



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

4. Report on the Workshop Yoga Wisdom: Enlightened Living through Practice

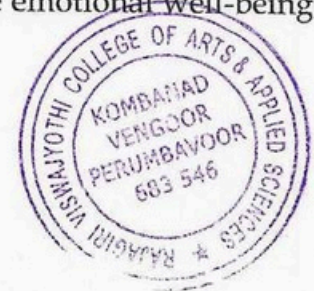
Programme Details in a Nutshell	
Name of the Event	Yoga Wisdom: Enlightened Living through Practice
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To Cultivate Mind-Body Connection• To Promote Stress Reduction and Inner Peace
Resource Person	Mr. Binoy K Benny, Athma Yoga Wellness Center, Thrissur.
Date and Time	13-02-2024 to 14-02-2024 9:30.AM to 4:30 PM
Duration	12 Hrs
Beneficiaries	45 Students
Venue Or Platform	Auditorium, RVCAS
Organizing Dept./ Cell	Department of Psychology in association with IQAC
Coordinator	Mr. Solymon V.L
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">• Participants will develop a deeper connection between their mental and physical states.• Attendees will experience a significant reduction in stress levels



Detailed Report

The Department of Psychology, in association with IQAC, organized a two-day workshop titled "Yoga Wisdom: Enlightened Living through Practice," led by Mr. Binoy K Benny from Athma Yoga Wellness Center, Thrissur. Held on the 13th and 14th of February 2024 from 9:30 AM to 4:30 PM at the Auditorium of Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), the workshop engaged 45 students in a total of 12 hours of immersive practice. The key objectives were to cultivate a deeper mind-body connection and promote stress reduction and inner peace through the practical application of yoga techniques. Mr. Solymon V.L played a pivotal role in the organization of the event, ensuring that the participants gained valuable insights into mindfulness and well-being. As a result of the workshop, students developed enhanced awareness of the connection between their mental and physical states, leading to improved focus, flexibility, and overall health. Participants experienced significant stress reduction, equipping them with tools to better manage emotions and maintain a sense of inner calm in their daily lives. The workshop was a successful blend of theory and practice, empowering students to integrate the principles of yoga into their holistic development.


It fostered a supportive community among the participants. The group discussions and reflection sessions provided a space for students to share their experiences and challenges, enhancing their understanding of the power of yoga in everyday life. By the end of the two days, participants not only gained practical skills to reduce stress but also developed a greater sense of inner peace and resilience. The workshop successfully laid the foundation for students to continue their yoga journey, equipping them with lifelong tools to navigate stress, improve emotional well-being, and lead a more balanced and fulfilling life.



Feedback Report

The "Yoga Wisdom" workshop was a success. Participants praised Mr. Binoy K Benny's guidance and found the focus on daily meditation beneficial. They appreciated learning about yoga's positive impact on mental health. To improve, consider follow-up sessions and expanding workshop topics. The workshop effectively introduced participants to yoga and meditation.






RAJAGIRI VISWAJYOTHI
 COLLEGE OF ARTS & APPLIED SCIENCES

DEPARTMENT OF PSYCHOLOGY IQAC

**WORKSHOP ON YOGA WISDOM:
 ENLIGHTENED LIVING THROUGH
 YOGA PRACTICE**


With
Mr. Binoy K Benny


 13-02-2024 to
 14-02-2024
 9:30 AM to 4:30 PM

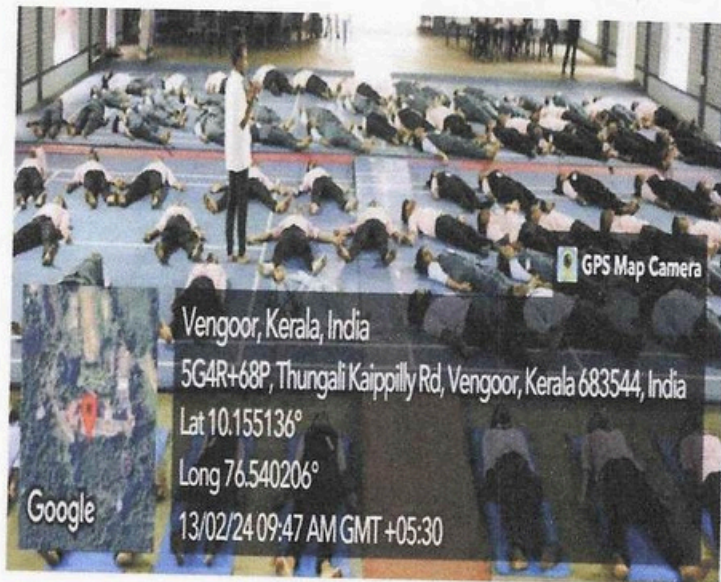

 Auditorium, RVCAS

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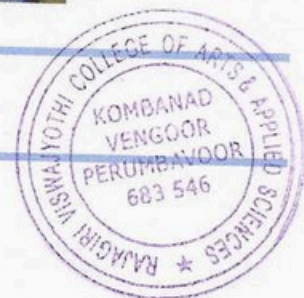
www.rajagiriviswajyothi.org



Poster of the Workshop on Yoga Wisdom: Enlightened Living through Yoga Practice



Students Practicing Yoga



Participant's List



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: *Workshop on yoga wisdom: enlightenment living through yoga practice*
 Date: *13-02-24 to 14-2-24*

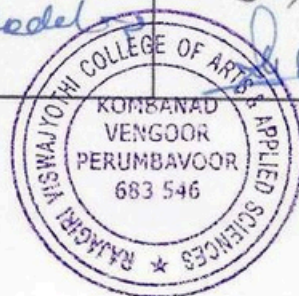
SI No	Name of Student	Department	Signature
1.	Faisal Thanka chah	III BBA	<i>[Signature]</i>
2.	Doitharook k. B	III BBA	<i>[Signature]</i>
3.	Asher Mathew	III BBA	<i>[Signature]</i>
4.	Noel Felix	III BBA	<i>[Signature]</i>
5.	Fazrin S	III BA English	<i>[Signature]</i>
6.	Lyacum A.Y	III BBA	<i>[Signature]</i>
7.	Dino Shibu	III BBA	<i>[Signature]</i>
8.	Murthas R	III BBA	<i>[Signature]</i>
9.	Emmanuel Mathish	III BBA	<i>[Signature]</i>
10.	Charjitha B	III BA English	<i>[Signature]</i>

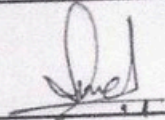

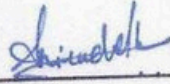


11	Muhammed Amal	III B com Model I Finance & Taxation	<u>Amal</u>
12	Muhammed Shahid	III B com Model I Finance & Taxation	<u>Muhammed Shahid</u>
13	Mandana PA	III B com Model I Finance & Taxation	<u>Mandana</u>
14	Navami vijikumar	III B com Model I Finance & Taxation	<u>Navami</u>
15	Shanshu usahu J	III B com Model I Finance & Taxation	<u>Shanshu</u>
16	Tom Jose	II B com Model - 1 Finance & Taxation	<u>Tom</u>
17	Abin Anil	III B com Model - 1 Finance & Taxation	<u>Abin</u>
18	Arun P.S	III B com Model I Finance & Taxation	<u>Arun</u>
19	Mumthas . S	III B com Model - 1 Finance & Taxation	<u>Mumthas</u>
20	Sainel Mieiyam Mammen	III B com Model - 1 Finance & Taxation	<u>Sainel</u>
21	Sandhea santhesh	III B com Model I Finance & Taxation	<u>Sandhea</u>
22	Sidharth Akulap	III B com Model - 1 Finance & Taxation	<u>Sidharth</u>
23	Prathmika T.S	III B com Model - 1 Finance & Taxation	<u>Prathmika</u>
24	Siyanna C.S	III B com Model - 1 Finance & Taxation	<u>Siyanna</u>
25	Souraj Sund	III B com Model - 1 Finance & Taxation	<u>Souraj</u>
26	ABHIMANYU GOPI	III B COM MODEL - 2 Finance & Taxation	<u>Abhimanyu</u>

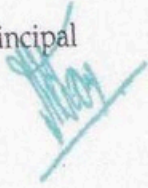


27	Able Sabu	III B.COM Model - 2 Finance & Taxation	Able
28	Aghis Raj	III B.com Model - 2 Finance & Taxation	Aghis
29	Alan P Singh	III B.com Model - 2 Finance & Taxation	Alan
30	Alphy J Varghese	III B.com Model - 2 Finance & Taxation	Alphy
31	Anna Mariya Jay	III B.com Model - 2 Finance & Taxation	Anna
32	Joseph Anel Seano	III B.com Model - 2 Finance & Taxation	Joseph
33	Mayha Thomas	III B.com Model - 2 Finance & Taxation	Mayha
34	Rejin Adhose	III B.com Model - 2 Finance & Taxation	Rejin
35	Jeffrey Seby	III B.com Model Finance & Taxation	Jeffrey
36	Kiran Sethumadhavan	III B.com Model Finance & Taxation	Kiran Sethumadhavan
37	Deukhi J	III B.COM Model 2 Finance & Taxation	Deukhi
38	Balamurali Krishna	III B.com Model - 2 Logistics	Balamurali
39	Abel Antony	III B.com Model 2 Logistics	Abel
40	Abhinav Sali	III B.com Model - 2 Logistics	Abhinav
41	Ajini Muneeran	III B.com Model - 2 Logistics	Ajini
42	Alex Sabu	III B-com Model - 2 Logistics	Alex



43	Amal S. John	III B.com Model-2 Logistics	
44	Anaikaishna	III B.com model-2 Logistics	
45	Aniendh C	III B.com Model-2 Logistics	

Principal




Faculty Coordinator



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