



**Activity: Life skills – Yoga**

Date: 21<sup>st</sup> June 2018

Time: 8.30 am to 10.30 am

Location: Cafeteria

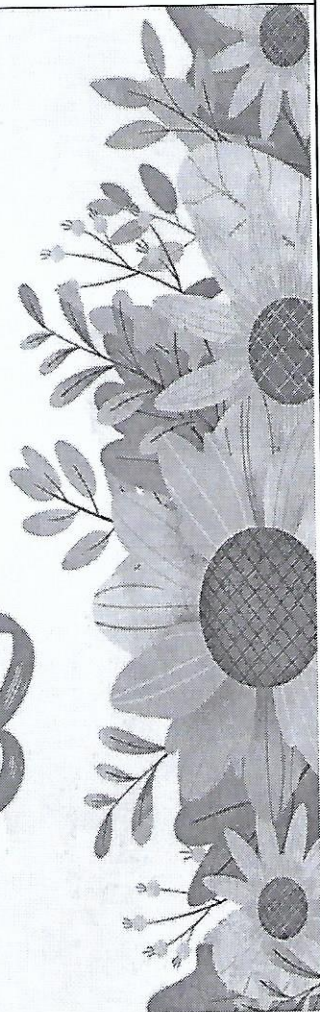
No of students present:16

**Poster / Flyer / Notice**

**Yoga - 21st**  
HELLO

In November, family and friends gather,  
embracing the spirit of togetherness.

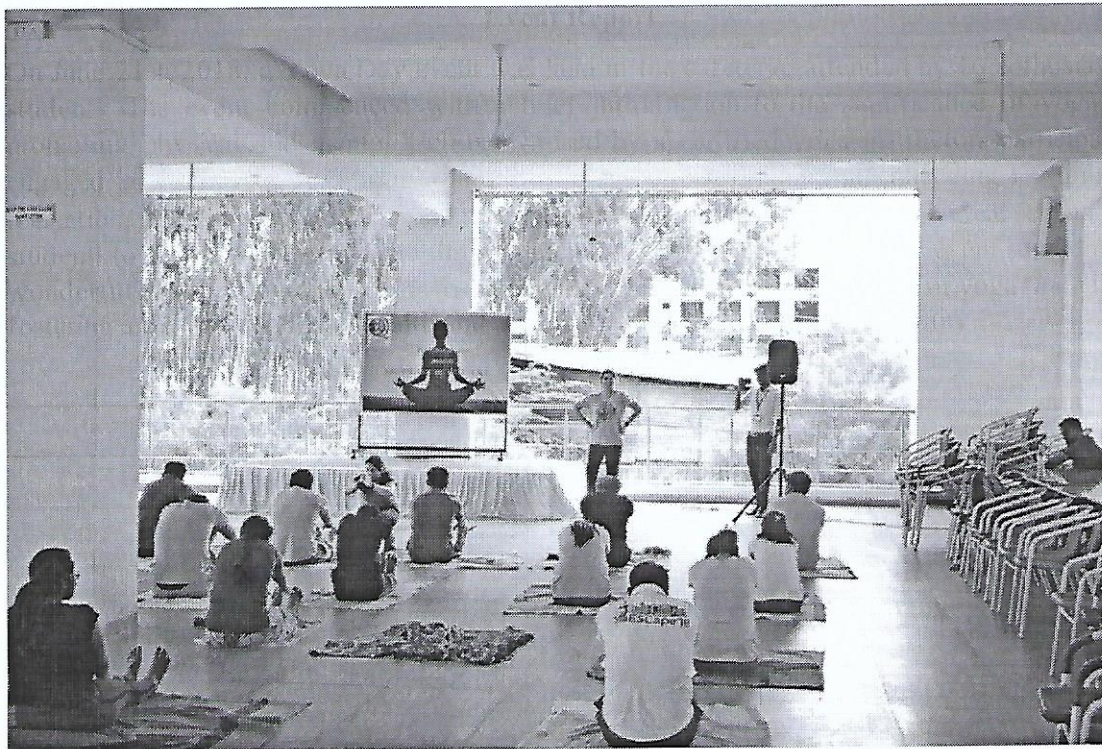
**June 2018**



### Event Report

On June 21st, 2018, a Yoga Day event was held in the cafeteria, attended by 16 enthusiastic students. The event commenced with a brief introduction to the significance of yoga in promoting physical and mental well-being. Led by a certified yoga instructor, participants engaged in a series of yoga asanas and breathing exercises, aimed at enhancing flexibility, relaxation, and mindfulness. The serene ambiance of the cafeteria provided an ideal setting for students to unwind and rejuvenate through the practice of yoga. Overall, the event served as a wonderful opportunity for students to experience the transformative benefits of yoga firsthand, fostering a culture of holistic health and wellness within the campus community.

### Photographs with Caption





**Students in Yoga-21. June 2018**




## List of Participants:

| INTERNATIONAL SCHOOL OF MANAGEMENT EXCELLENCE |                     |              |            |           |
|---|---------------------|--------------|------------|-----------|
| Attendance Record                             |                     |              |            |           |
| Course: BBA                                   |                     |              |            |           |
| Student Count : 16                            |                     |              |            |           |
| Subject :Work Shop on Life Skills – Yoga      |                     |              |            |           |
| Total no. of working hours = 2                |                     |              |            |           |
| Batch   | Name                | Register No. | Attendance | Signature |
| 2018-19                                       | Akansha Mishra      | 1716C26001   | Present    |           |
| 2018-19                                       | Bovito Zhimomi      | 1716C26003   | Present    |           |
| 2018-19                                       | Bukke Reddy Naik    | 1716C26004   | Present    |           |
| 2018-19                                       | Hema Roshni         | 1716C26005   | Present    |           |
| 2018-19                                       | Kanchi Mahesh Reddy | 1716C26006   | Present    |           |
| 2018-19                                       | Lovy Rastogi        | 1716C26007   | Present    |           |
| 2018-19                                       | Vivek Singh         | 1716C26008   | Present    |           |
| 2018-19                                       | N. Thanujaa Ch      | 1716C26009   | Present    |           |
| 2018-19                                       | Rithwik Vp          | 1716C26010   | Present    |           |
| 2018-19                                       | Sana Alam           | 1716C26011   | Present    |           |
| 2018-19                                       | Suvam Singh         | 1716C26013   | Present    |           |
| 2018-19                                       | Swathi Srinivas     | 1716C26014   | Present    |           |
| 2018-19                                       | Teja Priya Bp       | 1716C26015   | Present    |           |
| 2018-19                                       | Larika V            | 1716C26016   | Present    |           |
| 2018-19                                       | Vishal Yadav        | 1716C26017   | Present    |           |
| 2018-19                                       | Vrushank Yb         | 1716C26018   | Present    |           |

Head / Coordinator SDC Signature

Name:

Date:

  
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Program Coordinator