

Surya Namaskar

Date: 28-01-2018.


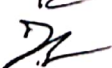




Students and Staff of S.R.R. & C.V.R. Government Degree College, (A), attended **Surya Namaskaram**, on 28-01-2018 at 7.30 A.M. Students and Staff actively participated in that programme.

Surya Namaskar or **Sun Salutation** is a Yoga Warm-up routine based on a sequence of gracefully linked Asanas.

Surya Namaskar is a set of 12 powerful Yogasanas which provide a great Cardio vascular work out.


Principal
SRR & CVR GOVT. DEGREE COLLEGE
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Machavaram, VIJAYAWADA-520 004,

Signatures of the Staff members :

1. K.V. Naga Lakshmi 
2. K. Bhaskar Prasad 
3. M. Lakshman dasu 
4. K.V. Rama Rao 
5. S. Jagan 
6. D. Swathi Kumari 
7. N. Srinivas 