

GOVT. DEGREE COLLEGE AVANIGADDA

NAAC B GRADE


CERTIFICATE COURSE ON MEDITATION



ORGANIZED BY  
NATIONAL SERVICE SCHEME

COURSE STARTED ON : 01/04/2023  
TENURE : 20 DAYS  
TRAINER : A. VEERA KUMARI  
BATCH : 75 MEMBERS  
DURATION OF CLASS : 8.15 - 9.45 AM  
ORGANISED BY : NSS



  
Principal  
GOVT. DEGREE COLLEGE  
AVANIGADDA, Krishna Dt. 521121.



ISO 9001:2015, 14001:2015, 5001:2011  
**GOVT. DEGREE COLLEGE**  
AVANIGADDA-521121. KRISHNA DT. (A.P).  
Accredited by NAAC with 'B' Grade  
**NATIONAL SERVICE SCHEME**



**AVANIGADDA**  
**28/3/2023**

**TO**  
**DR.D.UMA RANI**  
**THE PRINCIPAL**  
**GDC, AVANIGADDA**

**Subject:** Permission to conduct Add-on course on Meditation,

kindly give me permission to conduct Add-on course on Meditation from  
1/04/2023 to 29/4/2023

Thanking you.

Yours faithfully

NSS P.O.

DZ

# Notice

**AVANIGADDA**  
**28/3/2023**

We are excited to announce a special add-on course on Meditation, designed to help you enhance your mental well-being and overall productivity. This course will introduce you to various meditation techniques, including mindfulness, breathing exercises, and visualization. It aims to help you:

- Reduce stress and anxiety
- Improve focus and concentration
- Enhance self-awareness and emotional well-being
- Cultivate a sense of inner peace and balance

### Course Details:

Duration: 20 days from 1/04/2023 to 29/4/2023

Schedule: 8.15 to 9.45

Location: BA class

Course Overview:

K.reshanji Reddy

IBA

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Deja II BA

Di

Deja

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☎ 08671-272261  
☎ 94-94-299418

TIME :15 MIN

MARKS 20

1. What is the primary goal of meditation?  
A) Achieving physical fitness      B) Cultivating mental clarity and awareness  
C) Improving social skills          D) Enhancing memory
2. Which of the following is NOT a common meditation technique?  
A) Mindfulness meditation          B) Transcendental meditation  
C) Cardiovascular meditation       D) Loving-kindness meditation
3. What is the recommended duration for a beginner to meditate daily?  
A) 5 minutes                          B) 30 minutes  
C) 1 hour                                D) 24 hours
4. Which of the following is a common posture for meditation?  
A) Lying down                         B) Slouching on a chair  
C) Cross-legged on the floor        D) Standing with arms raised
5. What is the term used for focusing on the breath as a meditation technique?  
A) Pranayama                         B) Zazen  
C) Anapanasati                        D) Vipassana
6. What is the purpose of a mantra in meditation?  
A) It helps to empty the mind of all thoughts.      B) It provides a focal point for concentration.  
C) It induces a trance-like state.                    D) It amplifies external sounds.
7. Which of the following is a common benefit of regular meditation practice?  
A) Increased stress levels                B) Improved emotional well-being  
C) Decreased concentration              D) Reduced sleep quality
8. What is the role of mindfulness in meditation?  
A) Ignoring the present moment      B) Being fully present and aware of one's experiences  
C) Planning for the future              D) Dwelling on past events
9. Which form of meditation involves sending well-wishes to oneself and others?  
A) Loving-kindness meditation        B) Zen meditation  
C) Chakra meditation                    D) Guided meditation
10. How can meditation be integrated into daily life?  
A) By meditating only on weekends      B) By incorporating short meditation sessions throughout the day  
C) By meditating for long hours at a stretch      D) By meditating only in special meditation centers



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## CERTIFICATE

This is to certify that Y.SUMATHI of M.P.C.5 1as

completed Add on course on **MEDITATION** conducted by the Dept of National Service Scheme , from **01-04-2023** to **29-04-2023** successfully

Signature of P.O.

Signature of P.O.



Principal

GOVT. DEGREE COLLEGE  
AVANIGADDA, Krishna Dt. 521121.

Signature of Principal

Signature of IQAC Coordinator

Received by  
  
Y. Sundarab

Principal

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## CERTIFICATE

This is to certify that P.PAULRAJ of DATA SCIENCE 135

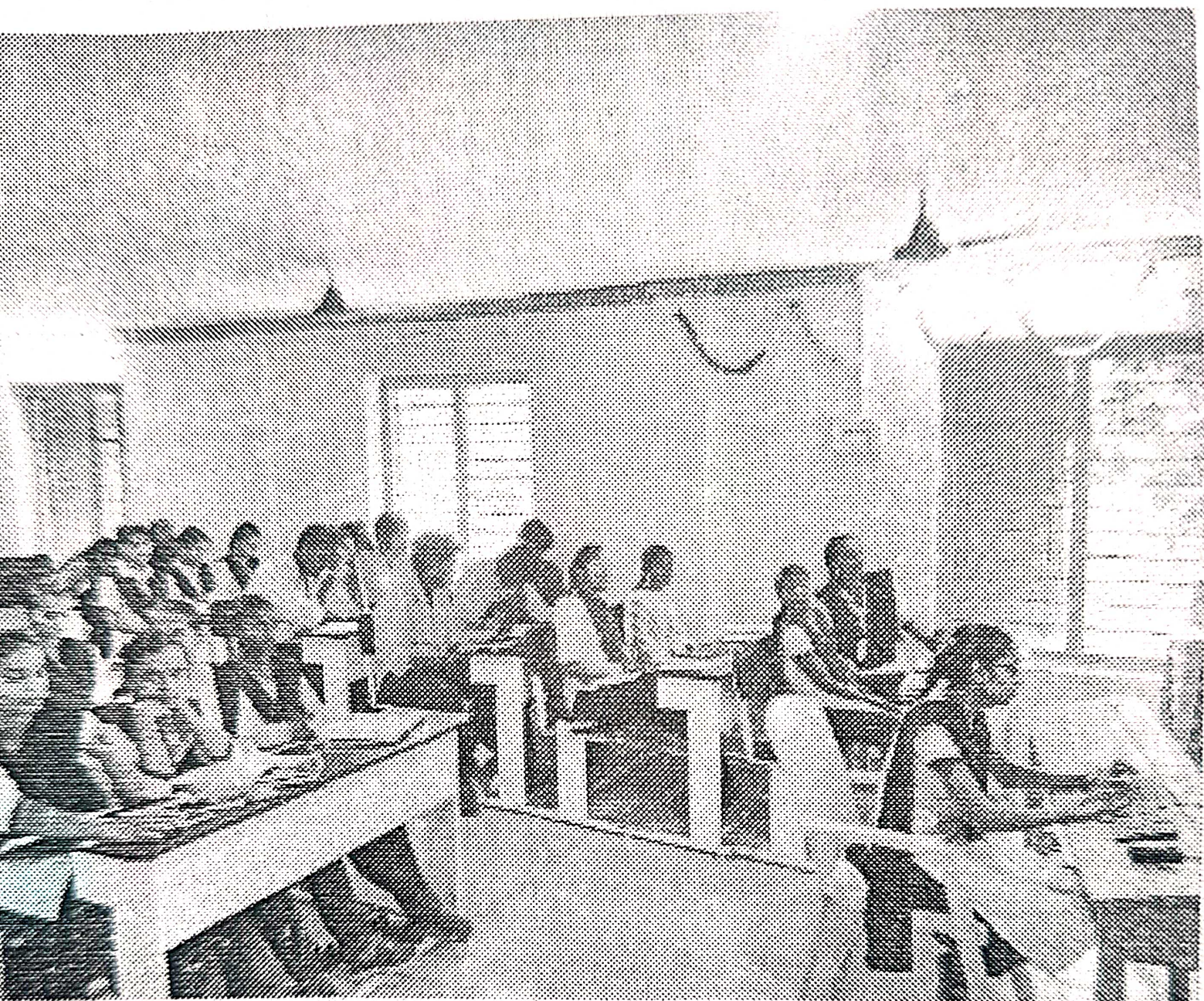
completed Add on course on **MEDITATION** conducted by the Dept of **National Service Scheme**, from **01-04-2023** to **29-04-2023** successfully

Signature of NSS P.O

Signature of IQAC Coordinator

Principal  
GOVT. DEGREE COLLEGE  
AVANAGADDA, KRISHNA DT. 511121  
Signature of Principal

Received by  
P.P. Roy



# GOVT DEGREE COLLEGE AVANIGADDA

Add on course : Meditation

Month:

11/4/23  
12/4/23  
13/4/23  
14/4/23  
15/4/23  
16/4/23  
17/4/23  
18/4/23  
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25/4/23  
26/4/23  
27/4/23  
28/4/23  
29/4/23

S.No	NAME OF THE STUDENT	CLASS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1.	M.BHAVANNARAYANA	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2.	M.HARISH	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3.	M.GOPICHAND	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4.	M.PASI BABU	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5.	P.SRI TEJA	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6.	P.NAGENDRA BABU	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7.	P.RAGHU	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8.	R.RAMYA PRIYA	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9.	S.NAGA SAI	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10.	S.KHADAR BABU	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11.	S.R.P. KUMAR	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12.	T.SAI PRASAD	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13.	V.YESU BABU	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14.	Y.S.R.V.H.S.V.PRASAD	II B.COM	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15.	B.RAMU	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16.	CH.PALLAVI	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17.	CH.NA VEENA KUMAR	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18.	D.CHARAN TEJA	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19.	D.CHANDU	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20.	D.JEEVAN KUMAR	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21.	D.HEPSIBHA	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22.	D.NISHI	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
23.	G.SREE KIRAN	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
24.	G.JASWANTHI	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
25.	J.JESPAUL	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
26.	K.PRIYANKA	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
27.	K.RAVI BHARGAV	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
28.	K.RAVI BHARGAV	M.P.C.s	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X



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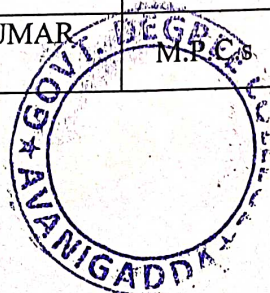
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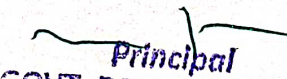
## STUDENT FEEDBACK FORM

1. How well did the meditation techniques work for you?
2. Were the instructions easy to follow?
3. Did you feel a sense of progress in your practice?
4. How would you rate the instructor's guidance and support?
5. Overall, how satisfied are you with the course?

Scale : 1 satisfactory      2 Good      3 Excellent


S. No	Name Of The Student	Class	Q.1	Q.2	Q.3	Q.4	Q.5	Signature
1.	P.RAGHU	II B.COM	3	2	1	1	2	P. Raghu
2.	R.RAMYA PRIYA	II B.COM	2	3	1	2	3	R. Ramya Priya
3.	S.NAGA SAI	II B.COM	1	2	3	3	2	S. Naga Sai
4.	S.KHADAR BABU	II B.COM	3	2	1	1	2	S. Khadar Babu
5.	S.R.P. KUMAR	II B.COM	2	3	2	2	1	S. R. P. Kumar.
6.	T.SAI PRASAD	II B.COM	1	1	2	3	2	T. Sai Prasad.
7.	V.YESU BABU	II B.COM	3	2	3	1	2	V. YESU BABU
8.	Y.S.R.V.H.S.V.PRASAD	II B.COM	2	1	2	3	2	Y.S.R.V.H.S.V. Prasad.
9.	B.RAMU	M.P.C.s	1	2	3	1	1	B. Ramu.
10.	CH.PALLAVI	M.P.C.s	3	3	2	1	3	Ch. Pallavi
11.	CH.NAVEENA KUMAR	M.P.C.s	1	2	1	2	1	Ch. Naveena Kumar
12.	D.CHARAN TEJA	M.P.C.s	2	3	1	3	1	D. Charan Teja
13.	D.CHANDU	M.P.C.s	3	2	2	1	2	D. Chandu.
14.	D.JEEVAN KUMAR	M.P.C.s	2	1	1	2	1	D. Jeevan Kumar.



D.   
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15.	D.HEPSIBHA	M.P.C.s	3	2	1	3	2	D.HEPSIBHA
16.	D.NISHI	M.P.C.s	3	1	3	2	1	D.NISHI
17.	G.SREE KIRAN	M.P.C.s	1	2	3	1	2	G.Sree Kiran
18.	G.JASWANTHI	M.P.C.s	2	1	2	1	3	G.Jaswanth
19.	J.JESPAUL	M.P.C.s	3	1	3	2	3	J.Jespaul
20.	K.PRIYANKA	M.P.C.s	2	2	4	2	4	K.priyanka
21.	K.RAVI BHARGAV	M.P.C.s	1	3	3	3	1	K.Ravi Bhargav
22.	K.RAVI BHARGAV	M.P.C.s	1	2	1	2	3	K.Ravi Bhargav
23.	L.KARTHIK	M.P.C.s	2	1	3	2	1	L.Karthik
24.	M.SRAVANTHI	M.P.C.s	3	1	2	3	1	M.Sravanthi
25.	M.TRIVENI	M.P.C.s	2	2	3	3	2	M.Triveni
26.	M.VENKATESWARA RAO	M.P.C.s	3	2	1	3	1	M.Venkatesu rao
27.	M.BALA GOPI	M.P.C.s	1	3	2	1	3	M.Balagopi
28.	N.GOPI RAJU	M.P.C.s	2	1	1	2	3	N.Gopi Raju
29.	N.REVATHI	M.P.C.s	3	2	1	3	2	N.Revathi
30.	N.SAI SUPRIYA	M.P.C.s	1	3	2	3	1	N.SAI supriya



  
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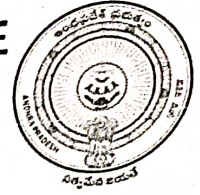


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(AFFILIATED TO KRISHNA UNIVERSITY)

**AVANIGADDA, NAAC-B**

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# **GIST OF THE PROGRAMME**

## **ADD ON COURSE ON MEDITATION**

As the younger generations are facing trouble in managing the stress related to their studies as well as personal problems. It is essential to guide them for managing stress. Meditation is the best way for managing stress.

Hence, the NSS unit has taken a lead to conduct an Add on course on 'Meditation' from 1/04//2023 to 29/4/2023 for 75 students.

The NSS unit identified the students who are facing troubles in stress management and arranged meditation classes from 8:30 to 9:30 am in 30 hrs. Even though they are involved in other courses, they were advised to join in this course as it is useful for completing more numbers of courses to enlighten their future, by balancing their stress. 75 students benefited a lot through this course, in future also NSS will arrange these type of essential courses



*Principal*

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