



# 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

2019-2020

**Department of Physical Education  
and  
National Service Scheme Units  
of  
SHRIMATI INDIRA GANDHI COLLEGE**

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

Tiruchirappalli - 620 002

**cordially invite you for the**

**Demonstration of Yoga**

On the occasion of

**International Yoga Day**



**Date** : 21.06.2019 (Friday)

**Venue** : RV Auditorium , College campus

**Time** : 10.00 a.m to 10.45 a.m

# SHRIMATI INDIRA GANDHI COLLEGE

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

TIRUCHIRAPPALLI -620002

## Department of Physical Education and Yoga

### International Yoga Day Celebrations

#### “Demonstration on Yoga and Meditation”

Date: 21.06.2019

On the occasion of International Yoga Day the Demonstration of Yoga was held on 21.06.2019 at the R.V. Auditorium in the college campus. Nearly 250 students from Diploma in Yoga, NSS Units and the players of the college were the participants. The program started with the prayer song. Ms. R. Nithya welcomed the gathering and gave an introduction of Yoga, benefits of asanas and demonstration of asanas. She also emphasized the performers to do routine practice of practice of Yoga and Meditation. This helps to develop our physical, physiological and psychological facts of life. All the participants performed such asanas like Padmasana, Veerasana, Veerabdrasana, Bhujangasana, Vajrasana, Charasana, Suryanamaskar and Meditation with divine music. Finally, some competitive asanas were demonstrated by the students of Diploma in Yoga to the participants to motivate them to do regular practice of asanas and to have a healthy life.



## International Yoga Day Report 2019-2020

The International Yoga Day was celebrated on 21-06-19 at the R.V. Auditorium with 250 participants. Students of yoga , MBA , Sports and NSS students were the participants who benefited by doing Asanas such as Padmasana , Veerasana , Veerapadhrasana, Bhujankasana, Vajrasana , Chakrasana , Suryanamaskar and meditation with the divine music.

The progame started with the introduction of yogasanas, meditation and general benefits of yoga. Yoga means uniqueness. It helps to develop the Physical, Physiological and Psychological improvement of the performers. Routine practice of asanas and meditation helps the people to maintain fitness, wellness and healthy life in the society. Finally some of the competitive asanas were also demonstrated by the students of Diploma in Yoga to the audience.

**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**



**Date** : 28.08.2019 (Wednesday)

**Venue** : RV Auditorium , College campus

**Time** : 10.00 a.m to 11.00 a.m

# SHRIMATI INDIRA GANDHI COLLEGE

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TIRUCHIRAPPALLI -620002

## Department of Physical Education and Yoga

### “Demonstration on Yoga and Meditation”

Date: 29.08.2019

The Department of Physical Education and Yoga organized a “Demonstration on Yoga and Meditation” on 28.08.2019 at R.V. Auditorium. 250 hostel Students were performed Asanas namely Padmasana, Vajrasana, Pachimotasana, Halasana, Bhujangasana, Chakrasana, Virksanasana, Dhanurasana and Savasana.

