

RANGER UNIT

YOGA SESSION FOR VOLUNTEERS

Date: 26-3-2024

Venue: Auditorium

Yoga session participants – 10

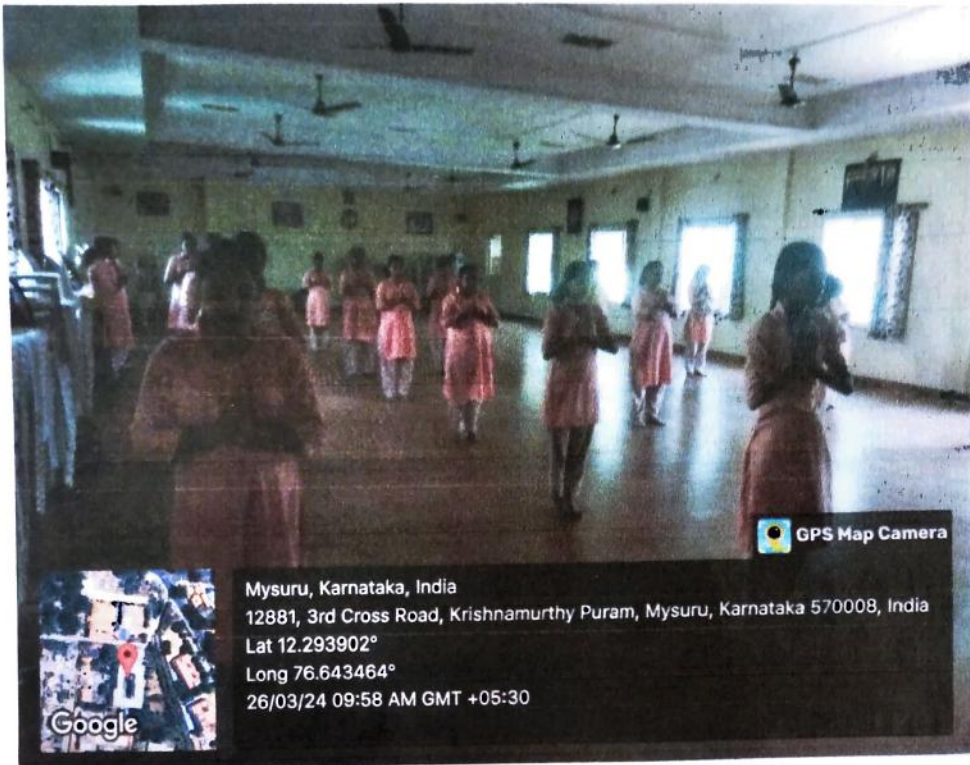
Yoga and meditation session was conducted for Ranger unit students to out come from stress and tired . Ten students are participated in this programme , Miss Bhanupriya Inter university yoga competitor taught the simple yogic techniques how to out come from stress

BENEFITS OUTCOMS

- Yoga improves strength, balance and flexibility.
- It helps with back pain relief.
- Yoga can ease arthritis symptoms.
- Yoga benefits heart health.
- Yoga relaxes you, to help you sleep better.
- Yoga can mean more energy and brighter moods.
- It helps you manage stress.



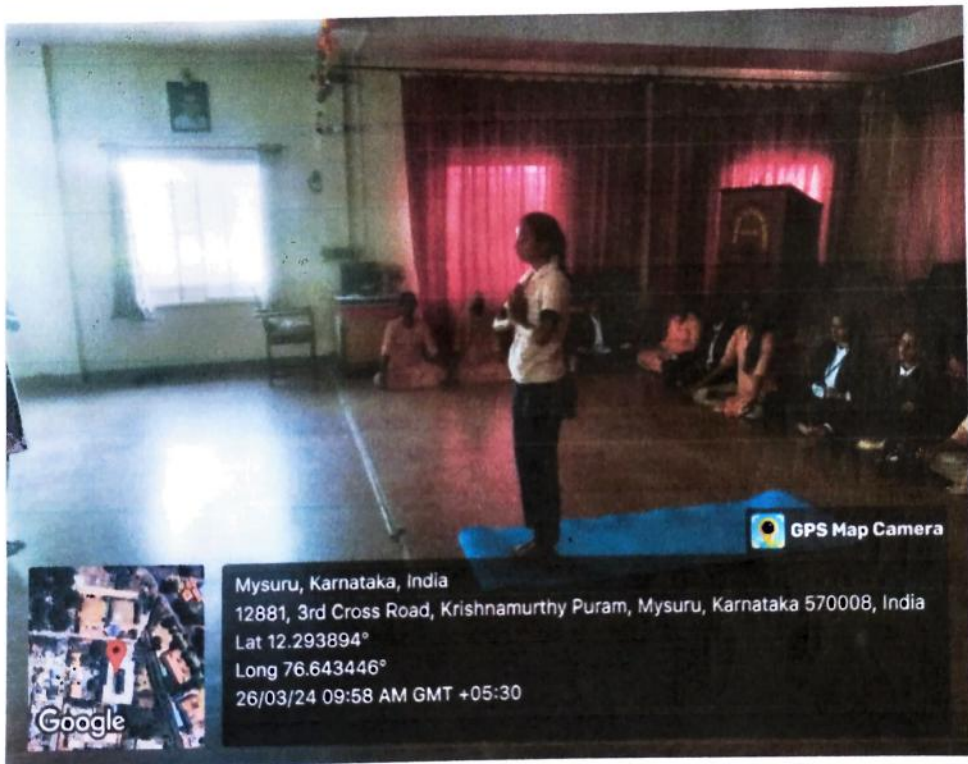
Bhanupriya
PRINCIPAL
MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 004



GPS Map Camera



Mysuru, Karnataka, India
12881, 3rd Cross Road, Krishnamurthy Puram, Mysuru, Karnataka 570008, India
Lat 12.293902°
Long 76.643464°
26/03/24 09:58 AM GMT +05:30



GPS Map Camera



Mysuru, Karnataka, India
12881, 3rd Cross Road, Krishnamurthy Puram, Mysuru, Karnataka 570008, India
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Yoga and Meditation session by Miss Bhanupriya

Bhanupriya N

PRINCIPAL

MMK & SDM Mahila Maha Vidyalaya
Krishnamurthypuram, Mysuru-570008

MMK&SDMMAHILA MAHAVIDYALAYA

RANGER VOLUNTEERS LIST 2023-24

Fit India programm , yoga participants list

Venue: College Auditorium

Date: 26-3-2024

Si No	Name	Class	Signature
1.	Hamsachandana U A	I Bsc (Mcs)	Hamsachandana
2.	Spoorthi K S	I Bsc (Mcs)	Spoorthi ks
3.	Keerthana S	I Bsc (Mcs)	Keerthana S
4.	Harshini R	IBsc (Mcs)	Harshini R.
5.	Nanditha M	I Bsc (Mcs)	Nanditha M
6.	Sinchana B M	I Bsc(Mcs)	Sinchana .BM
7.	Bhanupriya	II BBA	Bhanupriya .
8.	Jeevitha H S	I Bcom B	Jeevitha .
9.	Riya K K	I Bcom B	Riya k k.
10.	Thejashwini R	I BCA	Thejashwini .

Bharathi . J
PRINCIPAL

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