

WORKSHOP/SEMINAR/CONFERENCES

1. Workshop details

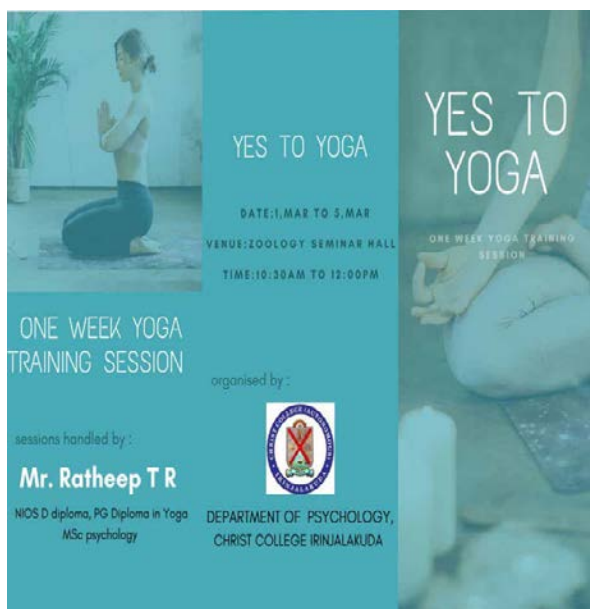
Title of the programme	Yoga Training workshop
Organized by	Department of Psychology
In association with (if any)	
Date of the event	01/03/2021 to 07/03/2021
Venue (if online specify Google meet/ Zoom)	Zoology Seminar Hall
Total no of attendees	30

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.

WORKSHOP/SEMINAR/CONFERENCES

Brochure of the event:



Photographs of the event:



WORKSHOP/SEMINAR/CONFERENCES

WORKSHOP/SEMINAR/CONFERENCES

Attendance:

(For online programs- list of attendees)

DATE: 01/03/2021 to 05/03/2021					
VENUE: Zoology Seminar hall					
PARTICIPANTS: M.Sc. Clinical Psychology Students. (First year & Second year)					
NUMBER: 31					
ATTENDANCE					
NAME	1	2	3	4	5
Devika	✓	✓	✓	✓	✓
Nayana C.J	✓	✓	✓	✓	✓
Ruhma	✓	✓	✓	✓	✓
Shruthi	✓	✓	x	✓	✓
Falga	✓	x	✓	✓	✓
Farsana	✓	✓	✓	✓	✓
Kalaivani	✓	✓	✓	✓	✓
Murshida	✓	✓	✓	✓	✓
Minna	✓	✓	✓	✓	x
Akhila P.J.	✓	✓	✓	✓	✓
Ahana O	✓	✓	✓	✓	✓
Anjana P.	✓	✓	✓	✓	✓
Aiswarya K	✓	✓	✓	✓	✓
Angi Mana	✓	x	x	✓	✓
Aarthha	✓	✓	✓	x	✓
Annie	✓	✓	✓	✓	✓
Aarthha	✓	✓	✓	✓	✓
Agha N	✓	✓	✓	✓	✓
Jenny P.	✓	✓	✓	✓	✓
Elisa P	✓	✓	✓	✓	✓
Keerthana TV	✓	✓	x	✓	✓
Maneesha P.O	✓	✓	✓	✓	✓
Megha C	✓	✓	✓	✓	x
Mubidha	✓	✓	✓	✓	✓
Nihala	✓	✓	✓	✓	✓
Sruha D	✓	x	x	✓	✓
Leo	✓	✓	✓	✓	✓

Name and Signature of HOD

Nimy P G