



ITHI'S

AMARESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(affiliated to Gulbarga university Kalaburagi)

Date: 13/02/2021

Notice

All students are informed that a training session on "**Yoga and Meditation: Advanced Practices in Yoga and Meditation**" will be held from **February 15, 2021 (Monday) to February 19, 2021 (Friday)** at the College Seminar Hall. Attendance is recommended to delve into advanced techniques and deepen your yoga and meditation practice. For more details contact to **Sri. Uttam Dande NSS Officer**.


PRINCIPAL
Amareshwar Arts, Commerce
Degree College Aurad (B),
585326 Dist-Bidar
Principal



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Date of Activity: From 15/02/2021 to 19/02/2021		Location: College Seminar Hall	
Title of the Extension Activity	Yoga and Meditation: Advanced Practices in Yoga and Meditation	Activity Co-ordinator	Sri. Uttam Dande NSS Officer.
Organizing Dept./ Committee/Cell: National Service Scheme		Target Audience: Students	
Total Number of Students Participated: 25		Report Generated by: Sri. Uttam Dande NSS Officer.	

Activity Report: The "Advanced Practices in Yoga and Meditation" training session, held from February 15 to February 19, 2021, at the College Seminar Hall, was highly effective. The sessions covered advanced yoga postures, meditation techniques, and their benefits for enhancing overall well-being. Students engaged in intensive practice and discussions, gaining deeper insights into advanced practices.

Impact of the Activity: The training enhanced students' proficiency in advanced yoga and meditation techniques, leading to improved physical and mental health. Participants experienced greater flexibility, focus, and inner peace.





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**Deepening Practice: Advanced Yoga and Meditation Training,
February 15-19, 2021, College Seminar Hall.**

Tara Devi
PRINCIPAL
Amareshwar Arts, Commerce
Degree College Aurad (B),
585326 Dist-Bidar
Principal



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PROGRAMME ATTENDANCE SHEET

Sl. No.	Registration No	Student Name	Sign
1	A2110580	Vikasrao	
2	A2110595	Yallalingi	
3	A2110571	PRASHANT	PRASHANT
4	A2110593	patmarwar	
5	A2110603	omkar	
6	A2110615	Anil	Anil
7	A2110584	Rohul	
8	A2110572	Dnyaneshwar	
9	A2110564	Balwaraj	Bly
10	A2110570	venkatreddy	venkatreddy
11	A2110600	Riyaz	
12	A2110616	Dattay	
13	A2110604	Satish	
14	A2110605	Dinesh	
15	A2110563	Pooja .m	
16	A2010061	preja .B	preja
17	A2110618	Hani	
18	A2110598	Sagar	
19	A2110565	Pooja .J	
20	A2110621	Ruksha	
21	A2110608	S. Pooja	
22	A2110607	Ashwini	
23	A2110579	Arati .K	
24	A2110606	Shubhangini	
25	A2110599	Meena	