


TRAINING ON 

SIMPLE RELAXATION TECHNIQUE

WITH
MS SHABEENA SUKUMAR

AT 10.30 AM
06 MARCH, 2023



Principal

Wadihuda Institute of Research
and Advanced Studies (WIRAS)
P.O. Vilayancode, Kannur Dt, Pin: 670504



WADIHUDA

WIRAS

WADIHUDA INSTITUTE OF
RESEARCH & ADVANCED STUDIES

PG DEPARTMENT OF PSYCHOLOGY

1st March 2023

From

HOD
PG Department of Psychology
WIRAS

To

Principal
WIRAS

Respected Sir,

PG Department of Psychology is planning to organize a training on Simple Relaxation Technique on 6 th March 2023 from 10.30 AM at WIRAS campus. Ms. Shabeena Sukumar, Yoga instructor, Kannur will be the resource person. Kindly approve the program.

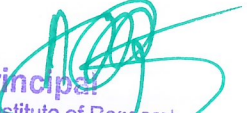
Thanking You

HoD

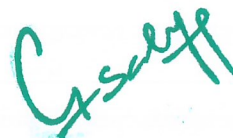
PG Department of Psychology

SUBAIR. M, M.Sc. M.Phil.
Head, P. G. Dept. of Psychology
WIRAS, Vilayancode




Principal
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and Advanced Studies (WIRAS)
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Approved by



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SIMPLE RELAXATION TECHNIQUE

10:30 AM @ WIRAS ON 6 March 2023

PROGRAMME SCHEDULE

Time	Address	Speaker	Designation
	Prayer		
	Welcome Address	Ms Sahla Abdurahman	Asst Professor, PG Department of Psychology
	Inaugural Address	Dr Ashraf Vazapulli	Principal WIRAS
10.30am - 11.00 am	Session	Ms. Shabena Sukumar	Yoga Instructor
	Discussion		
	Vote of Thanks	Mohammed Sinan	1st BSc Psychology



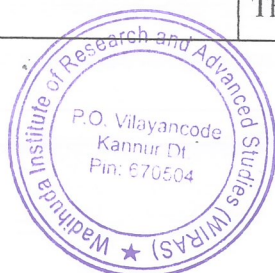

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**Program Report
Simple relaxation technique**


Report for Activity Log SI.No.:			
Program Name and resource person	Simple relaxation technique Ms. Shabena Sukumar	Organiser	PG Department of Psychology, Wadihuda Institute of Research and Advanced Studies, Vilayancode
Date	6th March 2023	Time	10:30am - 11:00am
Venue	Auditorium	Faculty in-charge	Sahla Abdurahman

About the resource person	Ms. Shabena Sukumar, Yoga Instructor, Kannur
Programme Objectives	<ul style="list-style-type: none">• To reduce stress and tension.• To increase relaxation and decrease negative emotions.• To improve overall well-being and enhance quality of life.• To reduce physical symptoms such as headaches, muscle tension, and digestive issues.• To increase concentration and focus.6. To improve sleep quality.• To increase creativity and problem solving skills.8. To promote relaxation and a sense of calm.
Participants	First semester BSc psychology students from Wiras, Vilayancode.
Programme Activities	The session was designed to help the participants deal with stress and anxiety. The session began with a brief introduction to the concept of relaxation and how it can help reduce stress and improve mental health. The participants were then asked to get in a comfortable position and

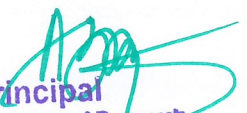


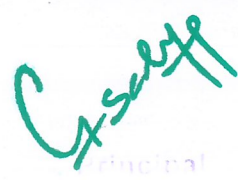
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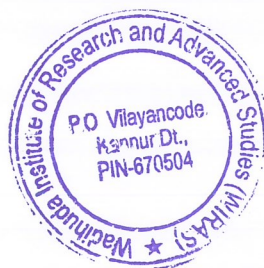
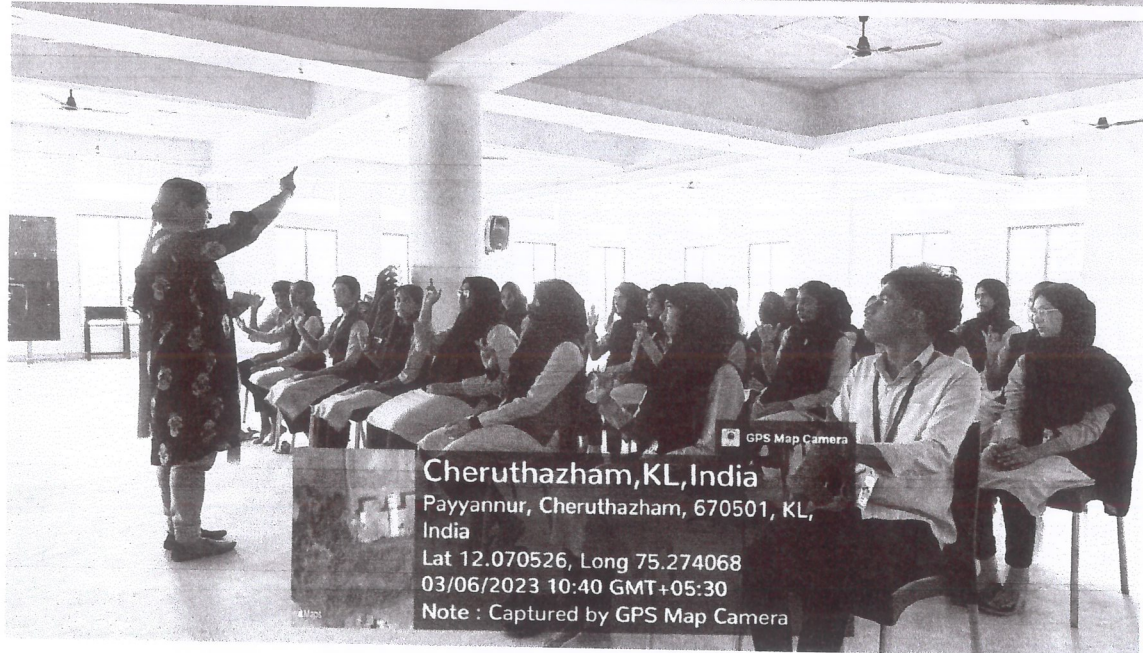
	<p>close their eyes. The instructor then led the group through a series of simple relaxation techniques such as deep breathing, progressive muscle relaxation, and visualization. The deep breathing exercises were designed to help the participants focus on their breathing and relax their bodies. The progressive muscle relaxation technique was used to help the participants focus on the different parts of their bodies and relax them. Finally, the visualization exercise was used to help the participants mentally relax and clear their minds. At the end of the session, the participants were asked to take a few moments to reflect on the techniques they had learned and how they could use them in their daily lives. The session concluded with the instructor thanking the participants for their participation and sharing a few words of encouragement.</p> <p>Overall, the session was a success. The participants were able to learn and practice several simple relaxation techniques that can be used in their daily lives to help manage</p>
<p>Programme Outcomes</p>	<ul style="list-style-type: none"> • The participants were able to learn and practice several simple relaxation techniques that can be used in their daily lives to help manage
<p>Supporting Documents</p>	<p>Photos, poster</p>


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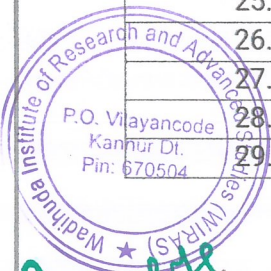
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**PG DEPARTMENT OF
PSYCHOLOGY**

Simple Relaxation Technique

Participant List

Sl No	Reg. No	Name	Class	Sign
1.	WI22CPSR01	MOHAMMED SINAN.VALIYA PEEDIKAYIL	1st Year	
2.	WI22CPSR02	MUHAMMAD RABEEH T A	1st Year	
3.	WI22CPSR03	AYSHATHU NAJIYA C M T	1st Year	
4.	WI22CPSR04	FATHIMATH FARHA K	1st Year	
5.	WI22CPSR05	FATHIMATH NOORA T T	1st Year	
6.	WI22CPSR06	FATHIMATHU SUHRA A K	1st Year	
7.	WI22CPSR07	NADIYA K P	1st Year	
8.	WI22CPSR08	SHADHA ABDUL RAHIMAN	1st Year	
9.	WI22CPSR09	SHAHAMA HASHIM	1st Year	
10.	WI22CPSR10	SHANA SHIRIN	1st Year	
11.	WI22CPSR11	SUBAIDABI.P.K	1st Year	
12.	WI22CPSR12	CHEETHANA DILEEP	1st Year	
13.	WI22CPSR13	DEEPTHI V A	1st Year	
14.	WI22CPSR14	DEVANAGANA SHAJIL P	1st Year	
15.	WI22CPSR15	FATHIMA GAZNA BINTHI GAZALI	1st Year	
16.	WI22CPSR16	FATHIMATH SANAA	1st Year	
17.	WI22CPSR17	FATHIMATHUL SAFA HARIS V P	1st Year	
18.	WI22CPSR18	HAMDHA ANWAR N	1st Year	
19.	WI22CPSR19	NEHA ARAMANAYIL	1st Year	
20.	WI22CPSR20	RAMEESA K	1st Year	
21.	WI22CPSR21	SHAMILA P K	1st Year	
22.	WI22CPSR22	ABHINAV P	1st Year	
23.	WI22CPSR23	ABIDA JESNIN C H	1st Year	
24.	WI22CPSR24	FATHIMA SHAMREENA K V T	1st Year	
25.	WI22CPSR25	FATHIMATHUL SHAHALA C P	1st Year	
26.	WI22CPSR26	HIBA P V	1st Year	
27.	WI22CPSR28	MALAVIKA C	1st Year	
28.	WI22CPSR29	SHAHANAS T V	1st Year	
29.	WI22CPSR30	SRADHA U V	1st Year	



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