



SREE CHITRA THIRUNAL COLLEGE OF ENGINEERING



YOGA & MEDITATION AWARENESS PROGRAMME 2020

VENUE : Online, Google Meet

Date: 25th & 26th July 2020

Report on Yoga and Meditation Programme by Heartfulness at Sree Chitra Thirunal College of Engineering

Date: 25th and 26th July 2020

Venue: Online, Google meet

Introduction: Sree Chitra Thirunal College of Engineering organized a Yoga and Meditation Programme in collaboration with Heartfulness on the 25th and 26th of July 2020. The event aimed to promote holistic well-being among students and staff members, fostering mental and physical health through the practices of yoga and meditation.

Programme Overview: The two-day event featured a series of sessions dedicated to various aspects of yoga and meditation, conducted by experienced instructors from the Heartfulness organization. The programme was designed to introduce participants to the fundamentals of yoga asanas, pranayama techniques, and mindfulness meditation practices.

Day 1 Highlights:

- The programme commenced with an opening ceremony, welcoming participants and setting the tone for the event.
- Sessions on basic yoga asanas were conducted, focusing on proper alignment, breathing techniques, and their benefits for physical health and flexibility.
- Participants were guided through relaxation exercises to release tension and promote a sense of inner calmness.
- Introduction to Heartfulness meditation techniques, emphasizing the importance of connecting with the heart and cultivating self-awareness.

Day 2 Highlights:

- Advanced yoga sessions were conducted, building upon the foundational asanas introduced on the first day.
- Participants were introduced to pranayama practices, including deep breathing exercises aimed at improving respiratory health and enhancing vitality.
- Mindfulness meditation sessions were conducted, guiding participants towards a deeper state of inner stillness and mental clarity.
- The programme concluded with a closing ceremony, providing participants with an opportunity to reflect on their experiences and insights gained during the two-day event.

Impact and Feedback: The Yoga and Meditation Programme received positive feedback from participants, who expressed gratitude for the opportunity to learn and practice ancient techniques for holistic well-being. Many reported feeling rejuvenated, relaxed, and more focused after participating in the sessions. The event served as a reminder of the importance of incorporating mindfulness practices into daily life for maintaining mental and physical balance.

Conclusion: The Yoga and Meditation Programme by Heartfulness at Sree Chitra Thirunal College of Engineering provided a valuable opportunity for participants to explore the transformative power of yoga and meditation. By fostering awareness, relaxation, and inner peace, the event contributed to the holistic development of individuals, promoting a healthier and more balanced lifestyle. Such initiatives serve as a testament to the importance of prioritizing mental and physical well-being in educational institutions and communities at large.

Attendance of Yoga & Meditation Programme

25th July 2020 – Batch 4

SL NO:	NAME	Attendance
1	Abby Anish Varghese	✓
2	Abhijith A Menon	✓
3	Aboobacker M	✓
4	Ajith R T	✓
5	Akarsh N K	✓
6	Alan Sabu	✓
7	Aleena Thankam Linson	✓
8	Amith P	✓
9	Amrutha Sheleenderan	✓
10	Anandakrishna H	✓
11	Anandhu S	✓
12	Ananthan Unni M	✓
13	Angel Maria Gregorioso	✓
14	Antony J Alappat	✓
15	Arabhi M	✓
16	Arul R	✓
17	Arun Manoj	✓
18	Aryan Sajan Kulathinal	✓
19	Aswathy Shaji	✓
20	Aswin P S	✓
21	Aswin U R	✓
22	Aswin V B	✓
23	Athira D	AB
24	Athira Jayaram	✓
25	Chrislin Molly Varghese	✓
26	Cittu S L	✓
27	Devika S G	✓
28	Dhanya S Naik	✓
29	Efix Baby	✓
30	Farzeen A	✓
31	Febah Fazila	✓
32	Gauthami Aravind	✓
33	George P Zacharia	✓
34	Gokul P S	✓
35	Gokul Raj	✓
36	Gowrisankar	✓
37	Greeshma Biju R	✓
38	Harikrishnan T	✓
39	Harisankar J S	✓
40	Hridya Sreekumar	✓
41	Jijo Antony	✓
42	Juna Joy	✓
43	K Vignesh	✓
44	Kailas Nair S	✓
45	Keerthana M	✓
46	Kiran P	✓

47	Krishna Priya U S	✓
48	Krishna Srinivas	✓
49	Lekshmi D	AB
50	Mohammed Murshid	✓
51	N Sreelakshmi	✓
52	Nandana Lakshmi Jacob	✓
53	Nohan Joe Antony	✓
54	Parvati Viswanathan	✓
55	Prakash Roy	✓
56	R.A Sidharth	✓
57	Roshni G	✓
58	Rosmi Shaji	✓
59	S Nandakishore	✓
60	Sakkeer Husain K K	✓
61	Sandeep S L	✓
62	Shankar Krishnan U	✓
63	Subramaniam C N S	✓
64	Tapasvi Amruthalal	✓

Attendance of Yoga & Meditation Programme

25th July 2020 – Batch 1

SL NO:	NAME	Attendance
1	Abey C Philip	✓
2	Adhithya K P	✓
3	Aileen Abraham	✓
4	Ameena S Khan	✓
5	Aneena Sharaf	✓
6	Aneetta Thankachan	✓
7	Anjali S Nair	✓
8	Anju Das	✓
9	Anju Maria Sebastian	✓
10	Anugraha Vincent	✓
11	Aravind M G	✓
12	Arjun Babu S B	✓
13	Arjun Prasad	✓
14	Basim Mohammed Parapathil	✓
15	Bhagya R	✓
16	Bhagya V M	✓
17	Daina Mathew	✓
18	Devanarayan S Nair	✓
19	Devika Pradeep	✓
20	Diya Pradeep	✓
21	Gauri Parvathi Narayanan	✓
22	Gautham Prasad Malini	✓
23	Gayathri Gopan	✓
24	Gowri M S	✓
25	Jijo Jose	✓
26	Jyothi Lekshmi	✓
27	Jyothika C	✓
28	Krishnadev B K	✓
29	M. Poorna Sneha	✓
30	Maria Paul	✓
31	Mayuri M	✓
32	Merrin Sairah James	✓
33	Mridula S	✓
34	Navaneeth Baiju	✓
35	Navya Anna Roy	✓
36	Neethu Jose	AB
37	Neha Ashok.A	✓
38	P Varadha Priya	✓
39	Parvathi Vinayan	✓
40	Pournami A S	✓
41	Rahul Baiju Nair	✓
42	Revathi. R. Kumar	✓
43	Riya P R	✓
44	Safna N	✓
45	Sameera Miraj	✓
46	Senorita Berchmans	✓

47	Serin G S	✓
48	Shaanah Fazal	✓
49	Shehna S	✓
50	Sivajeeva Raj P	✓
51	Sreelekshmi B	✓
52	Veena R V	✓
53	Vishakh.S	✓