



ITHI'S

AMARESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(Affiliated to Gulbarga university Kalaburagi)

Date: 05/02/2022

Notice

All students are informed that a training session on "**Yoga and Meditation: Yoga and Meditation for Physical Health**" will be held from **February 7, 2022 (Monday) to February 11, 2022 (Friday)** at the College Seminar Hall. Attendance is encouraged to learn how yoga and meditation can enhance physical health and well-being. 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 07/02/2022 to 11/02/2022		Location: College Seminar Hall	
Title of the Extension Activity	Yoga and Meditation: Yoga and Meditation for Physical Health	Activity Co-ordinator	Sri. Uttam Dande NSS Officer.
Organizing Dept./ Committee/Cell: National Service Scheme		Target Audience: Students	
Total Number of Students Participated: 21		Report Generated by: Sri. Uttam Dande NSS Officer.	

Activity Report: The "Yoga and Meditation for Physical Health" training session, conducted from February 7 to February 11, 2022, at the College Seminar Hall, was a valuable experience. The sessions included practical yoga exercises and meditation techniques specifically designed to improve physical health. Students actively participated and benefited from the comprehensive approach to physical wellness.

Impact of the Activity: The training significantly improved students' physical health by increasing flexibility, strength, and overall fitness. Participants reported enhanced energy levels and a better understanding of integrating yoga into their daily routines.

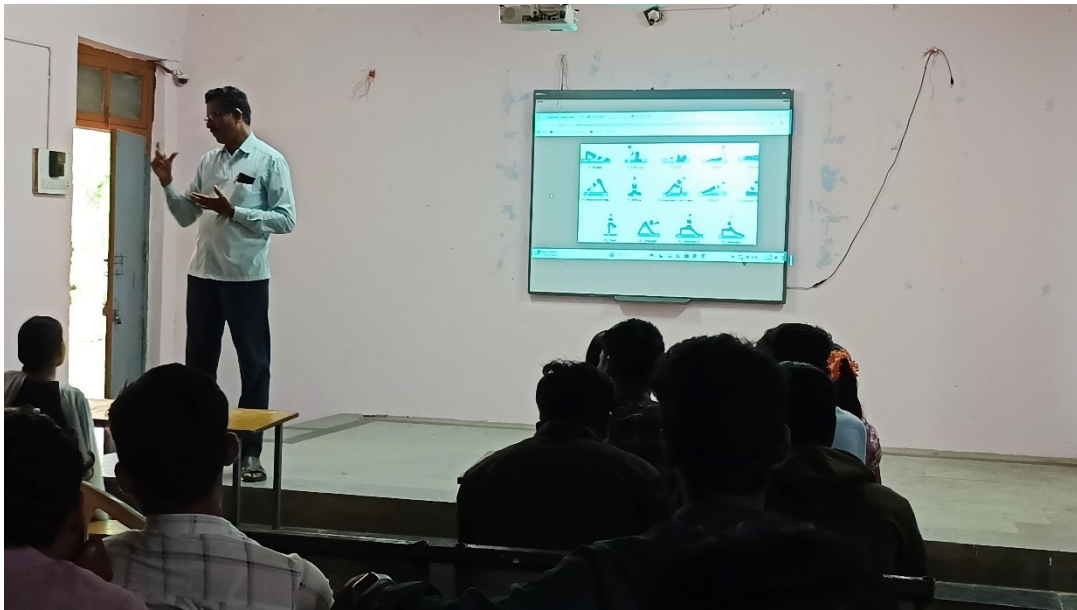




ITHI'S

RESHWAR ARTS AND COMMERCE DEGREE GE AURAD (B)

to Gulbarga university Kalaburagi)





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ESHWAR ARTS AND COMMERCE DEGREE
COLLEGE AURAD (B)

to Gulbarga university Kalaburagi)



Principal



ITHI'S

OMRESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(to Gulbarga university Kalaburagi)

PROGRAMME ATTENDANCE SHEET

Sl. No.	Registration No	Name	Sign
1	U04AA210039	Savita	Savita
2	U04AA210018	Nalanka	Nalanka
3	U04AA210029	Omshree	Omshree
4	U04AA21A0001	Bhagyashree	Bhagyashree
5	U04AA21A0003	Shubhangi	Shubhangi
6	U04AA21A0004	Shital	Shital
7	U04AA21A0006	Rajeshree	Rajeshree
8	U04AA21A0007	Kajal	Kajal
9	U04AA210002	Ashwini	Ashwini
10	U04AA210020	Shirani	Shirani
11	U04AA210085	Manikeshwari	Manikeshwari
12	U04AA210017	Sumeramuskum	Sumeramuskum
13	U04AA21A0005	Neha Padveen	Neha Padveen
14	U04AA21A0006	Sushma	Sushma
15	U04AA21A0007	Devika	Devika
16	U04AA21A0008	Avanti	Avanti
17	U04AA21A0009	Pooja	Pooja
18	U04AA21A0010	Balaji	Balaji
19	U04AA210008	Jeevan	Jeevan
20	U04AA21A0009	Shobhena	Shobhena
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