

ADD-ON COURSE – YOGA AND STRESS MANAGEMENT

Duration: 30 hours

Instructor: Dr. Prathibha S Nair

Department of Psychology

Mahatma Gandhi College, Thiruvananthapuram

Course Outcomes

CSO1. To familiarize with the concept of yoga.

CSO2. Effectively use Yoga Asanas for stress management.

Module-wise topics:

Module 1: Introduction

Duration:10 hours

- Relevance of Yoga in Modern Life- Misconceptions about Yoga – Secular Nature of Yoga

Module 2: Stress

Duration:10 hours

- Definition of stress
- Causes of Stress - Symptoms of Stress -Physical-Psychological-Behavioral
- Coping with Stress – relaxation- life style management.



Prathibha S Nair
P. S. N.

Module 3: (Theory and Practicals)

Duration:10 hours

- Basic Relaxation Techniques
- Simple meditation Techniques
- Basic Pranayama Techniques
- Yoga Nidra
- Basic Asanas (Postures).

References

Iyengar, B.K.S (2011) Light on yoga. Harper Collins Publishers, New Delhi

Tamini, I.K (2011) Commentary - Harper Collins Publishers, New Delhi

Swami Vivekananda, (2004). Raja Yoga revised. Cosmo Publication, New Delhi.



ADD ON COURSE
DEPARTMENT OF PSYCHOLOGY
YOGA AND STRESS MANAGEMENT
2021-2022

MAX MARKS:20

ANSWER THE FOLLOWING

1. Relevance of yoga in modern life
2. Basic relaxation techniques
3. Simple meditation techniques
4. What is yoga nidra?
5. What are the basic asanas?

3 x 5=15

6. What is stress? Mention its types and causes.
Also mention its symptoms

5 x 1=5



Add in Course Yoga and Stress Management

1. Anshu A.S	III DC	Anshu
2. Bbagya R.Ndr	III DC	Bbagya
3. Deepika R.S	III DC	Deepika
4. Gopika Anilkumar	III DC	Gopika
5. Aniraya S.S.	III DC	Aniraya
6. Aparna K.N	III DC	Aparna
7. Soorya B.Raj	III DC	Soorya
8. Vaishakhi D.V	III DC	Vaishakhi
9. Kanya S	III DC	Kanya
10. Anakha N	III DC	Anakha
11. Lekshmi B	III DC	Lekshmi
12. DILEEP T.S	III DC	Dileep
13. Megha J.S	III DC	Megha
14. Sankeetha S	III DC	Sankeetha
15. Swathy T.Das	III DC	Swathy
16. Alhizami Raj.AG	III DC	Alhizami
17. Adharth A.S	III DC	Adharth
18. Anshu S.S	III DC	Anshu
19. Gopika J.R	III DC	Gopika
20. Anjali Mohan.M	III DC	Anjali
21. Sandeep Chandran B.M	III DC	Sandeep
22. Dipin D.S	III DC	Dipin
23. Gayathri Venay	III DC	Gayathri
24. Saranathidevi	III DC	Saranathidevi
25. Sujay Singh	III DC	Sujay Singh
26. Supriya S.S	III DC	Supriya
27. Anurag Grace	III DC	Anurag
28. Krishna Dev	III DC	Krishna
29. Doel DOUGLAS	III DC	Doel
30. Nandana V	III DC	Nandana
31. Kanchana Chandran	III DC	Kanchana
32. Divya M	III DC	Divya

33. Krishna Prasad	III DC	Krishna
34. Rahul R	III DC	Rahul
35. R.DEVAPRIYA	III DC	Devapriya
36. KARTHIK.VNAIR	III DC	Karthik
37. Anakha S	III DC	Anakha
38. Vistha G	III DC	Vistha
39. Anakha Ashok	III DC	Anakha
40. Lekshmi B	III DC	Lekshmi
41. Abin P.B	I st DC	Abin
42. Raisa Sumayya R	I st DC	Raisa
43. Atsaviya Anvi	I st DC	Atsaviya
44. Ajmya A.S	I st DC	Ajmya
45. Aswathi P.	I st DC	Aswathi
46. Gauri R	I st DC	Gauri
47. Jana M.J	I st DC	Jana
48. Muhammed Ashik	I st DC	Muhammed
49. Nandana Nair C.S	I st DC	Nandana
50. Thomas Biju	I st DC	Thomas
51. Aksha T. Rajan	I st DC	Aksha
52. Athena Mary Biju	I st DC	Athena
53. Ananta Krishnan A.T	I st DC	Ananta
54. Anjali S.L	I st DC	Anjali
55. Aparna Vijay	I st DC	Aparna
56. Anika S.kumar	I st DC	Anika
57. Anurag Deva A.I	I st DC	Anurag
58. Jimmy P. Jay	I st DC	Jimmy
59. Lekshmi Saral	I st DC	Lekshmi
60. Megha G. Nair	I st DC	Megha
61. Pranav B.G	I st DC	Pranav
62. Rishi R. Nair	I st DC	Rishi
63. Raju R	I st DC	Raju
64. Swani J.R	I st DC	Swani
65. Stephy Justin	I st DC	Stephy



ATTENDANCE REGISTER FOR THE MONTH OF 20

S. No.	Name	Designation	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Working Days	Days present	Days absent	Leave taken	Remarks					
36	Anakha S	III DC	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1						
37	Vyshna G	"	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0					
38	Anakha Asok	"	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1					
39	Lekshmi B	"	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0					
40	Abin P B		✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2					
41	Raisa Sumayyar		✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	27	3					
42	Aiswarya Nair		✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	27	3				
43	Ajimiya AS		✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	27	3				
44	Aswathy P		✓	✓	✓	✓	✓	a	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	27	3				
45	Gowri R		✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	26	4				
46	Jana MJ		✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2				
47	Muhammed Ashiq		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	30	28	2				
48	Nandana Nair CS		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2				
49	Thomas Biju		✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1			
50	Aksh T Rajan		✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	a	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	25	5				
51	Alveena Mary Biju		✓	a	✓	✓	✓	a	✓	a	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	26	4				
52	Amna Thajudheen		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1			
53	Anandhakrishnan		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0			
54	Anjali S L		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0			
55	Aparna Vijay		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0			
56	Arora's Kumar		✓	✓	a	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	26	4			
57	Aswani Deva A L		✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2			
58	Jincy P Joy		✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2			
59	Lekshmi Sand		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
60	Mekha G Nair		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
61	Isanar B G		✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
62	Rahi R Nair		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
63	Rajo R		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
64	Sivani J S		✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	27	3		
65	Stephy Justin		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		

Department of Psychology
Add on Course
Yoga and Stress Management
2021-2022

Sl	Name of the Student	Total mark	Mark obtained
1	Arsha BS	20	18
2	Bhagya R Nair	20	19
3	Deepika R S	20	18
4	Gopika Anil Kumar	20	17
5	Aiswarya S S	20	16
6	Apsara KN	20	20
7	Vaishaki DV	20	20
8	Kavya S	20	18
9	Anagha N	20	20
10	Lekshmi B	20	15
11	Dileep T S	20	18
12	Megha J S	20	17
13	Sankeerthana S	20	16
14	Abhirami Raj A G	20	18
15	Swathi J Das	20	19
16	Adharsh A S	20	19
17	Akhil A L	20	17
18	Gopika J R	20	18
19	Anjali Mohan M	20	19
20	Sandeep Chandran B M	20	19
21	Dipin D S	20	16
22	Gayathri	20	18
23	Saraswathi Devi K	20	17
24	Sooraj Singh	20	19
25	Syam kumar SS	20	20
26	Aneeta Grace	20	17
27	Krishna Dev	20	17
28	Doel Douglas	20	18
29	Nandana V	20	17
30	Krishna Chandran	20	19
31	Divya M	20	19
32	Krishnaprasad	20	17
33	Rahul R	20	18
34	R Devapriya	20	19
35	Karthik V Nair	20	18
36	Anakha S	20	19
37	Vaishna G	20	17
38	Anagha Ashok	20	18



P. T. D

39	Lekshmi B	20	19
40.	Abin P.B	20	18
41.	Raisa Sumayya R	20	17
42.	Aiswarya Aavi	20	19
43.	Ajmiya A S	20	18
44.	Aswathy .P	20	17
45.	Gouri R	20	17
46.	Jana M J	20	20
47.	Muhammed Ashik	20	20
48.	Nandana Nair C S	20	20
49.	Thomas Biju	20	19
50.	Aksa T Rajan	20	18
51.	Alveena Mary Biju	20	18
52.	Amna Thajudheen	20	17
53.	Ananthakrishnan A T	20	19
54.	Anjali S. L	20	18
55.	Aparna Vijay	20	19
56.	Ardra S Kumar	20	18
57.	Aswani Deva A. L	20	18
58.	Jincy P Roy	20	17
59.	Lekshmi Sanal	20	19
60.	Megha G Nair	20	19
61.	Pranav B G	20	20
62.	Rahi R Nair	20	18
63.	Rejo R	20	19
64.	Sivani J R	20	18
65.	Stephy. Justine	20	19



MAHATMA GANDHI COLLEGE, TRIVANDRUM



College with potential for Excellence (UGC)
(Accredited by NAAC with B+ Grade)

DEPARTMENT OF PSYCHOLOGY

CERTIFICATE

This is to certify that Shri/Smt
has completed the Add-on Course on "Yoga & Stress Management"
conducted by the Department of Psychology, M.G. College, for the
year

Head of the Department

Principal

REPORT OF ADD ON COURSE ON YOGA AND STRESS MANAGEMENT (2021-22)

THIS ADD-ON COURSE WAS INTRODUCED TO STUDENTS TO BENEFIT THE TEACHINGS OF YOGA IN STRESS MANAGEMENT. 65 STUDENTS ENROLLED FOR THE COURSE AND COMPLETED THE COURSE. THE COURSE COMPRISED OF 30 HOURS. THE STUDENTS WERE TAUGHT BOTH THE THEORY AND PRACTICALS. THE COORDINATOR OF THE COURSE WAS DR PRATHIBHA S NAIR, HEAD OF THE DEPARTMENT OF PSYCHOLOGY.


Dr. Prathibha S Nair