



Government Degree College (M), Srikakulam

Two Days Yoga Training Event Organized Report

2020-21



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| Name of Department/ Cell | Department of Physical Education |
| Name of Event Organized | Collaboration With Act Of Living |
| Title of the Event | Two Days Yoga Training |
| Date of Event Organized | 02-09-2020 to 03-09-2020 |
| 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 02-09-2020 The department of Physical Education Government Degree College (M), Srikakulam observed the Two 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. |

Event Coordinator

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

Senior faculty in Art of living,
Centre for Art of living,
Srikakulam.

Signatures of the participants

1. B. Dillith II BSC
2. P. Bhujanga Reddy II BA
3. A. Mankanta II BSc
4. A. Mankanta II MPC
5. P. Rama II BSC
6. D. Suman II BA
7. B. Suresh II CBMB
8. A. Tanu II CBMB
9. B. Renu II BA
10. K. Aditya ISt BSC
11. L. Dilekumar II B.COM
12. A. Chalapathi II BCom
13. Ch. Udaykumar II B.com
14. S. Lakshmi II B.com
15. N. Saikumar II Ind B.com
16. J. Teja II Ind B.com
17. A. Bharadwaj II Ind B.com
18. C. Sivakumar II B.com
19. M. Dillip II Ind MPC
20. J. Nivas II Ind B.com
21. B. Sini II BA
22. K. Lakshmi II Ind MPC
23. V. Mankanta Reddy II B.COM
24. S. Devesh Reddy II Ind B.com
25. S. Bharathi II MPCs
26. J. Sudheer II B.COM
27. S. Banikayya II B.com
28. V. Jagadeesh II Ind MPC
29. A. Rajya Lakshmi II Ind BSC
30. P. Swathi II B-SE
31. A. Vidya Lakshmi II MPC
32. Ch. Rajya Lakshmi II B.COM
33. A. Anuma II B.COM
34. T. Tharuni II B.COM
35. P. Rajani II B.com
36. M. Geetha Bharathi ISt MGCS
37. P. Madhulatha II Ind BSC
38. R. Bharu II B-SE
39. V. Hemalatha II B.COM
40. D. Akhila II B.com
41. P. Vidya II B.COM
42. A. Lanya II Ind CB MB
43. D. Urnila II B.A
44. S. Bharath II Ind MPCs
45. R. Lakshmi II Ind MPC
46. V. Rohini II MPC
47. M. Hemani II MPC
48. P. Kumari II MPC
49. P. Madhavi II Ind MPC
50. K. Gayatri II Ind MPC
51. D. Dillith II B SC
52. A. Mankanta II MPC
53. P. Bharu ISt Ind B.COM
54. K. Aditya II BSC
55. B. Mani II BA
56. S. Hemant Kumar II B.COM
57. M. Suresh Kumar II MPCs
58. B. Mankanta II MPC
59. Y. Rajibabu II MPC
60. L. Santhosh II MPC
61. A. Renukadevi II MGCS
62. H. Purushottam II Ind MPCs
63. Y. Hemalatha Reddy II MPC
64. K. Madhava II B.com
65. B. Renu II BA
66. Ch. Bharathi II MPCs
67. S. Vigna Surya II MGCS
68. B. Saikumar II Ind MPC
69. V. Renukadevi II MPC
70. Y. Sani II MPC



Government Degree College (M), Srikakulam



Feedback

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|-------------------|----------------------------------|
| Name of the event | Three Days Yoga Training |
| Department | Department of Physical Education |
| Date | 02-09-2020 to 03-09-2020 |
| Name of student | G Naveen |
| Class | II B.A |
| Mobile no. | 6301761790 |

6. Did the event fulfil its objectives?

✓ Yes/ No

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

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|---|---|---|---|-----|---|
| 0 | 1 | 2 | 3 | 4 ✓ | 5 |
|---|---|---|---|-----|---|

8. Rate the overall success of the event (0 being Not useful and 5 Most useful)

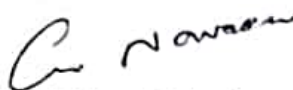
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|---|---|---|---|---|-----|
| 0 | 1 | 2 | 3 | 4 | 5 ✓ |
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9. List the key takeaway points from the events.

- The event highlighted the practical experience of practicing Yoga

10. Suggestions if any

- I suggest to conduct more such life skill programmes


Signature of the Student





