

Yoga



SRI BHAGAWAN MAHAVEER JAIN FIRST GRADE COLLEGE

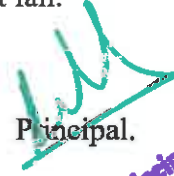
Geetha Road, Robertsonpet K G F – 563122

Circular

Dated: 22nd Sep 2016

All the degree students are hereby informed to attend Yoga and Meditation on 24<sup>th</sup> sep 2016 during the morning assembly. Students are requested to assemble without fail.

  
IQAC

  
Principal.

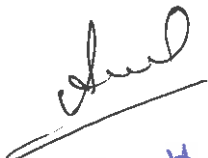
Principal  
SRI BHAGAWAN  
MAHAVEER JAIN FIRST GRADE COLLEGE  
Geetha Road, Robertsonpet, K.G.F. - 563122





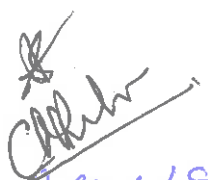






L. Preethi















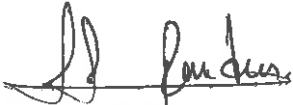
SRI BHAGAWAN MAHAVEER JAIN FIRST GRADE COLLEGE

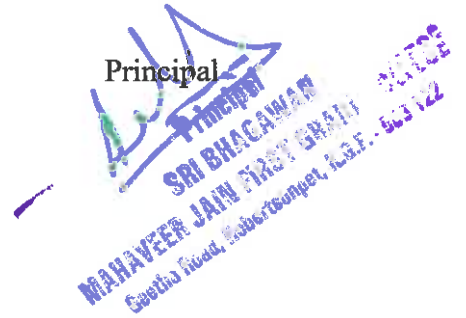
Geetha Road, Robertsonpet K G F – 563122

Circular


Dated: 8<sup>th</sup> Feb 2018

ARG is organizing Yoga and Meditation during the morning assembly on 10<sup>th</sup> Feb. 2018. Students are requested to attend the Morning Prayer without fail. Attendance is mandatory.

  
IQAC

Principal  
  
SRI BHAGAWAN  
MAHAVEER JAIN FIRST GRADE COLLEGE  
Geetha Road, Robertsonpet, K.G.F. - 563122

Rooms no

SIGNATURE  






SH-J













C. Manjun







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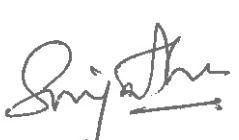
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Shi V















SRI BHAGAWAN MAHAVEER JAIN FIRST GRADE COLLEGE

Geetha Road Robertsonpet K G F – 563122

Circular

Dated: 19<sup>th</sup> June 2018

ARG is organizing International Yoga Day from Yoga Vidhya Pranic Foundation on 21<sup>st</sup> June 2018. Degree students are directed to attend the same. Attendance is mandatory

IQAC

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Principal

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Principal  
SRI BHAGAWAN  
MAHAVEER JAIN FIRST GRADE COLLEGE  
Geetha Road, Robertsonpet, K.G.F. - 563122

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105 *[Handwritten signature]* 108 *[Handwritten signature]*

106 L. Praveen  
*[Handwritten signature]*

201  
103. *[Handwritten signature]*  
107. *[Handwritten signature]*

102 *[Handwritten signature]*  
109 *[Handwritten signature]*  
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SRI BHAGAWAN MAHAVEER JAIN FIRST GRADE COLLEGE

Geetha Road Robertsonpet K G F – 563122

Circular










Dated: 5<sup>th</sup> Oct 2018

ARG is organizing Yoga and Meditation for all degree students in the Morning Prayer on 6<sup>th</sup> Oct 2018. Degree students are instructed to attend the assembly. Attendance is mandatory.

  
IQAC

  
Principal

Principal  
SRI BHAGAWAN  
MAHAVEER JAIN FIRST GRADE COLLEGE  
Geetha Road, Robertsonpet, K.G.F. - 563122

Room No	SIGNATURE
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# YOGA & MEDITATION Annual Report

## Report 01

2016-2017

Department: Counselling Centre

Date: 02/01/2017, 03/01/2017 and 04/01/2017

Event: Meditation & Yoga (3 days)

Organized by: Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhoominathan & Ms. Sumathi. S

Venue: Open Auditorium

Participate: 450 students



The programme was started after the Morning Prayer with introducing the resource persons. The students from all the streams took part in mediation and followed the instruction by the meditation instructor and benefitted.



## Report 02

2017-2018

Department: Counselling Centre

Date: 17/06/2017

Event: International Yoga day celebration

Organized by: Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhoominathan & Ms. Sumathi. S

Venue: Open Auditorium

Participate: 400 students



The student from various stream participated in International Yoga day on 17<sup>th</sup> July 2017 in an open auditorium and followed the instruction, the students and faculties were finding difference after meditation and yoga early morning they all felt fit and energetic. The faculty members also took part enthusiastically.

  
PRINCIPAL  
SRI RAMA CHANDRA MISSION, JAIN  
FIRST GRADE COLLEGE  
Geetha Road, Robinson K.G.F-583 122

## Report 03

2017-2018

Department: Counselling Centre

Date: 15/07/2017

Event: Meditation

Organized by: Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhominathan & Ms. Sumathi. S

Venue: Basement Auditorium

Participate: 100 students



The student and faculty members took part in meditation programme conducted by Heartfulness Meditation centre in basement auditorium with an introduction on importance of meditation and benefits of practicing regularly .The Instructions were been followed carefully by the participants and made use of the sessions.

  
PRINCIPAL  
SRI BHAGWAN MANVEER JAIN  
FIRST GRADE COLLEGE  
Gentle Road, Rabelasan, K.G.F.-580 104



## Report 04

2018 -2019

Department: Counselling Centre

Date: 21/06/2018

Event: International Yoga Day Celebration

Organized by: Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhominathan & Ms. Sumathi. S

Venue: Open Auditorium

Participate: 400 students



The students from all courses took part in yoga and meditation and celebrated International Yoga Day with a smile and energy participated and followed the instructions given by the resource person and enjoyed with activity performing yoga exercise. The faculty members also took part enthusiastically.

  
PRINCIPAL,  
SRI CHAKRAN MAHADEV JAI  
FIRST GRADE COLLEGE  
No. 10, Road, Robinson, K.G.F. 563 124

## Report 05

2018 -2019

Department: Counselling Centre

Date: 17/07/2018

Event: Meditation

Organized by: Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhoominathan & Ms. Sumathi. S

Venue: Basement Auditorium

Participate: 150 students



The students involved in the meditation programme conducted by Heartfulness Institution Mr. Shashikanth and Ms. Sumathi. S as instructor for the day. The programme began with Introduction on meditation and its useful tips for health mind and healthy body. It was organized by Student Welfare Association and students of commerce stream participated, were benefitted by meditation.

  
PRINCIPAL  
SRI BHAGANATHAN MANANBER JAY  
FIRST GRADE COLLEGE  
Gandhi Road, Robertson, N.G.E. 583 1 &

## Report 06

2018-2019

Department: Counselling Centre

Date: 22/04/2019, 23/04/2019, 24/04/2019

Event: Meditation & Yoga

Organized by: Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhoominathan & Ms. Sumathi. S

Venue: Basement Auditorium

Participate: For 3 days totally 300 students



This programme was conducted by **Shri Ram Chandra Mission** the **Heartfulness** organization behind the **sahaj Marg** system. **Sahaj Marg Spirituality Foundation (SMSF)** is a non-profit charitable trust dedicated to fulfilling civic and social responsibilities located in Bangalore. This team is located in BEML and Bangarpet area.

In 3 days of programme students learnt about meditating, relaxing and how to focus on studies.

Over all 300 students from II B.com and I year BBA & BCA were utilized these sessions and benefited.

  
PRINCIPAL  
SRI BHADRAJI BANANEER JAIN  
FIRST GRADE COLLEGE  
Chokk Road, Robertson, K.G.R. 560033

## Report 07

2018- 2019

Department: Counselling Centre

Date: 18/10/2019

Event: "World Mental Health day "Celebration .

Organized by:Heartfulness Institute. Sri Rama Chandra Mission. Chennai.

Resource person: Mr. Shashikanth, Mr. Bhoominathan & Ms. Sumathi. S

Venue: Basement Auditorium

Participate: 90 students



The counselling centre had celebrated " World Mental Health Day " in form of bring awareness about meditation and its impact on peace of mind and relief of stress for the students which improve the concentration level of the students .There were 90 students from commerce department participated

The Heartfulness institute from Bangalore was represented by Mr. Srinivasulu, Mr. Shashikanth , Mr. Ramesh,Ms. Sumithra and Mr. Bhoominathan coordinated the session.

The Session was organized by Ms. Afseena , Ms. Rumana and Mr. Ashwin as student coordinator of Counselling Centre under the guidance of Mrs. Nazneen Ahamed Psychologist and SWO , Mr. Praveen SWC faculties of SBMJC. KGF.

  
PRINCIPAL  
SRI BHAGWAN MAHAVEER JAI  
FIRST GRADE COLLEGE  
Geetha Road, Robertson, K.G.F.-583 114