

# **SHRIMATI INDIRA GANDHI COLLEGE**

Tiruchirapalli - 620002

## **DEPARTMENT OF MANAGEMENT STUDIES**

**Sessions of yoga conducted for MBA - II Students  
(2019-2020)**

**(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 1<sup>st</sup> session was commenced on 18.06.2019 by Mr. Balraj Yoga Instructor, and he demonstrated Padmasana, Vajarasana, and Veerasana and taught about its importance.

The 2<sup>nd</sup> session was held on 25.06.2019 by Ms. Amarajothi, and she demonstrated Suryanamaskar and made everyone to relax in Savasana.

The 3<sup>rd</sup> session was held on 02.07.2019 by Ms. Nithya, and she demonstrated and made the students perform Padmasana, and Vajarasana.

In the 4<sup>th</sup> session conducted on 09.07.2019 by Mr. Balraj, we learned to perform Vajarasana, Ukatasana, ArthaChakrasana and were also made to practice Breathing Exercises.

In the 5<sup>th</sup> session held on 28.07.2019 by Mr. Balraj, warm up exercises were done along with Surya Namaskar

The 6<sup>th</sup> session was held on 30.07.2019 by Mr. Balraj and he explained in detail about the importance of various “Mudras” and its uses

The 7th session was held on 06.08.2018 by Ms. Nithya and we performed Suryanamaskar and Veerasana.

The 8th session was held on 13.08.2019 by Ms. Nithya and we practiced Padmasana and Vajarasana.

The 9th session was held on 20.08.2019 by Ms. Nithya, and the session was about Pavala Mudrasana

The 10th session was held on 10.09.2019 by Ms. Nithya, and we performed Veera Bhadrasana

The 11th session was held on 15.10.2019 by Ms. Priyadharshini and she taught about Thadasanam

The 12th session was held on 26.11.2019 also by Ms. Priyadharshini and the session was about Suryanamaskar and Padmasana.



VEERASANA



PADMASANA



**Demonstration of Yoga 2018-2020 Batch (18.6.2019 to 26.11.2019)**

S.No	Name	18.6.19	25.6.19	2.7.19	9.7.19	28.7.19	30.7.19	6.8.19	13.8.19	20.8.19	10.9.19	15.10.19	26.11.19
1	Abinaya K.	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi
2	Abinaya shri M.	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi	Ahi
3	Akshaya R.	Aku	Aku	Aku	Aku	Aku	Aku	Aku	Aku	Aku	Aku	Aku	Aku
4	Anitha A.	As	As	As	As	As	As	As	As	As	As	As	As
5	Anitha priyadarshini F.	As	As	As	As	As	As	As	As	As	As	As	As
6	Aparna B.	As	As	As	As	As	As	As	As	As	As	As	As
7	Asha J.	As	As	As	As	As	As	As	As	As	As	As	As
8	Ashwana rani S.	As	As	As	As	As	As	As	As	As	As	As	As
9	Ayesha khalifullah I.	As	As	As	As	As	As	As	As	As	As	As	As
10	Bhavya jeyakumar	B	B	B	B	B	B	B	B	B	B	B	B
11	Deepa K.	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa
12	Deepalakshmi V.	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa
13	Dhanalakshmi M.	M.D	M.D	M.D	M.D	M.D	M.D	M.D	M.D	M.D	M.D	M.D	M.D
14	Geetha B.	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha	Geetha
15	Gowsalya S.	G	G	G	G	G	G	G	G	G	G	G	G
16	Jenofin hebzibha J.	J	J	J	J	J	J	J	J	J	J	J	J
17	Kalpana S.	K	K	K	K	K	K	K	K	K	K	K	K
18	Kamatchi A.	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi
19	Kannahi K.	K	K	K	K	K	K	K	K	K	K	K	K
20	Kiruthika S.	K	K	K	K	K	K	K	K	K	K	K	K
21	Kowsalya S.	K	K	K	K	K	K	K	K	K	K	K	K
22	Latha G.	Latha	Latha	Latha	Latha	Latha	Latha	Latha	Latha	Latha	Latha	Latha	Latha
23	Manimegalai L.	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani	L.Mani
24	Nanthitha S.	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS	NS
25	Narmatha S.	N	N	N	N	N	N	N	N	N	N	N	N
26	Nithya K.	N	N	N	N	N	N	N	N	N	N	N	N
27	Pavithra M.	up	up	up	up	up	up	up	up	up	up	up	up

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28	Pradeeba S.	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba	S. Pradeeba
29	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.	Preethi R.
30	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.	Preethi S.
31	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.	Sripreethiswari R.
32	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.	Priyanka C.
33	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.	Radha R.
34	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.	Revathi R.
35	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.	Rohini M.
36	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.	Sathya K.
37	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.	Shyamala P.
38	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.	Sounderya P.
39	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.	Thilagavathi T.
40	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.	Vanitha R.
41	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.	Vasanthasurya M.
42	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.	Vasuhi S.
43	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.	Yamuna P.
44	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.	Yogeswari K.



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DEMONSTRATION & TRAINING IN YOGA

CERTIFICATE

This is to certify tha K.ABINAYA t has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that M.ABINAYA SHRI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that R.AKSHAYA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that A.ANITHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that S.ASHWANA RANI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that IAYESHA KHALIFULLAH has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that BHAVIYA JAYAKUMAR has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that K.DEEPA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that V.DEEPALAKSHMI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that M.DHANALAKSHMI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that JJENOFIN HEBZIBHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that A KAMATCHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that K.KANNAHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that G.LATHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that L.MANIMEGALAI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that S.NANTHITHA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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CERTIFICATE

This is to certify that M.PAVITHRA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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CERTIFICATE

This is to certify that S.PRADEEBA has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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This is to certify that R.PREETHI has participated in the weekly yoga training programme conducted by the Department of Management Studies from 18.06.2019 to 26.11.2019 at Shrimati Indira Gandhi college

  
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