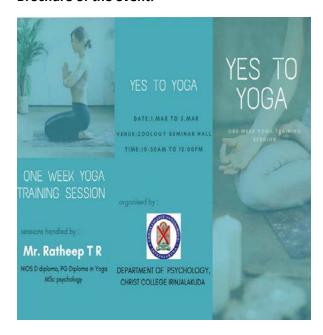
1. Workshop details

Title of the programme	Yoga Training workshop		
Organized by	Department of Psychology		
In association with (if any)			
Date of the event	01/03/2021 to 07/03/2021		
Venue (if online specify Google meet/ Zoom)	Zoology Seminar Hall		
Total no of attendees	30		

Brief report of the event (minimum 75 words)

The Yoga Training workshop was organized by the Department of Psychology from 1st March 2021 to 7th March 2021. This training programme was given for the Post Graduate students of the Department of Psychology. The sessions were handled by **Mr. Ratheep T.R.** (M.Sc. Psychology; PG Diploma in Yoga) and his wife **Mrs. Anjali Ratheep**. It was a one-week program, in which the resource persons gave a detailed awareness and practical sessions of different yoga asanas and techniques, breathing exercises, relaxation techniques and meditation. The workshop was inaugurated by principal Rev. Fr. Dr. Jolly Andrews and felicitation speech was given by Dr. Vivekanandhan T.

Brochure of the event:



Photographs of the event:



WORKSHOP/SEMINAR/CONFERENCES

Attendance:

(For online programs- list of attendees)

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