

LK DOMAIN REGISTRY.

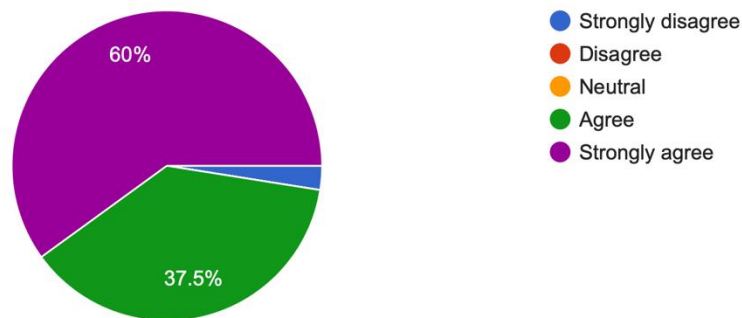
ENHANCING EMPLOYEE WELL-BEING THROUGH GUIDED YOGA PRACTICES 19TH JUNE 2026 TRAINING EVALUATION SUMMARY

Rating Scale					
0	1	2	3	4	N/A
STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE	N/A

Section No. 01 - The objectives and purpose of the yoga session were clearly explained.

1. The objectives and purpose of the yoga session were clearly explained.

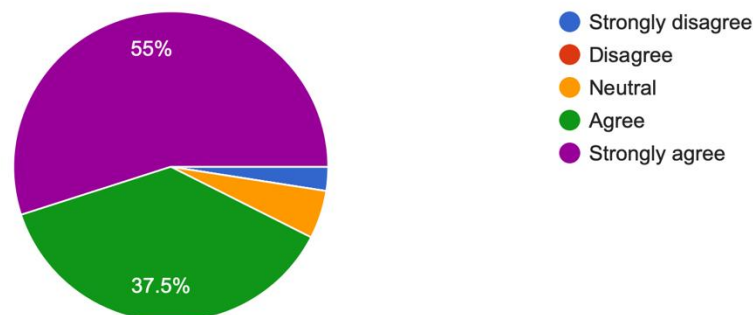
40 responses



Section No. 02 - The content and activities were relevant to my personal well-being and daily life.

2. The content and activities were relevant to my personal well-being and daily life.

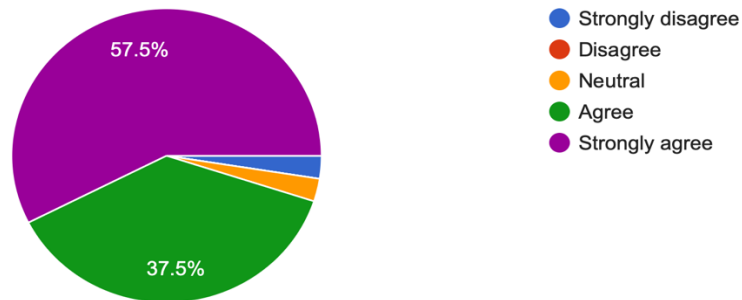
40 responses



Section No. 03 - The techniques and practices learned can be applied to improve my physical and mental well-being.

3. The techniques and practices learned can be applied to improve my physical and mental well-being.

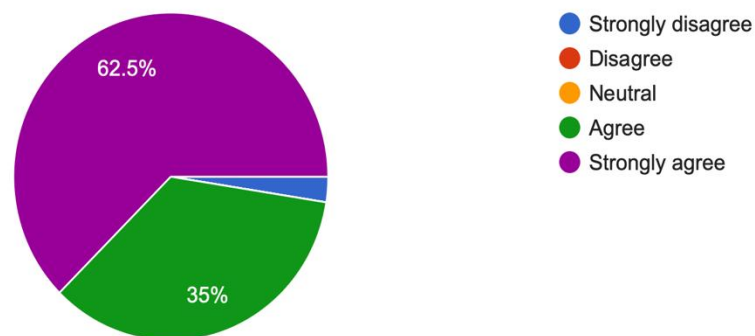
40 responses



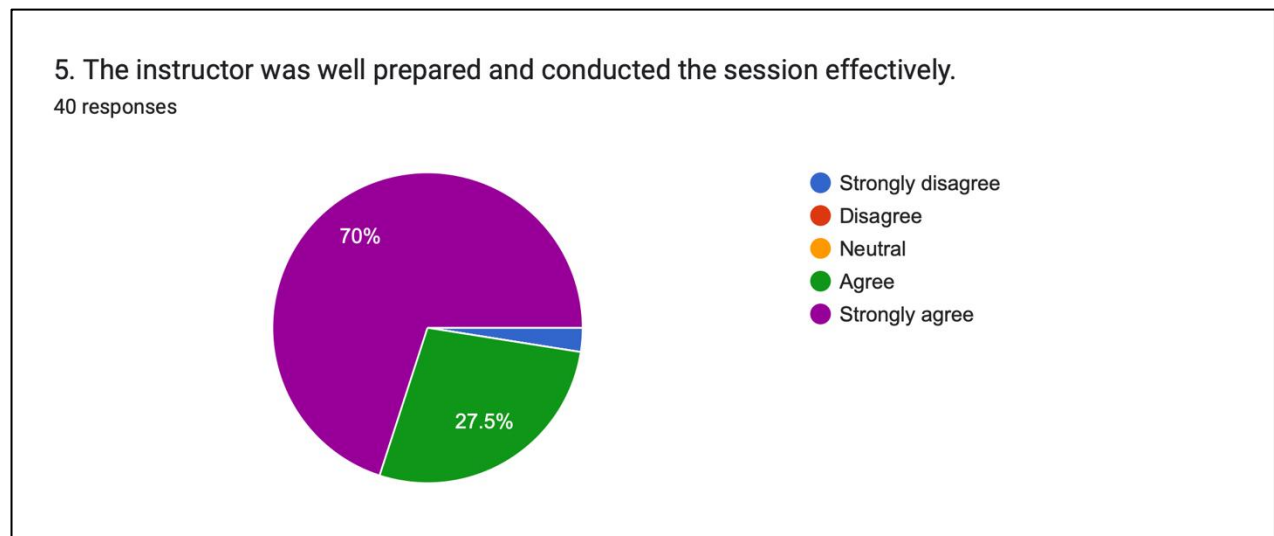
Section No. 04 - The session encouraged active participation and engagement.

4. The session encouraged active participation and engagement.

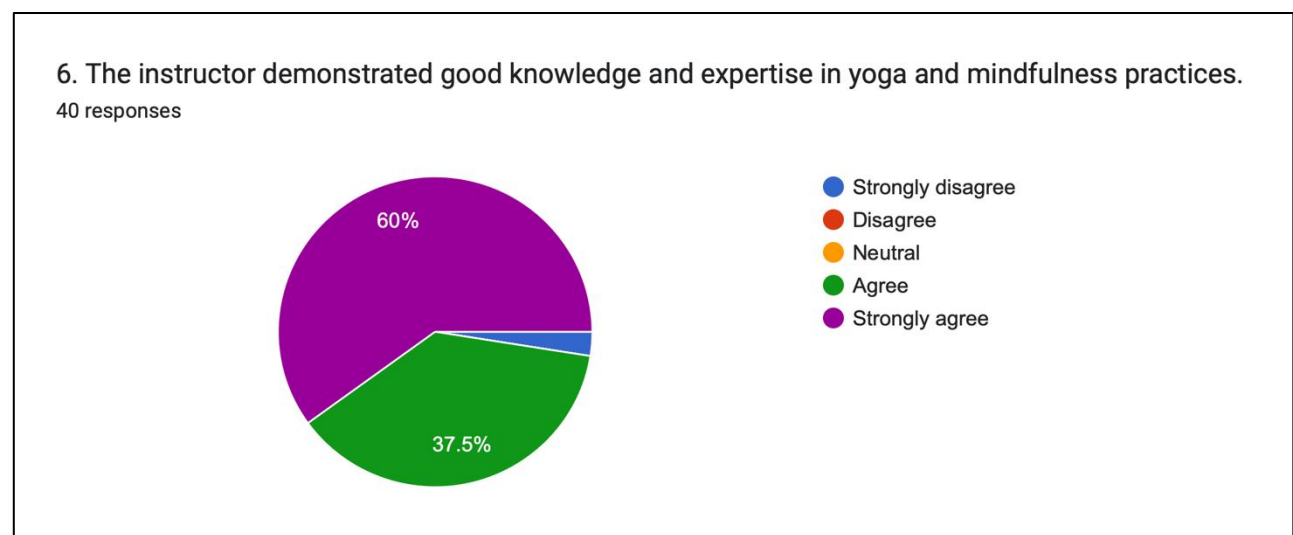
40 responses



Section No. 05 - The instructor was well prepared and conducted the session effectively.



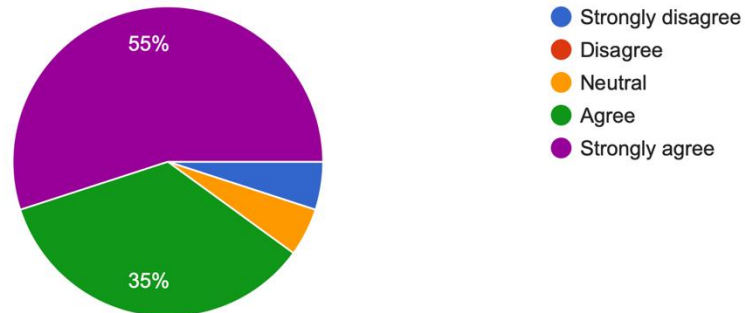
Section No. 06 - The instructor demonstrated good knowledge and expertise in yoga and mindfulness practices.



Section No. 07 - The instructor was able to maintain my interest and engagement throughout the session.

7. The instructor was able to maintain my interest and engagement throughout the session.

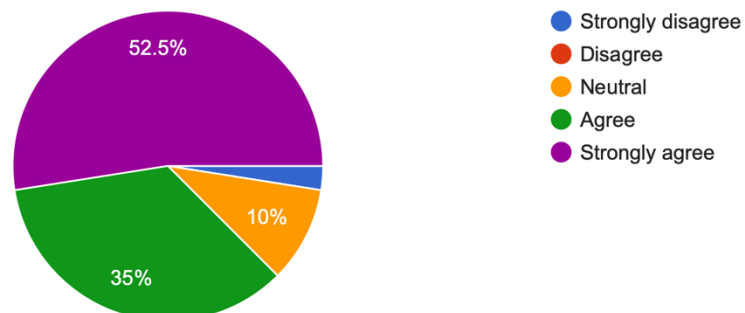
40 responses



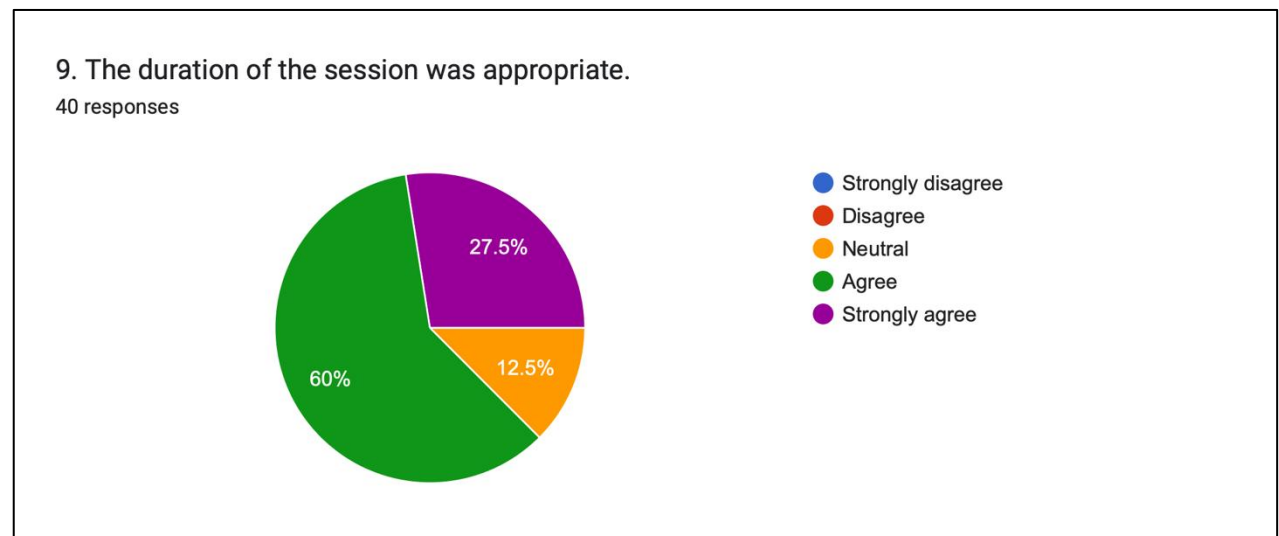
Section No. 08 - The programme achieved its intended objectives of promoting relaxation, stress management, and overall well-being.

8. The programme achieved its intended objectives of promoting relaxation, stress management, and overall well-being.

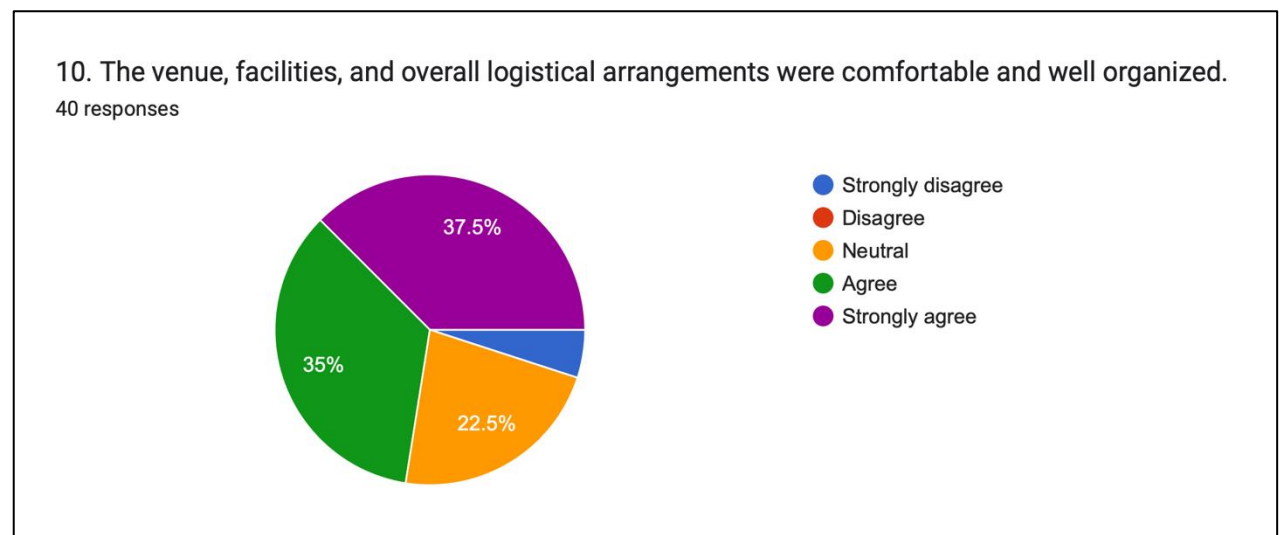
40 responses



Section No. 09 - The duration of the session was appropriate.



Section No. 10 - The venue, facilities, and overall logistical arrangements were comfortable and well organized.



What aspects of the programme did you find most beneficial?

- Yoga helps keep internal organs healthy
- Internal organ exercising
- The breathing exercises and stretching activities were the most beneficial, as they helped me feel more relaxed, focused, and refreshed.
- Breathing practices
- ways to maintain Inner body health
- Improves posture and flexibility, Reduces stress and work pressure, Improves concentration and focus and Encourages a healthier work-life balance.
- The breathing techniques and relaxation techniques was very useful and beneficial for me
- Understanding the practice through detailed explanations and information.
- The relativeness of the activity along with the organ of the human body was excellent.
- Sleeping
- Breathing Exercises
- Overall good.
- Every aspect of the program was beneficial
- The entire programme was well organized and beneficial.
- breathing exercises
- Reduced stress
- How the instructor educated the audience on the impact that each yoga technique would bring about to the body
- The yoga practices and breathing exercises were the most beneficial for me. They helped me relax, reduce stress, and feel more energetic and positive throughout the day.
- Breathing
- The breathing exercises and stretching activities were the most beneficial, as they helped me feel more relaxed, focused, and refreshed

Please share any suggestions or recommendations to improve future yoga and well-being programmes?

- More interactive sessions, practical well-being tips, and regular follow-up classes would make future programmes even more beneficial
- It would be lovely to have future yoga and well-being programmes outdoors or in a location with an outside view, creating a more relaxing and refreshing atmosphere for participants.
- We recommend that participants seek medical advice before joining this session. Those who do not exercise regularly or have high blood pressure may experience health issues during the activity.
- Appreciate if we could have at least a session every quarter
- The repeated activity might have been a little heavy for a beginner. However it was a well timed program which had a very good plan.
- more spacious location
- Yes
- Everything was well organised
- If you can give tips to do this continuously in home within 15 mins.
- Suggest to continue this type of programs
- Everything was satisfactory. Thank you for the excellent programme.
- There were flies everywhere, which made it difficult for us to relax and enjoy the experience. Especially the relaxation parts. Could not do it properly due to the flies. It was quite distracting, and the number of flies also made the place feel a bit unhygienic. Everything else was good. The trainer was very skilled and knowledgeable.
- Consistently having well-being programmes like this will be very beneficial for employees
- Having arranged programs like this is beneficial for employees' mental health, which will positively affect overall productivity in the workplace.
- My suggestion is to continue these programme, as they have a positive impact on overall well-being.
-