

**GOVERNMENT DEGREE COLLEGE, BELLAMPALLY**

**DISTRICT: MANCHERIAL**

**TELANGANA STATE**

(Affiliated to Kakatiya University)



**DEPARTMENT OF ZOOLOGY**

**A BRIEF REPORT ON NATIONAL LEVEL WEBINAR CONDUCTED**

**Topic:** *Effective Life Management through Yoga and Life Skills*

*In the changing Environment"*

**Organized on 15-07-2020**

Dt. 09-07-2020

To  
The Principal  
Government Degree College  
Bellampally  
Dist. Mancherial.

Sir,

Sub: Request for permission to conduct a Webinar on Yoga and Life skills-Department of  
Zoology, Req. Reg.

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In view of the present COVID pandemic, the department of Zoology wishes to enlighten the students about the importance of practicing Yoga and Life skills to cope up with the changing environment by conducting a National Level Webinar titled "Effective Life Management through Yoga and life Skills in the changing environment" on 15<sup>th</sup> July, 2020 through Google meet (Online mode). Kindly permit me.

Thanking you sir

Yours sincerely



P.SREE LATHA

Asst. Professor of Zoology

## A Brief Report

**Title:** Effective life Management through Yoga and Life Skills in the changing environment

**Date:** 15<sup>th</sup> July, 2020

**Time:** 11:00 a.m. to 12 Noon (extended till 1:00 p.m.)

**Organizers:** Department of Zoology (Under the guidance of IQAC)

**Objective:** The main objective is to elaborate the positive effects that can be achieved through practice of Yoga, the most prominent being mental hygiene and emotional stability to face dualities of life with equanimity.

**Mode:** Online through Google meet

**Name and address of the Resource Person:** Smt. A. Meenakshi, M.A. (English, SET qualified), M.Sc. (Yoga, NET qualified), Asst. Prof. of English, GDCW, Karimnagar.

**Participant's Profile:** A total of 197 participants from various categories like faculty and students from various degree colleges, colleges of Technical Education, Teacher Education, UG and PG colleges, parents etc.

**Description of the programme:** For the inaugural session, Dr. V. Chakrapani, the principal, Identified Degree College, Mancherial has participated as chief guest. In his address he emphasized the role of Yoga and life skills in maintaining good physical and mental health especially during COVID pandemic.

Dr. Jai Kishan Ojha, the principal, Model Degree College, Luxettipet has participated and addressed briefly how Yoga helps to manage stress and anxiety.

Later the resource person enlightened the gathering about the importance of Yoga and life skills in coping up with the life style disorders. He guided the students how they can overcome the ailments concerned with adolescence by practicing Yoga regularly.

Various components of Yoga like Suryanamaskaras, several asanas, Pranayama etc. were explained with the help of power point presentation.

The entire session was an interactive session and the speaker answered many queries raised by the participants.

Smt. JVR Archana, IQAC coordinator proposed vote of thanks.

The entire program was coordinated with the support of the principal, faculty of the college.

**Feedback:** All the participants have expressed their gratitude for creating awareness on the importance of Yoga and Life skills in maintaining good health.


**Future perspectives:** The department of Zoology looking forward to organize such awareness programs in order to create awareness on human health issues.

**Report submitted by:** Smt. P.SREE LATHA

**Designation:** Asst. Professor

**Department:** Zoology

**Address:** Government Degree College, Bellampally, Dist. Mancherial, Telangana

  
**PRINCIPAL**  
Govt. Degree College  
Bellampally-504 204  
Dist. Mancherial (T.S.)



# INVITATION

Under the guidance of Internal Quality Assurance Cell,  
the Department of Zoology is pleased to announce

## A NATIONAL LEVEL WEBINAR

ON



Effective Life Management  
through Yoga & Life Skills in  
Changing Environment”



The main objective of this webinar is to elaborate the positive effects that can be achieved through practice of Yoga, the most prominent being mental hygiene and emotional stability to face dualities of life with equanimity



Date & time:

15th July 2020.  
11:00 A.M to 12  
Noon (IST).



Resource Person:

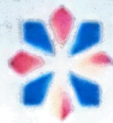
Smt. A.Meenakshi M.A  
English SLET, M.Sc Yoga NET  
Asst.Professor of English  
GDCW, Karimnagar

Platform: Google Meet

**GOVERNMENT DEGREE COLLEGE, BELLAMPALLY**

Dist: Mancherial, Telangana

# Model of the Certificate of Participation



Department of ZOOLOGY



**GOVERNMENT DEGREE COLLEGE, BELLAMPALLY**

DIST:Mancherial, Telangana

## **CERTIFICATE OF PARTICIPATION**

**This is to certify that T.Sathish , GDC,CHENNOOR ,Dist.MANCHERIAL has attended the national level webinar titled "A Webinar on Effective Life Management through Yoga and Life Skills in the Changing Environment", organised by Department of Zoology (Under the guidance of IQAC), GDC , BELLAMPALLY on 15th July, 2020.**

Convenor

COORDINATOR

Principal





Department of ZOOLOGY



# GOVERNMENT DEGREE COLLEGE, BELLAMPALLY

DIST:Mancherial, Telangana

## CERTIFICATE OF APPRECIATION

This is to certify that Smt. A. Meenakshi, M.A. (English, SLET qualified), M.Sc. (Yoga, NET qualified), Asst. Prof. of English, GDCW, Karimnagar, has attended and delivered a noteworthy lecture as Resource Person in National level Webinar titled "A Webinar on Effective Life Management through Yoga and Life Skills in the Changing Environment", organised by Department of Zoology (Under the guidance of IQAC), GDC, BELLAMPALLY on 15th July, 2020.

Convenor

COORDINATOR

Principal

Welcome Dear Participants,

Under the guidance of Internal Quality Assurance Cell, the Department of Zoology, GDC, BELLAMPALLY is pleased to announce a Webinar on

“Effective Life Management through Yoga & Life Skills in Changing Environment”.

Objective:

We all know that Yogic Science is gaining credibility internationally and proposal to induct it into educational curriculum is also being considered.

The main objective of this webinar is to elaborate on the positive effects that can be achieved through practice of Yoga, the most prominent being mental hygiene and emotional stability to face dualities of life with equanimity

Date:

15th July 2020.

Time: 11:00 A.M to 12 Noon (IST).

Resource Person:

Smt. A.Meenakshi

M.A English SLET M.Sc Yoga NET

Asst.Professor of English

GDCW, Karimnagar

Platform: Google Meet

Registration link:

<https://docs.google.com/forms/d/e/1FAIpQLScUkujgqEPD4xSqWNJcw8-WjP1TO85-yIUQa7JfmV7tUFaxCA/viewform>

Whatsapp Group link:

<https://chat.whatsapp.com/Eui5RhZtPrI4CkTA2q8MPI>

E-CERTIFICATE

Active Participants will be given E-Certificates.

Stay Home, Stay Safe.

Thank You!!!

*Praveen*  
S/c Dept of Zoology

*HM*  
**PRINCIPAL**  
Govt. Degree College  
Bellampally-504 201  
Dist. Mancherial (T.S.)