



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

**VENUE: 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)	100
Name of the Expert with designation	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.
Description of the event	<p>On 04-10-2021 The department of Physical Education Government Degree College (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.</p> <p>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..</p>
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.

A. M. S.

Event Coordinator

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

PRINCIPAL
Govt. Degree College (Men)
SRIKAKULAM











Government Degree College (M), Srikakulam



Feedback

Name of the event	Three Days Yoga Training
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 its objectives?

✓ 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 ✓
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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

K Sudhakar
Signature of the Student

R. Ganesh

Ganesh
ganesh.

S. Ganesh

P. Nihareka

Nihareka
Kavithi

S. Keerthi

Keerthi

K. Ramya

Ramya
Yugandhar

L. Yungandhar

M. Dilliraa

Dilliraa
Mahesh

P. Mahesh

S. Sanju

Sanju

B. Kanya

Sanju

Kanya

P. Sharmila

Sharmila

Sanju

S. Kalyani

Kalyani
Neha

P. Neha

Neha

Y. Vamsi

Vamsi

K. Vasavi

R. Vasu

Vasavi

R. Vasu