



# PSN ENGINEERING COLLEGE

## Melathidiyoor, Palayamkottai Taluk, Tirunelveli-627152

An ISO 9001:2008 certified institution

(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai)

### REPORT ON WORKPLACE YOGA REDUCING STRESS IN EMPLOYEES

|                          |  |
|--------------------------|--|
| Name of the Program      | <b>Workplace Yoga Reducing Stress in Employees</b> |
| Conducted on             | Dec 2 <sup>th</sup> 2019 (1day)                    |
| Duration                 | One day  |
| Venue                    | PSNEC Seminar Hall                                 |
| Number of participates   | 158  |
| Dept/Year/Semester       | S&H Department /I/ I                               |
| Resource Person          | Mr.Mohan,Physical director                         |
| Objective of the Program | To Motivate the students with life oriented skills |

The Program started on 02.12.2019 at 10 a.m with the welcome addressed by **Ms.U.Arumuga Avudaiammal Assistant professor of Science & Humanity PSN Engineering College**. The first day our chief Guest **Mr.Mohan,Physical director**, spoke about the Technic & Benefits of meditation and the technique of rejuvenation through cleaning the heart/mind.

Also he dealt with How does yoga help in workplace? We know that yoga **reduces stress, improves focus and improves energy**. Office yoga can also help manage chronic health conditions. Cancer, insomnia, high blood pressure, and even depression can improve with regular yoga.

Further he stated about . How yoga can reduce work related stress?

**Yoga encourages mental and physical relaxation**, which helps reduce stress and anxiety. The physical postures promote flexibility, relieve tension, and alleviate pain. Yoga poses may help release physical blockages like muscle knots, helping release emotions and tension

Practicing yoga not only **improves physical health but also looks after mental well-being by calming the mind; propelling you to excel in axes personal and professional undertakings**. If anyone wants to be at one with yourself and take your career to new heights, these are the three ways in which yoga can help.

Students are more interested and participative.

Finally the vote of thanks was expressed by Mr.Giftson Boaz B, Assistance professor, Department of Science and Humanity, PSN Engineering college.

Dr. C. Selvam Prudhan  
Professor of Mech & Auto  
Director - IQAC  
PSN Engineering College  
Tirunelveli 627152





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The photo copies of the program:



**Workplace Yoga Reducing Stress in Employees on 02/12/2019**

**Summary:**

1. The life skill program for students to be conducted on Dec 2<sup>th</sup> 2019 seminar hall of PSNEC.
2. Students get motivated with skills which will improve themselves.

*[Signature]*  
 5/12/2019  
**Incharge**

*[Signature]*  
 5/12/2019  
**Coordinator**

*[Signature]*  
 5/12/2019  
**Director**  
 (IQAC)

*[Signature]*  
**Principal**

Dr G Satish Pandian  
 Professor of Mech & Auto  
 Director - IQAC  
 PSN Engineering College,  
 Tirunelveli 627152