Date: 13/04/2019

Notice

All students are informed that a training session on "Yoga and Meditation: The Foundations of Yoga and Meditation" will be held from April 15, 2019 (Monday) to April 19, 2019 (Friday) at the College Seminar Hall. Attendance is highly encouraged to gain essential knowledge and practice in yoga and meditation. For more details contact to Sri. Uttam Dande NSS Officer.

PRINCIPAL
Amareshwar Arts, Commerce
Degree College Aurad (3),
585326 Dist-Bidar
Principal

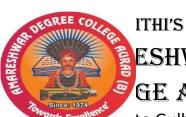


Date of Activit	y: From 15/04/2019 to 19/04/2019	Location: College Seminar Hall	
Title of the Extension Activity	Yoga and Meditation: The Foundations of Yoga and Meditation	Activity Co-ordinator	Sri. Uttam Dande NSS Officer.
Organizing Dept./ Committee/Cell: National Service Scheme		Target Audience: Students	
Total Number of Students Participated: 37		Report Generated by: Sri. Uttam Dande NSS Officer.	

Activity Report: The "Foundations of Yoga and Meditation" training session, conducted from April 15 to April 19, 2019, at the College Seminar Hall, was highly successful. The sessions introduced students to basic yoga postures and meditation techniques, focusing on physical and mental wellbeing. Students actively participated in practical exercises and found the sessions very rejuvenating.

Impact of the Activity: The training significantly improved students' physical flexibility and mental clarity. These skills are vital for managing stress and enhancing overall well-being.





ESHWAR ARTS AND COMMERCE DEGREE GE AURAD (B)

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Embracing Wellness: Yoga and Meditation Training, April 15-19, 2019, College Seminar Hall.

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ESHWAR ARTS AND COMMERCE DEGREE GE AURAD (B)

to Gulbarga university Kalaburagi)

PROGRAMME ATTENDANCE SHEET

J.110,	NO.	STUDENT NAME	SIGNATURE
100	1843762	DAMU BAPURAO	
2.	1843765	DAMU BAPURAO	Domus
3.	1843767	NAIK ARAVINDKUMAR KUSHALRAO	Dhill
		VACALIANAND DAGATES	1 mar
		PAVITRA MALLIKARJUN SUPRIYA JEETENDRA	Perostoa
6.	1843770	PRIYANKA SANGMESH	
7.	1843771	GEETANJALI RAGHUNATH	Polyanka
8.	1843772	SONIYA RAJKUMAR	
9.	1843773	UMADEVI SUBHASH	, 800°4A
10.	1843774	PAWAN SANJU	unadicel
11.	1843777	AKASH DILEEP	horoan
12.	1843778	SADANAND SATYANARAYAN	Akash
13.	1843779	PRASHANT RAMRAO	Su.
14.	1843780	MAHESH MANOHAR	preshort
15.	1843781	SHIVUKUMAR VITHAL	CAL
16.	1843782	SANDEEP BALAJIRAO	Willey .
17.	1843783	SHRIKANTH REDDY	0.
		RAJKUMAR SAMBHAJI	1 Sh
19.	1843785	MISE RAHUL LATE VIJAYKUMAR MISE	tolone
20.	1843786	DNYANESHWAR VENKATRAO	
21.	1843787	AKASH KARABASAPPA	
22.	1843789	MD JAMEEL SALEEMUDDIN	Tour
23.	1843790	AMAR UMAKANTH	5
		MOHAN ANANDRAO)	1100.00
25.	1843792	AMRESHWAR VEERSHETTY	Assta
26.	1843794	IMANVEL YESHEPPA	manuel
27.	1843795	ANIL RAJENDRA	And
28.	1843798	NAGBHUSHAN RAJAPPA	Dag bust n
29.	1843799	PIMPALE KIRAN SHIVAJIRAO	A is CM
30.	1843800	NAGESH GANAPATRAO	wapper
31.	1843801	SHIVGONDA DIGAMBARRAO	
		MANOJKUMAR LAXMIKANTRAO	
		CHANDRAKANT UMAKANT	d
		MAHESHSWAMY BASAWARAJ	1 Dans
		GAJANAN BHAVANIDASRAO	The state of
		MD FEROUZ MD ISMAILSAB	
		PRADEEP MANURE VISHAWANATH	M