



LAKIREDDY BALI REDDY COLLEGE OF ENGINEERING

(AUTONOMOUS)

Accredited by NAAC with "A" Grade and NBA(CSE,IT,EEE,ECE &ME)

Approved by MICTE, New Delhi and Affiliated to JNTUK, Kakinada

L.B.Reddy Nagar, Mylavaram-521230, NTR Dist, Andhra Pradesh, India

REPORT ON "Yoga Classes"

Event Type : Special training programme

Date / Duration : 04-08-2022 to 14-08-2022 / Two Weeks

Resource persons : Mr. J.D.V.Prasad, Yoga Master, LBRCE.

Name of Coordinators : Mrs.K.Rani Rudramma, Mentor , Saheli-Girls Club.
Mrs G.Tabita, Coordinator- Saheli-Girls Club.

Target Audience : V & VII Girl students

Total no of Participants : 64(V & VII Girl students)

Objective of the event :To improve Physical and Mental Health of the girls students of the Institute.

Outcome of event : Majority of the Girl students of the Institution have trained on Yoga

Description / Report on Event : Students of the Institution have trained in Special "Yoga Classes" for two weeks. They have learned movement-based and breathing-based practices to improve their strength and flexibility reduce symptoms of anxiety and inflammation and also provide mental balance to lead a quality life.

Feedback / Suggestions : Most of the students said that it is useful

Photographs:



Welcome Speech by **Dr.K.Appa Rao , Principal, LBRCE**



Yoga Certificates Issued to Trained Students by **Dr.K.Appa Rao , Principal, LBRCE & Mr. J.D.V.Prasad, Yoga Master, LBRCE.**

P. Sobha Rani

Presiding Officer-ICC

Dr.P.Sobha Rani