

## EXTENSION LECTURE ON MEDITATION AND YOGA

**Activity:** Extension lecture on Meditation and Yoga

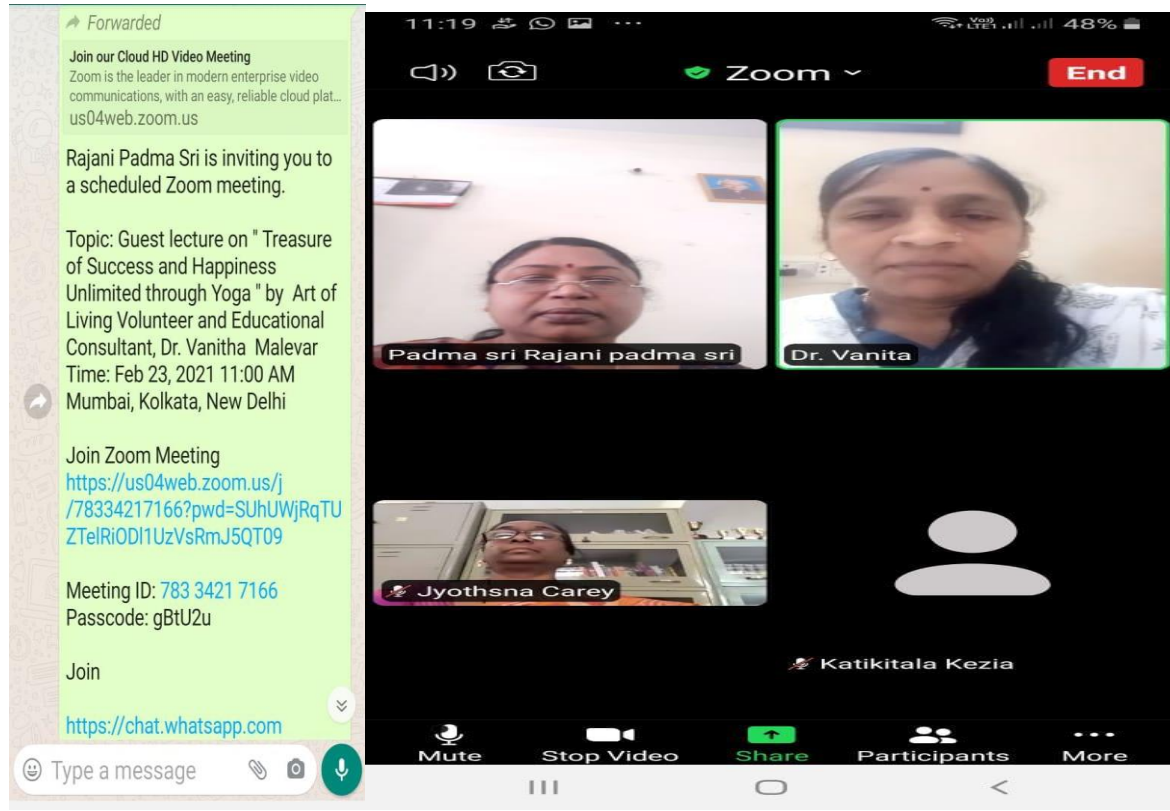
**Date:** 23.02.2021 @ 11.00am

**Resource Person:** Dr. Vanitha Malevar, a volunteer in Art of Living organization

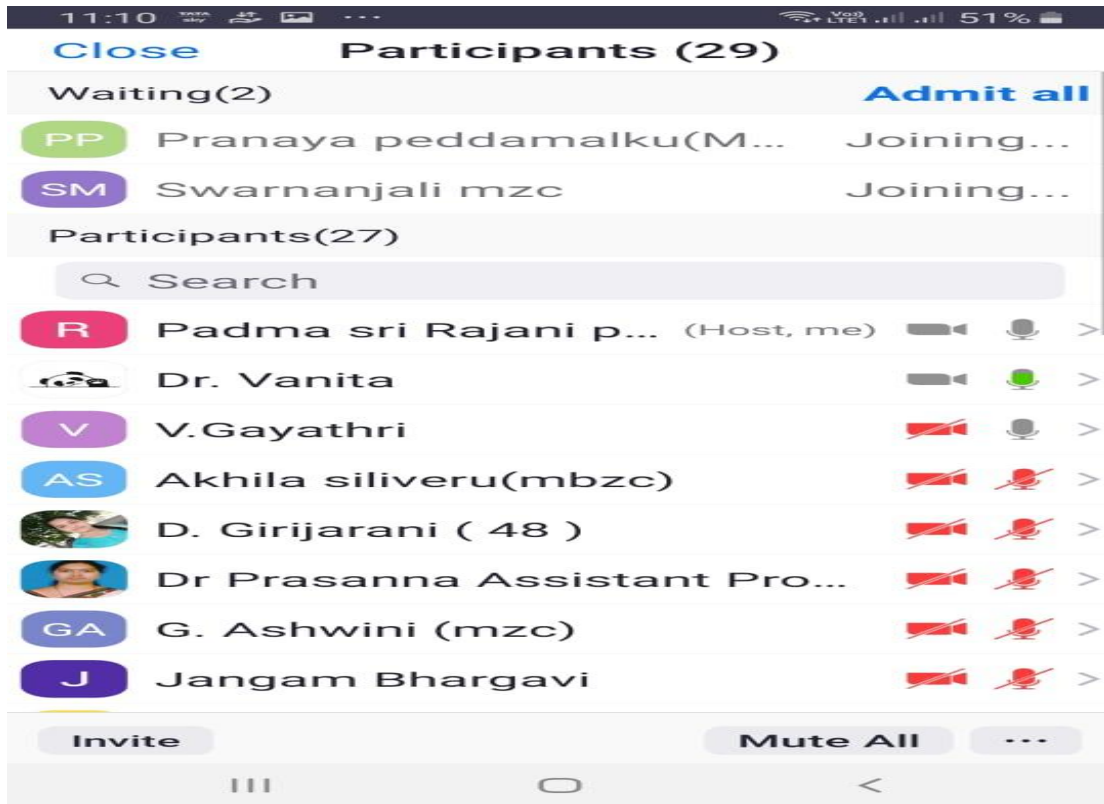
**Organizing committee:** Women Empowerment Cell, Health Committee and Zoology dept

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 Sri Ravishanker . 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.

Behalf of Women Empowerment Cell and Zoology dept , we organized a special program through online with Dr. Vanitha Malevar, a volunteer in Art Of Living organization on “Meditation and breath work shop” on dt:23-02-2021. Dr. Vanitha explained in detail about the effect of meditation and how it builds a harmony in between the health and studies. Madam also presented different types of exercises for better breathing.



In this programme Dr. Vanitha Malevar explained to the students about the various risk factors like stress and lifestyle and their implications on the health of the students. Dr. Malevar gave several tips to the students on how to face stressful situations with the help of meditation and Yoga. The students of I year Degree course in Govt. College for Women (A), Begumpet, Hyderabad enthusiastically participated and interacted with the speaker at the end of the lecture and clarified their doubts



# Extension lecture on Meditation and Yoga


2020-21

No. of students - 29

Sl. No	Roll No.	Student Name	Class	Signature
1.	1601108401524	K. Pooja	B.Com	<u>Pooja</u>
2.	1601108401525	K. Bhargani	B.Com	<u>K. Bh.</u>
3.	1601108401526	K. Shivapriya	B.Com	<u>Shivapriya</u>
4.	1601108401527	K. Maheshwari	B.Com	<u>maheshwari</u>
5.	1601108401528	M. Shireesha	B.Com	<u>Shireesha</u>
6.	1601108401530	N. Shireesha	B.Com	<u>Shireesha</u>
7.	1601108401539	R. Sanjitha	B.Com	<u>R. Sanjitha</u>
8.	1601108401541	S. Dhara Bhisu	B.Com	<u>D.S.B.</u>
9.	16011085405007	B. Annapurna	B.Com (CA)	<u>Anna</u>
10.	16011085405009	B. Manjulatha	B.Com (CA)	<u>Manju</u>
11.	16011085405012	D. Rajitha	B.Com (CA)	<u>Rajitha</u>
12.	16011085405015	G. Priyanka	B.Com (CA)	<u>Priyanka</u>
13.	16011085405017	J. Syamala	B.Com (CA)	<u>J. Syamala</u>
14.	16011085405019	M. Manga	B.Com (CA)	<u>M. Manga</u>
15.	16011085405027	R. Rani	B.Com (CA)	<u>R. Rani</u>
16.	16011085405031	S. Mounika	B.Com (CA)	<u>Mounika</u>
17.	16011085405035	T. Seavani	B.Com (Adv)	<u>Seavani</u>
18.	16011085405037	V. Pranavika	B.Com (Adv)	<u>Pranavika</u>
19.	16011085253017	L. Divya	B.ZC	<u>Divya</u>
20.	16011085253019	M. Shailasutha	B.ZC	<u>Shailasutha</u>

**PRINCIPAL**  
 Govt. Degree College for Women  
 Begumpet, Hyderabad

	Roll No.	Student Name	Class	Signature
	16011085289014	Juveria Komal	BZC	Juveria
	16011085301013	K. Sindhu	BZC	Sindhu
23	16011085289014	K. Kulsuam	BZC	K
24	16011085253017	L. Divya	BZC	Divya
25	16011085145026	P. Maheshwari	BZC	Mahesh
26	16011085145028	P. Dalwai	BZC	Dalwai
27	16011085061033	Samreen Begum	MZC	Samreen
28	16011085445504	B. Sumalatha	MZC	B. Sumalatha
29	16011085445507	B. Saritha	MZC	B. Saritha

  
 PRINCIPAL  
 Govt. Degree College for Women  
 Begumpet, Hyderabad

