



AIMAN College of Arts and Science for Women

Sponsored by AIMA Education & Welfare Society

Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B)

K.Sathanur, Tiruchirappalli-21.

Yoga Club

*Organizes a One day Webinar
On*

SUCCESS THROUGH FITNESS

Guest Speaker

Major.Dr.N.S.Sivakumar

Associate Professor & Director of Physical Education,
Urumu Dhanalakshmi College,
Trichirappalli

Date : 29.12.2021

Time : 10.00 a.m

Mode : Google Meet

Dr.Suhashini Ernest

Principal

Prof.Dr.M.M.Shahul Hameed

Director


27.12.2021

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



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K.Sathanur, Trichirappalli – 620 021

WEBINAR ON 29.12.2021

Success Through Fitness

Organized by

Yoga Club

Programme Agenda

Qirath : Ms.Fasheeha DavoodUsman Ali,III B.Sc(Maths)

Welcome Address &

Introduction to the Chief Guest : Ms. S. Safrin Thaslim, III B.Sc(Maths)

Session : 10.00 am to 11.00 pm

Chief Guest :Major. Dr.N.Sivakumar,

Director of Physical Education,

Urumu Dhanalakshmi College,

Trichy.

Vote of Thanks : Ms. S. Reshma Sulthana, III B.Sc(Maths)

Master of Ceremony – Ms. A . Aafran Fathima III B.Sc Mathematics


29.12.21
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YOGA CLUB

Date 29.12.2021

REPORT

On

SUCCESS THROUGH FITNESS

A Webinar on “**SUCCESS THROUGH FITNESS**” was organised by Yoga club, AIMA College of Arts and Science for Women, Trichy-21, at 10 am on 29.12.2021. The programme commenced with the invocation of the blessings of the Almighty. Ms. Fasheeha Davood Usman Ali, from III B.Sc.(Mathematics) started with Quart. Welcome address was delivered by Ms. S .Safrin Thaslima from III B.Sc. (Mathematics). Our chief guest of the day Major .Dr.N.S.Sivakumar Assistant Professor of physical Education, Urum Dhanalekshmi College, Trichy. The chief guest started this session With great dedication.

In his speech give message about yoga “A few minutes of yoga during the day can be a great way of get ride of stress that accumulates daily ” in both body and the mind. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, Bhujangasana and ending with Shavasana. He also describe about 8 limbs of yoga, its benefits and he share videos of different positions of yoga. After his discussion he spent some time for students doubt clearance. 90 students were participated in this webinar. Finally a vote of thanks proposed by Ms. Reshma Sultana, III B.Sc. (Mathematics).



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Videos shared by the Resource Person and Explain the benefits of yoga

The top screenshot shows a Google Meet interface with a presentation titled "BENEFITS OF YOGA". The presentation content is as follows:

FOR BODY	FOR MIND
INCREASED CORE STRENGTH	IMPROVED INTUITION
LOWERS BLOOD PRESSURE	DECREASED SELF-ACCEPTANCE
WEIGHT MANAGEMENT	IMPROVED CONCENTRATION
IMPROVED CIRCULATION	NEUTRALIZED STRESS
BODY DETOXIFICATION	IMPROVED MEMORY
PAIN AND TENSION RELIEF	INCREASED MENTAL AWARENESS
INCREASED FLEXIBILITY	FOCUS ON THE PRESENT
IMPROVED POSTURE	INCREASED CONFIDENCE
INCREASED IMMUNITY	ENHANCED ENERGY FLOW
	BETTER SLEEP PATTERNS

The bottom screenshot shows a Google Meet interface with a presentation titled "HEALTH". The presentation content is as follows:

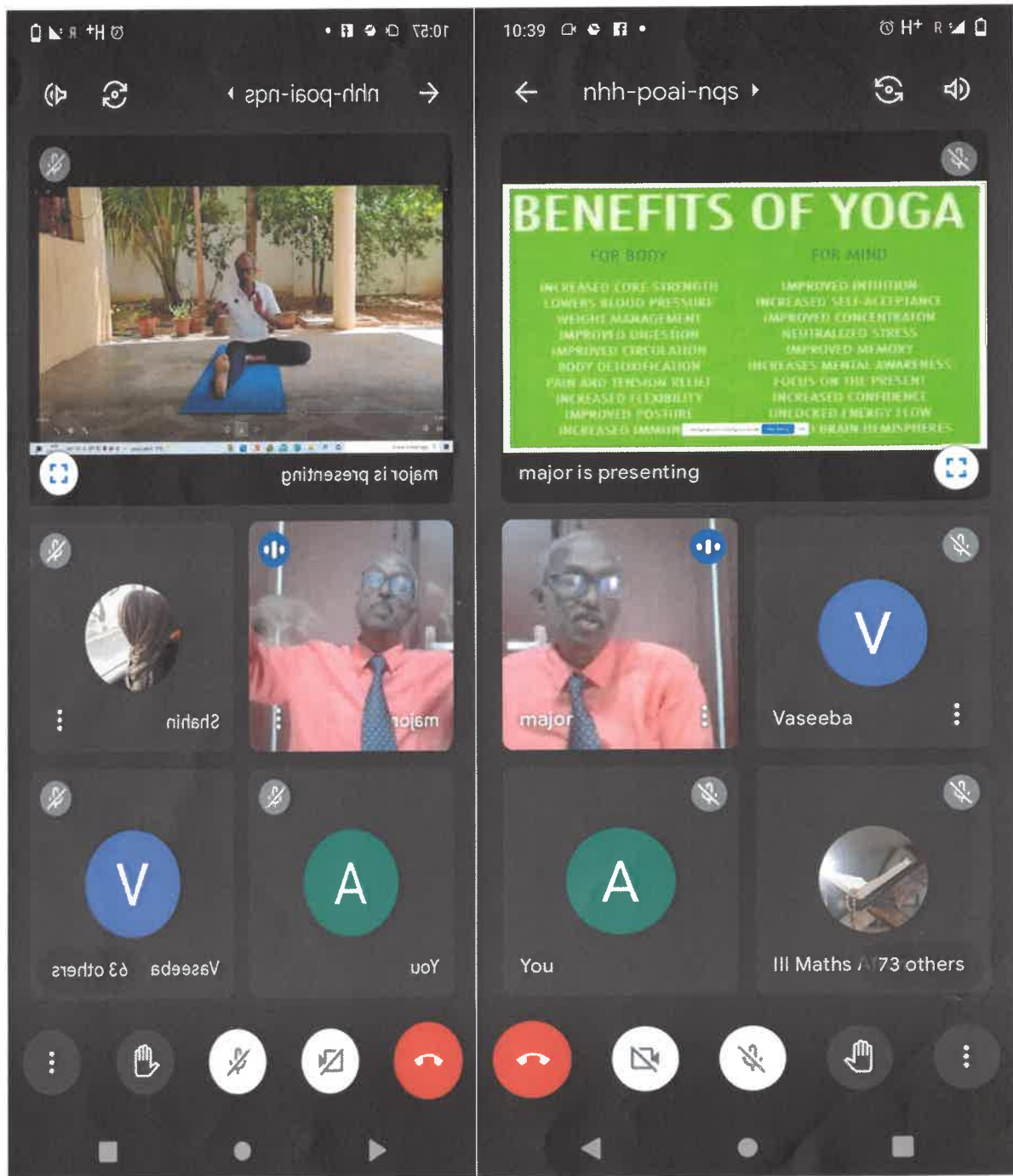
HEALTH

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

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29.12.24

Videos shared by the Resource person and Explain the benefits of yoga



[Signature]
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WEBINAR- SUCCESS THROUGH FITNESS

ORGANISED BY YOGA CLUB

NAME LIST



SI NO	STUDENTS NAME	CLASS	SIGNATURE
1	THASNEEM BANU	I BCA	Thasneem Banu
2	LUHANA FATHIMA	I BSc CS	Luhana Fathima
3	APSARA ROSE	BCA	Apsara Rose
4	RALIYA FATHIMA	I B Sc	Raliya Fathima
4	RAHMATH		Rahmath
5	KARIMA PARVEEN	BBA	Karima Parveen
6	MULFA	BBA	Mulfa
7	ROSHAN	BBA	Roshan
8	SHAFFRIN SITHIKA	BBA	Shaffrin Sithika
9	ASMIYA	B.COM	Asmiya
10	J PARVEEN	B.COM	J. Parveen
11	RAYEESHA HASMATH	B.COM	Rayeesha Hasmath
12	RIFANA BARVEEN	B.COM	Rifana Barveen
13	RAHINI R	N&D	Rahini R
14	AINUL SUHAIYA	N&D	Ainul Suhaiya
15	ANISHA A	N&D	Anisha A
16	ASHIBA	N&D	Ashiba
17	RAWUFATH	N&D	Rawufath
18	THASLEEMA	N&D	Thasleema
20	YASMIN BANU	N&D	Yasmin Banu
21	ANAKA	I BBA	Anaka
22	DIVYA DARSHINI	I BBA	Divya Darshini
23	J MUSFIRA	I BBA	J Musfira
24	MONIKA	I BBA	Monika
25	NABILA	I BBA	Nabila
26	SHEELA K	I BBA	Sheela K
27	MARJUKA	I BBA	Marjuka
28	KAVIPRIYA	I B.COM	Kavipriya
29	DARSHINI BASKARAN	BBA	Darshini Baskaran
30	DIVYA M	B.COM	Divya M
31	FATHIMA AFROSE	B.COM	Fathima Afrose
32	GAYATHRY	B.COM	Gayathry
33	HINDUJA ASHOK	B.COM	Hinduja Ashok
34	MARIYAM SITTHIHA	B.COM	Mariyam Sitthiha
35	M ASIFA BEGAM	III BBA	M Asifa Begam
36	A ZEENATH FATHIMA	III BBA	A Zeenath Fathima
37	M BASHEERA JAVLA	III BBA	M Basheera Javla
38	DIVYA MAUAKRISHNA	III B.COM	Divya Mauakrishna
39	SABIA SABRIN	III B.COM	Sabia Sabrin
40	AFREEN J	I BCA	Afreen J

41	ASMA	I BCA	Asma
42	PAVITHRA	I BCA	Pavithra
43	RAMILA J JAILANI	I BCS	Ramila
44	SALIHA BEGAM R	I-CS	Saliha Begam
45	RHYHANA BEGUN	I B.COM	Rhyhana
46	SABA SALEEM	III B.COM	Saba Saleem
47	SHAHINA FATHIMA	III B.COM	Shahina Fathima
48	SHAMEERA THAJ	III B.COM	Shameera
49	SUMAIYA	I BBA	Sumaiya
	SUMAYYA SHAHUL		Sumayya
50	HAMEED	I BBA	Hameed
51	RISWANA BARVEEN	I B.Sc	Riswana
52	MEENAKSHI M	II B.COM	Meenakshi
53	SUMAIYA BEGAM	II B.COM	Sumaiya
54	ANISE AF SALA VUDEE	I M.COM	Anise
55	ASMATH JACIMA	IIIB.COM	Asmath
56	ASWITHA ASWITHA	I B.COM	Aswitha
57	SRI VIDHYA DEVI S	II B.COM	Sri Vidhya
58	ANITHA A	II B.COM	Anitha
59	AKSHAYA SRI M	BA	Akshaya
60	SHALMAKANI P	BA	Shalma Kanip
61	SAFRINFARHANA J	II B.COM	Safura
	FARHEEN AKHILA		Farheen
62	MUBARAK	I M.COM	Mubarak
63	GAYATHRI R	II .MCOM	Gayathri
64	HAJARA BANU	II B.COM	Hajara Banu
65	MUHASIN BANU M	II B.COM	Muhasin
66	FEMINA NASREEN F	II B.COM	Femina
67	SHIFA A	II B.COM	Shifa
68	FARHANA BEEGAM J	II B.COM	Farhana Begum
69	FAYIZHA F	II B.COM	Fayizha
70	M. IMRANA	III BAE	Imrana
71	AFRANA FATHIMA	III MATHS	Afrana
72	FASHEEHA	III MATHS	Fasheeha
73	SARA	III MATHS	Sara
74	SHAHNAAZ FATHIMA	III MATHS	Shahnaaz
75	FOUZIYA	III BA	Fouziya
76	ANES FATHIMA. S	II M.COM	Anes Fathima
77	GAYATHRI. R	II M.COM	Gayathri
78	KARPAGAM. G	II M.COM	Karpagam
79	RAMANI. S	II M.COM	Ramani
80	SALIYA BI. H	II M.COM	Saliya Bi. H
81	SATHYAVANI B	II M.COM	Sathyavani
82	AYNUL IRFANA.A.M	I M.COM	Aynul Irifana A.M
83	AZEEM FATHIMA.S	I M.COM	Azeem
84	GUNASHEELA .R	I M.COM	Gunasheela
85	JULPIKA RANI .M	I M.COM	Julpika Rani
86	KFERTHANA K	I M.COM	Kferthana

87	MEHAR ROOBINA .S	I M.COM	Me har Roobina .s
88	RAJALAKSHMI . I	I M.COM	Rajalakshmi . I
89	SALAI NITHYA PRIYADERSHINI	III B.COM	Salai Nithya Priyadershini
90	APSARA ROSE	I BCA	APSARA ROSE



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