

MAHATMA GANDHI COLLEGE

Department of Psychology



BALANCE
YOU BODY &
MIND

ADD ON COURSE

Yoga and Stress Management

2019 - 20



Course Coordinator : Dr. Prathibha S Nair

Phone : 94463-23061



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.



Prath
P.T.O

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
2019-2020

MAX MARKS:20

ANSWER THE FOLLOWING

1. Stress is
2. Eustress is
3. Bad stress is also known as
4. Yoga can be defined as

1 x 4=4

5. Relevance of yoga in modern times
6. Physical aspects of stress
7. Psychological aspects of stress
8. Behaviourial aspects of stress
9. What are the basic asanas?
10. What is life style management?
11. What are the simple meditation techniques?
12. What are the basic relaxation techniques?

~~2x~~

2x 8=16

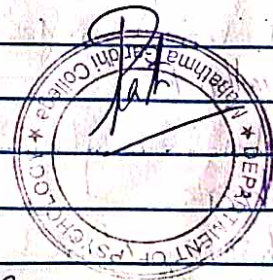


2019-20

YOGAL STRESS MANAGEMENT 1st yr

3

- | | | | |
|-------------------------------|------------------------|------------------|------------------|
| 1. Answarya S S | <u>Answarya</u> | 36. Nandana B | <u>Nandana</u> |
| 2. Anakha S | <u>Anakha</u> | 37. Rahul R | <u>Rahul</u> |
| 3. Aparna K N | <u>Aparna</u> | 38. Shobin S L | <u>Shobin</u> |
| 4. Arsha A S | <u>Arsha</u> | 39. Suraj Singh | <u>Suraj</u> |
| 5. Bhagya R Nair | <u>Bhagya</u> | 40. Divya M | <u>Divya</u> |
| 6. Chandana Jayakumar | <u>Chandana</u> | 41. R. Perapraya | <u>Perapraya</u> |
| 7. Deepika R S | <u>Deepika</u> | 42. Vyshna G | <u>Vyshna</u> |
| 8. Gopika Anilkumar | <u>Gopika</u> | | |
| 9. Kanya S | <u>Kanya</u> | | |
| 10. Lekshmi B | <u>Lekshmi</u> | | |
| 11. Sooraj B | <u>Sooraj</u> | | |
| 12. Vaisakhi D V | <u>Vaisakhi</u> | | |
| 13. A. R. Ardra | <u>Ardra</u> | | |
| 14. Adarsh A S | <u>Adarsh</u> | | |
| 15. Anakha Ashok | <u>Anakha</u> | | |
| 16. Aparna A | <u>Aparna</u> | | |
| 17. Dileep T S | <u>Dileep</u> | | |
| 18. Gopika J R | <u>Gopika</u> | | |
| 19. Karthik V. Nair | <u>Karthik</u> | | |
| 20. Megha J S | <u>Megha</u> | | |
| 21. Sandeep Chandan B M | <u>Sandeep</u> | | |
| 22. Sankeethana S | <u>Sankeethana</u> | | |
| 23. Saraswathidevi K | <u>Saraswathi</u> | | |
| 24. Sowathy J. Das | <u>Sowathy</u> | | |
| 25. Syankumar S | <u>Syankumar</u> | | |
| 26. Abhiramiraj A G | <u>Abhiramiraj</u> | | |
| 27. Akhil A J | <u>Akhil</u> | | |
| 28. Aneela Grace | <u>Aneela</u> | | |
| 29. Anjali Mohan M | <u>Anjali</u> | | |
| 30. Dipin D S | <u>Dipin</u> | | |
| 31. Doel Douglas | <u>Doel</u> | | |
| 32. Gayathri Soman | <u>Gayathri</u> | | |
| 33. Krishnachandran S | <u>Krishnachandran</u> | | |
| 34. Krishnadev S A | <u>Krishnadev</u> | | |
| 35. Krishnaprasad P | <u>Krishnaprasad</u> | | |



COURSE-COORDINATOR
PRATHIBHA S NAIK

ATTENDANCE REGISTER FOR THE MONTH OF

2019-

20.02.20 ADD-ON COURSES YOGA-STRESS MANAGEMENT

Sl. No.	Name	Designation	27-02-19	28-02-19	01-03-19	02-03-19	03-03-19	04-03-19	05-03-19	06-03-19	07-03-19	08-03-19	09-03-19	10-03-19	11-03-19	12-03-19	13-03-19	14-03-19	15-03-19	16-03-19	17-03-19	18-03-19	19-03-19	20-03-19	Working Days	Days present	Days absent	Leave taken	Remarks
			31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31	31					
1	Aiswarya S S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
2	Anakha S		a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
3	Aparna K N		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
4	Artha A S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
5	Bhagya R Nair		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
6	Chandana Jayakumar		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
7	Deepika K S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
8	Geetika Anilkumar		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
9	Kavga S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
10	Lakshmi B		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
11	Soraj B		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
12	Valsakhi DV		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
13	A.K. Ardra		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
14	Adharsh A S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
15	Anakha Ashok		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
16	Aparna A		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
17	Dilip T S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
18	Geetika J R		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
19	Kaathik V Nair		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
20	Megha J S		a	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
21	Sandeep Chandran		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
22	Sarkeethana S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
23	Saraswathidevi K		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
24	Swathy J Das		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
25	Syamkumar S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
26	Abhizambraj A G		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
27	Akhil A J		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
28	Aneeta Grace		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
29	Anjali Mohan M		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
30	Dipid D S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
31	Deel Douglas		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
32	Gayathri		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
33	Kaishnachandran S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
34	Kaishnadevi SA		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
35	Kaishnaprasad P.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		

Open in

Department of Psychology			
Add on Course			
Yoga and Stress Management			
2019-2020			
Sl. No.	Name of the Student	Total mark	Mark obtained
1.	Aiswarya S S	20	18
2.	Anagha S	20	19
3.	Aparna K N	20	18
4.	Arsha A S	20	17
5.	Bhagya R Nair	20	16
6.	Chandna Jayakumar	20	20
7.	Deepika K S	20	20
8.	Gopika Anil Kumar	20	18
9.	Kavya S	20	20
10.	Lakshmi B	20	15
11.	Sooraj B	20	18
12.	Vaishaki D V	20	17
13.	A R Ardra	20	16
14.	Adharsh A S	20	18
15.	Anagha Ashok	20	19
16.	Aparna A	20	19
17.	Dileep T S	20	17
18.	Gopika JR	20	18
19.	Karthik V Nair	20	19
20.	Megha J S	20	19
21.	Sandeep Chandran	20	16
22.	Sankeerthana S	20	18
23.	Saraswathi Devi K	20	17
24.	Swathi J Das	20	19
25.	Syam Kumar S	20	20
26.	Abhiramiraj A G	20	17
27.	Akhil A J	20	17
28.	Aneeta Grace	20	18
29.	Anjali Mohan M	20	17
30.	Dipin D S	20	19
31.	Doel Douglas	20	19
32.	Gayathri	20	17
33.	Krishnachandran S	20	18
34.	Krishnadevi S A	20	19
35.	Krishnaprasad P	20	18
36.	Nandana B	20	19
37.	Rahul R	20	17
38.	Shibir S L	20	18
39.	Sooraj Singh	20	19
40.	Divya M	20	18
41.	R Devapriya	20	18
42.	Vaishna G	20	17





**MAHATMA GANDHI COLLEGE
THIRUVANANTHAPURAM**



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

DEPARTMENT OF PSYCHOLOGY

Certificate

This is to certify that Shri/Smt,.....has attended/
participated the.....
conducted by the Department of Psychology M.G College Thiruvananthapuram
for the year.....

Head of the department

Co-ordinator

Principal

REPORT OF ADD-ON COURSE ON YOGA AND STRESS MANAGEMENT (2019 -20)

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

Prath



A circular stamp with the text "DEPARTMENT OF PSYCHOLOGY" around the top inner edge and "Moolanma Ganga College" around the bottom inner edge. There are small decorative symbols on either side of the college name.