

ONLINE YOGA AND MEDITATION COURSE

Activity: Online Yoga and Meditation Course

Date: 27-5-2021 to 29-5-2021

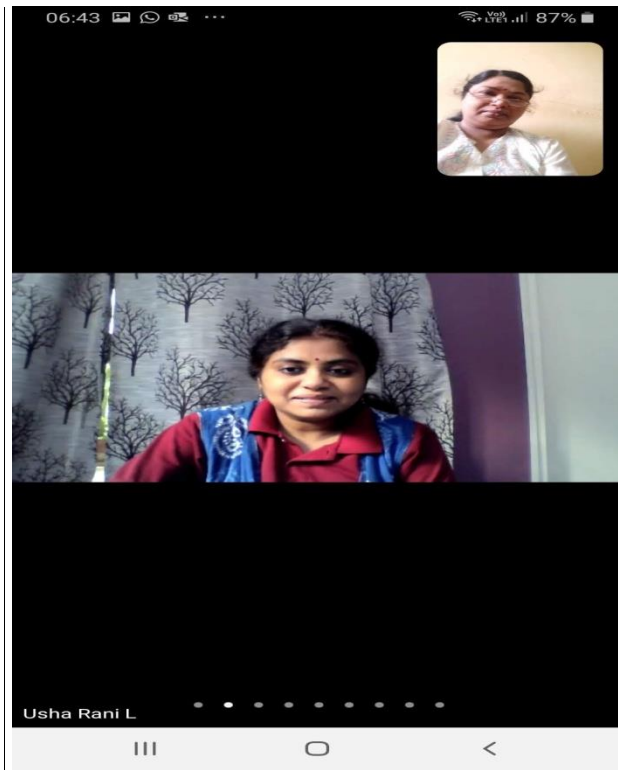
Resource Person: Mrs.Usha Rani, a volunteer in Art of Living organization

Organizing committee: Women Empowerment Cell

NO.of students participated: 20

The Art Of Living Foundation is a non-profit, educational and humanitarian organization founded in 1981 by the world renowned humanitarian and spiritual teacher Sri SriRavishanker . All the Art of Living programs are guided by Sri Sri Philosophy. Unless we have a stress free mind and violence free society we cannot achieve world peace.

Women Empowerment Cell organized a special 3 days program through online with Mrs.Usha Rani a volunteer in Art Of Living organization on “Immunity Enhancement Program through Yoga and Meditation” on dt: 27-5-2021 to 29-5-2021. Mrs.Usha Rani explained in detail about the effect of meditation and how it builds a harmony in between the health and studies. She presented various types of yoga and meditation techniques to improve the immunity levels t6o strengthen our body and to boost up to face the pandemic situation.



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27-5-2021 to 29-5-2021
2020-21

Sl.No	Roll No	Students Name	class	Signature
1.	16011085445510	G. Sumalatha	BZC	
2.	16011085445515	K. Bhavani	BZC	
3.	16011085445519	K. Jayamma	BZC	
4.	16011085445522	K. Lakanksha	BZC	
5.	16011085445526	N. Tejasree	MBC	
6.	16011085445528	T. Manisha	MBC	
7.	16011085445531	S. Lavanya	MBC	
8.	16011085445532	T. Anuradha	BZC	
9.	16011085445533	V. Divya	BZC	
10.	16011085445534	V. Soni	BZC	
11.	16011085458003	B. Madhavi	MBC	
12.	16011085458004	B. Seerene pede	MBC	
13.	16011085458005	Chandrabalka	MBC	
14.	16011085458006	Shanthy Jyothi	MBC	
15.	16011085458007	Sumanjali	MBC	
16.	16011085458008	Singha	MBC	
17.	16011085458009	Venkata Krishnaveni	BZC	
18.	16011085458010	J. Swathi	BZC	
19.	16011085458011	K. Sandhya	BZC	
20.	16011085458012	K. Keerthi Chandruka	MZC	

PRINCIPAL
Govt. Degree College for Women
Begumpet, Hyderabad

