



SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

UG Block Vensai Projects, Kompally, Secunderabad, Telangana - 500100.



Cycle-1 NAAC Accreditation 2023

Criteria 5 – Student Support and Progression

5.1 Student Support

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

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

Submitted to



National Assessment and Accreditation Council



S. P. Sampathy's Siva Sivani Educational Society (2906/97)

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

LIFE SKILLS (2021-22)

SNO	Name of the capability development and skills enhancement program	Number of students enrolled	Name of the experts
1	Yoga	53	Mr. Vishwa Dev, Dept. of Sec. Lang., SSDC, Kompally
2	Health and Hygenic	144	Ms. B. Harika, Dept. of Sci., SSDC, Kompally
3	Dumbells & Hula Hoops	53	Mr. K. Adharsha Goud, PD, SSDC, Kompally
4	Lezims	196	Mr. K. Adharsha Goud, PD, SSDC, Kompally
5	Aerobics and Lezims	197	Mr. K. Adharsha Goud, PD, SSDC, Kompally



NH - 44, Kompally, Secunderabad - 500 100. Telangana, INDIA
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Mamatha
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100



SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad
Kompally, Secunderabad, Telangana 500100

Courses on

Life Skills
(Yoga)

Conducted on

23-04-2022

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

Mr. Vishwa Dev,
Dept. of Sec. Lang., SSDC,
Kompally

About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

Objectives of the program

- The object of yoga is a comprehensive approach to well-being that addresses physical, mental, and spiritual dimensions. Through the integration of postures, breath control, meditation, and ethical principles, yoga offers a holistic path toward a balanced and fulfilling life.



Mameta
Siva Sivani Degree College
Kompally, Madhwal, Kompally (D)-500100



Date: 22-04-2022

CIRCULAR

The students of our college are here by informed that we are planning to conduct a program on Yoga on 23-04-2022 at 2 PM. at seminar hall by MS. Mr. Vishwa Dev, Dept. of Sec. Lang, SSDC, Kompally. All the students must attend the program without fail.

Copy to:

1. All the HODs
2. Notice Board
3. File



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SIVA SIVANI DEGREE COLLEGE, KOMPALLY

STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE: YOGA

DURATION

COURSE: B.COM HONS -III

No. OF STUDENTS ATTENDED :

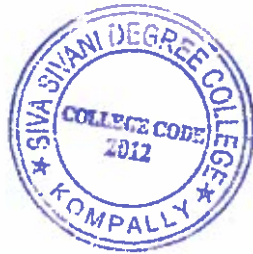
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201219407001	RASOORI ANIL KUMAR	Anilkumar
2	201219407002	MALIGE GAUTAM	M. Gautam
3	201219407003	KOKKONDA BASANTH REDDY	Basant
4	201219407004	N VIJAY KUMAR	N. Vijay
5	201219407006	GUMMADI AKANKSHA	Akanksha
6	201219407007	MALLAM VAISHNAVI	vaishnavi
7	201219407008	PREETHI AGARWAL	Agarwal
8	201219407009	ALISHA TABASSUM	Alisha
9	201219407010	KOLANKA LAKSHMI SAI SWATHI	Saibhaskar
10	201219407011	BASUPALLY SAHITHYA REDDY	Sahithy
11	201219407013	CHELURU PRASANNA	Prasanna
12	201219407014	JAINESH LAKHANI	J. Lakhani
13	201219407015	MENDE CHANDU YADAV	Yadav
14	201219407016	AJAY KARSHANIYA	Karshaniya
15	201219407017	PATHI SAI	Pathi Sai
16	201219407018	MD AFTAB ALAM	Alam
17	201219407019	PUJARI DHARANI	Dharani
18	201219407020	VADDAMALLA VANDANA	Vandana
19	201219407021	DRASHTI SANJAY PAREKH	Parekh
20	201219407022	PADALA SAI PUJITHA	Sai Pujitha
21	201219407023	SARASAM MAHALAXMI	Mahalaxmi
22	201219407024	LAMBADI SUPRIYA	h. Supriya
23	201219407025	KOLATHEKKAT SRAVYA	Sravya
24	201219407026	TAMATAPU UDAY KUMAR	Uday Kumar
25	201219407028	PARVATHI RAHUL	P. Rahul
26	201219407029	APPAJI NAGESHWARI	Nageshwari
27	201219407030	GORANTLA SREYA	Sreya
28	201219407031	PENUMATSA PAVANI	Pavani
29	201219407032	SHAIK FATHIMA	S. Fathima
30	201219407034	KODAM CHETAN	Chetan
31	201219407036	M R SHRESHTA LAXMI	Laxmi
32	201219407038	ISHIKA TEJANI	Ishika
33	201219407039	KONDAYYAGARI MOUNIKA	Mounika



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
34	201219407040	KUMMARI MANASA	Manasa
35	201219407041	ANITHA	Anitha
36	201219407042	PULA NAVYA	navya
37	201219407043	NANDINI RATHI	shyama
38	201219407044	THANNEERU SHYAM KUMAR	meghna
39	201219407045	P MEGHANA	P. Meghana
40	201219407046	HANUMANTHU SAHITHYA	Sahithya
41	201219407047	RICHARD CHRISTY NICHOLAS	christy
42	201219407048	DIVYA SINGH PARIHAR	Divya Singh
43	201219407049	ANTHRI DURGA BHAVANI	A. Bhavani
44	201219407051	GANGAPURAM NIKHIL	nikhil
45	201219407052	PITTALA SRI CHANDANA	P. Sri Chandana
46	201219407053	DOMADUGU SIRIVENNELA	Sirivennela
47	201219407054	PALERLA ARCHANA	P. Archana
48	201219407055	KILLADA SHAILAJA	shailaja
49	201219407056	TAHNIYATH TABASSUM	tabassum
50	201219407057	NARASAPURAM NANDINI	nandini
51	201219407058	NELLI PAVANI	pavani
52	201219407060	PATLOLLA VAISHNAVI	vaishnavi
53	201219407061	S JESHWANTH	S. Jeshwanth


co-ordinator




Principal
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dr)-500100



Report of the Program

Yoga

Name of the Resource Person : Mr. Viswa Dev
Date : 23-04-2022
Venue : Seminar Hall
No. of Students Attended : 53

Description:

A session for yoga and meditation was conducted for final year students at siva sivani degree college by Mr. Vishwadev, where similar types of Asanas and Pranayamas were trained, where total 56 students attended for the session.

Precession : before starting the sessions, detailed definition and benefits of Yoga and Meditation were explained to students. As per the detailed explanation, The Yoga was divided into three types - 1. Meditation , 2. Pranayamas , 3. Asanas .

THE PRANAYAMA: -

Pranayama, which consists of various breathing exercises in yoga, is a fundamental aspect of yogic practices. The word "pranayama" is derived from two Sanskrit words: "prana," meaning life force or vital energy, and "ayama," meaning control or expansion. Practicing pranayama techniques is believed to enhance the flow of prana in the body, leading to various physical, mental, and spiritual benefits. Here are some common uses and benefits of pranayamas:

Improved Respiratory Function: Pranayamas enhance lung capacity, increase oxygen intake, and improve respiratory efficiency. This is particularly beneficial for individuals with respiratory conditions like asthma.

Energy Regulation: Pranayama is believed to balance the flow of prana (energy) in the body, promoting a sense of vitality and overall well-being.

Strengthening the Nervous System: Controlled and mindful breathing through pranayamas can have a positive impact on the autonomic nervous system, leading to better nervous system function.

Emotional Regulation: Pranayama practices can help individuals manage and regulate their emotions, reducing feelings of anxiety, fear, or anger.

Enhanced Circulation: Deep and conscious breathing promotes better blood circulation, delivering oxygen to various parts of the body and improving overall cardiovascular health.

Improved Digestion: Some pranayamas, like Nadi Shodhana (alternate nostril breathing), may stimulate the digestive system and improve the assimilation of nutrients.

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Kompally, Secunderabad-500100





THE ASANAS:-

These are few general asanas - Tadasana, Trikonasana, Padmasana, Adho Mukha, Svanasana, Savasana, Natarajasana etc.

Regular practice of asanas increases flexibility by stretching and lengthening muscles, which can improve overall range of motion. Asanas often involve balancing poses, which help enhance stability and coordination. The focus on breath and mindful movement in yoga can help reduce stress and promote relaxation. Asanas often require concentration and awareness, which can enhance mental focus and clarity. Asanas emphasize the connection between the body and mind, fostering self-awareness and emotional balance. Asanas promote awareness of body alignment, leading to improved posture and reduced strain on the spine and joints. The gentle stretching and movement in yoga poses can improve blood circulation, benefiting overall cardiovascular health. Regular practice of certain asanas may help alleviate chronic pain, such as back pain or joint discomfort.

Physical postures prepare the body and mind for meditation by releasing tension, improving flexibility, and promoting comfort in a seated position.

Breath control in pranayama practices serves as a bridge between the physical and meditative aspects of yoga. It helps calm the mind, making it more receptive to meditation.

CONCLUSION:-

The combination of pranayama (breath control) and asanas (physical postures) forms a comprehensive and integrated approach to the practice of yoga, contributing to overall well-being on physical, mental, and spiritual levels. The synergy between these two components enhances the transformative power of yoga. Here are some key points to summarize the significance of pranayama and asanas: the relationship between pranayama and asanas exemplifies the holistic nature of yoga. By combining breath, movement, and mindfulness, practitioners can experience a profound and transformative journey toward optimal health and self-discovery. As with any practice, it is advisable to approach pranayama and asanas with awareness, respect for individual abilities, and under the guidance of a qualified yoga instructor.

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S. P. Sampathy's Siva Sivani Educational Society (2906/97)

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)



S. P. Sampathy
Coordinator



Mamatha P

PRINCIPAL Principal
Siva Sivani Degree College
Kompally, Madhwal-Malkajgiri (Dt)-500100

Mamatha P



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Siva Sivani Degree College
Kompally, Madhwal-Malkajgiri (Dt)-500100

FEED BACK FORM

Date	23-04-2022
Student Name	C Prabanna
Presenter	Vishwa Dev

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.		✓			
4	The presented information and/or skills proved to be relevant and beneficial.			✓		
5	The resource person allocated sufficient time for queries and responded to them effectively.	✓				
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		✓			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works


Student Signature




PRINCIPAL
Siva Sivani Degree College
Kompaly, Mecchal-Malkajgiri(D#-600100)

FEED BACK FORM

Date	23-04-2022
Student Name	Sreyas G
Presenter	Vishwa Dev


Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.			✓		
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.	✓				
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		✓			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works

Student  Signature




PRINCIPAL
Siva Sivan Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100

FEED BACK FORM

Date	23-04-2022
Student Name	G. Nakhil
Presenter	Vishwadev

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works


Student Signature




PRINCIPAL
Shri Sivan Degree College
Kemptly, Modcha, Malkajgiri (Dy-500100)



SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad
Kompally, Secunderabad, Telangana 500100

Courses on
Life Skills
(Health and Hygenic)

Conducted on
27-04-2022

Who can participate:
Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

**Ms. B. Harika, Dept.of.Sci.,
SSDC, Kompally**

About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

Objectives of the program

- The primary object or purpose of health and hygiene practices is to promote overall well-being by preventing the spread of diseases, maintaining physical and mental health, and fostering a clean and safe environment.



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Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(DI)-500100



Date: 26-04-2022

CIRCULAR

The students of our college are here by informed that we are planning to conduct a program on Health and Hygienicon 27-04-2022 at 1 PM. at seminar hall by Ms. B. Harika, Dept.of.Sci. SSDC, Kompally . All the students must attend the program without fail.

Copy to:

1. All the HODs
2. Notice Board
3. File



Mamathap
Principal

PRINCIPAL

Siva Sivani Degree College
Kompally, Medchal Malkajgiri(D)-500100



SIVA SIVANI DEGREE COLLEGE, KOMPALLY

STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE: Health and Hygenic

DURATION

COURSE BSC-III

No. OF STUDENTS ATTENDED : 144

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201219467001	VADLA SHASHIKANTH CHARY	V. shashikanth chary
2	201219467002	GADDAM VAMSHI KIRAN REDDY	Vamshi
3	201219467003	BATTI ARUN SAI	B. Arun Sai
4	201219467005	WADDEPALLY VARUN	Varun
5	201219467006	Mr. VANKDAVATH SURESH NAYAK	Suresh
6	201219467007	REDDY DEVI	DEVI
7	201219467008	P SHESHU	P. sheshu
8	201219467010	KOYYA MEENAKSHI	Meenakshi
9	201219467011	VEGASANA YAMUNA	V. YAMUNA
10	201219467012	JAITHIWALA ANKITHA	Ankitha
11	201219467013	CHERUKU NANDINI	Nandini
12	201219467014	KASAM SANJANA	Sanjana
13	201219467015	POLA NAVYASREE	Navya Sree
14	201219467016	BEJJIPURAPU UJWALA	Ujwala
15	201219467017	VANGALI AKSHITHA	Akshitha
16	201219467018	RAJANNAGARI ASMITHA	Asmitha
17	201219467019	ABHISHEK SINGH CHAUHAN	Abhishek
18	201219467020	RYAKALA RUCHITHA	Ruchitha
19	201219467021	SUTHARI SINDHUJA	S. Sindhuja
20	201219467022	GAJANAND LAD	Gajanand
21	201219467023	PANTHULU SHASHIDHAR REDDY	Shashi
22	201219467024	TIRUMALA SRAVAN KUMAR	Sraavan
23	201219467025	BACHALI SUBHASREE	B. Subhasree
24	201219467026	POTHUGANTI SRAVANI	Sravani
25	201219467027	DUNNA VASUDEV	Vasudev D
26	201219467028	KYADAS SAI VARUN	Varun
27	201219467029	SURKANTI LAVANYA	Lavanya
28	201219467030	KRISHNA NAGWAN	Keeth
29	201219467031	DEEPTI RANI NAYAK	Deepthi
30	201219467032	VASAMSHETTY SHANMUKH	V. Shanmukh
31	201219467033	PASUPULA SAI KIRAN	Sai
32	201219467034	NISHA JANGRA	J. Nisha



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
33	201219467035	AFREEN	Afreen
34	201219467036	TAPPETLA DEEPIKA	Deepika
35	201219467037	PUTLURU BHAVYA	Bhavya
36	201219467038	ASHAMGARI HINDHU	Hindhu
37	201219467039	D PURNIMA RAJ	Purnima Raj
38	201219467040	YENKUGARI ROSHINI	Roshini
39	201219467041	NACHARAM NIKITHA	Nikitha
40	201219467042	RAMANKOL DEERAJ	Deeraj
41	201219467043	GURRAM ROHITH	G. Rohith
42	201219467044	NARLA LAXMI PRIYA	Laxmi priya
43	201219467045	MARIPUDI ANUSHA	Anu
44	201219467046	POKKULA KEERTHI	Keerthi
45	201219467047	DANTURI PARICHAYA	Pradaya
46	201219467048	BONU SHIRISHA	Shirisha
47	201219467049	YAMINI SARASWATHI	Saraswathi
48	201219467050	JUVANAPUDI RESHMA	Reshma
49	201219467051	PATLOLLA ROHITH REDDY	Rohith
50	201219467052	RAGULA SHASHIDHAR	Shashi
51	201219467053	MULLEVA GOUTHAM	M. Goutham
52	201219467054	MONIKA	monika
53	201219467055	ALIKA SANDHYA RANI	Sandhya
54	201219467056	MASRATH	Masrath
55	201219467057	DEVANA POOJITHA	Poojitha
56	201219467058	CHATTE SAI PRIYA	priya
57	201219467059	GUNDLA KANAKARAJU	G. Kanakaraju
58	201219467060	BODA JAHNAVI	JAHNAVI
59	201219467063	MUNIGYALA SUYASHA	Suyasha
60	201219467061	VONTARI NEHA	Neha
61	201219467062	POTHUGANTI TEJA SREE	Tejasree
62	201219467064	KURUVA SUSHMITHA SAI	Sushmitha Sai
63	201219467065	TERLI GOWTHAMI	Gowthami
64	201219467066	KOMMU MANASA	V. Manasa
65	201219467067	MAILA NAVYA SRI	Navya Sree
66	201219467068	MAREDDY PREETHI REDDY	Preethi
67	201219467069	CHANDRAIAHGARI ASHWITHA	Ashwitha
68	201219467070	VANGALLRAMYA	V. Ramya



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
69	201219467071	ENUGU POOJA	Pooja
70	201219467072	SRIRAM SUSHMITHA	Sushma
71	201219467073	GONABOINA TANUJA	Tanuja
72	201219467074	RAGINI KUMARI NIRALA	Nirala. Ragini
73	201219467075	VIJESH CHOUDHARY	Vijesh
74	201219467076	ANUPARTHI JHANSI RANI	Jhansi
75	201219467077	VADICHERLA VASANTHA MARY	Vasanth
76	201219467078	DUMBALA MOUNENDER REDDY	Mounender
77	201219467079	RAJU AKHILA REDDY	Akhil
78	201219467080	VARLA SHIVA PRASAD	Visthiva Prasad
79	201219467081	KRISHNA VENKATESH NADIYA	Venkatesh
80	201219467082	TELKAPALLI PRIYANKA	Priya
81	201219467083	MUSKAN	Muskan
82	201219467084	VULASI RAJESHWARI	Rajeshwari
83	201219467085	JOGU THRINESH	Trinesh
84	201219467086	DAPPU KALPANA	Kalpana
85	201219467087	ADIRAJAPALLI VAGDEVI	Vagdevi
86	201219467088	KODALI BHAGYASHREE	K. Bhagyashree
87	201219467089	CHIGULLAPALLY AVANTHI	Avanthi
88	201219467090	BUSI TRIVENI	Triveni
89	201219467091	TIWARI ANKIT	Ankit
90	201219467092	RITESH KARSHANIYA	Karshaniya
91	201219467093	BAJARLA ANUSHA	Anusha
92	201219467094	CHILAMULA RAJESH	Ch. Rajesh
93	201219467095	VELLANKI SANKEERTHANA	Sankeethana
94	201219467096	ABBAGOUNI VARA PRASAD GOUD	A. Varaprasad Goud
95	201219467097	VADTHYA KUSHALA	Kushala
96	201219467098	P SOWMYA	P. Sowmya
97	201219467099	KANNAPURAM MOUNIKA	Mounika
98	201219467100	VADAKATTU SUPRAJA	Supraja
99	201219467101	KANNAPURAM SUCHARITHA	Sucharitha
100	201219467102	GONE RAGHUVeer REDDY	Raghuveer
101	201219467103	BALLANI KRUTHAGNA	B. Kruthagna
102	201219474001	P RAMA KRISHNA REDDY	Krishna
103	201219474002	JAKKAMSETTY KUMAR	J. Kumar
104	201219474004	MUSKI DINESH REDDY	Dinesh



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S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
105	201219474005	PATHAKOTA CHARANTEJA REDDY	Charanteja
106	201219474006	G HARSHAVARDHAN REDDY	Harshavardhan
107	201219474007	KOTARI BHARGAVI	Bhargavi
108	201219474008	SAPA DEVASRI	Devasri
109	201219474009	BANDARU SHIRISHA	Shirisha
110	201219474010	DADI KAVYA	Kavya
111	201219474011	MADASU PRIYANKA	Priya
112	201219474012	PRATEEK KUMAR	Prateek
113	201219474013	PALA VIJAY SHANKAR	Shankar
114	201219474014	AMUDA BHAVANA	A Bhavana
115	201219474015	GINNE KIRAN KUMAR REDDY	Kiran Kumar
116	201219474016	CH BHAVYA	Ch Bhavya
117	201219474017	VISHWANTHAM MANIKANTA	Mani
118	201219474018	RIMI CHAKRABORTY	Chakraborty
119	201219474019	RAVULA JANARDHAN	R. Janardhan
120	201219474020	KAITHA SWATHI	K. Swathi
121	201219474022	NADENDLA BHARGAVI	Bhargavi
122	201219474025	SAYAMMAGARI SUSHMITHA	Sushmitha
123	201219474026	KULAKARNI KRISHNA VAMSHI	Vamshi
124	201219474027	NAKKA DEEPAK GOUD	Deepak
125	201219474028	KONDRU SRI RAM	K. Sri Ram
126	201219474029	KANDI KONDA RAKESH	Rakesh
127	201219474031	ARAKARI SAI MARUTHI LATHA	Latha
128	201219474032	A MOUNIKA	A. Mounika
129	201219474033	SARJANA PAVAN KUMAR	Pavan Kumar
130	201219474034	RYAKALA MOUNIKA	Mounika
131	201219474035	TERALA MADHURI	Madhuri
132	201219474037	MARAM SAI ROHITH	SAI ROHITH
133	201219474038	MORIGADI SUPRIYA	Supriya
134	201219474039	KURAPATI HEMASRI	Hema
135	201219474040	N J SHIVANI	NJ shivani
136	201219474041	MADDELA RAMYA SREE	Sree
137	201219474042	VANJARA PODHANAK AISHWARYA	Aishwarya
138	201219474043	CHINTADA BHARGAV	C. Bhargav
139	201219474045	VEERABOINA SRAVANI	Sravani
140	201219474046	ANNU KUMARI	Kumari



Mamatha
PRINCIPAL
Siva Sivani Degree College

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
141	201219474047	PEDDAVENKUGARI CHANDANA	<i>Chandana</i>
142	201219474048	PULIDINDI SIRISHA	<i>P. Sirisha</i>
143	201219474049	DWARA HARI CHANDANA	<i>chandana</i>
144	201219474050	KODI HIMABINDU	<i>K. Himabindu</i>


co-ordinator



Mamathap
Principal

PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



Mamathap
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



Report of the Program

Health and Hygenic

Name of the Resource Person : Ms. B. Harika
Date : 27-04-2022
Venue : Seminar Hall
No. of Students Attended : 144

Health and hygiene workshop was conducted to the students so as to empower them with knowledge and skills for maintaining a healthy lifestyle.

Briefly explained the importance of health and hygiene in academic success and overall well-being.

Discussed the basics of a balanced diet, regular exercise, and the importance of staying active. Emphasized the connection between physical health and academic performance. Discussed the significance of good sleep habits for concentration and memory.

Provided tips for improving sleep quality. Addressed daily personal care routines, including bathing, dental hygiene, and grooming. Discussed the role of personal care in self-esteem and confidence. Demonstrated proper handwashing techniques.

Explained how hand hygiene prevents the spread of illnesses.

Educated students on making healthy food choices.

Discussed the importance of regular meals and avoiding excessive junk food.

Introduced fun and accessible physical activities suitable for students.

Discussed effective time management for balancing academics, extracurricular activities, and personal time.

Conducted some interactive activities, games, or demonstrations to reinforce key concepts.

Finally, students were engaged in discussions about their experiences and challenges. & Allowed the students to ask questions and share their thoughts. & also addressed common concerns related to health and hygiene.




Coordinator


Principal


Principal



FEED BACK FORM

Date	27-04-2022
Student Name	R. Ruchitha
Presenter	B. Harika

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.				✓	✓
4	The presented information and/or skills proved to be relevant and beneficial.			✓		
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics	✓				
8	Both the information and activities conducted in the workshop were pertinent and beneficial.				✓	

Please share any additional comments or suggestions you have regarding the works


Student Signature




PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (D-500100)

FEED BACK FORM

Date	27-04-2022
Student Name	Mounika
Presenter	B. Harika

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.				✓	
4	The presented information and/or skills proved to be relevant and beneficial.			✓		
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.			✓		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics				✓	
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works


Student Signature



Mama Reddy
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Naikal, Dist. D.D. 500100

FEED BACK FORM

Date	27-04-2022
Student Name	B. Sriveni
Presenter	B. Harika

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.	✓				
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		
6	The resource person employed a student-centric approach to learning, proving highly effective.				✓	
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works


Student Signature



Mamallap
PRINCIPAL
Siva Sivani Degree College
Kompally, Mudchal-Valikajiri(D-4-500100)

FEED BACK FORM

Date	27/4/22
Student Name	Swathi K
Presenter	B. Haruka

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.			✓		
4	The presented information and/or skills proved to be relevant and beneficial.			✓		
5	The resource person allocated sufficient time for queries and responded to them effectively.				✓	
6	The resource person employed a student-centric approach to learning, proving highly effective.			✓		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works

Swathi
Student Signature



Mamathap
PRINCIPAL
Siva Sivani Degree College
Koppally, Medchal - Warangal (04-500100)



SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad
Kompally, Secunderabad, Telangana 500100

Courses on

Life Skills (Dumbbells & Hula Hoops)

Conducted on

10-05-2022

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

**Mr. K. Adharsha Goud, PD
SSDC, Kompally**

About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

Objectives of the program

- Dumbbell and hula hoop activities encompass a broad spectrum of physical and mental health benefits, promoting overall well-being and fitness. Integrating these activities into a balanced exercise routine can contribute to a holistic approach to health and fitness.



Mamatha
PRINCIPAL

Siva Sivani Degree College
Kompally, Madchal-Malkajgiri(Dt)-50



S. P. Sampathy's Siva Sivani Educational Society (2906/97)

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Date: 09-05-2022

CIRCULAR

The students of our college are hereby informed that we are planning to conduct a program on Dumbbells & Hula Hoops on 10-05-2022 at 10 AM. at college play ground by Mr.K. Adharsha Goud, PD,SSDC,Kompally . All the students must attend the program without fail.

Copy to:

1. All the HODs
2. Notice Board
3. File



Mamathap

Principal

PRINCIPAL

Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA
Mobile: - +91-9247048112. Website: ssdc.ac.in

Mamathap

PRINCIPAL

Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100

SIVA SIVANI DEGREE COLLEGE, KOMPALLY

STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE: Dumbbells & Hula Hoops		DURATION	
COURSE: B.COM HONS -III		No. OF STUDENTS ATTENDED : 53	
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201219407001	RASOORI ANIL KUMAR	R. Anil Kumar
2	201219407002	MALIGE GAUTAM	M. Gautam
3	201219407003	KOKKONDA BASANTH REDDY	Basanth Reddy
4	201219407004	N VIJAY KUMAR	N. Vijay Kumar
5	201219407006	GUMMADI AKANKSHA	G. Akanksha
6	201219407007	MALLAM VAISHNAVI	Vaishnavi
7	201219407008	PREETHI AGARWAL	Preethi
8	201219407009	ALISHA TABASSUM	Alisha T
9	201219407010	KOLANKA LAKSHMI SAI SWATHI	K.l.s. Swathi
10	201219407011	BASUPALLY SAHITHYA REDDY	B. Sahithya Reddy
11	201219407013	CHELURU PRASANNA	Ch. Prasanna
12	201219407014	JAINESH LAKHANI	Jainesh
13	201219407015	MENDE CHANDU YADAV	Chandu Yadav
14	201219407016	AJAY KARSHANIYA	Ajay Karshaniya
15	201219407017	PATHI SAI	Pathi Sai
16	201219407018	MD AFTAB ALAM	Attab Alam
17	201219407019	PUJARI DHARANI	P. Dharani
18	201219407020	VADDAMALLA VANDANA	V. Vandana
19	201219407021	DRASHTI SANJAY PAREKH	D. Sanjay
20	201219407022	PADALA SAI PUJITHA	Sai Pujitha
21	201219407023	SARASAM MAHALAXMI	S. Mahalaxmi
22	201219407024	LAMBADI SUPRIYA	L. Supriya
23	201219407025	KOLATHEKKAT SRAVYA	K. Sravya
24	201219407026	TAMATAPU UDAY KUMAR	T. Uday Kumar
25	201219407028	PARVATHI RAHUL	P. Rahul
26	201219407029	APPAJI NAGESHWARI	A. Nagesh
27	201219407030	GORANTLA SREYA	G. Sreya
28	201219407031	PENUMATSA PAVANI	Pavani
29	201219407032	SHAIK FATHIMA	Shaik Fathima



PRINCIPAL
 Siva Sivani Degree College
 Kompally, Medchal-Malkajgiri (Dt)-500100

30	201219407034	KODAM CHETAN	K. Chetan
31	201219407036	M R SHRESHTA LAXMI	M.R. Laxmi
32	201219407038	ISHIKA TEJANI	Ishika Tejani
33	201219407039	KONDAYYAGARI MOUNIKA	Mounika
34	201219407040	KUMMARI MANASA	K. Manasa
35	201219407041	ANITHA	Anitha
36	201219407042	PULA NAVYA	P. Navya
37	201219407043	NANDINI RATHI	Nandini
38	201219407044	THANNEERU SHYAM KUMAR	T. Shyam Kumar
39	201219407045	P MEGHANA	Meghana
40	201219407046	HANUMANTHU SAHITHYA	Hanumanth
41	201219407047	RICHARD CHRISTY NICHOLAS	Richard
42	201219407048	DIVYA SINGH PARIHAR	Divya Singh Parihar
43	201219407049	ANTHRI DURGA BHAVANI	A. Durga Bhavani
44	201219407051	GANGAPURAM NIKHIL	G. Nikhil
45	201219407052	PITTALA SRI CHANDANA	P. Sri Chandana
46	201219407053	DOMADUGU SIRIVENNELA	D. Sirivennela
47	201219407054	PALERLA ARCHANA	Archana
48	201219407055	KILLADA SHAILAJA	Shailaja
49	201219407056	TAHNIYATH TABASSUM	T. Tabassum
50	201219407057	NARASAPURAM NANDINI	Nandini
51	201219407058	NELLI PAVANI	N. Pavani
52	201219407060	PATLOLLA VAISHNAVI	Patolla Vaishnavi
53	201219407061	S JESHWANTH	S. Jeshwanth

A. Anny
co-ordinator

Mamathap
Principal



Mamathap
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100



Report of the Program
Dumbbells & Hula Hoops

Name of the Resource Person : Mr. K. Adharsha Goud

Date : 10-05-2022

Venue : Ground

No. of Students Attended : 53

A total of 53 students participated in the Dumbbell dance and Hula Hoops on 07-08-2022 at Siva Sivani Degree College, Kompally, bringing together a diverse group of talented individuals. The participants displayed a range of dance abilities, contributing to the overall dynamism of the event.

Participants expressed their enthusiasm for the unique dance forms, noting the challenges and rewards of incorporating dumbbells into their routines. Many highlighted the physical benefits, such as improved strength and coordination, gained through the integration of dumbbell exercises. Many shared their newfound appreciation for the physical and mental benefits of hula hooping.

The dumbbell dance and hula hoops events at Siva Sivani Degree College showcased the creativity and talent of 53 students who successfully blended dance and fitness in a unique and engaging manner. The event not only provided a platform for self-expression but also promoted a healthy and active lifestyle among the participants.



Adharsha Goud
Coordinator

Principal

Mamatha



FEED BACK FORM

Date	10/5/2022
Student Name	Sai P
Presenter	K. Adharsh Goud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.			✓		
4	The presented information and/or skills proved to be relevant and beneficial.			✓		
5	The resource person allocated sufficient time for queries and responded to them effectively.					
6	The resource person employed a student-centric approach to learning, proving highly effective.				✓	
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works


Student Signature




PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Raikajgiri (DA-500100)

FEED BACK FORM

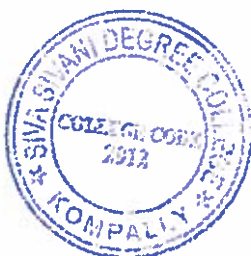
Date	10/05/22
Student Name	Ishika Tejani
Presenter	K. Adharsh Aoud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
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4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		
6	The resource person employed a student-centric approach to learning, proving highly effective.				✓	
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works

Ishika Tejani
Student Signature



Mamata
PRINCIPAL
Siva Sivani Degree College
Kompally, Modchal-Malkajgiri(D-600100,

FEED BACK FORM

Date	10-05-2022
Student Name	N. Parvati
Presenter	K. Adharsh Gaud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.			✓		
4	The presented information and/or skills proved to be relevant and beneficial.				✓	
5	The resource person allocated sufficient time for queries and responded to them effectively.					✓
6	The resource person employed a student-centric approach to learning, proving highly effective.				✓	
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works


Student Signature



Mamata
PRINCIPAL
Siva Sivan Degree College
Kompally, Medchal-falakeer (G.P-500100)



SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad
Kompally, Secunderabad, Telangana 500100

Courses on

Life Skills
(Lezims)

Conducted on

07-05-2022

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

Mr. K. Adharsha Goud, PD
SSDC, Kompally

About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

Objectives of the program

- .Lezims activity is multifaceted, encompassing physical fitness, cultural expression, teamwork, and enjoyment. It serves as a dynamic and engaging way to connect with cultural traditions while promoting physical and mental well-being.



Mamatha

PRINCIPAL

Siva Sivani Degree College
Kompally, Madhoh-Malkajgiri(Dt)-5001



Date: 06-05-2022

CIRCULAR

The students of our college are hereby informed that we are planning to conduct a program on Lezims on 07-05-2022 at 10 AM. at college play ground by Mr.K. Adharsha Goud, PD,SSDC,Kompally . All the students must attend the program without fail.

Copy to:

1. All the HODs
2. Notice Board
3. File



Mamatha
Principal
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



Mamatha
Principal
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100

SIVA SIVANI DEGREE COLLEGE, KOMPALLY

STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:

LEZIMS

DURATION

COURSE : BSC& B.COM TAX -III

No. OF STUDENTS ATTENDED : 196

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	201219467001	VADLA SHASHIKANTH CHARY	Shashikanth
2	201219467002	GADDAM VAMSHI KIRAN REDDY	Vamshi
3	201219467003	BATTI ARUN SAI	Arun Sai
4	201219467005	WADDEPALLY VARUN	Varun
5	201219467006	Mr. VANKDAVATH SURESH NAYAK	Suresh
6	201219467007	REDDY DEVI	Devi
7	201219467008	P SHESHU	P. Sheshu
8	201219467010	KOYYA MEENAKSHI	Meenakshi
9	201219467011	VEGASANA YAMUNA	Yamuna
10	201219467012	JAITHIWALA ANKITHA	Ankitha
11	201219467013	CHERUKU NANDINI	Cheruku nandini.
12	201219467014	KASAM SANJANA	Sanjana
13	201219467015	POLA NAVYASREE	P. Navya sree
14	201219467016	BEJJIPURAPU UJWALA	Ujwala
15	201219467017	VANGALI AKSHITHA	Akshitha
16	201219467018	RAJANNAGARI ASMITHA	Asmitha
17	201219467019	ABHISHEK SINGH CHAUHAN	Singh charan
18	201219467020	RYAKALA RUCHITHA	Ruchitha
19	201219467021	SUTHARI SINDHUJA	Suthari sindhija
20	201219467022	GAJANAND LAD	L. Gajanand
21	201219467023	PANTHULU SHASHIDHAR REDDY	Shashidhar
22	201219467024	TIRUMALA SRAVAN KUMAR	Ssavan
23	201219467025	BACHALI SUBHASREE	Subs
24	201219467026	POTHUGANTI SRAVANI	Sravani
25	201219467027	DUNNA VASUDEV	Drunna Vasudev
26	201219467028	KYADAS SAI VARUN	Sai Varun
27	201219467029	SURKANTI LAVANYA	Lavanya
28	201219467030	KRISHNA NAGWAN	Krishna
29	201219467031	DEEPTI RANI NAYAK	Deepthi
30	201219467032	VASAMSHETTY SHANMUKH	Shanmukh
31	201219467033	PASUPULA SAI KIRAN	Sai Kiran
32	201219467034	NISHA JANGRA	Nisha Jangra



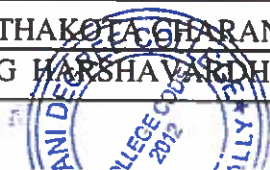
Mamatha

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
33	201219467035	AFREEN	Afreen
34	201219467036	TAPPETLA DEEPIKA	Deepika
35	201219467037	PUTLURU BHAVYA	Bhavya
36	201219467038	ASHAMGARI HINDHU	Hindu
37	201219467039	D PURNIMA RAJ	D. Purnima
38	201219467040	YENKUGARI ROSHINI	Roshini
39	201219467041	NACHARAM NIKITHA	Nikitha
40	201219467042	RAMANKOL DEERAJ	Deeraj
41	201219467043	GURRAM ROHITH	G. Rohith
42	201219467044	NARLA LAXMI PRIYA	Laxmi Priya
43	201219467045	MARIPUDI ANUSHA	Anusha
44	201219467046	POKKULA KEERTHI	Keerthi
45	201219467047	DANTURI PARICHAYA	Danturi Parichaya
46	201219467048	BONU SHIRISHA	Shirisha
47	201219467049	YAMINI SARASWATHI	Saraswathi
48	201219467050	JUVANAPUDI RESHMA	Reshma
49	201219467051	PATLOLLA ROHITH REDDY	Rohith
50	201219467052	RAGULA SHASHIDHAR	R. Shashidhar
51	201219467053	MULLEVA GOUTHAM	Goutham
52	201219467054	MONIKA	Monika
53	201219467055	ALIKA SANDHYA RANI	Sandhya rani
54	201219467056	MASRATH	Masrath
55	201219467057	DEVANA POOJITHA	Poojitha
56	201219467058	CHATTE SAI PRIYA	Sai Priya
57	201219467059	GUNDLA KANAKARAJU	Kanakaraju
58	201219467060	BODA JAHNAVI	Jahnavi
59	201219467063	MUNIGYALA SUYASHA	Suyasha
60	201219467061	VONTARI NEHA	Neha
61	201219467062	POTHUGANTI TEJA SREE	Teja sree
62	201219467064	KURUVA SUSHMITHA SAI	Sushmitha
63	201219467065	TERLI GOWTHAMI	Gowthami
64	201219467066	KOMMU MANASA	Manasa
65	201219467067	MAILA NAVYA SRI	Maila navya sree
66	201219467068	MAREDDY PREETHI REDDY	Preethi
67	201219467069	CHANDRAIAHGARI ASHWITHA	Ashwitha
68	201219467070	BANGALI RAMYA	V. Ramya
69	201219467071	ENUGU POOJA	Enugu Pooja



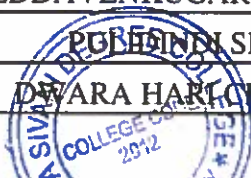
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
70	201219467072	SRIRAM SUSHMITHA	Sushmitha
71	201219467073	GONABOINA TANUJA	Gonaboina Tanuja
72	201219467074	RAGINI KUMARI NIRALA	Nirala
73	201219467075	VIJESH CHOUDHARY	Vijesh
74	201219467076	ANUPARTHI JHANSI RANI	Jhansi Rani
75	201219467077	VADICHERLA VASANTHA MARY	Vasantha
76	201219467078	DUMBALA MOUNENDER REDDY	Mounender
77	201219467079	RAJU AKHILA REDDY	Akhila
78	201219467080	VARLA SHIVA PRASAD	Varla Shiva Prasad
79	201219467081	KRISHNA VENKATESH NADIYA	Venkatesh
80	201219467082	TELKAPALLI PRIYANKA	Priyanka
81	201219467083	MUSKAN	Muskan
82	201219467084	VULASI RAJESHWARI	Rajeshwari
83	201219467085	JOGU THRINESH	Thrinesh
84	201219467086	DAPPU KALPANA	Dappu Kalpana
85	201219467087	ADIRAJAPALLI VAGDEVI	Vagdevi
86	201219467088	KODALI BHAGYASHREE	Bhagavi
87	201219467089	CHIGULLAPALLY AVANTHI	Avanthi
88	201219467090	BUSI TRIVENI	B. Triveni
89	201219467091	TIWARI ANKIT	Ankit
90	201219467092	RITESH KARSHANIYA	Karshaniya
91	201219467093	BAJARLA ANUSHA	Anusha
92	201219467094	CHILAMULA RAJESH	Rajesh
93	201219467095	VELLANKI SANKEERTHANA	Sankeethane
94	201219467096	ABBAGOUNI VARA PRASAD GOUD	Vara Prasad
95	201219467097	VADTHYA KUSHALA	Kushala
96	201219467098	P SOWMYA	P. Sowmya
97	201219467099	KANNAPURAM MOUNIKA	Mounika
98	201219467100	VADAKATTU SUPRAJA	Supraja
99	201219467101	KANNAPURAM SUCHARITHA	Sucharitha
100	201219467102	GONE RAGHUVeer REDDY	Raghuv
101	201219467103	BALLANI KRUTHAGNA	Kruthagna
102	201219474001	P RAMA KRISHNA REDDY	Krishna Reddy
103	201219474002	JAKKAMSETTY KUMAR	Kumar
104	201219474004	MUSKU DINESH REDDY	Musku Dinesh
105	201219474005	PATHAKOTA GHARANTEJA REDDY	Chauhan
106	201219474006	G HARSHA VARDHAN REDDY	Harshvardhan



Mamata P
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
107	201219474007	KOTARI BHARGAVI	Bhargavi
108	201219474008	SAPA DEVASRI	S. Devasri
109	201219474009	BANDARU SHIRISHA	Shirisha
110	201219474010	DADI KAVYA	D. Kavya
111	201219474011	MADASU PRIYANKA	Priyanka
112	201219474012	PRATEEK KUMAR	Prateek
113	201219474013	PALA VIJAY SHANKAR	Vijay
114	201219474014	AMUDA BHAVANA	Bhavana
115	201219474015	GINNE KIRAN KUMAR REDDY	Kiran
116	201219474016	CH BHAVYA	Ch Bhavya
117	201219474017	VISHWANTHAM MANIKANTA	Manikanta
118	201219474018	RIMI CHAKRABORTY	Rimi Ch
119	201219474019	RAVULA JANARDHAN	Janardhan
120	201219474020	KAITHA SWATHI	Swathi
121	201219474022	NADENDLA BHARGAVI	Bhargavi
122	201219474025	SAYAMMAGARI SUSHMITHA	Sushmitha
123	201219474026	KULAKARNI KRISHNA VAMSHI	Vamshi
124	201219474027	NAKKA DEEPAK GOUD	Deepak
125	201219474028	KONDRU SRI RAM	K. Sri Ram
126	201219474029	KANDI KONDA RAKESH	Rakesh
127	201219474031	ARAKARI SAI MARUTHI LATHA	Maruthi
128	201219474032	A MOUNIKA	A. Mounika
129	201219474033	SARJANA PAVAN KUMAR	Pavan
130	201219474034	RYAKALA MOUNIKA	Mounika
131	201219474035	TERALA MADHURI	Terala Madhuri
132	201219474037	MARAM SAI ROHITH	Sai Rohith
133	201219474038	MORIGADI SUPRIYA	Supriya
134	201219474039	KURAPATI HEMASRI	Hema Sri
135	201219474040	N J SHIVANI	N.J. Shivani
136	201219474041	MADDELA RAMYA SREE	Ramya Sree
137	201219474042	VANJARA PODHANAK AISHWARYA	Aishwarya
138	201219474043	CHINTADA BHARGAV	Bhargav
139	201219474045	VEERABOINA SRAVANI	Sravani
140	201219474046	ANNU KUMARI	Annu Kumari
141	201219474047	PEDDA VENKUGARI CHANDANA	Chandana
142	201219474048	POBIRINI SIRISHA	Sirisha
143	201219474049	DWARA HARI CHANDANA	Dwara Hari



Mamata P
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
144	201219474050	KODI HIMABINDU	Himabindu
145	201219406001	VADEGHAR VINAY PAWAR	Vinay Pawar
146	201219406003	AKULA ABHILASH	Abhilash
147	201219406004	BEMBRE VISHAL	Vishal
148	201219406005	PENTA AJAYKUMAR NAIDU	Ajay Kumar
149	201219406006	METTU ADITHYA REDDY	Adithya
150	201219406007	B MURALI SAI KRISHNA	Sai Krishna
151	201219406009	NARLAKANTI CHIRANJEEVI	Chiranjeevi
152	201219406010	JAMALPUR SHAILAJA	Shailaja
153	201219406011	TALARI MEGHANA	T. Meghana
154	201219406014	NUSI CHANDU KRISHNA PRIYA	Krishna Priya
155	201219406015	YADARAM SAMATHA	Samatha
156	201219406016	BAGIRTHI SUPRATHA REDDY	Supratha Reddy
157	201219406017	KUNCHUPALLY LAKSHMI	Lakshmi
158	201219406018	NAYINI RAKESH GOUD	Rakesh goud.
159	201219406019	JINU K BIJU	Jimu k. Biju
160	201219406021	KACHUVA LAXMAN	Laxman
161	201219406022	CHENANGARI GOURAV REDDY	Gourav
162	201219406023	SILOGI SHIVA SAI CHARY	Sai
163	201219406024	VADAGANA YESURAJU	Yesuraju
164	201219406025	MOHAMMAD RIYAZUDDIN	Riyazuddin
165	201219406026	ERALA LAVANYA NAGA SAI	Lavanya
166	201219406027	E SANJANA	Sanjana
167	201219406029	TUNKI SHRAVAN	Shravan
168	201219406030	PYDI KAVYA	Pydi kavya
169	201219406031	CHITUKULA SAI CHANDU	Chandu
170	201219406032	THATIPUDI GEETHA SAI KUMAR	Geetha Sai Kumar
171	201219406034	GOSHIKA VENU	Venu
172	201219406035	MARAMYNA GOUTHAMI	Gouthami
173	201219406036	RIMJHIM SHUKLA	Shukla
174	201219406037	SERUBAI LAISHA	Serubai Laisha
175	201219406038	CHEETY BASANTH GOUD	Basant
176	201219406039	GANGALA AMULYA	Amulya
177	201219406040	SUREVE LAXMI CHARAN	Laxmi
178	201219406041	MOYYA RAJASHEKAR	Rajashekar
179	201219406043	MALLAREDDY HARIKA	Harika
180	201219406044	KALERU NIKHILA	Kaleru Nikhila



S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
181	201219406045	THOOM PRAVALIKA	<i>Pravali</i>
182	201219406046	GURRAM JYOTHSNA	<i>Gurram Jyothsna</i>
183	201219406047	BONAGIRI KEERTHI	<i>Bonagiri Keerthi</i>
184	201219406048	EPPAKAYALA SAMPATH	<i>Sampath</i>
185	201219406049	GANGISHETTY SADHVIKA	<i>Sadhvika</i>
186	201219406050	MALLIPUDDI VIJITHA	<i>Mallipuddi Vijitha</i>
187	201219406051	UNNIGORLA MADHURI	<i>Madhuri</i>
188	201219406052	BURGUBAVI AKSHAYA	<i>Akshaya</i>
189	201219406053	CHINTHAKUNTA DEEKSHITHA	<i>Deekshitha</i>
190	201219406054	A S NANDINI	<i>Nandini</i>
191	201219406055	GADDAM BHARATH KUMAR	<i>Bharath</i>
192	201219406056	LINGALA VINAY	<i>Vinay</i>
193	201219406057	PONAGANTI MANISHA YADAV	<i>Manisha</i>
194	201219406058	GUTHA NIRANJAN KUMAR	<i>Niranjan</i>
195	201219406059	SANDHI REDDY RAMANAIDU	<i>Ramka</i>
196	201219406060	CHAPA SARATH KUMAR REDDY	<i>Sarath</i>

[Signature]
co-ordinator

[Signature]
Principal



PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



[Signature]
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500100



Report of the Program

Lezims

Name of the Resource Person : Mr. K. Adharsha Goud

Date : 07-5-2022

Venue : Ground

No. of Students Attended : 196

Description

Key Elements of the Lezims Dance Performance:

Lezims Instrument:

- Lezims or leziiums, small musical instruments with jingling cymbals.
- Wooden idiophone with thin metal discs producing a jingling sound.
- Integral part of the dance, used by dancers during the performance.

Musical Accompaniment:

Dholki, a drum instrument, serves as the main percussion music.

Costumes:

- Dancers dressed in colorful Maharashtrian-style attire.
- Some students in vibrant kurti pyjamas.
- Others adorned with pagdis (turbans).

Role of Bharata Mata:

One student dressed as Bharata Mata, symbolizing patriotism or cultural representation.

Formations:

- During the performance, students showcase various formations, including swastika, star, and circle formations.

These formations add visual appeal and attract attention.





S. P. Sampathy's Siva Sivani Educational Society (2906/97)
SIVA SIVANI DEGREE COLLEGE
 (Affiliated to Osmania University)



[Signature]
 Coordinator



Mamatha

PRINCIPAL
 Siva Sivani Degree College
 Kompally, Medchal-Malkajgiri (Dt)-500100

Mamatha

PRINCIPAL
 Siva Sivani Degree College
 Kompally, Medchal-Malkajgiri (Dt)-500100

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA
 Mobile: - +91-9247048112. Website: ssdc.ac.in



FEED BACK FORM

Date	7/5/22
Student Name	T Sravan Kumar
Presenter	K. Adharsh Gowd

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.			✓		
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.	✓				
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works


Student Signature




PRINCIPAL
Siva Sivani Degree College
Kompally, Medak Road, Kompally, Medak, Hyderabad

FEED BACK FORM

Date	7-5-22
Student Name	B. Jahnave
Presenter	K Adhash Roud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.	✓				
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		
6	The resource person employed a student-centric approach to learning, proving highly effective.	✓				
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		✓			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works


Student Signature



Manatp
PRINCIPAL
Siva Sivani Degree College
Koppally, Madhwal, Bhalgaon (Dist-500103)

FEED BACK FORM

Date	7/5/2022
Student Name	J. Tarunesh
Presenter	K. Adharsh Goud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.				✓	
4	The presented information and/or skills proved to be relevant and beneficial.					
5	The resource person allocated sufficient time for queries and responded to them effectively.			✓		✓
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.		✓			

Please share any additional comments or suggestions you have regarding the works


Student Signature



Mamata
PRINCIPAL
Siva Sivani Degree College
Kompally, Madana-Malkajgiri (D-500100)

FEED BACK FORM

Date	07/05/2022
Student Name	A. Venk
Presenter	K. Adharsh Goud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.			✓		
4	The presented information and/or skills proved to be relevant and beneficial.		✓			
5	The resource person allocated sufficient time for queries and responded to them effectively.	✓				
6	The resource person employed a student-centric approach to learning, proving highly effective.		✓			
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics				✓	
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works


Student Signature




PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal - Malkajgiri (D-600103)



SIVA SIVANI DEGREE COLLEGE

Affiliated to the Osmania University, Hyderabad
Kompally, Secunderabad, Telangana 500100

Courses on

Life Skills
(Aerobics and Lezims)

Conducted on

07-05-2022

Who can participate:

Registered III Year Students

Certificate will be provided for all
active participants.

RESOURCE PERSON

Mr. K. Adharsha Goud, PD
SSDC, Kompally

About College:

A brain child of the dynamic Sri. S.P.Sampathy, Siva Sivani Degree College (SSDC) was established in the year 2002. Affiliated to the Osmania University which has a rich legacy of imparting quality education. A part of the S.P. Sampathy's Siva Sivani Group of Institutions, whose founder late Sri. S.P.Sampathy and the cofounder Smt. S. Aarathy, presently the president and the chief executive of the group, have had the experience of establishing and running world class educational institutions for nearly 61 years, SSDC, has dutifully traversed on the path hitherto used by the other group institutions and has carved a niche for itself in the arena of under graduate education in a span of 21 years of timeless efforts.

Objectives of the program

- The objectives of aerobics and lezims include improving cardiovascular health, enhancing physical fitness, promoting overall well-being, and providing enjoyable and culturally rich exercise experiences. Whether through dynamic aerobic movements or rhythmic lezims routines, individuals can achieve a range of health and fitness benefits.



Nanath

PRINCIPAL

Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dt)-500111



Date: 06-05-2022

CIRCULAR

The students of our college are hereby informed that we are planning to conduct a program on Aerobics and Lezims on 07-05-2022 at 10 AM. at college play ground by Mr. K. Adharsha Goud, PD,SSDC, Kompally . All the students must attend the program without fail.

Copy to:

1. All the HODs
2. Notice Board
3. File



Mamathap
Principal
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100



NH – 44, Kompally, Secunderabad – 500 100. Telangana, INDIA
Mobile: - +91-9247048112. Website: ssdc.ac.in

Mamathap
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100

SIVA SIVANI DEGREE COLLEGE, KOMPALLY

STUDENTS ATTENDANCE SHEET

NAME OF THE ADD-ON/ VALUE ADDED COURSE:Arobics and Lezims

DURATION

COURSE BSC & B COM HONS -III

No. OF STUDENTS ATTENDED : 197

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
------	----------------	---------------------	--------------------------

1	201219467001	VADLA SHASHIKANTH CHARY	Shashika
2	201219467002	GADDAM VAMSHI KIRAN REDDY	Vamsi
3	201219467003	BATTI ARUN SAI	Arun
4	201219467005	WADDEPALLY VARUN	Varun
5	201219467006	VANKDAVATH SURESH NAYAK	Suresh
6	201219467007	REDDY DEVI	Devi
7	201219467008	P SHESHU	Sheshu
8	201219467010	KOYYA MEENAKSHI	Meenakshi
9	201219467011	VEGASANA YAMUNA	Yamuna
10	201219467012	JAITHIWALA ANKITHA	Ankitha
11	201219467013	CHERUKU NANDINI	Nandini
12	201219467014	KASAM SANJANA	Sanjana
13	201219467015	POLA NAVYASREE	Navyasree
14	201219467016	BEJJIPURAPU UJWALA	Ujwala
15	201219467017	VANGALI AKSHITHA	Akshitha
16	201219467018	RAJANNAGARI ASMITHA	Asmitha
17	201219467019	ABHISHEK SINGH CHAUHAN	Abhishek
18	201219467020	RYAKALA RUCHITHA	Ruchitha
19	201219467021	SUTHARI SINDHUJA	Sindhujha
20	201219467022	GAJANAND LAD	Gajanand
21	201219467023	PANTHULU SHASHIDHAR REDDY	Shashidhar
22	201219467024	TIRUMALA SRAVAN KUMAR	Sravan
23	201219467025	BACHALI SUBHASREE	Subhasree
24	201219467026	POTHUGANTI SRAVANI	Sravani
25	201219467027	DUNNA VASUDEV	Vasudev
26	201219467028	KYADAS SAI VARUN	Varun
27	201219467029	SURKANTI LAVANYA	S. LAVANYA
28	201219467030	KRISHNA NAGWAN	Nagwan
29	201219467031	DEEPTI RANI NAYAK	Deepti
30	201219467032	VASAMSHETTY SHANMUKH	Shanmukh
31	201219467033	PASUPULA SAI KIRAN	Sai Kiran
32	201219467034	NISHA JANGRA	Nisha
33	201219467035	AFREEN	Afreen
34	201219467036	PAPPETLA DEEPIKA	Deepika



Manual
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
35	201219467037	PUTLURU BHAVYA	P. Bhavya
36	201219467038	ASHAMGARI HINDHU	Han
37	201219467039	D PURNIMA RAJ	Raj
38	201219467040	YENKUGARI ROSHINI	Roshini
39	201219467041	NACHARAM NIKITHA	Nikitha
40	201219467042	RAMANKOL DEERAJ	Deeraj
41	201219467043	GURRAM ROHITH	Rohith
42	201219467044	NARLA LAXMI PRIYA	Laxmi Priya
43	201219467045	MARIPUDI ANUSHA	Anusha
44	201219467046	POKKULA KEERTHI	Keerthi
45	201219467047	DANTURI PARICHAYA	Parichaya
46	201219467048	BONU SHIRISHA	Shirisha
47	201219467049	YAMINI SARASWATHI	Saraswathi
48	201219467050	JUVANAPUDI RESHMA	Reshma
49	201219467051	PATLOLLA ROHITH REDDY	Rohith Reddy
50	201219467052	RAGULA SHASHIDHAR	Shashidhar
51	201219467053	MULLEVA GOUTHAM	Goutham
52	201219467054	MONIKA	Monika
53	201219467055	ALIKA SANDHYA RANI	Sandhya Rani
54	201219467056	MASRATH	Masrath
55	201219467057	DEVANA POOJITHA	Poojitha
56	201219467058	CHATTE SAI PRIYA	Sai Priya
57	201219467059	GUNDLA KANAKARAJU	Kanakaraju
58	201219467060	BODA JAHNAVI	Jahnavi
59	201219467063	MUNIGYALA SUYASHA	Suyasha
60	201219467061	VONTARI NEHA	Neha
61	201219467062	POTHUGANTI TEJA SREE	Teja Sree
62	201219467064	KURUVA SUSHMITHA SAI	Sushmitha Sai
63	201219467065	TERLI GOWTHAMI	Gowthami
64	201219467066	KOMMU MANASA	Manasa
65	201219467067	MAILA NAVYA SRI	Navya Sri
66	201219467068	MAREDDY PREETHI REDDY	Preethi Reddy
67	201219467069	CHANDRAIAHGARI ASHWITHA	Ashwitha
68	201219467070	VANGALI RAMYA	Ramy
69	201219467071	ENUGU POOJA	Pooja
70	201219467072	SRIRAM SUSHMITHA	Sushmitha
71	201219467073	BOINA TANUJA	Tanuja



M. Nataraj
PRINCIPAL

S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
72	201219467074	RAGINI KUMARI NIRALA	
73	201219467075	VJESH CHOUDHARY	Chaudhary
74	201219467076	ANUPARTHI JHANSI RANI	A Jhansirani
75	201219467077	VADICHERLA VASANTHA MARY	Vasanth
76	201219467078	DUMBALA MOUNENDER REDDY	Mounender Reddy
77	201219467079	RAJU AKHILA REDDY	Akhila
78	201219467080	VARLA SHIVA PRASAD	Shiva
79	201219467081	KRISHNA VENKATESH NADIYA	Venkatesh
80	201219467082	TELKAPALLI PRIYANKA	Priyanka
81	201219467083	MUSKAN	MUSKAN
82	201219467084	VULASI RAJESHWARI	V. Rajeshwari
83	201219467085	JOGU THRINESH	Thrinmesh
84	201219467086	DAPPU KALPANA	D Kalpana
85	201219467087	ADIRAJAPALLI VAGDEVI	Vagdevi
86	201219467088	KODALI BHAGYASHREE	Bhagya
87	201219467089	CHIGULLAPALLY AVANTHI	Ch. Avanthi
88	201219467090	BUSI TRIVENI	B. Triveni
89	201219467091	TIWARI ANKIT	Ankit
90	201219467092	RITESH KARSHANIYA	Ritesh K
91	201219467093	BAJARLA ANUSHA	Anusha
92	201219467094	CHILAMULA RAJESH	Rajesh
93	201219467095	VELLANKI SANKEERTHANA	Sankeerthana
94	201219467096	ABBAGOUNI VARA PRASAD GOUD	A. Varaprasad
95	201219467097	VADTHYA KUSHALA	V. Kushala
96	201219467098	P SOWMYA	Sowmya
97	201219467099	KANNAPURAM MOUNIKA	Mounika
98	201219467100	VADAKATTU SUPRAJA	V. Supraja
99	201219467101	KANNAPURAM SUCHARITHA	Sucharitha
100	201219467102	GONE RAGHUVeer REDDY	Raghuv
101	201219467103	BALLANI KRUTHAGNA	Kruthagna
102	201219474001	P RAMA KRISHNA REDDY	Ramakrishna P
103	201219474002	JAKKAMSETTY KUMAR	J Kumar
104	201219474004	MUSKU DINESH REDDY	Dinesh
105	201219474005	P CHARANTEJA REDDY	Charanteja
106	201219474006	G HARSHAVARDHAN REDDY	Harshavardhan
107	201219474007	KOTARI BHARGAVI	Bhargavi
108	201219474008	SAPA DEVASRI	Devasri



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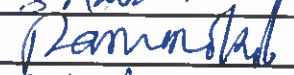



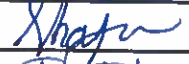





S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
109	201219474009	BANDARU SHIRISHA	Shirisha
110	201219474010	DADI KAVYA	D. Kavya
111	201219474011	MADASU PRIYANKA	Madasu Priyanka
112	201219474012	PRATEEK KUMAR	Prateek
113	201219474013	PALA VIJAY SHANKAR	Vijay Shankar
114	201219474014	AMUDA BHAVANA	Amuda Bhavana
115	201219474015	GINNE KIRAN KUMAR REDDY	G. Kiran Kumar
116	201219474016	CH BHAVYA	Ch Bhavya
117	201219474017	VISHWANTHAM MANIKANTA	Vishwantham Mani
118	201219474018	RIMI CHAKRABORTY	Rimi Chakraborty
119	201219474019	RAVULA JANARDHAN	Ravula
120	201219474020	KAITHA SWATHI	Swathi
121	201219474022	NADENDLA BHARGAVI	N. Bhargavi
122	201219474025	SAYAMMAGARI SUSHMITHA	Sushmitha
123	201219474026	KULAKARNI KRISHNA VAMSHI	Krishna Vamshi
124	201219474027	NAKKA DEEPAK GOUD	N. Deepak
125	201219474028	KONDRU SRI RAM	Kondu
126	201219474029	KANDI KONDA RAKESH	K. Rakesh
127	201219474031	ARAKARI SAI MARUTHI LATHA	Maruthi Latha
128	201219474032	A MOUNIKA	A. Mounika
129	201219474033	SARJANA PAVAN KUMAR	S. Pavan
130	201219474034	RYAKALA MOUNIKA	Ryakala
131	201219474035	TERALA MADHURI	T. Madhuri
132	201219474037	MARAM SAI ROHITH	Rohith
133	201219474038	MORIGADI SUPRIYA	M. Supriya
134	201219474039	KURAPATI HEMASRI	Hemasri
135	201219474040	N J SHIVANI	N.J. Shivani
136	201219474041	MADDELA RAMYA SREE	M. Ramya
137	201219474042	VANJARA PODHANAK AISHWARYA	Aishwarya
138	201219474043	CHINTADA BHARGAV	C. Bhargav
139	201219474045	VEERABOINA SRAVANI	Sravani
140	201219474046	ANNU KUMARI	Annu
141	201219474047	PEDDAVENKUGARI CHANDANA	Chandana
142	201219474048	PULIDINDI SIRISHA	Sirisha P.
143	201219474049	DWARA HARI CHANDANA	D. Hari Chandana
144	201219474050	KODI HIMABINDU	Himabindu
145	201219407001	RAJASOORI ANIL KUMAR	R. Anil



Manalaya
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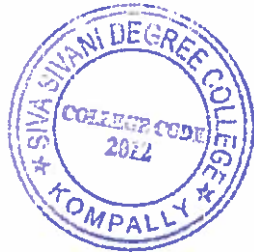
S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
146	201219407002	MALIGE GAUTAM	M. Gaatham
147	201219407003	KOKKONDA BASANTH REDDY	Basantb
148	201219407004	N VIJAY KUMAR	N. Vijay Kumar
149	201219407006	GUMMADI AKANKSHA	G. Akanksha
150	201219407007	MALLAM VAISHNAVI	Vaishnavi
151	201219407008	PREETHI AGARWAL	Preethi
152	201219407009	ALISHA TABASSUM	Alisha Tabassum
153	201219407010	KOLANKA LAKSHMI SAI SWATHI	Sai Swathi
154	201219407011	BASUPALLY SAHITHYA REDDY	B. Sahithya
155	201219407013	CHELURU PRASANNA	Prasanna
156	201219407014	JAINESH LAKHANI	Jainesh
157	201219407015	MENDE CHANDU YADAV	M. Chandu Yadav
158	201219407016	AJAY KARSHANIYA	Ajay K
159	201219407017	PATHI SAI	Pathi
160	201219407018	MD AFTAB ALAM	Md. Aftab Alam
161	201219407019	PUJARI DHARANI	P. Dharani
162	201219407020	VADDAMALLA VANDANA	Vandana V
163	201219407021	DRASHTI SANJAY PAREKH	Parekh
164	201219407022	PADALA SAI PUJITHA	Sai Pujitha
165	201219407023	SARASAM MAHALAXMI	Mahalaxmi S
166	201219407024	LAMBADI SUPRIYA	L. Supriya
167	201219407025	KOLATHEKKAT SRAVYA	S. Sravya
168	201219407026	TAMATAPU UDAY KUMAR	T. Uday
169	201219407028	PARVATHI RAHUL	Rahul
170	201219407029	APPAJI NAGESHWARI	Nagesh
171	201219407030	GORANTLA SREYA	G. Sreya
172	201219407031	PENUMATSA PAVANI	Pavani
173	201219407032	SHAIK FATHIMA	Sh. Fathima
174	201219407034	KODAM CHETAN	K. Chetan
175	201219407036	M R SHRESHTA LAXMI	Shreshtha Laxmi
176	201219407038	ISHIKA TEJANI	Ishika Tejan
177	201219407039	KONDAYYAGARI MOUNIKA	K. Mounika
178	201219407040	KUMMARI MANASA	Manasa
179	201219407041	ANITHA	Anitha
180	201219407042	PULA NAVYA	P. NAVYA
181	201219407043	NANDINI RATHI	NANDINI RATHI
182	201219407044	THANNEERU SHYAM KUMAR	Shyam



S.No	HALLTICKET No.	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
183	201219407045	P MEGHANA	
184	201219407046	HANUMANTHU SAHITHYA	
185	201219407047	RICHARD CHRISTY NICHOLAS	
186	201219407048	DIVYA SINGH PARIHAR	
187	201219407049	ANTHRI DURGA BHAVANI	
188	201219407051	GANGAPURAM NIKHIL	
189	201219407052	PITTALA SRI CHANDANA	
190	201219407053	DOMADUGU SIRIVENNELA	
191	201219407054	PALERLA ARCHANA	
192	201219407055	KILLADA SHAILAJA	
193	201219407056	TAHNIYATH TABASSUM	
194	201219407057	NARASAPURAM NANDINI	
195	201219407058	NELLI PAVANI	
196	201219407060	PATLOLLA VAISHNAVI	
197	201219407061	S JESHWANTH	


co-ordinator


Principal



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Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100




PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri (Dt)-500100



S. P. Sampathy's Siva Sivani Educational Society (2906/97)

SIVA SIVANI DEGREE COLLEGE

(Affiliated to Osmania University)

Report of the Program

Aerobics and Lezims

Name of the Resource Person : Mr. K. Adharsha Goud

Date : 07-5-2022

Venue : Ground

No. of Students Attended : 197

Aerobics at Siva Sivani Degree College pulsates with energy as 550 participants groove to the vibrant beats of Brazilian songs. These dynamic sessions, tailored for various fitness levels, turn fitness into a lively and inclusive experience. Beyond enhancing cardiovascular health, aerobics elevates flexibility, strength, and overall endurance.

The college's commitment to a holistic student experience resonates in the lively aerobics culture, where rhythmic moves synchronize seamlessly with the infectious rhythms of Brazilian music. This not only boosts physical fitness but also creates a spirited sense of community among the participants.

Incorporating aerobics into the college routine aligns perfectly with the institution's focus on overall health. The fusion of energetic workouts with the lively tunes of Brazil encourages students to adopt positive fitness habits, fostering a balanced and healthy lifestyle.

Aerobics at Siva Sivani Degree College, set to the music of Brazil, reflects the college's dedication to the well-being of its 550 participants. These sessions offer an enjoyable and effective way for students to stay active and maintain a healthy lifestyle, all while dancing to the lively beats of Brazilian songs throughout their academic journey.

Mamallap

NH - 44, Kompally, Secunderabad - 500 100, Telangana, INDIA
Mobile: - +91-9247048112. Website: ssdc.ac.in

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S. P. Sampathy's Siva Sivani Educational Society (2906/97)
SIVA SIVANI DEGREE COLLEGE
 (Affiliated to Osmania University)



Amy
 Coordinator



Mamathap
 PRINCIPAL
 Siva Sivani Degree College
 Kompally, Medchal-Malkajgiri(Dt)-500100

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 Siva Sivani Degree College
 Kompally, Medchal-Malkajgiri(Dt)-500100.

FEED BACK FORM

Date	07-05-2022
Student Name	Aarun
Presenter	Adharsh Goud


Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.		✓			
4	The presented information and/or skills proved to be relevant and beneficial.	✓				
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.				✓	
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics			✓		
8	Both the information and activities conducted in the workshop were pertinent and beneficial.				✓	

Please share any additional comments or suggestions you have regarding the works

Student Signature 




PRINCIPAL
Siva Sivani Degree College
Koppally, Madhavara, Mysore, Karnataka

FEED BACK FORM

Date	7-5-22
Student Name	D. Kalpana
Presenter	Adharsh Gowd

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.		✓			
2	The workshop is meticulously organized and offers valuable information.			✓		
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.				✓	
4	The presented information and/or skills proved to be relevant and beneficial.				✓	
5	The resource person allocated sufficient time for queries and responded to them effectively.					✓
6	The resource person employed a student-centric approach to learning, proving highly effective.			✓		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics		✓			
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works

Student Signature



Mahesh
 SIVA SIVANI DEGREE COLLEGE
 Koppal, Koppal Taluk, Koppal District, Karnataka
 577 102

FEED BACK FORM

Date	07-05-22
Student Name	P. Sai
Presenter	Adharsha Roud

Instruction : Please indicate your level of agreement with the statements listed below

S.No	Attributes and Performance	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)
1	The conducted workshop effectively addresses the students' practical exposure needs in the given field.	✓				
2	The workshop is meticulously organized and offers valuable information.		✓			
3	The workshop facilitated learning effective collaboration with peers in a workshop setting.		✓			
4	The presented information and/or skills proved to be relevant and beneficial.	✓				
5	The resource person allocated sufficient time for queries and responded to them effectively.		✓			
6	The resource person employed a student-centric approach to learning, proving highly effective.			✓		
7	The workshop has expanded my knowledge and awareness of how to implement the discussed topics				✓	
8	Both the information and activities conducted in the workshop were pertinent and beneficial.			✓		

Please share any additional comments or suggestions you have regarding the works

Student Signature *Sai P*



Mamatha
PRINCIPAL
Siva Sivani Degree College
Kompally, Medchal-Malkajgiri(Dist-500100)