



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

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**A FRANSALIAN INSTITUTE OF HIGHER LEARNING**

## REPORT ON DEPARTMENT ACTIVITY - YOGA SESSION

<i>Title</i>	<i>Life Skill session on Yoga For a Better Life</i>
<i>Date Of Event</i>	<i>17/2/2023</i>
<i>Department/ Association</i>	<i>Hindi Department/ Surabhi Association</i>
<i>Venue</i>	<i>New Auditorium</i>
<i>Number Of Participants</i>	<i>29</i>
<i>Resource Person(S)With Qualification</i>	<i>Miss. Pratiksha Saini III Sem B.Com Student</i>

**Objective:** To improve the physical, mental and spiritual practice among students.

On behalf of Hindi Department – SURABHI ASSOCIATION: *YOGA SESSION* was conducted on 17/2/2023 for III Sem Hindi students. It was conducted by, Pratiksha Saini, a second year BCOM student. The session was attended by 29 students of III semester.

In college, young adults go through a developmental stage in which they experience many waves of success and failures, of happiness and disturbance. When failure and disturbances are not handled properly, students experience mental health and physical health issues which can be difficult to overcome without additional help or skills. But there is a good and easy tool that college students can use to fight stress, anxiety, and depression, which is, Yoga.

Yoga is essentially a physical, mental and spiritual practice. It includes the practice of yama

(personal ethics), niyama (social ethics), asana (physical postures), pranayama (breathing exercises), and meditation (science of relaxing the mind). In particular, the last three components can improve student mental health by teaching students to balance success and failures.

Overall, it was enjoyable and a learning experience for the students as they could practice the skill of aligning their mind and body. The students participated with enthusiasm and learnt various asanas with their peers.

**Outcome:** improved student mental health by teaching students to balance success and failures.

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