



## SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

### Report on Workshop on Yoga

<b>Programme Details in a nutshell</b>	
<b>Name of the Event</b>	<b>Yoga Day Celebration and Yoga Training for Students</b>
<b>Nature of the Event</b>	Training Programme for Students
<b>Objectives</b>	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,
<b>Resource person</b>	Mr. Anup Jain M J, Assistant Professor, Department of Physical Education and Mr. Sreekumaran Nair P J, Junior Lecturer in Zoology, Department of Zoology.
<b>Date and Time</b>	21-06-2019
<b>Duration</b>	One Day
<b>Beneficiaries</b>	45 students
<b>Venue or Platform</b>	P N N Hall
<b>Organising dept/ Cell</b>	Yoga Club, NSS and Department of Physical Education



<b>Convenor</b>	Dr. Saritha KS, Mr. Viswan M G and Mr. Anup Jain M J
<b>Outcome or benefit of the programme</b>	The yoga demonstration and workshop for college students yielded a multitude of positive outcomes. Students experienced improved physical well-being as they engaged in various yoga postures and breathing techniques, enhancing their flexibility and strength.

## Detailed Programme Report

International Yoga Day was celebrated by the Yoga Club in association with department of Physical Education, History association and NSS unit, SSV College, Valayanchirangara, Perumbavoor on 21<sup>st</sup> June 2019 at P N Namboodiri Hall. Dr. Padma P, Principal, SSV College, has presided over the function and has inaugurated the celebration. Dr. Saritha K S, Convener of the Yoga Club, has welcomed the gathering.

An introductory class on the importance of Yoga in human life has been given by Sri M.J Sreekumaran Nair, Department of Zoology. Mr. Anup Jain began the session with a brief introduction to the history and significance of yoga, emphasizing its importance in contemporary life. The training included a series of basic to intermediate yoga postures. Each asana was demonstrated by Mr. Jain, focusing on correct posture, breathing techniques, and alignment. Special emphasis was given to various breathing techniques, highlighting their role in enhancing physical and mental well-being. The session also covered relaxation techniques like Savasana (Corpse Pose), guiding participants on how to achieve deep relaxation and stress relief.

The yoga training session by Mr. Anup Jain was a significant part of the International Yoga Day celebrations at SSV College. It successfully introduced the basics of yoga to a diverse group, fostering an interest in yoga and wellness among the college community. The session's success has paved the way for incorporating yoga more integrally into the college's routine, promoting a healthy lifestyle among students and staff.

Mr. Manusankar, C S., IQAC Coordinator, Dr. Resmi R., staff secretary, Dr.K.M. Sudhakaran, HOD, Department of Political Science have rendered felicitation. Kumari Malavika Manoj,



Secretary Yoga Club has proposed vote of thanks.

As a part of yoga day celebrations on June 20<sup>th</sup> 2019 a cycle rally was conducted to make the public aware of the international yoga day and importance of yoga in daily life. Along with this a poster design competition and an essay competition on the topic 'Role of Yoga in resolving the climate change' was conducted to our students on the same day.

45 students from different departments have participated in the training programme.

### Participant List

SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA

Attendance Sheet

Name of the Programme: YOGA TRAINING

Date: 21-06-2019 (45)

Sl.No	Name	Class	Signature
1	Abhilash P	BSC Computer Science	Abhilash
2	Akhil NS	"	Akhil
3	ANASWALA K.T	"	Anaswala
4	Midhila Vinod	"	Midhila
5	Rajalathame VR	"	Rajalathame
6	Araba Suresh N	BA Economics	Araba
7	Aparna pureshwar	"	Aparna
8	Kannan Sivas	"	Kannan
9	Akhil Vandevaran	B.COM Financial Tax	Akhil
10	Amrutha Sureshdas	"	Amrutha
11	Anurinda ON	"	Anurinda
12	Aparna Anilok	"	Aparna
13	Seelathirani MS	BA Hindi	Seelathirani
14	Venna Vijayan	"	Venna
15	Priniprimal sans	"	Priniprimal
16	Gopika	"	Gopika
17	HAMILA MH	"	HAMILA
18	Sneha VJ	BA History	Sneha
19	Keeuthana K chandran	"	Keeuthana
20	Umesha K A	"	Umesha
21	Ajith Mathias	BSC Chemistry	Ajith
22	Ashly dipans VS	"	Ashly
23	Menakshi Suresh	"	Menakshi



SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA



Attendance Sheet

Name of the Programme:

Date:

Sl.No	Name	Class	Signature
24	Aashu T12	B.com CA	Aashu
25	Akhil Babu	"	Akhil
26	Akhay Ravi	"	Akhay Ravi
27	Amal Saju	"	Amal
28	Amritha KP	"	Amritha
29	Angelina Sasi	BA English	Angelina
30	Arvind Raju	"	Arvind
31	Aswamy TR	"	Aswamy
32	Pranav	"	Pranav
33	Arundha Subramanian	"	Arundha
34	FATHIMA PARVIN	BA Economics	Fathima
35	Ashu K Ashok	"	Ashu
36	Amal Krishna	"	Amal
37	Vishnu Mohan	"	Vishnu Mohan
38	Eldhose Raju	"	Eldhose Raju
39	Harashree KJ	BSc Chemistry	Harashree
40	Bhuvan Sathish	"	Bhuvan
41	Geethika AN	BSc physics	Geethika
42	Aswini VR	"	Aswini
43	Subashree V	"	Subashree
44	Parvathy MS	M.Com Finance & Tax	Parvathy
45	Pranvika MK	"	Pranvika

Brochure

**SREE SANKARA VIDYAPEETOM COLLEGE,  
VALAYANCHIRANGARA**  
NAAC Reaccredited with A grade

**Yoga Day Celebrations  
&  
Yoga training for Students**

Organised by  
Yoga Club, NSS &  
Department of Physical Education

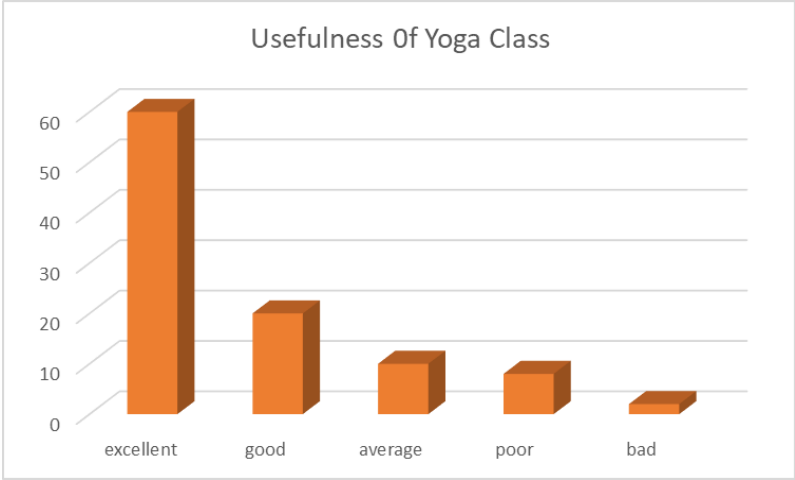
**Date**  
21-06-2019


**Venue**  
PNN Hall

**Coordinators**  
Dr. Saritha K S  
Mr. Viswan M G  
Mr. Anup Jain M J



Feedback analysis



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



Signature of the Principal