

YOGA CLASSES
IN
JUSTICE BASHEER AHMED SAYEED
COLLEGE FOR WOMEN (AUTONOMOUS) ,
CHENNAI – 18
A REPORT

IN OUR COLLEGE MONTHLY 4 DAYS THE FIRST YEAR STUDENTS ATTEND THE YOGA CLASSES .THE STUDENTS ACTIVELY PERFORM DIFFERENT ASANAS SUCH AS:

- MEDITATION POSITIONAL ASANAS
- SITTING POSITIONAL ASANAS
- PRONE POSITIONAL ASANAS
- SUPINE POSITIONAL ASANAS
- RELAXATION POSITIONAL ASANAS
- PRANAYAMA
- MUDHRA
- BANDHA AND
- KRIYAS

THERE ARE SIX SITTING POSITION ASANAS, SIX STANDING POSITION ASANAS, FIVE PRONE POSITION ASANAS, FIVE SUPINE POSITION ASANAS AND A FEW RELAXATION ASANAS.





INTERNATIONAL YOGA DAY

ON THE 4TH INTERNATIONAL YOGA DAY, HELD AT RAJ BHAVAN, ON 21ST JUNE 2018, IN THE PRESENCE OF OUR HONOURABLE GOVERNOR OF TAMILNADU, HIS EXCELLENCY BANWRILAL PUROHIT, 50 OF OUR COLLEGE STUDENTS ACTIVELY PARTICIPATED IN YOGA.













STUDENTS OF JBAS COLLEGE ALONG WITH THE DIRECTOR OF
PHYSICAL EDUCATION **MAJOR DR.S.INDRA**



THE ASSOCIATE NCC OFFICER **MAJOR DR.S.INDRA**
OF JBAS COLLEGE WITH HONOURABLE GOVERNOR OF TAMILNADU,
HIS EXCELLENCY **BANWARILAL PUROHIT**

ON THE **INTERNATIONAL YOGA DAY** HELD AT ASHOK NAGAR GOVERNMENT GIRLS HIGHER SECONDARY SCHOOL ON 21ST JUNE 2018, 100 OF OUR NCC AND NSS CADETS PARTICIPATED IN PERFORMING YOGA IN THE PRESENCE OF **COMMANDING OFFICER** OF 1 TN GIRLS BATAILLION NCC, **COLONEL.SANJEEV PANDIT**.

