

**GOVERNMENT DEGREE COLLEGE, BELLAMPALLY**  
**DISTRICT MANCHERIAL**  
**TELANGANA, 504251**



**LIFE SKILLS ENHANCEMENT PROGRAMME**

**ACADEMIC YEAR 2019-2020**

**Organized by**

**DEPARTMENT OF HISTORY AND POLITICAL SCIENCE**

**S.PRABHAKAR**

**Lecturer in political science**

**Dr N.EKAMBARAM**

**Lecturer in History**

## **REPORT ON LIFE SKILL ENHANCEMENT PROGRAMME**

As a part of Life Skills enhancement Program Government Degree College, Bellampally, conducted one day Program on Yoga, on 13-02-2020. With enthusiasm about 33 students and faculty were participated. This program was organized over one day (13-02-2020) in collaboration with Department of political science and Department of History

Indians, since the ancient times have experienced the numerous benefits of yoga as way of life and a healing practice for the mind and the body. In more recent centuries ,especially in the modern times more prone to mental stress and physical strife, people across the world have adopt yoga for its scientific values and methodological virtues.

The resource person of the program K. Padma yoga trainer at Bellampally, given a lecture regarding stress relief practices and the importance of yoga in “Everyday Life” followed by different yoga ausanas. Yogic practice on the physiology of human body and its practice help in reducing high blood pressure providing relief from back pain and neck pain, reduce the stress level and increases the concentration of mind and the coordination of body and mind.

### **ORGANISERS**

**S.PRABHAKAR**

**DrN.EKAMBARAM**

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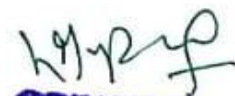
### ORGANISERS

S.PRABHAKAR



Dr.N.EKAMBARAM

N. 

  
**PRINCIPAL**  
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Bellampalli-504 2  
Dist. Mancherial













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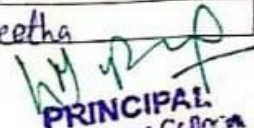
DISTRICT - MANCHERIAL

Event Name : Life Skills program. yoga

Academic Year: 2019-2020

Date 13/02/2020

S.NO	Name of the student	Group/year	Signature
1.	N. Meghamala	B.A (H.E.P) 1 <sup>st</sup> year	N. Meghamala
2.	A. Swathi	B.A (H.P.P) 1 <sup>st</sup> year	A. Swathi
3.	S. Ajay	B.A (H.P.P) 1 <sup>st</sup> year	S. Ajay
4.	K. Sabithya	B.A (H.P.P) 1 <sup>st</sup> year	K. Sabithya
5.	D. Rajkumar	B.A (H.P.P) 1 <sup>st</sup> year	D. Rajkumar
6.	S. Ravinder	B.A (H.P.P) 1 <sup>st</sup> year	S. Ravinder
7.	B. Bhanu	B.A (H.P.P) 1 <sup>st</sup> year	B. Bhanu
8.	P. Rajesh	B.A (H.P.P) 1 <sup>st</sup> year	P. Rajesh
9.	P. Susender	B.A (H.P.P)	P. Susender
10.	L. Adharsh	B.A (H.P.P)	L. Adharsh
11.	P. Ravi	B.A (H.P.P)	P. Ravi
12.	E. Swetha	B.A (H.P.P)	E. Swetha
13.	M. Shiva prasad	B.A (H.P.P)	Shiva prasad
14.	J. Chaitrika	B.A (H.P.P)	J. Chaitrika
15.	J. Rani	B.A (H.P.P)	J. Rani
16.	J. Rajkumar	B.A (H.P.P)	J. Rajkumar
17.	K. Rajalekha	B.A	K. Rajalekha
18.	G. Mahesh	B.A (H.E.P)	G. Mahesh
19.	G. Anand	B.A (H.E.P)	G. Anand
20.	B. Venkatesh	B.A (H.P.P)	B. Venkatesh
21.	B. Suman	B.A (H.P.P)	B. Suman
22.	B. Saritha	B.A (H.P.P)	B. Saritha
23.	M. Anveer kumar	B.A (H.P.P)	M. Anveer kumar
24.	K. Rohith	B.A (H.P.P)	K. Rohith
25.	L. Adharsh	B.A (H.P.P)	L. Adharsh
26.	M. Shiva PRASAD	B.A (H.P.P)	Shiva prasad
27.	B. Shirisha	BSC (BZC)	B. Shirisha
28.	G. Sai Prathyusha	B. com (CA)	G. Sai Prathyusha
29.	K. Kiranmai	BSC (BZC)	K. Kiranmai
30.	K. Manasa	BSC (BZC)	K. Manasa
31.	K. Soilekha	BSC (BZC)	K. Soilekha
32.	G. Ganya	BSC (BZC)	G. Ganya
33.	J. Sangeetha	BSC (BZC)	J. Sangeetha

  
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