



ITHI'S

# AMARESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(affiliated to Gulbarga university Kalaburagi)

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 (B),**  
**585326 Dist-Bidar**  
**Principal**



ITHI'S

# AMRESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(to Gulbarga university Kalaburagi)

Date of Activity: 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.	
<b>Activity Report:</b> 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 well-being. Students actively participated in practical exercises and found the sessions very rejuvenating.			
<b>Impact of the Activity:</b> The training significantly improved students' physical flexibility and mental clarity. These skills are vital for managing stress and enhancing overall well-being.			





ITHI'S

# AMARESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

(to Gulbarga university Kalaburagi)



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

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





ITHI'S

# AMRESHWAR ARTS AND COMMERCE DEGREE COLLEGE AURAD (B)

to Gulbarga university Kalaburagi)

## PROGRAMME ATTENDANCE SHEET

S.NO.	REG. NO.	STUDENT NAME	SIGNATURE
1.	1843763	DAMU BAPURAO	<i>Damur</i>
2.	1843765	NAIK ARAVINDKUMAR KUSHALRAO	<i>Aravind</i>
3.	1843767	SACHIDANAND BASAWARAJ BIRADAR	<i>Pavitra</i>
4.	1843768	PAVITRA MALLIKARJUN	<i>Pavitra</i>
5.	1843769	SUPRIYA JEETENDRA	<i>Supriya</i>
6.	1843770	PRIYANKA SANGMESH	<i>Priyanka</i>
7.	1843771	GEETANJALI RAGHUNATH	<i>Geetanjali</i>
8.	1843772	SONIYA RAJKUMAR	<i>Soniya</i>
9.	1843773	UMADEVI SUBHASH	<i>Umadevi</i>
10.	1843774	PAWAN SANJU	<i>Pawan</i>
11.	1843777	AKASH DILEEP	<i>Akash</i>
12.	1843778	SADANAND SATYANARAYAN	<i>Sadanand</i>
13.	1843779	PRASHANT RAMRAO	<i>Prashant</i>
14.	1843780	MAHESH MANOHAR	<i>Mahesh</i>
15.	1843781	SHIVUKUMAR VITHAL	<i>Shivukumar</i>
16.	1843782	SANDEEP BALAJIRAO	<i>Sandeep</i>
17.	1843783	SHRIKANTH REDDY	<i>Shrikanth</i>
18.	1843784	RAJKUMAR SAMHAJI	<i>Rajkumar</i>
19.	1843785	MISE RAHUL LATE VIJAYKUMAR MISE	<i>Mise</i>
20.	1843786	DNYANESHWAR VENKATRAO	<i>Dnyaneshwar</i>
21.	1843787	AKASH KARABASAPPA	<i>Akash</i>
22.	1843789	MD JAMEEL SALEEMUDDIN	<i>Jameel</i>
23.	1843790	AMAR UMAKANTH	<i>Amar</i>
24.	1843791	MOHAN ANANDRAO	<i>Mohan</i>
25.	1843792	AMRESHWAR VEERSHETTY	<i>Amreshwar</i>
26.	1843794	IMANVEL YESHEPPA	<i>Imanvel</i>
27.	1843795	ANIL RAJENDRA	<i>Anil</i>
28.	1843798	NAGBHUSHAN RAJAPPA	<i>Nagbhushan</i>
29.	1843799	PIMPALE KIRAN SHIVAJIRAO	<i>Pimpale</i>
30.	1843800	NAGESH GANAPATRAO	<i>Nagesh</i>
31.	1843801	SHIVGONDA DIGAMBARRAO	<i>Shivgonda</i>
32.	1843802	MANOJKUMAR LAXMIKANTRAO	<i>Manojkumar</i>
33.	1843803	CHANDRAKANT UMAKANT	<i>Chandrakant</i>
34.	1843805	MAHESHSWAMY BASAWARAJ	<i>Maheshswamy</i>
35.	1843806	GAJANAN BHAVANIDASRAO	<i>Gajanan</i>
36.	1843807	MD FEROUZ MD ISMAILSAB	<i>Md Ferouz</i>
37.	1843808	PRADEEP MANURE VISHAWANATH	<i>Pradeep</i>