



Sponsored by AIMAN Education & Welfare Society

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Recognized by UGC Under Section 2(f) and 12(B)

K.Sathanur, Tiruchirappalli - 620 021

YOGA CLUB

Organizes a Webinar on

LIFE SKILLS - The Pathway for Excellence

1st October, 2021

TIME : 5:00 P.M TO 6.00 P.M

Connect with us on

meet.google.com/zhn-pzfe-pkm



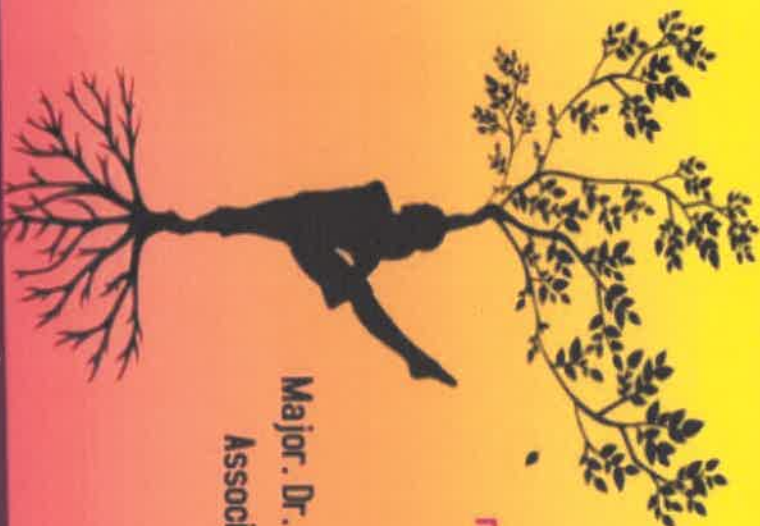
GUEST SPEAKER

Major. Dr. N. S. SIVAKUMAR, M.P.Ed., M. Sc(Yoga), M.Phil., Ph.D

Associate Professor & Director of Physical Education,

Urumu Dhanalakshmi College,

Trichirappalli



We Cordially Invite You All

Dr.SUHASHINI ERNEST
PRINCIPAL

Prof.Dr.M.M.SHAHUL HAMEED
DIRECTOR

PRINCIPAL

29.9.2021

AIMAN COLLEGE OF ARTS &
SCIENCE FOR WOMEN
TIRUCHIRAPPALLI-620 021.



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WEBINAR

1.10.2021

ON

Life Skills-The Pathway for Excellence

Organized by

Yoga Club

Programme Agenda

Qirath : Ms. H. Jasmine, III B.Sc(AFT)

Welcome Address &

Introduction to the Chief Guest : Ms.S. Sahana, III B.Sc(N&D)

Session : 5.00 am to 6.00 pm

Chief Guest :Dr.N.Sivakumar, M.P.Ed, M.Sc, M.Phil, Ph.D
Associate Professor,
Director of Physical Education,
Mathematics,Anna University BIT Campus
Trichy.

Vote of Thanks : Ms. H. Ameera Banu II B.Sc (Mathematics)

Master of Ceremony – Ms. A . Aafrin Fathima II B.Sc Mathematics

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YOGA CLUB

REPORT

On

Life Skills-The Pathway for Excellence

01.10.2021

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. With this aim in mind, a webinar “Life Skills-The Pathway for Excellence” was organised by Yoga club, AIMAAN College of Arts and Science for Women, Trichy, on 01.10.2021 for the students of AIMAAN College through a virtual platform.

The program started with a verse from holy Quran was recited by Ms Jasmine, from III B.Sc.(AFT). Welcome address was delivered by Ms. S. Sahana from III B.Sc.(N&D). The chief guest of the day was Major.Dr.N.S.Sivakumar, Assistant Professor of Physical Education, Urum Dhanalakshmi College, Trichy, took yoga session with great dedication. The students participated with full interest and enthusiasm.

Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students.

The Chief guest motivated the students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga. The session concluded with an interactive session between the chief guest and the students in which the queries of the students were addressed satisfactorily. The session was very refreshing, reviving and relaxing. Finally a vote of thanks proposed by Ms. H. Ameera Banu, II B.Sc. (Mathematics).

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The Chief guest Major.Dr.N.S.Sivakumar delivered his presentaion

Major Dr N S Sivakumar is presenting

PROBLEM SOLVING
Helps us to *deal constructively* with the problems in our lives

LIFE is 10% what happens to you and 90% how you respond to it.

5:17 PM | YOGA CLUB - THE PATHWAY FOR EXCE...

Major Dr N S Sivakumar is presenting

3.2 What is Critical Thinking?

Critical thinking is general term given to a wide range of cognitive and intellectual skills needed to:

- Effectively identify, analyze and evaluate arguments.
- Discover and overcome personal prejudices and biases.
- Formulate and present convincing reasons in support of conclusions.
- Make reasonable, intelligent decisions about what to believe and what to do.

Note: Critical thinking is a skill so *fortunate* for us we can enhance it through practice.

5:21 PM | YOGA CLUB - THE PATHWAY FOR EXCE...

Major Dr N S Sivakumar is presenting

- Never say Die spirit of Netherland's **Sifan Hasan**
- In 1st heat of 1500 mts she had a collision with a Kenyan athlete stumbled and had a fall along with the Kenyan with a lap to go.
- But she did not panic, her indomitable spirit made her to rise from behind the pack set her mind so powerful, calculated her run , instantly planned her pace wisely and finished ahead of everyone in her heats, what an olympic moment that was. No the story does not end here.
- In the evening the morning incident did not deter her will a wee bit. She came for the 5000mts finals erasing the morning memories like a bad dream and won the gold medal gracefully.

5:17 PM | YOGA CLUB - THE PATHWAY FOR EXCE...

S. S. S.
1.10.21
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