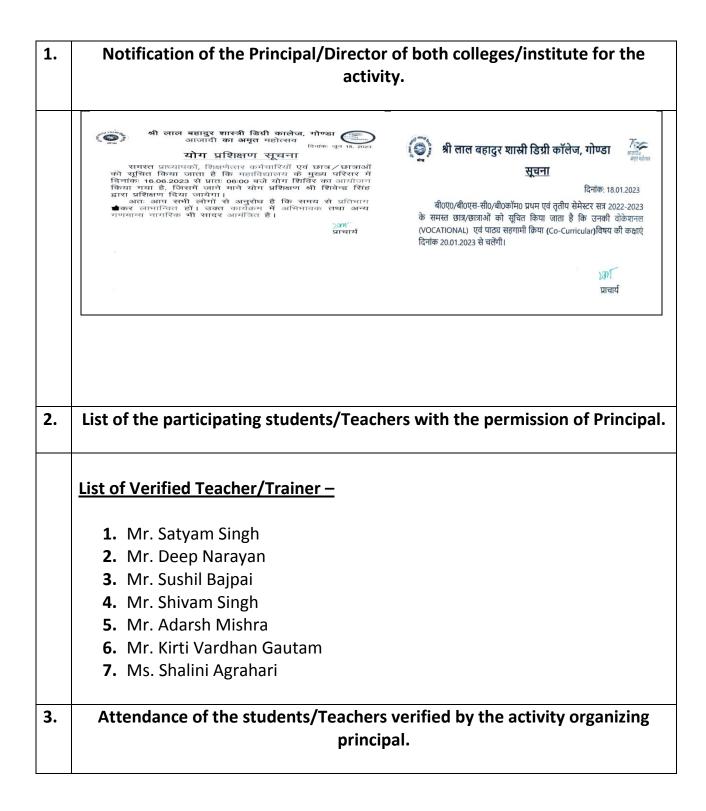
VOCATIONAL COURSE (YOGA AND FITNESS & COMPUTER APPLICATIONS) TRAINING & OTHER ACTIVITY REPORT

SESSION 2022-23



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Details of the activity.

Theatrical Classes and Practical Training Workshop (Yoga and fitness)

Covered Topics -

- > Yoga Introduction
- > History of yoga
- > <u>Different communities of yoga</u>
- Principles of Ashtanga voga
- > Asana
- > Pranayama
- **Bandha**
- **Surya Namaskar Sun Salutation**
- Chakra
- > Shatkarma
- > Mudra
- > Introduction of health
- > Introduction of disease
- > Yoga for fitness and personality development
- **Yogic for common disease**
- Project (Practice of advance voga training and therapy techniques)

Theatrical Classes and Practical Training Workshop (Computer Applications)

Covered Topics –

- > Introduction to Computer
- **Components of Computer System**
- > Introduction of Hardware and Software
- > Applications of IECT
- **Basics of Operating System**
- **Components or features of Windows Operating System**
- Operating System Simple Setting
- File and Directory Management
- > Introduction of Ms Word
- > Introduction of Ms Excel
- > Introduction of Ms Powerpoint
- Project work
- **Computer Networks**
- > <u>Internet</u>
- > Web Browser
- > Search Engines

5. Some photographs of the activity.



