



Date: 15/08/2022

## REPORT ON LIFE SKILLS (YOGA)

Yoga offers numerous benefits, It teaches students self control by Skillfully controlling both their breathing movements. Yoga promotes better concentration, focus, and cognitive function, aiding in academic performance and learning capabilities.

### A brief listing of activities done by students is given below

1. 40 Students took an active participation in program
2. Breathing techniques, Meditation and mindfulness were conducted

### Objectives of program

1. Reduces stress and anxiety.
2. Improved Focus and Concentration Among students
3. Promotes a healthy lifestyle and encourages physical activity.

Resource person helped students to understand the importance of Yoga in day-to-day life, Also Encouraged students to take active participation.

### Director Regional College of Management Bangalore



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Regional College of Management

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Website: [www.rcmb.in](http://www.rcmb.in)



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**RESOURCE PERSON : Mental well-being Coach: Monica Jeler**



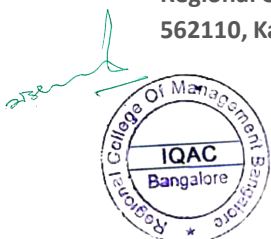
**YOGA PROGRAM CONDUCTED IN REGIONAL COLLEGE OF MANAGEMENT, BANGALORE ON 15/08/2022.**



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## MBA STUDENTS ATTENDANCE LIST 2022-2023

SL.NO	REG NO	STUDENT NAMES	STATUS
1	P19RL22M015010	ALISHA RAJ	P
2	P19RL22M015011	AMIT KUMAR SINHA	P
3	P19RL22M015012	AMAN RANJAN SINGH	AB
4	P19RL22M015013	AMULLIYA DAS	P
5	P19RL22M015014	ANANDITA SINGH	P
6	P19RL22M015015	ANIL K	P
7	P19RL22M015016	ANKIT DAS	P
8	P19RL22M015017	ANKITA PRIYADARSHANI	P
9	P19RL22M015018	ANKITA SINGH	P
10	P19RL22M015049	HEMANT KUMAR	AB
11	P19RL22M015050	HIMANSHU KUMAR	AB
12	P19RL22M015051	IPSITA PRIYADARSHINI HARICHANDAN	P
13	P19RL22M015052	J JULEE SINGHA	P
14	P19RL22M015053	JEEVAN RODRIGUS	P
15	P19RL22M015054	KANKANA SEAL	P
16	P19RL22M015055	KANUMULLA SAIKHAL	P
17	P19RL22M015056	KHYATI MISHRA	P
18	P19RL22M015057	KATASANI NARESH REDDY	P
19	P19RL22M015058	KOHENA PAUL	P
20	P19RL22M015059	KOUSHIK SARDAR	P
21	P19RL22M015060	KRISHNA RASTOGI	AB
22	P19RL22M015061	KUNDAN KUMAR SAH	P
23	P19RL22M015062	KOUSHIK SARDAR	P
24	P19RL22M015063	KRISHNANANDA BORO	P
25	P19RL22M015064	LAVANYA T S	P
26	P19RL22M015065	MAHESH KUMAR T	P
27	P19RL22M015066	LAXMIKANT PRASAD	AB
28	P19RL22M015067	MANDALA VEERA VENKATA SAI TEJA	P
29	P19RL22M015068	MANOJ KUMAR M P	P
30	P19RL22M015077	NANDEESHA B G	P
31	P19RL22M015078	NEETHU S	P
32	P19RL22M015079	NILESH KUMAR PANDA	P
33	P19RL22M015080	NILESH KUMAR PANDA	P
34	P19RL22M015081	OMKAR DASH	P
35	P19RL22M015082	PAVITHRA SHREE M	AB
36	P19RL22M015083	NINAD P YELLURKAR	P
37	P19RL22M015084	PRANOY SAHA	P

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38	P19RL22M015085	POLAKI ABHISEK	P
39	P19RL22M015086	PRATEEK GHOSH	P
40	P19RL22M015087	PRATIKSHA BARUAH	P
41	P19RL22M015088	PREETI SINGH	AB
42	P19RL22M015089	PRIYANSHU DAS	P
43	P19RL22M015090	PRIYA D	P
44	P19RL22M015091	PRIYANSHU DAYASHANKAR SINGH	P
45	P19RL22M015092	RAGHUNANDAN PATIDAR	P
46	P19RL22M015093	PULA SIVA PRASAD RAJU	AB
47	P19RL22M015094	RAHUL BISWAS	AB
48	P19RL22M015095	RAHUL CHOWDHURY	P
49	P19RL22M015125	SUSHANTA MAITY	P
50	P19RL22M015126	SUSHMITA KHATRI	AB

Director

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