



ITHI'S

AMARESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(Affiliated to Gulbarga university Kalaburagi)

Date: 04/02/2023

Notice

All students are informed that a training session on "**Yoga and Meditation: Yoga and Meditation in Modern Life**" will be held from **February 6, 2023 (Monday) to February 10, 2023 (Friday)** at the College Seminar Hall. Attendance is encouraged to explore how yoga and meditation can be effectively integrated into contemporary lifestyles. 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 06/02/2023 to 10/02/2023		Location: College Seminar Hall	
Title of the Extension Activity	Yoga and Meditation: Yoga and Meditation in Modern Life	Activity Co-ordinator	Sri. Uttam Dande NSS Officer.
Organizing Dept./ Committee/Cell: National Service Scheme		Target Audience: Students	
Total Number of Students Participated: 29		Report Generated by: Sri. Uttam Dande NSS Officer.	

Activity Report: The "Yoga and Meditation in Modern Life" training session, held from February 6 to February 10, 2023, at the College Seminar Hall, was highly engaging. The program focused on practical applications of yoga and meditation to manage modern-day stress and enhance daily life. Students participated actively in discussions and exercises, gaining valuable insights into balancing contemporary challenges with traditional practices.

Impact of the Activity: The training helped students integrate yoga and meditation into their busy lives, leading to improved stress management and overall well-being. Participants reported feeling more balanced and better equipped to handle daily pressures.





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Adapting Tradition: Yoga and Meditation in Modern Life Training,
February 6-10, 2023, College Seminar Hall.

Tara Devi
PRINCIPAL
Amareshwar Arts, Commerce
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585326 Dist-Bidar
Principal



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PROGRAMME ATTENDANCE SHEET

Sl. No.	Registration No	Name	Sign
1	U04AA22A0002	Narasing	Narasing
2	U04AA22A0005	ADAR	Adar
3	U04AA22A0001	Maheen Begum	Maheen
4	U04AA22A0009	AMANI	Aman
5	U04AA22A0008	Neha Tabassum	NehaTabas
6	U04AA22A0002	Ranjita	Ranjita
7		Ranjita	Ranjita
8	U04AA22A0009	Abhishek	Abhishek
9	U04AA22A0038	Nageeraj	Nageeraj
10	U04AA22A0006	Seema	Seema
11	U04AA22A0007	Prashant	Prashant
12	U04AA22A0023	Sonabai	Sonabai
13	U04AA22A0008	Sanjana	Sanjana
14	U04AA22A0050	Umesh B. S	Umesh
15	U04AA22A0008	Alpa	Alpa
16	U04AA22A0007	Chandreshwar	Chandreshwar
17	U04AA22A0056	Supriya D. Mandi	Supriya
18	U04AA22A0018	Pallavi	Pallavi
19	U04AA22A0060	Sumaiya	Sumaiya
20	U04AA22A0002	Balika	Balika
21	U04AA22A0044	Sulochana	Sulochana
22	U04AA22A0033	Sudham	Sudham
23	U04AA22A0028	Am B. K. G	Am B. K. G
24	U04AA22A0059	Poatibha	Poatibha
25	U04AA22A0010	Rugana Begum	Rugana
26	U04AA22A0026	Divyeshwarthi	Divyeshwarthi
27	U04AA22A0021	Aishwarya	Aishwarya
28	U04AA22A0015	Malan Banu	Malan
29	U04AA22A0024	Pallavi	Pallavi