

GOVERNMENT DEGREE COLLEGE, NARAYANKHED
DISTRICT SANGAREDDY
TELANGANA, 502286



LIFE SKILLS ENHANCEMENT PROGRAMME

ACADEMIC YEAR 2018-2019

Organized by

DEPARTMENT OF ENGLISH AND COMPUTER SCIENCE

R.ARUN KUMAR

Lecturer in English

K. NARSIMHA REDDY

Lecturer in Computer Science

PRINCIPAL
Govt Degree College
NARAYANKHED
Sangareddy, Dist: 502 186

REPORT ON LIFE SKILL ENHANCEMENT PROGRAMME

As a part of Life Skills enhancement Program Government Degree College, Narayankhed, conducted one day Program on Yoga, on 21-06-2018. With enthusiasm about 48 students and faculty were participated. This program was organized over one day (21-06-2018) in collaboration with Department of political science and Department of English

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 adopted yoga for its scientific values and methodological virtues.


The resource person of the program P. Narsimulu yoga trainer at Narayankhed, given a lecture regarding stress relief practices and the importance of yoga in "Everyday Life" followed by different yoga asanas. 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

R. ARUN KUMAR

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IQAC - Coordinator
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NARAYANKHED

**GOVERNMENT DEGREE COLLEGE NARAYANKHED
CIRCULAR
FUNDAMENTALS ON YOGA
2018-19**

Date 14.06.2018

All the staff and students of GDC Narayankhed are hereby informed that, there will be a programme on yoga for one day by R. Arun Kumar Lecturer in English and yoga trainer from 21.06.2018. Hence all the staff and students should attend the programme and make it a success



R. Arun Kumar
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Proofs/Photos



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GOVERNMENT DEGREE COLLEGE NARAYANKHED

Sangareddy Dist. Telangana – 502286

FEEDBACK REPORT

Date: 21-06-2018


Name of participants: U. Venkanna

Designation: Student

QUESTIONNAIRE FOR FEEDBACK

Name of the programme	Yoga
Are you satisfied with the programme	yes
What did you learn from the programme	meditation
Is it help for you in your life	yes
Can we arrange programme like this in future	yes


Participant


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GOVERNMENT DEGREE COLLEGE NARAYANKHED

Sangareddy Dist. Telangana – 502286

FEEDBACK REPORT

Date:

Name of participants: K. Dastan Reddy

Designation: B.Sc MPCU

QUESTINNAIRE FOR FEEDBACK

Name of the programme	Yoga
Are you satisfied with the programme	Yes
What did you learn from the programme	Lifestyle in Yogasana
Is it help for you in your life	Yes, it is
Can we arrange programme like this in future	Yes, arrange

Participant

R. H. Khanna
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Shree
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GOVERNMENT DEGREE COLLEGE NARAYANKHED

Sangareddy Dist. Telangana – 502286

FEEDBACK REPORT

Date: 21-06-18

Name of participants: G. GORUP

Designation: Lecturer

QUESTINNAIRE FOR FEEDBACK

Name of the programme	yoga day
Are you satisfied with the programme	yes
What did you learn from the programme	yes
Is it help for you in your life	yes
Can we arrange programme like this in future	yes


Participant


Coordinator
IQAC - Coordinator
Govl. Degree College
NARAYANKHED

GOVERNMENT DEGREE COLLEGE NARAYANKHED

Sangareddy Dist. Telangana – 502286

FEEDBACK REPORT

Date: 21/06/2018

Name of participants: Merugu. Ramulu

Designation: Lecturer

QUESTIONNAIRE FOR FEEDBACK

Name of the programme	YOGA DAY
Are you satisfied with the programme	yes
What did you learn from the programme	I learn from yoga day for physically, Mentally, strong.
Is it help for you in your life	yes
Can we arrange programme like this in future	yes


Participant


Coordinator
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Govt. Degree College
NARAYANKHED

GOVERNMENT DEGREE COLLEGE, NARAYANKHED DIST: SANGAREDDY.
STUDENT LIST FOR YOGA PROGRAM 2019-20.

S.NO	NAME OF THE STUDENT	GROUP
1	D.HAZI	MPC
2	E.UZWALA	MPC
3	K.VINODA	MPC
4	K.BASWARAJ	MPC
5	K.GANESH	MPC
6	M.SOUMYA	MPC
7	P.RAJESHWARI	MPC
8	S.SUNITHA	MPC
9	R.DINESH	B.COM
10	R.HARIKRISHNA	B.COM
11	R.SANTHOSH KUMAR	B.COM
12	S.OMKAR	B.COM
13	V.SRINIVAS	B.COM
14	J.ASWINI	B.COM
15	R.NIKITHA	B.COM
16	S.SALEEM	B.COM
17	BORANCHA RAVI KIRAN	B.A
18	BUKKA BEEBI	B.A
19	BYAGARI RENUKA	B.A
20	CHENCHU SHIVAKUMAR	B.A
21	CHOUTI SWAPNA	B.A
22	DUDEKULA SAMEENA BEGUM	B.A
23	EAGA DIVYA SRI	B.A
24	ERRA RAJU	B.A
25	JUNJURE SUNITHA RANI	B.A
26	METRI JAKKAIHA	B.A
27	MOHD NASIRODDIN	B.A
28	MONDI NARSIMULU	B.A
29	NAYINI PREM KUMAR	B.A
30	CHAKALI NARSIMULU	B.ZC
31	DIDDI ABINASH.	B.ZC
32	ELIMELA SAROJANA	B.ZC
33	GAINI SAMPURNA	B.ZC
34	H DEEPAK	B.ZC
35	JADAV KANCHANA	B.ZC
36	JANGLI NAVANEETHA	B.ZC
37	KADAVATH RAVINDER	B.ZC
38	KAMMARI PRIYANKA	B.ZC
39	KARDAS JYOTHI	B.ZC
40	KETHAVATH MOTHIRAM	B.ZC
41	KUMMARI INDU	B.ZC
42	KUMMARI LAXMI	B.ZC
43	KURMA KALPANA	B.ZC
44	MACHKURI ANIL KUMAR	B.ZC
45	MANEMMOLLA GEETHA	B.ZC
46	MASKOORI LAXMI	B.ZC
47	METHIRI DEVI	B.ZC

M. Ref
I/C
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Govt Degree College
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A. H. H. H.
R. H. H. H.
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