

DR. LANKAPALLI BULLAYYA COLLEGE
VISAKHAPATNAM

Dr. G.S.K. CHAKRAVARTY, MBA, Ph.D.,
PRINCIPAL

Date: 8th November 2021

CIRCULAR

This is to inform all the students of UG, an Online Program on Yoga is being conducted by Department of Zoology (UG) on 15th November.

Interested students can avail the opportunity.

Resource Person: Dr. P. Surekha, M. Sc, M. Phil, Ph. D, PG Diploma in Yoga, Certified in Prenatal Yoga, HOD, Department of Zoology

Time: 7AM-8 AM



(Dr. G.S.K. CHAKRAVARTY)

PRINCIPAL

PRINCIPAL

Dr. L. BULLAYYA COLLEGE
VISAKHAPATNAM

Copy to:

The Secretary & Correspondent for favor of information

Circulated to:

Students of UG

BROCHURE

ONLINE PRANAYAM CLASSES

To enhance your respiratory health

INHALE PEACE. EXHALE STRESS
INHALE CALM. EXHALE WORRY

BY

Dr. P. Surekha - Msc, MPhil, PhD
PG diploma in Yoga, Certified in
Prenatal yoga

Contact number - 9505887999

E-mail: surekha.pulimil4@gmail.com

P. Surekha
HOD, Dept. of Zoology

DR. LANKAPALLI BULLAYYA COLLEGE
VISAKHAPATNAM

Date: 16th November 2021

Program Report

Online Program on Yoga was conducted by Department of Zoology on 15th November 2021
Organized by Dr LB College, Dept. of Zoology (UG)

Resource Person:

Dr. P. Surekha,
Head of the Department,
Department of Zoology
surekha.pulimil4@gmail.com

Outcomes:

Students can:

1. Inhale calm and exhale worry.
2. Enhance respiratory health.
3. Fitness Maintenance
4. Inhale Peace Exhale Stress
5. Help to have better sleep

No. of Participants: 86


Head of the Department

Copy to:

The Secretary & Correspondent for favor of information



surekhapulimi



X Meet - ntg-qaxr-pnt X +

eet.google.com/ntg-qaxr-pnt

imi.ramak... Online teaching vs... Online Education vs... Online learning and... Online vs offline ed...



P. Ravula
HOD, Dept. of Zoology

DR. LANKAPALLI BULLAYYA COLLEGE

VISAKHAPATNAM

Dr. G.S.K. CHAKRAVARTY, MBA, Ph.D.,

Date: 17th January 2019

PRINCIPAL

CIRCULAR

This is to inform all the students of UG, a Program on Yoga is being conducted by Department of Zoology (UG) on 24th January 2019 on behalf of Republic Day.

Interested students can avail the opportunity. Participation Certificates will be issued to the students.

Resource Person: Dr. P. Surekha, M. Sc, M. Phil, Ph. D, PG Diploma in Yoga, Certified in Prenatal Yoga, HOD, Department of Zoology

Venue: Basketball Court

Time: 3PM-5PM




(Dr. G.S.K. CHAKRAVARTY)
PRINCIPAL
PRINCIPAL
Dr. L. BULLAYYA COLLEGE
VISAKHAPATNAM

Copy to:

The Secretary & Correspondent for favor of information

Circulated to:

Students of UG

DR. LANKAPALLI BULLAYYA COLLEGE
VISAKHAPATNAM

Date: 28th January 2019

Program Report

Program on Yoga was conducted by Department of Zoology on 24th January 2019

Organized by Dr LB College, Dept. of Zoology (UG)

Venue: Dr LB College, Basketball Court

Resource Person:

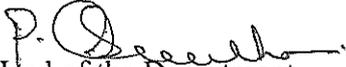
Dr. P. Surekha,
Head of the Department,
Department of Zoology
surekha.pulimil4@gmail.com

Outcomes:

Students can :

1. Improve Strength balance and flexibility.
2. Help with back pain relief.
3. Fitness Maintenance
4. Stress Management
5. Help to have better sleep

No. of Participants: 122


Head of the Department

Copy to:

The Secretary & Correspondent for favor of information

EVENT GLIMPSES



P. Qureshi
HOD, Dr. L.B College
(Dept of Zoology)



Dr. Lankapalli Bullayya College
Visakhapatnam

PARTICIPATION CERTIFICATE

This is to certify that Mr./Ms. K. S. S. Arun Kumar
pursuing M.Sc Biochemistry year 2018-19
participated in Yoga
as a part of 70th Republic Day Celebrations.

K. S. S. Arun Kumar

Signature of the Director
AC & CA