

**Department of Physical Education and Yoga  
of**

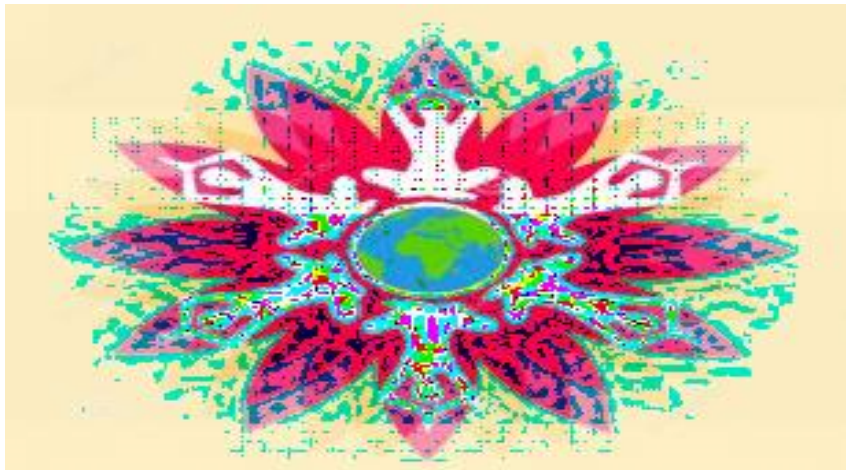
**SHRIMATI INDIRA GANDHI COLLEGE**

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

Tiruchirappalli - 620 002

**Cordially invite you for the**

**“Demonstration on Yoga and Meditation”**



**Date** : 21.06.2019 (Friday)

**Venue** : RV Auditorium , College campus

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

## Department of Physical Education and Yoga

### “Demonstration on Yoga and Meditation”

The Demonstration of Yoga was held on 21.06.2019 at the R.V. Auditorium in the college campus. Nearly 100 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, Char asana, 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.



**Department of Physical Education and Yoga**  
**Demonstration on Yoga and Meditation**

Date: 21.06.2019 (Friday)

Venue : RV Auditorium , College campus

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

S. No.	Name of the Student	Department	21.6.2019
1	Atchaya B	I-B.B.M	Atchaya
2	Brindhya K	I-B.B.M	Brindhya
3	Dhanalakshmi S	I-B.B.M	Dhanalakshmi
4	Nivethini R	I-B.B.M	Nivethini
5	Vaishnavi A	I-B.B.M	Vaishnavi
6	Chandrika J	I-B.Sc Biochemistry	Chandrika J
7	Deepika R	I-B.Sc Biochemistry	Deepika R
8	Kannika K	I-B.Sc Biochemistry	Kannika
9	Kaviya M	I-B.Sc Biochemistry	Kaviya M
10	Usharani S	I-B.Sc Chemistry	Usharani
11	Vasuki M	I-B.Sc Chemistry	Vasuki
12	Vinithra R	I-B.Sc Chemistry	Vinithra
13	Yazhini Preethi A	I-B.Sc Chemistry	Yazhini
14	Ananthi J	I-B.B.A	Ananthi
15	Birthos M	I-B.B.A	M. Birthos
16	Gajalakshmi T	I-B.B.A	Gajalakshmi
17	Kowsalya V	I-B.B.A	V. Kowsalya
18	Krishnaveni K	I-B.B.A	K. Krishnaveni
19	Gayathri J	I-B.Sc Chemistry	Gayathri
20	Geethavani V	I-B.Sc Chemistry	Geethavani
21	Gokila Vani K	I-B.Sc Chemistry	Gokilavani
22	Jegatheeswari I	I-B.Sc Chemistry	Jegatheeswari
23	Kamala Priyanga S	I-B.Sc Chemistry	Kamala
24	Parkavi B	I-B.Sc Chemistry	Parkavi
25	Parkavi V	I-B.Sc Chemistry	Parkavi
26	Preethi R	I-B.Sc Chemistry	Preethi
27	Priyanga B	I-B.Sc Chemistry	Priyanga
28	Aarthi M	<u>I-B.Com</u>	Aarthi
29	Durga A	<u>I-B.Com</u>	Durga
30	Durgajothi V	<u>I-B.Com</u>	Durgajothi
31	Kowsalya P	<u>I-B.Com</u>	Kowsalya
32	Krishnaveni K	<u>I-B.Com</u>	Krishnaveni
33	Bhuvaneshwari A	<u>I-B.Com</u>	Bhuvaneshwari
34	Dharaniya K	<u>I-B.Com</u>	Dharaniya
35	Abinaya S	<u>I-B.Com</u>	Abinaya
36	Abitha F	<u>I-B.Com</u>	Abitha F
37	Udhayakumari P	<u>I-B.Com</u>	Udhayakumari

  
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38	Vaishnavi S	I-B.Com	S. Vaishnavi
39	Virginia M	I-B.Com	M. Virginia
40	Yasmeen Begam M	I-B.Com	Yasmeen Begam M
41	Yokeshvari K	I-B.Com	K. Yokeshvari
42	Dhivyabharathi G	I-B.Com (CA)	G. Dhivyabharathi
43	Dhivya Sri R	I-B.Com (CA)	R. Dhivya Sri
44	Divyalakshmi S	I-B.Com (CA)	S. Divyalakshmi
45	Durga Devi C	I-B.Com (CA)	C. Durga Devi
46	Preethi P	I-B.Com (CA)	P. Preethi
47	Priyadarshini A	I-B.Com (CA)	A. Priyadarshini
48	Abirami Sri G	I-B.C.A	G. Abirami Sri
49	Anushiya V	I-B.C.A	V. Anushiya
50	Atchaya R	I-B.C.A	R. Atchaya
51	Chandrasena N	I-B.C.A	N. Chandrasena
52	Madhumitha M	I-B.C.A	M. Madhumitha
53	Amala shree.M.G	I-B.C.A	M. Amala shree
54	Abirami L	I-B.Sc Computer Science	L. Abirami
55	Durka T	I-B.Sc Computer Science	T. Durka
56	Gayathri K	I-B.Sc Computer Science	K. Gayathri
57	Girija R	I-B.Sc Computer Science	R. Girija
58	Keerthini R	I-B.Sc Computer Science	R. Keerthini
59	Kiruthika K	I-B.Sc Computer Science	K. Kiruthika
60	Vaishnavi S	I-B.Sc Information Technology	S. Vaishnavi
61	Yuvasri M	I-B.Sc Information Technology	M. Yuvasri
62	Aishwarya N	I-B.A Economics	N. Aishwarya
63	Rashiya R	I-B.A Economics	R. Rashiya
64	Santhiya S	I-B.A Economics	S. Santhiya
65	Akila R	I-B.A(English)	R. Akila
66	Akila Rani R	I-B.A(English)	R. Akila Rani
67	Akshaya A	I-B.A(English)	A. Akshaya
68	Brindha A	I-B.A(English)	A. Brindha
69	Buvaneshwari M	I-B.A(English)	M. Buvaneshwari
70	Deepthi V	I-B.A(English)	V. Deepthi
71	Divyapriya M	I-B.A(English)	M. Divyapriya
72	Ramya S	I-B.Sc Mathematics	S. Ramya
73	Saravathi J	I-B.Sc Mathematics	J. Saravathi
74	Sugeeswari K	I-B.Sc Mathematics	K. Sugeeswari
75	Sujitha R	I-B.Sc Mathematics	R. Sujitha
76	Deepika S	I-B.Sc Mathematics	S. Deepika
77	Devadharshini R	I-B.Sc Mathematics	R. Devadharshini
78	Devayani R	I-B.Sc Mathematics	R. Devayani
79	Indhumathi P	I-B.Sc Mathematics	P. Indhumathi

80	Ishwariya N	I-B.Sc Mathematics	Ish
81	Brindha. S	I-B.Sc Physics	Brindha
82	Deepasri L	I-B.Sc Physics	Deepasri
83	Deepika M	I-B.Sc Physics	Deepika
84	Gangadevi G	I-B.Sc Physics	Ganga
85	Gayathri M	I-B.Sc Physics	Gayathri
86	Gomathi K	I-B.Sc Physics	Gomathi
87	Hemalatha R	I-B.Sc Physics	Hemalatha
88	Yamuna Devi T	I-B.Sc Physics	Yamuna
89	Abirami R	I-B.Litt Tamil	Abirami
90	Annapoorani A	I-B.Litt Tamil	Annapoorani
91	Anusiyamary A	I-B.Litt Tamil	Anusiyamary
92	Arunadevi M	I-B.Litt Tamil	Arunadevi
93	Delsi D	I-B.Litt Tamil	Delsi
94	Devadharshini T	I-B.Litt Tamil	Devadharshini
95	Hency Rabaka S	I-B.Litt Tamil	Hency
96	Sivaparvathi V	I-B.Litt Tamil	Sivaparvathi
97	Sivaranjani M	I-B.Litt Tamil	Sivaranjani
98	Sivaranjani P	I-B.Litt Tamil	Sivaranjani
99	Sneka A	I-B.Litt Tamil	Sneka
100	Sneka L	I-B.Litt Tamil	Sneka

*(Signature)*

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**Tiruchirappalli-2.**

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## DEMONSTRATION AND TRAINING IN YOGA

### CERTIFICATE

This is to Certify that Ms.B.Atchaya, I-B.B.M has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. SVIDHYA SATHI

Principal

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This is to Certify that Ms.K.Brindha, I-B.B.M has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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This is to Certify that Ms.S.Dhanalakshmi, I-B.B.M has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. S. VIDHYASULAMI

**Principal**



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This is to Certify that Ms.R.Nivethini, I-B.B.M has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

  
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This is to Certify that Ms.A.Vaishnavi, I-B.B.M has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. S. VIDHYA LAKSHMI

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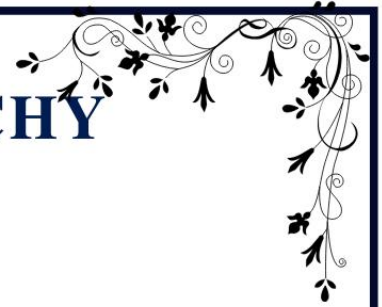
## DEMONSTRATION AND TRAINING IN YOGA

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This is to Certify that Ms.J.Chandrika, I-B.Sc Biochemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

  
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This is to Certify that Ms.K.KANNIKA, I-B.Sc Biochemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

  
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This is to Certify that Ms.S.USHARANI, I-B.Sc Biochemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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This is to Certify that Ms.A.YAZHINI PREETHI, I-B.Sc Biochemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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This is to Certify that Ms.T.GAJALAKSHMI, I-B.B.A has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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This is to Certify that Ms.V.KOWSALYA, I-B.B.A has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

  
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This is to Certify that Ms.K.KRISHNAVENI, I-B.B.A has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. VIDHYA SATHI

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This is to Certify that Ms.J.GAYATHRI, I-B.Sc.,Chemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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This is to Certify that Ms.K.GOKILA VANI, I-B.Sc.,Chemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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This is to Certify that Ms.S.KAMALA PRIYANGA, I-B.Sc.,Chemistry has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr.SVIDHYASULAMI

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DR. VIDHYA SATHI

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P. VIDHYAVATHI

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This is to Certify that Ms.A.BHUVANESHWARI, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. S. VIDHYASULAMI

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P. S. VIDHYASATHI

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This is to Certify that Ms. S.ABINAYA, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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Principal

# SHRIMATI INDIRA GANDHI COLLEGE, TRICHY



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## DEMONSTRATION AND TRAINING IN YOGA

### CERTIFICATE

This is to Certify that Ms.P.UDHAYAKUMARI, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. UDHAYAKUMARI

Principal

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This is to Certify that Ms.S.VAISHNAVI, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. SVIDHYA VASUTHAMI

Principal

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## DEMONSTRATION AND TRAINING IN YOGA

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This is to Certify that Ms.M.VIRGINIA, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. VIDHYA SATHI

Principal

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This is to Certify that Ms.M.YASMEEN BEGAM, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. VIDHYA SATHI

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This is to Certify that Ms.K.YOKESHVARI, I-B.Com has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. SVIDHYA SATHI

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### CERTIFICATE

This is to Certify that Ms.G.DHIVYABHARATHI, I-B.Com (CA) has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

D. VIDHYABHARATHI

Principal

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### CERTIFICATE

This is to Certify that Ms.R.DHIVYA SRI, I-B.Com (CA) has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. SVIDHYA SRI

Principal



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Ms. S. DIVYALAKSHMI

Principal

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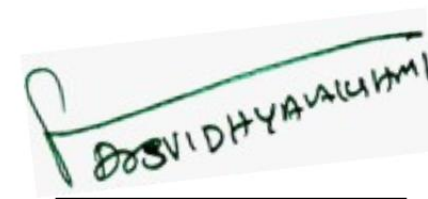


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Dr. VIDHYA LAKSHMI

Principal

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P. VIDHYASATHI

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This is to Certify that Ms.A.PRIYADHARSHINI, I-B.Com,  
(CA) has actively participated in the Yoga Demonstration on  
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S. VIDHYA VATHI

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Dr. VIDHYA LAKSHMI

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Dr. S. VIDHYA SATHI

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This is to Certify that Ms.S.RAMYA I-B.Sc.,Maths has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. VIDHYA RAMI

Principal

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This is to Certify that Ms.J.SARAVATHI, I-B.Sc.,Maths has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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### CERTIFICATE

This is to Certify that Ms.K.SUGEEESWARI, I-B.Sc.,Maths has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

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S. VIDHYAVATHI

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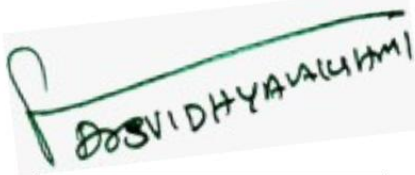


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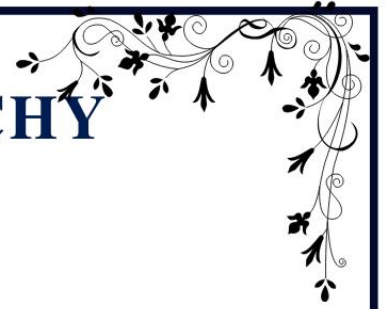
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P. SVIDHYAARATHI

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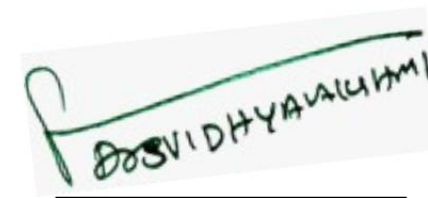


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Dr. VIDHYA LAKSHMI

Principal

# SHRIMATI INDIRA GANDHI COLLEGE, TRICHY



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

## DEMONSTRATION AND TRAINING IN YOGA

### CERTIFICATE

This is to Certify that Ms.A.ANUSIYAMARY, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

  
P. SVIDHYANATHI

Principal



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This is to Certify that Ms.M.ARUNADEVI, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. SVIDHYA SATHI

Principal

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This is to Certify that Ms.D.DELSI, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

D. VIDHYAVATHI

Principal

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This is to Certify that Ms.T.DEVADHARSHINI, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. VIDHYAVALATHI

Principal

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This is to Certify that Ms.S.HENCY RABAKA, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

Dr. VIDHYA SATHI

Principal

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### CERTIFICATE

This is to Certify that Ms.V.SIVAPARVATHI, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

  
P. SVIDHYA SATHI

Principal

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P. SVIDHYA SATHI

Principal

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This is to Certify that Ms.P.SIVARANJANI, I-B.Litt Tamil, I-B.Litt Tamil has actively participated in the Yoga Demonstration on 21.06.2019 conducted by the Department of Physical Education and Yoga of Shrimati Indira Gandhi College, Trichy.

P. SIVADHYAYALATHI

Principal

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S. VIDHYAVATHI

Principal



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Dr. VIDHYA SATHI

Principal