

REPORT ON "Yoga Classes-Phase-II"

Event Type	: Special training programme
Date / Duration	: 24-04-2023 to 06-05-2023./ Two Weeks
Resource persons	: Mr. J.D.V.Prasad, Yoga Master, LBRCE.
Name of Coordinators	: Mrs.K.Rani Rudramma, Mentor , Saheli-Girls Club. Mrs G.Tabita, Coordinator- Saheli-Girls Club.
Target Audience	: All Departments of IV semester Hostel Girl students
Total no of Participants	: 130 (All Departments of IV semester Hostel Girl students)
Objective of the event	: To improve Physical and Mental Health of the girls students of the Institute.
Outcome of event	: Majority of the Girl students of the Institution have trained on Yoga
Description / Report on Event	: Students of the Institution have trained in Special "Yoga Classes- phase-II" for two weeks. They have learnt breath control, simple meditation, and the adoption of specific postures for relaxation and toning of body.
Feedback / Suggestions	: Most of the students said that it is useful

Photographs:



IV semester students trained by **Mr. J.D.V.Prasad, Yoga Master, LBRCE** on “Yoga Phase-II”

Presiding Officer-ICC
Dr.P.Sobha Rani