

MAHATMA GANDHI COLLEGE THIRUVANANTHAPURAM

Department of Psychology

Add on Course

Yoga and Stress Management

2018 - 19



Register now

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

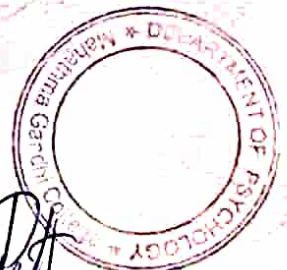
Duration:10 hours

- 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.



P-9.0

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
2018-2019

MAX MARKS:20

ANSWER THE FOLLOWING

- 1.Explain the secular nature of yoga?
- 2.Define stress and mention the causes of stress?
- 3.How to cope with stress?
- 4.What are the basic relaxation techniques?
- 5.What are the simple meditation techniques?
- 6.What are the basic pranayama techniques ?
- 7.What is yoga nidra?
- 8.What are the basic asanas ?
- 9.What is the relevance of yoga in modern life ?
- 10.What are the misconceptions about yoga ?

2 x 10=20



YOGA & STRESS MANAGEMENT

- | | |
|---|---------------------------------------|
| 1 Anagha. B. Musugam Angya | 36. Tamanna Fathima V |
| 2 Aparna. Raj. A Parad | 37. Anjitha Krishna Shytha |
| 3 Anya. Muralidharan Shy | 38. Arya. S. Naie Anya |
| 4. Ansothy. K. S. Shy | 39. Kailasanathan. A. Vais |
| 5. Gokul. B. K. Shy | 40. Abhichandana. R. Shy |
| 6. P. Krishnapriya Shy | 41. Adithyan. K. S. Shy |
| 7. Rahul. A. S. AS | 42. Adithya. S. Shy |
| 8. Sandra. P. Prasad. Shy | 43. Adithya. V. S. Shy |
| 9. Jyoti. Nair Shy | 44. Ananth. H. Shy |
| 10. Veena. V. Nair. Shy | 45. Anandhalekshmi Shy |
| 11. Abhiram. A. K. Shy | 46. Azeesha. J. J. Shy |
| 12. Abhirami. S. Nair Shy | 47. Anjali. S. Shy |
| 13. Ardena. S. Shy | 48. Aparna Raj. R. Shy |
| 14. Gokul. Krishna. A. S. Shy | 49. Arya. S. R. Shy |
| 15. Gopika. Krishna. S. Shy | 50. Binu. B. Shy |
| 16. Kailas. B. H. Shy | 51. Benika. B. S. Shy |
| 17. Lekshmi. K. S. Shy | 52. Divya. K. S. Shy |
| 18. Liny Justin. J. K. Shy | 53. Dhanalekshmi. Shy |
| 19. Panchami. P. Shy | 54. Gayathri. Soman. Shy |
| 20. Prajith. S. Shy | 55. Haritha. Prasad. Shy |
| 21. Sumesh. S. Shy | 56. Jincy. T. Shy |
| 22. Aarya. Mathew Shy | 57. Krishnapriya Shy |
| 23. Akhila. Jith Shy | 58. Maheswary. M. Shy |
| 24. Ananthapadmanabham. UR Shy | 59. Meenakshi. S. Shy |
| 25. Anuram. Ravandran. Shy | 60. Mubina. T. S. Shy |
| 26. Arjun. M. Shy | 61. Padma. Shy |
| 27. Gopika. S. S. Shy | 62. Pooja. Shy |
| 28. Hainendhan. K. A. Shy | 63. Smita. S. Shy |
| 29. Jina. K. S. SIMON Shy | 64. Saijani. Suman. Shy |
| 30. JUSTINU KRISHNA Shy | 65. Sarathraj. S. Shy |
| 31. Lekshmi priya. J. R. Shy | 66. Saumya. Krishna. Shy |
| 32. Menka. Anny Shy | 67. Sreejith. B. Shy |
| 33. Midhuna. UM Shy | 68. Vaishnavi. Shy |
| 34. Praveen. Kumar. D. Shy | 69. Vipin. V. G. Shy |
| 35. Sreelekshmi. PS Shy | 70. Vahnu. S. S. Shy |



ATTENDANCE REGISTER FOR THE MONTH OF

20

Sl. No.	Name	Designation	16-08	17-08	18-08	19-08	20-08	21-08	22-08	23-08	24-08	25-08	26-08	27-08	28-08	29-08	30-08	31-08	Working Days	Days present	Days absent	Leave taken	Remarks
36	Tammarah fathima		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
37	Angithi Krishna		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
38	Arya S Nain		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
39	Kailasanadhan A		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
40	Abhichandana R		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
41	Adhithyan K S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
42	Adithya vs.		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
43	Amrith - #		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
44	Anandhalekshmi		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
45	Anantha S J		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
46	Anjali		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
47	Aparna Raj R		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
48	Arya S A		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
49	Bumi B		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
50	Devika B S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
51	Divya K S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
52	Dhanalekshmi		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
53	Gayathri Soman		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
54	Kanitha Prasad		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
55	Jincy T		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	30	0		
56	Krishnapriya		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	26	4		
57	Maheshwari		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
58	Meenakshi S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
59	Muhina TS		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
60	Padma		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
61	Pooja		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	28	2		
62	Sandeep S kumar		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
63	Sanjana		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
64	Sarathraj		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
65	Sanyal Krishna		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
66	Sreejith B		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
67	Vaishnavi		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	27	3		
68	Vipin V G		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
69	Vishnu S S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	29	1		
70	Adithyan S S		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	30	25	5		

Department of Psychology
Add on Course
Yoga and Stress Management 2018-
2019

Sl. No.	Name of the Student	Total mark	Mark obtained
1.	Anagha B Murugan	20	18
2.	Aparna Raj A	20	19
3.	Arya Muraleedharan	20	18
4.	Aswathy K. S	20	17
5.	Gokul G. R	20	16
6.	D. Krishnapriya	20	20
7.	Rahul A. S	20	20
8.	Sandra P Prasad	20	18
9.	Tripta Nair	20	20
10.	Veena V Nair	20	15
11.	Abiram A. L	20	18
12.	Abirami S Nair	20	17
13.	Gokul Krishna A S	20	16
14.	Ardra S	20	18
15.	Gopika Krishna	20	19
16.	Kails B H	20	19
17.	Lekshmi. K S	20	17
18.	Lunch Justin	20	18
19.	Panchami P	20	19
20.	Prejith S	20	19
21.	Sumesh S	20	16
22.	Arya Mathew	20	18
23.	Akhila Ajith	20	17
24.	Ananathapadmanabhan	20	19
25.	Archana Ravendran	20	20
26.	Arjun M	20	17
27.	Gopika S S	20	17
28.	Harinandana	20	18
29.	Jimi Elsa Simon	20	17
30.	Jishnu Krishna	20	19
31.	Lakshmi Priya J R	20	19



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32.	Merlyn Mary	20	17
33.	Midhuna U M	20	18
34.	Praveen Kumar	20	19
35.	Sreelakshmi P S	20	18
36.	Thammanah Fathima	20	19
37.	Ankita Krishna	20	17
38.	Arya S Nair	20	18
39.	Kailasanadhan A	20	19
40.	Abhichandana R	20	18
41.	Adithyan K S	20	18
42.	Adithya V S	20	17
43.	Amritha H	20	19
44.	Ananthalekshmi	20	20
45.	Aneesha JJ	20	20
46.	Anjali	20	19
47.	Aparna R	20	20
48.	Arya S R	20	18
49.	Bumi B	20	19
50.	Devika B S	20	20
51.	Divya K S	20	16
52.	Dhanalekshmi	20	18
53.	Gayathri Soman	20	19
54.	Haritha Prasad	20	18
55.	Jincy T	20	19
56.	Krishnapriya	20	18
57.	Maheshwari	20	20
58.	Meenakshi S	20	20
59.	Muhsina	20	20
60.	Padma	20	18
61.	Pooja	20	19
62.	Sandeep S Kumar	20	20
63.	Sanjana	20	17
64.	Sarathraj	20	20
65.	Saranyakrishna	20	18
66.	Sreejith	20	19
67.	Vaishnavi	20	18



P. T. D

68.	Vipin V G	20	19
69.	Vishnu S S	20	20
70.	Adithyan S	20	18

Pt



**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/Smtattended/participated in
the.....conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year

Head of the department

Principal

REPORT OF ADD ON COURSE ON YOGA AND STRESS MANAGEMENT (2018-19)

THIS ADD-ON COURSE WAS INTRODUCED TO STUDENTS TO BENEFIT THE TEACHINGS OF YOGA IN STRESS MANAGEMENT. 70 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.



Prath
Dr Prathibha S Nair