



## **SHRIMATI INDIRA GANDHI COLLEGE**

**(Nationally Accredited at “A” Grade (3rd Cycle) by NAAC)**

**Chatram Bus Stand, Tiruchirappalli – 620002.**

### **5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following**

- 1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills**

**2017 - 2018**

**Training Programme on Cushion Making on 08.07.2017**





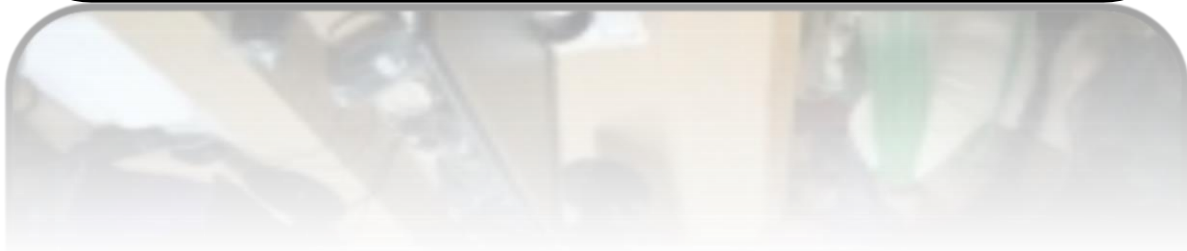
**Workshop on Cushion making (jointly with Entrepreneurship Development cell) on 29.07.2017**



**Training Programme on short term garment Cad course (Jointly with C-Cube Technologies Erode TUKA CAD Inc - USA)**



Motivation cum Personality Development Programme 21.06.2017 –  
24.06.2017





**YOGA Demonstration for MBA Students on 26.08.2017**



**MS. C. Gowthami, Lecturer in YOGA**









# SHRIMATI INDIRA GANDHI COLLEGE

TIRUCHIRAPPALLI – 620 002

(Nationally Accredited at 'A' Grade (3<sup>rd</sup> Cycle) by NAAC)

## Department of Physical Education, Yoga and National Service Scheme

### International Yoga Day – 2017

**Date : 21.06.2017**

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The National Service Scheme, Department of Physical Education & Yoga of Shrimati Indira Gandhi College jointly organized a Yoga Demonstration on the eve of **International Yoga Day** on 21.06.2017. Around 150 students performed Yoga. Many asanas including Padmasana, Machiasana Pachimottan Aasanas, Sarvangasana, Halasanas, Ustrasana and Surya Namaskar were demonstrated. Session on meditation was held wherein all the participants also participated.

As Indians, we should be proud to feel that Yoga was practiced since ancient times in India and later taken up by others in the world. Let us nurture purity, discipline, austerity and good health through Yoga.

**The International Yoga Day was celebrated on 21.06.2017**

**in the campus with all the sports and yoga students.**



**International Yoga Day – 21.06.2017**



**Department of Physical Education and Yoga  
of  
SHRIMATI INDIRA GANDHI COLLEGE**  
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Tiruchirappalli-620 002.

**We cordially invite you for the**

**Demonstration on Aerobics and Yoga**



**Date : 26.08.2017, 27.08.17**

**Venue : RV Auditorium**

**Time : 9 am**

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TIRUCHIRAPPALLI – 620 002

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## Department of Physical Education and Yoga

**Ms. R.Nithya and Ms. M. Amarajothi, Directors of Physical Education conducted a Demonstration on Aerobics on 26-08-17 for hostel students.**



The Yoga Instructor Mrs. Gowthami demonstrated and gave an explanation of each Asana and its benefits to the hostel students on 27.8.2017. Then all the participants were also made to perform different types of Pranayam. Yoga nurtures and promotes good health. Pranayam & Meditation improve memory power and IQ levels. Yoga purifies the mind. It brings better discipline, management skills and other skill development abilities. It also brings peace of mind. Hence, it has been embraced by everyone in this world far and wide, especially in India.

