

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 21stJune 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. Ragunathan 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



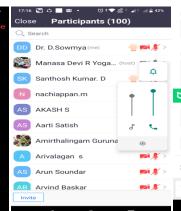


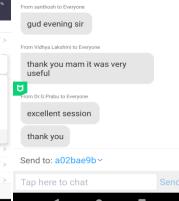


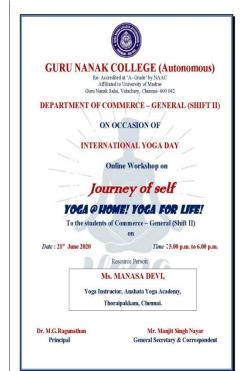


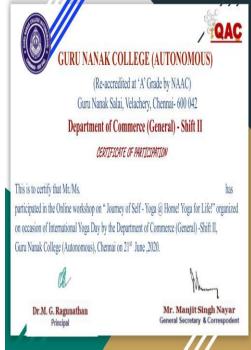












PROFILE OF MANASA DEVI

Manasa Devi Raghuraman, 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, Thoraipakkam - Chennai, Tamil

Her specialisation includes,

Hatha Yoga Trainer

- Intermediate to Advanced Yoga trainer
- · Wheel Yoga trainer
- · Corporate yoga trainer
- · Handled Laughter therapy sessions
- · FulZen 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 conceition

Apart from Yoga, she is pursuing her CWA course.