

GOVERNMENT DEGREE COLLEGE, MEDAK

Best Practice

Life Centers

Name of the Department : TSKC

Name of the Program : Life Centers

Convener of the Program : Dr.A.Sudhakar

Coordinator of the Program: V.Anjaiah

Villages : Medak, Machavaram.

Benefits : Active Life, Supportive Life, Life Skills, Natural Life and Health Care.

Students : 10

When : 2020-21

How many days : 15 Days

Time : 30 Hours

No. Of Centers : 04

Brief Report:

Life Centers is a project taken up by our students in which they guide and support the people of Medak with the support of their friends and elders of Medak. Classes on meditation, life skills, health were conducted by the students and faculty of the college. The elder people from various community and social background were very happy to attend the classes and discussed about their life and shared their knowledge with the students. Students Ranjith, Harish, Swathi, Anuradha, Jayasree have contributed a lot for the success of this program.

Photos:

Spend In Nature



Meditation



Discussion on Health



Guidance by Medical Expert




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