



GURU NANAK COLLEGE (Autonomous)

Guru Nanak Salai, Velachery, Chennai.

Department of Commerce- General (Shift II)

Report


1. Event Title - One Day Workshop “Journey for self: Yoga @ home! Yoga for life!”
2. Category - Workshop
3. Department - B.Com General Shift II
4. Date & Time - 21st June 2020 from 5.00p.m to 6.00 p.m.
5. No. of Participants - 100
6. No. of Resource Persons - One


Report Description–One Day Workshop “Journey for self: Yoga @ home! Yoga for life”

Department of B.Com. General (Shift II) of Guru Nanak College organized a one day workshop on “**Journey for self: Yoga @ home! Yoga for life!**” on 21st June 2020 from 5.00 p.m to 6.00 p.m on occasion of International Yoga Day, Ms. Manasa Devi, Yoga Instructor, Anahata Yoga Academy, Thoraipakkam, Chennai was the resource person. Our Principal Dr. M.G. Ragnathan delivered his welcome address and inaugurated the workshop. Around 100 participants attended and got benefitted from the programme. The invite for the same is attached below.

Photos




GURU NANAK COLLEGE (Autonomous)
 Re-Accredited at 'A-Grade' by NAAC
 Affiliated to University of Madras
 Guru Nanak Salai, Velachery, Chennai- 600 042
DEPARTMENT OF COMMERCE – GENERAL (SHIFT II)
ON OCCASION OF
INTERNATIONAL YOGA DAY
 Online Workshop on
Journey of self
YOGA @ HOME! YOGA FOR LIFE!
 To the students of Commerce – General (Shift II)
 on
 Date : 21st June 2020 Time : 5.00 p.m. to 6.00 p.m.
 Resource Person
Ms. MANASA DEVI,
 Yoga Instructor, Anahata Yoga Academy,
 Thoraiakkam, Chennai.
 Dr. M.G.Ragunathan Mr. Manjit Singh Nayar
 Principal General Secretary & Correspondent


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Department of Commerce (General) - Shift II
CERTIFICATE OF PARTICIPATION
 This is to certify that Mr./Ms. _____ has
 participated in the Online workshop on "Journey of Self - Yoga @ Home! Yoga for Life!" organized
 on occasion of International Yoga Day by the Department of Commerce (General)-Shift II,
 Guru Nanak College (Autonomous), Chennai on 21st June, 2020.
 Dr.M. G. Ragunathan Mr. Manjit Singh Nayar
 Principal General Secretary & Correspondent

PROFILE OF MANASA DEVI

Manasa Devi Prabhakaran, Alumni, Guru Nanak College, and masters in Yoga and Naturotherapy, pursuing her Master's in Applied Yogic Science.

Currently she is yoga instructor in Anahata Yoga Academy, Thoraiakkam - Chennai, Tamil Nadu.

Her specialisation includes,

- Hatha Yoga Trainer
- Intermediate to Advanced Yoga trainer
- Wheel Yoga trainer
- Corporate yoga trainer
- Harolded Laughter therapy sessions
- Fuzzen Trainer.

She is a certified trainer to handle Children psychologically and in the field of Yoga.

In Feb 2020, she has won the first prize in 22-35 age category in the state level yoga competition.

Apart from Yoga, she is pursuing her CHA course.