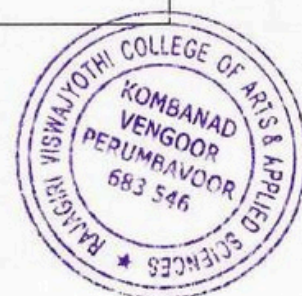




RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

5. Report on Yoga and Meditation Practices

Programme Details in a Nutshell	
Name of the Event	Yoga and Meditation Practices
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">To familiarize participants with the various yoga and meditation practicesTo cultivate mindfulness and self-awareness that will help students manage stress effectively.
Resource Person	Dr. Joshy George, Yoga Instructor, Moksha Yoga Centre, Palakkad
Date and Time	11-11-2021 to 12-11-2021 9 :30 AM to 4.30 P M
Duration	14 Hrs
Beneficiaries	35 Students
Venue or Platform	Google Meet
Organizing Dept./ Cell	Department of English in association with IQAC
Coordinator	Mr. Tennyson Thomas, Assistant Professor, Department of English
Outcome/ Benefit of the Programme	<ul style="list-style-type: none">It will increase focus and concentration resulting in improved study habits and grades.It will contribute to the overall mental well-being of students.

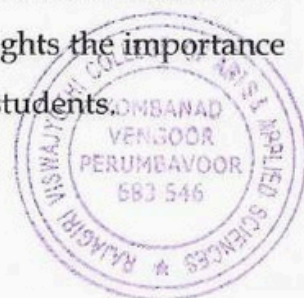


Detailed Report

The Department of English, in collaboration with the Internal Quality Assurance Cell (IQAC) of RVCAS, organized a comprehensive two-day workshop titled "Yoga and Meditation Practices" on the 11th and 12th of November 2021. This workshop co-ordinated by Mr. Tennyson Thomas was held at the Multipurpose Open Lecture Hall and was attended by 35 enthusiastic students. The primary objective of this event was to familiarize participants with various yoga and meditation practices, with a focus on cultivating mindfulness and self-awareness. Dr. Joshy George from St. Albert's College, Ernakulam, an expert in yoga and meditation, was the resource person for the workshop, bringing his vast experience to guide the students through the sessions.

During the workshop, Dr. Joshy George led the students through a series of yoga postures, breathing exercises, and meditation techniques designed to promote physical, mental, and emotional well-being. The sessions were interactive and engaging, allowing students to actively participate and experience the benefits of these practices firsthand. Dr. Joshy George emphasized the importance of consistency in practice, encouraging students to integrate these techniques into their daily routines. By the end of the workshop, students had gained a deeper understanding of how yoga and meditation can serve as powerful tools for stress management, enhancing their ability to focus, and improving their overall mental clarity.

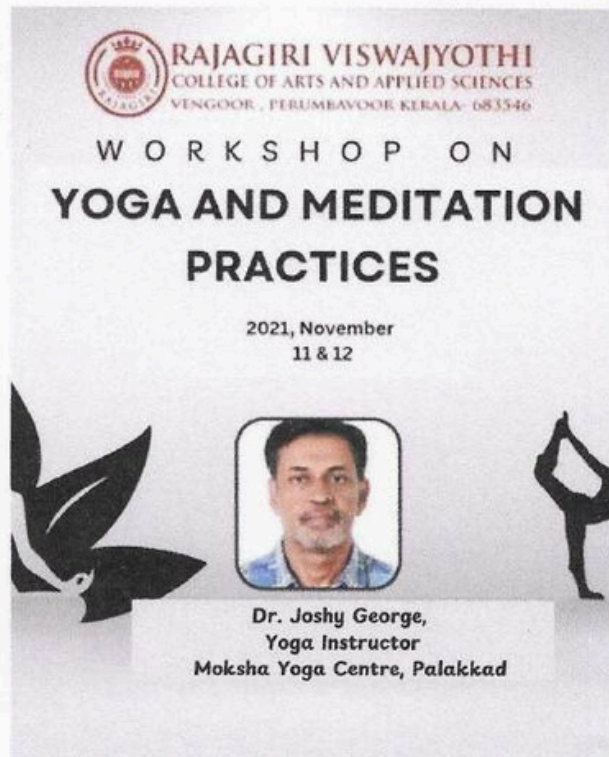
The outcomes of the workshop were highly positive, with students reporting noticeable improvements in their concentration and a reduction in stress levels. Many participants noted that they felt more relaxed and mentally balanced, which they believed would positively impact their academic performance. The workshop not only achieved its immediate objectives but also fostered a supportive environment for personal growth and well-being. The success of this event highlights the importance of such initiatives in contributing to the holistic development of students.



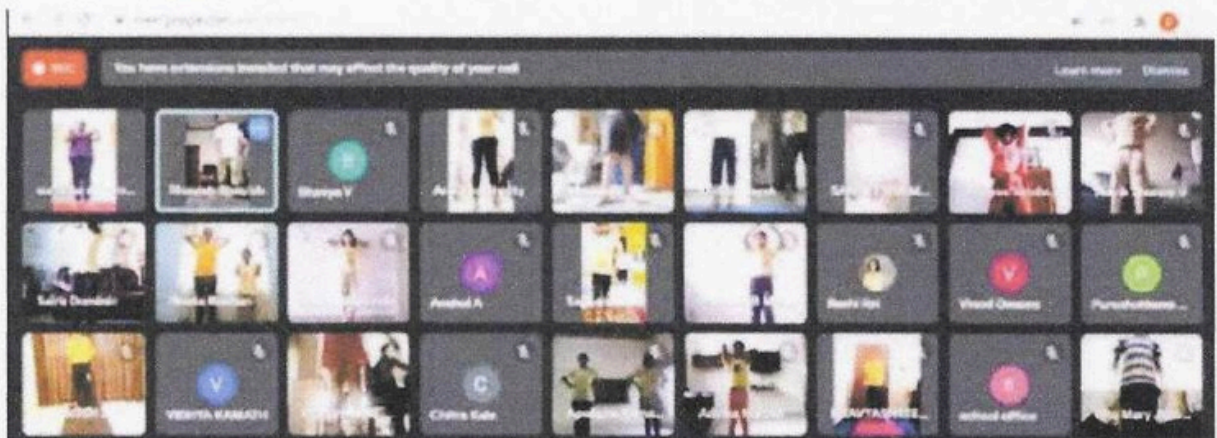
Feedback Report

The Yoga and Meditation Practices workshop held on the 11th and 12th of November 2021 was met with overwhelmingly positive feedback from the 35 students who participated. Students expressed deep appreciation for the opportunity to engage in a program that not only introduced them to valuable wellness practices but also equipped them with practical tools for managing stress and enhancing focus. Many students highlighted how Dr. Joshy George's clear instructions and engaging teaching style made the sessions both informative and enjoyable. The interactive nature of the workshop, combined with the serene and supportive environment created by Dr. Joshy George truly benefitted the students. The students expressed a strong desire for more such workshops in the future.





Poster of the Workshop on Yoga and
Meditation Practices



Screenshot of Participants Practicing Yoga



Participant's List

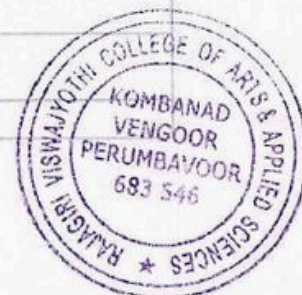


RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: *Yoga and meditation Practices*

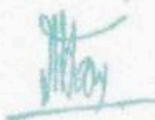
Date: *11-11-2021*

Sl No	Name of Student	Department
1.	DON PAUL	B.Com M1
2.	JITHUL JOY	B.Com M1
3.	MUHAMMED SHAHID	2 nd Year B.Com
4.	SOORAJ SUNIL	3 rd year B.Com
5.	MUHAMMED AMAL	B.Com M1
6.	SANDRA SANTHOSH	2 nd Year B.Com
7.	ABRAHAM V KURUVILA	3 rd Year BBA
8.	SIVATHMIKA	B.Com M1
9.	JOEL JOJI	B.Com Log
10.	KRISHNENTHU SURESHKUMAR	B.Com Log
11.	JOHN JOSEPH MULERIKAL	B.Com Log
12.	ANGEL JOY	B.Com M1
13.	MOHAMMED FASEEH P.	B.Com Log
14.	ASHLEY VARGHESE	B.Com M1
	JITOMON THANKACHAN	B.Com M1

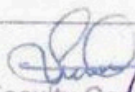


16.	AJITH NAIR	B.COM
17.	CALVIN THOMAS	BBA
18.	JITHUL JOY	B.COM MODEL 1
19.	GAUTHAM SHAJI	2 nd Year BBA
20.	NIHAL ROSHAN	B.COM LOGISTICS
21.	NIVEDHITHA BHASI	B.COM LOGISTICS
22.	MELVIN P THOMAS	B.COM MODEL 1
23.	KURIAN VINCENT ALAPATT	B.COM MODEL 1
24.	ADHIL SALAH M	B.COM LOGISTICS
25.	NIVEDITHA	B.COM LOGISTICS
26.	AJITH SAJU	B.COM LOGISTICS
27.	SANDHRA SANTHOSH	B.COM LOGISTICS
28.	AKASH KM	B.COM LOGISTICS
29.	AGHIN RAJ	B.COM LOGISTICS
30.	AL AMEEN T BASHEER	B.COM LOGISTICS
31.	MELVIN P THOMAS	B.COM MODEL 1
32.	STEPHEN SUNNY	B.COM MODEL 1
33.	ALAN BINOY	B.COM LOGISTICS
34.	KEVIN MARSHALL	2 nd Year BBA
35.	JOEL JORLY	2 nd YEAR BBA

Principal



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 Faculty Coordinator



