



KESHAV MEMORIAL INSTITUTE OF COMMERCE & SCIENCES

(Affiliated to Osmania University)

A Unit of Keshav Memorial Educational Society

3-5-1026, Narayanaguda, Hyderabad - 500029 Ph : 040 2322 4651, 8331029974

E-mail : principal.kmics@gmail.com

Website : www.kmics.ac.in

ESTD. 1945

5.1.2—LIST OF LIFE SKILLS

S. No	Academic Year	No of Students Enrolled	Name of the Program Conducted
1	2022-23	30	Yoga Training Classes-Girls
2	2022-23	142	Disha Bharat
3	2021-22	100	Yoga Training Classes – Girls & Boys
4	2020-21	100	Yoga Training Classes
5	2020-21	80	Know Your Blood Group Free of Cost Socio-Economic Survey
6	2019-20	110	Yoga Training Classes
7	2018-19	120	Yoga Training Classes

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2022-23

Yoga Training Classes-Girls

Circulars

KESHAV MEMORIAL INSTITUTE OF COMMERCE AND SCIENCES
NARAYANAGUDA, HYDERABAD-29.

Date: 06/10/2022

CIRCULAR Life Skills Training Program

All the students of First, Second and Third year B.Sc , B.Com and BBA are invited to join **Certificate Course in Yoga**. It is going to be a **45 days course with two hours of instruction every day**. Practicing yoga helps you to stay healthy, positive and energetic in your life. It also increases your concentration levels in your studies.

Yoga classes will be held from **3PM to 5PM** in the college campus. Students who are willing to join the course must register their names during college hours by meeting the **Yoga Instructor Mr. Bharat Ram**.

Contact No: 8886065069 (Yoga Instructor Mr. Bharat Ram)

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Report on Yoga Training Classes – Girls

Starting from 11.10.2022, a Yoga Certificate Course welcomed girl students from diverse B.Sc, B.Com, and BBA years. With sessions lasting 45 days, comprising two-hour intervals daily, the primary aim is to nurture both physical and mental well-being among participants while bolstering their concentration for academic endeavors. Guided by the expertise of Yoga Instructor Mr. Bharat Ram, attendees will delve into a multitude of yoga practices and exercises, all aimed at enhancing their overall health and mental outlook.

Throughout the course, students actively participated, displaying genuine enthusiasm for learning. The tranquil setting of the college campus further enriched the learning experience, fostering a conducive environment for personal growth. Through their involvement, students reaffirmed their commitment to self-improvement and academic success, emphasizing the indispensable role of incorporating yoga into their daily routines for holistic development.



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Disha Bharat CIRCULAR

Circular

Date:15.03.2023

Students are invited to participate in the Personality Development Program - "DISHA BHARAT: Enriching lives through value education," organized by the IQAC Department. The event will be held on March 18, 2023, at 10:00 AM in Seminar Hall 4th Floor, MBA Building. Join us for insightful sessions led by esteemed guest speakers including Pramod ji, Vineela Reddy, Dr. Pruthu, and S. Venugopal. This program promises to provide valuable guidance and tools for personal and professional growth. Don't miss this opportunity to enhance your skills and broaden your horizons.

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REPORT on "DISHA BHARAT."

Enriching lives through value education

Organizer: IQAC Department

Event: Personality Development program

Date: 18.03.2023

Time: 10:00 AM

Place: Seminar Hall 4th Floor, MBA Building

Event Coordinator: B. Anupreethi, IQAC Coordinator

Convener: KVR Murthy, Assistant Professor-MBA

Manohar, Assistant Professor

K.Preethi, Assistant Professor

Sai Prakash, Assistant Professor

No. of Students Participated: 142

Guest Speaker:

1. Pramod ji Disha Bharath Co ordinator (Full Time Activist)
2. Vineela Reddy Business (Auto Mobile Industry)
3. Dr. Pruthu Works with WHO
4. S. Venugopal International Magician & Social Activist

Objective of the Program:

To nurture strong values for self-transformation and societal transformation and also to empower youth as contributors to Nation building.

During the program, the highlighted key points:

1. Benefits of Yoga: The program highlighted about how Yoga offers physical and mental health benefits for people of all the ages. It also highlighted about how yoga helps in improving memory and concentration.
2. Self-Awareness: They provided 10 different questions regarding self-awareness (how we are? where we are?)Which helps to know our strengths and weakness and how to overcome those weakness of individual persons.
3. Quiz session-Indian great personalities and monuments: Here we got to know different aspects of monuments in our country and great personalities of our nation. The specialty of monuments in the nation and the way the great personalities have lived was also explained in detailed.
4. Motivational videos: Three different videos were shown which motivates and defines


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the purpose of education and life. And also it tells the key ways to get success in life.

5. Team building games: They made the students play different games which helps in coordinating and team building. The main aim of the games was to help the society in various ways.
6. Magic event: These magical tricks were related to Disha Bharat program which we have to follow the every key aspects of Disha Bharat in our daily life.

Brief information about the program:

The program had organized by IQAC DEPARTMENT. A total of 142 students attended the program with a lot of enthusiasm. The program helped the students to enhance their personality development skills and patriotism to serve Bharat.



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2021-22

Yoga Training Classes

Circular

KESHAV MEMORIAL INSTITUTE OF COMMERCE AND SCIENCES
NARAYANAGUDA, HYDERABAD-29.

Date: 04/10/2021

CIRCULAR Life Skills Training Program

All the students of First, Second and Third year B.Sc , B.Com and BBA are invited to join **Certificate Course in Yoga**. It is going to be a **45 days course with two hours of instruction every day**. Practicing yoga helps you to stay healthy, positive and energetic in your life. It also increases your concentration levels in your studies.

Yoga classes will be held from **3PM to 5PM** in the college campus. Students who are willing to join the course must register their names during college hours by meeting the **Yoga Instructor Mr. Bharat Ram**.

Contact No: 8886065069 (Yoga Instructor Mr. Bharat Ram)

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Report

Yoga Training Classes – Girls & Boys

Starting from 08.10.2021, students from various B.Sc, B.Com, and BBA cohorts enrolled in a Yoga Certificate Course. This course spans a duration of 45 days, featuring two-hour sessions daily. The objective is to foster students' physical and mental well-being while enhancing their focus for academic excellence. Under the guidance of Yoga Instructor Mr. Bharat Ram, participants will explore a range of yoga exercises and techniques aimed at enhancing overall health and mindset.

Throughout the sessions, students actively engaged and demonstrated genuine interest in learning. The serene ambiance of the college campus further enriched the learning experience. By participating, students underscored their dedication to personal growth and academic success, highlighting the importance of integrating yoga into their daily routines for comprehensive development.



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2020-21

Yoga Training Classes CIRCULAR

KESHAV MEMORIAL INSTITUTE OF COMMERCE AND SCIENCES
NARAYANAGUDA, HYDERABAD-29,

Date: 22/09/2020

CIRCULAR

Life Skills Training Program

All the students of First, Second and Third year B.Sc , B.Com and BBA are invited to join **Certificate Course in Yoga**. It is going to be a **45 days course with two hours of instruction every day**. Practicing yoga helps you to stay healthy, positive and energetic in your life. It also increases your concentration levels in your studies.

Yoga classes will be held from 3PM to 5PM in the college campus. Students who are willing to join the course must register their names during college hours by meeting the **Yoga Instructor Mr. Bharat Ram**.

Contact No: 8886065069 (Yoga Instructor Mr. Bharat Ram)

K. Somenchur Rao
Sd/-

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V. Sankar

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Report Yoga Training Classes

Starting from 28.09.2020, students from different B.Sc, B.Com, and BBA years joined a Yoga Course. This course will last for 45 days, with two-hour classes every day. The aim is to help students stay healthy and positive, and to improve their focus for studying. Mr. Bharat Ram, the Yoga Instructor, is leading the course. Students will learn different yoga exercises and techniques that can make them feel better physically and mentally.

During the classes, students were active and interested in learning. The peaceful atmosphere of the college campus made the classes more enjoyable. By taking part, students showed they are serious about improving themselves and doing well in their studies. This shows how important it is to include yoga in their daily routines for a better life.



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Know Your Blood Group Free of Cost Socio-Economic Survey

CIRCULAR

Circular

Date: 11.11.2020

Subject: Know Your Blood Group Free of Cost Socio-Economic Survey

We are pleased to announce an upcoming socio-economic survey scheduled for November 18, 2020. As part of this initiative, the Social Welfare Program will facilitate a "Know Your Blood Group Free of Cost" service. The event aims to raise awareness about the importance of blood group identification for medical emergencies. Individuals will have the opportunity to ascertain their blood types without any financial burden. This initiative aligns with our commitment to promoting health awareness and community welfare. All are encouraged to participate and benefit from this valuable service.

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Report on Know Your Blood Group Free of Cost Socio-Economic Survey

Date: November 18, 2020

A socio-economic survey was conducted on November 18, 2020, with the assistance of the Social Welfare Program. One of the initiatives under this survey was "Know Your Blood Group Free of Cost."

The resource person, representing the Social Welfare Program, facilitated the blood group identification process, enabling individuals to ascertain their blood types without any financial burden. Around 80 students were part of this event.

This initiative aimed to raise awareness about the importance of knowing one's blood group for medical emergencies and to encourage regular blood donation.

Overall, the event was successful in promoting health awareness and community welfare.

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2019-20

Yoga Training Classes

CIRCULAR

KESHAV MEMORIAL INSTITUTE OF COMMERCE AND SCIENCES
NARAYANAGUDA, HYDERABAD-29.

Date: 20/08/2019

CIRCULAR Life Skills Training Program

All the students of First, Second and Third year B.Sc , B.Com and BBA are invited to join **Certificate Course in Yoga**. It is going to be a **45 days course with two hours of instruction every day**. Practicing yoga helps you to stay healthy, positive and energetic in your life. It also increases your concentration levels in your studies.

Yoga classes will be held from **3PM to 5PM** in the college campus. Students who are willing to join the course must register their names during college hours by meeting the **Yoga Instructor Mr. Bharat Ram**.

Contact No: 8886065069 (Yoga Instructor Mr. Bharat Ram)

J. Sreeraj

Sd/-

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Report Yoga Training Classes

Starting from 27.08.2019, students representing the First, Second, and Third-year B.Sc, B.Com, and BBA programs participated in the Certificate Course in Yoga. Spanning 45 days with two hours of instruction daily, the course aimed to nurture both physical and mental well-being. Under the guidance of Yoga Instructor Mr. Bharat Ram, attendees delved into various yoga techniques and practices, recognizing their potential to enhance health, positivity, and concentration levels crucial for academic excellence.

The students demonstrated active engagement throughout the sessions, showcasing a genuine interest in learning and integrating yoga into their daily lives. The tranquil atmosphere of the college campus served as an optimal backdrop for the classes, further enhancing the learning experience. Through their enthusiastic participation, the students affirmed their dedication to personal growth and academic success, highlighting the significance of incorporating yoga into their holistic development.



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2018-19

Yoga Training Classes

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KESHAV MEMORIAL INSTITUTE OF COMMERCE AND SCIENCES
NARAYANAGUDA, HYDERABAD-29.

Date: 10/08/2018

CIRCULAR Life Skills Training Program

All the students of First, Second and Third year B.Sc , B.Com and BBA are invited to join **Certificate Course in Yoga**. It is going to be a **45 days course with two hours of instruction every day**. Practicing yoga helps you to stay healthy, positive and energetic in your life. It also increases your concentration levels in your studies.

Yoga classes will be held from **3PM to 5PM** in the college campus. Students who are willing to join the course must register their names during college hours by meeting the **Yoga Instructor Mr. Bharat Ram**.

Contact No: **8886065069** (Yoga Instructor Mr. Bharat Ram)

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Report Yoga Training Classes

Starting from 13.08.2018, students from First, Second, and Third-year B.Sc, B.Com, and BBA programs attended the Certificate Course in Yoga. The course, spanning 45 days with two hours of daily instruction, aimed to foster physical and mental well-being among participants. Led by Yoga Instructor Mr. Bharat Ram, the classes emphasized the benefits of yoga in promoting health, positivity, and concentration levels, essential for academic success.

The students actively participated in the sessions, demonstrating a keen interest in learning various yoga techniques and practices. The serene ambiance of the college campus provided an ideal setting for the classes, enhancing the overall experience. Through their enthusiastic engagement, the students displayed a commitment to improving their holistic well-being and academic performance.

Overall, the Certificate Course in Yoga proved to be a valuable opportunity for students to invest in their health and personal development, underscoring the importance of integrating yoga into their daily routines for long-term benefits.



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