

# PRATHYUSHA ENGINEERING COLLEGE

Affiliated to Anna University/ Approved by AICTE, Accredited by NBA/NAAC  
- 'A' Grade and a recipient of ISO certification

## Report on Yoga programme at Prathyusha 2015-16

Prahyusha Engineering College has a practice that Yoga Classes will be conducting regularly to the students. This year, through Agaram Foundation we were connected with the master Yoga Kalaimamani Shri. P. Krishnan Balaji and accepted to take the yoga classes from 07.08.2015-29.09.2015 (45 Days) for both boys and girls separately.



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## PRATHYUSHA INSTITUTE OF TECHNOLOGY AND MANAGEMENT

Approved by AICTE & Affiliated to Anna University, Accredited by National Board of Accreditation (NBA)  
ISO 9001 : 2008 Certified Institution  
College Campus : Poonamallee - Tiruvallur Road, Aranyoyal Kuppam, Chennai - 602 025, Tamilnadu. Tel : 044-3767 3767, 2762 0512 Fax : 91-44-3767 3703  
E-mail : admin@prathyusha.edu.in /principal@prathyusha.edu.in • Website : www.prathyusha.edu.in

### PURCHASE ORDER

PO No: PITAM/YOGA/PO/2015/103

03.08.2015

To

Mr.Arul Sabarinath  
Aharam Services  
52B,Seethammal Road,  
Alwarpet, Chennai

Sir,

Sub : Yoga Classes for First Year (2015-16 Batch) – Reg.

Ref : Your mail dated on 03.08.2015


With reference to the quotation cited above, we are pleased to place order for yoga classes.

S.No.	Particulars	Starting Date	End Date	Timing	Duration	Amount (Rs.)
1.	Yoga Classes for 1 Year Boys & Girls Separately	07.08.2015	29.09.2015	5.30 a.m to 6.30 a.m.	45 Days	45000*
2.	Transport Charges					15000
<b>Total Amount</b>						<b>60,000</b>

\*The above amount includes Rs. 500/- per day for Boys and Girls separately for 45 days.

#### Terms and Conditions:

1. Yoga will be conducted from 5.30 am to 6.30 am every day except Sundays
2. Timings should be strictly adhered to.
3. Transport will not be provided by the college.
4. The classes will be compensated on additional working days for any Holidays declared by the college during the above specified period.

  
PRINCIPAL

Copy to :

1. Accounts
2. Mr.M. Dinakara Prasad, PED

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## Profile about the Yoga Trainer Kalaimamani Shri P. Krishnan Balaji

### EMPLOYEE & STUDENTS WELLNESS YOGA TRAINING



Trainer - Yoga Kalaimamani Awardee - Shri P. Krishnan Balaji

Shri Krishnan Balaji, disciple & follower of Sarguru O Bikshu, the Founder of Sree Pathanjali Yoga Kendram. He had released more than 100+ books, CD's & article on various topics related to yoga & meditation. He is conducting regular yoga programs in Podighai TV & Jaya TV for more than 4 years. His articles on mudras & asanas are currently published in leading magazines like Kumudam Sinakidiyae, Sakthi Vikitan. Expert in Mudras, Asanas, Chakara Meditation with 28 years of expertise in curing all chronic diseases across PAN India & Malaysia. He is known for his simple mudras & workstation stretching exercises. More than 1,00,000 beneficiaries so far & curing many more.

#### Topics to be covered

- Breathing Techniques
- Simple work station stretching exercises (specially designed for corporate employees & students)
- Mudras & Kriyas
- Chakara Meditation
- Pranayama

#### Benefits

- Stress Relief & Positive Thinking through Chakra Meditation
- Work Life Balancing through effective time & self management
- Improving Memory Power & Concentration through Mudras
- Activating Right Side brain by simple breathing techniques
- Asanas & Postures for correct sitting, standing, eating & healthy living
- Know inner self & develop your potential for upcoming challenges
- Cure all chronic disease & reduce extra weight by Pranayama



#### Aharam Services

Chennai : 52b, Seethammal Road, Alwarpet, Chennai - 18

Web: [www.aharamservices.com](http://www.aharamservices.com) | Email: [hr@aharamservices.com](mailto:hr@aharamservices.com)

Mobile : 9942291467 | Phone : 044 24341022

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Yoga Class @Prathyusha





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Yoga Class @Prathyusha



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Yoga Class @Prathyusa



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Yoga Class @Prathyusha





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Yoga Class @Prathyusha





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## Report on Yoga Programme at Prathyusha 2017-18

<b>YEAR</b>	<b>2017</b>
<b>BOYS STRENGTH</b>	<b>115</b>
<b>GIRLS STRENGTH</b>	<b>43</b>

Yoga classes for the students will be conducted in the year 2017 by the Physical Director Mr.Pachiappan and his Team introductory classes conducted followed by asana and meditation was teaches to the students. Yoga incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Practicing yoga is said to come with many benefits for both mental and physical health. There is no doubt about the importance of Yoga for students. With today's lifestyle, People tend to forget about their physical and mental health accumulating stress and fatigue in the body. Yoga brings together mind, body and breath to produce perfect balance within us. In today's rushed lifestyle, Yoga can be the perfect addition to school curriculum as it can help children keep their minds calm and grow holistically.



Padmasana posture.

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Girls doing Asana



Boys are performing Eka Padhasana

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Warming up session-stretching





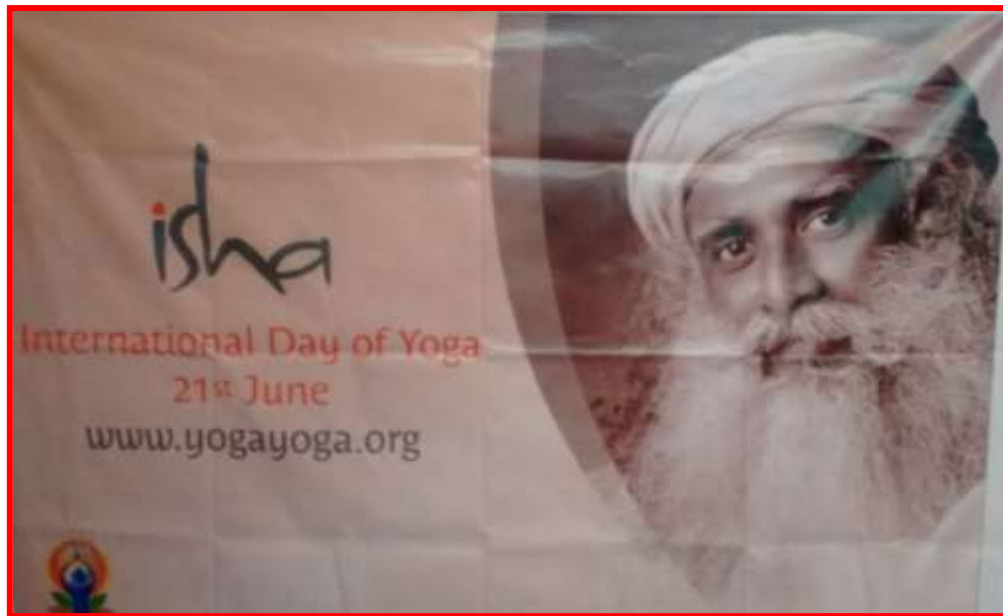
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## Report on Yoga -2018-19

Prahyusha Engineering College has a practice that Yoga Classes will be conducting to the student and staffs too this year we celebrated international yoga Day on 21 June 2018 with Isha Yoga Foundation for both boys and girls separately.

YEAR	2018
BOYS STRENGTH	215
GIRLS STRENGTH	112
STAFF	121



International yoga day celebration @ college premises with  
Isha yoga Foundation on 21 June 2018



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BOYS & GIRLS PERFORMING YOGA



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## Report on Yoga Programme @ PEC 2019-20

YEAR	2019
BOYS STRENGTH	110
GIRLS STRENGTH	47

Yoga classes for the students will be conducting every year when they enter into our campus. This year also conducted Yoga Classes from 04 Sep 2019 to 30 Sep 2019 with yoga Acharya, Yoga Siromani **N.Aravazhi** and already he had done introductory classes about yoga, Asana and meditation to our higher semester hostel students.



**Yoga Siromani N.Aravazhi**



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## Yoga master certification



## Yoga Class @Prathyusha



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Boys performing Yoga @Prahyusha



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Girls Performing Yoga @ Prahyusha

