



# Babu Jagjivan Ram Government Degree College

Narayanaguda, Hyderabad. (T.S) 500029

(Established – 1974)

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## REPORT ON CERTIFICATE COURSE (2020-2021)

**Name of the Course:** Meditation based Self Development Programme

- 1. Department: Public Administration**
- 2. Duration: 30 No. of hours 30 No. of days -30**
- 3. Whether brochure containing details of curriculum, assessment, procedures, etc., is enclosed? Yes**
- 4. Number of students enrolled: yes**
- 5. Whether the list of students is enclosed? (Yes/No): Yes**
- 6. Brief Report of the Certificate Course along with the outcome:**

- **Objectives:** To develop the holistic development of mind, body and spirit for greater personal effectiveness.
- Shift from IQ towards EQ (Emotional Quotient) and leading to demand for workforce comprised of individuals who are balanced and centered, as opposed to merely intelligent or qualified.
- To offer the students an aspirational set of values to live by;
- To achieve human perfection and adopt balanced existence;
- To help the students to dive into their inner-self and find true joy.

**Report:** The Department has organized Self-Development Programme in collaboration with Shri Ram Chandra Mission. Experts from the mission conducted experiential and participative sessions for the students.

**Outcome:** The Course enhanced the self confidence, positive thinking and decision making skills of the students. It inculcated values among the students. It improved the mental health of students.

**Signature of I/C of Dept.:**.....

List of Students

Sl. No.	Rool Number	Name
1	107018366002	B LIKITH DARSHAN
2	107018366004	ETIKALA SHANKAR
3	107018366005	FATHIMA
4	107018366006	JALAPALLY ASHOK KUMAR
5	107018366007	JURRU MALLESH YADAV
6	107018366008	KADAVATH SHANKAR
7	107018366009	KARRA MAHESH CHOUHAN
8	107018366011	Khatrawath Arun Naik
9	107018366012	KOTRANGI RAJANNA
10	107018366013	MADHAMSHETTY SAIKUMAR
11	107018366015	NEELALA MAHENDER
12	107018366016	PANDI SRINIVAS
13	107018366017	PANUGANTI SUMITHRA
14	107018366018	RAMAVATH SURESH
15	107018366020	SREEPADA ABHILASH
16	107018366022	THAPPETA RAJKUMAR
17	107018366023	VADTHYAVATH CHANDRASHAKER NAIK
18	107018366024	ZEBA MUBEEN