



**Gnanamani College of Technology**  
Namakkal- 637 018

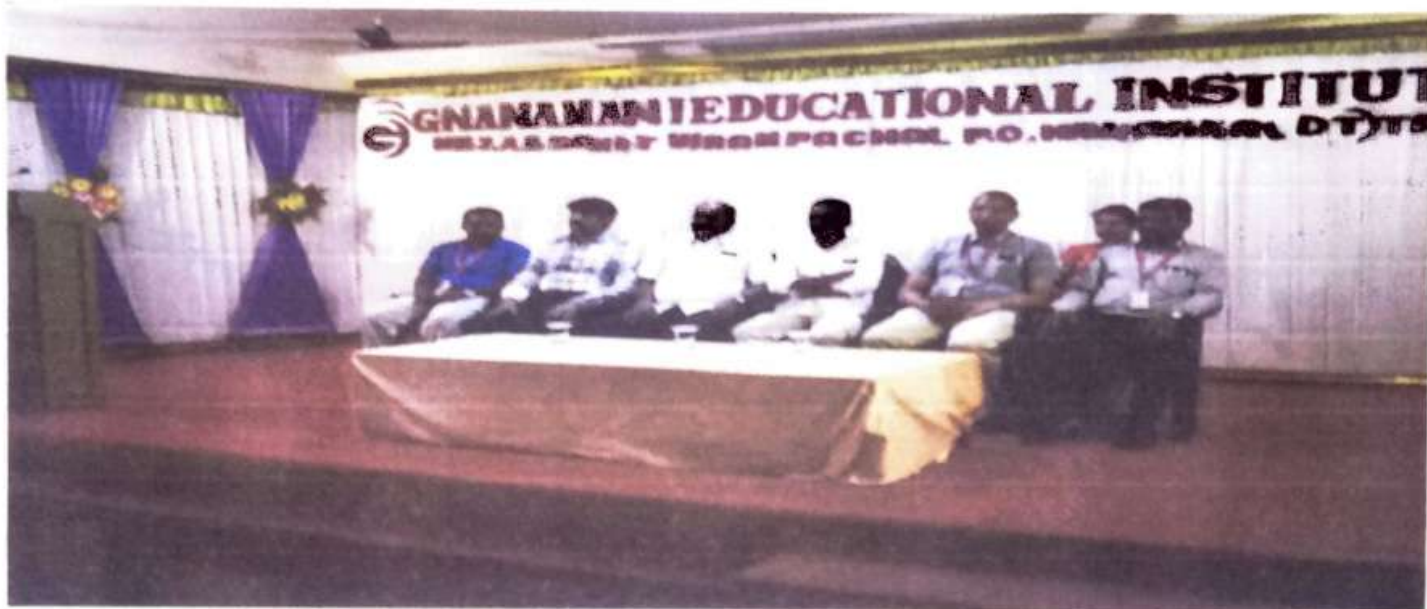
# LIFE SKILLS

Yoga is a simple word, means a union between two elements such as mind and body. It is a group of physical, mental and spiritual practices or disciplines. The yoga and meditation activities improve ones flexibility, muscle strength and respiration. And also, it protects from injury.

Physical Fitness can maintain good health and improve the overall quality of life. Physical activity increase muscle strength, bone density, flexibility and stability. Also, Eye yoga relieves the symptoms of eye strain.

## "YOGA AND MEDITATION" LIFE SKILL PROGRAMME

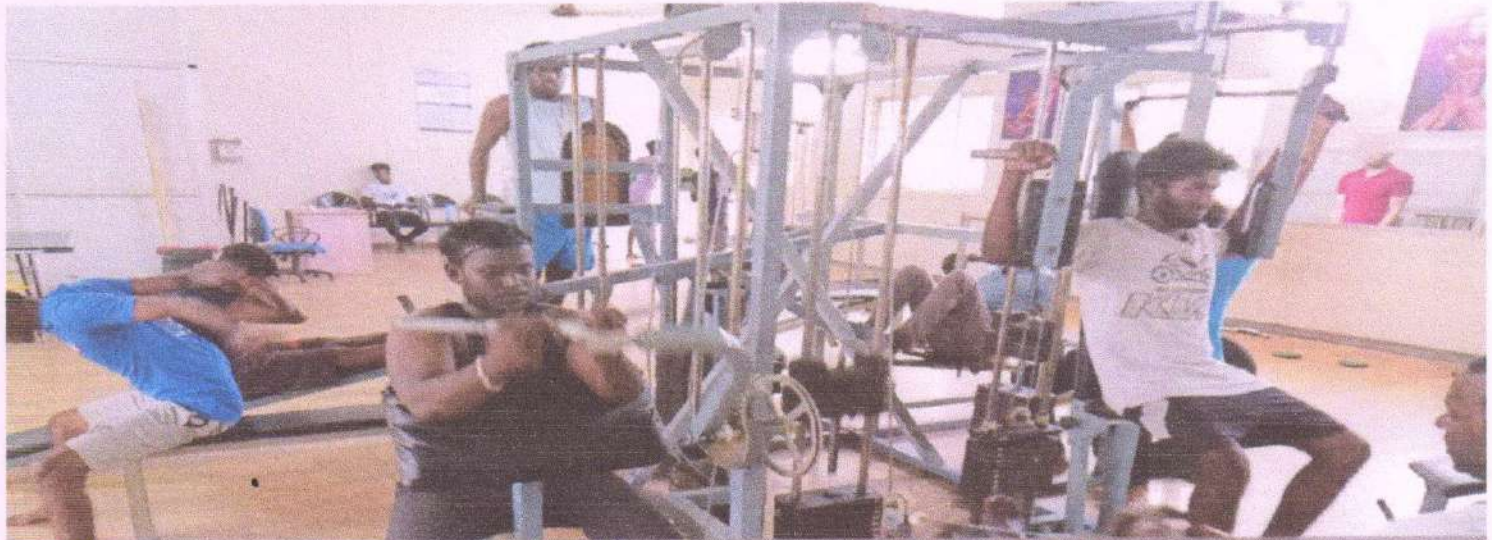
Date: 10.10.2019



"Yoga and Meditation" inauguration programme was conducted on 12.07.2019 in Ramanujan Hall. Our college principal, Dr.T.K.Kannan felicitated the gathering and shared the importance of yoga. The chief guest of the function was Dhyana Maharishi, Mr.K.Pannerselvam, Prabancha Dhyana Kendra from Dindigul. Students were given practice as per the steps and guidelines given by the yoga master.

## "PHYSICAL FITNESS(GYMNASIUM)" LIFE SKILL PROGRAMME

DATE:14.02.2020



GNANAMANI COLLEGE OF TECHNOLOGY, Ananthakrishnarayasamudram, Tamil Nadu, 637018, India

Ananthakrishnarayasamudram

Tamil Nadu

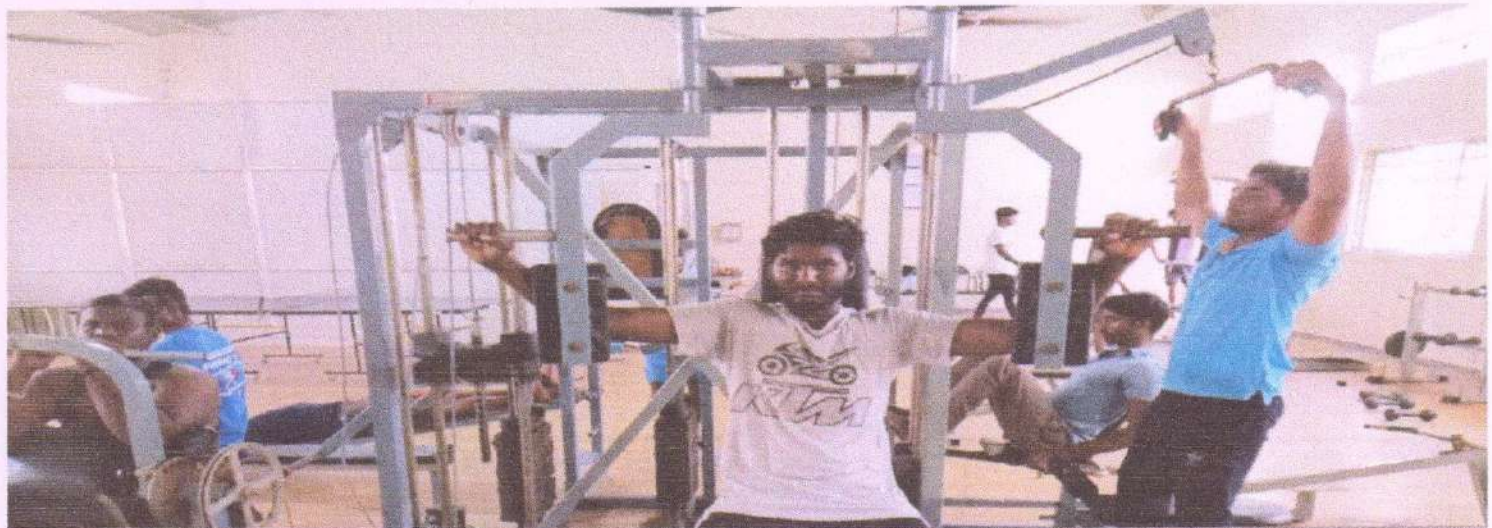
India

2020-02-14(Fri) 05:57(PM)



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Unnamed Road, Tamil Nadu 637018, India

Tamil Nadu

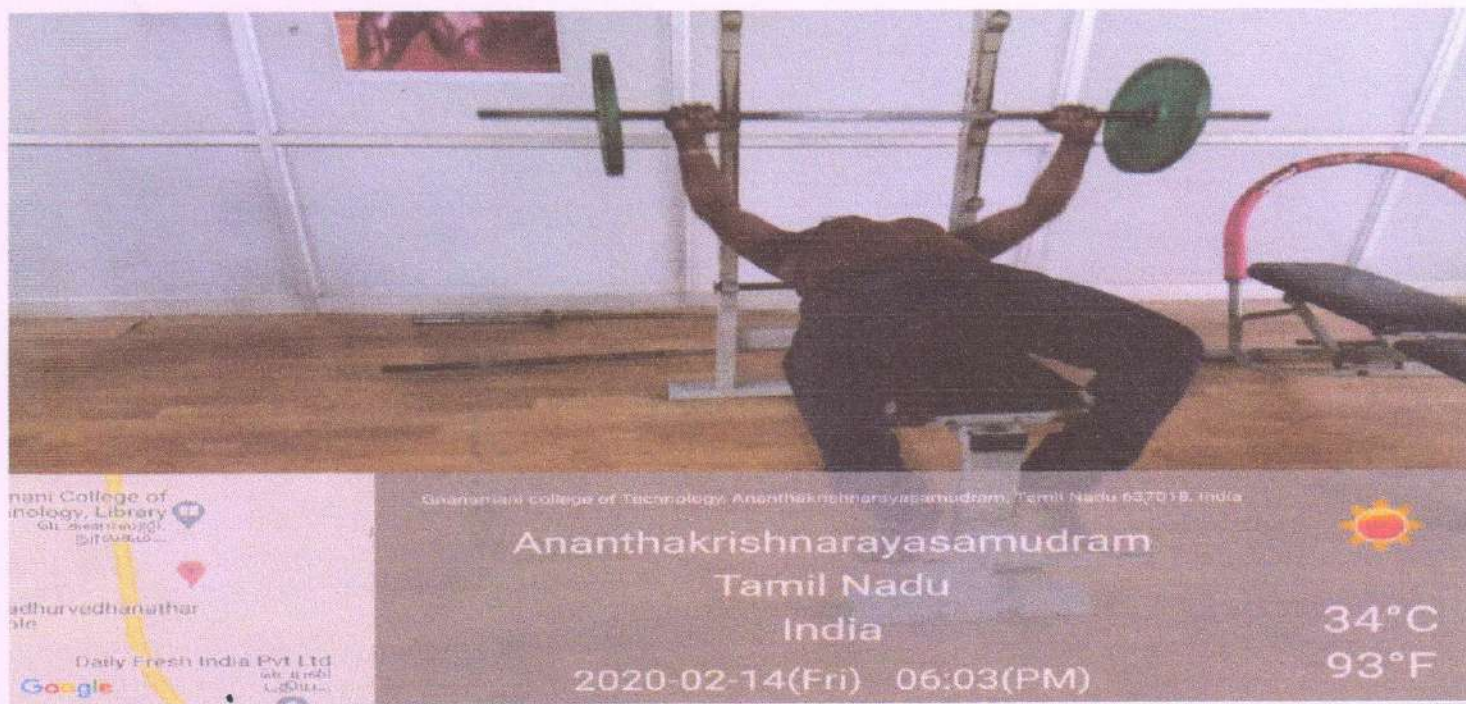
India

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Our college gymnasium containing various equipments to improve the physical fitness. It can maintain good health and improve the overall quality of life. Physical activity increase muscle strength, bone density, flexibility and stability. Students from various departments were practiced and benefited as per the steps and guidelines.



The inauguration of “Yoga and Meditation” programme was conducted on 04.07.2018 in Ramanujan Hall. Our college principal, Dr.T.K.Kannan felicitated the gathering and shared the importance of yoga. The chief guest of the function was Dhyana Maharishi, Mr.K.Pannerselvam, Prabancha Dhyana Kendra from Dindigul. Students were given practice as per the steps and guidelines given by the yoga master.



The inauguration of "Yoga and Meditation" programme was conducted on 21.06.2017 in Ramanujan Hall. Our college principal, Dr.T.K.Kannan felicitated the gathering and shared the importance of yoga. The chief guest of the function was Dhyana Maharishi, Mr.K.Pannerselvam, Prabancha Dhyana Kendra from Dindigul. Students were given practice as per the steps and guidelines given by the yoga master.



The inauguration of "Yoga and Meditation" life skill programme was conducted on 24.06.2016 in Ramanujan Hall. Our college principal, Dr.B.Sanjay Gandhi felicitated the gathering and shared the importance of yoga. The chief guest of the function was Dr.Krishnakumar,M.B.B.S.,M.S.,D.O., Chief Medical Officer in Vasan Eye care at Salem. Students were given practice to make eyes feel as less tired and fatigued. Eye yoga relieves the symptoms of eye strain.



The inauguration of "Yoga and Meditation" programme was conducted on 16.07.2015 in Ramanujan Hall. Our college principal, Dr. B.Sanjay Gandhi felicitated the gathering and shared the importance of yoga. The chief guest of the function was Dr.Usha Raghunathan M.B.B.S.,D.O., DNB., in Lotus Eye Hospital at Salem. Students were given practice to make eyes feel as less tired and fatigued. Eye yoga relieves the symptoms of eye strain.