



# SANTHIGIRI

## COLLEGE OF COMPUTER SCIENCES

Affiliated to MG University and Approved by AICTE

### REPORT OF YOGA CELL

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

*Parvathy*





# SANTHIGIRI

## COLLEGE OF COMPUTER SCIENCES

Affiliated to MG University and Approved by AICTE

### 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

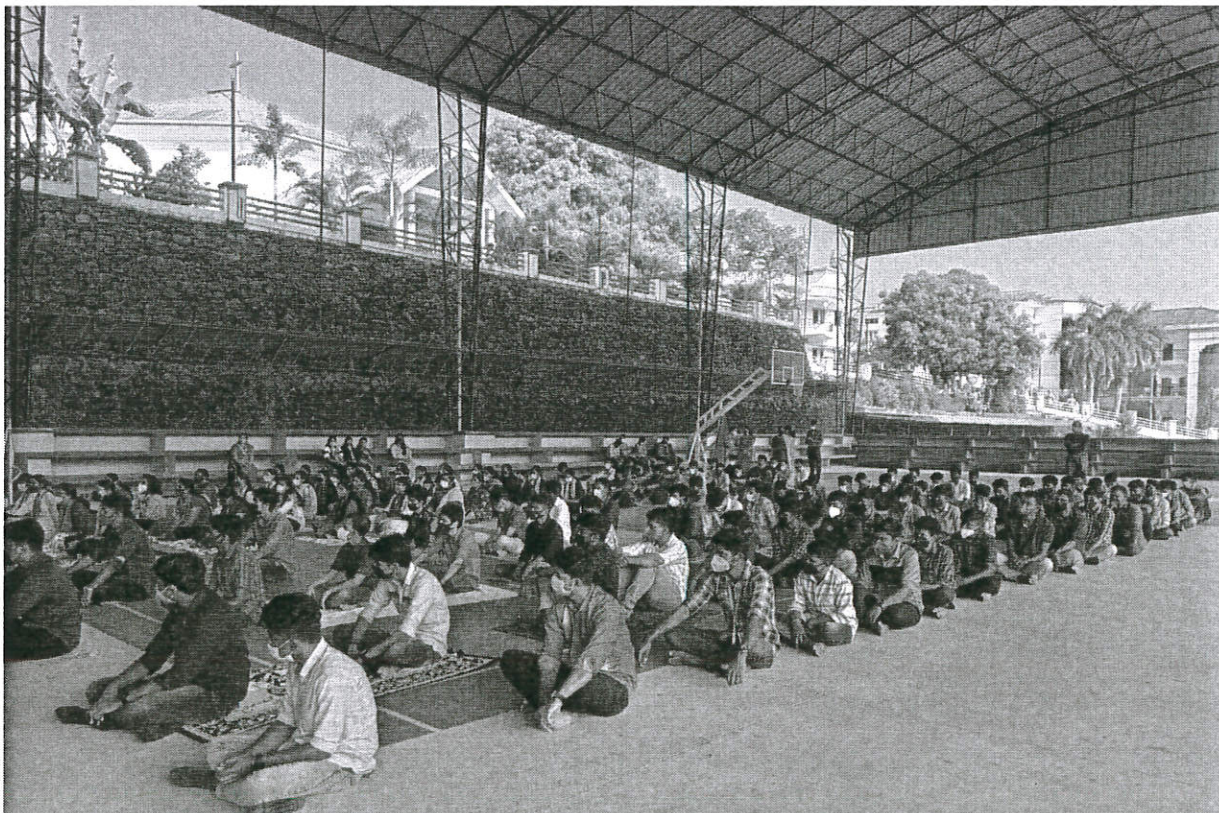
Morning 9:30 am – 10:30 am

Report Prepared by:

Mr.Prasanth P

Ms.Saraswathi Antharjanam

*Parakathly*

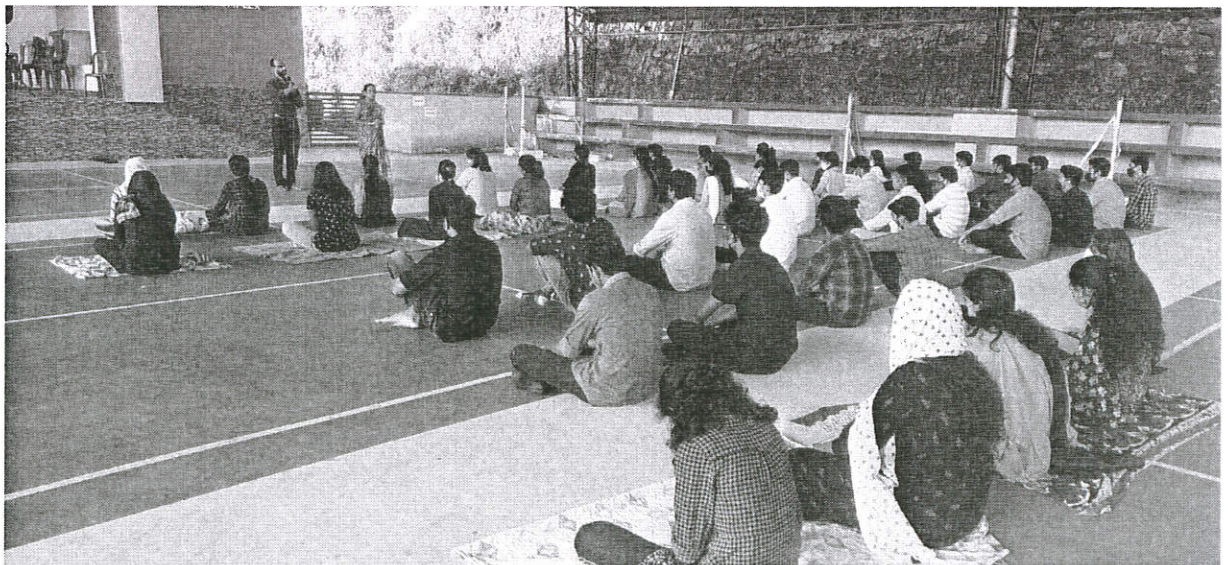




# SANTHIGIRI

## COLLEGE OF COMPUTER SCIENCES

Affiliated to MG University and Approved by AICTE



*Parakkal*

