

Role of Yoga in Mental Development Workshop

Conducted on **05 December 2019**

**ST. JOHN'S COLLEGE
ANCHAL, KOLLAM**

**ROLE OF YOGA
IN MENTAL
DEVELOPMENT**

**Venue : ST. GREGORIOS AUDITORIUM
05th December 2019 at 11.30 am onwards**

Jointly organized by
**Sports Club, Women's Study Unit,
St. John's College, Anchal**

Yoga Trainer : **Ms. PRASEETHA PRABHAKARAN**
Indimasi, Healing Village, Thiruvananthapuram

Report

Introduction:

The "Role of Yoga in Mental Development" workshop, held on 05 December 2019 at 11.30 am aimed to explore the profound impact of yoga on mental well-being. The workshop was organized by Sports club, Women's Study Unit , St John's College Anchal and featured experts in the field of yoga and mental health. The Yoga Trainer **Ms. Praseetha Prabhakaran**, Indimasi, Healing Village, Thiruvananthapuram was guided the class.

Objectives:

- To understand the principles of yoga and its connection to mental development. To explore practical yogic techniques for mental well-being.
- To promote awareness about the holistic benefits of integrating yoga into daily life.
- Guided yoga session focusing on breathing exercises and mindfulness.
- Demonstration of asanas beneficial for mental health.

Feedback:

Participants overwhelmingly expressed satisfaction with the workshop, noting the practicality of the sessions and the informative nature of the discussions. Many shared that they felt motivated to incorporate yoga into their daily lives for mental well-being.