

# **Shrimati Indira Gandhi College, Trichy -2**

## **Department of Management Studies**

### **Sessions of yoga conducted for I MBA Students**

#### **ODD SEMESTER**

The 1<sup>st</sup> session was held on 24.08.2017. She gave introduction about the need and importance of yoga and meditation. The 2<sup>nd</sup> 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 3<sup>rd</sup> session was held on 21.09.2017. She taught Kappalapathi – it is the goal of yoga, wherein the Yogi unites with the God. The 4<sup>th</sup> session was held on 28.09.17, she demonstrated exercises on cultural asana. The 5<sup>th</sup> session was held on 05.10.2017. She told about the simplest theoretical aspects of Yoga, Aretha chakra asana Pranayanam and meditation. The 6<sup>th</sup> 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 II MBA Students**

### **ODD SEMESTER**

The 1<sup>st</sup> session was held on 20.06.2017. She demonstrated exercises on Sarvasana, Halasana, Shalabha, Saravangasana etc. The 2<sup>nd</sup> 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 3<sup>rd</sup> session was held on 04.07.2017. She taught Kaivalya – it is the goal of yoga, wherein the Yogi unites with the God. The 4<sup>th</sup> session was held on 11.07.17, she demonstrated exercises on Uthkataasana, Pranayamam, etc. The 5<sup>th</sup> session was held on 18.07.2017. She told about the simplest theoretical aspects of Yoga, moral stories on Yama, Niyama, and Prayers and about the origin of Asana. The 6<sup>th</sup> session was held on 25.07.2017. She demonstrated exercises on Aretha Bathmasanam. The 7<sup>th</sup> session was held on 08.08.2017. She demonstrated exercises on Pujangasanam. The 8<sup>th</sup> session was held on 22.08.2017. She demonstrated exercises on Thanurasanam and meditation practice. The 9<sup>th</sup> session was held on 24.10.2017. She demonstrated exercises on Pranayanam. The 10<sup>th</sup> session was held on 31.10.2017. She demonstrated exercises on thirikonaasanam. The 11<sup>th</sup> 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)**

S.N o.	NAME	20.6.2017	27.6.2017	4.7.2017	11.7.2017	18.7.2017	25.7.2017	8.8.2017	22.8.2017	24.10.2017	31.10.2017	7.11.2017	14.11.2017
1	S.ABINAYA	Sy	gini	gani	gabi	gasi	gabi	gami	gati	gani	gati	gani	gati
2	T.ABIRAMI	Abir	Abir	Abir	Abir	Abir	Abir	Abir	Abir	Abir	Abir	Abir	Abir
3	S.AMBIKA	gani	gani	gani	gani	gani	gani	gani	gani	gani	gani	gani	gani
4	S.ANNALAKSHMI	An	An	An	An	An	An	An	An	An	An	An	An
5	R.ANUSUYA	An	An	An	An	An	An	An	An	An	An	An	An
6	C.ARTHI	An	An	An	An	An	An	An	An	An	An	An	An
7	J.DIVYALAKSHMI	div	div	div	div	div	div	div	div	div	div	div	div
8	P.DURGADEVI	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du	P.Du
9	A.ELAVARASI	El	El	El	El	El	El	El	El	El	El	El	El
10	N.ELAVARASI	El	El	El	El	El	El	El	El	El	El	El	El
11	B.GAYATHRI	Gath	Gath	Gath	Gath	Gath	Gath	Gath	Gath	Gath	Gath	Gath	Gath
12	P.GOMATHI	Gom	Gom	Gom	Gom	Gom	Gom	Gom	Gom	Gom	Gom	Gom	Gom
13	R.HEMA	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem	R.Hem
14	G.JANANI	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan
15	J.JANANI	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan	Jan
16	S.JAYALAKSHMI	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya
17	S.JEYASRI	Jey	Jey	Jey	Jey	Jey	Jey	Jey	Jey	Jey	Jey	Jey	Jey
18	V.KARPAGAM	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar	Kar
19	V.KEERTHANA	Ke	Ke	Ke	Ke	Ke	Ke	Ke	Ke	Ke	Ke	Ke	Ke
20	S.MANIMEGALAI	Man	Man	Man	Man	Man	Man	Man	Man	Man	Man	Man	Man
21	R.MARUTHAMBAL	Mar	Mar	Mar	Mar	Mar	Mar	Mar	Mar	Mar	Mar	Mar	Mar
22	C.NIRMALADEVI	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm	Nirm
23	S.PREMA	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P	S.P
24	T.PREMALATHA	Pre	Pre	Pre	Pre	Pre	Pre	Pre	Pre	Pre	Pre	Pre	Pre
25	S.PUNITHAVALLI	Pun	Pun	Pun	Pun	Pun	Pun	Pun	Pun	Pun	Pun	Pun	Pun
26	J.RADHIKA	Rad	Rad	Rad	Rad	Rad	Rad	Rad	Rad	Rad	Rad	Rad	Rad
27	A.RAJALAKSHMI	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj	Raj

Principal  
Shri Mata Jyoti Bai  
Mandir

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28	S.SRAJESHWARI	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR
29	S.RAMYA	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR	SR
30	R.RANJITHA	RR	RR	RR	RR	RR	RR	RR	RR	RR	RR	RR	RR
31	A.H.RUKSHANA	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR	AR
32	A.SARANYA	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS	AS
33	R.SARIDHA	RS	RS	RS	RS	RS	RS	RS	RS	RS	RS	RS	RS
34	E.SATHIYA PRIYA	ES	ES	ES	ES	ES	ES	ES	ES	ES	ES	ES	ES
35	K.SELVAMANI	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS	KS
36	M.SENTHAMIL SELVI	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS
37	J.SINDUJA	JS	JS	JS	JS	JS	JS	JS	JS	JS	JS	JS	JS
38	G.SONAJEE	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS
39	T.SUBHASRI	TS	TS	TS	TS	TS	TS	TS	TS	TS	TS	TS	TS
40	M.SUGANYA	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS	MS
41	B.SUNDARI	BS	BS	BS	BS	BS	BS	BS	BS	BS	BS	BS	BS
42	M.UMA BHARATHI	MU	MU	MU	MU	MU	MU	MU	MU	MU	MU	MU	MU
43	R.VASUKI	RV	RV	RV	RV	RV	RV	RV	RV	RV	RV	RV	RV
44	S.VENNILA	SV	SV	SV	SV	SV	SV	SV	SV	SV	SV	SV	SV
45	N.VINODHINI	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV	NV
46	T.VINOTHA	VT	VT	VT	VT	VT	VT	VT	VT	VT	VT	VT	VT
47	K.V.YUVASREE	YV	YV	YV	YV	YV	YV	YV	YV	YV	YV	YV	YV
48	K.PRIYADARSHINI	KP	KP	KP	KP	KP	KP	KP	KP	KP	KP	KP	KP

  
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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

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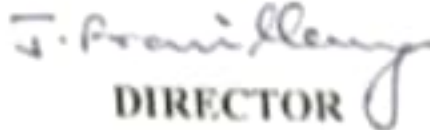
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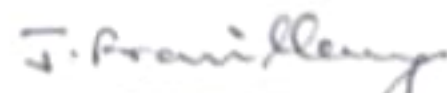
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This is to certify that B.GAYATHRI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

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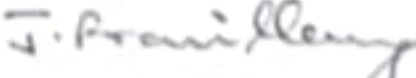
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This is to certify that P.GOMATHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

  
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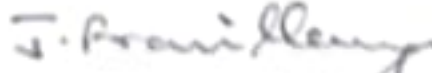


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This is to certify that G.JANANI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

  
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This is to certify that V.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.JAYASRI 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 S.PREMA 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.PREMALATHA 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.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 J.RADHIKA 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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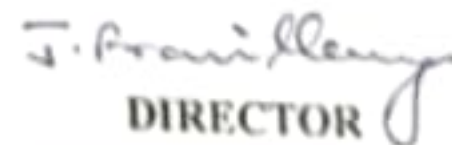


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This is to certify that S.RAJESHWARI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 20.06.2017 to 14.11.2017 at Shrimati Indira Gandhi college

  
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This is to certify that 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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CERTIFICATE

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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CERTIFICATE

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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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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CERTIFICATE

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

CERTIFICATE

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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CERTIFICATE

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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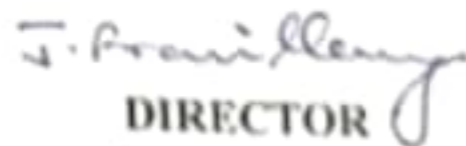


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CERTIFICATE

This is to certify that J.SINDUJA 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.SONAJEE 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 T.SUBASHRI 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 M.SUGANYA 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 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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DEMONSTRATION & TRAINING IN YOGA

CERTIFICATE

This is to certify that M.UMA BHARATHI 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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DEMONSTRATION & TRAINING IN YOGA

CERTIFICATE

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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DEMONSTRATION & TRAINING IN YOGA

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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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CERTIFICATE

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.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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