




TERESIAN COLLEGE

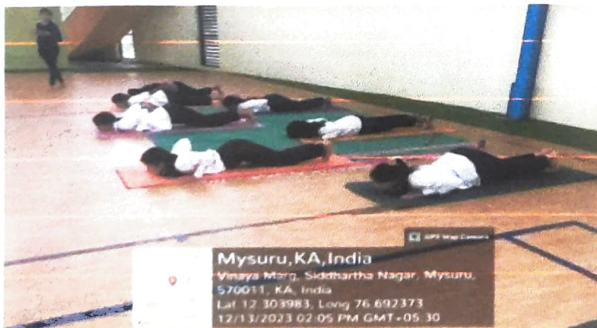
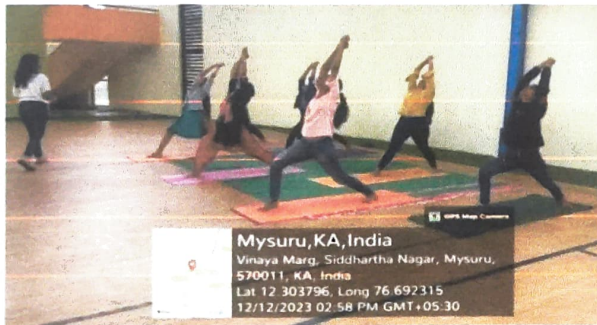
Department of Physical Education and Sports Science
(Affiliated to University of Mysore, Accredited by NAAC with 'A+' Grade, CGPA of 3.45-IV Cycle)

REPORT

Name of the Department/Committee:	Department of Physical Education and Sports Science		
Title of the Programme :	2 Weeks Yoga Coaching Camp on "Yoga and it's Benefits"		
Date:	December 12th 2023	Time:	8:00 AM
Venue:	Teresian College Indoor Sports Training Center		
No of staff participated:	02	No of students/ participated:	Women:60
Details of the organizing Department	Department of Physical Education: Mr. Anthony Moses		
Resource person Presence of the Staff	Ms. Swetha, Physical Education Teacher, Teresian Convent Mysore, Anthony Moses, Director of Physical Education and Sports, Department of Physical Education and sports science.		


 Department of Physical Education
 and seal of teacher
 Teresian College
 Mysore - 670 010


 Signature and seal of the
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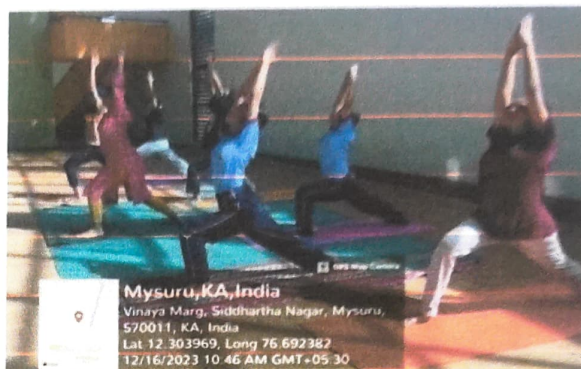


Report on the 2-Week Yoga Camp and Test: "Yoga and it's Benefits"
Organized by the Department of Physical Education
Date: 12th to 23rd December 2023

The Department of Physical Education successfully organized a two-week yoga camp and test on "Yoga and Its Benefits" for BA, B.Com, B.Sc., and BBA students. The event, conducted from 12th to 23rd December 2023, aimed to enhance students'

understanding of yoga and its health benefits. The camp was conducted in batches by the resource person, Mrs. Shwetha, a physical education teacher at Teresian Convent, Mysore, under the supervision of Mr. Anthony Moses, Director of Physical Education and Sports. Around 60 students actively participated and benefited from the program. Mrs. Shwetha guided the students through the history of yoga and its significance in promoting physical and mental well-being. She also demonstrated various asanas, explaining their health benefits and encouraging students to incorporate them into their daily routines.

At the end of the camp, a test was conducted to assess the participants' understanding and usage of yoga practices. The test was judged by recognised individuals **Kum. Madhushree** and **Kum. Sona S**, Inter-Collegiate Yoga Athletes and **Kum. Chithali**, All India Inter-University Representative Athlete



The event was highly appreciated by the participants, who expressed their gratitude for the opportunity to learn and practice yoga under expert guidance.


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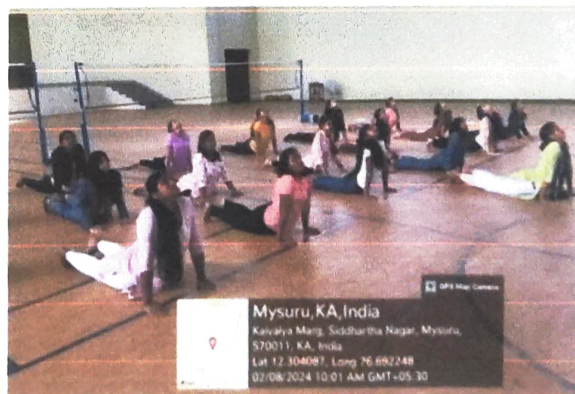
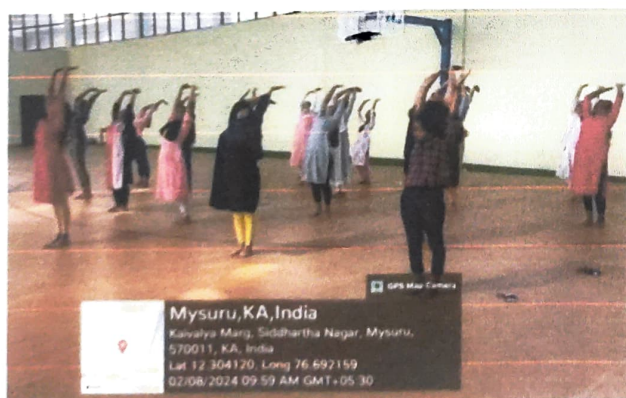
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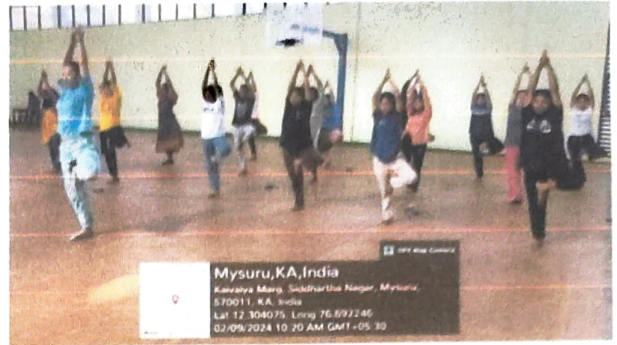
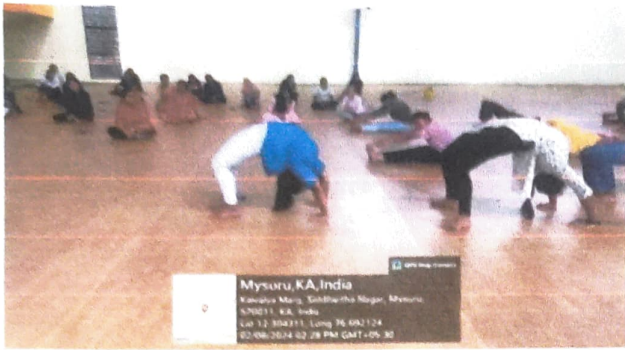
REPORT

Name of the Department/Committee:	Department of Physical Education and Sports Science		
Title of the Programme :	3 days Yoga Class for all the first year students		
Date:	February 6 th 7 th & 9 th 2024	Time:	8:00 AM to 4:00 PM
Venue:	Teresian College Indoor Sports Training Center		
No of staff participated:	02	No of students/ participated:	Women:250
Details of the organizing Department	Department of Physical Education: Mr. Anthony Moses		
Resource person Presence of the Staff	Ms. Swetha, Physical Education Teacher, Teresian Convent Mysore, Anthony Moses, Director of Physical Education and Sports, Department of Physical Education and sports science.		


Signature and seal of teacher
Coordinator
Teresian College
Mysore - 570 018


Signature and seal of the
Principal
TERESIAN COLLEGE
MYSORE





Report on 3-Day Yoga Fitness and Wellness Class

Date: 6th to 9th February 2024

The Department of Physical Education successfully organized a 3-day Yoga Fitness and Wellness Class for all first-year students of BA, B.Com, B.Sc., BBA, and BCA programs at Teresian Indoor Sports Training Centre. The event aimed to promote health, fitness, and mindfulness among the students. The sessions were conducted batch-wise by the esteemed resource person, **Mr. Ravi T.S.**, a renowned Yoga Coach from the University of Mysore, under the guidance of **Mr. Anthony Moses**, Director of Physical Education and Sports. Around 250 students actively participated in the program.

Mr. Ravi T.S. emphasized yoga practices focused on weight loss, overall fitness, and healthy living. He demonstrated a variety of asanas and explained their health benefits. Students gained valuable insights into maintaining physical and mental well-being through yoga. The program concluded with positive feedback from the students, who expressed their enthusiasm for incorporating yoga into their daily routines.


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