



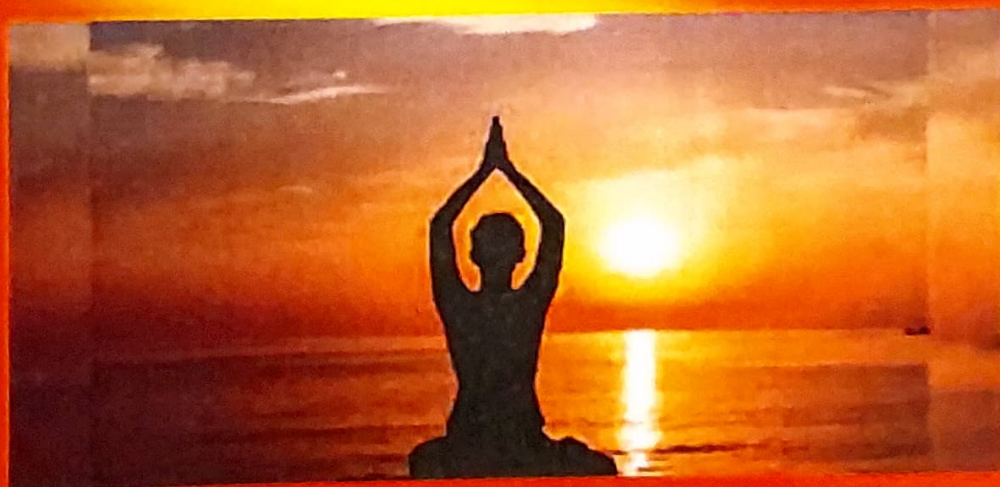
MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM POST GRADUATE & RESEARCH DEPARTMENT OF HINDI

In Association with IQAC

Webinar : YOGA FOR HUMANITY

Date: 24 AUGUST 2022

Time : 07.00 PM



Resource Person

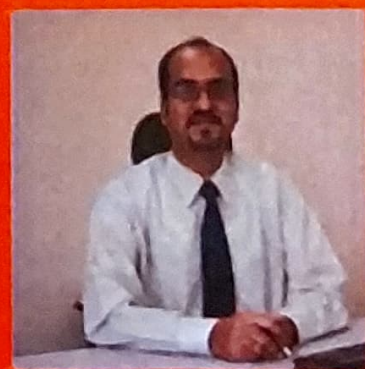
Shri Biju.B M.Sc., M.Phil.(Yoga)

(Joint Secretary - Technical,
Kerala Yogasana Sports Association)

Yoga Teacher

Kendriya Vidyalaya

AFS Akkulam



<https://meet.google.com/woe-hrdj-acv>

Dr.Lekshmy S.S
Co-Ordinator

Dr.Ushakumari J.B
H.O.D

Dr.V.M Anandakumar
Principal

Dr.Ratheesh Kumar V.K
IQAC Co-Ordinator

MAHATMA GANDHI COLLEGE

THIRUVANANTHAPURAM

Post Graduate & Research Department of Hindi

In Association with IQAC

YOGA FOR HUMANITY
(INAUGURATION OF ADD-ON-COURSE)
Programme Schedule

24 August 2022, 07.00 P.M

Anchor	:	Parvathy A (M.A Hindi II Sem. Student)
Prayer	:	Aswathy A (M.A Hindi II Sem. Student)
Acharyanusmaranam	:	Navya Gireesh C.G (M.A Hindi II Sem. Student)
Welcome	:	Dr.Lekshmy S.S (Co-ordinator)
Presidential Address	:	Dr.Ushakumari J.B (H.O.D, Dept of Hindi)
Key Note Address & Inauguration	:	Dr.V.M Anandakumar (Principal)
Felicitation	:	Dr.Ratheesh Kumar V.K (IQAC Co-ordinator)
Talk on the Topic	:	Shri. Biju.B Yoga Teacher, K.V AFS Akkulam
Vote of Thanks	:	Seethalekshmi U (M.A Hindi II Sem. Student)

MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM
POST GRADUATE AND RESEARCH DEPARTMENT OF HINDI



YOGA FOR HUMANITY – SYLLABUS

(Add-On Course)

ॐ

सह नावतु
सह नौ भुनक्तु
सह वीर्यं करवावहे
तेजस्विनावधीतमस्तु मा विद्विषावहे
ॐ शान्तिः शान्तिः शान्तिः

- Course outcomes: 1. Understand the concept of Yoga.
2. Understand the objectives of Yoga.
 3. To understand Yoga and diet.
 4. To understand Asanas, Pranayama, Kriyas, Bandhas etc.

PART – ONE, Theory: (15 hrs)

Unit – I

- A. Opening Prayer
- B. Closing Prayer
- C. Surya Namaskar Prayer

Teacher in charge

Unit – II

1. Introduction to Yoga
2. Definition of Yoga
3. The Concept of Yoga
4. Aims and Objectives of Yoga

Unit – III

1. Streams of Yoga:
 - a. Karma Yoga
 - b. Bhakti Yoga
 - c. Jnana Yoga
 - d. Raja Yoga
 - e. Hatha Yoga
2. Yoga and Diet
3. Yoga Disciplined way of Life

Unit – IV


1. Asana
2. Pranayama
3. Kriya
4. Mudra
5. Bandha
6. Meditation

- Course Outcomes:**
1. To understand the breathing exercise etc.
 2. To understand about the importance of Surya namaskar.
 3. To understand Asanas, Pranayama etc.

PART – TWO, Practical: (15 hrs)

Unit – V

1. Breathing Practice:
 - a. Hands in and out Breathing
 - b. Hands stretch Breathing
 - c. Ankle Stretch Breathing
2. Loosening Exercises:
 - a. Jogging


Teacher in charge

- b. Mukha Dhouti (Cleaning through a Single Blast Breath)
- c. Front and back bending of waist
- d. Side bending and twisting of waist
- e. Twist and breath

Unit – VI

1. Surya Namaskar

Unit – VII

1. Asanas
 - a. Vajrasana
 - b. Ardha Pavana Mukhtasana/Pavana Mukhtasana
 - c. Poorva Bhujangasana
 - d. Sulabha Salabhasana
 - e. Sulabha Naukasana
 - f. Uthita Eka Padasana / Uthita Dwipadasana
 - g. Sulabha Makarasana
 - h. Sulabha Ardha Dronasana/Sulabha Dronasana
 - i. Eka Pada Hasthasana/Pada Hasthasana
 - j. Sulabha Chakrasana
 - k. Vakrasana
 - l. Janu Sirasana

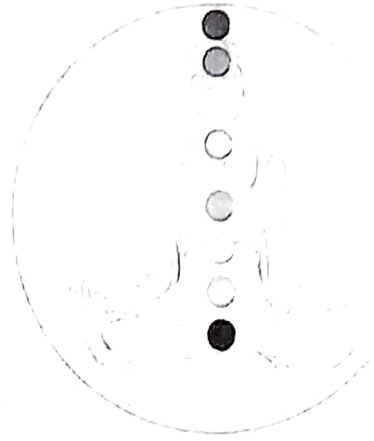
Unit – VIII

1. Pranayama
 - a. Swasanamarga Sudhi
 - b. Kapalabhati
 - c. Nadi Sudhi Pranayama

yogena chittasya padena vacham
malam sharirasya cha vaidyakena
yo 'pakarottam pravaram muninam
patanjalin pranjalir anato 'smi

Lee
Teacher in charge

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Reference Text Books:

- *Asana Pranayama Mudra Bandha By Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India.*
- *Hatha Yoga Pradipika, By Swami Muktibodhananda, Yoga Publications Trust, Munger, Bihar, India.*
- *Surya Namaskara, A Technique of Solar Vitalization By Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India.*
- *History and Development of Yoga By Directorate of Distance Education, Annamalai University.*

JSS

Teacher in charge

STUDENT ENROLMENT DATA

STATISTICAL DATA

Sl. No.	Date of Admission Code	Admission No.	NAME OF PUPIL	Community if SC/ST/OBC	Admission Fee		Admission Fee	
					Rs.	Ps.	Rs.	Ps.
1.	12522118008		Amal . H (IDC)	SC				
2.	12522118010		Anjana krishnan S.J (IDC)	SC				
3.	12522118022		Devika Udayan . (IDC)	SC				
4.	12522118027		Malavika . S . V (IDC)	SC				
5.	12522118030		Nandana L.	"				
6.	12522118031		Nandana S.	"				
7.	12522118032		Nandana Raj . R . S .	"				
8.	12522118044		Sivakrishnan A . C	"				
9.	12522118045		Soorya S . Nair	"				
10.	12522118050		Vismaya . S . Nair	"				
11.	12521118027		Gouri M . R (IDC)	SC				
12.	12521118028		Gouri A . S .	"				
13.	12521118029		Kaathika . S .	"				
14.	12521118032		Lekshmy Suresh	"				
15.	12521118036		Nileen R . Nair	"				
16.	12520118016		Aaravind V . V (IDC)	SC				
17.	12520118029		Gouri A . S .	"				
18.	12520118031		Haritha S . S .	"				
19.	12520118037		Preetha P	"				
20.	12520118043		Sneha . S .	"				
21.	12520118002		Abhijith P (IDC)	SC				
22.	12520118003		Abhiram B . N	"				
23.	12520118004		Abhishek R . S .	"				
24.	12520118005		Aditya J . S .	"				
25.	12520118006		Ajay S .	"				
26.	12520118007		Amal chandran J . B	"				
27.	12520118009		Amesh S .	"				
28.	12520118012		Anoop M . C .	"				
29.	12520118013		Anathi . S .	"				
30.	12520118014		Anathi . A . V	"				
31.	12520118015		Aswani Dev . M .	"				
32.	12520118016		Aswathy . B .	"				
33.	12520118019		Ashira J . L .	"				
34.	12520118020		Ashul Nath . B . S	"				
35.	12520118021		Devika . R	"				
36.	12520118022		Devika Udayan	"				
37.	12520118025		Hari Shankar . S .	"				
38.	12520118026		Harna . A . R	"				
39.	12520118027		Malavika . S .	"				
40.	12520118029		Nandana . C . S .	"				
41.	12521118013		Akshay A . Nair (IDC)	SC				
42.	12521118014		Akshaya . P . L . (IDC)	SC				
43.	12521118025		Aswin A . (IDC)	SC				
44.	12521118048		Vishal . B	"				
45.	12521118007		Adharsh . S . V	"				
46.	12521118010		Ajmal N . S .	"				
47.	12521118024		Aswin . K	"				

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Dept. of Hindi

STANDARD REGISTER OF ATTENDANCE OF

STUDENT ENROLMENT DATA

Admission No.	No. in Standard	NAME	Days	DATE																		
				Eng: Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
48	006	Adarsh Vijay	(17 DC)	Adarsh																		
49	005	Adarsh S	"	Adarsh																		
50	001	Abhi Krishna R	"	Abhi																		
51	004	Adhiraj A.B	"	Adhiraj																		
52	018	Anthi M.A	"	Anthi																		
53	019	Arathi A.R	"	Arathi																		
54	038	Aravitha Prem	"	Aravitha																		
55	039	Rajeev S	"	Rajeev																		
56	041	Saranya Raj	"	Saranya																		
57	040	Revathy Suresh R.	"	Revathy																		
58	031	Kotshna R.B	"	Kotshna																		
59	047	Swathi S	"	Swathi																		
60	049	N.Shru V.A	"	N.Shru																		

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HOD
P.O. & Research Dept. of Hindi
Mahatma Gandhi College
Thiruvananthapuram

Handwritten Signature
Principal
Mahatma Gandhi College
Thiruvananthapuram

INCREASE

- On Register at the beginning ...
- Promotions ...
- Transfers ...
- New Admission ...
- Re-admission ...
- Total Admission ...

DECREASE

- Promotions ...
- Transfers ...
- Non-Payment ...
- Temporary ...
- Permanent ...
- Total Removal ...

STANDARD REGISTER OF ATTENDANCE OF

SCHOOL

Admission No.	No. in Standard	NAME	Days																			No. of days present in the month	Total attendance	Fees		
			Eng: Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			19	Arrears Rs.	Ps.
1.		Amal . H	X	a	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	20				
2.		Anjama Krishnan S.J	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	21				
3.		Devika Ndayan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	22				
4.		Malavika . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	23				
5.		Nandana . L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	24				
6.		Nandana . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	25				
7.		Nandana Raj . R.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	26				
8.		Srva Krishnan . A.C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27				
9.		Surya . S. Nair	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	28				
10.		Vismaya . S. Nair	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	29				
11.		Abhijith . P	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	30				
12.		Abhijith . B.N	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	31				
13.		Abhishek . R.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
14.		Adithya . J.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
15.		Ajay . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
16.		Amal Chandan J.B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
17.		Aneesh . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
18.		Anoop M.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
19.		Anathi . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
20.		Anathy . A.V	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
21.		Aswani Dey.M	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
22.		Aswathy . B	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
23.		Atiya . J.L	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
24.		Atul Nath .B.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
25.		Devika . R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
26.		Devika Ndayan	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
27.		Hari Shankar . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
28.		Hasna . A.R	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
29.		Malavika . S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
30.		Nandana . C.S	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X					

INCREASE	On Register at the beginning
	Promotions
	Transfers
	New Admission
	Re-admission
	Total Admission

DECREASE	Promotions
	Transfers
	Non-Payment
	Temporary
	Permanent
	Total Removal

PG. & Research Dept. of Hindu Mahatma Gandhi College Thiruvananthapuram

Principal
Mahatma Gandhi College
Thiruvananthapuram

Attended % of the month
No. of students present in the month
No. of students absent in the month
Average Daily Strength
Do Do Attendance
Percentage of Attendance

STANDARD REGISTER OF ATTENDANCE OF

SCHOOL

Admission No.	No. in Standard	NAME	Days																			No. of days present in the month	Total attendance	Attendance %
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
31	(I DC)	Gowri M.R.	X	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
32		Gowri A.S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
33		Karthika S.	X	X	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
34		Lekshmy Suresh	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
35		Nileem R. Nair.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
36		Akshay A. Nair.	X	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
37		Akshaya P. K.	X	X	X	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
38		Aswini A.	X	X	X	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
39		Vishal B.	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
40		Adhaarsh S.V.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
41		Ajmal N.S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
42		Aswin K.	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
43		Adarsh Vijay	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
44		Adarsh S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
45		Abhi Krishna R.	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
46		Abhisag A.B.	X	X	A	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
47		Arathi M.A.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
48		Pravika Prem	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
49		Rajeev S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
50		Saranya Raj	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
51		Ravathy Suresh R.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
52		Krishna R.B.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
53		Sujith S.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			
54		Vishnu V.A.	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	27			

[Signature]
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Mahatma Gandhi College
Thiruvananthapuram

[Signature]
HOD
P.G. & Research Dept. of Hindi
Mahatma Gandhi College
Thiruvananthapuram

INCREASE
On Register at the beginning
Promotions
Transfers
New Admission
Re-admission
Total Admission

DECREASE
Promotions
Transfers
Non-Payment
Temporary
Permanent
Total Removal

No. at the end of the month
No. of Schedule caste, STs & Other Backward Commu
No. other full fee concession holders
No. half fee concession holders
Average Daily Strength
Do Do Attendance
Percentage of Attendance

Assessment of Students

Sl No.	Candidate Code	Name	Marks. (50)
1	12522118008	Amal. H	35
2.	12522118010	Anjana Krishnan S.T	40
3.	12522118022	Devika Udayan	38
4.	12522118027	Malavika. S.	30
5.	12522118030	Nandana. L.	32
6.	12522118031	Nandana. S.	38
7.	12522118032	Nandana Raj. R.S.	32
8.	12522118044	Siva Krishnan A.C.	30
9.	12522118045	Soosya. S. Nair.	35
10.	12522118050	Vismaya. S. Nair.	30
11.	1252118027	Goushi M.R.	32
12.	1252118028	Goushi A.S.	34
13.	12521118029	Kasthika. S.	36
14.	12521118032	Lekshmy Suresh.	42
15.	12521118036	Nileen. R. Nair.	31
16.	12520118016	Aravind V.V	44 (High Score)
17.	12520118029	Goushi A.S.	33
18.	12520118031	Haritha. S.S.	35
19.	12520118043	Sneha. S.	36
20.	1252211802	Abhijith. P.	32
21.	12520118037	Preetha. P.	30
22.	12522118003	Abhiram B.N	31
23.	12522118004	Abhishek. R.S	34
24.	12522118005	Adithya. J.S.	32
25.	12522118006	Ajay. S.	30
26.	12522118007	Amal Chandran B	31
27.	12522118009	Aneesh. S.	30
28.	12522118011	Anoop M.S.	31
29.	12522118013	Arathi. S	33
30.	12522118014	Arathy. A.V	36
31.	12522118015	Aswani Dev. M	38
32.	12522118016	Aswathy. B.	30
33.	12522118019	Atthira. P.K.	30

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Dep. of Hindi

Assessment of Students

S.No.	Candidate Code	Name	Marks (50)
34.	12522118020	Ahul Nath.B.S	32
35	12522118021	Devika.R	34
36.	12522118022	Devika Udayan	36
37.	12522118025	Ffari Shankar.S	33
38.	12522118026	Ffarna.A.R	34
39.	12522118027	Malavika.S.	31
40.	12522118029	Nandana.C.S.	31
41.	12521118013	A.Kshay.A.Nair	30
42.	12521118014	A.Kshaya.P.L	32
43.	12521118025	Aswin.A.	35
44.	12521118048	Vishal.B	36
45.	12521118007	Adarsh.S.V	32
46.	12521118010	Ajmal.N.S	31
47.	12521118024	Aswin.K	30
48.	12521118006	Adarsh Vijay	32
49.	12521118005	Adarsh.S.	31
50	12521118001	A.Bhikrishna.R	35
51	12521118004	A.Bhidag.A.B	35
52	12521118018	Asuthi.M.A.	34
53	12521118019	Asuthi.A.R	36
54.	12521118038	Preetha Prem.	38
55.	12521118039	Rajeev.S	32
56.	12521118041	Saranya Raj	31
57	12521118040	Revathy Suresh.K	30
58.	12521118031	Krishna.R.B	32
59.	12521118047	Sujith.S	33
60	12521118049	Vishnu.V.A.	30

(Signature) HOD

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Mahatma Gandhi College
Thiruvananthapuram

(Signature)
Dep. of Hindi

MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM

POST GRADUATE AND RESEARCH DEPARTMENT OF HINDI

ADD-ON COURSE – YOGA FOR HUMANITY

QUESTION PAPER

Total Marks 50

(Each Question Carries 2 Marks)

Time 30 Min.

1. The word yoga derived from the Sanskrit Root ?
a. Yog b. Yuj c. Yok d. Yoga
2. Who is known as Father of Yoga ?
a. Maharshi Aravind b. Maharshi Pathanjali c. Maharshi Vyas d. Maharshi Veda
3. Which one is not comes under streams of Yoga ?
a. Budha Yoga b. Karma Yoga c. Njana Yoga d. Bhakthi Yoga
4. Meaning of Asana in English is ?
a. Body b. Force c. Posture d. Stand
5. Prone Asana means ?
a. Standing b. Sitting c. Lying position facing upwards d. Lying position facing downwards
6. What is Prana ?
a. Life Force b. Energy c. Breathing d. Inhalation
7. Which one is not a Kriya as per yogic Science ?
a. Tradaka b. Kapalabathi c. Nadisudhi d. Neti
8. Mudra Means ?
a. Posture b. Gesture c. Meditation d. Kriya
9. Bandha in Yogic Science means ?
a. Stop b. Pranayama c. Breathing d. Lock
10. Sanskrit word of Meditation ?
a. Silence b. Breathing c. Dhyana d. Force
11. Which one is not a standing Asana ?
a. Pada Hastasan b. Vajrasan c. Ardha Chakrasan d. Trikonasan
12. Name any two Sitting Asanas ?

13. Write down any FOUR Shat Karmas ?
14. Write down any TWO Bandhas ?
15. Write down first three Surya Namaskar Mantras in order ?
16. Name any two Breathing Exercises ?
17. Name any two Pranayamas ?
18. What is the English name of "Vajrasan" ?
19. Name of the asana which can perform immediate after food ?
20. Meaning of Pranayama ?
21. What is the English name of "Makarasan" ?
22. Write down two types of NETI Kriya ?
23. What is the meaning of SHAT in the word Shat Karma ?
24. Write down any two hasta Mudras ?
25. Write down two benefits of Yoga ?

MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM

POST GRADUATE & RESEARCH DEPARTMENT OF HINDI

ADD-ON COURSE YOGA FOR HUMANITY

31/12/2022

① The word yoga derived from sanskrit word - yuj ✓

② Maharshi Patanjali ✓

③ Budha Yoga ✓

④ Posture ✓

⑤ Lying position facing downwards ✓

⑥ Life Force ✓

⑦ Nadisudhi ✓

⑧ Gesture ✓

⑨ Lock ✓

20 ⑩ Dhyana ✓

⑪ Vajrasan ✓ 2

⑫ Vajrasan and Sukhasan ✓

2 ⑬ Kapalabathi, Trirdalca, Neti & Nauli ✓

2 ⑭ ~~Asana~~ Jalandhar bandha, Udiyana bandha ✓

⑮ Om Mitraya Namaha

2 Om Ravaye Namaha

Om Sooryaya Namaha

2 ⑯ Hands in and out breathing, Hands stretch breathing.

⑰ Nadisudhi pranayama, Brahamasi pranayama

2 ⑱ Thunderbolt posture

2 ⑲ Vajrasan

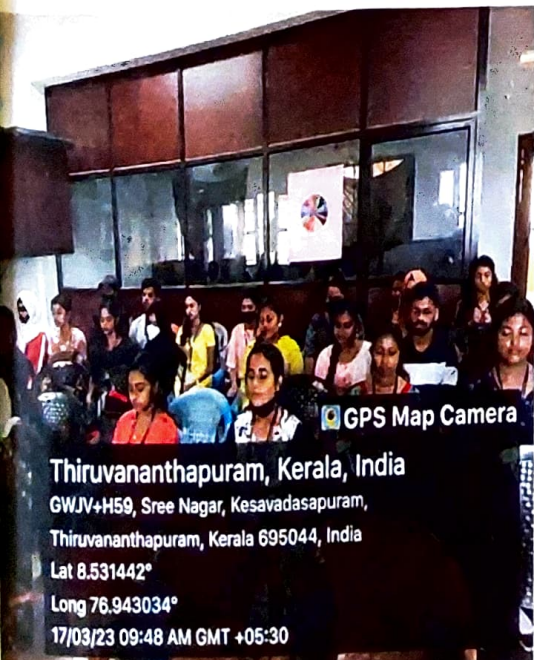
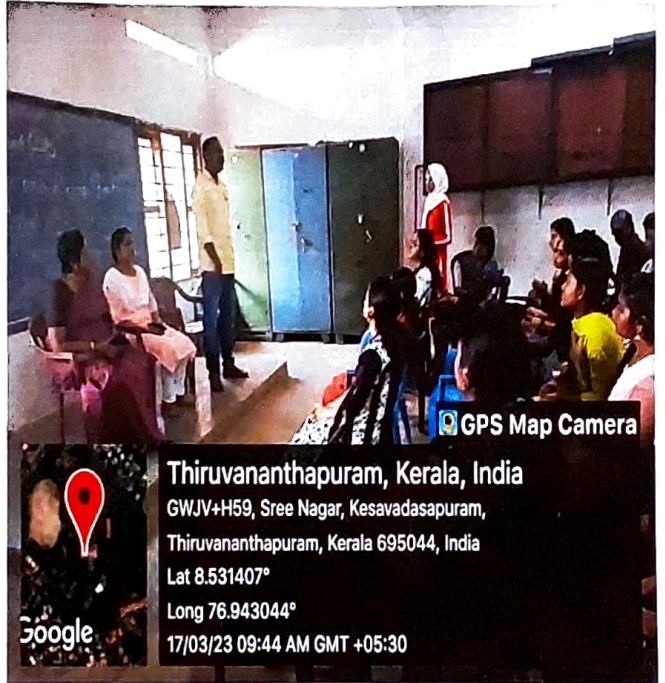
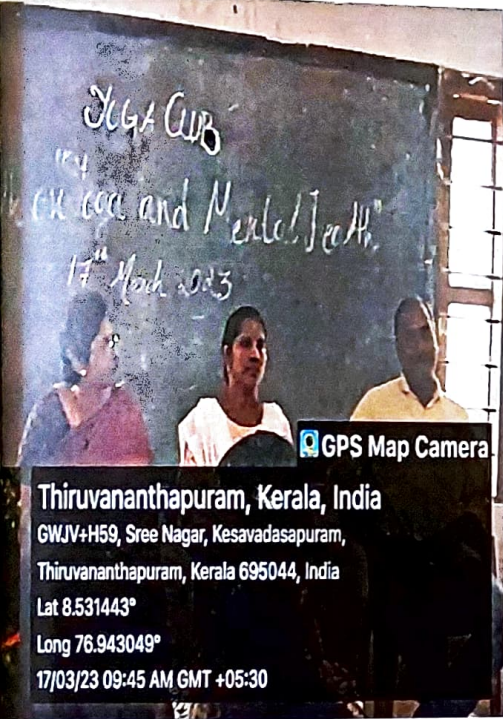
2 ⑳ Regulation breath (Prana + Ayama)

MAHATMA GANDHI COLLEGE
THIRUVANANTHAPURAM

'Yoga & Mental Health'

Talk on 'Meditation' by Yoga Club in Association with
Yoga for Humanity (Add on Course – Dept. of Hindi)

17- March 2023





MAHATMA GANDHI COLLEGE

KESAVADASAPURAM, THIRUVANANTHAPURAM

(Accredited with B+ Grade by NAAC)

POST GRADUATE AND RESEARCH DEPARTMENT OF HINDI

Add-On Course
YOGA FOR HUMANITY
CERTIFICATE

This is to certify that _____ has actively participated and completed the Add-on course- YOGA FOR HUMANITY conducted by Post Graduate and Research Department of Hindi, Mahatma Gandhi College, Thiruvananthapuram during the year 2022-2023.

Dr. Ratheesh Kumar.R
IQAC Co-ordinator

Dr. Lekshmy.S.S
Co-ordinator

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Dr. R.L. Sakthi Babu
Principal

PG & RESEARCH DEPARTMENT OF HINDI
Mahatma Gandhi College, Thiruvananthapuram

Add-On Course - Yoga for Humanity
SUMMARY REPORT

An Add-On Course "Yoga for Humanity" has started in the PG and Research Department of Hindi, Mahatma Gandhi College, Thiruvananthapuram in the year 2022.

The inauguration of the course has conducted on 24th August 2022. In the beginning 30 students were enrolled and later on the number has increased to 60. During the academic year 2022-2023 several classes were conducted for a duration of 30 Hours. This includes Theory as well as Practical sessions, which were handled by experts in the yoga fields.

There was a very good response for this course from the students as well as from their parents. Those students reported to college after the pandemic situation, it helped a lot to release their emotional as well as mental stress.

There was a special class conducted with the help of Yoga Club, Mahatma Gandhi College, Thiruvananthapuram in Yoga and Mental Health including Meditation Practice. For this program also very good response was received from the participants.

Based on the responses from the students of this Add on Course "Yoga for Humanity" the Department of Hindi has decided to continue this course in the coming years also.