Shrimati Indira Gandhi College, Trichy -2 Department of Management Studies

Sessions of yoga conducted for I MBA Students

ODD SEMESTER

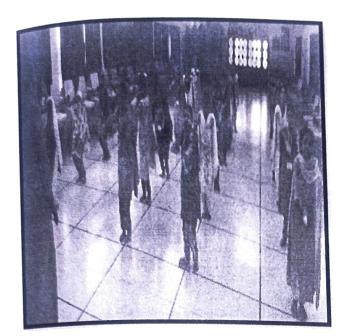
The 1st session was held on 24.08.2017. She gave introduction about the need and importance of yoga and meditation. The 2nd session was conducted on 14.09.2017. She gave practices on Boat shaped posture by way of bending both the legs at the back. The 3rd session was held on 21.09.2017. She taught Kappalapathi – it is the goal of yoga, wherein the Yogi unites with the God. The 4th session was held on 28.09.17, she demonstrated exercises on cultural asana. The 5th session was held on05.10.2017. She told about the simplest theoretical aspects of Yoga, Aretha chakra asana Pranayanam and meditation. The 6th session was held on 16.11.2017. She demonstrated exercises on Bandha asana. The last session was held on 30.11.2017 with a demonstration of asana and meditation practice.

Sessions of yoga conducted for H MBA Students

ODD SEMESTER

The 1st session was held on 20.06.2017. She demonstrated exercises on Sarvasana, Halasana, Shalabha, Saravangasana etc. The 2nd session was conducted on 27.06.2017. She gave practices on Boat shaped posture by way of bending both the legs at the back. The 3rd session was held on 04.07.2017. She taught Kaivalya - it is the goal of yoga, wherein the Yogi unites with the God. The 4th session was held on 11.07.17, she demonstrated exercises on Uthkataasana, pranayamam, etc. The 5th session was held on18.07.2017. She told about the simplest theoretical aspects of Yoga, moral stories on Yama, Niyama, and Prayers and about the origin of Asana. The 6th session was held on 25.07.2017. She demonstrated exercises on Aretha Bathmasanam. The 7th session was held on 08.08.2017. She demonstrated exercises on Pujangasanam. The 8th session was held on 22.08.2017. She demonstrated exercises on Thanurasanam and meditation practice. The 9th session was held on 24.10.2017. She demonstrated exercises on Pranayanam. The 10th session was held on 31.10.2017. She demonstrated exercises on thirikonaasanam. The 11th session was held on 07.11.2017. She demonstrated exercises on Suryanamaskaram. The last session was held on 14.11.2017 with a demonstration of asana and meditation practice.

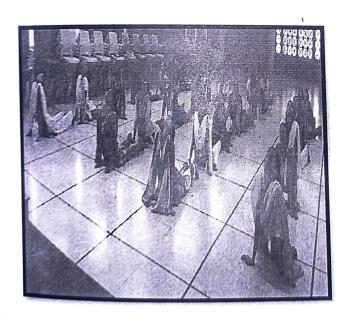
Uthkataasana (The Chair Pose)



Lotus Position



Bhujangasana



Paschimottanasana



Demonstration of Yoga 2016-2018 Batch (20-06-2017 to 14.11.2017)

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DEMONSTRATION & TRAINING IN YOGA

CERTIFICATE

This is to certify that S.Abinaya has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

DIRECTOR J

Principal, Shrimati Indira Gandhi College

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This is to certify that J.DIVYALAKSHMI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that G.JANANI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that S.KARPAGAM has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that V. KEERTHANA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that S.MANIMEGALAI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that R.MARUTHAMBAL has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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State State Walnut

DEPARTMENT OF MANAGEMENT STUDIES OF

SHRIMATI INDIRA GANDHI COLLEGE, TRICHY-2 (NATIONALLY ACCREDITED AT A GRADE BY NAAC [3RD CYCLE])

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This is to certify that S.PUNITHAVALLI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that A.RAJALAKSHMI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that S.RAJESHWARI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that S.RAMYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that R.RANJITHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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Principal, Shrimati Indira Gandhi College

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This is to certify that A.H.RAKSHANA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that A.SARANYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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Principal, Shrimati Indira Gandhi College

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This is to certify that R.SARIDHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that E.SATHIYA PRIYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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DEMONSTRATION & TRAINING IN YOGA

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This is to certify that K.SELVA MANI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that M.SENTHAMIL SELVI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that B.SUNDARI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that R.VASUKI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that S.VENNILA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that N.VINODHINI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that T.VINOTHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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This is to certify that K.V.YUVASREE has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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CERTIFICATE

This is to certify that K.PRIYADHARSHINI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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