



## SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

### Report on Workshop on Yoga

Programme Details in a nutshell	
<b>Name of the Event</b>	Workshop on Yoga
<b>Nature of the Event</b>	Skill Development Programme
<b>Objectives</b>	<p>The objective of the workshop on yoga was to introduce and promote the practice of yoga among students, helping them improve their physical and mental well-being, enhance focus and concentration, reduce stress, and cultivate a healthy lifestyle.</p> <p>The workshop aimed to create awareness about the benefits of yoga and provide practical guidance on incorporating yoga into students' daily routines.</p>
<b>Resource person</b>	Ms. Ajithanath G, Msc. Yoga Therapy, HST NS, Jayakeralam Higher Secondary School, Pulluvazhy.
<b>Date and Time</b>	12/01/2023
<b>Duration</b>	10.00 am to 4.00pm
<b>Beneficiaries</b>	PG Students
<b>Venue or Platform</b>	Self-Financing Block
<b>Feedback link</b>	NA
<b>Organising dept/ Cell</b>	PG Department of Commerce
<b>Coordinator</b>	Ms. Savitha E A
<b>Associating Agency</b>	NA
<b>Name of the Scheme</b>	NA
<b>Fund details if any</b>	NA
<b>Outcome/ Benefit of the programme</b>	The participants gained valuable insights into the principles and practices of yoga and developed a better understanding of its positive impact on their overall health and academic performance.



## PROGRAMME REPORT

The workshop on yoga was organized by the PG Department of Commerce for the PG students of the department on 12<sup>th</sup> January 2023. The event took place in the self-financing block of the college. The workshop was designed with an aim to provide the participants with an immersive experience in the various aspects of yoga. Ms. Ajithanath G served as the resource person for the session. 38 students from the department participated in the workshop. The first session of the workshop focused on introducing students to the fundamentals of yoga, including its origins, philosophy, and different forms of practice. Experienced yoga instructor conducted interactive sessions, guiding participants through basic yoga poses (asanas) and breathing techniques (pranayama). The session concluded with a discussion on the physical and mental benefits of yoga. In the second session, the workshop emphasized mindfulness and meditation. Students learned techniques to cultivate present-moment awareness and explored how meditation could help manage stress and improve focus. Guided meditation sessions were conducted, allowing participants to experience the calming effects of meditation firsthand. The final session of the workshop focused on integrating yoga into students' daily routines. Practical tips were shared on how to make time for yoga amidst academic responsibilities. Students were encouraged to create personalized yoga plans, considering their specific needs and goals. The day concluded with a group yoga practice, fostering a sense of unity and camaraderie among the participants. The workshop on yoga for students was a resounding success, achieving its objectives of introducing students to yoga and its numerous benefits. By fostering a sense of well-being, improving concentration, and promoting a healthy lifestyle, the workshop contributed to the overall growth and development of the participants. It is hoped that the students will continue to practice yoga, reaping its long-term benefits in both their academic and personal lives.



PHOTO GALLERY

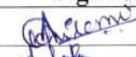



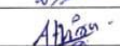





















PARTICIPANTS LIST

P G DEPARTMENT OF COMMERCE

WORKSHOP ON YOGA

Attendance list

Sl. No.	Name of the participant	Signature
1	Abhirami S Nair	
2	Akshara Baiju	
3	Anu Mohanan	
4	Aparna P M	
5	Aswathy V S	
6	Athira C U	
7	Athira T S	
8	Devika Sajeevan	
9	Elisha Jacob	
10	Gayathri T M	
11	Gopika Gopalakrishnan	
12	Jismi Jose	
13	Krishna Rajeevan	
14	Meenakshi M	
15	Meenu Mathai	
16	Rahul Rajan	
17	Sreepriya M R	
18	Sruthy V A	
19	Vinayak P V	
20	Amrutha Manoj	
21	Athira M K	
22	Sreekutty Thankappan	
23	Ajith Lal	
24	Aleena Thomas	
25	Anjaly P A	
26	Anjali T N	
27	Anu Chandran	
28	Aparna Anil	
29	Ashik Raj	



30	Athira Haridas	<i>Athira</i>
31	Athira K V	<i>Athira</i>
32	Gourisanker M	<i>Gourisanker</i>
33	Keerthi Kishor	<i>Keerthi</i>
34	Krishna Vijayan	<i>Krishna</i>
35	Krishnapriya T S	<i>Krishna</i>
36	Mariya Kuriakose	<i>Mariya</i>
37	Nihitha Shaji	<i>Nihitha</i>
38	Silpa Suku	<i>Silpa</i>

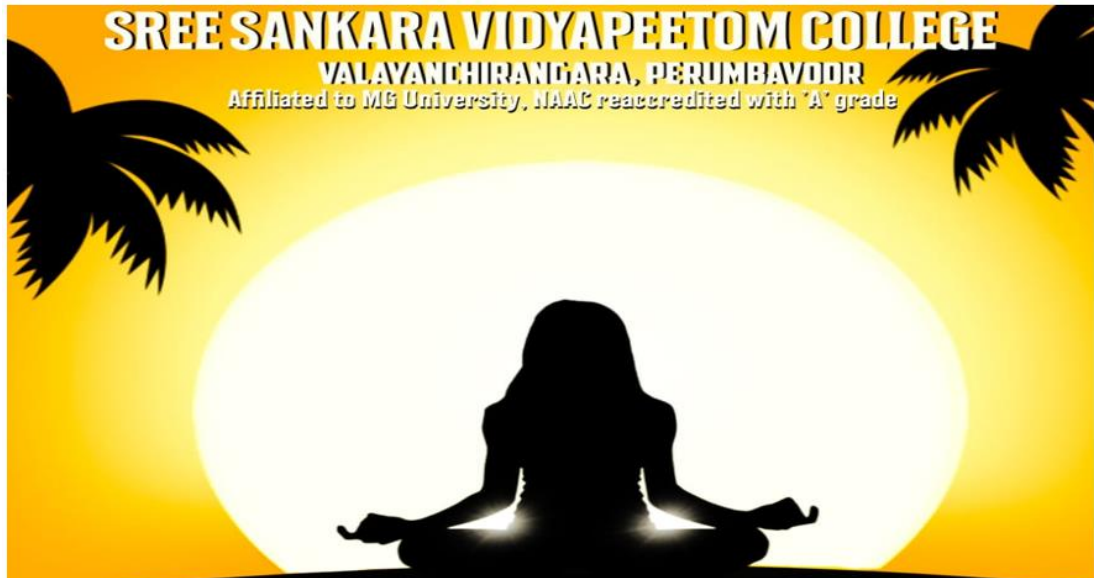
Valayanchirangara

12/01/2023


BROCHURE



**SREE SANKARA VIDYAPEETOM COLLEGE**  
**VALAYANCHIRANGARA, PERUMBAVOOR**  
 Affiliated to MG University, NAAC reaccredited with 'A' grade



**PG DEPARTMENT OF COMMERCE  
 PRESENTS  
 WORKSHOP ON YOGA**




Resource Person: **Ajithanath G**  
 (MSC YOGA THERAPY)  
 (HST (NS), JAYAKERALAM HIGHER  
 SECONDARY SCHOOL, PULLUVAZHY)

<b>FACULTY CO-ORDINATOR</b> <b>Savitha E.A</b>	<b>H.O.D</b> <b>Dr. Suja P.K</b>	<b>PRINCIPAL</b> <b>Dr. Sheena Kaimal N</b>	<b>STUDENT CO-ORDINATOR</b> <b>Sujith Kumar</b>
<b>DATE: 12-01-2023</b>	<b>VENUE: SEMINAR HALL, PG DEPARTMENT OF COMMERCE</b>		<b>TIME: 10:00 AM</b>

**FEEDBACK ANALYSIS**

At the end of the workshop, participants were encouraged to provide feedback on their experience. Most students expressed gratitude for the opportunity to learn and practice yoga. Many mentioned that the workshop had a positive impact on their physical and mental well-being. They also appreciated the holistic approach of the program, encompassing not only physical postures but also mindfulness and meditation practices.

  
 PRINCIPAL  
 SREE SANKARA VIDYAPEETOM  
 VALAYANCHIRANGARA P.O  
 (VIA) PERUMBAVOOR  
 Signature of the Principal

