



RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

8. Report on "Training for Mental Wellness through Yoga"

Programme Details in a Nutshell	
Name of the Event	Training for Mental Wellness through Yoga
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none">• To educate participants about the connection between yoga and mental health.• To teach participants effective yoga methods and mindfulness techniques that they can integrate into their daily lives to foster mental clarity and emotional stability.
Resource Person	Akhil Santhosh, Yoga Trainer, Athman Kalari Yoga Center, Punnayam
Date and Time	25-08-2022 to 27-08-2022, 09:30 AM to 04:30 PM
Duration	18 Hrs
Beneficiaries	35 Students
Venue or Platform	Auditorium, RVCAS
Organising Dept./ Cell	Department of Commerce in association with IQAC
Coordinator	Ms. Neenu Varghese Assistant Professor, Department of Commerce
Outcome/ Benefit of the programme	<ul style="list-style-type: none">• Participants will experience a noticeable reduction in stress and anxiety levels.• Participants will report increased emotional stability and mental clarity

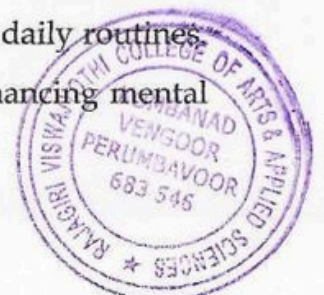


Detailed Report

The Department of Commerce, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a workshop titled "Training for Mental Wellness through Yoga" from the 25th to the 27th of August, 2022. This three-day workshop, held in the Auditorium at Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS), spanned a total of 18 hours, with sessions running from 09:30 AM to 04:30 PM each day. The workshop was attended by 35 students and was led by Akhil Santhosh, a renowned yoga instructor from, Athman Kalari Yoga Center, Punnayam, who provided valuable insights into the benefits of yoga for mental wellness.

The workshop's objectives were twofold: first, to educate participants about the connection between yoga and mental health, and second, to teach them effective yoga methods and mindfulness techniques that could be integrated into their daily routines to enhance mental clarity and emotional stability. Mr. Akhil Santhosh's sessions were designed to address these goals by offering a blend of theoretical knowledge and practical exercises. Participants learned about the psychological benefits of various yoga practices and how these practices could be used to manage stress and improve the emotional well-being. Throughout the workshop, Mr. Akhil Santhosh led participants through a series of yoga sessions, focusing on techniques such as breathing exercises, meditation, and specific yoga poses known to support mental health. These activities were complemented by discussions on the science behind yoga's impact on mental health and practical advice on how to incorporate these practices into everyday life. The interactive nature of the sessions allowed participants to experience the benefits of yoga and gain the skills needed to apply these techniques independently.

The outcomes of the workshop were highly successful. Participants reported a noticeable reduction in stress and anxiety levels, attributed to the regular practice of the yoga techniques introduced during the workshop. Additionally, many students observed increased emotional stability and mental clarity, demonstrating the effectiveness of integrating yoga and mindfulness practices into their daily routines. The workshop provided a meaningful and practical approach to enhancing mental



wellness, equipping participants with tools to manage their mental health more effectively.

The workshop was coordinated by Ms. Neenu Vargheese, Assistant Professor in the Department of Commerce, who ensured that the event was well-organized and smoothly executed. The collaboration between the Department of Psychology and IQAC was instrumental in delivering a workshop that was both informative and impactful. The workshop achieved its objectives, offering participants valuable skills and knowledge to support their mental well-being.

Feedback Report

The feedback for the "Training for Mental Wellness through Yoga" workshop was highly positive. Participants appreciated Akhil Santhosh's expert guidance and engaging teaching style, which effectively demonstrated the connection between yoga and mental health. They found the practical yoga methods and mindfulness techniques particularly beneficial for reducing stress and enhancing emotional stability. Many reported significant improvements in mental clarity and overall well-being after incorporating the practices into their daily routines. The well-organized event, coordinated by Ms. Neenu Vargheese and supported by the Department of Commerce and IQAC, was deemed a valuable and impactful experience.





RAJAGIRI VISWAJYOTHI
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VENGOOR , PERUMBAVOOR KERALA - 683546

Department of Commerce In Association With IQAC

Training for Mental Wellness through Yoga

Date : 25-08-2022 to 27-08-2022



Akhil Santhosh

Poster of the Workshop on "Training for Mental Wellness
through Yoga"



Participants practicing Yoga



Participant's List

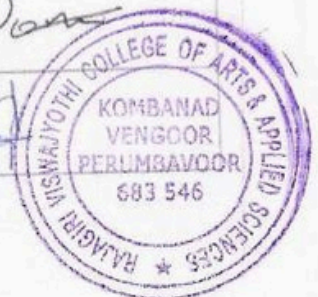


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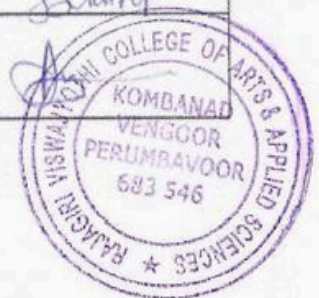
Name of the Program: Training for Mental Wellness Through Yoga

Date: 25/08/2022

Sl No	Name of Student	Department	Signature
1.	Nandana PA	Bcom	
2.	Nawani Vijayawar	Bcom	
3.	MUMUTAS S	BCOM	
4.	Bujanna CS	Bcom	
5.	Ahina Anil	B com	
6.	Aghin Raj	III Bcom model I Finance & Taxation	
7.	Angel Joy	III Bcom model Finance & Taxation	
8.	Abi Sabu	B COM	
9.	Don Paul	B com	
10.	Neelha Thomas	Bcom	



11	Muhammed Amal	B.Com	Muhammed Amal
12	Muhammed Shahid	B.Com	Shahid
13	Nandana P.A	B.Com	Nandana P.A
14	NAVAMI VUIKUMAR	B.Com	Navami
15	Tharshu Nisaku	B.Com	Tharshu
16	Tom Jase	B.Com	Tom Jase
17	An Anil	B.Com	An Anil
18	Aoun P.S	B.Com	Aoun P.S
19	Mumthas S	B.Com	Mumthas S
20	Angul Miryan Mammen	B.Com	Angul Miryan
21	Sandra Senthosh	B.Com	Sandra Senthosh
22	Vidharth Kumr	B.Com	Vidharth Kumr
23	Sivathmika TS	B.Com	Sivathmika TS
24	Syama C.S	B.Com	Syama C.S
25	Sosaj Sunil	B.Com	Sosaj Sunil
26	Abhiramyy Gopi	B.Com	Abhiramyy Gopi



27	Abraham V Kunuvila	III BBA	Abraham
28	Anjali Sattan	III BBA	Anjali
29	Calvin Thomas	III BBA	Calvin
30	Gautham Shaji	III BBA	Gautham
31	Joseph Mathew	III BBA	Joseph M.
32	Kevin Maxnuan	III BBA	Kevin
33	Joel Jorly	III BBA Noted 1 FINANCE & TAXATION	Joel Jorly
34	Nandana PA	III B Com Modal 1 Finance & Taxation	Nandana
35	Tom Jose	III B Com Modal 1 Finance & Taxation	Tom

Principal

Joy P Joseph, Ph.D

PRINCIPAL

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Faculty Coordinator