

# 5 Days Stress Management Workshop

Using Yoga & Meditation  
Report Presented to College  
Authorities

# Introduction

- The institution organized a 5 Days Stress Management Workshop using Yoga and Meditation.
- The program focused on mental wellbeing, emotional balance, and stress resilience among students and staff.

# Objectives of the Workshop

- Create awareness about stress and its impact
- Introduce yoga and meditation as effective stress management tools
- Improve concentration and emotional stability
- Promote a healthy campus environment

# Workshop Structure

- Duration: 5 Days
- Separate sessions for different streams
- Methods: Yoga, breathing techniques, meditation, and interaction

# Day 1 – Science Stream



# Day 1 – Science Stream



# Day 2 – Arts Stream



# Day 2 – Arts Stream



# Day 3 – Commerce Stream



# Day 4 – NCC & NSS



# Day 4 – NCC & NSS



# Day 4 – NCC & NSS



# Day 4 – NCC & NSS



# Day 5 – All Staff Session



# Day 5 – All Staff Session



# Closing Ceremony



# Outcome & Conclusion

- Improved stress awareness among participants
- Positive feedback from students and staff
- Yoga and meditation proved to be effective tools
- Recommended for regular implementation