

Women Empowerment Cell

Circular

08/05/23

The Women empowerment cell organises Yoga classes for Girls students

It is hereby informed to all the students and faculty members to attend Yoga classes for Girls students from 08/05/23 to 12/05/23

Venue :Edusat Hall

Grace Hemalatha
(Dr. Grace Hemalatha)

Assistant Professor

Yoga classes for Girls students

Name of Activity	Yoga classes for Girls students
Date	08/05/23 to 12/05/23
Venue	Edusat Hall
Participated by	Students and faculty member
Activity In charge	Mrs. Bindu
Report in Detail	<ul style="list-style-type: none"> • “Yoga classes for Girls students” programme was conducted from 08/05/23 to 12/05/23 at 3:30 pm every day. Yoga teacher Mr. Lakshmi Narayan, taught the Yoga Asanas to students. • Students learned some important Asanas which helps them to reduce stress and to be healthy. • 06 Faculty members and 46 students participated in the programme



Women Empowerment Cell
Yoga Classes
Attendance Sheet

Sl. No	USN	Name of the students	Signature
1	1SV21BA002	Aishwarya B S	Aishwaryas
2	1SV21BA003	Anusha AG	Anusha
3	1SV21BA006	C T Keerthana	C.T. Keerthana
4	1SV21BA007	Chandanashree P	Chandanashree P
5	1SV21BA009	Divyashree P	Divyashree P
6	1SV21BA011	Geetha N P	geetha.P
7	1SV21BA012	Hajeera Zareen	Hajeera Zareen
8	1SV21BA017	Kavitha	Kavitha
9	1SV21BA020	Lanchana D S	Lanchana
10	1SV21BA021	Latha N	Latha N
11	1SV21BA022	M Earanna Gari Divya	Earanna
12	1SV21BA025	N Priyanka	Priyanka
13	1SV21BA026	Nandini N	Nandini N
14	1SV21BA028	Niveditha J	Niveditha J
15	1SV21BA029	Parvathi H R	Parvathi H R
16	1SV21BA032	Rakshitha B J	Rakshitha B J
17	1SV21BA033	Ramya N S	Ramya N S
18	1SV21BA034	Ramya V N	Ramya V N
19	1SV21BA035	Ranjitha K S	Ranjitha K S
20	1SV21BA037	Shashi C	Shashi C
21	1SV21BA040	Shravani S	Shravani S
22	1SV21BA041	Shwetha R	Shwetha R
23	1SV21BA042	Supritha Wesley	Supritha Wesley
24	1SV21BA043	Sushmitha M S	Sushmitha M S
25	1SV21BA045	Vandana A N	Vandana A N
26	1SV22BA002	Anjali M	Anjali M
27	1SV22BA003	Anjum Zehra M	Anjum Zehra M
28	1SV22BA005	Bhumika B R	Bhumika B R
29	1SV22BA008	Bhoomika P C	Bhoomika P C
30	1SV22BA009	Bindushree T D	Bindushree T D
31	1SV22BA016	Harshitha B S	Harshitha B S
32	1SV22BA017	Harshitha G S	Harshitha G S
33	1SV22BA019	Kusuma N	Kusuma N
34	1SV22BA022	Lavanya N	Lavanya N
35	1SV22BA027	Namitha M N	Namitha M N
36	1SV22BA028	Nandana T	Nandana T
37	1SV22BA029	Priya S	Priya S
38	1SV22BA031	Rekha K R	Rekha K R
39	1SV22BA036	Shruthi Y P	Shruthi Y P
40	1SV22BA037	Shushmitha M V	Shushmitha M V

41	1SV22BA040	Tanuja G H	Tanuja G H
42	1SV22BA041	Tejashree K	Tejashree K
43	1SV22BA042	Tejaswini T M	Tejaswini T M
44	1SV22BA043	Tejaswini N	Tejaswini N
45	1SV22BA044	Vaishnavi H R	Vaishnavi H R
46	1SV22BA045	Vijayalakshmi S	Vijayalakshmi S

Faculty Members

Sl no	Name of faculty	Signature
1	Dr. Grace Hemalatha	Grace Hemalatha
2	Ms. Divya	Divya
3	Mrs. Bindu R	Bindu R
4	Mrs Merlin	Merlin
5	Mrs. Kotramma	Kotramma
6	Mrs. Roopa	Roopa

Grace Hemalatha
WEC Coordinator

Women Empowerment Cell

FEEDBACK – Yoga classes for Girls students

Name : *Bhoomika B.R*

USN : *ISV22B005*

Academic year: *2022 - 23*

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	Yoga practise helps in concentration and good health				✓	

Suggestion to improve the programme

The yoga master teach the asanas in a easy way.

and it was a useful programme. & I get some tips & suggestion by yoga master.

DATE: 08/05/23 to 12/05/23

Bhoomika B.R.
SIGNATURE

Women Empowerment Cell

FEEDBACK – Yoga classes for Girls students

Name: *Praya S*

USN: *1SV2ABA029*

Academic year: *2022 - 23*

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	Yoga practise helps in concentration and good health				✓	

Suggestion to improve the programme

yoga classes helped me to improve my concentration

and am expecting more classes for us.

DATE: 08/05/23 to 12/05/23

Praya S
SIGNATURE