

4.1.2 The Institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports (Gymnasium, Yoga Centre, Auditorium, etc.)

YOGA ACTIVITY REPORT

2014 - 19

SACRED HEART COLLEGE, KOCHI

An Academic Journey with Yoga

Sacred Heart College

Thevara - 682013

A Beautiful ancient science, which help to develop a student or a scholar to evolve in to higher aspects of life is Yoga. Yoga is science as well as art which makes the union of one's internal energy with Universal energy, bringing a balance to his life and makes him/her very skilful in whichever the freld they opt in future. Understanding the benefits of Yoga Sacred Heart College, Kochi introduced Yoga as an integral part of the academic Journey.

In the Guidance and inspiration of Principal Fr. Johnson X Palakkapilil who himself is a Yoga practioner and with the support and encouragement of Dr. K A Raju, HOD of physical Education started offering Yoga Program for students. The department faculties Dr Ramya Ramachandran who voluntarily involved to encourage the program to a greater success with Yoga academic coordinator Smt Chethana Badekar.

In the year 2013 Yoga was introduced as a co-curriculum activity to understand the interest and demand of Yoga among the students. The massive response and queries made the institution to give yoga as a curriculum through open courses. SH College of Thevara presented yoga not only limiting to the asana it also introduced theories Ashtaanga Yoga of Sage Pathanjali, knowledge of human anatomy and related theories of Yoga. The yoga program was not limited the interested candidate it was also offered to all students in special occasions. SH College also conducted a well-planned International Day of Yoga since 2015. It also conducted sessions for NCC cadets & NSS volunteers with guidance of NSS program Officer Dr Ramya Ramachandran. In the year 2015 SH College selected yoga practicing students & participated in the M G University Intercollegiate Yoga Championship (details provided). SH also introduced Yoga for Sports Students for their betterment of focus and relaxation skills. College also included Yoga counselling for the relevant cases with the support of Mrs Rakhi, student Counsellor of the college. Appreciable effort was taken by Fr Antony of SH School of communication with support of his student team to produced more than 25 videos of Yoga and uploaded to media to bring awareness on Yoga and its importance to life



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Inauguration of Sacred Heart College Yoga Programmes:

On September 2013 a formal inauguration ceremony was conducted. Program inaugurated through lighting lamp by Principal, Fr. Prasant Palakkapillil CMI and organised by Dr. Raju KA, Smt Chethana Badekar. Institution offered yoga materials (like mat, cover bag to mat and kriya sets) without any charges to all participants of initial three batches. Yoga was conducted as indoor and outdoor practicing session.



Sacred Heart College Yoga Programs:

1. Co-curriculum Yoga Batch
2. Diploma in Yoga
3. Sports academy Yoga
4. International Day of Yoga
5. Counselling through Yoga
6. Yoga champions program
7. Yoga awareness through Social Media

Yoga Resource Persons:

Internal Faculty Members

1. Mrs Chethana Badekar
Yoga Coordinator & Faculty of Yoga
2. Dr. Raju K. A
HOD, Dept of Physical Education
3. Mr Sandeep (PhD)
Faculty of Physical Education
4. Dr. Remya Ramachandran
Yoga In charge of IYD and Faculty of Commerce
& NSS program officer

External Yoga Resources / Guests:

1. Girija B Nair, Director, Prajapathi Yoga Centre, 15th Cross Road,
Girinagar, Kadavantra, Kochi-682020

Sacred Heart College Mile stones of Yoga

1. Co-curriculum Yoga Batch 2013

Syllabus: General yoga sessions, syllabus oriented to develop Concentration, Reduce mental stress, practicing Meditation & Relaxation skills.

Timings of practice :

06:00am – 07:00am

04:00-05:00pm

Duration : 8Hr / month (Twice in a week)



Student Batch 2013

Name	Department	Class Number
Duniya Thambi	B. Com (Travel & Tourism)	1323
Jasna J N	B. A Sociology	314
Ranjith M R	B. A Sociology	305
Jyothy P K	B.A English	4026
Athira S	B.Sc. Physics	4436
Rosmi Abraham	B.Sc. Physics	4419
Dipu V D	B.Sc. Zoology	2703
Carol Babu	B.Sc. Botany	2641



Students Batch 2014

Name	Department	Class Number
Pradeek C. P	B.com Tax (Aided)	7864
Sreelakshmi P	B.Sc. Physics	525
Izam P Ijaz	B.Sc. Zoology	7737
Anna Kuriakose	B.Sc. Chemistry	7520
Vishnu Prakash	B.A English	104
Sethu John	B.A English	4011
Kannan K. A	B.A Economics	213
Arjun N	B.A Economics	202
Athira T.C	B.A Sociology	316
Merin D'silva	B.Sc. Mathematics	415

Students Batch 2015

Name	Department	Class Number
Pradeek C. P	B.com Tax (Aided)	7864
Sreelakshmi P	B.Sc. Physics	525
Izam P Ijaz	B.Sc. Zoology	7737
Anna Kuriakose	B.Sc. Chemistry	7520
Varsha S Lal	B. Com (Travel & Tourism)	1322
Jerin R	B.A Economics	215
Rony Rajan	B.Sc. Mathematics	404

Abhi P Suresh	B.A Sociology	304
Rehna Haridas R.H	B.A Sociology	312
Kavya R Nair	B.Sc. Mathematics	418



Students Batch 2016

Name	Department	Class Number
Rahul Pradeep	B.A Animation and GD	4020
Surya P	BBA	5422
Anoop N	BCA	5458
Joel Johnson	BCA	5462
Anjali John	B.Sc. Chemistry	2615
Swathy Krishna	B.Sc. Zoology	2853
Elizabeth George	B.Sc. Zoology	2822
Melvin Peter	B.A Economics	2815

Nabil Muhammed	B. Com Tax (SF)	8035
Jose Paul	B. Com Tax (SF)	8028

Students Batch 2017

Name	Department	Class Number
Navya S	B.Sc. Botany	805
Manju Manuel	B.Sc. Botany	813
Akhil K. A	B.A Economics	351
Samuel James	B. A English	4103
Remya E K	B. A English	4124
Anisha Biju	B. Com CA (SF)	5203
Anupama D	B. Com CA (SF)	5217
Kevin Paul	B.A Animation and GD	2020
Nikitha Unni	B.Sc. Physics	2508
Arya K Murali	B.Sc. Physics	2526



Students Batch 2018

Name	Department	Class Number
Teena Maria	B.A Sociology	6304
Treesa Joseph	B.A Sociology	6316
Akshay Mathew	BBA	7404
Gautham Krishna V S	BBA	7417

Zohaib Zafar Mohammed	BBA	7432
G Nandini	B.Sc. Mathematics	508
Adharsh T S	B.Sc. Mathematics	521
Ajay V Mathen	B. Com (Travel & Tourism)	5332
Tony Paul	B. Com (Travel & Tourism)	5316
Shilpa K	B.Sc. CA	4908



Students Batch 2019

Name	Department	Class Number
Treesa Joseph	B.A Sociology	6316
Manju Manuel	B.Sc. Botany	813
Akhil K. A	B.A Economics	351
Teena Maria	B.A Sociology	6304
Anna Rose Biju	B.A Economics	8208
Athul Krishna	B.A Economics	8244
Serin Simon	B.Sc. Zoology	8825
Vishnu K P	B.Sc. Zoology	8843
Jibin Varghese	B.Sc. CA	8905
Hima K H	B.Sc. CA	8911

2. Yoga open course:

Syllabus :

Yoga as academic program. Introduced as an optional subject. Introduced yoga theories like Pathanjali Yoga sutra – Ashtanga Yoga, Hata Yoga with Practical session on Asana, Pranayama & Yoga Nidra

Duration of the course: 30 Hrs Syllabus (Theory & Practical)





3. Yoga for Sports Academy:

Syllabus: Yoga was introduced to cricket students of SH College who are selected by Kerala Cricket Association. To improve their focusing skill and educate more on stress relieving skills and guided relaxation.

Year 2016-2018

Timings: 04:00-05:00pm

Duration: 8Hrs/ month (Twice in a week)

Participants

1. Anand Krishnan (2015- 2019)
2. Arjun Aji (2016-2019)
3. Jose S Perayil (2015-2019)
4. Liston Augustine (2015-2019)

4. International Day of Yoga

Organised by Dr.Remya Ramachandran, Asst Prof Commerce and NSS Programme officer, SH College, Thevara

Syllabus: As prescribed by Ministry of AYUSH

Targeted Students:

All Graduation and Post-Graduation interested candidates, NCC Cadets and NSS Volunteers

Invited Guest / Key Person: Girija B Nair, Prajapathy Yoga Centre Kochi

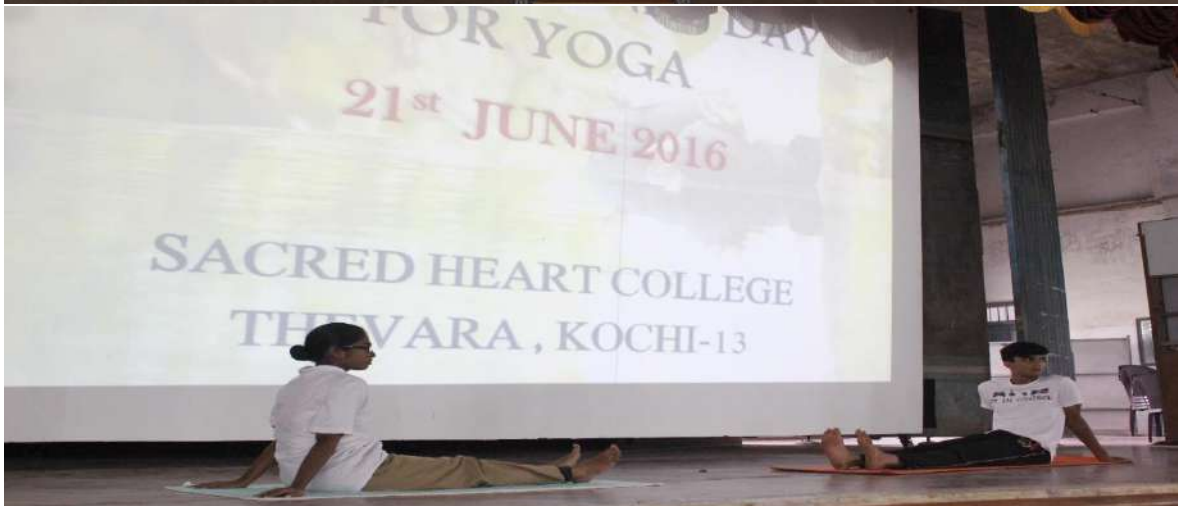
Sri. Babu Rajeev IAS (Rtd)

International Yoga Day **2015**



International Yoga Day 2016





International Yoga Day 2017









International Yoga Day 2018





International Yoga Day 2019







5. Counselling through Yoga

College have well established Counselling wing to support students undergoing stress and mind related issues. Relevant students are given counselling for their betterment. Remarkable difference found in cases

Person In-charge:

Mrs Raaki , Counsellor of SH College.

Yoga Therapist: Chethana Badekar

Syllabus : As per the candidate requirement

Timings : 04:00pm – 05:00pm

(No names are given as counselling is confidential)

6. Yoga Championship Program

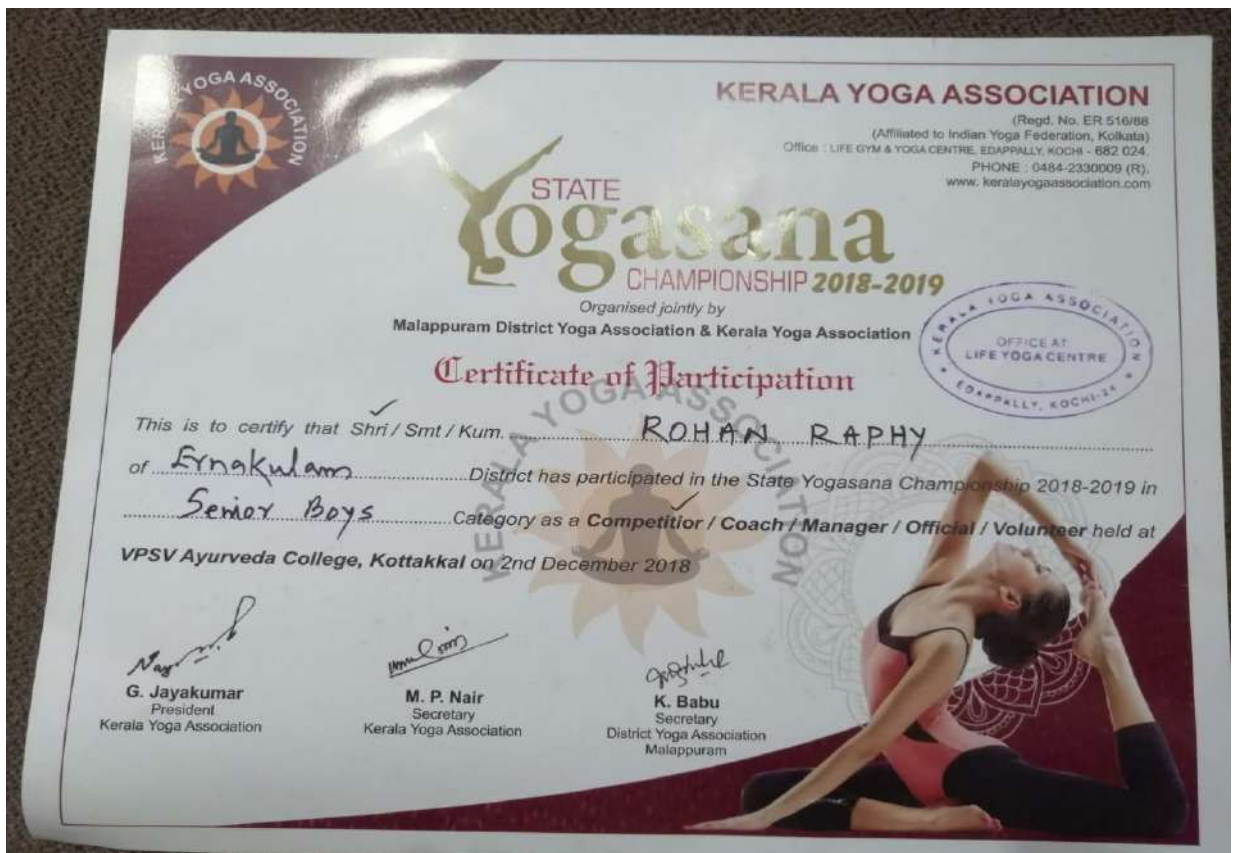
Syllabus: Course was designed for Yogasana & Kriys completions of MG University Championship programs since 2015

Timings : 07:00 – 08:00am (3months before the event)

Person In Charge:

Mr Sandeep Sunny, Assistant Professor, Dept. Physical Education

Sl.No	Name	Department
WOMEN SECTION		
1	LIYA ROSE	CHEMISTRY
2	ROSE MARY MATHEW	ECONOMICS
3	SANDRA JIMMI	CA
4	OLIVYA ANN MARIA THOMAS	ENGLISH
5	GREENA JOSEPH	ENGLISH
6	ARSHA THOMAS	PHYSICS
7	BRIGITH JACQULINE	ECONOMICS
8	RIYA REJIA	SOCIOLOGY
9	AISWARYA KUNJAPPAN	ENGLISH
10	ASWATHY JS	CHEMISTRY
MEN SECTION		
1	NEHAL N	PHYSICS
2	ROHAN RAPHY	BBA
3	ANTONY CORREYA	PHYSICS
4	ABIN PO	ZOOLOGY
5	BONEY BENADICT	SOCIOLOGY







7. Yoga awareness through Social Media

Person in Charge: Fr. Antony P T

School of Communication

SH College, Thevara

Objectives:

- To create awareness on importance of yoga
- To spread positive thought through yogic talks of short duration
- Introduce SH Yoga facilities

Outcome:

Long videos of 15-30mins about introduction of Ashtaanga Yoga

Short videos of 3-5mins about “Satvik Concepts of Daily life”

Uploaded through SH vision online channel

<http://youtu.be/dkwNjTZzz4k>

Conclusion of Yoga Report:

The above mentioned details of Yoga programs conducted at SH College Thevara from, 2013 to 2019 are true and syllabus was designed by the due consultation of Yoga Coordinator & respective officials. Students have seen great benefit and changes in their self-awareness skills and knowledge.


Place : Thevara

Yoga Academic Coordinator

Date: 08th Nov 2019



(Chethana Badekar)



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