



Office-Principal

**Govt. Jagannath Munnalal Choudhary Mahila
Mahavidyalaya, Mandla, Madhya Pradesh**



Towards Excellence...

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Report

Title of the Activity: Training Programme on Yoga

The National Service Scheme Unit of Government Jagannath Munnalal Choudhary Mahila Mahavidyalaya, Mandla, Madhya Pradesh organised a training programme on Yoga on 12.01.2018 in collaboration with Internal Quality Assurance Cell.



In the training programme, the trainer of the programme Smt. Vijya Shyam (N.S.S. In charge) explained various aspects of Yoga. She also made aware the participants of some important asanas of Yoga.

Objectives:

To equip participants with a deep understanding of yoga principles, practices, and teaching methodologies, empowering them to become certified yoga instructors.

Programme Highlights:

- Comprehensive coverage of yoga fundamentals, practices, and teaching methodologies.
- Expert faculty with extensive yoga experience.
- Interactive and practical sessions, including group practices and teaching exercises.
- Case studies and scenario-based learning

- Mentorship and feedback

Participant Feedback:

- The programme exceeded my expectations, providing a holistic understanding of yoga.
- The faculty was knowledgeable and supportive, creating a conducive learning environment.
- The practical sessions and teaching exercises helped me build confidence in my teaching abilities.

Key Takeaways:

- In-depth understanding of yoga principles and practices
- Effective teaching methodologies and class planning strategies
- Ability to adapt yoga practices for diverse populations and needs
- Enhanced personal practice and self-awareness

Recommendations:

- Continue to offer such comprehensive training programmes
- Provide opportunities for further specialization and advanced training
- Encourage alumni to share their experiences and best practices

The training programme on yoga was a resounding success, empowering participants to become confident and compassionate yoga instructors. We look forward to continuing to offer such programmes, contributing to the growth and well-being of individuals and communities.

In the training programme, 25 students and all the staff members actively participated.

VShyam
Trainer:

Smt. Vijya Shyam
N.S.S. In charge

S.N. Khare
Organizer:

Dr. S.N. Khare
Coordinator, IQAC

Principal

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