



REPORT ON “Yoga Classes-Phase-I”

Event Type	: Special training programme
Date / Duration	: 05-02-2024 to 17-02-2024./ Two Weeks
Resource persons	: Mr. J.D.V.Prasad, Yoga Master, LBRCE.
Name of Coordinators	: Dr.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	: 136 (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 Hostel Girl students of the Institution have trained on Yoga
Description / Report on Event	: Students of the Institution have trained in Special “Yoga Classes- phase-I” for two weeks. They have learnt Yoga techniques to improve their physical, mental and spiritual well-being. This training will help them to control anxiety, obesity, depression, panic attacks and other emotional stresses in their life.
Feedback / Suggestions	: Most of the students said that it is useful

Photographs:



Mr. J.D.V.Prasad, Yoga Master, LBRCE. trained the Students on “Yoga Classes Phase-I “ from **05-02-2024 to 17-02-2024.**

Presiding Officer-ICC

Dr.P.Sobha Rani