



ITHI'S

AMARESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

to Gulbarga university Kalaburagi)

Date: 08/02/2020

Notice

All students are informed that a training session on "**Yoga and Meditation: Yoga and Meditation for Mental Health**" will be held from **February 10, 2020 (Monday) to February 14, 2020 (Friday)** at the College Seminar Hall. Attendance is encouraged to explore techniques for enhancing mental health through yoga and meditation. For more details contact to **Sri. Uttam Dande NSS Officer.**

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



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Date of Activity: From 10/02/2020 to 14/02/2020		Location: College Seminar Hall	
Title of the Extension Activity	Yoga and Meditation: Yoga and Meditation for Mental Health	Activity Co-ordinator	Sri. Uttam Dande NSS Officer.
Organizing Dept./ Committee/Cell: National Service Scheme		Target Audience: Students	
Total Number of Students Participated: 20		Report Generated by: Sri. Uttam Dande NSS Officer.	

Activity Report: The "Yoga and Meditation for Mental Health" training session, conducted from February 10 to February 14, 2020, at the College Seminar Hall, provided students with practical tools for managing stress and improving mental health. The program included guided yoga practices and meditation techniques aimed at promoting mental well-being. Students participated actively and benefited from the practical approach.

Impact of the Activity: The training significantly enhanced students' ability to manage stress and improve mental health. Participants reported increased relaxation and better emotional balance, which are essential for academic and personal success.





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**Enhancing Mental Health: Yoga and Meditation Training,
February 10-14, 2020, College Seminar Hall.**



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PROGRAMME ATTENDANCE SHEET

SL NO	NAME OF THE STUDENT	SIGN
1	AMAR RAJKUMAR	
2	ABDULGANI DASTAGEER	
3	SHOHEB EQBAL	
4	JAISON NARASAPPA	
5	AMUL SHIVAJI RAO	
6	GANESH TANAJI	
7	MADIVALLAYA RAMAYYA	
8	ROHIT	
9	UDHAV NAGARAO	
10	PAVAN KUMAR ANJANNA	
11	UGLE GANESH	
12	MD SALMAN MD SAB	
13	RAHUL SHIVAJI	
14	GURUNTH RAJKUMAR	
15	SURYAKANT NARSINGRAO	
16	SANGEETA BABU	
17	MANJUSHA NARAYAN	
18	BALAJI SHEKAPPA	
19	SACHIN BALAJI	
20	RAMKRISHNA TATERAO	