


MMK & SDM MAHILA MAHA VIDYALAYA
KRISHNAMURTHY PURAM, MYSORE



Youth Red Cross

Report on Yoga Session Program.

Prepared by:
Syed Sadath
Program officer
Youth Red Cross


PRINCIPAL
MMK & SDM Mahila Mahavidyalaya
Krishnamurthypuram, Mysore-570 600

1. INTRODUCTION :

On 26/03/2024, The Youth Red Cross (YRC) initiated Yoga Session Program in collaboration with the Rangers Unit Of MMK & SDM Mahila MahaVidyalaya, Organizing yoga sessions is important for promoting the physical, mental, and emotional health of youth, empowering them to lead happier, healthier lives and fostering a thriving, resilient community.

2. OBJECTIVES:

A consolidated list of objectives for a yoga session organized by a Youth Resource Club (YRC):

1. **Physical Health:** Improve physical fitness, flexibility, strength, and balance through yoga postures and movements.
2. **Mental Well-being:** Promote relaxation, stress reduction, and mental clarity through breathing exercises and mindfulness practices.
3. **Emotional Regulation:** Teach techniques for managing emotions, reducing anxiety, and enhancing emotional resilience through yoga and meditation.
4. **Self-awareness and Mindfulness:** Cultivate self-awareness, present-moment awareness, and mindfulness skills to enhance focus, concentration, and attention.
5. **Stress Management:** Provide tools and strategies for coping with stress, pressure, and challenges in everyday life through yoga and relaxation techniques.
6. **Social Connection:** Create a supportive and inclusive environment where participants can connect with each other, share experiences, and build a sense of community.
7. **Body Positivity and Acceptance:** Foster a positive body image, self-acceptance, and self-esteem by encouraging participants to honor and appreciate their bodies through yoga practice.
8. **Life Skills Development:** Offer opportunities for personal growth and development, such as goal-setting, resilience-building, and problem-solving skills, within the context of yoga practice.


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3. Proceedings of the Program:

Icebreaker or Warm-up Activity:

- Engage participants with a short icebreaker activity or gentle warm-up exercises to help them relax and transition into the session.

Educational Component:

- Provide a brief introduction to yoga philosophy, principles, and its benefits for physical, mental, and emotional well-being.
- Offer insights into specific techniques, such as yoga postures (asanas), breathing exercises (pranayama), and meditation.

Guided Yoga Practice:

- Lead participants through a series of yoga postures and movements, focusing on proper alignment, breathing techniques, and mindful awareness.
- Offer variations and modifications to accommodate different levels of experience and physical abilities.

Breathing Exercises and Meditation:

- Guide participants through various breathing exercises (pranayama) to promote relaxation, calmness, and mental clarity.
- Lead a guided meditation or mindfulness practice to cultivate present-moment awareness and inner peace.

Reflection and Discussion:

- Allow time for participants to reflect on their experiences during the yoga practice and share any insights or observations in a group discussion.
- Encourage participants to ask questions, seek clarification, or share personal reflections related to the session's themes.

Closing and Integration:

- Offer closing remarks, expressing gratitude to the participants for their participation and engagement.
- Provide suggestions for integrating the benefits of yoga practice into their daily lives, such as setting intentions, establishing a regular practice routine, or seeking further resources for continued learning.


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4, IMPACT:

The impact of a yoga session organized by a Youth Resource Club (YRC) can be significant and multi-faceted, affecting participants in various ways:

1. **Physical Health:** Participants may experience improvements in physical fitness, flexibility, strength, and overall well-being as they engage in yoga postures and movements.
2. **Mental Well-being:** Yoga sessions can promote relaxation, stress reduction, and mental clarity, leading to reduced feelings of anxiety, depression, and overall improved mental health.
3. **Emotional Regulation:** Through practices such as breathing exercises and meditation, participants may develop greater emotional resilience, self-awareness, and the ability to manage their emotions more effectively.
4. **Social Connection:** Yoga sessions provide opportunities for participants to connect with others in a supportive and inclusive environment, fostering a sense of community and belonging.
5. **Self-awareness and Mindfulness:** Participants may develop a deeper sense of self-awareness, mindfulness, and present-moment awareness, which can enhance focus, concentration, and overall cognitive functioning.
6. **Stress Management:** Participants learn valuable tools and techniques for coping with stress, pressure, and challenges in their daily lives, leading to improved stress management skills and a greater sense of calmness and balance.
7. **Body Positivity and Acceptance:** Engaging in yoga practice can promote a positive body image, self-acceptance, and self-esteem, as participants learn to honor and appreciate their bodies regardless of shape, size, or ability.

5, NO OF STUDENTS ATTENDED:

20 STUDENTS


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6, OUTCOME:

The outcomes of a yoga session organized by a Youth Resource Centre (YRC) can manifest in various ways, reflecting the impact of the session on participants' lives. Here are some potential outcomes:

1. **Improved Physical Health:** Participants may experience increased flexibility, strength, and endurance, as well as reduced physical tension and discomfort.
2. **Enhanced Mental Well-being:** Participants may report reduced levels of stress, anxiety, and depression, along with improved mental clarity, focus, and overall emotional well-being.
3. **Better Emotional Regulation:** Participants may develop greater self-awareness, emotional resilience, and the ability to manage their emotions more effectively in challenging situations.
4. **Increased Social Connection:** Participants may feel a greater sense of belonging, connection, and support within the YRC community, leading to stronger social bonds and relationships.
5. **Heightened Self-awareness and Mindfulness:** Participants may cultivate a deeper understanding of themselves, their thoughts, feelings, and behaviors, as well as an increased ability to live in the present moment with mindfulness and awareness.
6. **Enhanced Stress Management Skills:** Participants may acquire practical tools and techniques for coping with stress, pressure, and adversity in their daily lives, leading to *improved stress management and resilience.*

7. Timetable of the program:

DATE: 26/03/2024

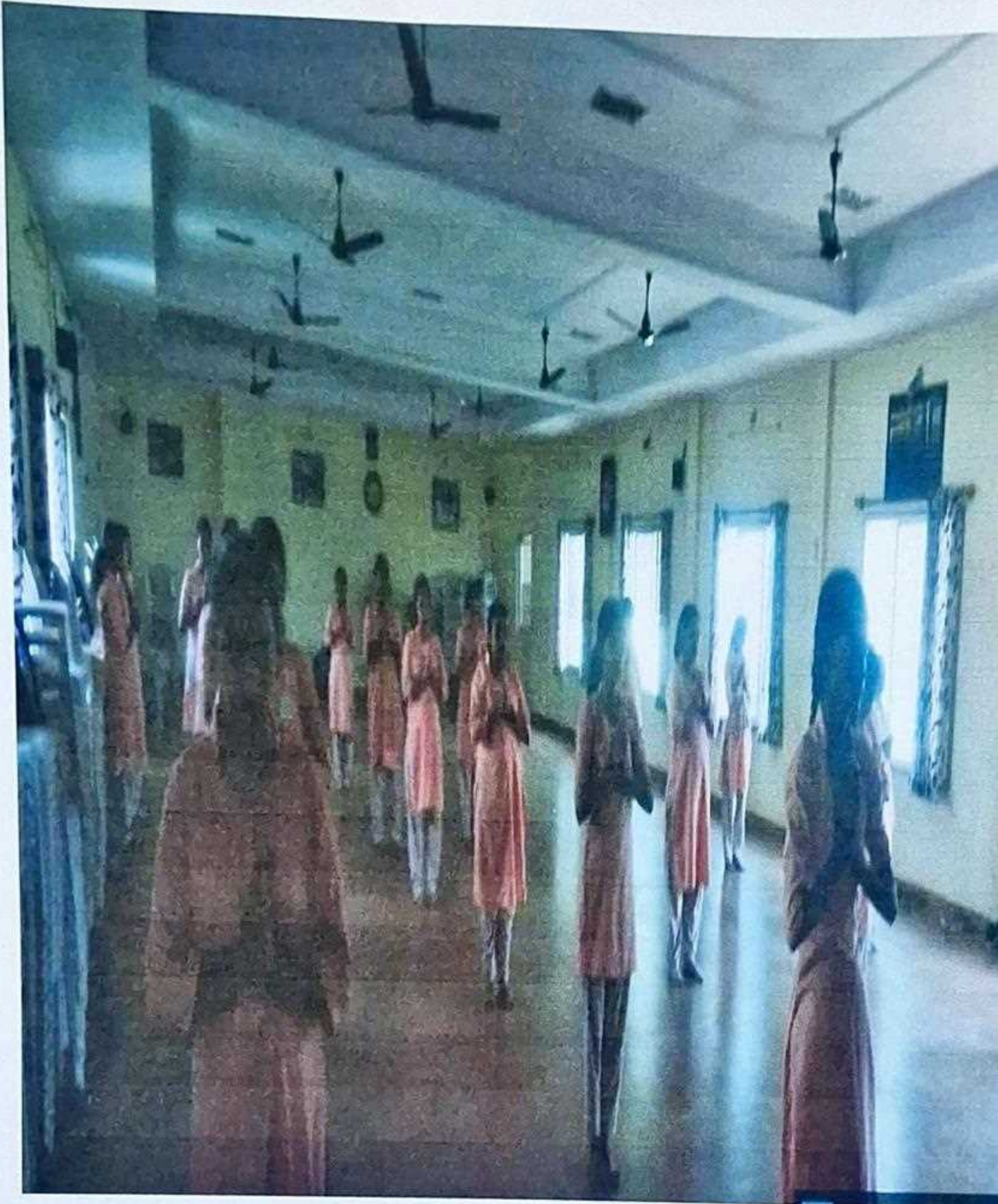
TIME: 08:30 AM to 10:00 AM

NAME OF THE FACULTY INVOLVED: Syed Sadath, YRC Program Officer and Malathi, Ranger unit Leader.

VENUE: College Auditorium.


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Photos:



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 **GPS Map Camera**




Mysuru, Karnataka, India

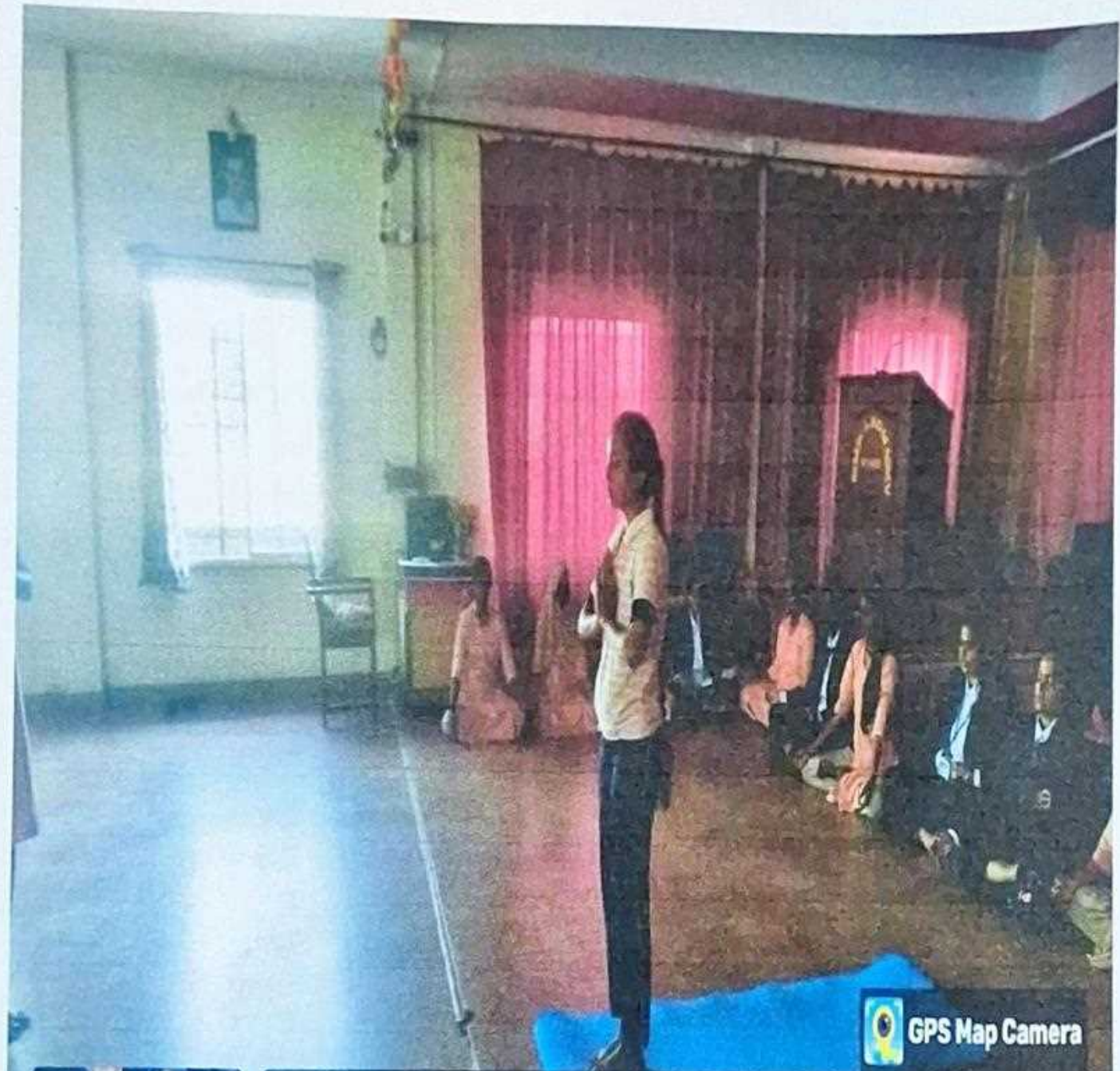
12881, 3rd Cross Road, Krishnamurthy Puram, Mysuru, Karnataka 570008, India

Lat 12.293902°

Long 76.643464°

26/03/24 09:58 AM GMT +05:30


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 GPS Map Camera




Mysuru, Karnataka, India

12881, 3rd Cross Road, Krishnamurthy Puram, Mysuru, Karnataka 570008, India

Lat 12.293894°

Long 76.643446°

26/03/24 09:58 AM GMT +05:30


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(Managed by: SDME Society, Ujire)

Mysore Makkala Koota &

SHRI DHARMASTHALA MANJUNATHESWARA MAHILA MAHAVIDYALAYA

Krishnamurthypuram, Mysore - 570 004

Prof. Sainath Malligemadu
Principal

Dr. D Veerendra Heggade
President: SDME Society,
Ujire.

Ref No.: MMK&SDM/MMV/

/2023to 2024 Date:

**List of YRC Volunteers Participated in Yoga session on
26/03/2024**

SLNO	STUDENT NAME	CLASS	ROLL NO	SIGNATURE
1	Reethu Singh S	I BCA "A"	23548	Reethu Singh
2	Deeksha M.R	I BCA "A"	23508	Deeksha M.R
3	Devika P C	I BCA "A"	23510	Devika P C
4	Pareeksha S	I B.COM 'A'	23722	Pareeksha S.
5	DIYA B.R	I B.COM 'A'	23710	Diya B.R
6	MOKSHA M.C	I B.COM 'A'	23730	Shreevidya
7	Jahnavi H.C	I B.COM 'A'	23713	Jahnavi H.C
8	Gagana G N	I B.COM 'A'	23711	Gagana G N
9	Mahadevamma	I BCA "A"	23525	Mahadevamma
10	Deeksha S	III BBA	21914	Deeksha S
11	Navya	I BCA "A"	23535	Navya


PROGRAM OFFICER


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Prof. Sainath Malligemadu
Principal

Dr. D Veerendra Heggade
President: SDME Society, Ujire.

Ref No.: MMK&SDM/MMV / / 20____ to 20____

RANGER VOLUNTEERS LIST 2023-24

Fit India programm , yoga participants list

Venue: College Auditorium

Date: **26-3-2024**

Si No	Name	Class	Signature
1.	Hamsachandana U A	I Bsc (Mcs)	Hamsachandana
2.	Spoorthi K S	I Bsc (Mcs)	Spoorthi
3.	Keerthana S	I Bsc (Mcs)	Keerthana
4.	Harshini R	IBsc (Mcs)	Harshini. R
5.	Nanditha M	I Bsc (Mcs)	Nanditha. M
6.	Sinchana B M	I Bsc(Mcs)	Sinchana. MB
7.	Bhanupriya	II BBA	Bhanupriya
8.	Jeevitha H S	I Bcom B	Jeevitha H.S
9.	Riya K K	I Bcom B	Riya. K.K
10.	Thejashwini R	I BCA	Thejashwini. R

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