



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. **Title of the program** : Workshop on *“Mental Health and Wellness”*
2. **Name of the Coordinator/s** : Ms.Saipriya Sudarsan & Ms.Sreeja V S
3. **Organizing Department/Cell** : Economics Department
4. **Date** : December 20, 2022
5. **Number of participants**: 72
6. **Venue**: Seminar Hall
7. **Resource Person/s** : Mr Gopi Krishnan. P.T & Ms. Dilphy K S, Senior Art of Living Trainers
8. **Objective of the Program**: To understand the importance of breathing techniques in our daily life among students.
9. **Detailed description of the event**:

The Department of Economics and Vimukthi Club of SNM College, Maliankara in association with Art of Living jointly organized a Workshop on Mental Health and Wellness on December 20, 2022, Tuesday at 11:30 in the College Seminar hall. The resource persons for the workshop are Mr. Gopi Krishnan. P.T & Ms. Dilphy K S, Senior Art of Living Trainers for kids, adults, and youth with an experience of more than 16 years. More than 150 students participated in this workshop. By doing so many yogasanas the trainers helped the students to understand the importance of breathing techniques in our daily life.
10. **Outcome of the event/Evaluation by Program Coordinator**: The program was well organized and the staff and students of the Economics department participated in this program. By doing so many yoga asanas the trainers helped the students to understand the importance of breathing techniques in our daily life.

11. Brochure

SNM COLLEGE MALIANKARA
DEPARTMENT OF ECONOMICS
&
VIMUKTHI CLUB
in association with
Art of Living

WORKSHOP ON
MENTAL HEALTH AND WELLNESS

Date: 20/12/2022 Time: 11:30 am
Venue: Seminar hall

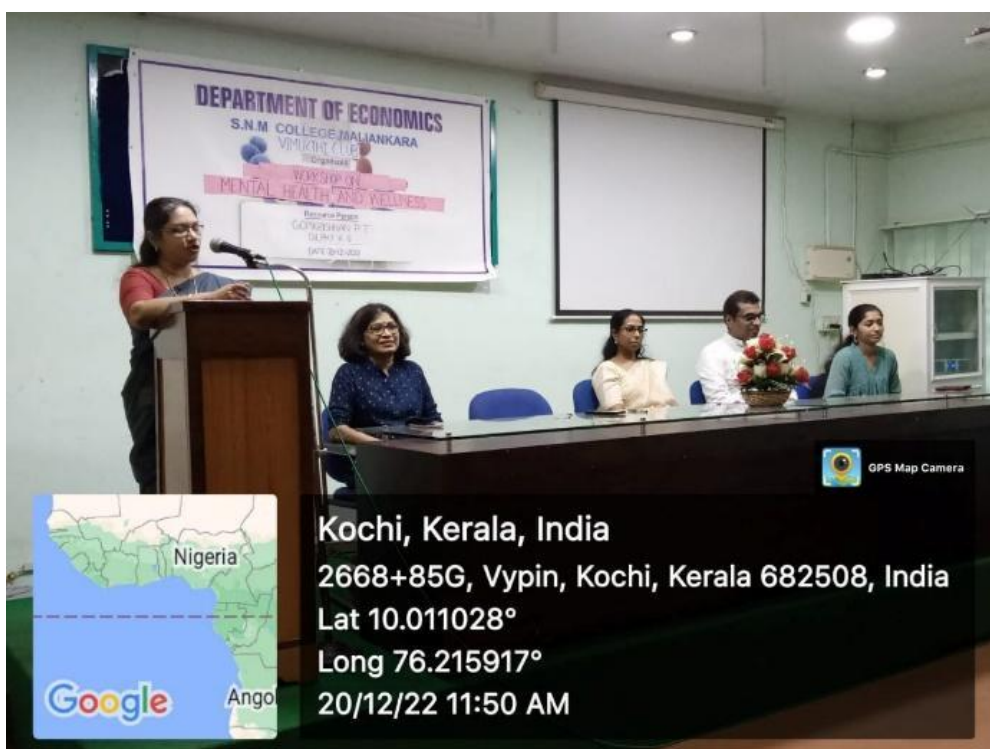
Make a small change and impact your health in positive ways.

Resource persons
Gopi Krishnan.P.T & Dilphy K.S,
Senior Art of living Trainers

We CHOOSE
wellness

SLOW DOWN	KEEP CALM	BE POSITIVE	TAKE IT EASY
UNPLUG	ENJOY LIFE	HAVE FUN	BREATHE
RELAX	GO OUTSIDE	😊	MEDITATE

12. Photos





12. List of participants

WORKSHOP ON MENTAL HEALTH & WELLNESS in association with Art of Living & Vimukthi Club.

20/12/2022.

The department of Economics & Vimukthi Club in association with Art of Living organised a workshop on December 20th, Tuesday at 11:30am in the College Seminar Hall.

1. Dr. Jilha. T.H (Principal)
2. Adilawaha P.T.
3. Dilipky. K.S
4. Dr. Baijin - E.C (Course coordinator) - Baijin
5. Nitha. A.U (CNAAC Co-ordinator) - Nitha
6. V.P.M. K.D
7. G. Jyotsna
8. Sneha. V.S
9. Saipriya Sudarsan (Association Convener) - Saipriya
10. Nikhil. M.B

Students - Name	Class	Signature
11. Abin Sebastian	BA II	Abin
12. JOYEL K. Binu	BA I	Joyel
13. Athul Raj C.D	BA I	Athul
14. Arani K.S	1 st M.A Eco.	Arani
15. Darsana S.	"	Darsana
16. Nishanjanee	"	Nishanjanee
17. Lavanya	"	Lavanya
18. Anjana C.J	"	Anjana
19. Ramya	"	Ramya
20. Nimesha	"	Nimesha
21. AMALDEV K.R	BA II	Amal
22. Saathrav. K.S	BA II	Saathrav
23. Akhil. K.R	"	Akhil
24. IRshad	"	IRshad
25. Vandana Vyasani	"	Vandana
26. Aswani O.P	"	Aswani
27. Devika Sunil	"	Devika
28. Roshina K.S	"	Roshina

27.	Nardana pradhep	II B.A	Nardana
30.	Krishna C. Kannadi	"	Krishna
31.	Devika M.S	"	Devika
33.	Yadukrishna M.S	"	Yadukrishna
34.	Anyananda Rajesh	"	Anyananda
35.	Amitha.VS	"	Amitha
36)	Asjun	"	Asjun
37)	Akhila K.R	I B.A	Akhila
38)	Francy K.F	"	Francy
39)	Ashmi T.S	II BA	Ashmi
40)	Hridya Umni	"	Hridya
41)	Aswathy E.P	"	Aswathy
42,	Pooja P.P	"	Pooja
43)	Axusree C.A	"	Axusree
44)	Anjural P.V	"	Anjural
45)	Noufitha A.F	"	Noufitha
46)	Aswin P.A	I st BA	Aswin
47)	Aleena Sajjan	"	Aleena
48)	Yedumanask G	"	Yedumanask
49)	Anitha Griveesan	"	Anitha
50)	Nehal N.M	"	Nehal
51)	Parav P.A	"	Parav
52)	KIRAN KIRKUNNA KR	I. B.A.	KIRAN
53)	Sakthivel	"	Sakthivel
54)	ATHULYA DRASAN	"	ATHULYA
55)	Anu Krishna P.S	"	Anu Krishna
56)	Meenakshi C.S	"	Meenakshi
57)	Vidhura Mal M.V	II nd B.A	Vidhura
58)	Stiniya Stephen	"	Stiniya
59)	Anujitha C.S	I st BA	Anujitha
60)	Sagi Lakshmi .k.S	"	Sagi
61)	Kausiyya M.A	"	Kausiyya
62)	Amritha T.A	"	Amritha
63)	Adithya V.P	"	Adithya

64)	Rijoy Yesudas	I B A	Rijoy
65)	Deepak Vijayan &	"	Deepak
66)	Akhil K.S	"	Akhil
67)	Megha K.S	II B.A	Megha
68)	Laxima P.J	II B.A	Laxima
69)	Anasitha Sreeraga Nu	"	Anasitha
70)	Anasulada E.S	"	Anasulada
71)	Greethu M.O.I	"	Greethu
72)	Diya Dini	"	Diya