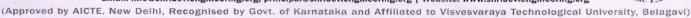
NSTITUTE OF ENGINEERING AND TEC

Sira Road, Tumkur - 572 106, Karnataka, India.

Phone: 0816 - 2212629 | Principal: 0816 - 2212627, 9686114899 | Telefax: 0816 - 2212628





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)

Assistant Professor



Sira Road, Tumkur - 572 106, Karnataka, India.





(Approved by AICTE, New Delhi, Recognised by Govt. of Karnataka and Affiliated to Visvesvaraya Technological University, Belagavi)

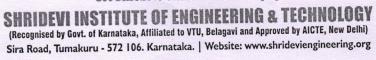


Yoga classes for Girls students

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	 "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	Aishwaryaß
2	1SV21BA003	Anusha AG	Anustakel
3	1SV21BA006	C T Keerthana	C. T. Keerthoepa
4	1SV21BA007	Chandanashree P	Chanolanastree P
5	1SV21BA009	Divyashree P	Divyashore p.
6	1SV21BA011	Geetha N P	gertna.p
7	1SV21BA012	Hajeera Zareen	HORE30 SOMEON
8	1SV21BA017	Kavitha	Kowitha
9	1SV21BA020	Lanchana D S	Innarana
10	1SV21BA021	Latha N	Latha N.
11	1SV21BA022	M Earanna Gari Divya	Chertin.
12	1SV21BA025	N Priyanka	organa
13	1SV21BA026	Nandini N	Naudini N
14	1SV21BA028	Niveditha J	Niveditho. T
15	1SV21BA029	Parvathi H R	Parvathi. HR
16	1SV21BA032	Rakshitha B J	Rakshithasl
17	1SV21BA033	Ramya N S	Raury
18	1SV21BA034	Ramya V N	Rames.
19	1SV21BA035	Ranjitha K S	Ramiital
20	1SV21BA037	Shashi C	Charhi C
21	1SV21BA040	Shravani S	Show ani &
22	1SV21BA041	Shwetha R	Shwetla.R
23	1SV21BA042	Supritha Wesley	Suprithanesley
24	1SV21BA043	Sushmitha M S	Bushmitha MS
25	1SV21BA045	Vandana A N	vandana A.M
26	1SV22BA002	Anjali M	Anjali.M
27	1SV22BA003	Anjum Zehra M	Angun Zahe.
28	1SV22BA005	Bhumika B R	Bhumiko B.P
29	1SV22BA008	Bhoomika P C	Bhomille,
30	1SV22BA009	Bindushree T D	20008 MAG
31	1SV22BA016	Harshitha B S	Harshi that
32	1SV22BA017	Harshitha G S	harshitha y.
33	1SV22BA019	Kusuma N	Reviews.
34	1SV22BA022	Lavanya N	Lavanva N
35	1SV22BA027	Namitha M N	Nounitha Ma
36	1SV22BA028	Nandana T	Handana
37	1SV22BA029	Priya S	(social)
38	1SV22BA031	Rekha K R	Kelha.
39	1SV22BA036	Shruthi Y P	Showlife
40	1SV22BA037	Shushmitha M V	Shu Shmitha M.

41	1SV22BA040	Tanuja G H	Tanyia gH
42	1SV22BA041	Tejashree K	Tejashree K.
43	1SV22BA042	Tejaswini T M	Togalino
44	1SV22BA043	Tejaswini N	Tejasneine. N
45	1SV22BA044	Vaishnavi H R	Valsting.
46	1SV22BA045	Vijayalakshmi S	Wayalakumi
40	13 V Z Z D A 0 4 3	V Ijuyuruksiiiii S	wife gureau

Faculty Members

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

Grace Head.

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Women Empowerment Cell

FEEDBACK - Yoga classes for Girls students

Name: Bhoomika B. R

USN: 15V22B005

Academic year:

2022 - 23

FSTD:2002

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

		Scale					
	Particulars	1	2	3	4	5	
1	The Programme was well organised					~	
2	The Yoga master taught you the asanas in a easy way.				V		
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				V		

Suggestion to improve the programme

yoga master teach the asanas in a cosy way.

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

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

Bhoomika B.R.



SHRIDEVI INSTITUTE OF ENGINEERING AND TECHNOLOGY

Sira Road, Tumkur - 572 106, Karnataka, India.

SHRIDEVI Phone: 0816 - 2212629 | Principal: 0816 - 2212627, 9686114899 | Telefax: 0816 - 2212628

Email: info@shrideviengineering.org, principal@shrideviengineering.org | Website: www.shrideviengineering.org

(Approved by AICTE, New Delhi, Recognised by Govt. of Karnataka and Affiliated to Visvesvaraya Technological University, Belagavi)

ESTD: 2002

Women Empowerment Cell

FEEDBACK - Yoga classes for Girls students

Name: priya &

USN: 15 V 2 2 B A 0 2 9

Academic year:

2022 - 23

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

	Particulars	Scale				
	1 at ticular 5	1	2	3	4	5
1	The Programme was well organised					V
2	The Yoga master taught you the asanas in a easy way.				V	
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

Joger desses helped me to improve my concerntration

and am expecting more classes for us

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

SIGNATURE