### GOVERNMENT DEGREE COLLEGE (MEN)

ACCREDITED BY NAAC WITH B++ (CGPA 2.90)

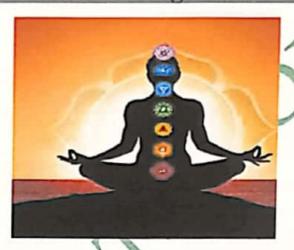
Srikakulam - 532001, Andhra Pradesh, India

ph: 08942 222383 email: srikakulam.jkc@gmail.com website: https://www.gcmsklm.ac.in

### DEPARTMENT OF PHYSICAL EDUCATION

### INVITATION

Certificate Course On Yoga & Meditation



PRESIDENT : Dr. P. Surekha, Principal

GDC(MEN),SRIKAKULAM

CHIEF GUEST : Dr K.Amminaidu

SPECIAL GUEST : Sri T. Sudha Rani

COURSE COORDINATER : Sri A. Mohan Raju

Date: 04-10-2021,11am-12PM

ENUE: SILVER JUBILEE AUDITORIUM

(GDC(MEN), SRIKAKULAM)



## Government Degree College (M), Srikakulam



# Three Days Yoga Training Event Organized Report

#### 2021-22

Name of Department/ Cell	Department of Physical Education			
Name of Event Organized	Collaboration With Act Of Living			
Title of the Event	Three Days Yoga Training			
Date of Event Organized	04-10-2021 to 06-10-2021			
Name of the coordinator of the Event	Dr. A. Mohan Raj			
No. of Participant (Student +Staff)  Name of the Expert with designation	100			
	T. Sudha Rani			
Contact number & Address of the Expert	9985034758			
Objective of the Event	The primary goal of the event is to inculcate the benefits of Yoga.			
	On 04-10-2021 The department of Physical Education Government DegreeCollege (M), Srikakulam observed the Three Days Yoga Training. All the staff and students attended the programme and made it a grand success. All the participant actively practiced different Mudras. The Principal of the college also joined us for the event.			
Description of the event	The main goal of the event was to help everyone at the college know more about Yoga, and its benefits that are more important for the modern day life style. It showed that Government Degree College (M), Srikakulam, cares about physical as well as mental health of the students			
Outcome of the Event	The event successfully gave awareness about Yoga and its benefits. Understanding s various mudras and changes that take place in our body. Attendees left with improved knowledge about Yoga, at Government Degree College (M), Srikakulam.			

ACCO Event Coordinator

Physical Director Govt. Degree College (Men) SRIKAKULAM-532001

PRINCIPAL
Govt. Degree College (Mc-)
SRIKAKULAM









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### Government Degree College (M), Srikakulam



#### Feedback

Name of the event	Three Days Yoga Training	raining		
Department	Department of Physical Education			
Date	04-10-2021 to 06-10-2021			
Name of student	K SUDHAKAR			
Class	II B.A			
Mobile no.	6301761790			

1.	Did the	event	fulfil	it's	obje	ectives?
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✓ Yes/ No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0 1	2	3	4 🗸	5
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 🗸

- 4. List the key takeaway points from the events.
- The event highlighted the practical experience of practicing Yoga
  - 5. Suggestions if any
- I suggest to conduct more such life skill programmes

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y. Vamsi K. Vasovii R. Vasov Ganosh ganeh. plohaneka for. Ramya yugardhor Billion Maherh Savijle

Maherh
Saigh.
Saigh.
Shoomila.

Meha. nleha Vanvi

Kalyani

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