

|| Jai Sri Gurudev ||

Sri Adichunchanagiri First Grade College
Channarayapatna-573116

Department of Physical Education and Sports

Date:- 14-11-2023

Circular

Department of Physical Education and Sports Conducted Stress-Reduction Meditation Programme on Saturday November 18-11-2023 at Kuvempu Vedike inform to attend the Programme.

Shrey

Kavya

Chipten

Shrey

Shrey
Shrey

Shrey

Mejwalhomk
Principal
Sri Adichunchanagiri First Grade Collage
Channarayapatna-573116

|| Jai Sri Gurudev ||

Sri Adichunchanagiri First Grade College

Channarayapatna-573116

Department of Physical Education and Sports

Date:-18-11-2023

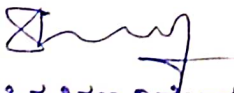
Report on Stress-Reduction Meditation

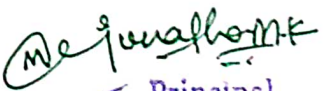
On Saturday, November 18, 2023, the Department of Physical Education and Sports led a stress-reduction meditation for the students.

The students were given an explanation of the benefits of meditation by Bhaskar J., the Director of Physical Education.

- Reduces Oxygen Consumption
- Decreases Respiratory Rate.
- Slows the Heart Rate
- Increases Exercise Tolerance.
- Decreases Muscles Tension
- Decrease the aging process.
- Higher Skin Resistance
- Helps with Weight Loss




ದೈಹಿಕ ಶಿಕ್ಷಣ ನಿರ್ದೇಶಕರು
ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಪ್ರಥಮ-ದರ್ಜೆ ಕಾಲೇಜು
ಚನ್ನರಾಯಪಟ್ಟಣ-573 116


Principal
Sri Adichunchanagiri First Grade College
Channarayapatna-573 116



Stress-Reduction Meditation Date: 18-11-2023

Participants List

Sl No	Student Name	Class	Remarks	Signature
1	Sanitha S	I st Bsc	Good	Sanitha S.
2	Rakshitha.	I st Bsc	Good	Rakshitha
3	Preethi raj parohit	I st Bsc	Good.	Preethi
4	Divya N.M.	I st Bsc	Good	Divya
5.	Deekshitha C.K	I st Bsc	Good	Deekshitha C.K
6.	Moulya S.K	I st Bsc	Good	M
7.	Dhanya Shree	I st Bsc	Good	Dhanya Shree
8.	Poornima A.G	I st Bsc	Good	Poornima A.G
9.	Thiruvani S.M	I st Bsc	Good	Thiruvani S.M
10.	Tharuja M.P	I st Bsc	Good	T
11.	Musfira Suroor	I st Bsc	Good	Musfira
12.	Tejaswini	I st Bsc	good	Tejaswini
12	Nishchitha T.M	I st Bsc	good	Nishchitha
13	Bhavana.	I st Bsc	Good	Bhavana
14.	Divya M.S.	I Bsc	Nice	Divya M.S.

Participants List

Sl. No	Student Name	Class	Remarks	Signature
15.	Apoorva. M.S.	I Bsc	Nice	
16	Sneha B.J	I BSc	good	
17	Mythri.P.S	IOsc	good	
18	Sowbhagya.K.S	I ^{sc} BSc	Good	Sowbhagya.K.S
19	Anjali.T.S	I st BSC	good	Anjali.T.S
20	Chandana. A.C	1 st Bsc	Good	<u>Chandana. A.C</u>
21	Bhanath, Gowda ^{Kan}	I Bsc	Good	
22	Shobhan.K.S.S	I st BSC	good	<u>Shobhan.K.S.S</u>
23	Lakshminisha .B.N	I st BSC	good	Lak

ದಿವ್ಯ ಶಿಕ್ಷಣ ನಿರ್ದೇಶಕರು
 ಶ್ರೀ ಅಧಿಕುಂಚಾನೇರಿ ಪ್ರಥಮ-ಗ್ರೇಡ್ ಕಾಲೇಜು
 ಚಾಮರಾಜನಗರ-573 116

Principal
 Sri Adichunchanagiri First Grade College
 Chamrajnagar-573 116

Participants List



Sl. No	Student Name	Class	Remarks	Signature
1.	Gyanouli S.R	I st B.Sc	very good	Gyanouli, S.R
2	Chandanashree	I st B.Sc	v. good	Chandanashree
3.	Pavithra . S.D	I st B.Sc	v. good	Pavithra
4	Sudhna . G.D	I st B.Sc	Good	Sudhna G.D.
5	Manya . B.K	I st B.Sc	Good	MP
6	Sushiltra	I st B.Sc	Good	Sushiltra
7	keerthana.c.k	I st B.Sc	Good	Keerthana.c.k.
8	Likhitha J.S	I st B.Sc	Good	Likhitha
9	Sinchana G.N	I st B.Sc	Good	Sinchana
10	Pallavi	I st B.Sc	Good	Pallavi
11	Manjunatha. M.V	I st B.Sc	v. good	Manju
12	Dikwita. P.k	I st B.Sc	Good	Dikwita P.k
13	Sharifa- B.P	I st B.Sc	v. good	Sharifa B.P

Handwritten signature
Digitally signed by
Sri Adichunchanagiri First Grade College
Channarayapatna-573116

Participants List

Sl. No	Student Name	Class	Remarks	Signature
14	Dasham, V.P	I st BSc	Good	
15	Sathish, M	I st BSc	Good	Sathish, M
16	Anushree K.S.	I st BSc	Fine	
17	Deeksha, J	I st BSc	very Good	<u>Deeksha</u>
18.	Rashmitha.	I st BSc	Good	Rashmitha
19.	Sheetal C.H	I st B.Sc	Good	Sheetal C.H
20	Priyanka, B.B	I st B.Sc	Good	Priyanka-B.B
21	Harekitha D.S.	I st BSc	very good	Harekitha D.S
22.	Ramya, N.M	I st BSc	good	Ramya N.M
				Principal Sri Adichunchanagiri First Grade College Channarayana