



**SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA**

**Report on Workshop on Yoga for Immunity**

Programme Details in a nutshell	
<b>Name of the Event</b>	Workshop on “Yoga for Immunity”
<b>Nature of the Event</b>	Workshop
<b>Objectives</b>	<ul style="list-style-type: none"> <li>● To introduce college students to the benefits of yoga for strengthening the immune system.</li> <li>● To teach basic yoga asanas and pranayama techniques that can be easily incorporated into daily routines.</li> <li>● To create awareness about the importance of a balanced diet and lifestyle in maintaining a strong immune system.</li> <li>● To address common misconceptions and provide evidence-based information about the connection between yoga and immunity.</li> </ul>
<b>Resource person</b>	Kiran K R, Volunteer, Isha Yoga Foundation
<b>Date and Time</b>	21-06-2021
<b>Duration</b>	One Day
<b>Beneficiaries</b>	91 students
<b>Venue or Platform</b>	Google Meet
<b>Organising dept/ Cell</b>	Yoga Club, P G Department of History and Department of Physical Education
<b>Coordinator</b>	Dr. Saritha KS, Mr. Viswan M G and Mr. Anup Jain M J
<b>Associating Agency</b>	Isha Yoga Foundation
<b>Outcome/ Benefit of the programme</b>	The workshop successfully raised awareness among college students about the importance of yoga in boosting immunity.



Participants gained a deeper understanding of the mind-body connection and how holistic well-being plays a crucial role in maintaining a strong immune system.
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### Detailed Report of the Programme

On June 21, 2021, SSV College, Valayanchirangara, Perumbavoor, celebrated International Yoga Day with a distinctive online event. The Workshop on "Yoga for Immunity", organized by the Yoga Club, the PG Department of History, and the Department of Physical Education, was conducted via Google Meet. This innovative workshop aimed to introduce and educate college students about the myriad benefits of yoga, especially in strengthening the immune system. Dr. Padma P, Principal of SSV College, presided over the event, marking the official launch of the celebration. The gathering was warmly welcomed by the Yoga Club's Convener, Dr. Saritha K S. The workshop was skillfully led by Kiran K R, a dedicated volunteer from the Isha Yoga Foundation. The session focused on teaching basic yoga asanas and pranayama techniques that are easily adaptable to daily routines. Furthermore, it emphasized the importance of a balanced diet and lifestyle for a robust immune system and sought to dispel common misconceptions about yoga's role in boosting immunity. The event was enriched by the introduction to Isha yoga provided by Anup Jain, the Head of the Department of Physical Education.

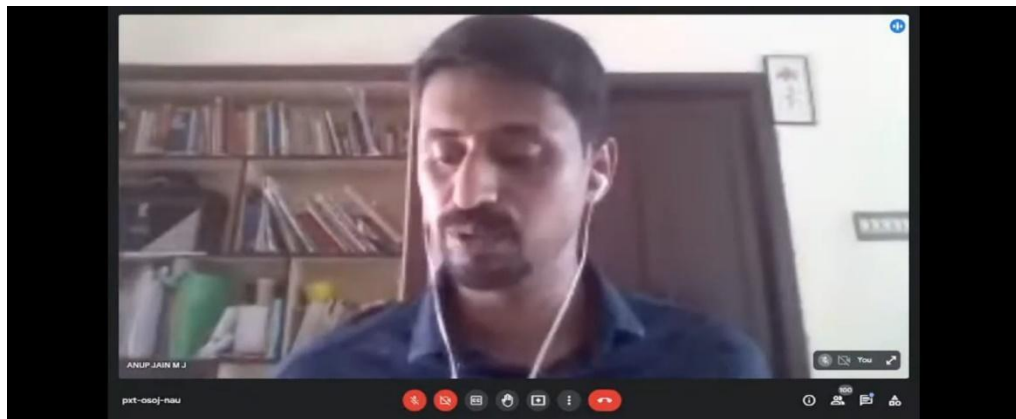
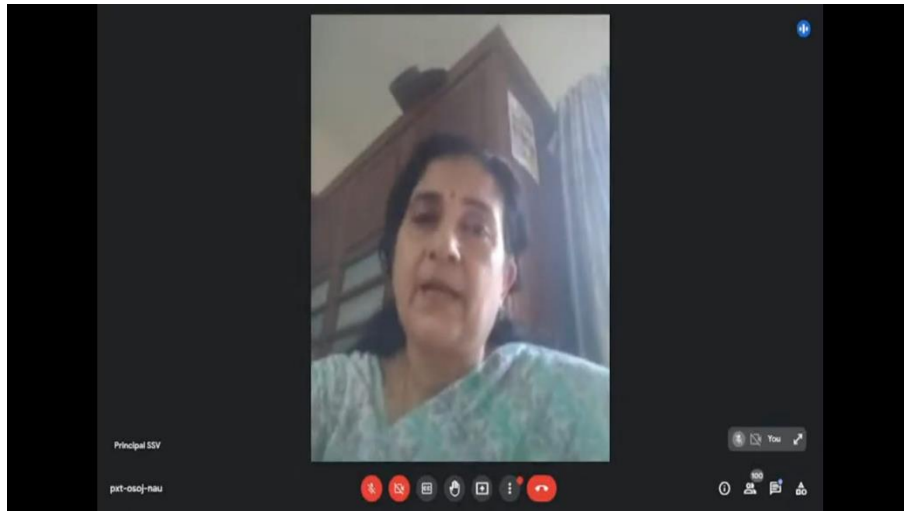
The workshop was not only educational but also interactive and engaging, attracting 91 enthusiastic students. Leya Aby, the Student Coordinator, played a crucial role in the smooth running of the programme and concluded the session with a vote of thanks. To extend its reach, the event was also streamed live on YouTube, allowing for a wider audience to benefit from the workshop. This approach underscores the college's commitment to utilizing modern technology for educational purposes.

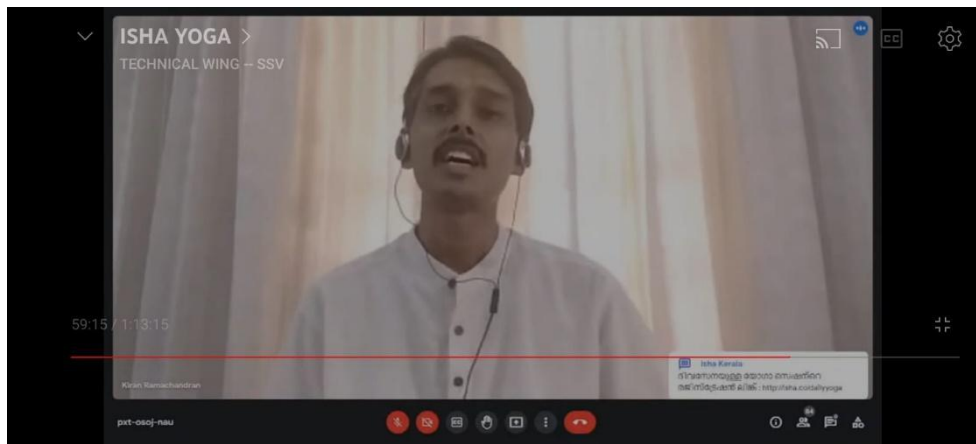
The outcome of the "Yoga for Immunity" workshop was overwhelmingly positive. Participants gained valuable insights into the connection between yoga and immunity and the importance of holistic well-being in maintaining a strong immune system. The feedback received was a testament to the success of the workshop in raising awareness and imparting practical knowledge for enhancing personal health and immunity. The success of this event highlights the potential and necessity for more such workshops in the future, especially in the context of ongoing health



challenges like the COVID-19 pandemic. The organizers, considering the positive reception, might consider conducting further sessions to support the participants' ongoing health and immunity journey.

## Photo Gallery





### Participant List

SL No	Name	Class
1.	Aleena Augustine	MCOM FINANCE AND TAXATION SF
2.	Sajith S	MCOM FINANCE AND TAXATION SF
3.	Basil Roy	MCOM FINANCE AND TAXATION SF
4.	Sudheena Mol	MCOM FINANCE AND TAXATION SF
5.	Amrithanjali M N	MCOM FINANCE AND TAXATION SF
6.	Krishnaja Pramod	MCOM FINANCE AND TAXATION SF
7.	Ardra M S	MSC CHEMISTRY
8.	Harsha Sajeev	MSC CHEMISTRY
9.	Ameena Ks	MSC CHEMISTRY



10.	Dinsha M Saji	MSC CHEMISTRY
11.	Aparna Babu	BCOM MODEL I FINANCE AND TAX
12.	Asna C Rahim	BCOM MODEL I FINANCE AND TAX
13.	Athul Mohan	BCOM MODEL I FINANCE AND TAX
14.	Diljith Suresh	BCOM MODEL I FINANCE AND TAX
15.	Elma John	BCOM MODEL I FINANCE AND TAX
16.	Vishnu Rajesh	BA HISTORY
17.	Aravind Raju	BA HISTORY
18.	Arunima M	BA HISTORY
19.	Naveena Roy	BA HISTORY
20.	Ananthu Supran	BA HNDI LITRATURE MODEL I
21.	Alfana M.S	BA HNDI LITRATURE MODEL I
22.	Masitha K S	BA HNDI LITRATURE MODEL I
23.	Radhakumari	BA HNDI LITRATURE MODEL I
24.	Razeena P S	BA HNDI LITRATURE MODEL I
25.	Surya K R	BA ENGLISH LITERATURE MODEL II
26.	Aravind Ashok Kumar	BA ENGLISH LITERATURE MODEL II
27.	Soniya Varghese	BA ENGLISH LITERATURE MODEL II
28.	Abhijith J	BA ENGLISH LITERATURE MODEL II
29.	Albin Sabu	BA ENGLISH LITERATURE MODEL II
30.	Christeena Jose	BA HISTORY
31.	Fathima Alfiya M S	BA HISTORY
32.	Fathima E A	BA HISTORY
33.	Leya Aby	BA HISTORY
34.	Nadhasha Kabeer	BA HISTORY



35.	Rosmy P S	BA HISTORY
36.	Sabira T A	BA HISTORY
37.	Aswani K.P	BSC COMPUTER SCIENCE
38.	Nidhin K V	BSC COMPUTER SCIENCE
39.	Sreelakshmi V R	BSC COMPUTER SCIENCE
40.	Adhilsha M N	BSC COMPUTER SCIENCE
41.	Aromal Ramesh	BSC COMPUTER SCIENCE
42.	Bitty Sunny	BSC COMPUTER SCIENCE
43.	Devika Rajesh	BSC COMPUTER SCIENCE
44.	Sneha N S	BSC COMPUTER SCIENCE
45.	Vishnu Ravi	BSC COMPUTER SCIENCE
46.	Arya T A	BSC COMPUTER SCIENCE
47.	Jayakrishnan E K	BSC COMPUTER SCIENCE
48.	Alen Bobby George	BSC MATHEMATICS
49.	Brahmadathan K V	BSC MATHEMATICS
50.	Sreedev K B	BSC MATHEMATICS
51.	Gokul Krishnan.M.S	BSC MATHEMATICS
52.	Neelima E M	BSC MATHEMATICS
53.	Savithree K Krishnan	BSC MATHEMATICS
54.	Arya Krishnan	MCOM MARKETING AND INTERNATIONAL BUSINESS
55.	Ashitha Krishnankutty	MCOM MARKETING AND INTERNATIONAL BUSINESS
56.	Aswathy P K	MCOM MARKETING AND INTERNATIONAL BUSINESS
57.	Beneeta Benny	MCOM MARKETING AND INTERNATIONAL BUSINESS



58.	Bhagya Mohan	MCOM MARKETING AND INTERNATIONAL BUSINESS
59.	Krishna Chandran	MCOM MARKETING AND INTERNATIONAL BUSINESS
60.	Neethu Vinod	MCOM MARKETING AND INTERNATIONAL BUSINESS
61.	Nima Parvathy	MCOM MARKETING AND INTERNATIONAL BUSINESS
62.	Sreemol K D	BSC CHEMISTRY
63.	Aiswarya Baburaj	BSC CHEMISTRY
64.	Haritha K N	BSC CHEMISTRY
65.	Varun Gopakumar	BSC CHEMISTRY
66.	Bhavana G	BSC CHEMISTRY
67.	Vishnu E N	BSC CHEMISTRY
68.	Manu Benny	BSC MATHEMATICS
69.	Sandra N S	BSC MATHEMATICS
70.	Akhila Babu	BSC MATHEMATICS
71.	Aleena Martin	BSc Mathematics
72.	Ani P A	Bsc Mathematics
73.	Remith Unnikrishnan K	Bsc Physics
74.	Abyson Baiju	Bsc Physics
75.	Aakash P R	Bsc Physics
76.	Adithya Krishna T R	Bsc Physics
77.	Jishnu C Biju	Bsc Physics
78.	Meril Clara Sephy	Bsc Physics
79.	Sreekanth Kishore	Bcom Finance And Tax Model I
80.	Vishnu T S	Bcom Finance And Tax Model I



81.	Adharsh P S	Bcom Finance And Tax Model I
82.	Akash Harikumar	Bcom Finance And Tax Model I
83.	Akhil Narayanan	Bcom Finance And Tax Model I
84.	Anandhu Sabu	Bcom Finance And Tax Model I
85.	Arya K H	Bcom Finance And Tax Model I
86.	Aswathy Jayakumar	Bcom Finance And Tax Model I
87.	Arsha A J	Ba History Model I
88.	Athira C A	Ba History Model I
89.	Jaleela K A	Ba History Model I
90.	Khadeeja Beevi O B	Ba History Model I
91.	Krishnapriya R	Ba History Model I

### Brochure of the Programme

**SREE SANKARA VIDYAPEETOM COLLEGE VALAYANCHIRANGARA**  
 PG DEPARTMENT OF HISTORY & DEPARTMENT OF PHYSICAL EDUCATION  
 IN ASSOCIATION WITH  
 Isha  
 YOGA


**WORKSHOP ON YOGA FOR IMMUNITY**

രോഗപ്രതിരോധശേഷി ക്കായുള്ള യോഗ  
**INTERNATIONAL YOGA DAY**

PLATFORM: (GOOGLE MEET)  
 DATE: 21 JUNE 2021 (MONDAY) TIME: 9.30 AM

### Profile of the resource person

Kiran is an Isha Yoga Volunteer

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

