

GOVT. DEGREE COLLEGE AVANIGADDA

NAAC B GRADE

CERTIFICATE COURSE ON MEDITATION



**ORGANIZED BY
NATIONAL SERVICE SCHEME**

COURSE STARTED ON : 01/11/2022
TENURE : 20 DAYS
TRAINER : A.Veera Kumari
BATCH : 75 MEMBERS
DURATION OF CLASS : 8.15 - 9.45 AM
ORGANISED BY : NSS



D. S. T.

Principal
GOVT. DEGREE COLLEGE
AVANIGADDA, Krishna Dt. 521171.



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
28/10/2022

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
1/11/2022 to 25/11/2022

Thanking you.

Yours faithfully

P2

Notice

AVANIGADDA
28/10/2022

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 1/11/2022 to 25/11/2022

Schedule: 8.15 to 9.45

Location: BA class

Course Overview:

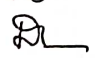
 NSS PO.



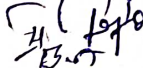
 MBA



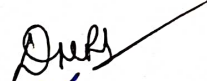
 IBA

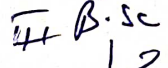
 IBA

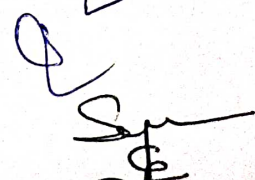


 B.Sc.




 B.Sc. M.A.



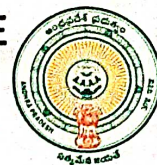


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Syllabus for Add on course on Meditation

1. Understanding meditation

2. Benefits of meditation

a) Team Level

b) Personal Level

1. Emotional Benefits

2. Physical Benefits

3. Types of meditation

- a) Guided meditation
- b) Mantra meditation
- c) Mindfulness meditation
- d) Qi gong
- e) Tai chi
- f) Transcendental meditation
- g) Yoga.

4. Elements of meditation

- a) Focused attention
- b) Relaxed breathing.
- c) A quiet setting.
- d) A comfortable position

5. Everyday ways to practice meditation

- a) Breathe deeply.
- b) Scan your body
- c) Repeat a mantra
- d) Walk and meditate
- e) Engage in prayer
- f) Read and reflect
- g) Focus your love and kindness

6. Make Meditation Your style of life.

Applying meditation principles in daily activities

Sustaining Your Practice

Nurturing a lifelong meditation habit

Adapting to challenges and evolving your practice




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www.gdcavanigadda.ac.in

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08671-272261
94-94-299418

TIME :15 MIN

MARKS 20

- What is the primary goal of meditation?
A) Achieving physical fitness B) Cultivating mental clarity and awareness
C) Improving social skills D) Enhancing memory
- Which of the following is NOT a common meditation technique?
A) Mindfulness meditation B) Transcendental meditation
C) Cardiovascular meditation D) Loving-kindness meditation
- What is the recommended duration for a beginner to meditate daily?
A) 5 minutes B) 30 minutes
C) 1 hour D) 24 hours
- 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
- What is the term used for focusing on the breath as a meditation technique?
A) Pranayama B) Zazen
C) Anapanasati D) Vipassana
- 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.
- 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
- 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
- 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
- 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

1 B
2 C
3 A
4 C
5 C



6 B
7 B
8 B
9 A
10 B

D. *Principal*
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CERTIFICATE

This is to certify that A.AHALYA of III B.A has
completed Add on course on **MEDITATION** conducted by the Dept of **National**
Service Scheme, from **01-11-2022** to **25-11-2022** successfully

Signature of NSS P.O

Signature of IQAC Coordinator

GOVT. DEGREE COLLEGE
AVANIGADDA, Krishna Dt. 511121.

Signature of Principal

Received by
A. Ahalya



Principal

GOVT. DEGREE COLLEGE

AVANIGADDA, Krishna Dt.



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CERTIFICATE

This is to certify that CH.NAGA RAJU of II B.COM has

completed Add on course on **MEDITATION** conducted by the Dept of **National Service Scheme**, from **01-11-2022** to **25-11-2022** successfully

Signature of NSS P.O

Signature of IQAC Coordinator

GOVT. DEGREE COLLEGE
AVANAGADDA, KRISHNA DT. 511211.

Signature of Principal

Received by

Ch. Naga Raju

GOVT DEGREE COLLEGE AVANIGADDA

Add on course : Meditation NOV

Month :

11/11/22
12/11/22
13/11/22
14/11/22
15/11/22
16/11/22
17/11/22
18/11/22
19/11/22
20/11/22
21/11/22
22/11/22
23/11/22
24/11/22
25/11/22

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.	A.AHALYA	III B.A	X	X	X	X	a	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X
2.	A.AMMU	III B.A	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
3.	B.JAYANTHI	III B.A	a	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4.	B.PRASANNA	III B.A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5.	CH.PRAVEENA	III B.A	X	X	X	X	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X
6.	D.PREMBABU	III B.A	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7.	D.KAMAL TEJ	III B.A	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
8.	D.JAGADEESH	III B.A	X	X	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9.	D.VARA PRASAD	III B.A	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
10.	GLAVANYA	III B.A	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11.	ISAMYUKTHA	III B.A	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
12.	K.DHARANI	III B.A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
13.	K.SRAVANI	III B.A	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
14.	K.SAI KRISHNA	III B.A	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
15.	K.PRIYA DARSINI	III B.A	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16.	K.KIRAN KUMAR	III B.A	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17.	K.BALA RAMA KRISHNA	III B.A	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
18.	M.AMANI	III B.A	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
19.	M.BALAJI	III B.A	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
20.	M.DIVAKAR	III B.A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21.	M.HEMLA NAIK	III B.A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
22.	M.GANESH KUMAR	III B.A	X	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Principal

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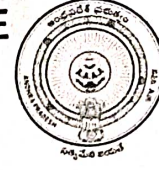


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GIST OF THE PROGRAMME ADD ON COURSE ON MEDITATION

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 1/11/2022 to 25/11/2022 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.



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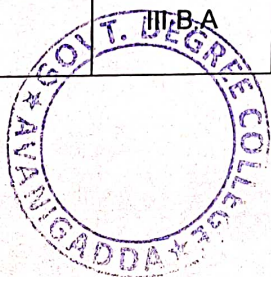
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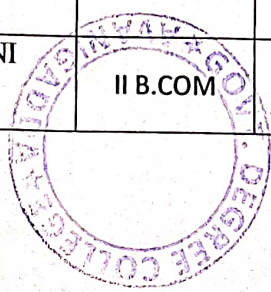
STUDENT FEEDBACK FORM

S. No	Name of the Student	Class	Q.1	Q.2	Q.3	Q.4	Q.5		Signature
1.	M.HEMLA NAIK	III B.A	2	1	3	2	1	2	M. Hemla Naik
2.	M.GANESH KUMAR	III B.A	2	1	2	3	1	3	m. ganesh kumar
3.	N.JAYA KUMAR	III B.A	3	2	1	3	1	2	n. jaya kumar
4.	N.NAGA LAKSHMI	III B.A	2	1	3	2	1	3	n. nagalakshmi
5.	P.SWAPNA	III B.A	3	2	1	3	2	1	P. swapna.
6.	S.NAGA PRASAD	III B.A	1	2	3	1	2	3	s. naga prasad
7.	T.SRI DHATHRI	III B.A	3	2	1	3	2	1	T. SRI Dha TRI
8.	T.PAVAN	III B.A	2	1	3	2	1	3	T. Pavan.
9.	T.HARSHA PRIYA	III B.A	3	1	2	3	2	2	T. Harsha priya
10.	V.ARAVIND	III B.A	1	2	1	3	3	2	v. ARAVIND.
11.	V.PAVAN KUMAR	III B.A	1	3	3	2	1	1	V. Pavan Kumar
12.	Y LEELA RAMA KRISHNA	III B.A	3	2	1	3	2	1	Y. Leela Rama Krishna.



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13.	A.CHANTI BABU	II B.COM	2	3	1	2	3	A.Chanti Babu
14.	B.HEMA LATHA	II B.COM	1	2	3	2	1	B. Hemalatha
15.	CH.NAGA RAJU	II B.COM	1	2	3	2	1	Ch. Naga Raju.
16.	CH.ASWITHA	II B.COM	3	2	1	3	2	CH. ASWITHA
17.	CH.RAJU	II B.COM	1	3	2	3	2	CH. Raju
18.	CH.BALU	II B.COM	2	3	1	2	3	CH. Balu.
19.	D.N.BHASKARA RAO	II B.COM	3	2	1	3	2	D.N Bhaskara rao
20.	G.HEMA	II B.COM	2	3	1	2	3	G. Hema
21.	K.EDUKONDALU	II B.COM	1	3	2	3	1	K. Edukondalu
22.	K.N.B.B.SAROJINI	II B.COM	2	3	1	3	1	K.N.B.B. Sarojini
23.	K.RATNA BABU	II B.COM	1	2	1	2	3	K. RATNA BABU
24.	M.VAMSI KRISHNA	II B.COM	2	3	1	2	1	M. v. Krishna.
25.	M.HARSHITHA	II B.COM	1	2	1	3	2	M. Harshitha
26.	M.VASU	II B.COM	3	2	1	3	2	M. Vasu.
27.	M.VISWANADH	II B.COM	1	3	2	1	2	M. Viswanadh
28.	N.SAHITHI	II B.COM	2	3	1	2	3	N. SAHITHI
29.	P.BHAVANI	II B.COM	1	2	3	2	1	P. Bhavani
30.	P.DURGA BHAVANI	II B.COM	3	2	1	3	2	P. Durga Bhavani



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