



Government Degree College
Affiliated to Andhra University
(Upgraded to Model Degree College under RUSA 2.0)
Paderu, Allurisarajam Raju - District, AP.
Est:1985 NAAC "C" Grade phone no: 08935 250013
Email.ID : paderu.jkc@gmail.com.



Skill enhancement Programs

Soft Skills, Communication Skills and Life Skills

Reports and Photographs



Government Degree College, Paderu
Affiliated to Andhra University
(Upgraded to Model Degree College under RUSA 2.0)
Paderu, Allurisitarama Raju -District, AP.



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Women Empowerment Cell

Report on Skill Enhancement Program

Awareness Program on Health and Hygiene



Government Degree College, Paderu
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Proposal for Awareness Program on Health and Hygiene

Government Degree College: Paderu

Academic year 2022 – 23

From
The Course Coordinators
Dept of English
Govt Degree College
Paderu

To
The Principal
Govt Degree College
Paderu

Sir,

Sub: Proposal for conducting an Awareness Program on Health and Hygiene

Awareness Program on Health and Hygiene for

B.A.,B.Sc.,B.Com. students of our college – Request regarding.

The Women Empowerment Cell of the GDC, Paderu is planning to conduct an Awareness Program on Health and Hygiene to the students of all groups choosing 150 among them. This program can create an awareness on Physical, Psychological and Emotional wellbeing of one self. And awareness on Hygiene that refers to good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater etc.

In this regard we humbly request your esteemed self to conduct staff council meeting for discussing the syllabus and course outcomes.

Thanking You sir,

Yours
Faithfully,
WEC
Gdc, Paderu.

v.a.
Principal
Govt. Degree College
PADERU-531024
Alluri Sitharama Raju Dist.



M.A. Ray



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Awareness Program on Health and Hygiene

Government Degree College, Paderu

Circular

Date: 06/12/2022

Sub: Skill Enhancement Program

It is planned to conduct a Skill Enhancement Program for **B.A.,B.Sc.,B.Com** Students.

This Skill Enhancement Program is short term course which is designed and offered by the Women Empowerment Cell for benefit of students. Course will be conducted at free of cost.

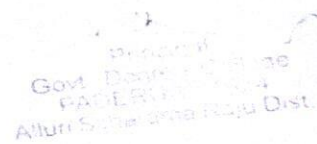
Students those who are willing to attend the below mentioned course can enroll their name to the course coordinator.

Name of the Certificate Course	Course Coordinator
Awareness Program on Health and Hygiene	M.Asواني Reddy
Commencement of Course from Time	12/12/2022


Course Coordinator


WEC Convenor

Principal


Principal
Govt. Degree College
PADERU
Alluri Sarajama Raju Dist.



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Women Empowerment Cell

Health & Hygiene (2022-2023)

OBJECTIVES OF THE PROGRAM:

- To educate the students about the various nuances of health and Hygiene.
- To create awareness on proper nutrition to maintain a good health.
- To create awareness to the girl students about the menstrual cycle and Hygiene during that time.
- To create an awareness on local deceases like sickle cell Anaemia, Malaria, Typhoid etc.
- To educate the students to combat problems like stress, mental health issues.
- To educate them about the unhealthy and healthy life styles to have a happy life.

Syllabus:

1. Basics of Nutrition

- Calories.
- Protein.
- Fat.
- Carb.
- Water.
- Vitamin.

2. Health

- Mental Health
- Physical Health
- Emotional Health

3. Hygiene

Basic Daily Practices


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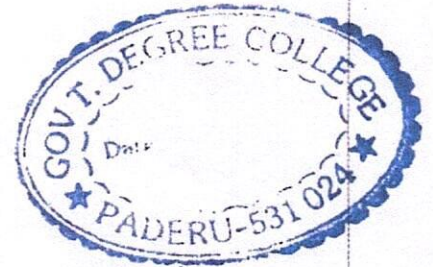
WOMEN EMPOWERMENT CELL

Awareness Programme on Health and Hygiene (2022-2023)

Brief Note:

The Women Empowerment Cell, GDC, Paderu conducted an Awareness Programme on Health and Hygiene for the students especially to the girl students for one week (12/12/2022 to 17/12/2022) for all the students for the academic year 2022-2023. Smt. M. Aswani Reddy, The Convenor of Women Empowerment Cell, was in charge of the course Coordinator. This programme focused on especially on the regional deceases like sickle cell Anaemia, Thalassemia, Malaria, Dengue, Typhoid. A list of 50 students from the various groups (B.A, B.COM & B.Sc) attended the training program and enhanced their knowledge in Health and Hygiene.


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Women Empowerment Cell

TIME TABLE FOR HEALTH & HYGIENE (2022-2023)

	O hour 9.00- 9.40 am	9.40- 10.30	10.30- 11.20	11.20- 12.10	12.10- 1.00	1.00- 2.00	2.00- 2.50	2.50- 3.40	3.40-4.30
MON	Health & Hygiene	Basic of Nutrition	carb	Protein	carb	<u>Lunch</u> <u>Break</u>	Vitamin	Health	Fat
TUE	Health & Hygiene	carb	Water	Vitamin	fat		protein	calories	protein
WED	Health & Hygiene	mental Health	yoga	physical trips	Vitamin		water	fat	calories
THUR	Health & Hygiene	physical Health	physical Excer	Vitamin	protein		calories	protein	water
FRI	Health & Hygiene	Emotional Health	Emotional	Fat	carb		mental Health	physical Health	Fat
SAT	Health & Hygiene	Basic daily	medit	carb	Vitamin		carb	Water	Vitamin.

V. A. T
 Principal
 Govt. Degree College
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List of Students registered: Awareness Program on
Health and Hygiene (2022-2023)

S.NO	OAMDC	Name of the Students	Student Signature
1	2530122012013	DUMBERI ESWARI	D. ESWARI
2	2530122001040	KILLO RAJINI	K. RAJINI
3	2530122001039	KIMUDU BHAGYA LAKSHMI	K. Bhagya Lakshmi
4	2530122001037	KIRASANI SIRISHA	K. SIRISHA
5	2530122001004	KONDAPALLI VENKATA RAMANI	K.V. RAMANI
6	2530122001035	KONDATHABELI THAMBI	K. Thambi
7	2530122012010	BAKURU ANJALI DEVI	B. Anjali Devi
8	2530122012011	BOINI SARALA	B. SARALA
9	2530122012013	BONDA RADHIKA	B. Radhika
10	2530122012002	GULLELA JAYANTHI	G. Jayanthi
11	2530122012021	KORRA JYOTHI	K. Jyothi
12	2530122012005	JAMPA SIVA SANKARA SRINU BABU	J. Siva
13	2530122012014	BURIDI SIMHADRI	B. Simhadri
14	2530122012003	PANGI BALA RAJU	P. Bala Raju
15	2530122012034	PANGI SANTHOSH KUMAR	P. Santhosh
16	2530122012012	BOINI VIDYA SRI	B. Vidya Sri
17	2530122012043	VANTHALA NOOKALAMMA	V. Nookalamma
18	2530122013007	PUJARI VIJAY	P. Vijay
19	2530122013014	KUDELI SRIDEVI	K. Sridevi
20	2530122013040	BURIDI SUKANTHI	B. SUKANTHI
21	2530122013026	GALLELI ROJA	G. Roja
22	2530122127012	BARLU SADASIVA NAIDU	B. Sadasiva Naidu
23	2530122127008	DUKKERI YESURATNAM	D. YESURATNAM



v. a
Principal
Govt. Degree College
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24	2530122127003	KORRA PURNIMA	K. Purnima
25	2530122127027	MARRI DEVI	M. Devi
26	2530122127004	PANGI MANOJA	P. Manoja
27	2530122127004	PANGI MANOJA	P. Manoja
28	2530122127020	TAMARA SANJANA	T. SANJANA
29	2530122127023	GANJAI KRUPA RANI	G. Krupa Rani
30	2540522000023	GEMMELI AMRUTHA	G. Amrutha
31	2540522000015	KILLO VIJAYALAKSHMI	K. Vijaya Lakshmi
32	2540522000008	PURUSHAKARI JAYA SRI	P. Jaga Sri
33	2540522000014	KIMUDU RADHA	K. RADHA
34	2540522000012	KONTA SUVARNA	K. Suvarna
35	2540522000004	KUDELI PADMA NAYAK	K. padma Nayak
36	2540522000049	KOTHURU CHINNA VENKATA SAI GOPAL	K. chinna venkata
37	2540622000057	BADNAINI JANAKI LAKSHMI	B. J. Lakshmi
38	2540622000037	GOLLORI RUPA VENI	G. Rupa Veni
39	2540622000054	GULLELA JAYASRI	G. Jaya Sri
40	2540622000026	KORRA MALLESWARI	K. malli eswari
41	2540622000029	KOTARI ASHOK VARMA	K. Ashok Varma
42	2540622000031	MAJJI VASANTHA	M. VASANTHA
43	2540622000034	PANGI SOWJANYA	P. Sowjanya
44	2540622000041	SESTI BINDU SRI	S. Bindu Sri
45	2540622000006	SINDERI VANI	S. VANI
46	2540622000047	VANTHALA KALAVATHI	V. Kalavathi
47	2540822001003	MARRI ESTHERU RANI	M. Esther Rani
48	2540822001040	KORAVANGI MAHESWARI	K. Maheswari
49	2540822001044	KORRA SIRISHA	K. Sirisha
50	2540822001050	BAKURU SASI KALA	B. Sasi Kala



V. U
Principal
Govt. Degree College
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Alluri Sitharama Raju Dist.,



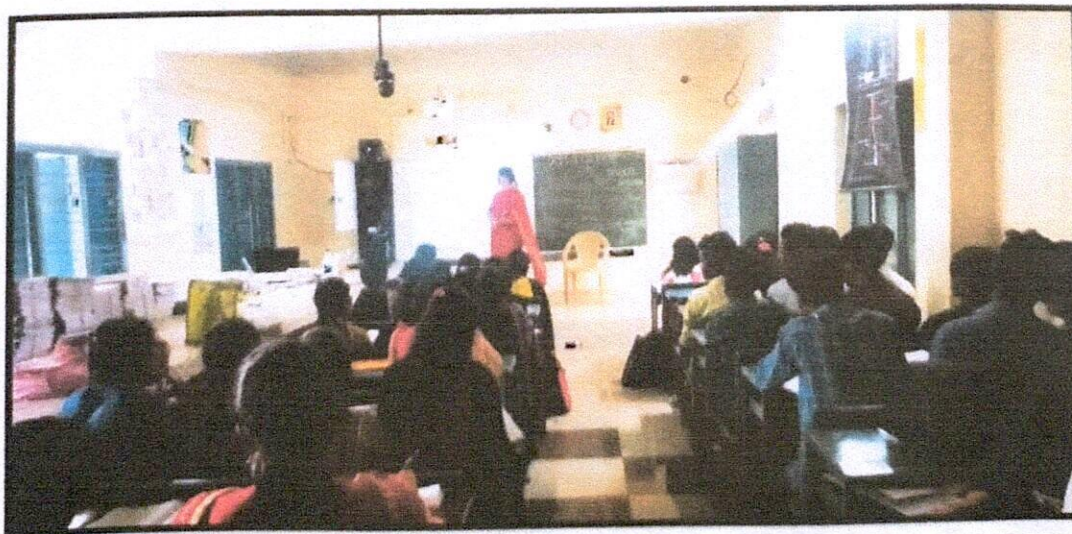
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**WOMEN EMPOWERMENT CELL
 HEALTH AND HYGEINE (2022-2023)**

Photo Gallery:



STUDENT PARTICIPATION IN THE PROGRAMME OF HEALTH & HYGIENE



V. Ch...
 Principal
 Govt. Degree College
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STUDENT PARTICIPATION IN SKILL ENHANCEMENT COURSE
 OF HEALTH & HYGIENE

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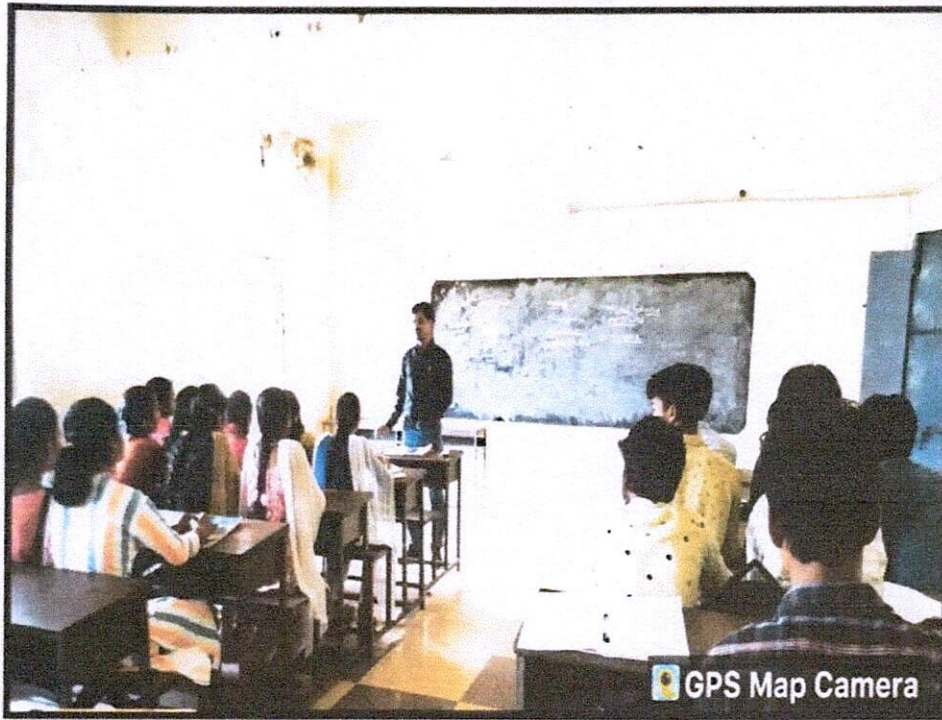




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GPS Map Camera



RESOURCE PERSON Smt. P. RAMESH KUMAR DELIVERING LECTURE

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Govt. Degree College
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DEPARTMENT OF ENGLISH
LANGUAGE AND COMMUNICATION SKILLS
2022-23

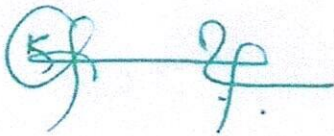
CIRCULAR

Paderu

05.11.2022

It is informed that as part of enriching communication skills in English language, a short term training course is planned in the college in collaboration with the Jawahar Knowledge Center (JKC). This short term training program aims at enriching the students' communication skills and instilling self confidence in them to use English language in all personal, academic and professional lives.

Therefore, interested students can enroll their names on or before 10th November 2022 with the department of English or the mentor, Jawahar Knowledge Center.



Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.

Syllabus

Grammar

1. Self introduction
2. Be, Do, Have form Verbs
3. Modal auxiliary verbs
4. Tenses
5. Concord
6. Conditional clauses
7. Articles
8. Transformation of sentences
9. Use of conjunctions

Speaking skills

1. Vowel sounds
2. Consonant sounds
3. Accent
4. Intonation

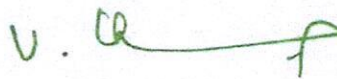
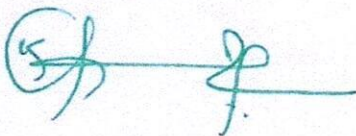
Reading skills

1. Synonyms
2. Antonyms
3. Idioms
4. Scanning and Skimming

Writing skills

1. Paragraph writing
2. Essay writing
3. Note making
4. Resume writing

Students involved in an activity after listening to the class



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Department of English

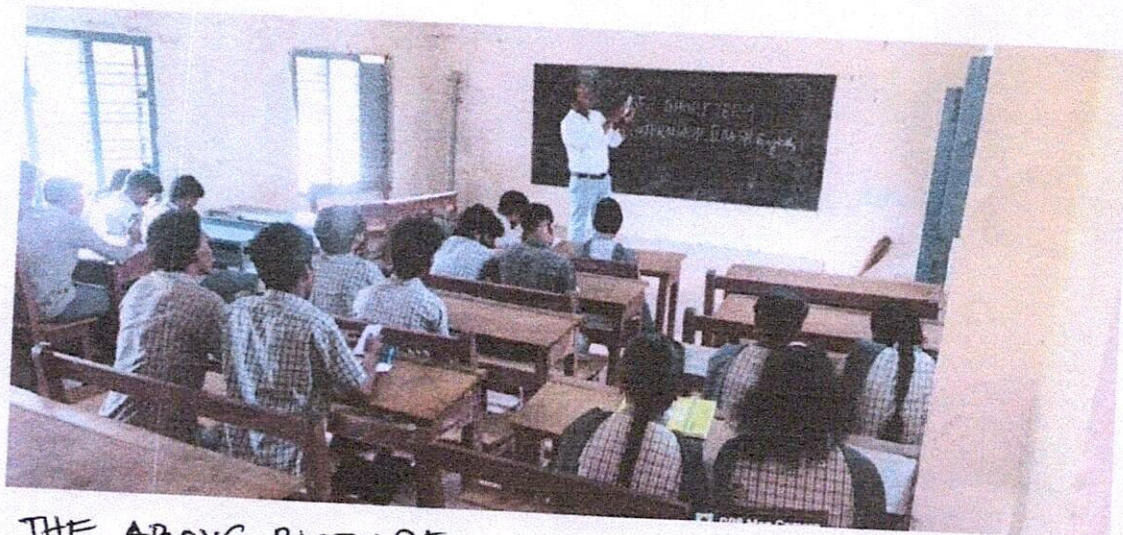
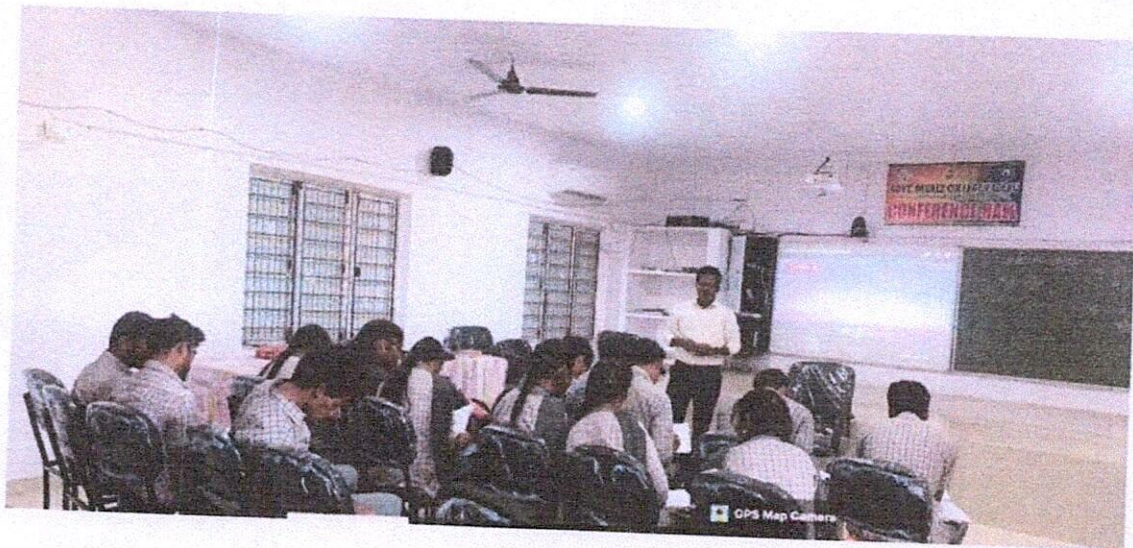
Schedule for Skill Enhancement Course Time Table 2022.23

Date	Time	Name of the Resource Person	Topic Covered	No of students attended
12.09.2022	4pm to 5pm	P Koteswara Rao	Grammar	30
13.09.2022	4pm to 5pm	P Koteswara Rao	Speaking skills	30
14.09.2022	4pm to 5pm	P Koteswara Rao	Reading skills	30
15.09.2022	4pm to 5pm	G GowrisankarRao	Writing skills	30
16.09.2022	4pm to 5pm	G GowrisankarRao	Paragraph writing	30
17.09.2022	4pm to 5pm	G GowrisankarRao	Resume writing	30



V. Ch

Principal
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THE ABOVE PICTURES INDICATE THE STUDENTS ATTENDING THE SESSIONS.

Principal -
Govt. Degree College
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Alluri Sitharama Raju-Dist.

Students that get benefitted in the activity

SL No	Name of the student	Group
1	B.R Kiran	I. BCom
2	R. Kumar	I. BCom
3	U. Bala Kiran	I. BCom
4	GSS Prakash	I. BCom
5	KD Kumari	I. BCom
6	K Priyanka	I. BCom
7	M. Prasad	I. BCom
8	M. Gayathri	I. BCom
9	M. Prasad	I. BCom
10	M. AdiEswar	I. BCom
11	N. JayaSri	I. BCom
12	P.S Krishna	I. BCom
13	R.G Nandini	I. BCom
14	P.S Kusuma	I. BCom
15	S.N Sairam	I. BCom
16	N. Sushma	I. BCom
17	M. Vikas	I. BCom
18	N. Hema	I. BCom
19	P.V Ramana	I. BCom
20	PP Teja	I. BCom
21	Ravi Kujmar	I. BCom

22	A. Veerendra	I. BCom
23	P. Sri Harsha	I. BCom
24	PVV Naga Vaara Prasad	I. BCom
25	R. Dhanush	I. BCom
26	S. Fathima	I. BCom
27	S. Rakesh	I. BCom
28	S. Johnny	I. BCom
29	S. Khatoon	I. BCom
30	S. Raja Mani	I. BCom

V. G. S.

(S) J.

Principal
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WOMEN

TAILORING

COURSE





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Paderu, Vishakhapatnam - District, AP.

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From
Dr. V. Appa Rao, M.Com., Ph.D.,
Principal,
Govt. Degree College,
PADERU- 531024
Visakhapatnam Dist.

To
The Secretary,
Indian Red Cross Society (Blood Bank)
Maharanipeta,
VISAKHAPATNAM,
Visakhapatnam Dist.

15-10-18

Lr. No. 1/A/IRCS/2017-18 dated 20-12-2017

Sir,

Sub: Govt. Degree College, Paderu, Visakhapatnam Dist., A.P. - Academic year 2018-19-
Providing of Stitching Machines for Women Empowerment Cell for Add-on Course in Tailoring-
Requested- Reg.

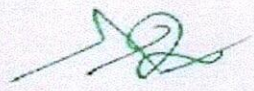
Ref: Representations of the Convener, Women Empowerment Cell of the College dated 15-10-18
@@@

With reference to the Representations Cited above, I am to inform you that while conducting
3- Day Training on Disaster Management and First Aid at this College during 27-9-18 to 29-9-18, you
have visited the Add-on Course on Tailoring conducted by the Women Empowerment Cell of this College
and you were pleased with that Training and promised any help to the programme.

In this connection, I request the Red Cross Society of India, Visakhapatnam to consider to
provide **Four Manual Stitching Machines** to this College for which of kind of benevolence, the Institution
shall be grateful to you forever.

Thanking you Sir,

Yours faithfully,


Principal
Govt. Degree College
PADERU-531 024
Visakhapatnam Dist


Principal
Govt. Degree College
PADERU-531024
Visakhapatnam Dist



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Government Degree College::Paderu Certificate Course in Tailoring

2018

Minutes of the Meeting

The following are the minutes of the meeting held on 11-7-2018 for starting a certificate course in "Tailoring" on girls students in our college.

- 1) It is proposed to start a certificate course in 'Tailoring' for the girl students of our college from the academic year 2018-19.
- 2) It is proposed to endorse Smt.M.Radha Kumari and Smt.D.Sunitha Devi as course co-ordinators.
- 3) It is suggested to enrol maximum number of students for the certificate course.

IQAC Coordinator :

S. No	Name & Designation	Designation	Signature
1	Sri. P. Krishna	Lecturer/ Physics	
2	Sri. A. Ram Gopal	Lecturer/ Chemistry	
3	Smt. M.Radha Kumari	Lecturer/ Telugu	
4	Mrs.Anurama	Librarian	
5	Smt. D. Sunitha Devi	Lecturer / Telugu	
6	Smt. P.Jaya Lakshmi	Lecturer/ History	

Principal
Govt. Degree College
PADERU 531 024
Vishakhapatnam Dist.
(Principal)



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Government Degree College::Paderu
Certificate Course in Tailoring

2018

From
Course Coordinators
Women Empowerment Cell
GDC Paderu

To
The Principal
GDC, Paderu

Sir,

Sub: Proposal for starting of a new certificate course in tailoring for girl students of our college- Req. Reg.

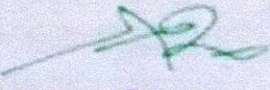
.....

Our Cell is planning to start a certificate course in 'Tailoring' for the girls students. The course would enhance the skill domain of students as well as propel them to become entrepreneurs.

In this regard we request your esteemed self to conduct staff council meeting for discussing the syllabus and course outcomes.

Thanking you sir,

Yours faithfully,
1) Ms. G. Anurama
2) Ms. M. Radha Kumari
3) Ms. D. Sumitha Devi


Principal
Govt. Degree College
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Government Degree College::Paderu
Certificate Course in Tailoring

2018

GDC Paderu
Date: 12/03/2018

Department of WEC Proposal for Certificate Course in Tailoring

Introduction

Most of the girl students belong to under privileged, economically poor, schedule tribe communities living in remote agency areas. Hence we have decided to introduce tailoring with emphasis on cutting which would promote self sustenance, among these first generation tribal girls students

Objectives of the course


Students enrolled in this course will learn:

- To identify sewing machine parts, identification of different types of clothes
- To make them exposed stitching different types of dress like blouse dress frocks.
- To identify various material of fabric and to know how to stitch such type of materials.
- To make girls student self employable.

Syllabus

1. Introduction of sewing machine	5. Making paper cutting
2. Information about the cloth	6. Stitching types of collar, neck, sleeves.
3. Material and hand stitch	
4. How to take measurement & prepare tables	

Leave No One Behind


Principal
Govt. Degree College
PADERU-531 024
Visakhapatnam Dist



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Government Degree College::Paderu Certificate Course in Tailoring

2018

S. No	Topic/Module	Duration (Hours)	Key Learning Outcomes
1	Introduction of sewing machine	3	<ul style="list-style-type: none">Recognizing all parts :- EḷḷḍḍḍḍWhy the thread gets stuck ,Why needles break,Why does the machine run heavy?Common problems of machine/repairing)
2	Information about the cloth.	4	<ul style="list-style-type: none">Understanding types of cloth. Care to be taken while. Drawing diagrams. Washing cloth forShrinkage, technique of cutting cloth.
3	Material & Hand stitch	5	<ul style="list-style-type: none">Explain uses of material, Hemming , button -Holes, hook & look, running stitch, seam finishes - plain, French seam, lapped, Running fall.
4	How to take measurement Prepare table for Inches & cms.	3	<ul style="list-style-type: none">Take measurement of body , measure cloth Horizontally & vertically,
5	Making paper Cutting	5	<ul style="list-style-type: none">Pattern Making , Drafting & Cutting & Making
6	Stitching types of Collar, Neck, Sleeves.	10	<ul style="list-style-type: none">Final sample, Drafting book,1) Stand collar, Open and half collar,2) Leaf neck , one side neck, Boat neck, Star neck, step neck,3) Mega sleeves, Bell sleeves, Cut sleeves, Petal sleeves, Overlap.
7	Stitching :-	15	<ul style="list-style-type: none">Plain frock, A- Line, Umbrella frock, Summer frill.Wrinkle Chuddidar, Bell - Bottom, Patiala.Plain Kurta, Short Kurta, A - Line Kurta,Easy fitting Kurta, Plain salwar, Parallel Salwar.
	Total Hours	45	

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Government Degree College::Paderu Certificate Course in Tailoring

2018

Proposed Schedule of course work & Marks allotted

The course is primarily an orientation course with emphasis of cutting. This is a 45 day course comprising of theory, practical assignments, and visiting tailors.

Name of the Activity	Number/ no of hours	Marks Allotted
Theory	10	
practical	4	10
Formative assignment	4	10
Field Work	4	30
	Total	50

Course outcomes

- The purpose of this course is to provide girls student make them self employed
- This qualification is for girls to learn extra activity.
- Learners will benefit by having a range of skills and knowledge to stitch and identify different types models of cloths
- The course will benefit by having independent qualified

Course Coordinators

(Smt M. Radha Kumari)

(Smt. D.Sunitha Devi)

Proposal Preparation committee:

- 1) Sri. A. Ram Gopal, Academic Coordinator/Lecturer in Chemistry
- 2) Mrs. Anu rama, librarian, WFC Co.Ordinator
- 3) Smt. M. Radha kumari, member dept. of Telugu
- 4) Smt. D.Sunitha devi, Member dept. of Telugu
- 5) Smt. P.Jaya lakshmi member, Dept of History

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Government Degree College::Paderu
Certificate Course in Tailoring

2018

WOMENENPOWEMENT CELL. TAILORING PROGRAMMEE LIST OF THE PARTICIPENTS

s.no	Name of the student	Class
1	K.Asha	I B.Com
2	M. Rejeswari	I B.Com
3	K.Anitha	I B.Com
4	K.Sunitha	I B.Com
5	P.Jyothi	I B.Com
6	V.Dhana lakshmi	I B.Com(Comp)
7	M.Lalitha kumara	I B.Com(Comp)
8	K.Neelima	I B.Com(Comp)
9	K. Aruna	I B.Com(Comp)
10	D.Madhavi	I B.Com(Comp)
11	A.Kalyani	I B.Sc
12	G. Kaveri	I B.Sc
13	K.Ilavanya	I B.Sc
14	K.Anu radha	I B.Sc
15	K. Radhammaa	I B.A
16	K.Sirisha	I B.A
17	B.sireesha	I B.A
18	P.Poomima	I B.A
19	P.Shireesha	I B.A
20	V.Pavitra	I B.A
21	O.Sunitha	II B.Com (Com)
22	K.Renuka devi	II B.Com (Com)
23	K. kanakamma	II B.Com (Com)
24	p. Mani	II B.Com (Com)
25	J.Jyothi	II B.Com (Com)
26	K. seethe	II B.Com (Com)



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2018

27	A.Vasantha	II B.A
28	B.Lalitha	II B.A
29	J.Eswaramma	II B.A
30	J.Gouri	II B.A
31	K.Kamala	II B.A
32	P. Suseela	II B.A
34	A.Bhudevi	II B.A
35	D.Ambica	II B.A
36	G.Hema latha	II B.A
37	K.Daya rani	II B.A
38	S.Sireesha	II B.A
39	S.Sailaja	II B.A
40	V.Roja	II B.A
41	U.KUmari	II B.A
42	B.Sanyasamma	II B.A
43	G.Bhavani	III B.A
44	K. Lalitha	III B.A
45	J.Revathi	III B.A
46	K. Dhana lakshmi	III B.A
47	G. Bhavani	III B.A
48	P.Pushpalatha	III B.A
49	M.sirisha	III B.A
50	M.seetah	III B.A


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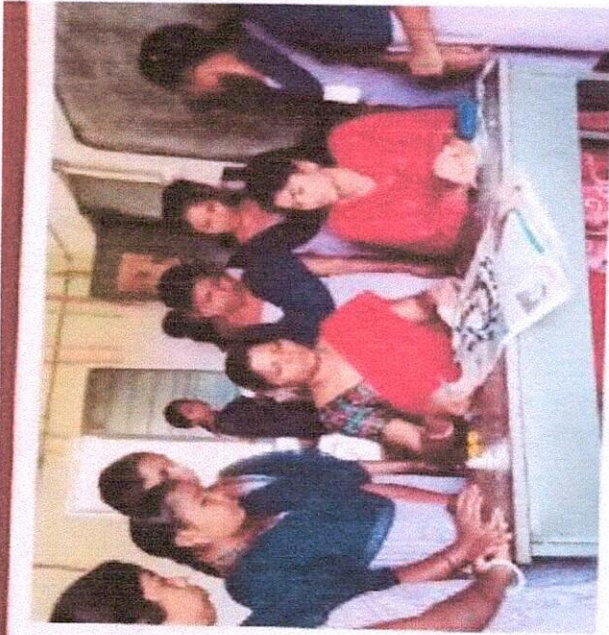
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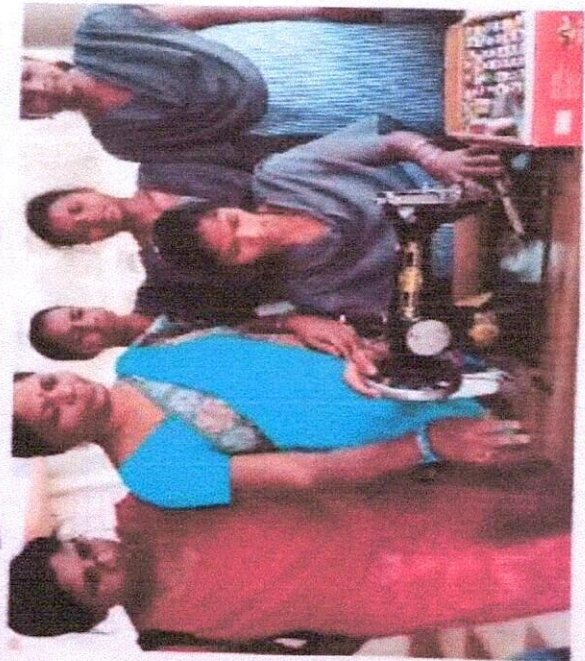
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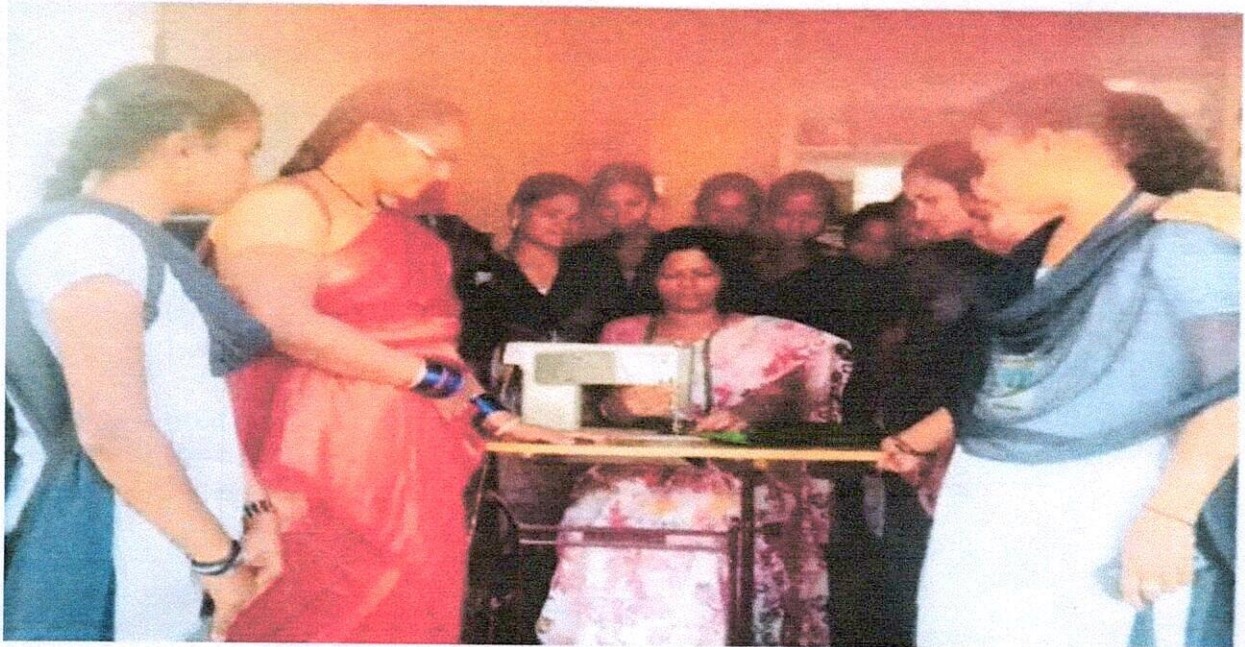
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GOVT DEGREE COLLEGE, PADERU ATTENDED STUDENTS 2018-2019

S. NO	NAME OF THE STUDENT	GROUP	SIGNATURE
1	T. Santosh	1 st B.A (SP) (H)	T. Santosh
2	S. Demudamma	1 st B.A (SP) (H)	S. Demudamma
3	K. Abhrami	1 st B.A (SP) (H)	K. Abhrami
4	A. Sanyasamma	1 st B.A (SP) (H)	A. Sanyasamma
5	P. Padma Lakshmi	1 st B.A (SP) (H)	P. Padmalakshmi
6	P. Gangula Bhavani	1 st B.A (SP) (H)	P. Gangula Bhavani
7	S. Malika Kondamma	1 st B.A (SP) (H)	S. Malika Kondamma
8	R. Simhadri	1 st B.A (SP) (H)	R. Simhadri
9	A. Preethi	1 st B.A (SP) (H)	A. Preethi
10	M. Sireesha	1 st B.A (SP) (H)	M. Sireesha
11	P. Sowthri	1 st B.A (SP) (H)	P. Sowthri
12	D. Simhadri	1 st B.A (SP) (H)	D. Simhadri
13	M. Vyathika	1 st B.A (SP) (H)	M. Vyathika
14	P. Seethamma	1 st B.A (SP) (H)	P. Seethamma
15	M. Seethi	"	M. Seethi
16	M. Lakshmi	"	M. Lakshmi
17	R. Mangalika Rao	1 st B.A (SP) (H)	R. Mangalika Rao
18	V. Prityyanka	1 st B.A (SP) (H)	V. Prityyanka
19	P. Shikha	"	P. Shikha
20	V. Divyanka	"	V. Divyanka
21	P. Himadri	"	P. Himadri
22	D. Ramalakshmi	"	D. Ramalakshmi
23	D. Sanyasree	"	D. Sanyasree
24	P. K. K. KUMAR	"	P. K. K. KUMAR
25	K. Saloni	"	K. Saloni
26	P. Prashant	"	P. Prashant
27	M. Kiran	1 st B.A (SP) (H)	M. Kiran
28	K. Anitha Kumari	1 st B.A (SP) (H)	K. Anitha Kumari
29	P. Rangasree	"	P. Rangasree
30	P. Lakshmi Rao	"	P. Lakshmi Rao
31	K. Navya Lakshmi	"	K. Navya Lakshmi
32	K. Trishna Rao	"	K. Trishna Rao
33	T. Nitya Lakshmi	1 st B.A (SP) (H)	T. Nitya Lakshmi
34	V. Rama Krishna	"	V. Rama Krishna
35	K. Rukhmi	1 st B.Sc (B.Z.H)	K. Rukhmi
36	A. Sanyasree	"	A. Sanyasree
37	P. Trishna Rao	1 st B.Sc (B.Z.H)	P. Trishna Rao
38	P. Bhavani Rao	1 st B.A (HOP)	P. Bhavani Rao
39	G. Ravi	1 st B.Sc (B.Z.H)	G. Ravi
40	V. Seshukumar	"	V. Seshukumar
41	M. Chaitanya	"	M. Chaitanya
42	G. Kamlesh Patel	"	G. Kamlesh Patel
43	K. Veeram	"	K. Veeram



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GOVT. DEGREE COLLEGE, PADERU ATTENDED STUDENTS - 2018-2019

S. L NO	NAME OF THE STUDENT	GROUP	SIGNATURE
1	T. Senthil	III rd B.A (SP) Telu	T. Senthil
2	S. Demudamma	III rd B.A (SP) Telugu	S. Demudamma
3	K. Bhavani	III rd B.A (SP) (T)	K. Bhavani
4	B. Sanjayamma	III rd B.A (SP) (T)	B. Sanjayamma
5	R. Indira Varthi	III rd B.A (SP) (T)	R. Indira Varthi
6	G. Maliga Kondamma	III rd B.A (SP) (T)	G. Maliga Kondamma
7	P. Ganga Lakshmi	III rd B.A (SP) (T)	P. Ganga Lakshmi
8	B. Simhadri	III rd B.A (SP) (T)	B. Simhadri
9	D. Pyothi	III rd B.A (SP) (T)	D. Pyothi
10	M. Sreelakshmi	III rd B.A (SP) (T)	M. Sreelakshmi
11	P. Savitri	III rd B.A (SP) (T)	P. Savitri
12	D. Sankaradevi	III rd B.A (SP) (T)	D. Sankaradevi
13	P. Sankaradevi	III rd B.A (SP) (T)	P. Sankaradevi
14	M. Vyalesha	III rd B.A (SP) (T)	M. Vyalesha
15	M. Sathi	III rd B.A (SP) (T)	M. Sathi
16	P. Rathi	III rd B.A (SP) (T)	P. Rathi
17	V. Prithvi	III rd B.A (SP) (T)	V. Prithvi
18	V. Priyanka	III rd B.A (SP) (T)	V. Priyanka
19	P. Sankaradevi	III rd B.A (SP) (T)	P. Sankaradevi
20	V. Parvitha	III rd B.A (SP) (T)	V. Parvitha
21	P. Hemalatha	III rd B.A (SP) (T)	P. Hemalatha
22	D. Rambhadr	III rd B.A (SP) (T)	D. Rambhadr
23	D. Sankaradevi	III rd B.A (SP) (T)	D. Sankaradevi
24	P. RAJ KUMAR	III rd B.A (SP) (T)	P. RAJ KUMAR
25	K. Saranya	III rd B.A (SP) (T)	K. Saranya
26	P. Madhavi	III rd B.A (SP) (T)	P. Madhavi
27	M. Kiran	III rd B.A (SP) (T)	M. Kiran
28	K. Sathish Kumar	III rd B.A (SP) (T)	K. Sathish Kumar
29	P. Bangarajiah	III rd B.A (SP) (T)	P. Bangarajiah
30	P. Balakrishna	III rd B.A (SP) (T)	P. Balakrishna
31	K. Prasad	III rd B.A (SP) (T)	K. Prasad
32	K. Prasad	III rd B.A (SP) (T)	K. Prasad
33	T. Madhavi	III rd B.A (SP) (T)	T. Madhavi
34	T. Prasad	III rd B.A (SP) (T)	T. Prasad
35	K. Radhakrishna	III rd B.A (SP) (T)	K. Radhakrishna
36	G. Ravi	III rd B.A (SP) (T)	G. Ravi
37	P. Chinniah	III rd B.A (SP) (T)	P. Chinniah
38	A. Suresh	III rd B.A (SP) (T)	A. Suresh
39	B. Bhaskar Rao	III rd B.A (SP) (T)	B. Bhaskar Rao
40	V. Seshukumar	III rd B.A (SP) (T)	V. Seshukumar
41	M. Komalamma	III rd B.A (SP) (T)	M. Komalamma
42	M. Komalamma Rao	III rd B.A (SP) (T)	M. Komalamma Rao
43	M. Chandrababu	III rd B.A (SP) (T)	M. Chandrababu



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Department of Physical Education

Yoga for Healthy Life Style

2022-2023

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style" Training Programme for one week (16/06/2022 to 21/06/2022) for interested students for the academic year 2022-2023. Sri.K.Prasad Naidu, Lecturer in Physical Education is in charge of the course. A list of 50 students from various groups (BA,B.Com & B.Sc) attended the training Programme.

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CIRCULAR

It is informed to all of our staff and students that the department of Physical Education is going to conduct a Skill Enhancement Programme on "Yoga for Healthy Life style". It's a four day programme. So we request all our staff members to encourage the students to this programme.

Course Coordinator

K. prasad Dasg

P. vijaya Lakshmi

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Department of
Schedule for Skill Enhancement Course
2022-23

Date	Time	Name of the Resource Person	Topic Covered	No of students attended
16/06/2022	8 TO 9 AM	Mr.K. PRASAD NAIDU	DHANURASANA	50
17/06/2022	8 TO 9 AM	Mr.K. PRASAD NAIDU	GARUDASANA	50
20/06/2022	8 TO 9 AM	Mr.K. PRASAD NAIDU	BADDHA KONASANA	50
21/06/2022	8 TO 9 AM	Mr.K. PRASAD NAIDU	PADMASANA	50
22/06/2022	8 TO 9 AM	Mr.K. PRASAD NAIDU	PARVATASANA	50



V. Lakshmi
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Govt. Degree College
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K. Prasad Naidu
SIGNATURE



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STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2022-23

S.NO	Name of the students	Group	Signature of the students
1	GEMMELI PUSHPAVATHI	HEP 2 ND YEAR	G. Puspavathi
2	ADAPA MANOJ KUMAR	HEP 2 ND YEAR	A. Manoj Kumar
3	BADNAINI VENKAT	HEP 2 ND YEAR	B. Venkat
4	DALAI MATYARAJU	HEP 2 ND YEAR	D. Matyaram,
5	KAMBA SIRISHA	HEP 2 ND YEAR	K. Sirisha
6	LAKE NAVEEN KUMAR	HEP 2 ND YEAR	L. Naveen Kumar.
7	MAJJI CHILAKAMMA	HEP 2 ND YEAR	M. Chilakamma
8	OLESU AKHILESH	HEP 2 ND YEAR	O. Akilesh
9	ONDRU PRGNASH	HEP 2 ND YEAR	O. pranash
10	PANGI ATCHYUTH	HEP 2 ND YEAR	P. atchyuth
11	RADA BALAJI	HEP 2 ND YEAR	R. Balaji
12	REGAM HARIKRISHNA	HEP 2 ND YEAR	R. harikrishna.
13	THANGULA KAMESWARA RAO	HEP 2 ND YEAR	T. Kameshwar Rao
14	THUBURU LAKSHMI	HEP 2 ND YEAR	T. Lakshmi
15	BADNAINI SRAVANI	SPL ENG 2 ND YEAR	B. Sravani
16	DURU SAILAJA	SPL ENG 2 ND YEAR	D. Sailaja.
17	GEMMELI RAJESWARI	SPL ENG 2 ND YEAR	G. Rajeswari
18	GOLLORI NAGESWARA RAO	SPL ENG 2 ND YEAR	G. Nageswar Rao
19	KILLO NAGA KONDABABU	SPL ENG 2 ND YEAR	K. Mahesh Babu
20	KORABU MAHESH BABU	SPL ENG 2 ND YEAR	K. mahesh Babu.
21	MAJJI GOVIND	SPL ENG 2 ND YEAR	M. Govind.
22	LAKE JASHNAVI	SPL ENG 2 ND YEAR	L. Jashnavi
23	SAKERI LAKSHMI	SPL ENG 2 ND YEAR	S. Laxmi
24	SOMELI KRISHNAVENI	SPL ENG 2 ND YEAR	S. Krishnaveni
25	BOYINI LAKSHMI	SPL ENG 2 ND YEAR	B. Laxmi
26	ARLABU ROHINI	BA SPL TEL 2 ND YEAR	A. Rohini

27	BADAM ARUN KUMAR	BA SPL TEL 2 ND YEAR	B. Arun Kumar.
28	BOINI DHANALAKSHMI	BA SPL TEL 2 ND YEAR	B. DHANALAKSHMI
29	CHENDA UDAY KIRAN	BA SPL TEL 2 ND YEAR	CH. Uday Kiran
30	JARLU NAGENDRA BABU	BA SPL TEL 2 ND YEAR	J. Nagendra Babu
31	KORRA MOHAN RAO	BA SPL TEL 2 ND YEAR	K. Mohan Rao
32	KUNTHURU NANI BABU	BA SPL TEL 2 ND YEAR	K. Nani Babu
33	MARAVADA LOVA GANESH	BA SPL TEL 2 ND YEAR	M. Ganesh
34	NAIDU SWAPNA SRI	BA SPL TEL 2 ND YEAR	N. Swapna Sri
35	NAINI MATYARAJU	BA SPL TEL 2 ND YEAR	N. matya RAJU.
36	PALASI ARUN	BA SPL TEL 2 ND YEAR	P. arjun
37	PANGI GANESH	BA SPL TEL 2 ND YEAR	P. Ganesh
38	POIBA GOPICHAND	BA SPL TEL 2 ND YEAR	P. Ganesh
39	PUJARI MURALIKRISHNA	BA SPL TEL 2 ND YEAR	P. murali Krishna.
40	SALABANGI SUNIL KUMAR	BA SPL TEL 2 ND YEAR	S. sunil Kumar
41	SOBHA LAKSHMAN	BA SPL TEL 2 ND YEAR	S. lakshman
42	TEKURI SIVAYYA	BA SPL TEL 2 ND YEAR	T. Sivayya
43	VANCHURBA MALAMDORA	BA SPL TEL 2 ND YEAR	V. Malamdora.
44	VANTHALA YOSUPH	BA SPL TEL 2 ND YEAR	V. yoseph.
45	VECHANGI SRIKANYA	BA SPL TEL 2 ND YEAR	V. srikanya.
46	THALLABU BALAJI	BA SPL TEL 2 ND YEAR	T. BALAJI
47	ARLABU RAVI PRASAD	JAMC 2 ND YEAR	A. Ravi Prasad
48	DORA JANAKI	JAMC 2 ND YEAR	D. Janaki
49	GAMPA VENKATESH	JAMC 2 ND YEAR	G. Venkatesh
50	KILLO RAMESH	JAMC 2 ND YEAR	K. Ramesh


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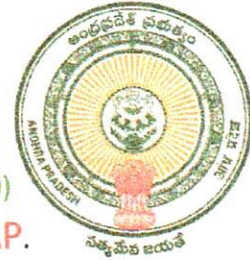
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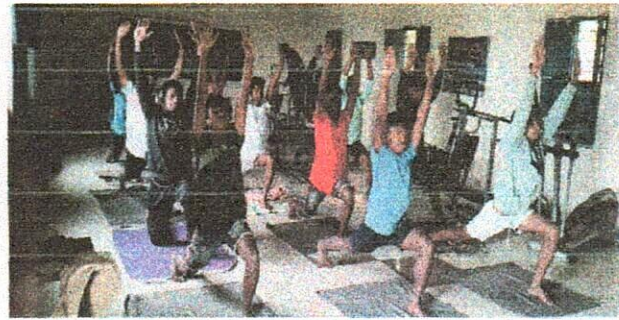
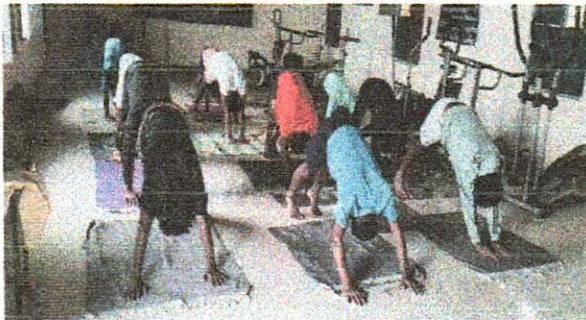
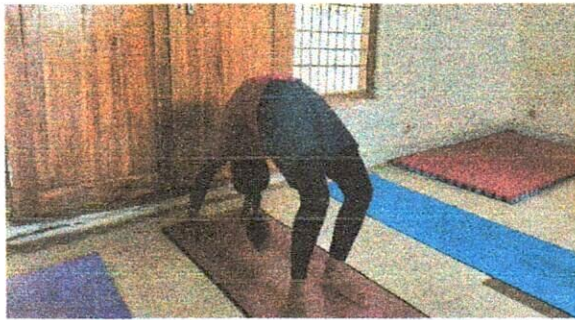
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Program International Yoga day

Date : 16-06-2022

DAY 1



HELPS YOU FOCUS, BOOSTS HAPPINESS, HELPS YOUR HEART STAY STRONG, INCREASE FLEXIBILITY, IMPROVES BALANCE

V. Ch



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17/06/2022

DAY 2



WARMS UP WHOLE BODY, RAISES HEART RATE, TONES MUSCLES , IMPROVES FLEXIBILITY,
BOOSTS IMMUNE SYSTEM


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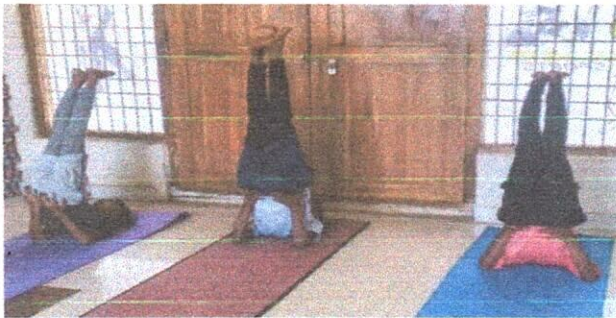
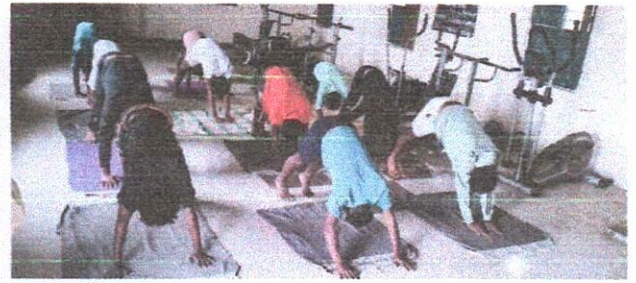
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DAY 3

18/06/2022



WARMS UP WHOLE BODY, RAISES HEART RATE, TONES MUSCLES , IMPROVES FLEXIBILITY,
BOOSTS IMMUNE SYSTEM


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(Upgrade to Model Degree college under RUSA 2.0)

Paderu Alluri Sitharama Raju District, AP.

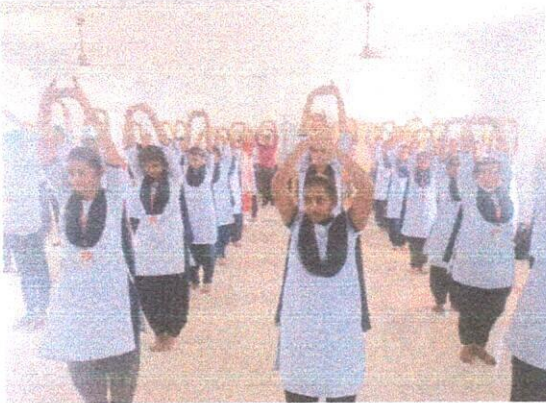
Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



DAY 4

20/06/2022



STUDENTS WERE ENROLED IN THIS PROGRAMME AND ALL THE ENROLLED STUDENTS WERE ACTIVELY PARTICIPATED AND ALL THE STAFF HAVE ALSO PARTICIPATED IN THIS PROGRAMME.

V. Ch



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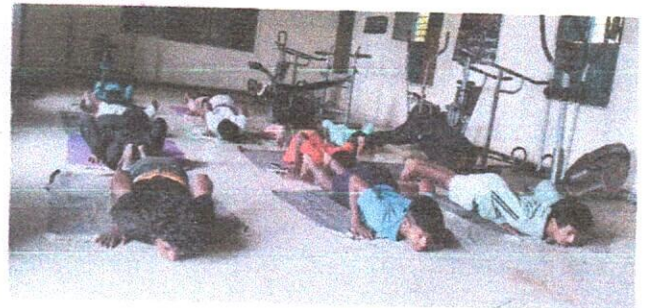
Paderu.jkc@gmail.com



Program International Yoga day

Date : 21-06-2022

DAY 5



SURYANAMASKAR IS A COMPLETE BODY WORKOUT THAT BOOSTS FLEXIBILITY STRENGTH AND STAMINA WARMS UP YOUR WHOLE BODY RAISES HEART RATE TONES MUSCLES IMPROVES FLEXIBILITY BOOSTS IMMUNE SYSTEM.

V. R. J.

Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.



Government Degree College

Affiliated to Andhra University

(Upgraded to Model Degree College under RUSA 2.0)

Paderu, Vishakapatnam -District, AP.



Est:1985 Naac "C" Grade phone no: 08935 295115 Email.ID :Paderu.jkc@gmail.com.

Department of Physical Education

Yoga for Healthy Life Style

2021-2022

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style" Training Programme for one week (03/12/2021 to 08/12/2021) for interested students for the academic year 2021-2022. Sri.K.Prasad Naidu, Lecturer in Physical Education is in charge of the course. A list of 50 students from various groups (BA,B.Com & B.Sc) attended the training Programme.

V. U.
Principal
Govt. Degree College
PADERU 531 024
Vishakhapatnam Dist




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Paderu visakhapatnam District, AP.


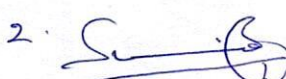




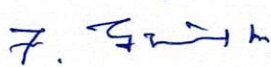



Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID
Paderu.jkc@gmail.com

CIRCULAR

It is informed to all of our staff and students that the department of Physical Education is going to conduct a Skill Enhancement Programme on "Yoga for Healthy Life style". It's a four day programme So we request all our staff members to encourage the students to this programme.


Principal
Govt. Degree College
PADERU-531001
Vijaya Sitharama P.

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3. 
4. 
5. 
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8. 



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Paderu, Alluri Sitharama Raju - District, AP.
Est: 1985 NAAC "C" Grade phone no: 08985 250013
Email ID: paderujkc@gmail.com.



Department of

Schedule for Skill Enhancement Course

2020-21

Date	Time	Name of the Resource Person	Topic Covered	No of students attended
03/12/2021	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	KONASANA	50
06/12/2021	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	TRIKONASANA	50
07/12/2021	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	PADAHASTASANA	50
08/12/2021	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	VRIKSHASANA	50
09/12/2021	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	SHAVASANA	50

Ch. Simha Chakra
SIGNATURE



V. A.
Principal
Govt. Degree College
PADERU-531024
Alluri Sitharama Raju Dist.



Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID


Paderu.jkc@gmail.com



STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2021-2022

S.NO	NAME OF THE STUDENTS	GROUP	SIGNATURE OF THE STUDENTS
1	DADIYA SUPRAJA	B.COM GENERAL	D. Supraja
2	DALAPATHI BALAKRISHNA	B.COM GENERAL	D. Balakrishna
3	GOLLORI MADHURI	B.COM GENERAL	G. Madhuri
4	KILLO DANNE RAO	B.COM GENERAL	K. Danne Rao
5	KILLO PARAMESWARA RAO	B.COM GENERAL	K. PARAMESWARA RAO
6	ARLABU SAIKIRAN	B.COM VOCATIONAL	A. Sai Kiran
7	JANNI TEJASWI	B.COM VOCATIONAL	J. Tejaswi
8	KORRA AMBIKA	B.COM VOCATIONAL	K. Ambika
9	MATTAM JHANSI RANI	B.COM VOCATIONAL	M. JHANSI RANI
10	SEEDARI CHITTI BABU	B.COM VOCATIONALC	S. Chitti babu
11	SINGAMPALLI THARUN	MPC	S. Nandhini
12	GAMPARAI NANDINI	MPC	G. Nandhini
13	BHANU KUMAR SAGAR	MPC	B. kumar Sagar
14	ARLABU MANOJ KUMAR	MPC	A. Manoj kumar
15	KOTA PAVANI	MPC	K. pavani
16	KORABU RAJU	MPCS	K. Raju
17	ALI AHAMED MOHAMED MAHADHIR	MPCS	A. Mohamed mahadhir
18	BOINI BHADRAGIRI	MPCS	B. Bhadragir
19	KILLO JEEVAN KUMAR	MPCS	K. Jeevan Kumar
20	MINUMULA UDAY KIRAN PATRUDU	MPCS	M. Uday Kiran Patrudu
21	ALLANGI SRINIVASA RAO	CBZ	A. Srinivasa rao
22	GEMMELI ABBAI NAIDU	CBZ	G. ABBAI NAIDU
23	KORRA DIVYA	CBZ	K. Divya
24	KUDA SWETHA	CBZ	K. Swetha
25	MAJJI ANITHA	CBZ	M. Anitha
26	BONDA PADMAVATHI	BZH	B. PADMA vathi
27	MAKIREDDI NAVEEN	BZH	M. NAVEEN
28	BADNAYINI SWATHI	BZH	B. Swathi
29	BOINI SIMHADRI	BZH	B. simhadri
30	CHEEKATI SURESH	BZH	C. Suresh

31	VANTHALA ABBAS	MP WEB	V. Abbas
32	GAMPARAI RAMESH BABU	MP WEB	Gr. Ramesh Babu
33	ARLABU PRUDHVI	MP WEB	A. Prudhvi
34	BODACHETTI MADHAVI	MP WEB	B. Madhavi
35	SASIKIRAN THUBE	MP WEB	S. Thube
36	BADNAYINI TULASI KANTH	SEED TECH	B. Tulasi Kanth
37	BURIDI HYMAVATHI	SEED TECH	B. Hymavathi
38	CHITTAPULI NAVEEN KUMAR	SEED TECH	C. Naveen Kumar
39	MARRI GOPI	SEED TECH	M. Gopi
40	VANTHALA SUSEELA	SEED TECH	V. Suseela
41	GEMMELI PUSHPAVATHI	HEP	Gr. Pushpavathi
42	ADAPA MANOJ KUMAR	HEP	A. Manoj Kumar
43	BADNAYINI VENKAT	HEP	B. Venkat
44	JANNI PUSHPA	HEP	J. Pushpa.
45	KILLO SAI PRASAD	HEP	K. Sai Prasad
46	MAJJI GOVIND	B.A. SPL ENGLISH	K. Sai Prasad
47	MARLE TRIMURTHULU	B.A. SPL ENGLISH	M. Trimurthulu
48	PALLI SATYAVENI	B.A. SPL ENGLISH	P. Satyaveni
49	SEEDARI PRASAD	B.A. SPL ENGLISH	S. Prasad
50	TALABU PRASAD	B.A. SPL ENGLISH	T. Prasad


 Principal
 Govt. Degree College
 PADERU-531001
 Aturi Sitharama Raju District



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Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

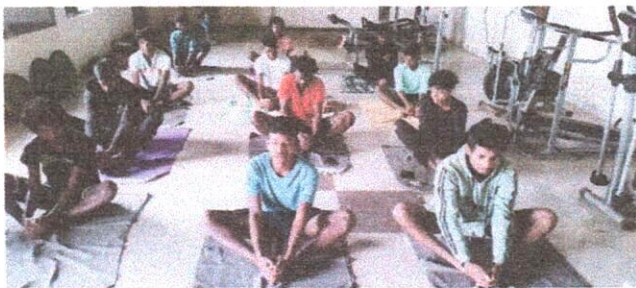
Paderu.jkc@gmail.com



Pogram international yoga day

03/12/2021
Date : 21/06/2020

Day 1



YOGA AND MEDITATION, STUDENTS, SIRs AND MADAMS PARTICIPATED INTERNATIONAL YOGA DAY

V. Arjun
Principal
Govt. Degree College
PADERU-53102
Sitharama Rao



Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

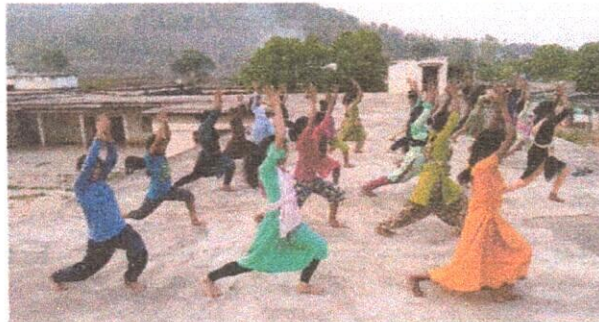
Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID
Paderu.jkc@gmail.com



Pogram international yoga day

04/12/2021
Date : ~~22/06/2020~~

Day 2



YOGA AND MEDITATION, EXTENDED SIDE ANGLE POSE, UTTHITA PARSVAKONASANA

U. V.
Principal
Govt. Degree C
PADERU-53
Suri Sitharama F



Government Degree College Affiliated Andhra University

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Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



06/12/2021

Pogram international yoga day

Date : 23/06/2020

Day 3



SURYANAMASKAR IS A COMPLETE BODY WORKOUT THAT BOOSTS FLEXIBILITY STRENGTH AND WARMUP

V. An
Principal
Govt. Degree College
PADERU-53
Sri Sitharama



Government Degree College
Affiliated Andhra University
(Upgrade to Model Degree college under RUSA 2.0)
Paderu visakhapatnam District, AP.

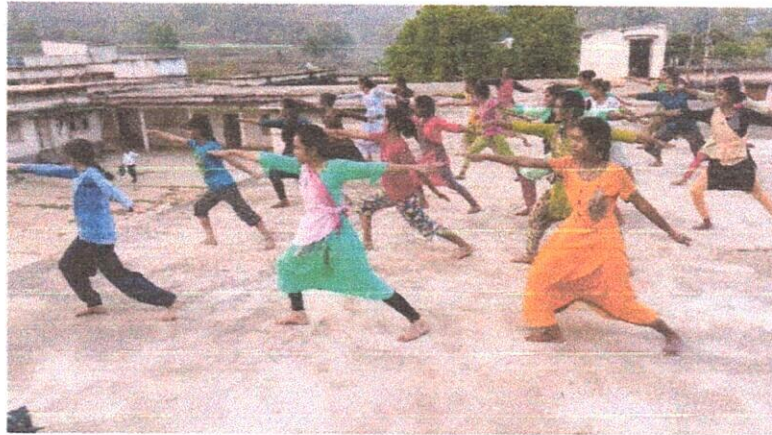


Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID
Paderu.jkc@gmail.com

Pogram international yoga day

Date : 24/06/2020

Day 4



YOGA MEDITATION, STUDENTS PARTICIPATED IN YOGA

V. 

Principal
Govt. Degree College
PADERU-531001
Sitharama P. V.



Government Degree College

Affiliated to Andhra University

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Paderu, Vishakapatnam -District, AP.



Est:1985 Naac "C" Grade phone no: 08935 295115 Email.ID :Paderu.jkc@gmail.com.

Department of Physical Education

Yoga for Healthy Life Style

2019-2020

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style" Training Programme for one week (19/09/2019 to 25/09/2019) for interested students for the academic year 2019-2020. Sri.K.Prasad Naidu, Lecturer in Physical Education is in charge of the course. A list of 50 students from various groups (BA,B.Com & B.Sc) attended the training Programme.

Principal
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Vishakhapatnam Dist.



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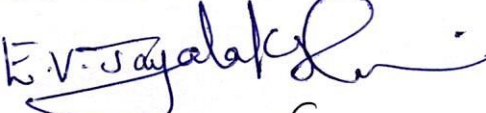

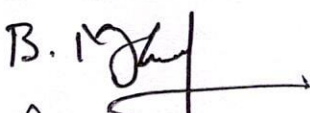
Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



CIRCULAR

It is informed to all of our staff and students that the department of Physical Education is going to conduct a Skill Enhancement Programme on "Yoga for Healthy Life style". It's a four day programme So we request all our staff members to encourage the students to this programme.

1. 
2. M. Anurag Reddy
3. 
4. 
5. 
6. K. Prasanna Kumar



Principal
Govt. Degree College
PADERU-521 001
Visakhapatnam



Government Degree College
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Paderu, Alluri Sitharama Raju - District, AP.
Est: 1985 NAAC "C" Grade phone no: 08935 250013
Email ID : paderu.jkc@gmail.com.



Department of

Schedule for Skill Enhancement Course

2019-20

Date	Time	Name of the Resource Person	Topic Covered	No of students attended
06/09/2019	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	FLEXIBILITY DURING ASANAS	50
08/09/2019	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	THE SEQUENCE OF THE ASANA	50
09/09/2019	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	BREATHING EASY DURING YOGASANAS	50
10/09/2019	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	CLOSING YOUR EYES	50
11/09/2019	8 TO 9 AM	Mr. CHINTADA SIMHACHALAM	TOE TO TOE	50



v. Ch
Principal
Govt. Degree College
PADERU 531 024
Visakhapatnam Dist

Ch. Simha Chakr
SIGNATURE



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Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2019-2020

S.NO	NAME OF THE STUDENTS	GROUP	SIGNATURE OF THE STUDENTS
1	ARMA SAILAJA	B.COM GENERAL	A. Sailaja
2	BADAGALA VISWANADHAM	B.COM GENERAL	B. Viswanadhani
3	BACHELI SURIBABU	B.COM GENERAL	B. Suribabu
4	GEMMELI SANTOSH	B.COM GENERAL	G. Santhosh
5	GOLICHETTY VARUN KUMAR	B.COM GENERAL	G. Varunkumar
6	JANNI JYOTHI	B.COM GENERAL	J. Jyothi
7	KAKARA DEVI PRASAD	B.COM GENERAL	K. Devi prasad
8	KILLO KONDALARAO	B.COM GENERAL	K. Kondala Rao
9	KORRA LAXMAN	B.COM GENERAL	K. Laxman
10	KORRA SEETHA	B.COM GENERAL	K. Seetha
11	KORRA SURIBABU	B.COM GENERAL	K. Suribabu
12	KUDA SAIKIRAN	B.COM GENERAL	K. Saikiran
13	MAJJI SUSEELA	B.COM GENERAL	M. Suseela
14	CHELLURI SRINIVAS	MPC	C. Srinivas
15	SURICHETTY MOHAN	MPC	S. Mohan
16	AVVABU KONDABABU	MPC	A. Kondababu
17	DOLIYA DAVID	MPC	D. David
18	GOLLORI MOUNIKA	MPC	G. Mounika
19	JARSINGI VIJAYASANTHI	MPC	J. Vijaya Santhi
20	KAKARI PUNYAVATHI	MPC	K. Punyavathi
21	KANCHAM SAILAJA	MPC	K. Chaitanya
22	KILLO KAVITHA	MPC	K. Kavitha
23	KUNTHURU MANJULA	MPC	K. Manjula
24	MARRI JOHN	MPC	M. John
25	NANDOLE SYAMALA	MPC	N. Syamala
26	ARLABU PRAVEEN KUMAR	MPCS	A. Praveen Kumar
27	AVASARALA VENKATA RAMA KAUSHIL	MPCS	A. Venkate Rama Kaushil
28	BARISINGI TIRUMALA SAI	MPCS	B. Tirumala Sai
29	BERA BHARATH KUMAR	MPCS	B. Bharath Kumar
30	BOINI PADMA	MPCS	B. Padma

31	GOLLORI DHARMA NAIDU	MPCS	
32	JANGIDI SUJATHA	MPCS	J. Sujatha
33	KIMUDU RAVIKANTH NAIDU	MPCS	K. Ravikanth Rao
34	KIMUDU BOINA SATISH KUMAR	MPCS	K.B. Satish Kumar
35	KIRASANI KRISHNA KUMARI	MPCS	K. Krishna Kumari
36	MARRI BUJJI	MPCS	M. Bujji
37	POTTANGI PRAVEEN KUMAR	MPCS	P. Praveen Kumar
38	TAMBELI SRINU	MPCS	T. Srinu
39	TURAYI GANESH	MPCS	T. Ganesh
40	ULLI PRAKASH	MPCS	U. Prakash
41	ADELA TIRUPATHI BABU	CBZ	A. Tirupathi Babu
42	BARLE LAKSHMI	CBZ	B. Lakshmi
43	BASUVA NISHA	CBZ	B. Nisha
44	KILLU BHUVANESWARI	CBZ	K. Bhuvaneshwari
45	KIMUDU BALARAJU	CBZ	K. Balaraju
46	PUJARI KASULAMMA	CBZ	P. Kasulamma
47	PUJARI VIJAYABHARATHI	CBZ	P. Vijaya Bharathi
48	SEEDARI ANUSHA	CBZ	S. Anusha
49	SEGGE INDRAVENI	CBZ	S. Indrag Veni
50	ULLI SAILAJA	CBZ	U. Sailaja

Principal
Govt. Degree College
PADERU-531 02
Visakhapatnam Dist.



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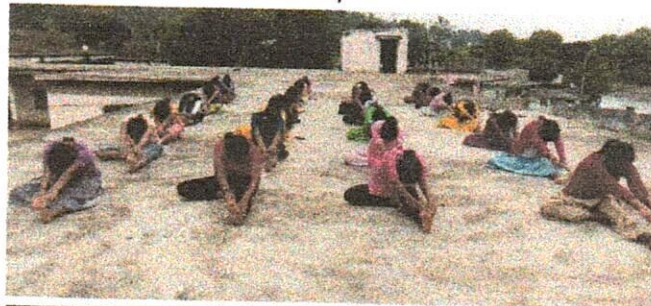


Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID
Paderu.jkc@gmail.com


Pogram international yoga day

Date /06/2019

Day 1



WARMS UP WHOLE BODY, RAISES HEART RATE, TONES MUSCLES, IMPROVES FLEXIBILITY, BOOSTS IMMUNE SYSTEM


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Paderu.jkc@gmail.com




Pogram international yoga day

Date : 19/09/2019

Day 2



YOGA AND MEDITATION, STUDENTS PARTICIPATED YOGA


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Paderu.jkc@gmail.com



Pogram international yoga day

Date 20/09/2019

Day 3



YOGA AND MEDITATION, STUDENTS PARTICIPATED YOGA

Principal
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PADERU-531
Visakhapatnam



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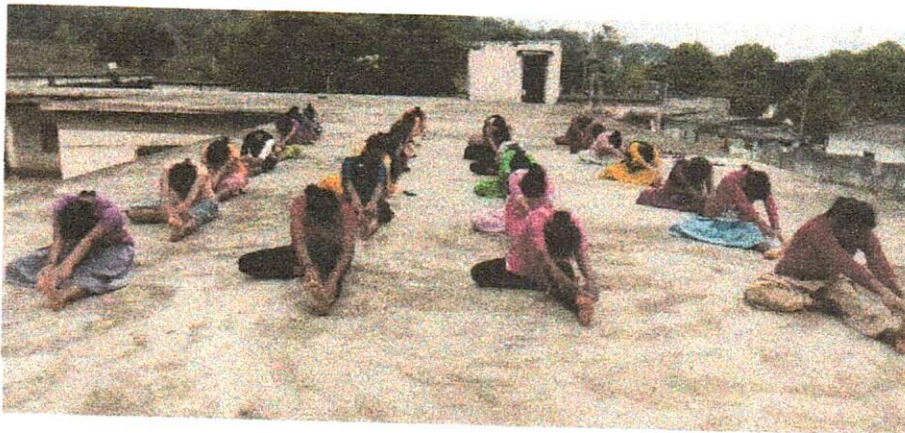
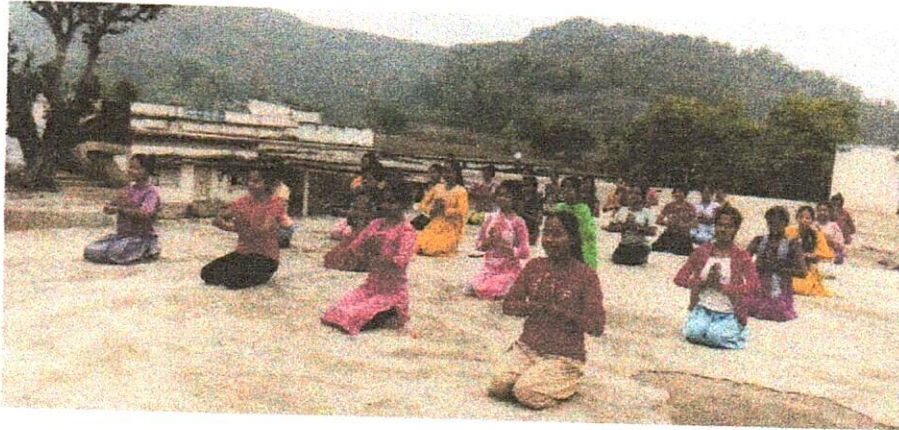
Paderu.jkc@gmail.com



Pogram international yoga day

Date : 21/06/2019

Day 4



STUDENTS WERE ENROLED IN THIS PROGRAMME AND ALL THE ENROLLED STUDENTS WERE ACTIVELY PARTICIPATED


Principal
Govt. Degree College
PADERU-531 001
Visakhapatnam District



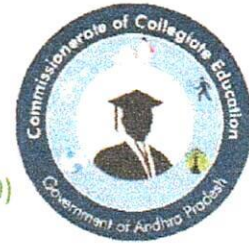
Government Degree College Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

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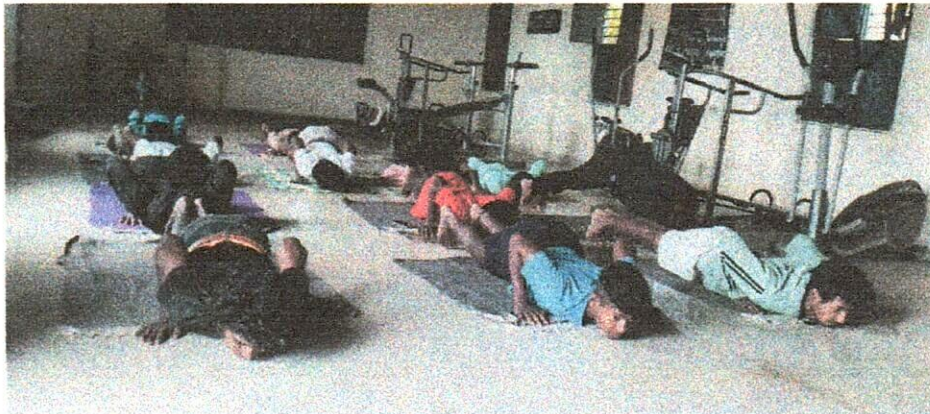
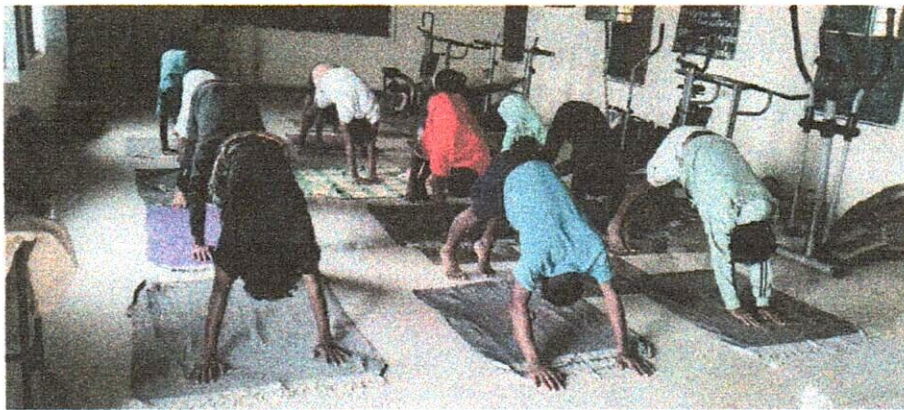
Paderu.jkc@gmail.com



Pogram international yoga day

Date :25/06/2019

Day 5



YOGA STRENGTHENS MUSCLES,IMPROVES BALANCE AND HEALTHY BODY


Principal
Govt. Degree College
PADERU-531001
Visakhapatnam



Government Degree College

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Paderu, Vishakapatnam -District, AP.



Est:1985 Naac " C "Grade phone no: 08935 295115 Email.ID :Paderu.jkc@gmail.com.

Department of Physical Education

Yoga for Healthy Life Style

2018-2019

Brief Note:

The Department of Physical education conducted a "Yoga for Healthy Life style "Training Programme for one week (06/02/2019 to 13/02/2019) for interested students for the academic year 2018-2019. Sri.K.Prasad Naidu, Lecturer in Physical Education is in charge of the course. A list of 50 students from various groups (BA,B.Com & B.Sc) attended the training Programme.

Principal
Govt. Degree College
PADERU 531 024
Vishakapatnam Dist.



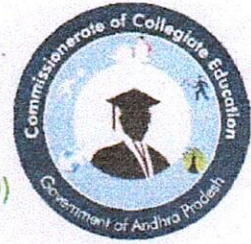
Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com



CIRCULAR

It is informed to all of our staff and students that the department of Physical Education is going to conduct a Skill Enhancement Programme on "Yoga for Healthy Life style". It's a four day programme So we request all our staff members to encourage the students to this programme.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Principal
Govt. Degree College
PADERU-531 024
Visakhapatnam Dist.



Government Degree College

Affiliated to Andhra University

(Upgraded to Model Degree College under RUSA 2.0)

Paderu, Alluri Sitharama Raju - District, AP.

Est:1985 NAAC "C" Grade phone no: 08935 250013

Email ID : paderu.jkc@gmail.com.



Department of

Schedule for Skill Enhancement Course

2018-19

Date	Time	Name of the Resource Person	Topic Covered	No of students attended
06/02/2019	8 TO 9 AM	Mr.CHINTADA SIMHACHALAM	SIRSANAM – HEAD STAND	50
07/02/2019	8 TO 9 AM	Mr.CHINTADA SIMHACHALAM	SARVANGASAN A - SHOULDER STRENGTH	50
08/02/2019	8 TO 9 AM	Mr.CHINTADA SIMHACHALAM	HALASANA- PLOUGH	50
09/02/2019	8 TO 9 AM	Mr.CHINTADA SIMHACHALAM	MATSYASANA- FISH	50
10/02/2019	8 TO 9 AM	Mr.CHINTADA SIMHACHALAM	BHUJANGASAN A- COBRA	50



V. Ch.
Principal
Govt. Degree College
PADERU 531 024
Visakhapatnam Dist.

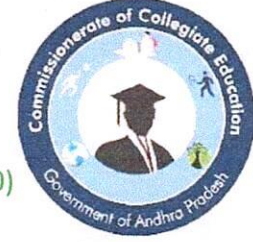
Ch. Simha Chalan
SIGNATURE



Government Degree College
Affiliated Andhra University

(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.



Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

Paderu.jkc@gmail.com

STUDENTS ENROLLED AND PARTICIPATED IN YOGA AND SURYANAMASKAR 2018-2019

S.NO	NAME OF THE STUDENTS	GROUP	SIGNATURE OF THE STUDENTS
1	BONGARAM UPENDRA BABU NAIDU	B.COM VOCATIONAL	B. Upendra Babu Naidu
2	GEMMELI BHAGYA SUDHA	B.COM VOCATIONAL	G. Bhagya Sudha
3	GOLLORI DHANUSH KUAMR	B.COM VOCATIONAL	G. Dhanush Kumar
4	GOLLORI GOVIND SAI KIRAN	B.COM VOCATIONAL	G. Govind Sai Kiran
5	JANNI MATHYARAJU	B.COM VOCATIONAL	J. Mathya Raju
6	KADIYA RENUKA DEVI	B.COM VOCATIONAL	K. Renuka Devi
7	KILLO CHANDRU BABU	B.COM VOCATIONAL	K. Chandru Babu
8	KIMUDU LAVANYA KUMARI	B.COM VOCATIONAL	K. Lavanya Kumari
9	KORRA KANAKALAMMA	B.COM VOCATIONAL	K. Kanakamma
10	KUTHANGI SARATH KUMAR	B.COM VOCATIONAL	K. Sarath Kumar
11	MAJJI RATNAKUMARI	B.COM VOCATIONAL	M. Ratna Kumari
12	ALLANGI VINAY KUMAR	BZH	A. Vinay Kumar
13	BAKURU KRISHNA GOPAL	BZH	B. Krishna Gopal
14	CHEEKATI PARVATHAMMA	BZH	Ch. Parvathamma
15	DEESARI MEENA	BZH	D. Meena
16	HARIBARIKI KAVITHA	BZH	H. Kavitha
17	KOPPALA DHAMAYANTHI	BZH	K. Dharmayanthi
18	KORABU JAGAPATHI NAIDU	BZH	K. Jagapathi Naidu
19	KUNDURU DHANALAKSHMI	BZH	K. Dhanalakshmi
20	MARRI DEVI	BZH	M. Devi
21	MINUMULA VARALAKSHMI	BZH	M. Varalakshmi
22	VARANAINI BHAVANI	BZH	V. Bhavani
23	PENTA SATYAVATHI	BZH	P. Satyavathi
24	SEEKARI SAI KIRAN	BZH	S. Sai Kiran
25	VANTHALA CHANDRAMMA	BZH	V. Chandramma
26	ALLANGI RAMADEVI	HEP	A. Ramadevi
27	ARMA VASANTHA	HEP	A. Vasantha
28	BADNAINI LALITHA	HEP	B. Lalitha
29	CHINTAPALLI SRINU	HEP	Ch. Srinu
30	DOBBATI SATISH KUMAR	HEP	D. Satish Kumar

31	GEMMELI YOHAN	HEP	G. Yohan
32	JANNI ESWARAMMA	HEP	J. Eswaramma
33	KIMUDU SIVA PRASAD	HEP	K. Sivaprasad
34	KINCHEI VIJAYA LAKSHMI	HEP	K. Vijay Lakshmi
35	KUDELI SAI KUMAR	HEP	K. Sai Kumar
36	KIMIDISSETTY JHANSI RANI	HEP	K. Jhansi Rani
37	MAJJI BALARAJU	HEP	M. Balraj
38	MARRI ISSAK	HEP	M. Issak
39	MUDILI VENKATA RAMAYYA	HEP	M. Venkataramayya
40	NANDOLE SIMHACHALAM	HEP	N. Simhachalam
41	PALASI MADHAVI	HEP	P. Madhavi
42	ADERI SANDHYA RANI	B.A SPL ENGLISH	A. Sandhya Rani
43	BACHELI VENKATA RAMAYYA	B.A SPL ENGLISH	B. Venkataramayya
44	DEESARI BABY RANI	B.A SPL ENGLISH	D. Baby Rani
45	GOLLORI PURNIMA	B.A SPL ENGLISH	G. Purnima
46	POYA BHAVANI	B.A SPL ENGLISH	P. Bhavani
47	ADAPA BHUDEVI	B.A SPL TELUGU	A. Bhudevi
48	KUTHANGI DAYA RANI	B.A SPL TELUGU	K. Daya Rani
49	ULLI KUMARI	B.A SPL TELUGU	U. Kumari
50	VANTHALA ROJA	B.A SPL TELUGU	V. Roja


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Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

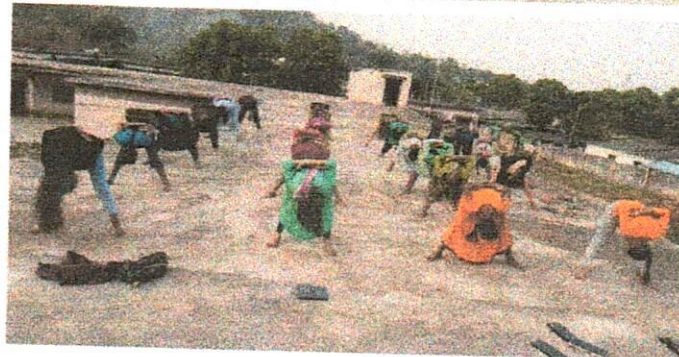
Paderu.jkc@gmail.com



Pogram international yoga day

Date : 06/02/2019

Day 1



YOGA MEDITATION COMBINED WITH A REGULAR YOGA PRACTICE CAN LOWER BLOOD PRESSURE AND HEART RATE, REDUCE INFLAMMATION IN THE BODY AND AID IN REDUCING CHRONIC PAIN ISSUES.


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Paderu visakhapatnam District, AP.

Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

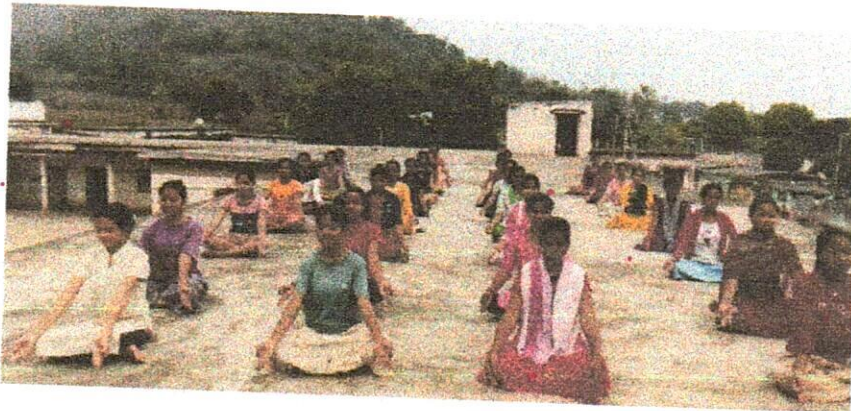
Paderu.jkc@gmail.com



Pogram international yoga day

Date : 07/06/2018

Day 2



YOGA AND MEDITATION DEVELOPS STRENGTH AND FLEXIBILITY


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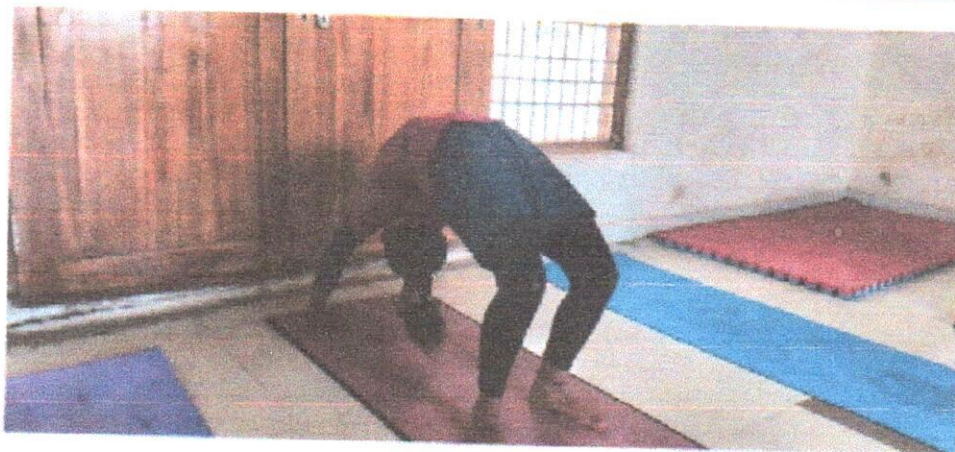
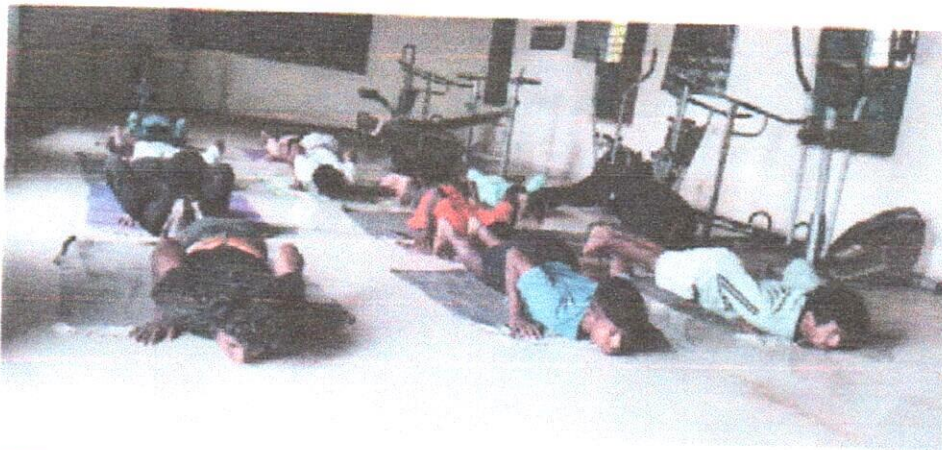
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Pogram international yoga day

Date . 08/02/2019

Day 3



HEALTH AND RECOVERY GOALS, AND IMPROVE YOUR OVERALL HELATH AND WELL BEING

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Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID

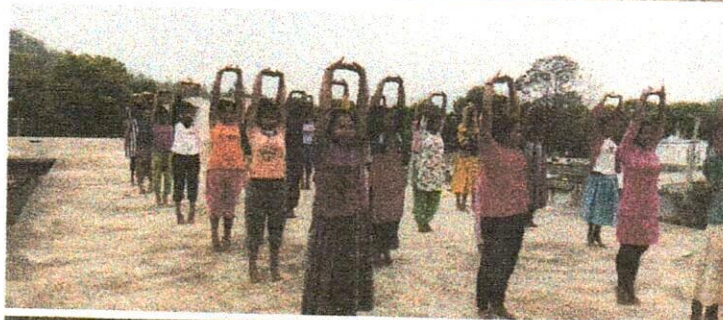
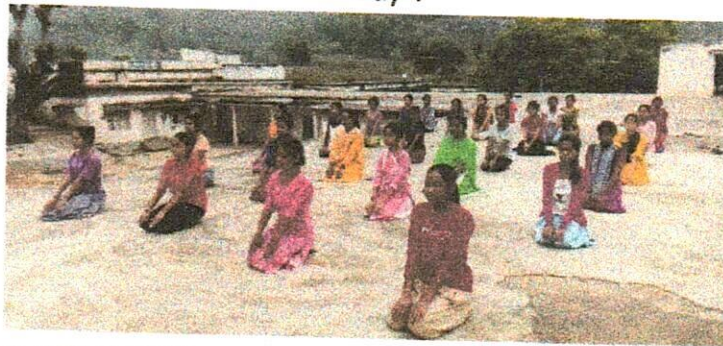
Paderu.jkc@gmail.com



Pogram international yoga day

Date : 11/06/2018

Day 4



YOGA AND MEDITATION PARTICIPATED STUDENTS

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Visakhapatnam Di



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(Upgrade to Model Degree college under RUSA 2.0)

Paderu visakhapatnam District, AP.

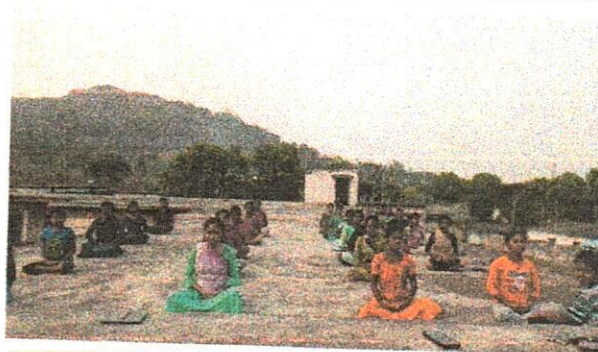
Est:1985 NAAC "C" Grade phone no: 08935250013 Email ID
Paderu.jkc@gmail.com




Pogram international yoga day

Date 12/06/2018

Day 5



YOGA AND MEDITATION PARTICIPATED STUDENTS


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Visakhapatnam District



GOVERNMENT DEGREE COLLEGE PADERU

Visakhapatnam Dist.



DEPARTMENT OF ENGLISH
LANGUAGE AND COMMUNICATION SKILLS
2018-19

CIRCULAR

Paderu

05.12.2019

It is informed that as part of enriching communication skills in English language, a short term training course is planned in the college in collaboration with the Jawahar Knowledge Center (JKC). This short term training program aims at enriching the students' communication skills and instilling self confidence in them to use English language in all personal, academic and professional lives.

Therefore, interested students can enroll their names on or before 10th December 2019 with the department of English or the mentor, Jawahar Knowledge Center.

V. A. F
Principal
Govt. Degree College
PADERU 531 024
AMishra
Mishra Raju Dist.

Syllabus

Grammar

1. Self introduction
2. Be, Do. Have form Verbs
3. Modal auxiliary verbs
4. Tenses
5. Concord
6. Conditional clauses
7. Articles
8. Transformation of sentences
9. Use of conjunctions

Speaking skills

1. Vowel sounds
2. Consonant sounds
3. Accent
4. Intonation

Reading skills

1. Synonyms
2. Antonyms
3. Idioms
4. Scanning and Skimming

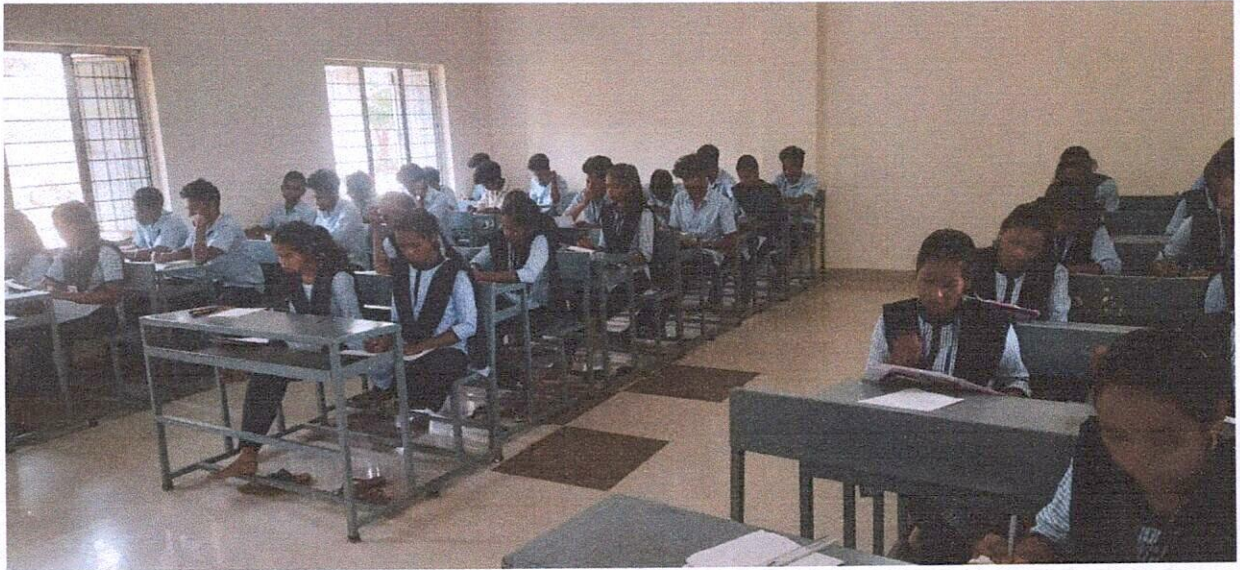
Writing skills

1. Paragraph writing
2. Essay writing
3. Note making
4. Resume writing

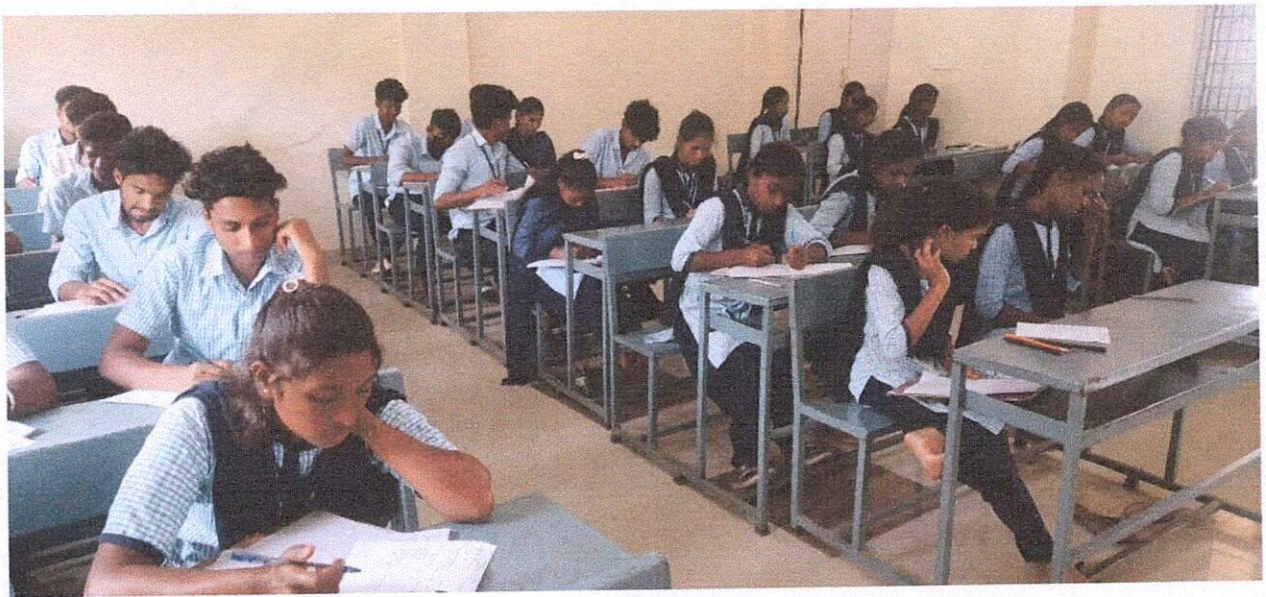
Students practicing written communication skills under the supervision of faculty.




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Visakhapatnam Dist.



Students drilling Grammar exercises under the supervision of the teachers.



Students that get benefitted in the program.


Principal
Govt. Degree College
PADERU-531 024
Visakhapatnam Dist.

SL No	Name of the student	Group
1	Ch. Dinesh	III B.Com
2	B. Sumanth	III B.Com
3	M. Karthik	III B.Com
4	N Praveen Kumar	III B.Com
5	M Joseph Kishore	III B.Com
6	M. LaxmiPriya	III B.Com
7	P.Mahesh	III B.Com
8	P.Naresh	III B.Com
9	P. Deepthi	III B.Com
10	S. Teja	III B.Com
11	A Sateesh	II B.A
12	B Hareesh	II B.A
13	D. Raju	II B.A
14	K. DurgaBhavani	II B.A
15	S. Sai Lalitha	II B.A
16	M. Satish Kumar	II B.A
17	N. Lilly	II B.A
18	N. Sanjana	II B.A
19	P. DurgaBhavani	II B.A
20	R. Padmavathi	II B.A
21	S. VijayaLaxmi	II B.A
22	U. Prasanth	II B.A
23	Y. Satish	II B.A

25	Y. Swapna	II B.A
26	B Jhansi	II B.Com
27	B. Ramya	II B.Com
28	K. Supriya	II B.Com
29	S. Sowjanya	II B.Com
30	Y Srilaxmi	II B.Com

V. 

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GOVERNMENT DEGREE COLLEGE PADERU



Visakhapatnam Dist.

**DEPARTMENT OF ENGLISH
LANGUAGE AND COMMUNICATION SKILLS
2019-20**

CIRCULAR

Paderu

01.02.2020

It is informed that as part of enriching communication skills in English language, a short term training course is planned in the college in collaboration with the Jawahar Knowledge Center (JKC). This short term training program aims at enriching the students' communication skills and instilling self confidence in them to use English language in all personal, academic and professional lives.

Therefore, interested students can enroll their names on or before 28th January 2020 with the department of English or the mentor, Jawahar Knowledge Center.



Principal
Govt. Degree College
PADERU-531 024
Visakhapatnam Dist.

Syllabus

Grammar

1. Self introduction
2. Be, Do, Have form Verbs
3. Modal auxiliary verbs
4. Tenses
5. Concord
6. Conditional clauses
7. Articles
8. Transformation of sentences
9. Use of conjunctions

Speaking skills

1. Vowel sounds
2. Consonant sounds
3. Accent
4. Intonation

Reading skills

1. Synonyms
2. Antonyms
3. Idioms
4. Scanning and Skimming

Writing skills

1. Paragraph writing
2. Essay writing



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Paderu, Alluri Sitharama Raju - District, AP.

Est:1985 NAAC "C" Grade phone no: 08935 250013

Email.ID :paderu.jkc@gmail.com.

DEPARTMENT OF ENGLISH
LANGUAGE AND COMMUNICATION SKILLS
2021-22

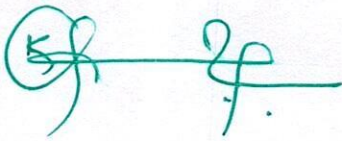
CIRCULAR

Paderu

05.11.2022

It is informed that as part of enriching communication skills in English language, a short term training course is planned in the college in collaboration with the Jawahar Knowledge Center (JKC). This short term training program aims at enriching the students' communication skills and instilling self confidence in them to use English language in all personal, academic and professional lives.

Therefore, interested students can enroll their names on or before 10th November 2022 with the department of English or the mentor, Jawahar Knowledge Center.



Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.

Syllabus

Grammar

1. Self introduction
2. Be, Do, Have form Verbs
3. Modal auxiliary verbs
4. Tenses
5. Concord
6. Conditional clauses
7. Articles
8. Transformation of sentences
9. Use of conjunctions

Speaking skills

1. Vowel sounds
2. Consonant sounds
3. Accent
4. Intonation

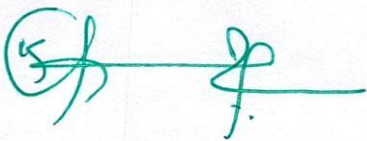
Reading skills

1. Synonyms
2. Antonyms
3. Idioms
4. Scanning and Skimming

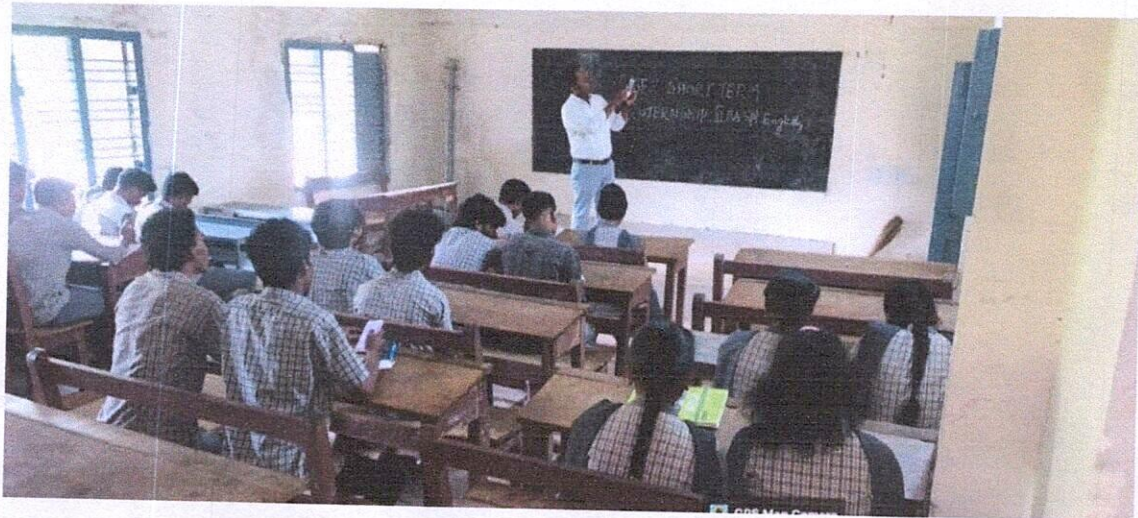
Writing skills

1. Paragraph writing
2. Essay writing
3. Note making
4. Resume writing

Students involved in an activity after listening to the class



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Govt. Degree College
PADERU-534 024
Alluri Sitharama Raju-Dist.



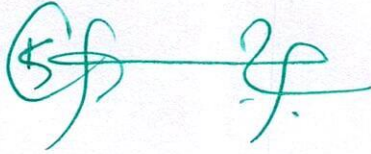
THE ABOVE PICTURES INDICATE THE STUDENTS ATTENDING THE SESSIONS.

Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.

Students that get benefitted in the activity

SL No	Name of the student	Group
1	B.R Kiran	I. BCom
2	R. Kumar	I. BCom
3	U. Bala Kiran	I. BCom
4	GSS Prakash	I. BCom
5	KD Kumari	I. BCom
6	K Priyanka	I. BCom
7	M. Prasad	I. BCom
8	M. Gayathri	I. BCom
9	M. Prasad	I. BCom
10	M. AdiEswar	I. BCom
11	N. JayaSri	I. BCom
12	P.S Krishna	I. BCom
13	R.G Nandini	I. BCom
14	P.S Kusuma	I. BCom
15	S.N Sairam	I. BCom
16	N. Sushma	I. BCom
17	M. Vikas	I. BCom
18	N. Hema	I. BCom
19	P.V Ramana	I. BCom
20	PP Teja	I. BCom
21	Ravi Kujmar	I. BCom

22	A. Veerendra	I. BCom
23	P. Sri Harsha	I. BCom
24	PVV Naga Vaara Prasad	I. BCom
25	R. Dhanush	I. BCom
26	S. Fathima	I. BCom
27	S. Rakesh	I. BCom
28	S. Johnny	I. BCom
29	S. Khatoon	I. BCom
30	S. Raja Mani	I. BCom



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DEPARTMENT OF ENGLISH
LANGUAGE AND COMMUNICATION SKILLS
2022-23

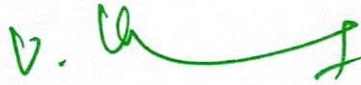
CIRCULAR

Paderu

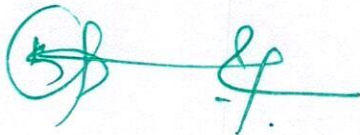
05.09.2022

It is informed that as part of enriching communication skills in English language, a short term training course is planned in the college in collaboration with the Jawahar Knowledge Center (JKC). This short term training program aims at enriching the students' communication skills and instilling self confidence in them to use English language in all personal, academic and professional lives.

Therefore, interested students can enroll their names on or before 10th September 2021 with the department of English or the mentor, Jawahar Knowledge Center.



Principal
Govt. Degree College
PADERU 534 024
Aturi Sitharama Raju-Dist.



Syllabus

Grammar

1. Self introduction
2. Be, Do, Have form Verbs
3. Modal auxiliary verbs
4. Tenses
5. Concord
6. Conditional clauses
7. Articles
8. Transformation of sentences
9. Use of conjunctions

Speaking skills

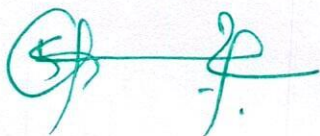
1. Vowel sounds
2. Consonant sounds
3. Accent
4. Intonation

Reading skills

1. Synonyms
2. Antonyms
3. Idioms
4. Scanning and Skimming

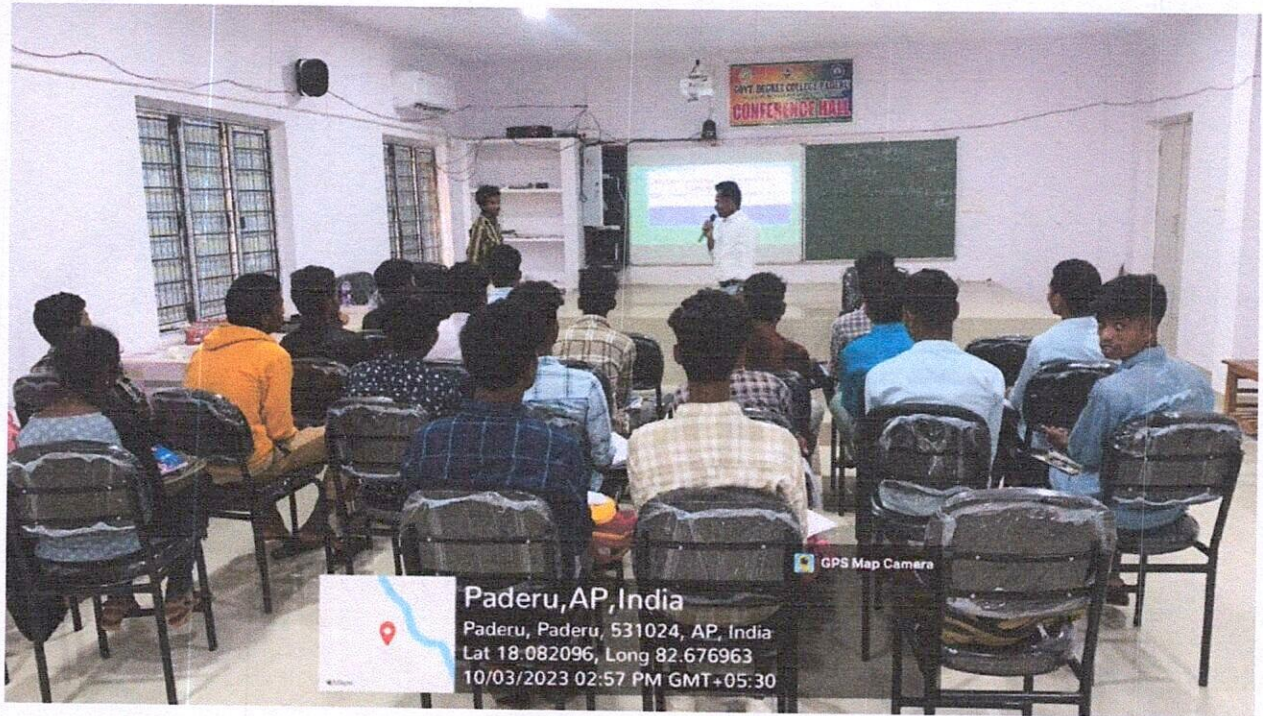
Writing skills

1. Paragraph writing
2. Essay writing
3. Note making
4. Resume writing



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Students actively engaged in training program



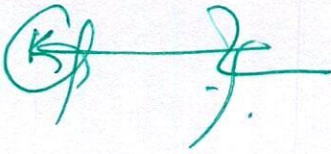
Principal
Govt. Degree College
PADERU 534 024
Alluri Sitharama Raju-Dist.

Students that get benefitted in the activity

SL No	Name of the student	Group
1	AVN Jyothi	II B. A(G)
2	AJ Laxmi	II B. A(G)
3	AS Sri	II B. A(G)
4	A Swarna	II B. A(G)
5	Ch. Bhavani	II B. A(G)
6	B. Chandralekha	II B. A(G)
7	G. Kavya	II B. A(G)
8	H. Sunitha	II B. A(G)
9	K. Laha	II B. A(G)
10	K. Uma	II B. A(G)
11	K. Poojitha	II B. A(G)
12	K. Renuka	II B. A(G)
13	K. Jyothi	II B. A(G)
14	MS Sankar	II B. A(G)
15	MS Ravi Krishna	II B. A(G)
16	M Srinivas	II B. A(G)
17	M A Abas	II B. A(G)
18	. Devi	II B. A(G)
19	NTR Satish Naidu	II B. A(G)
20	P. V Kumar	II B. A(G)
21	PV Laxmi	II B. A(G)

22	C. P. Akhil	II B. A(G)
23	P. Alekhya	II B. A(G)
24	R. Ramya	II B. A(G)
25	R. Venkat	II B. A(G)
26	SKV SathyaVeni	II B. A(G)
27	SVSS Manikantha	II B. A(G)
28	P. Madhu	II B. A(G)
29	V. Pesanna	II B. A(G)
30	Y. Bharathi	II B. A(G)

V. C. I



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Govt. Degree College
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