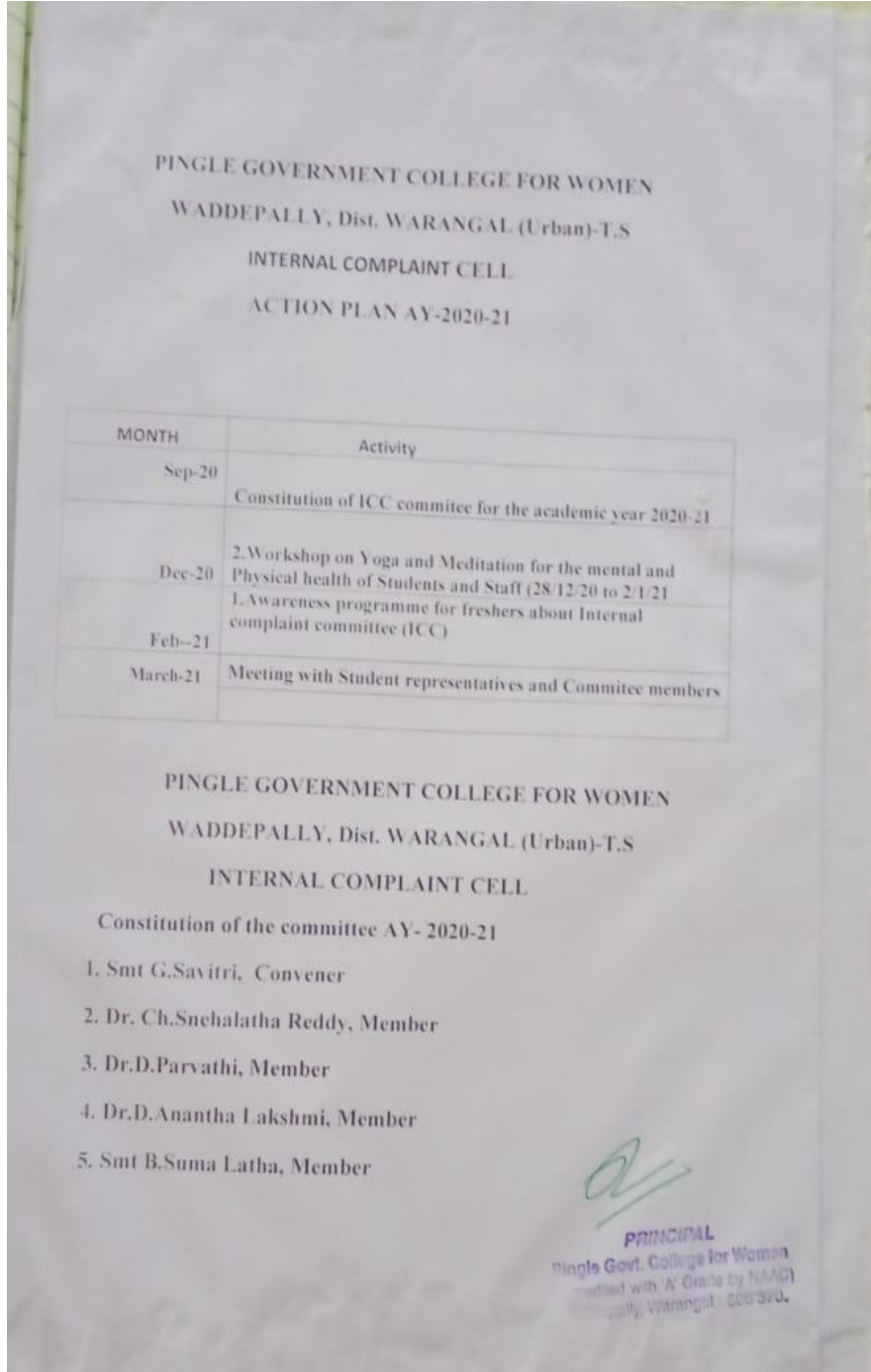


PINGLE GOVERNMENT COLLEGE FOR WOMEN (AUTONOMOUS)

HANUMAKONDA TELANGANA

INTERNAL COMPLAINT CELL (ICC)



NAME OF THE PROGRAM : One Week National Workshop On Yoga and Meditation in Collaboration with Sri Sri Ravishankar's Art Of Living Organisation









DATE: 28-12-2020 to 02-01-2021

PLACE: ONLINE through ZOOM app.

PURPOSE: To develop stress management skills among the students and staff.

OUTCOME: Sri K.Gopala Sarma, faculty of **Art of Living** from **Bhimavaram**, West Godavari Dt., **Andhra Pradesh** taught breathing techniques, yogasanas. He also delivered lectures on personality development and did fruitful conversation with students and staff. As this programme was conducted in the Carona pandemic time, it was very useful to improve immunity against COVID and to manage stress in the pandemic time... Also the instructor, Sri Sarma Garu encouraged the students to do practice daily From 5 AM to 6PM through Zoom App.

Almost 100 students and 30 lecturers got benefitted through this programme.

 Sri Sri Ravishankar	 Pingle Government College for Women, Waddepally, Hanamkonda	 THE ART OF LIVING
Nav Chetna Workshop .online (also called the Breath-Water-Sound workshop) Free Session		
Date: 28-12-2020 to 02-01-2021 Zoom ID : 837 0101 6120 Password : Will be shared to registered Participants		
Time: 05:00 pm to 06:00 pm Google Form : Fill the Gform and Join WhatsApp group provided in the Gform		
https://docs.google.com/forms/d/e/1FAIpQLScIMHUppaeM8EMOVUvC7G2e1eNa8rKp8x-yZcFHJuFOZAszvg/viewform?usp=sf_link		
<p>Why Nav Chetna Shivir?</p> <p>To achieve and get</p> <ul style="list-style-type: none">✓ Calm and Focused mind✓ Energizing Pranayama's✓ Boost Immunity✓ Eliminate Stress & Anxiety✓ Enjoy Present✓ Relaxing through meditation & Yoga  	 Mr. Kaligotla Gopala Sarma -Art Of Living Faculty	 Dr. G.Raja Reddy -Principal
 Mrs. Goparaju Savitri -HOD Physics Dept & ICC Convenor		
Contact Details : 7842498036(Goparaju Savitri) 9290719983 (Gopala Sarma)		





Zoom

Leave



Hajira Akhtar B.A [H.E.P]E/M



P.sreenidhi



Reshma4211



4364, MPCs, K. SHRUTHI

Unmute

Start Video

Share

Participants

More



NAME OF THE PROGRAMME: AWARENESS PROGRAMME

PURPOSE OF THE PROGRAMME:

To bring awareness about Icc and its functions to the new students

DATE: 01-FEB-2021 PLACE: AUDITORIUM (PINGLE GDC)

OUTCOME: 500+(B.A,B.Sc,B.Com) students got awareness about ICC and its functions ,need and it's importance .

And all the committee members are introduced to the students.

