



Sri Shridevi Charitable Trust (R.)  
**SHRIDEVI INSTITUTE OF ENGINEERING AND TECHNOLOGY**  
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(Approved by AICTE, New Delhi, Recognised by Govt. of Karnataka and Affiliated to Visvesvaraya Technological University, Belagavi)



## Women Empowerment Cell

Circular

20/06/22

The Women empowerment cell organises Importance of Yoga and Meditation. It is hereby informed to all the students and faculty members to attend Importance of Yoga and Meditation on 21/06/2022. The attendance is compulsory.

**Venue :** Mechanical Seminar Hall

**Time :** 11:30 a.m.

(Dr. Chethana)

Assistant Professor

## Importance of Yoga and Meditation

| Name of Activity   | Importance of Yoga and Meditation  |
|--------------------|--|
| Date               | 21/06/2022   |
| Venue              | Mechanical seminar hall  |
| Speaker            | Lakshmi Narayan  |
| Participated by    | Faculty members and Students   |
| Activity In charge | Lakshmi Narayan  |
| Report in Detail   | <p>“Importance of Yoga and Meditation” was delivered by Yoga master Lakshmi Narayan on 21/06/22 successfully in the presence of student and faculty of our Institute. The students practiced various yoga asanas. The importance and benefits of each yoga asanas was explained by the yoga master. The students were instructed to do yoga every day as it relives them from stressful life. 10 Faculty members 90 students participated in the event</p> |



**Students Performing Yoga as instructed by the yoga master**

**Importance of yoga**  
**Attendance sheet**

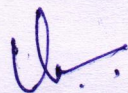
| Sl. No | USN        | Name of the students  | Signature  |
|--------|------------|-----------------------|------------|
| 1      | 1SV20CS001 | ANUSHA B S            | Anusha     |
| 2      | 1SV20CS002 | ANUSHA R              | Anusha     |
| 3      | 1SV20CS003 | ASFA KHANUM           | Asfa       |
| 4      | 1SV20CS004 | ASHA                  | Asha       |
| 5      | 1SV20CS005 | ASHWINI S             | Ashwin     |
| 6      | 1SV20CS006 | BORISH KONGBRILATPAM  | Borish     |
| 7      | 1SV20CS007 | DHEERAJ KUMAR P       | Dheeraj    |
| 8      | 1SV20CS008 | DIBESH SHRESTHA       | Dibesh     |
| 9      | 1SV20CS009 | EMILY LAURA           | Emily      |
| 10     | 1SV20CS010 | G MALINGARAYA         | Malinga    |
| 11     | 1SV20CS011 | GIRISHA V             | Girisha    |
| 12     | 1SV20CS012 | H R ABHINANDAN        | H R ab     |
| 13     | 1SV20CS013 | HABIBULLA SADIK MULLA | Ha sabin   |
| 14     | 1SV20CS014 | HARSHITHA T A         | Harshitha  |
| 15     | 1SV20CS015 | JAHIDUL ISLAM         | Jahidul    |
| 16     | 1SV20CS016 | JAYANTH D S           | Jayanth    |
| 17     | 1SV20CS017 | KAVYA M               | Kavya      |
| 18     | 1SV20CS018 | KEERTHANA KUMBAR      | Keerthana  |
| 19     | 1SV20CS019 | M P SHISHIER          | Shishier   |
| 20     | 1SV20CS020 | MADHURASHREE M        | Madhu      |
| 21     | 1SV20CS021 | MAJMAANJUM            | Majmaanjum |
| 22     | 1SV20CS022 | MAMATHA K             | Mamatha    |
| 23     | 1SV20CS023 | MANOJ KUMAR PATIL     | Manoj      |
| 24     | 1SV20CS024 | MANTESH H RANGARADDI  | M P        |
| 25     | 1SV20CS025 | MOHAMMED NABIL        | Mohammed   |
| 26     | 1SV20CS026 | MOHAMMED OWAIS KHAN   | Mohammed   |
| 27     | 1SV20CS027 | MOMIN PASHA           | Momin      |
| 28     | 1SV20CS028 | MONIKA A              | Monika     |
| 29     | 1SV20CS029 | MYTHRI B N            | Mythri     |
| 30     | 1SV20CS030 | NANDINI T S           | Nandini    |
| 31     | 1SV20CS031 | NAYANA D G            | Nayana     |

|    |            |                            |                   |
|----|------------|----------------------------|-------------------|
| 32 | 1SV20CS032 | NETHRA PRASAD D R          | <del>Net B</del>  |
| 33 | 1SV20CS033 | PARTHA H R                 | Parthak           |
| 34 | 1SV20CS034 | PUSHPRAJ                   | <del>Partha</del> |
| 35 | 1SV20CS035 | RAHUL AJIT KUMBAR          | Rahul             |
| 36 | 1SV20CS036 | ROUSHANIBEGUM              | Rohini            |
| 37 | 1SV20CS037 | SADASHISH KUMAR BHOKTA     | Rohini            |
| 38 | 1SV20CS038 | SAGAR S K                  | <del>Sagar</del>  |
| 39 | 1SV20CS039 | SANIYA SARDAR              | Saniyas           |
| 40 | 1SV20CS040 | SEKH FARDEEN               | Seeni             |
| 41 | 1SV20CS041 | SHAIK RABBANI              | ShaiK             |
| 42 | 1SV20CS042 | SHARIBA FIRDOSE            | Sha R             |
| 43 | 1SV20CS043 | SHASHIREKHA M              | Shashim           |
| 44 | 1SV20CS045 | SHRAVANAKUMARA T           | Shra T            |
| 45 | 1SV20CS046 | SIDHANT PANDIT             | SidhantPandit     |
| 46 | 1SV20CS047 | SMRITI DEWANGAN            | Smriti            |
| 47 | 1SV20CS048 | SOUVIK KARAK               | Sou               |
| 48 | 1SV20CS049 | SRIKIRAN B                 | Srikan            |
| 49 | 1SV21CS001 | AASTHA PANDDY              | <del>Aastha</del> |
| 50 | 1SV21CS002 | ABDUL MOHSIN J KHAN        | Abdul M           |
| 51 | 1SV21CS003 | ABHINAV DEVARAJ T R        | Abhinav           |
| 52 | 1SV21CS004 | ABHISHEK RANJAN            | Abhishek          |
| 53 | 1SV21CS005 | ABRAR AHAMED I             | Abra              |
| 54 | 1SV21CS006 | AISHWARYA S                | Aishwaryas        |
| 55 | 1SV21CS007 | AMAN MAHAMADAGORI BAVAKHAN | Aman              |
| 56 | 1SV21CS008 | ANANYA M J                 | Ananyam           |
| 57 | 1SV21CS009 | ARSHIYA NAAZ               | Arshiya           |
| 58 | 1SV21CS010 | BHARATH M H                | Bharath           |
| 59 | 1SV21CS011 | BHAVANA M R                | Bhava             |
| 60 | 1SV21CS012 | BHAVYA A                   | Bhava             |
| 61 | 1SV21CS013 | BHAVYA S                   | Bhava             |
| 62 | 1SV21CS014 | BHOOMIKA Y                 | Bhoomi            |
| 63 | 1SV21CS015 | BHUVAN G RAMALADA          | Bhuvan            |
| 64 | 1SV21CS016 | BIMMI KUMARI               | Bimmi             |
| 65 | 1SV21CS017 | BINDHUSHREE R              | Bh                |
| 66 | 1SV21CS018 | CHAITHRA P                 | Chaitra           |
| 67 | 1SV21CS019 | CHAITHRA V                 | Ch                |
| 68 | 1SV21CS020 | CHANDANA G                 | Ch                |

|    |            |                          |               |
|----|------------|--------------------------|---------------|
| 69 | 1SV21CS021 | CHANDANA N H             | Chandana N H  |
| 70 | 1SV21CS022 | CHANDU P                 | Chandu P      |
| 71 | 1SV21CS023 | CHITHRA J P              | Chithra J P   |
| 72 | 1SV21CS024 | D P HARSHITHA            | D P Harshitha |
| 73 | 1SV21CS025 | DARSHAN K                | Darshan K     |
| 74 | 1SV21CS026 | DHANUSH K R              | K.R. Phaniush |
| 75 | 1SV21CS027 | DHEERAJ S                | Dheeraj S     |
| 76 | 1SV21CS028 | DIPENDU KUMBHAKAR        | Dipendu       |
| 77 | 1SV21CS029 | DIVYA A C                | Divya A C     |
| 78 | 1SV21CS030 | DIVYA D R                | Divya D R     |
| 79 | 1SV21CS031 | GAGANA K                 | Gagana K      |
| 80 | 1SV21CS032 | HARSHITHA B              | H             |
| 81 | 1SV21CS033 | HEMANTH YALLAPPA HADAPAD | Hemant        |
| 82 | 1SV21CS034 | HEMASHREE M              | Hemashree M   |
| 83 | 1SV21CS035 | HENJESH K O              | Henjesh K O   |
| 84 | 1SV21CS036 | KARUNAKARA L             | Karunakar L   |
| 85 | 1SV21CS037 | KIRAN S                  | Kiran S       |
| 86 | 1SV21CS038 | KISHOR N                 | Kishor N      |
| 87 | 1SV21CS039 | KUSUMA R                 | Kusuma R      |
| 88 | 1SV21CS040 | LAXMI SONNAD             | Laxmi S       |
| 89 | 1SV21CS041 | LIKITHA T P              | Likitha T P   |
| 90 | 1SV21CS042 | MAMATHA H R              | Mamatha H R   |

#### Faculty Members

| Sl no | Name of faculty                      | Signature |
|-------|--------------------------------------|-----------|
| 1     | Mr. Mallesh H.L                      | M.H.L.    |
| 2     | Mrs. Shilpa Sannamani                | Shilpa S  |
| 3     | Mr. Kumar H.R                        | K.H.R.    |
| 4     | Mrs. Amirthalakshmi                  | Amirtha   |
| 5     | Mrs. Veena N D                       | Veena     |
| 6     | Dr. Charan K V                       | Charan    |
| 7     | Ms. Sowmya M.S                       | Sowmya    |
| 8     | Ms. Poornashree Narayani s kulakarni | Poorna    |
| 9     | Mrs. Ayisha Khanum                   | Ayisha    |
| 10    | Mr. Aijaz Ahamed Sharief             | Aijaz     |

  
WEC Coordinator

## Women Empowerment Cell

### FEEDBACK – IMPORTANCE OF YOGA AND MEDITATION

Name: *Keerthana Kumbhar*

USN: *15V20CS018*

Academic year: *2021 - 22*

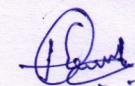
Note: 1- Strongly Disagree, 2-Disagree, 3-Not sure, 4-Agree, 5- Strongly Agree

|   | Particulars   | Scale |   |   |   |   |
|---|---|-------|---|---|---|---|
|   |   | 1     | 2 | 3 | 4 | 5 |
| 1 | The Programme was well organised                                      |       |   |   | ✓ |   |
| 2 | The Yoga master taught you the asanas in a easy way.                  |       |   |   |   | ✓ |
| 3 | It was a useful programme and gave you information on various asanas. |       |   |   | ✓ |   |
| 4 | The tips and suggestion given by the Yoga master was understandable   |       |   |   | ✓ |   |
| 5 | Will you practise the yoga everyday                                   |       |   |   |   | ✓ |

Suggestion to improve the programme

*None*

DATE: 21/06/2022



SIGNATURE

## Women Empowerment Cell

### FEEDBACK – IMPORTANCE OF YOGA AND MEDITATION

Name: Madhura Shree.M.

USN: 18V20CS020

Academic year:

2021 - 22

Note: 1- Strongly Disagree, 2-Disagree, 3-Not sure, 4-Agree, 5- Strongly Agree

|   | Particulars   | Scale |   |   |   |   |
|---|---|-------|---|---|---|---|
|   |   | 1     | 2 | 3 | 4 | 5 |
| 1 | The Programme was well organised                                      |       |   |   | ✓ |   |
| 2 | The Yoga master taught you the asanas in a easy way.                  |       |   |   |   | ✓ |
| 3 | It was a useful programme and gave you information on various asanas. |       |   |   | ✓ |   |
| 4 | The tips and suggestion given by the Yoga master was understandable   |       |   |   | ✓ |   |
| 5 | Will you practise the yoga everyday                                   |       |   |   |   | ✓ |

Suggestion to improve the programme

Nil

Nil

DATE: 21/06/2022

  
SIGNATURE