



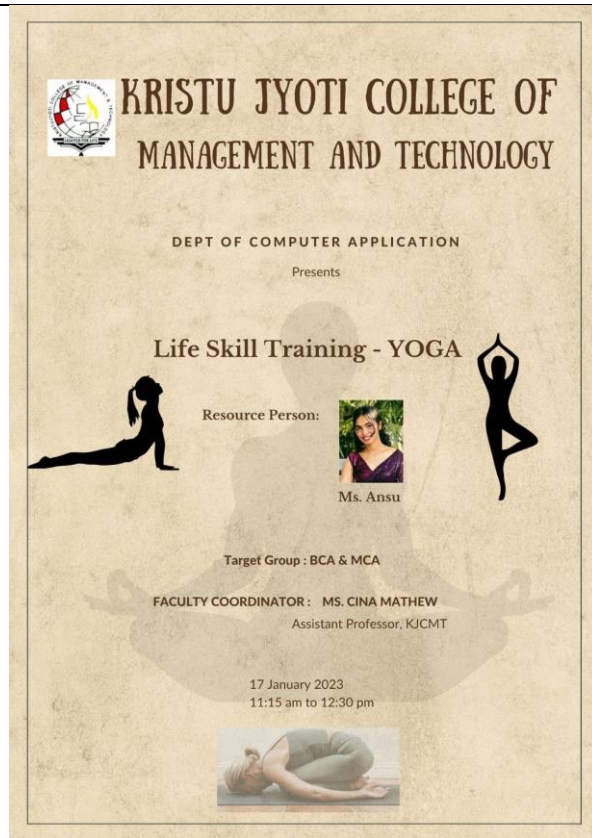
Kristu Jyoti College of Management and Technology

Chethipuzha, Kurisummoodu P. O Changanassery -686104

(Affiliated to Mahatma Gandhi University, Kottayam & Approved by AICTE, New Delhi)
(An ISO 9001-2015 Certified Institution)

Title of Activity	LIFE SKILL TRAINING-YOGA
Date	17 JAN 2023
Department	Department of Computer Application
Participants	MCA & BCA students
Mode	Offline
Faculty Coordinators	Ms. Cina Mathew
Report	<p>To maintain a balance between oneself and environment is necessary for every human. Despite nowadays greater emotional as well as physical needs are given more priority. This is a reason why people suffer more stress, anxiety and also insomnia which is mainly due to improper lifestyle and physical exercise. Therefore, we need methods and techniques for the attainment of health and harmony; in this respect, yoga acts as an aid to one's health.</p> <p>The word 'yoga' is derived from Sanskrit and means 'to join' / to unite'. Yoga exercises have a physical effect and bring a balance between body, soul and mind. Yoga helps us to deal with our problems, worries and everyday demands.</p> <p>The Class was conducted by the university champion Ms. Ansu Mariam. She gave awareness about the importance of yoga and trained the students the basic yoga and sooryanamaskar.</p> <p>It was a 2 hour session which was done outdoor.</p>

Photographs and Brochures





Name and Signature of Co-Coordinator

Ms Cina Mathew

Principal