



## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 1. Report on Yoga Training for Stress Management

Programme Details in a nutshell	
Name of the Event	Yoga Training for Stress Management
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>To introduce participants to mindfulness and relaxation techniques through yoga.</li><li>To empower participants with strategies for incorporating yoga into their stress management routines</li></ul>
Resource Person	Mr. Anup Jain, Yoga Trainer, SSV College, Valayanchirangara
Date and Time	02-02-2020 to 03-02-2020 9.30 AM to 4.30 P M
Duration	12 Hrs
Beneficiaries	27 Students
Venue or Platform	Auditorium, RVCAS
Organizing Dept./ Cell	Dept. Of Commerce in association with IQAC
Coordinator	Ms. Sreeka Chandran, Assistant Professor, Department of Commerce
Outcome/ Benefit of the Programme	<ul style="list-style-type: none"><li>Participants will independently practice yoga poses and routines.</li><li>Participants will report decreased stress levels and improved mental clarity.</li></ul>



## Detailed Report

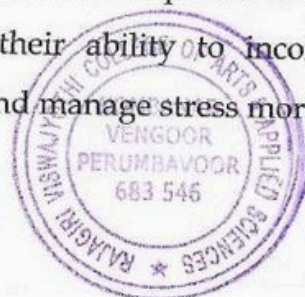
The Yoga Training for Stress Management Workshop was a comprehensive program designed to equip participants with practical tools for managing stress and promoting overall well-being. Held over two days, February 2<sup>nd</sup> & 3<sup>rd</sup>, 2020, the workshop provided a structured approach to learning yoga techniques, mindfulness practices, and stress reduction strategies.

The workshop curriculum was carefully designed to cater to participants of all levels, from beginners to those with some prior yoga experience. The sessions were led by Mr. Anup Jain, a yoga instructor with a deep understanding of the physical, mental, and emotional benefits of yoga. Under Mr. Anup Jain's guidance, participants learned a variety of yoga poses, breathing techniques, and meditation practices that are specifically designed to reduce stress and promote relaxation.

The workshop emphasized the importance of mindfulness, which involves paying attention to the present moment without judgment. Participants learned how to cultivate mindfulness through guided meditation exercises, deep breathing techniques, and body awareness practices. By developing mindfulness skills, participants were able to become more present in their daily lives, reducing stress and improving their overall sense of well-being.

It provided participants with valuable information about the science of stress and its impact on the body and mind. Participants learned about the physiological effects of stress, such as increased cortisol levels and weakened immune system, and how yoga can help to counteract these negative effects.

Throughout the workshop, participants had ample opportunities to practice the techniques they learned in a supportive and encouraging environment. The workshop also included group discussions and sharing sessions, where participants could connect with each other and learn from their experiences. By the end of the workshop, participants felt confident in their ability to incorporate yoga and mindfulness practices into their daily lives and manage stress more effectively.



## Feedback Report

The Yoga Training for Stress Management Workshop was a highly successful program that provided participants with valuable tools for improving their physical and mental health. The workshop's focus on yoga, mindfulness, and stress management techniques made it a valuable resource for individuals seeking to enhance their well-being and lead more fulfilling lives. Participants reported significant reductions in stress levels, improved sleep quality, and increased feelings of relaxation and calmness. The workshop's emphasis on practical application and personalized guidance allowed participants to develop sustainable stress management practices that they could incorporate into their daily routines.





**RAJAGIRI VISWAJYOTHI**  
COLLEGE OF ARTS AND APPLIED SCIENCES  
VENGOOR, PERUMBAVOOR KERALA- 683546



**Yoga Training for Stress Management**  
02-02-2020 to 03-02-2020



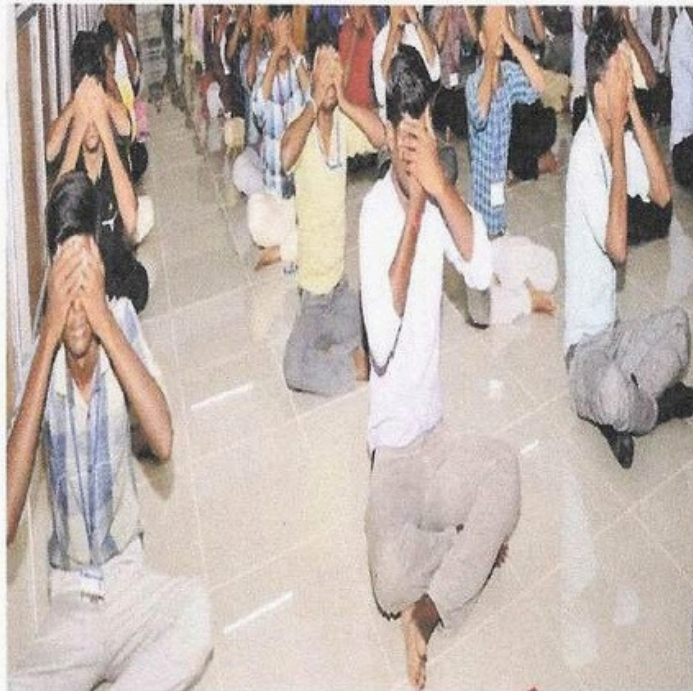
**Mr. Anup Jain**

At 9.30 AM  
to 4.30 PM  
At Auditorium,  
RVCAS

---

**Poster of the Workshop**

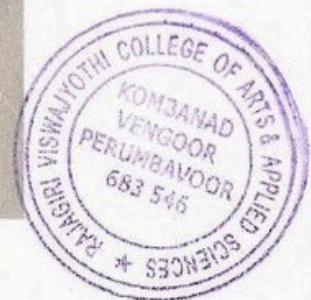
---



---

**Students Practicing Yoga**

---



## Participants List

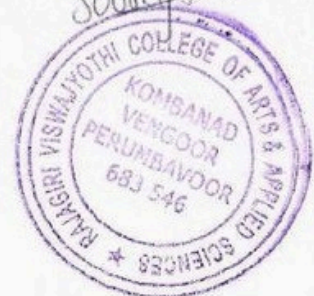
1 Yoga - Leadership for Schools Management

Date 02-02-2020 to 03-02-2020.

- |                     |               |           |
|---------------------|---------------|-----------|
| 1. Aileen Varghese  | Beams model 1 | Aileen    |
| 2. TANAN FRANCIS    | Beams model 1 | Ch. Anil  |
| 3. ANGEL JOY        | Beams model 1 | Angel Joy |
| 4. Anil Rajeev      | Beams model 1 | Anil      |
| 5. Jayal Jimmy      | Beams model 1 | Jayal     |
| 6. Christy George   | Beams model 1 | CHRISTY   |
| 7. KRISHNAPRIMA DS  | Beams model 1 | KRISHNA   |
| 8. Don Paul         | Beams model 1 | Don Paul  |
| 9. Jithin Jay       | Beams model 1 | Jithin    |
| 10. Mathan. B. Anil | Beams model 1 | Mathan    |
| 11. Mathan Jay      | Beams model 1 | Mathan    |
| 12. Nikhil Pralosa  | Beams model 1 | Nikhil    |



- |                              |                      |                        |
|------------------------------|----------------------|------------------------|
| Nandana P A                  | III BCOM MODEL 1     | <u>Nandana P A</u>     |
| 1. Navomi Vijkumar           | III B.com model 1    | <u>Navomi</u>          |
| 15. Thansiku Nisaku J        | III B.com Model 1    | <u>Thansiku J</u>      |
| 16. Tom Pose                 | III B.com Model 1    | <u>Pose</u>            |
| 17. Abin Anil                | III B.com Model 1    | <u>Abin Anil</u>       |
| 18. Arun P S                 | III B.com Model 1    | <u>Arun P S</u>        |
| 19. Mumthas J                | III B.com Model 1    | <u>Mumthas</u>         |
| 20. Saingel Maryam<br>Mammen | III B.com Model 1    | <u>Saingel Maryam</u>  |
| 21. Jandha Jandhosh          | III B.com Model 1    | <u>Jandha Jandhosh</u> |
| 22. Sidharth A<br>Kurup      | III B.com Model 1    | <u>Sidharth A K</u>    |
| 23. Sivathmika T.S           | III B.com Model 1    | <u>Sivathmika T.S</u>  |
| 24. Priyanna C. E            | III B.com Model 1    | <u>Priyanna C. E</u>   |
| 25. Sooraj Sunil             | III B.com<br>Model 1 | <u>Sooraj Sunil</u>    |



Q6 NAVEED ZAMAN E B.COM LOG

*Navied Zaman*

Q7. Nihal Kothan B.com log

*Nihal*

*Joy P. Joseph*

Joy P. Joseph, Ph.D  
PRINCIPAL  
Rajagiri Viprajayothi College of  
Arts and Applied Sciences  
Vengoor, Perumbavoor  
Ernakulam (DN) 683546

