Sindhi College
Permanently Affiliated to the University of Madras
146, P. H. Road, Numbal, Chennai – 77

BSc(CS) Online Programmes – June 2020 Report

1. Yoga For Healthy Lifestyle - Webinar

The Department of Computer Science has organized a Webinar on "**Yoga For Healthy Lifestyle**" on the 6th International Yoga Day, 21/06/2020 in association with IQAC, Sindhi College, Chennai - 77. This programme was especially meant for Faculties, Research Scholars, Students and all Stakeholders.

Resource Person:

Mr. V. Ramkumar, AME, Dip in Yoga, B.Sc. (Yoga), M.Sc. (Yoga),
Yoga Therapist/Traditional Yoga Teacher,
Founder/Director, Maharishi Patanjali School of Yoga, Avadi, Chennai – 71,
Professional Yoga Member in Indian Yoga Association.

The Webinar Programme began at 10.00 am. The Welcome Speech was given by Dr. K. Geetha, Associate Professor, Department of Computer Science. The Chief Guest has explained the different Principles of Yoga, Yoga Postures, Asanas, Meditation etc. and so on. The Vote of Thanks was given by Mr. U. Murugavel, Assistant Professor, Department of Computer Science. The programme ended at 11.10 am.

Total Number of Participants Registered: 292
Number of Participants Attended   : 263

Invitation

SINDHI COLLEGE
(Arts & Science)

Permanently Affiliated to the University of Madras
146, Poonamallee High Road, Numbal, Chennai-600077, Tamil Nadu.
Phone: 044 - 26800199

CELEBRATING
29 YEARS
OF EXCELLENCE

Department of Computer Science

Organizes a Webinar titled

Yoga for Healthy Lifestyle

in association with IQAC, Sindhi College, Chennai - 77
on the 6th International Yoga Day.
Date: 21/06/2020   Time: 10 am to 11 am

RESOURCE PERSON

Mr. V. Ramkumar, AME, Dip in Yoga, B.Sc. (Yoga), M.Sc. (Yoga),
Yoga Therapist/Traditional Yoga Teacher,
Founder/Director, Maharishi Patanjali School of Yoga, Avadi,
Professional Yoga Member in Indian Yoga Association.

* No Registration Fees.
* E-Certificate will be provided to all the participants.
* Click on the following Link for Registration:
  https://forms.gle/35grRjJ7bruSusq6A

Mr. U. Murugavel
Programme Coordinator

Dr. K. Geetha
Convener

indian yoga association
yoganushasanam

Dr. K. Satyanarayana
Principal

Mrs. T. Sujatha
Head of the Department

COURSES OFFERED

UG COURSES			PG COURSES
B.Sc. (Computer Science)	B.B.A	B.A. (TTM)	M.S.W
B.Sc. (Maths)	B.Com. (General)	B.A. (English)	M.A. (HRM)
B.Sc. (Viscom)	B.Com. (CS)	B.A. (Tamil)	M.Com (Genereal)
B.C.A	B.Com. (ISM)	B.A. (Economics)	

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www.sindhicollege.in

Sample Certificate

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Phone: 044 - 26800199   Website: www.sindhicollege.in

Certificate of Participation

This is to certify that Dr./Mrs./Mr./Ms. ...T.Hemalatha.. of

JAZAN UNIVERSITY, SAUDI
.... has

participated in the Webinar titled **"Yoga For Healthy Lifestyle"** Organized by the

Department of Computer Science in association with IQAC, Sindhi College,

Chennai - 77 on the 6th **International Yoga Day** 21/06/2020.

Mr. U. Murugavel
Programme Coordinator

Mrs. T. Sujatha
Head of the Department

Dr. K. Satyanarayana
Principal