



REPORT OF YOGA CELL

Name of Programme	YOGA TRAINING PROGRAM
Objective of the programme	YOGA can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier and more integrated members of the society and of the nation.
Target audience / Batches	Students of Santhigiri college
Date Conducted	Every Wednesday
Venue	Chavara Indoor stadium, Santhigiri college, Vazhithala
Time and Duration	9.30 am to 10.30 am
Description of program	The programme covers an introduction to: <ul style="list-style-type: none">• Astanga Yoga• Asanas• Pranayama
Chief Guests/ speakers if any	Mr.Prasanth P and Ms.Saraswathi Antherjanam
Content of speeches	Remembering the day and appreciating the initiation taken by social work trainees, Gandhian Ideologies, Awareness on Drugs
No of Students participated	selected college batches
No of Faculties participated	Faculties of the corresponding class
Who organized it	YOGA CELL
Outcome of program	<ul style="list-style-type: none">• Helps to reduce stress and anxiety• Helps to feel energetic throughout the day• Helps to become mindful in your relationships• Helps to get more in control of your feelings
List supporting documents/Attachments	Photographs



J. J. Thomas

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DETAILED REPORT OF THE PROGRAM

PROGRAM DETAILS

College students today experience high levels of stress in many areas of life. To help the students in getting out of this situation, the college has started a yoga training program. In this program, students are taught not only the importance of yoga and meditation but they are also being guided about the various methods of performing yoga and meditation.

The classes are held on every Wednesday, starting on 09:30 a.m to 10.30 The classes are of 1 hr. selected classes are Participated in the session.

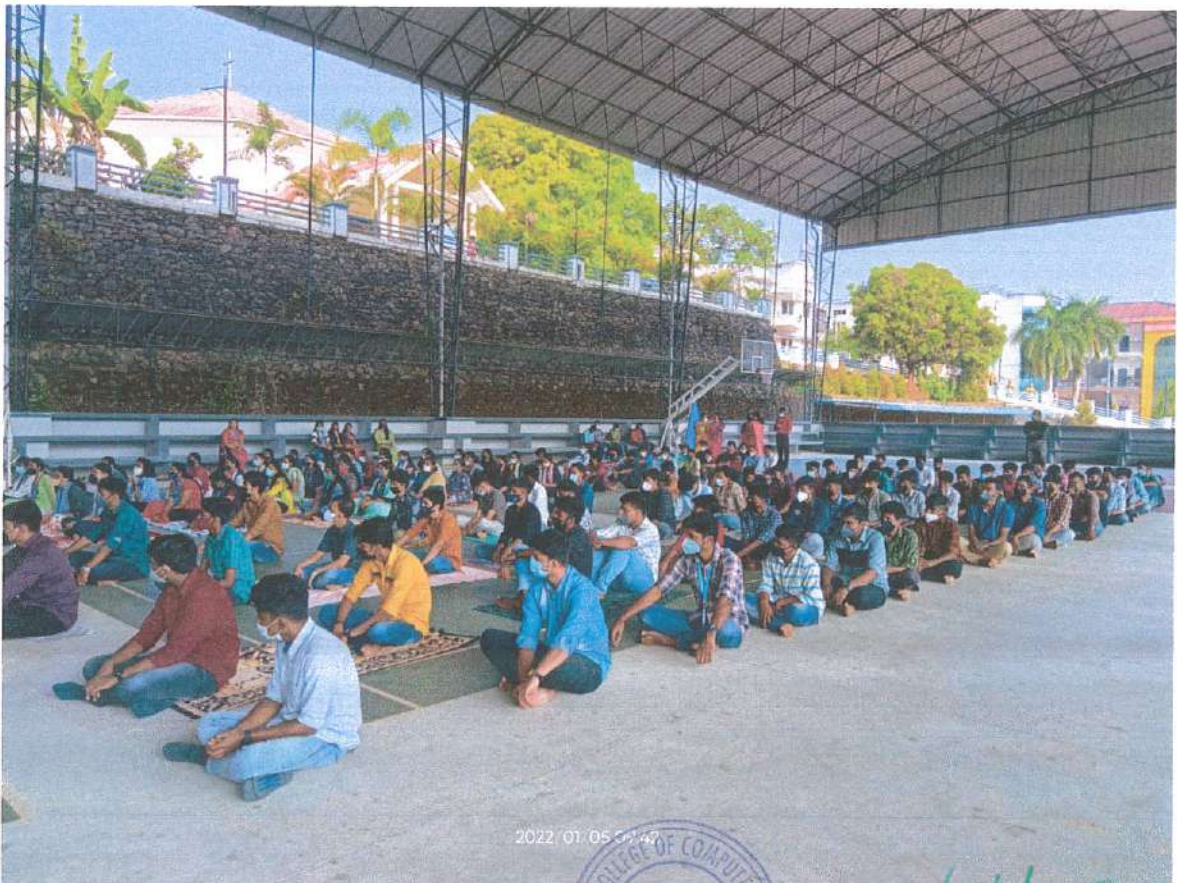
Timings

Morning 9:30 am – 10:30 am

Report Prepared by:


Mr.Prasanth P

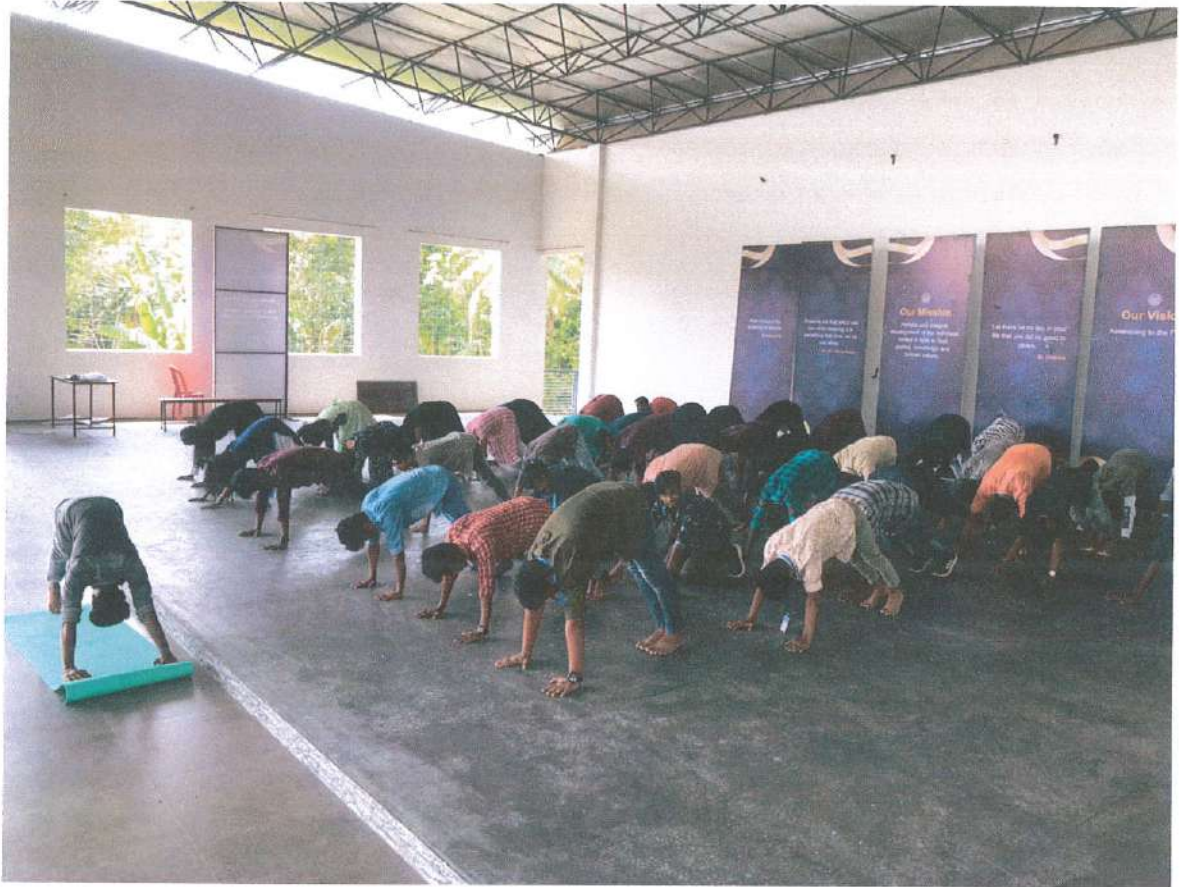
Ms.Saraswathi Antharjanam



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