LAKIREDDY BALI REDDY COLLEGE OF ENGINEERING

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

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

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

REPORT ON "Yoga Classes-Phase-II"

Event Type : Special training programme

Date / Duration : 24-04-2023 to 06-05-2023./ 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 : All Departments of IV semester Hostel Girl

students

Total no of Participants: 130 (All Departments of IV semester Hostel 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- phase-II"** for two weeks. They have learnt breath control, simple meditation, and the adoption of specific postures for relaxation and toning of body.

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

Photographs:





IV semester students trained by Mr. J.D.V.Prasad, Yoga Master, LBRCE on "Yoga Phase-II"

Presiding Officer-ICC
Dr.P.Sobha Rani