

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



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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