



REPORT ON “Yoga Classes-Phase-I”

Event Type : Special training programme

Date / Duration : 16-08-2024 to 30-08-2024./ 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 **III** semester Hostel Girl students

Total no of Participants : 111 (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 Special “Yoga Classes Phase-I”

Description / Report on Event : Students of the Institution have trained in Special “Yoga Classes- phase-I” for two weeks. They have learnt Yoga techniques which supports both the body and the mind, offering a multitude of health benefits for everyone including women. This training helps them to control anxiety, obesity, depression and also supports sleep quality and strength in their life. It can also help them to heal hormonal imbalances and mental health issues. Students got certificates for their participation in the training program.

Feedback / Suggestions : Most of the students said that it is useful

Photographs:



Mr. J.D.V.Prasad, Yoga Master, LBRCE trained the Girls students on Special “Yoga Classes Phase-I “ from 16-08-2024 to 30-08-2024.

Presiding Officer-ICC

Dr.P.Sobha Rani