. Mohitha
68.	189V1R0078	S. Divya
69.	189V1R0079	S. Sathwika
70.	189V1R0080	Shayastha Begum
71.	189V1R0081	Sirajunnisa
72.	189V1R0082	T. Myna
73.	189V1R0083	T. Sravani
74.	189V1R0084	T. Chandrasaha
75.	189V1R0085	U. Unike
76.	189V1R0086	V. Jhansi
77.	189V1R0087	V. Pooja Pravallika



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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 25-03-2021.

Name of the Program: "Awareness on Physical Fitness"

Date of the Program: 25-03-2021.

Resource Person Details: Mr. M. Siva Sankar



*M. Siva Sankar*

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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 25-02-2021.

Name of the Program: "Awareness on Physical Fitness"

Date of the Program: 25-02-2021

Resource Person Details: Mr. M. Siva Sankar.

## REPORT

V. V. Institute of Pharmaceutical Sciences organized a program on "AWARENESS ON PHYSICAL FITNESS" on 25-02-2021 by Mr. M. Siva Sankar, Director of Physical Education, Gudlavalleru Engineering College, Gudlavalleru. Yoga improves strength, Physical fitness, balance and flexibility. It improves back pain relaxation. While there's no direct scientific evidence to suggest that practicing yoga will significantly increase your IQ, there are several ways in which yoga can positively impact cognitive functioning:


Yoga promotes relaxation and stress reduction through deep breathing, meditation, and mindfulness techniques. Lowering stress levels can help improve focus, memory, and overall mental clarity.

Yoga helps in Enhancing Concentration. Yoga practices often involve concentration and mindfulness exercises. These exercises can train the mind to focus better, which can be beneficial for academic or intellectual pursuits.

Yoga improved mental health. Regular yoga practice is associated with improved mental health, reduced anxiety, and reduced symptoms of depression. When mental health improves, cognitive functions tend to perform better are explained in this session. Students participated and the feedback form was collected, the students found it informative and enhanced them to develop their yoga skills.

The Management & Dr. A. Lakshmana Rao Principal of V. V. Institute of pharmaceutical sciences expressed gratitude for sharing her expertise with students.



  
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# V. V. INSTITUTE OF PHARMACEUTICAL SCIENCES

Seshadri Rao Knowledge Village, GUDLAVALLERU - 521 356, Krishna District, A.P.

(Approved by AICTE & PCI, New Delhi and Affiliated to JNTUK, Kakinada)

Sponsored by A.A.N.M. & V.V.R.S.R. Educational Society

Phone : 08674-274649, Fax : 08674-274441

E-mail : venkatadripharmacy@gmail.com, Website : www.vvipsgudlavalleru.ac.in

Date: 10-02-2020

## CIRCULAR

All the students, teaching and non-teaching staff members are informed that V. V. Institute of Pharmaceutical Sciences is conducting a program "Yoga Sakthi Chikista" on 17-02-2020. Hence all the students and staff members are invited to take part in this program.

Venue: Seminar hall, V. V. Institute of Pharmaceutical Sciences.



*Satyala*

T. Sravani

*V. V. Institute*

*Dr. A. S. D.*

*T. Prasanna*

*K. L. D.*

*A. S. D.*

*D. Lavanya*

*[Signature]*  
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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 17-02-2020.

Name of the Program: "Yoga Sakthi Chikista"

Date of the Program: 17-02-2020.

## LIST OF STUDENTS

S. No	Regd. No	Name of the Student
1	169V1R0001	B.V. Sukanya Lakshmi
2	169V1R0002	J. Deepthika
3	169V1R0003	P. Naga Vamsi
4	169V1R0004	Abdul Shakira
5	169V1R0005	A. Divya
6	169V1R0006	A. Lalitha
7	169V1R0007	A. Surya Sampath
8	169V1R0008	A. Devi Priyanka
9	169V1R0009	Arja Aswani
10	169V1R0010	P. Aruna
11	169V1R0011	B. Pavan Kalyan
12	169V1R0012	B. Subhashini
13	169V1R0013	B. Ramnadh
14	169V1R0014	B. Valli Devi
15	169V1R0015	Chandika Dhana Lakshmi
16	169V1R0016	Ch. Vikas
17	169V1R0017	Ch. Sriharsha
18	169V1R0018	Ch. Joshi
19	169V1R0025	G. Pavan Kumar
20	169V1R0026	G. Uha
20	169V1R0028	G. Manasa
21	169V1R0029	J. Jercy Jessica
22	169V1R0030	J P S S Krishna
23	169V1R0031	K. Divya Vasavi
24	169V1R0032	K. Lakshmi Prasanna
25	169V1R0033	K. Hema Harini
26	169V1R0034	K. Supriya



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27	169V1R0035	K. Phani Priya
28	169V1R0036	K. Lavanya
29	169V1R0038	N. Krishna Veni
30	169V1R0039	M. Mounika
31	169V1R0040	M. Nikhila Devi
32	169V1R0041	M. Bhargavi
33	169V1R0042	M. Meghana
34	169V1R0043	M. Siva Sai Durga Prasad
35	169V1R0044	Mohammad Afzal
36	169V1R0045	M. Bhargavi
37	169V1R0046	M. Meenakshi
38	169V1R0047	M. Vamsi
39	169V1R0048	N. Suneetha
40	169V1R0049	N. Bhanu Prasad
41	169V1R0050	P.Kiranmayee
42	169V1R0051	P. Aishwarya
42	169V1R0052	P. Deepthi
43	169V1R0053	P. Bhagya Rekha
44	169V1R0055	P. Haritha
45	169V1R0057	P. Sai Sudheeksha
46	169V1R0058	R. Pratyusha
47	169V1R0059	R. Bhavana
48	169V1R0060	S. Bhavana Durga
49	169V1R0061	SK. Reshma
50	169V1R0062	T. Jaswitha
51	169V1R0063	V. Rohitha
52	169V1R0064	V. Prasannanjaneyulu
53	169V1R0065	V. Sai Prasad
54	169V1R0067	S. Haritha
55	179V5R0001	K. Mayuri



  
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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavaluru-521356.


Date: 17-02-2020

Name of the Program: "Yoga Sakthi Chikista"

Date of the Program: 17-02-2020

Resource Person Details: Mr. M. Satya Narayana.



  
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# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 17-02-2020.

Name of the Program: "Yoga Sakthi Chikista"

Date of the Program: 17-02-2020

Resource Person Details: Mr. M. Satya Narayana.

## REPORT

V. V. Institute of Pharmaceutical Sciences organized a program "YOGA SAKTHI CHIKISTA" on 17-02-2020 by Mr. M. Satya Narayana, Yoga Trainer. The Yoga improves strength, balance and flexibility. It improves back pain relaxation. While there's no direct scientific evidence to suggest that practicing yoga will significantly increase your IQ, there are several ways in which yoga can positively impact cognitive functioning.

In this programme students catch how to improve their mind sharpness for daily performing y yoga how to balance their mental mind stress

The Management & Dr. A. Lakshmana Rao Principal of V. V. Institute of pharmaceutical sciences expressed gratitude for sharing her expertise with students.



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# V. V. INSTITUTE OF PHARMACEUTICAL SCIENCES

Seshadri Rao Knowledge Village, GUDLAVALLERU - 521 356, Krishna District, A.P.

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Sponsored by A.A.N.M. & V.V.R.S.R. Educational Society

Phone : 08674-274649, Fax : 08674-274441

E-mail : venkatadripharmacy@gmail.com, Website : www.vvipsgudlavalleru.ac.in

Date: 02-01-2019.

## CIRCULAR

All the students, teaching and non-teaching staff members are informed that V. V. Institute of Pharmaceutical Sciences is conducting a program "Yoga for Peace of Mind" on 09-01-2019. Hence all the students and staff members are invited to take part in this program.

Venue: Seminar hall, V. V. Institute of Pharmaceutical Sciences.

*Signature*

*A. Sankar*

*T. Sravan*

*N. V. Prasad*

*Dr. A. S.*

*T. Prasanna*

*K. S. S.*

*Signature*

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Seshadri Rao Knowledge Village, Gudlavaluru-521356.

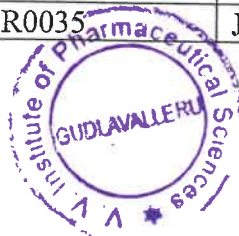
Date: 09-01-2019

Name of the Program: "Yoga for peace of mind"

Date of the Program: 09-01-2019

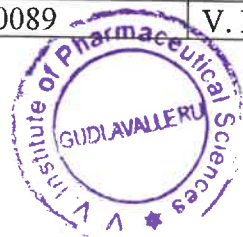
## LIST OF STUDENTS


S. No	Roll Number	Name of the Student
1.	179V1R0001	B. Udaya Naga Sankar
2.	179V1R0002	G. Sai Kumar
3.	179V1R0003	P. Anuhya
4.	179V1R0004	Y. DivyaSree
5.	179V1R0005	Afrin Sulthana
6.	179V1R0006	A. Rathna
7.	179V1R0007	A. Yamini
8.	179V1R0008	A. Srividya
9.	179V1R0009	A. Tejaswi
10.	179V1R0011	B. Jayasri
11.	179V1R0012	B. Varnika
12.	179V1R0013	B. Naga Tanya Sri
13.	179V1R0014	B. Sushma Sree
14.	179V1R0015	B. Nikhitha
15.	179V1R0016	B. S. Lakshmi Deepthi
16.	179V1R0017	CH. Sumana Deepika
17.	179V1R0018	D. Sai Sarvani
18.	179V1R0019	D. Durga Jayashree
19.	179V1R0020	D. Christine Edwardson
20.	179V1R0021	E. Tripura Naga Pooja
21.	179V1R0022	G. Akanksha
22.	179V1R0023	G. Neelima
23.	179V1R0024	G. Sneha
24.	179V1R0025	G. Venkata Pavan Kumar
25.	179V1R0026	G. Lavanya
26.	179V1R0027	G. Sowmya
27.	179V1R0028	G. Ramya Sri
28.	179V1R0029	G. Yeswanth
29.	179V1R0030	G. Mahendra
30.	179V1R0031	G. Gowriswari
31.	179V1R0032	G. Manikeswari
32.	179V1R0033	J. Nandini
33.	179V1R0034	J. Mahesh
34.	179V1R0035	J. Sri Renu



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35.	179V1R0037	K. Durga Bhavani
36.	179V1R0038	K. Sri Divya
37.	179V1R0039	K. Naga Priya
38.	179V1R0040	K. Santhi Priya
39.	179V1R0041	K. Mani Sankar
40.	179V1R0042	K. Naga Ramyasree
41.	179V1R0043	K. Sri Navya
42.	179V1R0044	K. Bhargavi
43.	179V1R0045	K. Sree Ramya
44.	179V1R0046	K. Sudheera
45.	179V1R0047	K. Bharath
46.	179V1R0048	L. Gopi
47.	179V1R0049	L. Naga Mani Mounica
48.	179V1R0051	M. Sravani
49.	179V1R0052	M. Siva Sravani
50.	179V1R0053	M. Nagalakshmi
51.	179V1R0054	M. Kavya Sri
52.	179V1R0055	M. Naga Bhavani
53.	179V1R0056	M. Raga Mallika
54.	179V1R0057	MD. Saquib Amjum
55.	179V1R0058	M. Samrajyam
56.	179V1R0059	M. Abhinay
57.	179V1R0060	M. Prasanna
58.	179V1R0061	M. Bhavana
59.	179V1R0062	N. Padmini
60.	179V1R0063	N. Sri Harsha
61.	179V1R0064	N. Ramya Deepika
62.	179V1R0065	N. Jhansi
63.	179V1R0066	P. N. V. Durga Bhavani
64.	179V1R0067	P. Som Prasad
65.	179V1R0068	P. Ratna Kumar
66.	179V1R0069	P. Srilekha
67.	179V1R0070	P. Anjaneya Prasad
68.	179V1R0071	P. Reshma
69.	179V1R0072	P. Susanthi
70.	179V1R0073	P. Joy Nissi Merwin
71.	179V1R0074	P. V. N. Venkata Ajay
72.	179V1R0075	R. Lakshmi Subhashini
73.	179V1R0076	Shaik Gaffar
74.	179V1R0077	S. Priyanka
75.	179V1R0078	S. N. S. Pameela Devi
76.	179V1R0079	S. Srinivasa Rao
77.	179V1R0080	S. Nikisha
78.	179V1R0081	T. Srinivas Varma
79.	179V1R0082	T. Venkata Krishna
80.	179V1R0083	T. DivyaSree
81.	179V1R0084	T. Mounika
82.	179V1R0085	T. Navya Sri
83.	179V1R0086	T. Vineela
84.	179V1R0087	U. Chandini
85.	179V1R0088	V. Anilkumar
86.	179V1R0089	V. Prudhvi Raj



  
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87.	179V1R0090	V. Veera Naga Anjali
88.	179V1R0091	V. Anitha
89.	179V1R0092	V. Bhanu
90.	179V1R0093	Y. Sampath
91.	189V5R0001	S. Srivani



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# V. V. Institute of Pharmaceutical Sciences

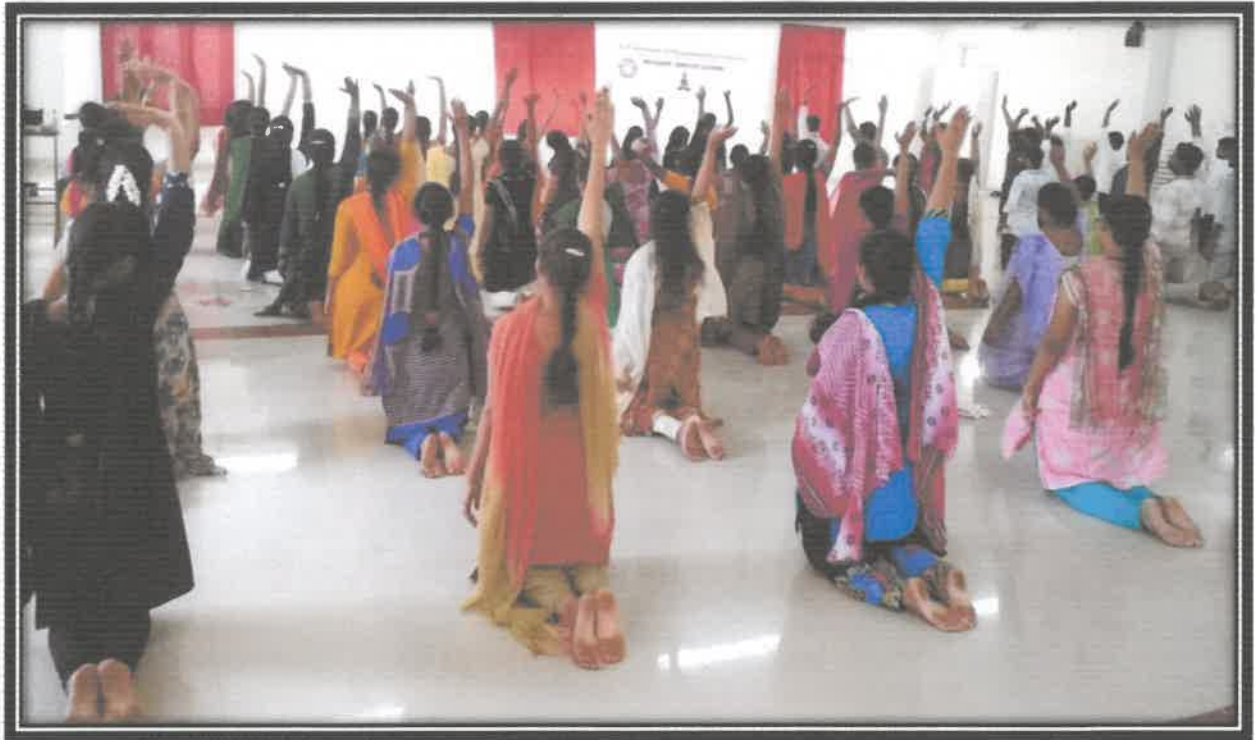
Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 09-01-2019.

Name of the Program: "Yoga for peace of mind".

Date of the Program: 09-01-2019.

Resource Person Details: Mr. N. V. Rama Rao.



*N. V. Rama Rao*  
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Seshadri Rao Knowledge Village  
GUDLAVALLERU - 521 356



# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Date: 09-01-2019

Name of the Program: "Yoga for Peace of Mind"

Date of the Program: 09-01-2019

Resource Person Details: Mr. N. V. Rama Rao.

## REPORT

V. V. Institute of Pharmaceutical Sciences organized a program "Yoga for Peace of Mind" on 09-01-2019 by Mr. N. V. Rama Rao, Yoga Teacher. He guided the to do warm up exercises and all the students' practices and performed sitting and standing asanas, importance of these were explained simultaneously. Yoga practices often involve concentration and mindfulness exercises. These exercises can train the mind to focus better, which can be beneficial for academic or intellectual pursuits.

All the students were participated in the event very actively and the celebration concluded with the speech of our Principal, Dr. A. Lakshmana Rao garu.

He encouraged and motivated students to practice regular yoga to remain and improve concentrations.



*A. N. Rao*

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