



LAKIREDDY BALI REDDY COLLEGE OF ENGINEERING

(An Autonomous Institution since 2010)

Approved by AICTE, New Delhi and Permanently Affiliated to JNTUK, Kakinada

L.B. Reddy Nagar, Mylavaram, NTR District, Andhra Pradesh - 521230

REPORT ON Special “Yoga Classes Phase - II”

Event Type	: Special training programme
Date / Duration	: 08-12-2025 to 20-12-2025./ Two Weeks
Resource persons	: Mr. M.Manikyala Rao, Yoga Master, LBRCE.
Name of Coordinators	: Dr.K.Rani Rudramma, Mentor, Saheli-Girls Club. Mrs G.Tabita, Coordinator- Saheli-Girls Club.
Target Audience	: AI&DS,AI&ML,ECE,EEE,ME,AE & CE Departments of IV semester Hostel Girl students
Total no of Participants	: 65 (All Departments of IV semester Hostel Girl students)
Objective of the event	: To enhance the physical and mental well-being of the girl students of the institute through yoga training.
Outcome of event	: The majority of hostel girl students of the institution have been trained in Special “Yoga Classes Phase-II”

Description / Report on Event : Students of the institution participated in a two-week Special **“Yoga Classes Phase - II”** training program. Throughout the sessions, they were introduced to a range of yoga practices designed to enhance both physical fitness and mental well-being. The program highlighted the importance of yoga in promoting overall health, with particular attention to its benefits for women, including its role in managing hormonal balance and supporting mental health. The training aimed to equip students with techniques to effectively cope with common health challenges such as anxiety, obesity, and depression. In addition, it contributed to improvements in sleep quality, flexibility, and physical strength. At the conclusion of the program, the Saheli – Girls Club recognized the commitment of participants by awarding certificates to 90% of girl students who achieved an attendance of 80% or higher.

Feedback / Suggestions : Most of the students said that it is useful

The following list of students got certificate in Special “Yoga Classes Phase-II”
from **08-12-2025 to 20-12-2025**

S.No	Regd.No	Name of the Student	Dept.	No. of Students
1.	25761A0418	D PREETHI	ECE	19
2.	25761A0420	E VARALAKSHMI		
3.	25761A0421	G TRINAYANA		
4.	25761A0439	M SUSHMA		
5.	25761A0427	J SATWKIA		
6.	25761A0404	B UMA KEERTHI		
7.	25761A0453	S RAJITHA		
8.	25761A0437	M VENKATA PRASANNA		
9.	25761A0460	T RACHANA REDDY		
10.	25761A0401	A VARSHINI		
11.	25761A0443	M DURGA SATYA SAI		
12.	25761A0411	CH YASASRI		
13.	25761A0457	SK SABIHA		
14.	25761A0405	B VIJAYAM		
15.	25761A0446	O CHANDANA		
16.	25761A0486	BRAHMESWARI		
17.	25761A04F1	G BHAVANI		
18.	25761A04H1	M SUSMITHA		
19.	25761A04FJ6	Y BHAVYA RENUKA		
20.	25761A0230	N.Mamatha	EEE	12
21.	25761A0233	P.Saswatha Bhavana		
22.	25761A0235	P.Navya		
23.	25761A0244	R.Bhavya Sri		
24.	25761A0252	T.Sahitya		
25.	25761A0253	G.Thanusree		
26.	25761A0296	M.Anusha		
27.	25761A02A0	N.Monika		
28.	25761A0271	B.Sirisha		
29.	25761A02B5	B.Aswini		
30.	25761A02B7	K.Likita		
31.	25761A0268	T.Nandu		
32.	23761A0221	K.Pooja		
33.	23761A0220	K.Kusuma		
34.	25761A4229	G.Meghana	CSE(AIML)	06
35.	25761A42B1	S.Sneha		
36.	25761A4241	P.Yuvasri		
37.	25761A4242	P.Pujitha		
38.	25761A4224	K.Bhargavi		
39.	25761A4227	K.Anantha Lakshmi		
40.	25761A54B3	Shaik ashmabi	AI & DS	12
41.	25761A5469	Ch. Yakshitha		
42.	25761A5479	Grandhi. Snigdha		
43.	25761A5476	D. Anusha		
44.	25761A5468	B.NAVYA		
45.	25761A5464	B. Susmitha		
46.	25761A54B6	S. NAGESWARI		
47.	25761A5444	N.Pujitha		
48.	25761A5402	A. Revathi		
49.	25761A5404	B.Gayathri		
50.	25761A5447	P Pavani		
51.	25761A5441	N Venkata Supriya		
52.	25761A5664	V.Sri Chandana	ASE	06

53.	25761A5617	G.Bhanu		
54.	25761A5659	T.Sony		
55.	25761A5601	B.Divya		
56.	25761A5615	D.Keerthna		
57.	25761A5604	B.Janathi		
58.	25761A0312	Ch. Poojya Sri	ME	01

Photographs:



Mr. M.Manikyala Rao, Yoga Master, LBRCE trained the Girls students on Special **“Yoga Classes Phase-II”** from **08-12-2025 to 20-12-2025.**

Presiding Officer-ICC

Dr.O.Rama Devi