



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 I”

Event Type	: Special training programme
Date / Duration	: 17-11-2025 to 29-11-2025./ 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	: CSE & IT Departments of IV semester Hostel Girl students
Total no of Participants	: 70 (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-I”

Description / Report on Event : The students of the institution underwent training in Special **“Yoga Classes Phase-I”** for a duration of two weeks. During the training, they learned various yoga techniques that support both physical and mental well-being, offering multiple health benefits for individuals, including women. Yoga was also emphasized as a means to address health concerns such as hormonal imbalances and mental health issues. The training is expected to help students manage anxiety, obesity, and depression, while also improving sleep quality, flexibility, and physical strength. Furthermore, the Saheli – Girls Club awarded participation certificates to 90% of girl students who maintained an attendance of 80% or above.

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

The following list of students got certificate in Special “Yoga Classes Phase-I” from **17-11-2025** to **29-11-2025**.

S.No	Regd.No	Name of the Student	Dept.	No. of Students
1.	25761A0527	K. Kavyasmitha	CSE	37
2.	25761A0513	D. Harshitha		
3.	25761A0506	B. Hansika		
4.	25761A0563	V. Ruthmary		
5.	25761A0525	K. Bhargavi		
6.	25761A0507	R. Harika		
7.	25761A0593	M. Deekshitha		
8.	25761A05B3	S. Sushmitha		
9.	25761A0566	B. Jyothsna		
10.	25761A0582	K. Pallavi		
11.	25761A0585	A. Aswini		
12.	25761A0599	N. Apurupa		
13.	25761A05C3	U. Bhuvana Chandini		
14.	25761A0586	K. Siva Parvathi		
15.	25761A0591	M. Anu		
16.	25761A0596	N. Dhiya		
17.	25761A0588	M. Tejasri		
18.	25761A05A8	R. Yashodha		
19.	25761A05C4	V. Mounika		
20.	25761A05H7	T.Nandhini		
21.	25761A05E1	G.DurgaBhavani		
22.	25761A05E0	D.Jamema		
23.	25761A05I5	V.Likhitha		
24.	25761A05H9	T.V.N Roopa		
25.	25761A05D3	B.Mahima		
26.	25761A05F4	K.Keerthi Reddy		
27.	25761A05D2	E.Bhanu		
28.	25761A05I1	U.Sucharitha		
29.	25761A05CO	T. Prerna Tejaswi		
30.	25761A05DG	J. Yamini		
31.	25761A05DS	K. Sampritha		
32.	25761A05EY	S. Mounika		
33.	25761A05DF	B. Meghana		
34.	25761A05DC	A. Sanjana		
35.	25761A05EU	P. Eeshitha		
36.	25761A05FA	T. Jhansi		
37.	25761A05DY	Yogitha		
38.	25761A1206	B.Renuka	IT	22
39.	25761A1207	B.Haritha		
40.	25761A1209	B.Venkata sushma		
41.	25761A1222	K.Vyshnavi		
42.	25761A1242	P.Alekhya		
43.	25761A1245	R.Vyshnavi		
44.	25761A1249	SK.Kulsunbee		
45.	25761A1251	S.Triveni		
46.	25761A1253	U.Sowmya		
47.	25761A1255	V.Sri lakshmi		
48.	25761A1258	Y.Kusumakeerthana		
49.	25761A1263	B.POOJITHA		
50.	25761A1268	CH.JAYA SRI		

51.	25761A1269	CH.VENKATA HASINI		
52.	25761A1272	G.VEERA VASANTHA		
53.	25761A1276	G.DHARANI		
54.	25761A1280	J.MEGHANA		
55.	25761A1284	K.DURGA ANU SRI		
56.	25761A1285	K.VYSHNAVI		
57.	25761A12A1	N.LAKSHMI RISHITHA		
58.	25761A12B3	K.SRIVALLI		
59.	25761A12B4	S.SHOBA RANI		

Photographs:



Mr. M.Manikyala Rao, Yoga Master, LBRCE trained the Girls students on Special **“Yoga Classes Phase-I”** from **17-11-2025 to 29-11-2025**.

Presiding Officer-ICC

Dr.O.Rama Devi