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 1st session was commenced on 18.06.2019 by Mr. BalrajYoga Instructor, and he demonstrated Padmasana, Vajarasana, and Veerasana and taught about its importance.

The 2nd session was held on 25.06.2019 by Ms. Amarajothi, and she demonstratedSuryanamaskar and made everyone to relax in Savasana.

The 3rd session was held on 02.07.2019 by Ms. Nithya, and shedemonstated and made the students perform Padmasana, and Vajarasana.

In the 4thsession conducted on 09.07.2019 by Mr. Balraj, we learned to perform Vagarasana, Ukatasana, ArthaChakrasana and were also made to practice Breathing Exercises.

In the 5^{th} session held on 28.07.2019 by Mr. Balraj, warm up exercises were done along with Surya Namaskar

The 6th session was held on 30.07.2019 by Mr. Balraj and he explained in detail about the importance of various "Mudras" and it's uses

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

 $_{\mbox{\scriptsize The}}$ 8th session was held on 13.08.2019 by Ms. Nithya and we practiced Padmasana and $_{\mbox{\scriptsize Vajarasana}}$

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

The 10th session was held on10.09.2019 by Ms. Nithya, and we performed VeeraBhadrasana

The 11th session was held on 15.10.2019 by Ms. Priyadharshiniand 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)

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Tiruchirapali-2.

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

DIRECTOR

Department of Management Studies



Principal, Shrimati Indira Gandhi College

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This is to certify that I.AYESHA 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 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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CERTIFICATE

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 C.PRIYANKA 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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