

SHRIMATI INDIRA GANDHI COLLEGE
Tiruchirapalli - 620002
DEPARTMENT OF MANAGEMENT STUDIES

Sessions of yoga conducted for I MBA Students (2018-2019)
(ODD SEMESTER)

“The aim of education is to make divinity in man” thus enunciated by Swamy Vivekananda. By “Divinity”, he meant physical strength and mental fortitude. Yoga is the right practice to achieve this noble cause.

- The 1st session was conducted by Ms.Amarajothi, Yoga Instructor on 09.08.2018 with an introduction on the basic tenets of Yoga, Initial prayer of Yoga, reduction of stress etc.
- The 2nd session was held on 16.08.2018. She explained about Breathing practices, sounds raised by the mouth during breathing exercise, Meditation.
- The 3rd session was held on 23.08.2018, she gave training in Meditation, sounds raised by the mouth during breathing exercise, and also insisted about the importance of yoga.
- In the 4th session she gave training in Meditation, backbends, Forward bends etc, on 30.08.2018.
- The 5th session was on 06.09.2018. The Yoga facilitator explained about Eye Exercise, Surya Namaskaram, etc.
- The 6th session was held on 20.09.2018, she explained about Arthakati chakrasanam.
- The 7th session was held on 27.09.2018. She instructed the students to demonstrate Surya Namaskar and practice Meditation.
- The 8th session was held on 04.10.2018. She instructed the students to demonstrate Padmasana, Yogamudra.
- The 9th session was held on 01.11.2018. She instructed the students to demonstrate parivarthana.
- The 10th session was held on 08.11.2018. She explained the students about veerasanam.
- The 11th session was held on 15.11.2018. Yoga Instructor instructed the students to demonstrate Vajrasanam and practice Meditation.
- The 12th session was held on 22.11.2018. She instructed the students to demonstrate eye excersice and share its benefits.
- The 13th session was held on 13.12.2018. She explained the students about Chakarasanam.
- The 14th session was held on 20.12.2018. Ms.Amarajothi instructed the students to demonstrate savasanam and explained about its importance.

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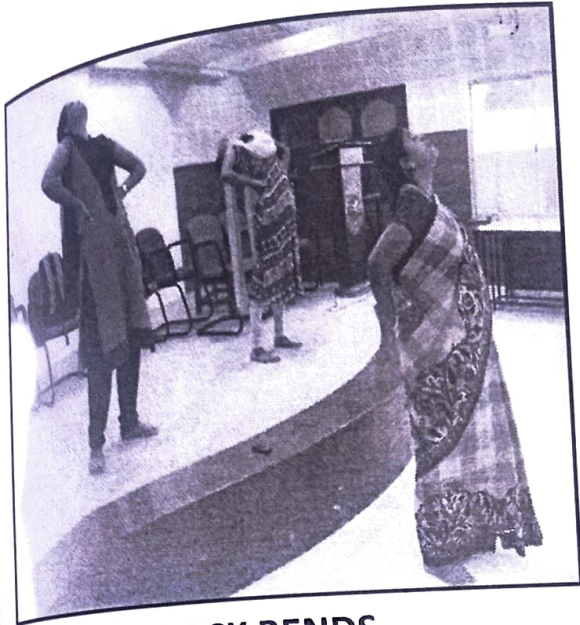
Tiruchirappalli - 620002

DEPARTMENT OF MANAGEMENT STUDIES

Sessions of yoga conducted for II MBA Students (2018-19)

(ODD SEMESTER)

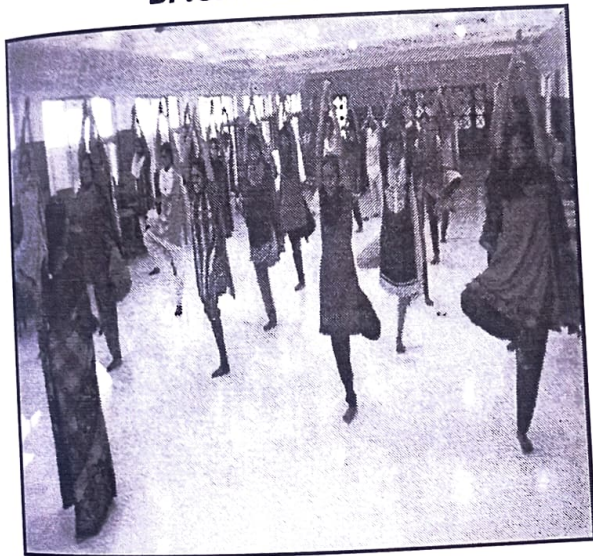
- The 1st session was held on 19.6.2018. She demonstrated exercises on Surya namaskar.
- The 2nd session was conducted on 26.06.2018. She gave practices on parvatasana, padmasana, chakrasanam.
- The 3rd session was held on 03.07.2018. She taught Ardha chakrasana.
- The 4th session was held on 10.07.2018. she demonstrated exercise on Chakrasana.
- The 5th session was held on 17.07.2018. 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 24.07.2018. She demonstrated exercises on vajrasana.
- The 7th session was held on 31.07.2018. She demonstrated exercises on eye exercise. It benefits the clear vision, Sharpen the view, Relaxing the eye sights. This helps for the blood circulation around the eyes.
- The 8th session was held on 14.08.2018. She demonstrated exercises on vajrasana, toes and paws relaxation.
- The 9th session was held on 21.8.2018. She demonstrated exercises on Vajrasana with breath in breath out.
- The 10th session was held on 28.8.2018. She demonstrated exercises on Padahastasana
- The 11th session was held on 04.9.2018. She demonstrated exercises on Padahastasana.
- The 12th session was held on 11.9.2018. She demonstrated exercises on vajrasana.
- The 13th session was held on 23.10.2018. She demonstrated exercises on thirikonaasanam.
- The 14th session was held on 30.9.2018. She demonstrated exercises on Suryanamaskaram.
- The 15th session was held on 13.11.2018. She demonstrated exercises on Vajrasana with breath in breath out.
- The 16th session was held on 20.11.2018. She demonstrated exercises on Suryanamaskaram.
- The 17th session was held on 27.11.2018. She demonstrated exercises on eye exercise with rolling eyes from ups and down and right to left.
- The last session was held on 4.12.2018. She demonstrated exercises on Suryanamaskaram and Bujangasana (cobra pose).



BACK BENDS



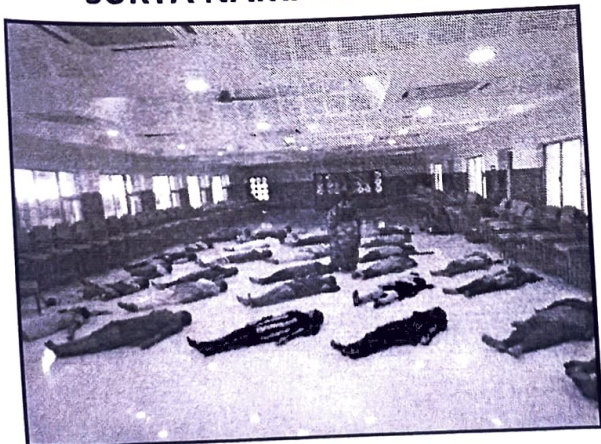
BREATHING EXERCISE



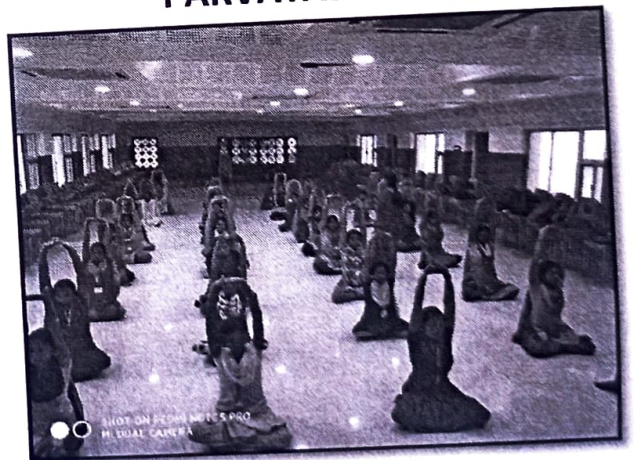
SURYA NAMASKARAM



PARVATASANA



SAVASANAM



ARTHA CHAKRASANA

Demonstration of Yoga 2017-2019 Batch (19-06-2018 to 4.12.2018)

S.No.	Name	19.6.18	26.6.18	3.7.18	10.7.18	17.7.18	24.7.18	31.7.18	14.8.18	21.8.18	28.8.18	4.9.18	11.9.18	23.10.18	30.10.18	13.11.18	20.11.18	27.11.18	4.12.18	
1	Aarathi. B	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar	Bar
2	Abinaya. S	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine	Abine
3	Abinaya. V	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay	Abinay
4	Akilandeshwari. J	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA	JA
5	Ambikapriya. G.K	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi	Ambi
6	Anandhi. B	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand	Anand
7	Deepagapriya. R	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep	Deep
8	Dhana Priyanga. S	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS	DS
9	Elakkiya. R	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki	Elaki
10	Elamathi. N	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam	Elam
11	Gayathri. S	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS	GS
12	Gayathri. T	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT	GT
13	Geetha. K	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth	Geeth
14	Hema. G	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema	Hema
15	Ishwarya. P	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS
16	Jamunadevi. M	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu	Jamu
17	Janani. K	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani	Jani
18	Kalaiselvi. B	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka	B.ka
19	Karthika. S	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka
20	Keerthana. M	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka
21	Krasanna. R	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka	R.ka
22	Kunavishali. M	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka	M.ka
23	Logeshwari. S	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka	L.ka
24	Madhumitha. S	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka	S.ka
25	Malini. R	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM	RM
26	Meghala. S	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM	SM
27	Nivetha. P	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN	PN

Passive Demonstration

28	Pothumponnu. V	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
29	Pragathi. M	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
30	Priyadarshini. M	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
31	Priyanka. K	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
32	Priyanka. S	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
33	Priyatharshini. A	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
34	Raveena. R	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
35	Sangavi Nachiyar. K	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
36	Sangeetha. R	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
37	Saranya. K	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
38	Saraswathi. V	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
39	Savithri. S	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
40	Shechinah Angel. G	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
41	Sindhu. P	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
42	Sivaranjani. C	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
43	Sridevi Sowndarya. G	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
44	Srima. A	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
45	Subashree. C	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
46	Supriya. S	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
47	Swarna. K	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
48	Swathi. E	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
49	Swetha Prasad	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
50	Thenmozhi. S	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
51	Vanitha. A	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM
52	Vinothini. D	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM	PM

P. Srinivasan

PRINCIPAL
Shrmati Indira Gandhi College
Tiruchirappalli-2.

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DEMONSTRATION & TRAINING IN YOGA

CERTIFICATE

This is to certify that B.AARATHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


DIRECTOR

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This is to certify that S.ABINAYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that V.ABINAYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that J.AKILANDESHWARI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that G.K.AMBIKAPRIYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S.DHANAPRIYANGA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that R.ELAKKIYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that N.ELAMATHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S.GAYATHRI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that T.GAYATHRI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that K.GEETHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that G.HEMA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that P.ISHWARYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that MJAMUNADEVI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that K.JANANI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that B.KALAISELVI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S.KARTHIKA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that M.KEERTHANA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that R.KRASANNA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S.MADHUMITHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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CERTIFICATE

This is to certify that R.MALINI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S MEGHALA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that P.NIVETHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that V.POTHUM PONNU has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that M.PRAGATHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that M.PRIYADHARSHINI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that A.PRIYATHARSHINI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that R.RAVEENA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that K.SANGAVI NACHIYAR has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that R.SANGEETHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S.SAVITHRI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that G.SHECHINAH ANGEL has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that P.SINDHU has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that C.SIVARANJANI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that G.SRIDEVI SOWANDARYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that A.SRIMA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that C SUBASHREE has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that S.SUPRIYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that K.SWARNAA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that E.SWATHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that SWETHA PRASAD has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that A. VANITHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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This is to certify that D.VINOTHINI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 19.06.2018 to 04.12.2018 at Shrimati Indira Gandhi college


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