



**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**  
**Report on One Day Workshop on 'Yoga Technologies for wellbeing'**

Name of the Event	One Day Workshop on 'Yoga Technologies for wellbeing'
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>• To introduce students to the numerous physical and mental benefits of yoga and equip them with valuable tools to manage academic and personal challenges.</li><li>• Through this workshop, students will learn various yoga postures, breathing exercises, and mindfulness techniques to improve their focus, concentration, and overall well-being.</li></ul>
Resource person	Mr. Sudhakaran, Rtd. Manager ONGC and Mr Somanath Volunteers ISHA Yoga
Date and Time	21/06/2022
Duration	10.00 am to 4.00 pm
Beneficiaries	31 students
Venue or Platform	PNN Hall
Feedback link	Nil
Organising dept/ Cell	Yoga Club
Coordinator	Dr. Saritha K S, Anup Jain, Dr. Nisha Unnikrishnan, and Mr. Jebin Jacob
Associating Agency	NSS and Department of Physical Education
Fund details if any	PTA
Outcome/ Benefit of the programme	The workshop on yoga for students had a profound and positive impact on the participants, yielding numerous transformative outcomes. Through this workshop, students experienced an enhanced sense of physical well-being, as they



	developed greater flexibility, strength, and improved posture.
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### **Detailed Report of the Programme**

Yoga holds immense significance in a student's life as it offers a holistic approach to well-being. Amidst the academic pressures and emotional challenges, yoga serves as a valuable tool for stress reduction, helping students find tranquility and inner balance. With yoga, students develop a deeper connection with their bodies, learn stress management techniques, and build social connections in a supportive community. Embracing yoga early in life becomes a guiding light, leading students towards a more centered and fulfilling academic journey. On the 21st of June 2022, the Yoga Club, SSV College, Valayanchirangara, Perumbavoor, in collaboration with NSS and ISHA yoga, commemorated International Yoga Day and organised a workshop on the topic "Yoga Technologies for well-being". The occasion was presided over by Dr. Resmi R, IQAC Coordinator, SSV College, who also launched the celebration. Sandeep CS, Student Coordinator of NSS had welcomed the group. Dr Saritha KS, Convenor, Yoga Club and HOD Department of History, introduced Isha yoga. Mr Sudhakaran, Rtd Manager ONGC and a volunteer with Isha Yoga, led the workshop. The resource person highlighted the role of Yoga in enhancing concentration and focus, improving academic performance. It nurtures physical fitness, promoting flexibility, strength, and overall health. Moreover, yoga cultivates emotional awareness, empowering students to manage their emotions effectively. By fostering better sleep quality and boosting self-confidence, it equips students with essential life skills that extend beyond the classroom. Mr Somanath, Volunteer ISHA Yoga led the practical session. The program's Student Coordinator, Ben Paul, has submitted a feedback and vote of thanks for the workshop.



## Photo Gallery

Practical Sessions for the students



Participants of the workshop



Participants (Attendance Register)




classmate  
 YOUNA TECHNOLOGIES FOR WELL BEING.

1.	Arunad Rajalakshmi	BSc mathematics Model 1	Arunad Raj
2.	Akhila Bhairu	"	Akhila
3.	Seethalakshmi C.V	"	<del>Seetha</del>
4.	Jadhima K.S	"	Jadhima
5.	Jasim Musthafa	"	Jasim
6.	Vineeth Sivas	BSC CS	Vineeth
7.	Aashw Kumar ER	"	Aashw
8.	David G	"	David
9.	Nipunpam	"	Nipunpam
10.	Joseph K Babu	"	Joseph
11.	Kailasmath K.S	"	Kailasmath
12.	Anuar TA	"	Anuar
13.	Asum S.	"	Asum
14.	Adithyan I.S	"	Adithyan
15.	UTHARA T.J	BA Economic	UTHARA
16.	Adhila Ammath MT	"	Adhila
17.	ALVINA PSaju	"	ALVINA
18.	Anyali Ms.	"	Anyali
19.	Anna Bija	"	Anna
20.	Arthul Reji	"	Arthul
21.	Dheena jabbar	"	Dheena
22.	Pathima Shihana	"	Pathima
23.	Madhuk Krishnan	"	Madhuk
24.	Wasim Mohamud	"	Wasim
25.	Sneha Vaegheer	"	Sneha V.




		"	<i>[Signature]</i>
26	Adithya P	"	<i>[Signature]</i>
27	Aarind ka	"	<i>[Signature]</i>
28	Madhuri Manoj	"	<i>[Signature]</i>
29	Riya Thomas	"	<i>[Signature]</i>
30	Sachin Syamkum	"	<i>[Signature]</i>
31	Veena Reji	"	<i>[Signature]</i>





**SREE SANKARA VIDYAPEETOM COLLEGE**  
VALAYANCHIRANGARA  
**YOGA CLUB**

IN ASSOCIATION WITH  
**NATIONAL SERVICE SCHEME, UNIT NO:49** AND



ORGANISES ONE DAY WORKSHOP ON  
**'YOGA TECHNOLOGIES FOR WELLBEING '**  
INTERNATIONAL  
**YOGA DAY**  
JUNE 21

Yoga is one of the most beneficial routines for both physical and mental health. Yoga can help you reach mental, physical, and spiritual equilibrium by combining attentive body positions with meditation. In fact, it can improve your immunity and resistance to common ailments, as well as reduce tension and worry, which is exactly what you need these days.

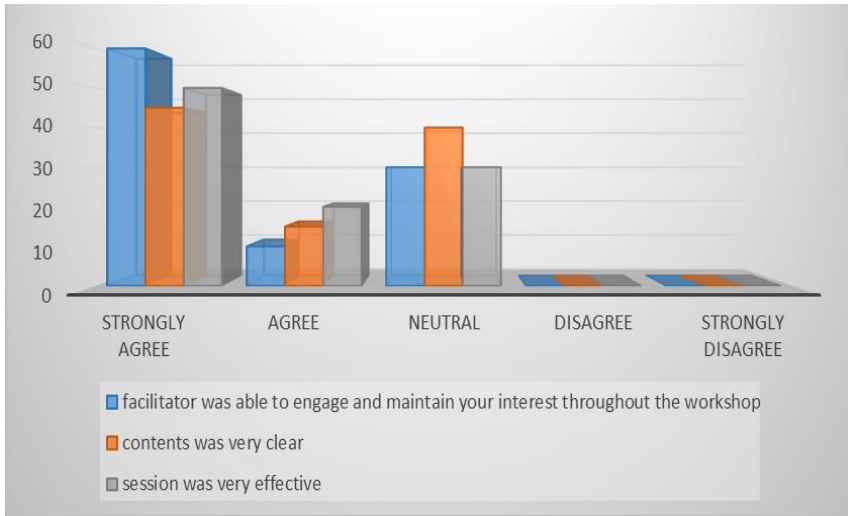
International Yoga Day is a significant occasion that is widely observed on June 21st around the world. "Yoga for Humanity" is the subject chosen by the Ministry of Ayush this year. The theme was chosen with the intention of reinvigorating and inspiring the yoga community to work toward sustainability and world development.

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<b>PRINCIPAL</b> DR. SHEENA KAIMAL N	<b>PROGRAM COORDINATORS</b> DR. SARITHA K.S , ANUP JAIN DR. NISHA UNNIKRISHNAN, JEBIN JACOB	<b>STUDENT COORDINATOR</b> BEN PAUL VARGHESE
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**Feedback:**



Signature of the Principal

  
PRINCIPAL  
SREE SANKARA VIDYAPEETOM  
VALAYANCHIRANGARA P.O  
(VIA) PERUMBAVOOR

