

OFFICE OF THE PRINCIPAL
GOVT WOMEN'S COLLEGE, SAMBALPUR

NOTICE

No 1136^(a)

Dt. 16.8.17

A Yoga training programme will be conducted in the college from August 2017 to December 2017 every Sunday at 7:30 am for the current academic session 2017-18. All the students of +3 Arts/Science/P.G. are instructed to attend Yoga training as part of Life Skill Development Programme.

Principal

Principal
Govt. Women's College
SAMBALPUR

Copy to students notice board/hostel suptds/Smt.S.Nayak/ J Girija Devi for information.

[Signature]
28.7.21
Principal
Govt. Women's College


OFFICE OF THE PRINCIPAL
GOVT WOMEN'S COLLEGE, SAMBALPUR

NOTICE

No. 1331

Dt. 10-8-18

A Yoga training programme will be conducted in the college from August 2018 to December 2018 every Sunday at 7:30 am for the current academic session 2018-19. All the students of +3 Arts/Science/P.G. are instructed to attend Yoga training as part of Life Skill Development Programme.


Principal 28-07-2018
Govt. Women's College
SAMBALPUR

Principal
Principal
Govt. Women's College
SAMBALPUR

Copy to students notice board/hostel suptds/Smt.S.Nayak/ J Girija Devi for information.

GOVT WOMEN'S COLLEGE, SAMBALPUR

NOTICE

No 840^(a)

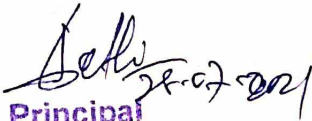
Dt. 10.8.19

A Yoga training programme will be conducted in the college from August 2019 to December 2019 every Sunday at 7:30 am for the current academic session 2019-20. All the students of +3 Arts/Science/P.G. are instructed to attend Yoga training as part of Life Skill Development Programme.


Principal

**Principal
Govt. Women's College
SAMBALPUR**

Copy to students notice board/hostel suptds/Smt.S.Nayak/ J Girija Devi for information.


Principal
Govt. Women's College
SAMBALPUR

YOGA CLASS - 1

Date: 20.08.2017

Time: 7.00 AM to 8.00 AM

Instructor: J. Girija Devi

No. of Students:

S. No	Name	Signature
1.	Rashni Debata	Rashni Debata
2.	Manini Padhan	Manini Padhan
3.	Pankajini Bhoi	Pankajini Bhoi
4.	Padmalaya Sahu	Padmalaya Sahu
5	Priyanka Biswal	Priyanka Biswal.
6.	Runu Sahu	Runu Sahu
7.	Manisharani Purohit	Manisharani Purohit
8.	Kabita Meher	Kabita Meher
9.	Jyotirmaya Padhan	Jyotirmaya Padhan
10.	Rani Renuka Panigrahi	Renuka Panigrahi
11.	Sunanda Pradhan	Sunanda Pradhan
12.	Snehadati Bhoi	Snehadati Bhoi
13.	Rashni Devta	Rani
13.	Kabita Meher	Kabita Meher
14.	Geetika Biswal	Geetika Biswal
15.	Deeparani Karuni	Deeparani Karuni
16.	Sonalika Bhoi	Sonalika Bhoi
17.	Jyotimayee Patel.	Jyotimayee Patel.
18.	Subhashree Sahu	Subhashree Sahu
19.	Satabdi Sahu	Satabdi Sahu
20.	Sonalika Bhoi	<
20.	Akanksha Sahu	Akanksha Sahu
21)	Praptimayee Padhan	Praptimayee Padhan
22)	Bala Sahoo	Bala Sahoo
23)	Megha Majhi	Megha Majhi
24)	Dileswari Rout	Dileswari Rout
25)	Renuka Padhan Manisharani	Renuka Padhan Manisharani

J. Girija Devi
20.8.17
Principal

J. Girija Devi, Yoga teacher
dt. 20-8-2017

J. Girija Devi
Principal
Women's College
BAMBALPUR

YOGA CLASS - 2

Date: 27.08.2017

- 1- Kabita Meher
- 2- Snehadari Bhoi
- 3- Sunanda Pradhan
- 4- Renu Sahu
5. Lipi Sahu
6. Kabita Meher
7. Subhachree Sahu
8. Akanksha Sahu
9. Bita Sahoo
10. Truptimayee Naik
11. Priyanka Biswal
12. Sushree Seema Patel
13. Gaetika Biswal
14. Deeparani Kareri
15. Megha Majhi
16. Satabdi Sahoo
17. Truptimayee Patel
18. Sonalika Bhoi
19. Snehamani Bhoi
20. Manisharani Purohit
- 21- Renuka Panigrahi
22. Preeti Panshet
23. Sonalika Bhoi
- 24) Truptimayee Padhan
- 25) Dileswani Rout
- 26) Hamini Padhan
- 28-) Roshni Debata

Jyoti 27.8.17
P.E.I.

Women's College, Sambalpur

J. Guraja Deri
Yoga Teacher
dl. 27-08-2017

Jyoti
Principal
Govt. Women's Coll.
SAMBALPUR

YOGA CLASS - 3

DI- 03.09.2017

- ① Renuka Panigrahi
- ② Manisharani Purohit
- ③ Preeti Pasari
- ④ Sneharani Bhoi
- ⑤ Lipi Sahu
- ⑥ Kabita Meher
- ⑦ Nitum Padhan
- ⑧ Laxmi Priyanka Biswal
- ⑨ Pratibharani Xlayak.
- ⑩ Kabita Meher.
- ⑪ Subhashree Sahu.
- ⑫ Jyotimayee Patel
- ⑬ Sabadi Sahu.
- ⑭ Deeparani Karmi
- ⑮ Megha Majhi
- ⑯ Sanjana Marak
- ⑰ Renu Sahu
- ⑱ Geetika Biswal
- ⑲ Sinaluca Bhoi
- 20) Sudhree Seema Patel
- 21) Akanksha Sahu
- 22) Praptimayee Padhan
- 23) Bela Sahoo
- 24) Divyansu Rout
- 25) Mammi Padhan
- 26) Reshni Debata
- ⑳ Sunanda Pradhan

03.09.17
W.E.P.

Women's College, Sambalpur,

J. Girija Devi
Yog Teacher
di. 03.09.2017

Letu
Principal
Govt. Women's College
SAMBALPUR

YOGA CLASS - 4

DE - 10.09.2017

- ① Sonalika Bhoi
- ② Snehamani Bhoi
- ③ Geetika Biswal
- ④ Preeti Pousal
- ⑤ Manisharani Purohit
- ⑥ Renuka Panigrahi
- ⑦ Renuka Biswal
- ⑧ Sanjana Ku. Marak
- ⑨ Sushree Seemapatel
- ⑩ Kabita Meher
- ⑪ Geetashree Sahu
- ⑫ Poojabharani Nayak
- ⑬ Lipi Sahu
- ⑭ Dileswari Prasad
- ⑮ Snehadani Bhoi
- ⑯ Sunanda Pradhan
- ⑰ Akanksha Sahu
- ⑱ Praptimayee Padhan
- ⑲ Sushree Seemapatel
- ⑳ Bala Sahoo
- ㉑ Satabdi Sahu
- ㉒ Megha Majhi
- ㉓ Jyotimayee Patel
- ㉔ Mamini Padhan
- ㉕ Rashmi Debata

Sms
10.09.17
P.E.T.
Women's College Sambalpur

J. Gauri Devi
Yoga Teacher
dt. 10.09.2017

Sek
Principal
Women's College
SAMBALPUR

YOGA CLASS - 5

DT - 17-09-2017

- (1) Sonalika Bhoi
- (2) Sneharani Bhoi
- (3) Kabiton Meher
- (4) Geetika Biswal
- (5) Seelha shree Sahu
- (6) Pooja Parajapati
- (7) LIPY Sahu
- (8) Sangana Barik
- (9) Mansharani Purohit
- (10) Pradibharami Nayak
- (11) Snehadani Bhoi
- (12) Sunanda Pradhan
- (13) Bala Sahoo
- (14) Praptimayee Nayak
- (15) Pratiksha Biswal
- (16) Akanksha Sahu
- (17) Praptimayee Padhan
- (18) Suhree Seemapatel
- (19) Satabdi Sahu
- (20) Megha Majhi
- (21) Jyotimayee Patel
- (22) Dilswani Rout
- (23) Mamini padhan
- (24) Rashmi Debata

17-09-17
P.R.T.

Women's College Sambalpur

J. Girija Devi
Yoga Teacher
dt. 17-09-17

Saha
Principal
Govt. Women's Coll.
SAMBALPUR

YOGA CLASS - 6

Dt. 24.09.2017

- ① Sunanda Pradhan
- ② Snehadari Bhoi
- ③ Priyanka Biswal
- ④ Lipi Sahu
- ⑤ Truptimayee Naik
- ⑥ Rashmi Debnath
- ⑦ Jyotimayee Padhan
- ⑧ Akanksha Sahu
- ⑨ Truptimayee Padhan
- ⑩ Sushree Seema Patel
- ⑪ Bela Saha
- ⑫ Satabdi Sahu
- ⑬ Sonalika Bhoi
- ⑭ Megha Majhi
- ⑮ Geetika Biswal
- ⑯ Jyotimayee Patel
- ⑰ Dileswari Rout
- ⑱ Mamini Padhan

Dr. 24.09.17
P.E.T.
Women's College Sambalpur

J. Binja Devi
Yoga Teacher
dt. 24.09.2017

Principal
Govt. Women's Coll
SAMBALPUR

Report of yoga activities organized by Govt. Women's College for the year 2017-2018

In order to improve both physical and mental health of the students our college has adopted yoga as a specific rationale. Accordingly a notice was given on 17.08.2017 directly ^{ing} the interested students to participate in the yoga training programme on Sunday. Surya Namaskar has been practiced as a complete form of physical exercise, further different asanas are practiced to make their young muscle more flexible and agile. Some of the frequently performed asanas are padmasana, bajrasana, naukasana, tadakasana, sasankasana, pabana muktasana etc. The students participated in this programme with a spirit of enthusiasm.

O/C Yoga

Meek

Consultant

Seth
Principal
Govt. Women's College
SAMBALPUR
Head of the Institution

Seth
Principal
Govt. Women's College
SAMBALPUR

Report of yoga activities organized by Govt. Women's College for the year 2018-19

A notice was given on 14.08.18 instructing the interested students to take part in the ongoing yoga activities on Sundays. As usually surya namaskar has been initiated in this training programme to generate a total effect of physical and mental wellbeing among the participants. Similarly asanas like bhujangasana, mundukasana, holasana, dhanurasana, solvasana are practiced with methodical instruction. The students learn all these yogic posture (both basic and advanced poses) with tremendous zeal.

O/C Yoga

Consultant

Head of the Institution

Principal
Govt. Women's College
SAMBALPUR


Principal
Govt. Women's College
SAMBALPUR

Report of yoga activities organized by Govt. Women's College for the year 2019-

20

A notice was given on 12.08.19 directing the interested students to participate in the ongoing yoga training programme organized by college authority on Sunday. Along with surya namaskar different asanas like trikonasana, setubandhasana, birobhodrasana, anantasana are taught to the students with practical assistance. Before starting each asanas the participants are made aware of its physical and mental benefits. The participants learnt with keen interest and enthusiasm.

Pranayam or breathing technique is given special emphasis in this programme as it is both a meditative practice in itself and a core feature of yoga. As pranayam decreases stress level and increases mindfulness leading to enhancing cognitive performance. Our students have been practicing these simple breathing techniques like anulom-vilom, kapalbharati, vhastrika, bhramori, ujjayi pranayam etc. similarly to retain the young mind in the direction of attention/focus and awareness meditation is a necessary practice. So after asana and pranayam practices our students are offered meditation classes to practice it on a regular basis. Mostly they are taught breath awareness, meditation in order to achieve a calming effect over their mind and the result is visibly satisfactory in many cases.


O/C Yoga

Consultant


Head of the Institution
Principal
Govt. Women's College
SAMBALPUR























