



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**

2018 – 2019

Training Programme on fashion Portfolio 02.07.2018



Workshop on Soft Toy making (Jointly with Entrepreneurship Development Cell) 21.07.2018



**Workshop on development of saree design using Adobe Photoshop
(Jointly with Kancheepuram Murugan & Thiruvalluvar Silk
Handloom Weavers' Co-op Production & Sale, Society Limited)
27.07.2018 – 28.07.2018**



Workshop on cushion Making (Jointly with Entrepreneurship Development Cell) 13.10.2018



Training Programme on Free Hand Embroidery jointly with ENABLE-Trichy & SEVA-Trichy 19.10.2018 – 21.10.2018



Motivation cum Personality Development Programme 26.06.2018 –
29.06.2018





Department of Physical Education and Yoga
of
SHRIMATI INDIRA GANDHI COLLEGE

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Tiruchirappalli - 620 002

cordially invite you for the
Demonstration of Yoga & Meditation

On the eve of

International Yoga Day



Date : 21.06.2018 (Thursday)

Venue : RV Auditorium , College campus

Time : 10.30 a.m to 11.15a.m

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TIRUCHIRAPPALLI -620002

Department of Physical Education and Yoga

International Yoga Day Celebrations

“Demonstration on Yoga and Meditation”

Date: 21.06.2018

The Department of Physical Education and Yoga organized a “Demonstration on Yoga and Meditation” on the eve of International Yoga Day on 21.06.2018 at R.V. Auditorium. 250 Students were performed Asanas namely Padmasana, Vajrasana, Pachimotasana, Halasana, Bhujangasana, Chakrasana, Virksanasana, Dhanurasana and Savasana. They also performed meditation and on chanting along with device music. Yoga develops the Self Confidence, Personality Development, increases the circulation of the blood throughout the body. It controls the breathing by doing Pranayams. It helps to increase the digestive system, Nervous System and the Glands of the body.

10 of the Students performed some competitive Asanas. Finally, Yoga is the way of healthy life was inculcate by the faculty members of the department.



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of

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cordially invite you for the

Demonstration of Yoga



Date : 28.08.2018 (Tuesday)

Venue : RV Auditorium , College campus

Time : 10.00 a.m to 11.00 a.m

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TIRUCHIRAPPALLI -620002

Department of Physical Education and Yoga

“Demonstration on Yoga and Meditation”

Date: 29.08.2018

The Department of Physical Education and Yoga organized a “Demonstration on Yoga and Meditation” on 28.08.2018 at R.V. Auditorium. 200 hostel Students were performed Asanas namely Padmasana, Vajrasana, Pachimotasana, Halasana, Bhujangasana, Chakrasana, Virksanasana, Dhanurasana and Savasana.

